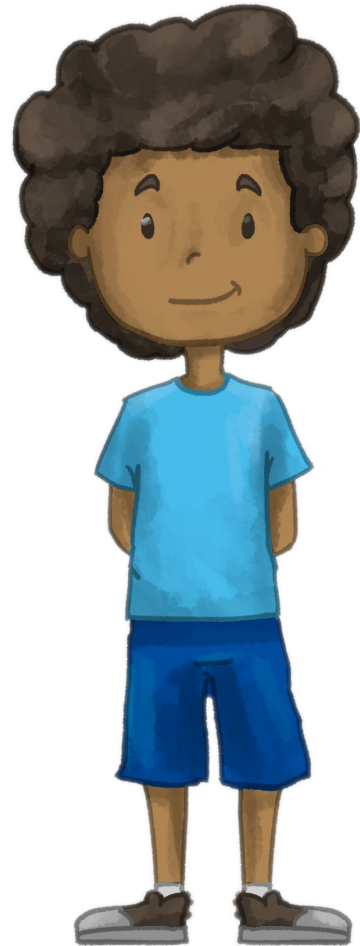




I PROTECT  
MYSELF BECAUSE  
MY LITTLE BODY  
IS MINE AND  
MINE ALONE





GROWING UP, LEARNING TO  
TAKE CARE OF MY BODY  
AND PROTECT MYSELF



# PRESENTATION

THIS BOOK IS FOR CHILDREN TO LEARN ABOUT THEIR BODIES.

THE BODY NEEDS TO BE CARED FOR AND PROTECTED.

THIS BOOK WILL HELP FAMILIES AND EDUCATORS TALK TO CHILDREN ABOUT TAKING CARE OF THEIR BODIES.

# SUMMARY

1 - GETTING TO KNOW MY BODY

2 - TAKING CARE OF MY BODY

3 - MY FAMILY

4 - WHO CAN TAKE CARE OF ME

5 – PROTECTING MYSELF

6 – MY STORY.



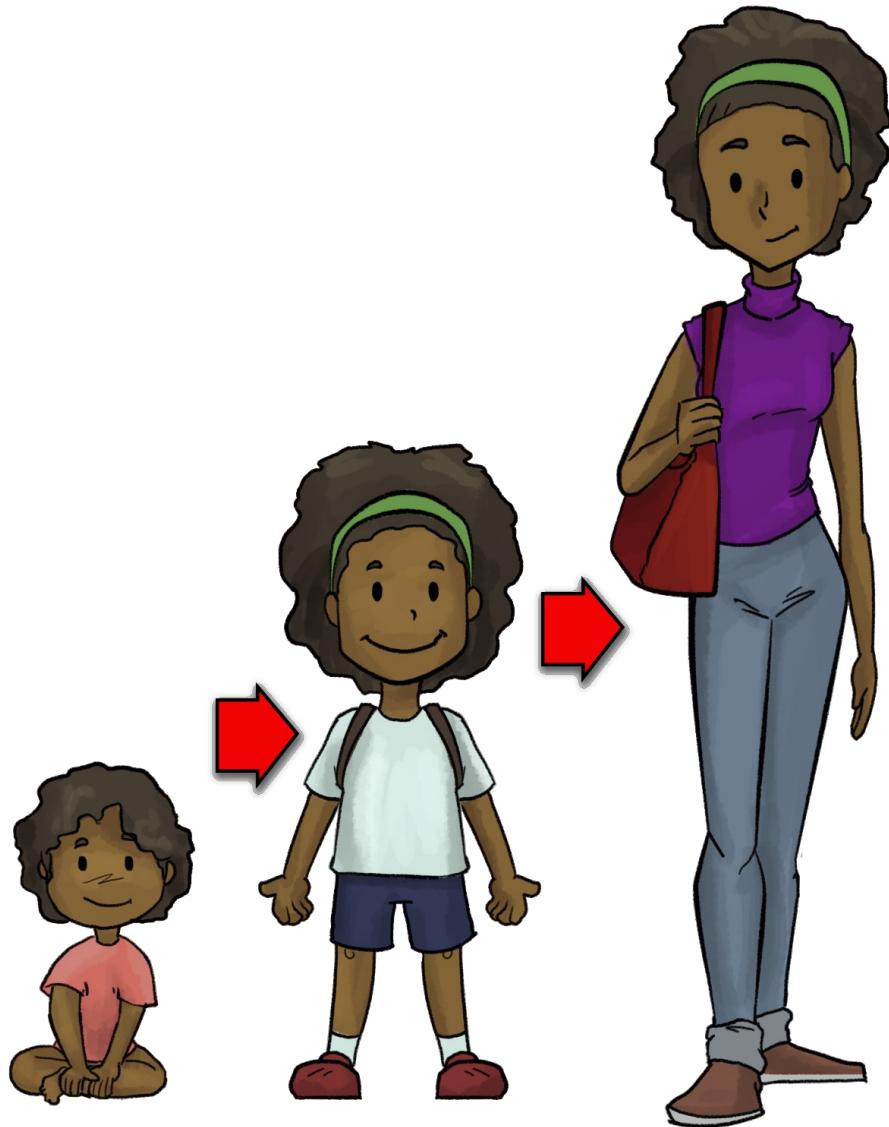
# 1 - GETTING TO KNOW MY BODY



# I'M GROWING UP!

WE ARE ALL BORN BABIES

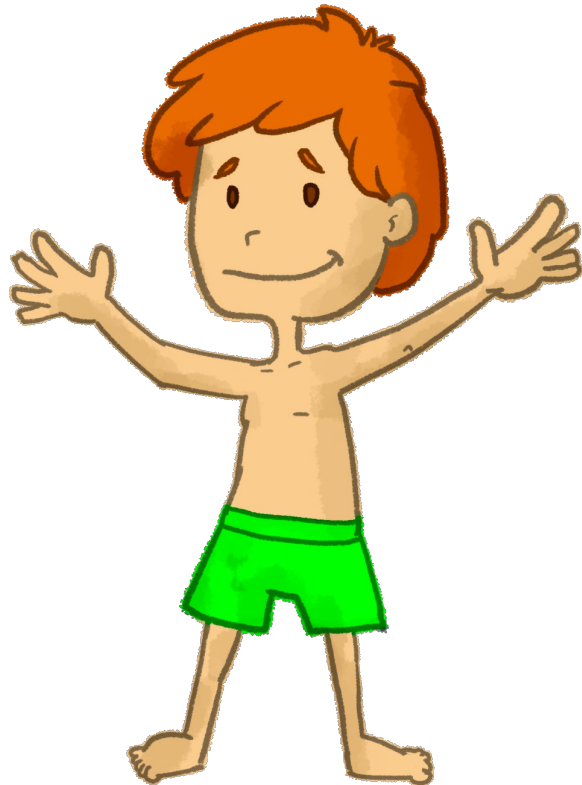
AND WE GROW UP.



STICK A PICTURE OR DRAW  
YOURSELF AS A BABY AND NOW.

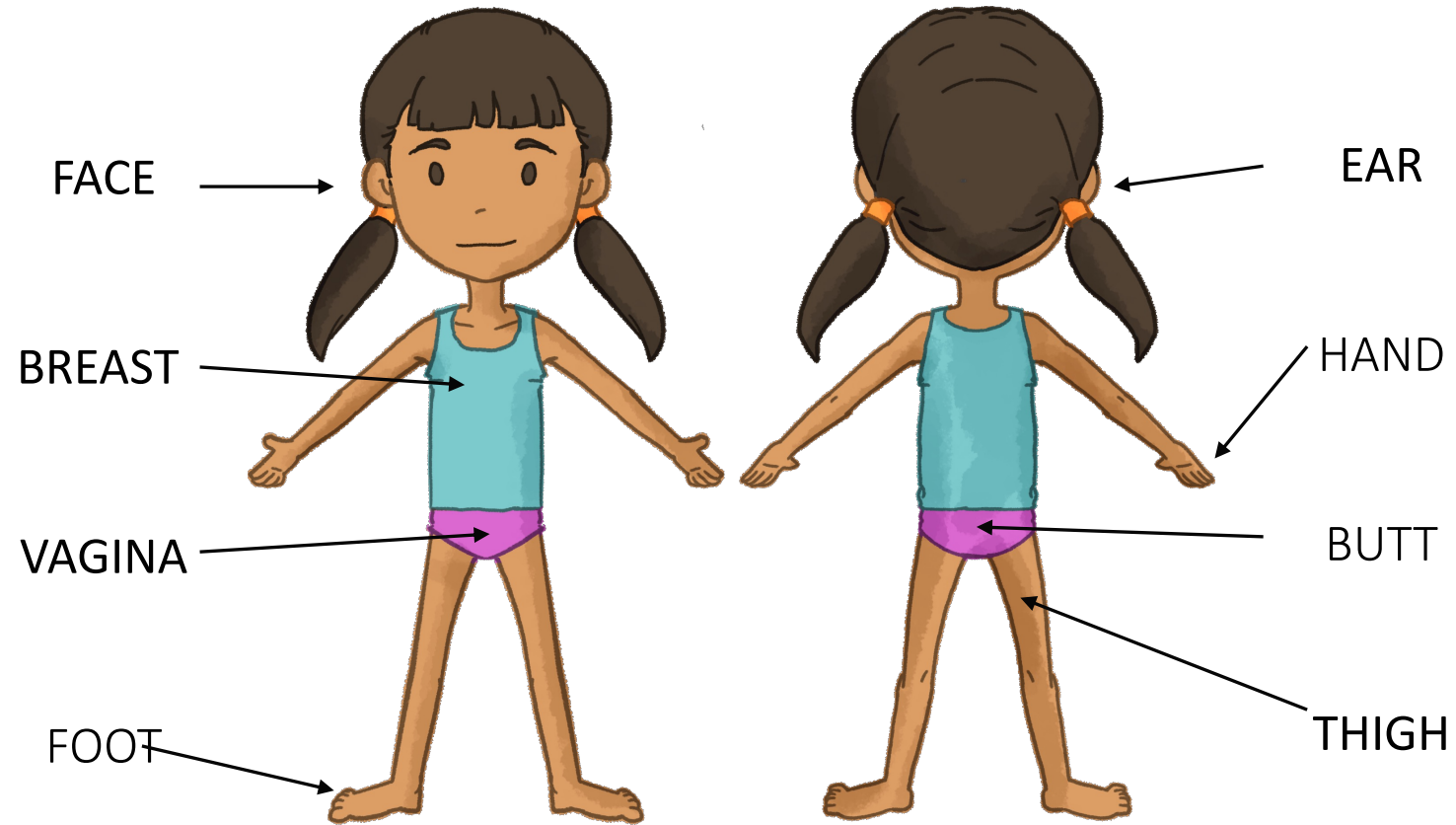


# DO YOU KNOW YOUR BODY PARTS?

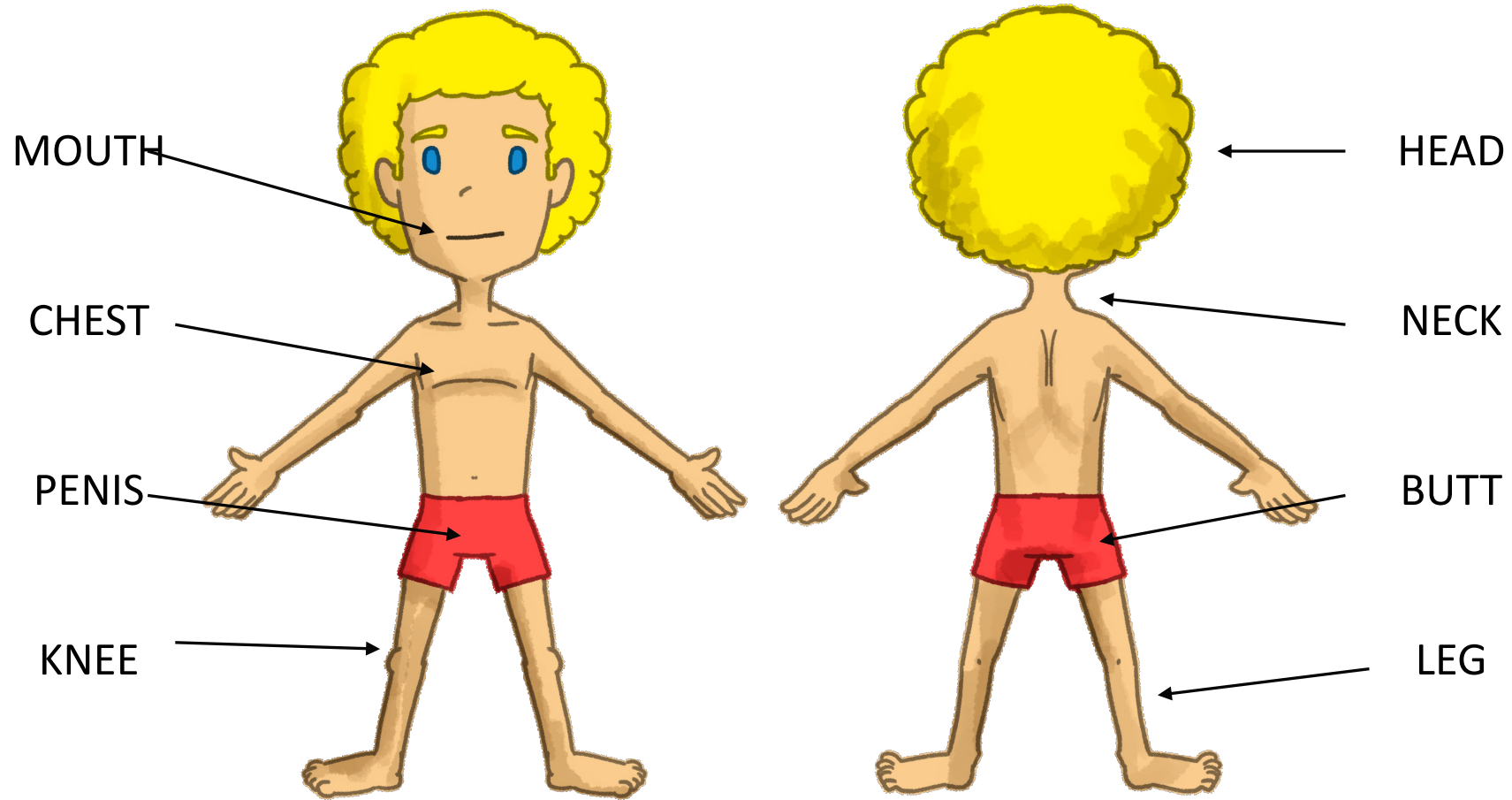


WHAT PARTS OF THE BODY  
DO YOU KNOW?

# BODY PARTS



# BODY PARTS





SOME PEOPLE HAVE ONE ARM.



SOME PEOPLE HAVE TWO ARMS.





SOME PEOPLE DO NOT HAVE ANY ARMS.



HOW MANY ARMS DO YOU HAVE?

---



SOME PEOPLE HAVE ONE LEG.



SOME PEOPLE HAVE TWO LEGS.



SOME PEOPLE DO NOT HAVE ANY LEGS.



HOW MANY LEGS DO YOU HAVE?

---



- SOMETIMES WE NEED HELP TO DO SOME THINGS
- SOME PEOPLE HAVE A DISABILITY AND MAY NEED SUPPORT
- SUPPORT CAN BE THE HELP OF A PERSON OR A WHEELCHAIR, CANE, CRUTCHES
- WE DON'T SEE SOME DISABILITIES



DO YOU HAVE A DISABILITY?



WHAT DISABILITY DO YOU HAVE?

---





DO YOU KNOW SOMEONE WHO HAS A DISABILITY?



WHO DO YOU KNOW WHO HAS A DISABILITY?

---

WHAT DISABILITY DOES THE PERSON YOU KNOW HAVE?

---



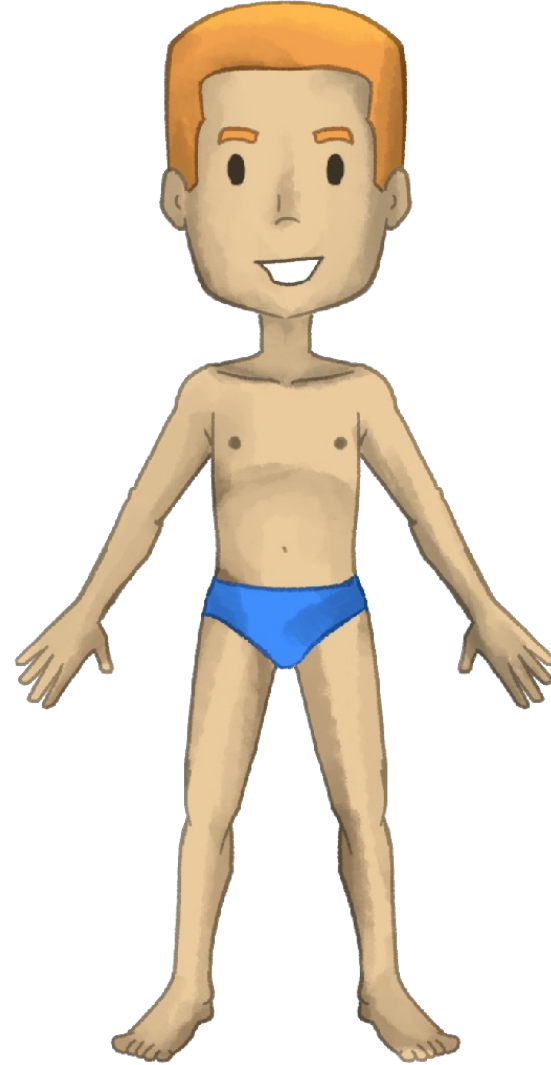
LEGS AND ARMS ARE PARTS OF OUR BODY

THERE ARE PARTS OF OUR BODY

THAT WE CALL PRIVATE PARTS.



WHICH ARE THE PRIVATE PARTS OF THE BODY?

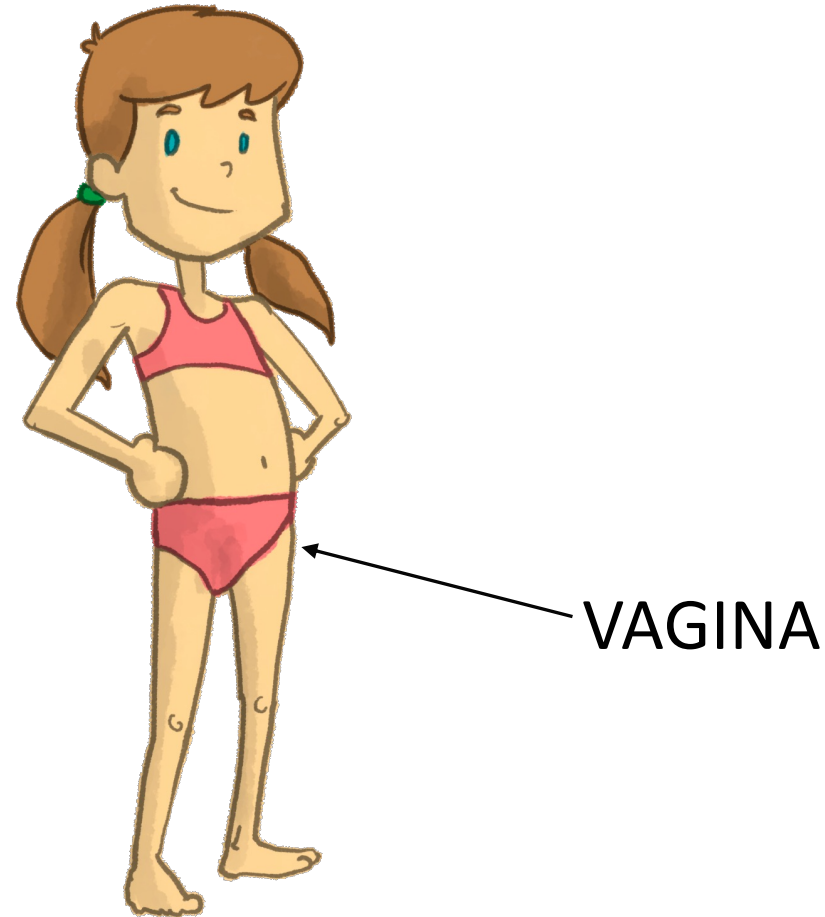


## PRIVATE PARTS

ARE COVERED BY

- DIAPERS
- BRIEFS
- PANTIES
- BRAS
- TOPS
- BIKINIS
- SWIMWEAR.

# DO YOU KNOW WHAT VAGINA IS?



# VAGINA GOES BY SEVERAL NAMES



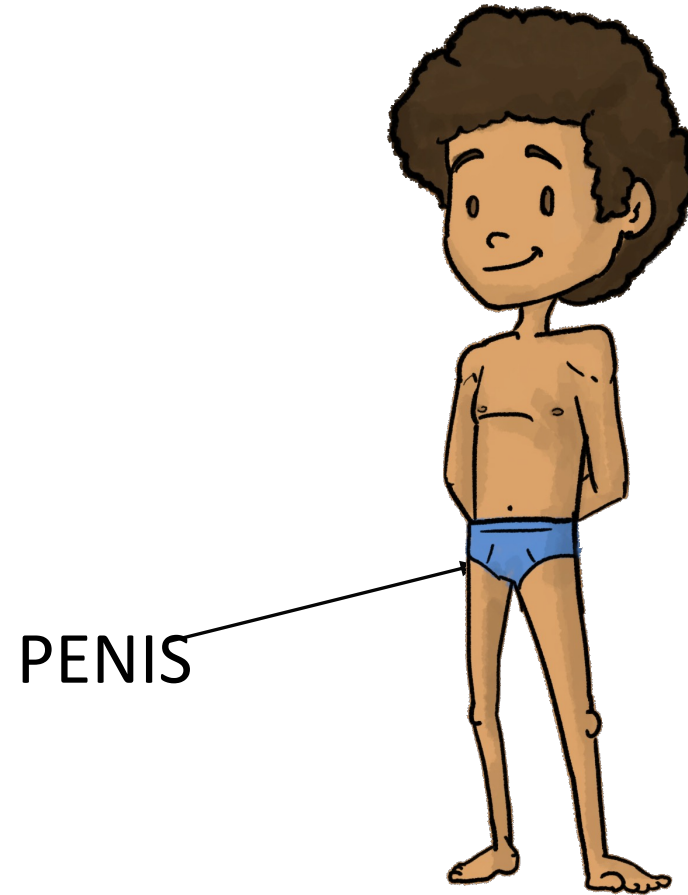
THERE ARE PEOPLE WHO CALL VAGINA

- VULVA
- FANNY
- BITS
- TWINKLE
- MUFF

WHAT DOES YOUR FAMILY CALL THE VAGINA

---

# DO YOU KNOW WHAT PENIS IS?



# THE PENIS ALSO HAS OTHER NAMES



THERE ARE PEOPLE WHO CALL THE PENIS

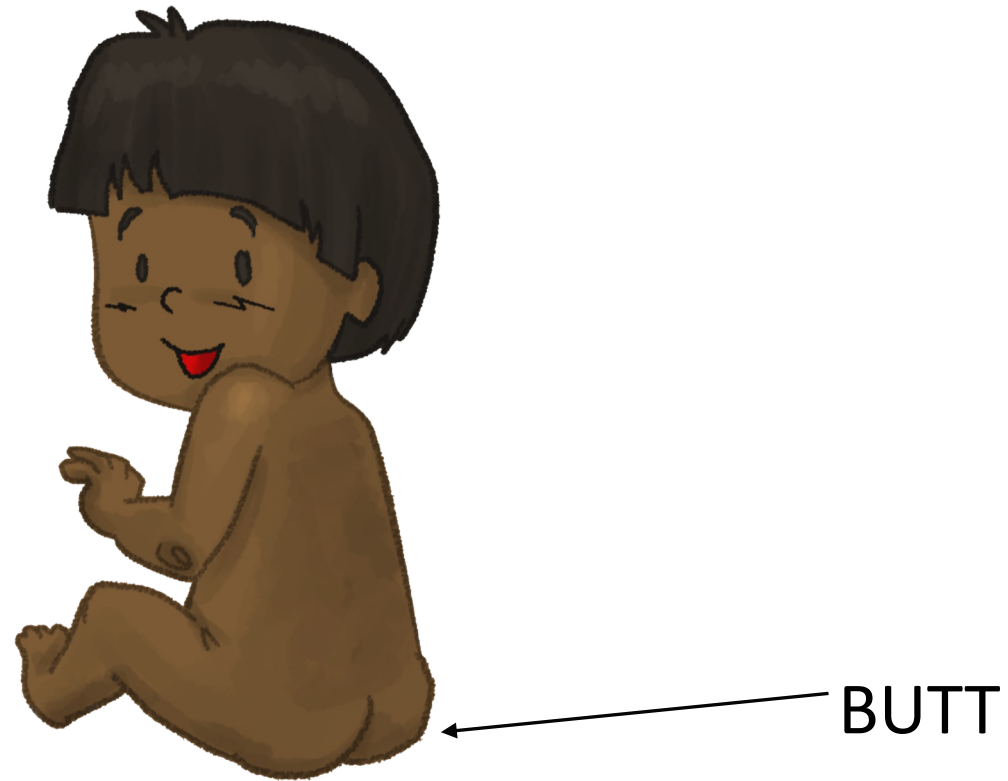
- PEE-PEE
- DINKY
- WILLY
- WINKLE
- WEENIE

WHAT DOES YOUR FAMILY CALL THE PENIS?

---



DO YOU KNOW WHAT BUTT IS?



# THE BUTT ALSO HAS OTHER NAMES



THERE ARE PEOPLE WHO CALL THE BUTT

BUTTOCKS

BACKSIDE

BUM

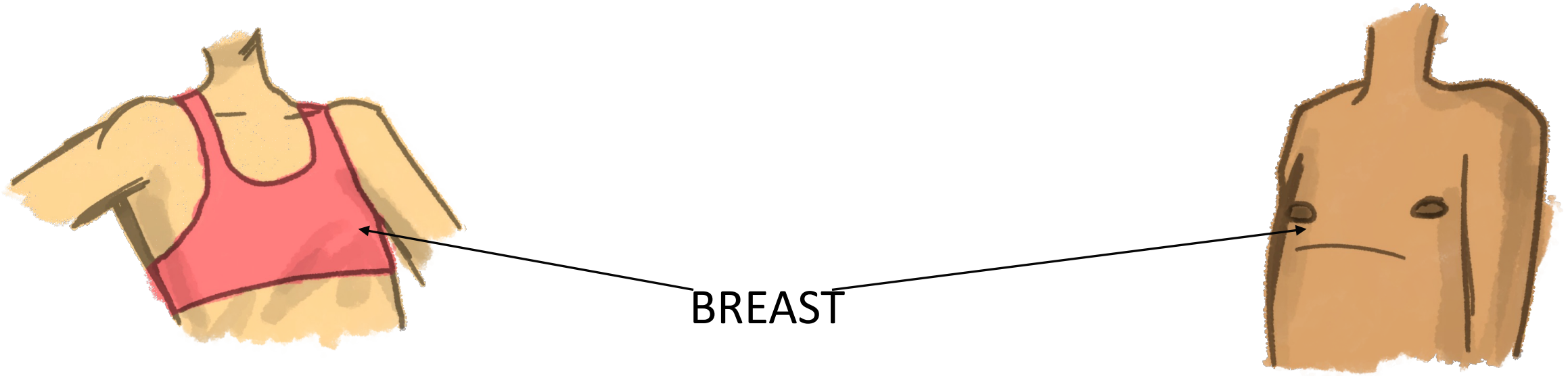
BOTTOM

TUSHY

WHAT DOES YOUR FAMILY CALL THE BUTT?

---

# DO YOU KNOW WHAT BREAST IS?



# THE BREAST ALSO HAS OTHER NAMES

SOME PEOPLE CALL THE BREAST

BOOBIES

CHEST

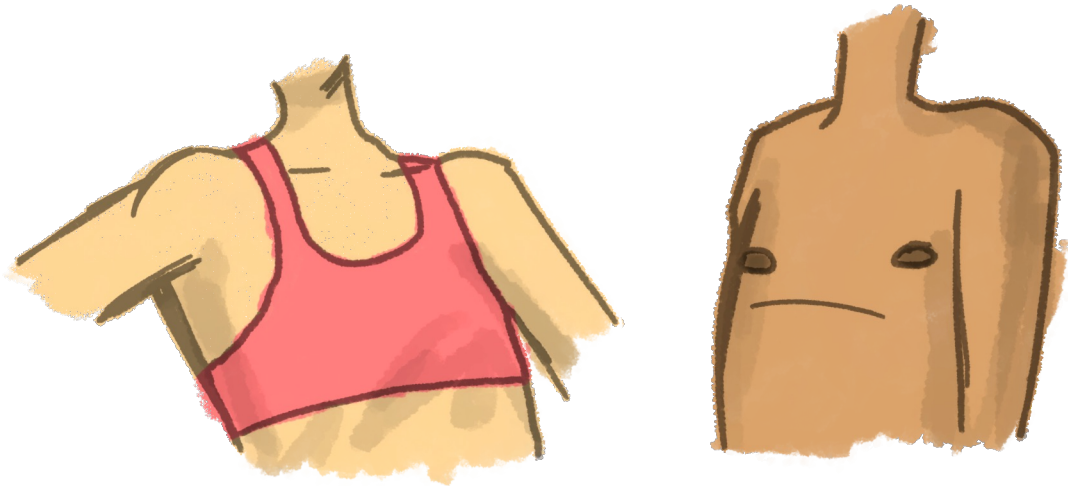
TITS

MAMA

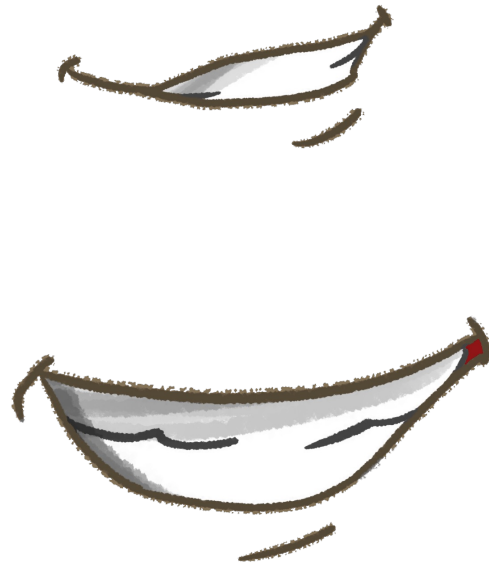
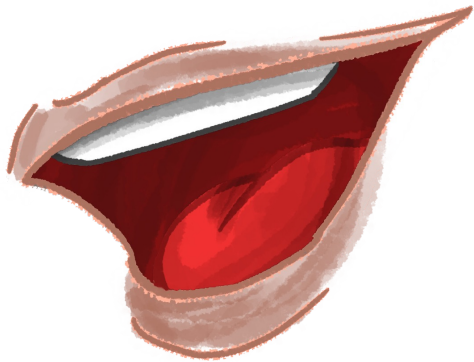
BUST

WHAT DOES YOUR FAMILY CALL THE BREAST?

---



# WHAT ABOUT THE MOUTH?



EVEN THOUGH IT IS NOT

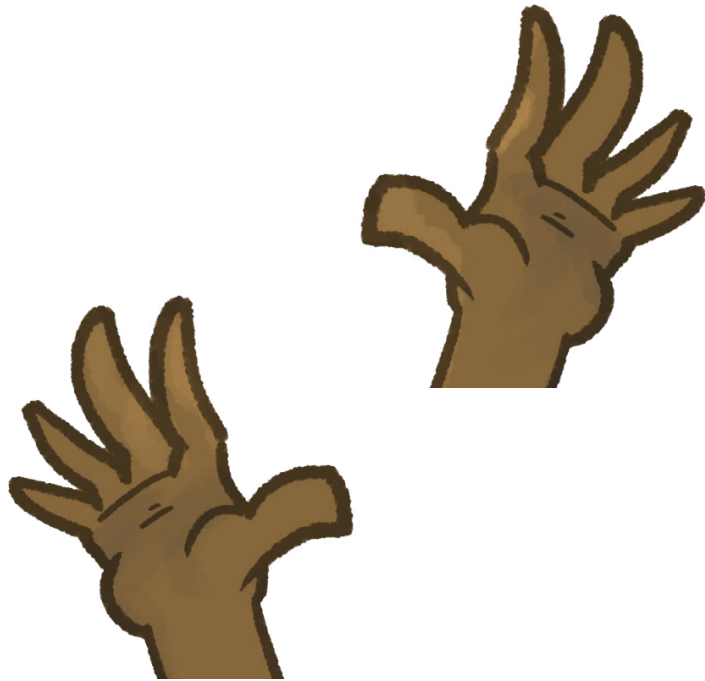
COVERED BY CLOTHES

THE MOUTH IS ALSO

A PRIVATE PART

"MY MOUTH IS MINE AND MINE ALONE!"

# WHAT ABOUT THE HAND?



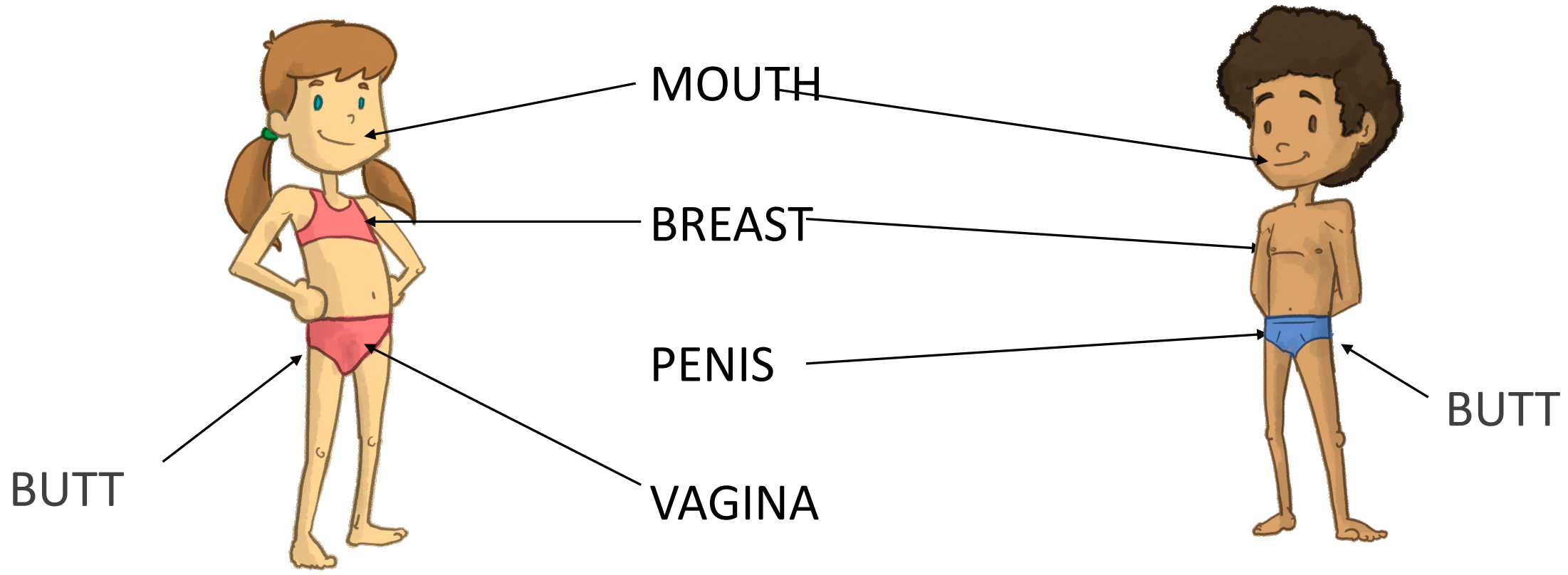
IT IS NOT PRIVATE

AND IT IS NOT COVERED

BUT IT IS ALSO MINE AND MINE ALONE

I ONLY PUT MY HAND WHERE I WANT TO.

# AND NOW, DO YOU KNOW WHAT YOUR PRIVATE PARTS ARE?

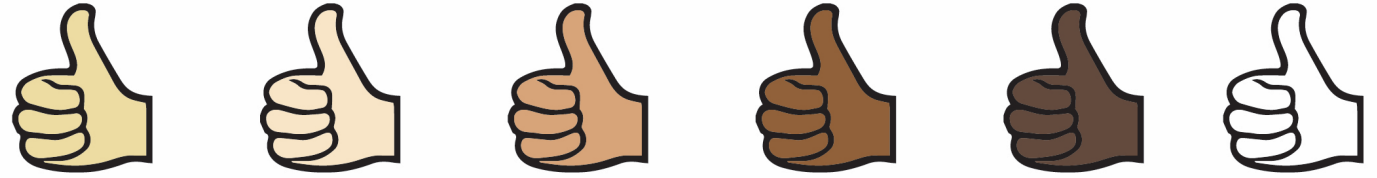


# WHAT IS?

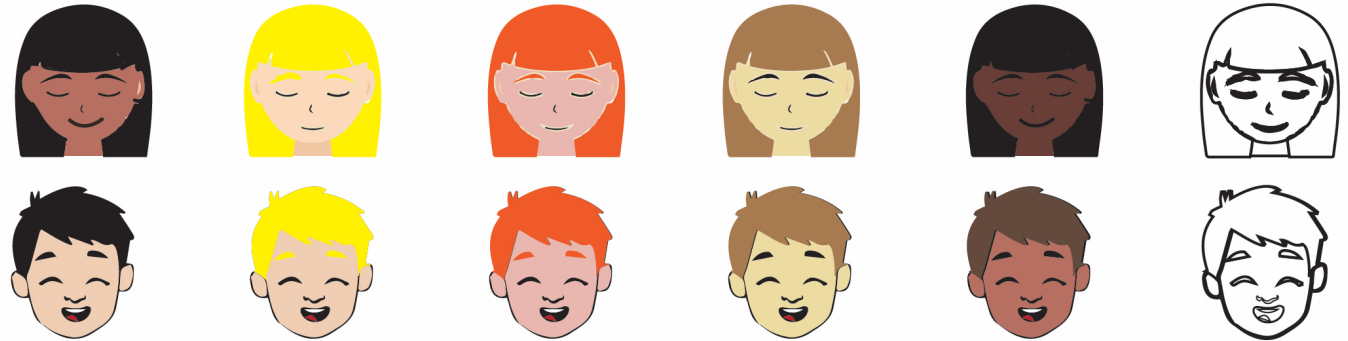
THE COLOR OF YOUR EYES?



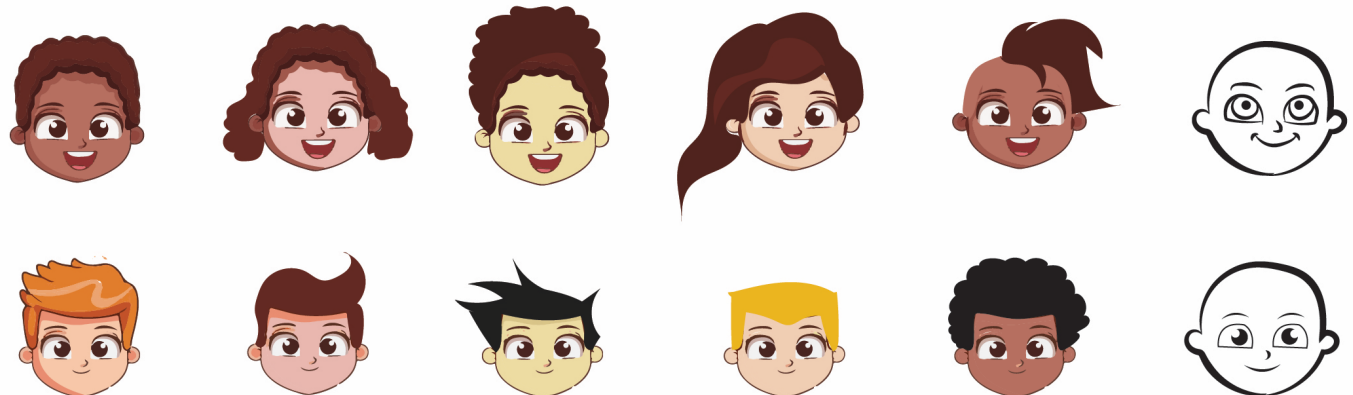
THE COLOR OF YOUR SKIN?



THE COLOR OF YOUR HAIR?



WHAT DOES YOUR HAIR  
LOOK LIKE?





WE ARE ALL



DIFFERENT

SPECIAL

AND UNIQUE

PEOPLE.

# DRAW A PICTURE OF YOURSELF



## 2 - TAKING CARE OF MY BODY



DO YOU KNOW HOW TO TAKE CARE  
OF YOUR BODY?

# TEETH CARE



- I BRUSH MY TEETH IN THE MORNING
- I BRUSH MY TEETH AFTER LUNCH
- I BRUSH MY TEETH BEFORE BED
- I ALWAYS FLOSS
- MY TEETH STAY CLEAN AND HEALTHY.

# BATHROOM CARE



WHEN I GO TO THE BATHROOM  
OUTSIDE MY HOME  
LIKE THE ONE AT SCHOOL,  
I WALK INTO THE BATHROOM ALONE.  
I CLOSE THE DOOR.

# BATHROOM CARE



I LINE THE TOILET SEAT  
WITH TOILET PAPER.

# HOW I CLEAN MYSELF

I PEE, THEN I DRY MYSELF.

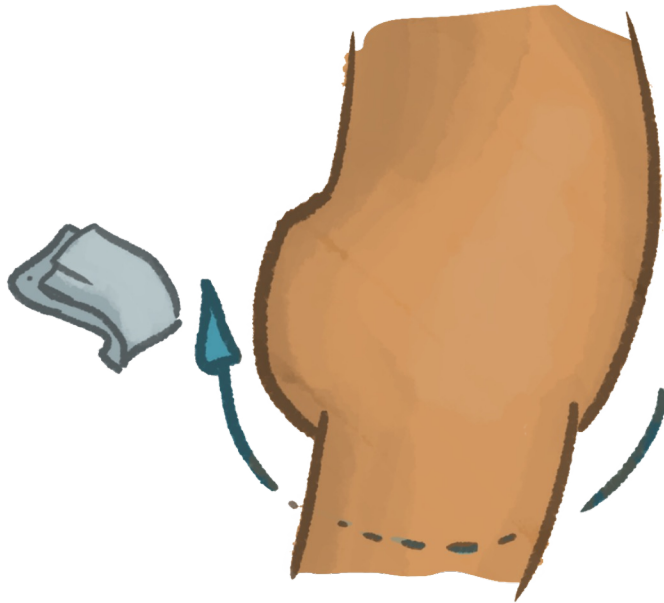
I CLEAN MYSELF WITH TOILET PAPER

FROM FRONT TO BACK.

I CLEAN IN THE DIRECTION OF MY BUTT.

DO YOU KNOW WHY?

SO THAT POOP DOES NOT CAUSE DISEASE.



# USING THE TOILET PAPER



I NEED TO CLEAN MYSELF WELL AFTER I POOP  
I CLEAN MYSELF FROM BEHIND  
WITH SHEETS OF TOILET PAPER  
UNTIL I CANNOT SEE ANY POOP  
ANYMORE ON THE PAPER,  
OR ELSE I WASH MYSELF.



# ATENÇÃO!



I LIFT THE TOILET SEAT

WHEN I PEE STANDING UP.

I DO NOT PEE ON THE TOILET SEAT

I WIPE OFF THE PEE  
THAT DROPS ONTO THE TOILET SEAT.

# NO ONE LIKES TO USE A DIRTY TOILET!



AFTER PEEING OR POOPING

I FLUSH THE TOILET

OR THROW A BUCKET OF WATER INTO IT.

AFTER I USE THE BATHROOM,

I LEAVE IT CLEAN.

# BEWARE OF DIRT!



AFTER USING THE TOILET

I WASH MY HANDS WELL.

THIS IS VERY IMPORTANT

BECAUSE DIRT FROM POOP OR PEE

CAN STAY ON THE HANDS.

IF MY HANDS GETS DIRTY I CAN GET SICK.

# SHOWERING



I SHOWER EVERY DAY

I WASH MY WHOLE BODY

I WASH BEHIND MY EARS.

# WASHING OTHER PARTS OF THE BODY



I WASH UNDER MY ARMS

AND MY HAIR.

# I WASH MY PRIVATE PARTS WELL



I WASH MY VAGINA WITH ONE HAND

AND MY BUTT WITH THE OTHER HAND.

I WASH MY PRIVATE PARTS THOROUGHLY



I WASH MY PENIS WITH ONE HAND

AND MY BUTT WITH THE OTHER HAND.

# I NEED TO TAKE CARE OF MY BODY

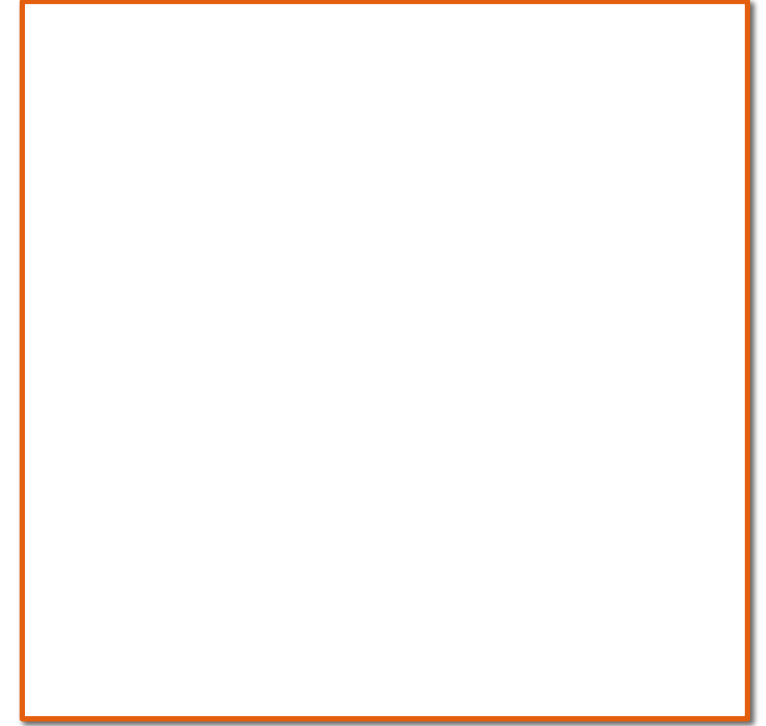
DRAW A PICTURE FOR EACH TYPE OF CARE YOU NEED TO TAKE WITH YOUR BODY



I BRUSH MY TEETH



I CLEAN UP AFTER  
GOING TO THE BATHROOM



I TAKE A SHOWER



# EVERY TYPE OF CARE IS IMPORTANT

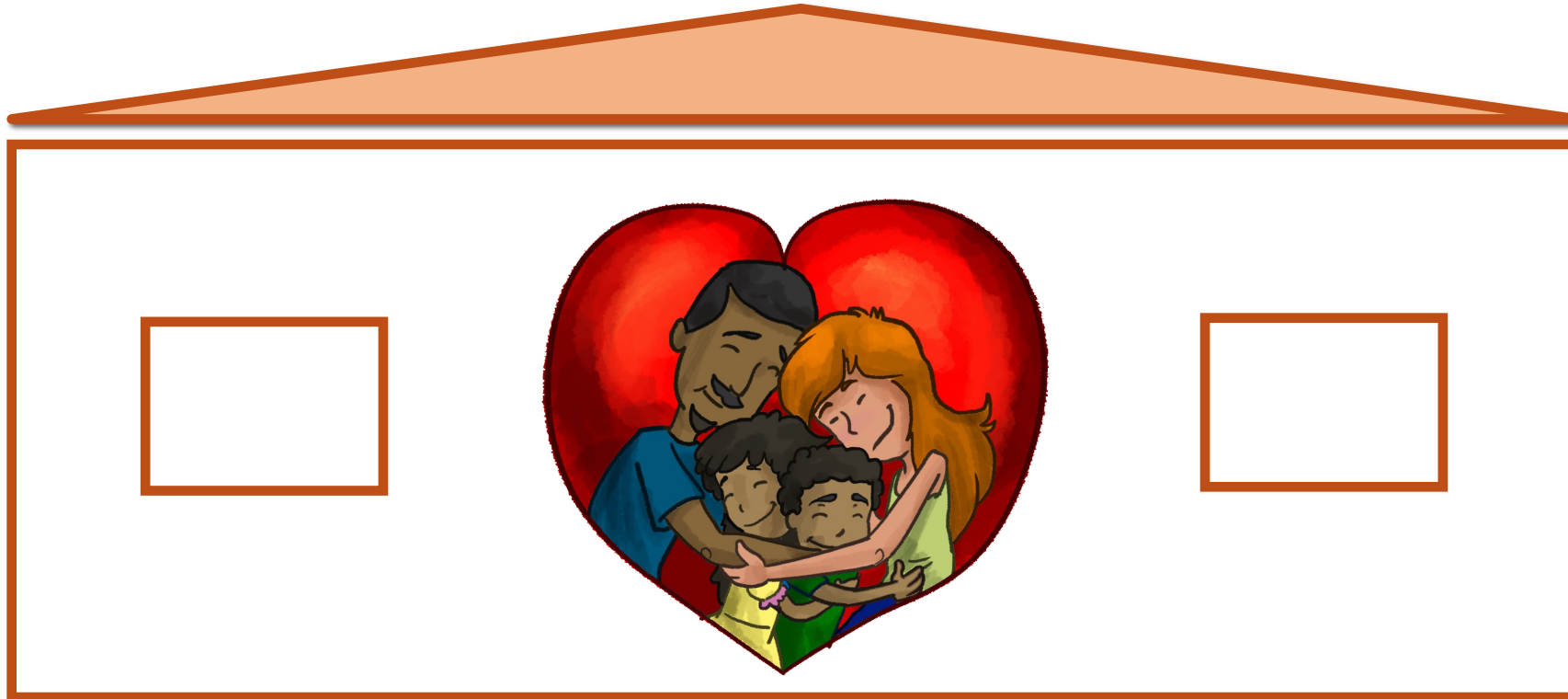
WHAT OTHER TYPE OF CARE IS IMPORTANT?

DRAW SOMEONE CUTTING THEIR NAILS, DRYING BEHIND THEIR EARS, COMBING THEIR HAIR, OR OTHER BODY CARE.



# 3 - FAMILY

A GROUP OF PEOPLE LIVING IN THE SAME HOUSE,  
WHO LOVES AND PROTECTS EACH OTHER



# THERE ARE ALL KINDS OF FAMILIES

THERE ARE LARGE FAMILIES



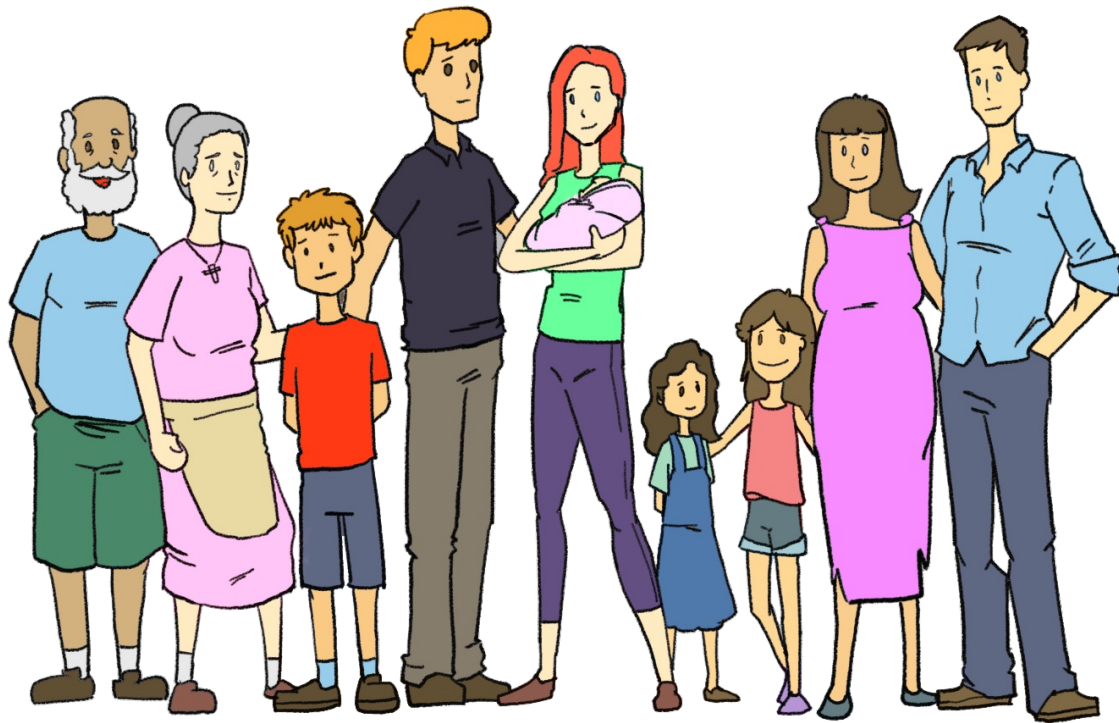
THERE ARE MEDIUM SIZED FAMILIES



THERE ARE SMALL FAMILIES



# EXTENDED FAMILY



THERE ARE MORE PEOPLE IN THE FAMILY  
LIKE AUNTS, UNCLES AND COUSINS.

THEY ARE THE BROTHERS AND SISTERS  
OF THE PARENTS,  
AND THEIR CHILDREN.

# FRIENDS WHO ARE LIKE FAMILY

THERE ARE PEOPLE WE LIKE AS IF THEY WERE OUR FAMILY



MY FAMILY IS LIKE THIS...

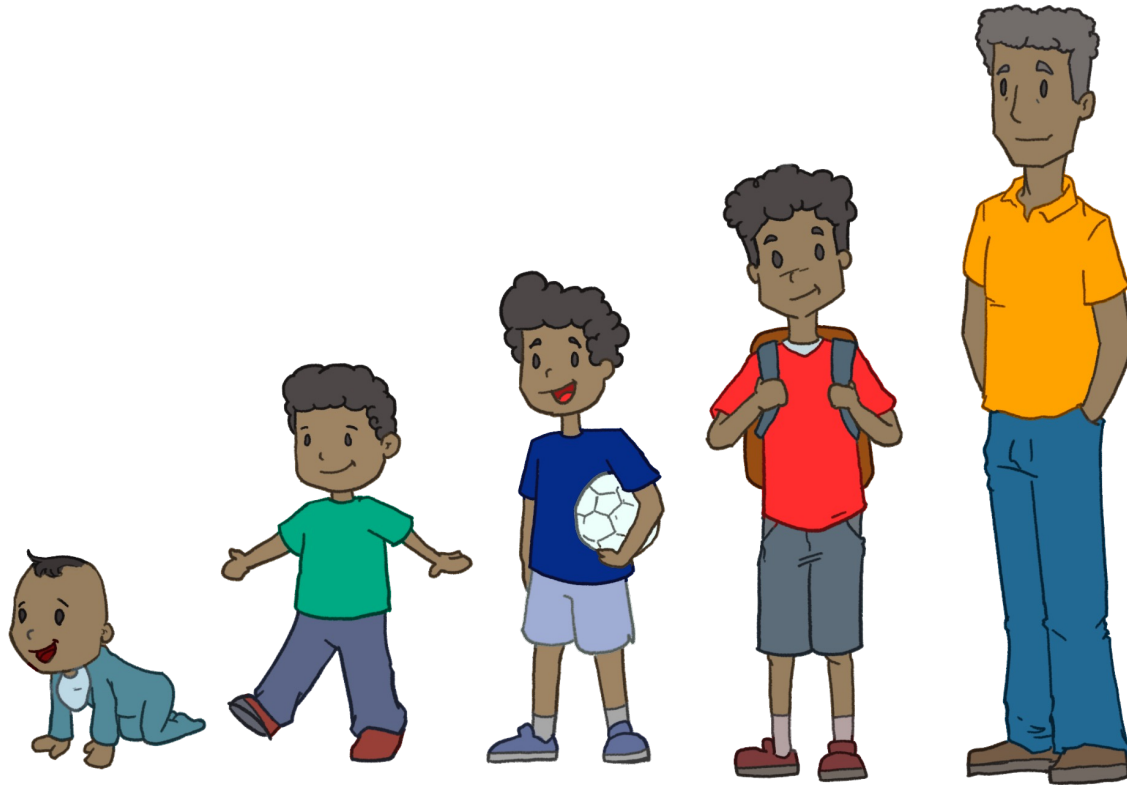
DRAW YOUR FAMILY OR STICK A PICTURE



# 4 – WHO CAN TAKE CARE OF ME?



# TAKING CARE OF MYSELF



I NEED TO LEARN TO TAKE CARE  
OF MYSELF

I NEED TO KNOW WHO CAN  
HELP TAKE CARE OF ME.



# I CAN TAKE CARE OF MYSELF



I ALREADY KNOW HOW TO CLEAN MYSELF  
AFTER USING THE TOILET

I ALREADY KNOW HOW TO TAKE A SHOWER

I ALREADY KNOW HOW TO CHANGE MY CLOTHES.

# SOMETIMES I NEED HELP TAKING CARE OF MYSELF

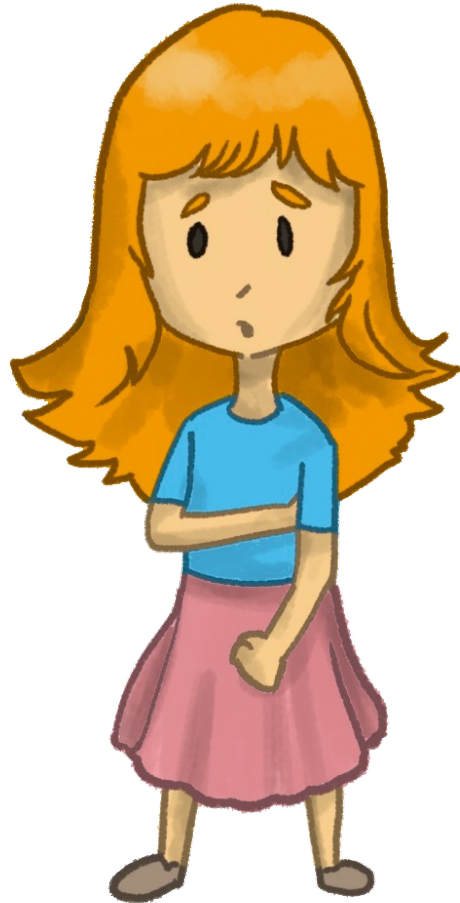


AND THAT'S OKAY

PEOPLE I TRUST  
CAN YOU HELP ME TO

- GO TO THE BATHROOM
- TAKE A SHOWER
- CHANGE MY CLOTHES.

# PEOPLE WHO CAN TAKE CARE OF ME



PEOPLE CANNOT TOUCH  
MY PRIVATE PARTS.

WHEN I DON'T KNOW HOW TO CLEAN MYSELF,  
I ASK FOR HELP

I ASK FOR HELP FROM PEOPLE I TRUS.  
I CANNOT FEEL PAIN OR SHAME.


# PEOPLE I TRUST



A PERSON I TRUST IS THE ONE  
WHO I FEEL GOOD WITH  
WHO LISTENS TO ME WITH ATTENTION  
WHO I LIKE TO TELL THINGS TO  
AND I'M NOT AFRAID TO BE CLOSE TO.

# PEOPLE I TRUST



WRITE  OR  BY THE SIDE OF THOSE PEOPLE WHO CAN OR CANNOT TOUCH YOU.

## AT HOME

MUM \_\_\_\_\_


DAD \_\_\_\_\_

GRAMMA \_\_\_\_\_

BABYSITTER \_\_\_\_\_

OTHER PEOPLE. WHO? \_\_\_\_\_

# PEOPLE I TRUST

WRITE  OR  NEXT TO PEOPLE WHO MAY OR MAY NOT TOUCH YOU.

## AT SCHOOL



TEACHER \_\_\_\_\_

TEACHER'S ASSISTANT \_\_\_\_\_

GUARD \_\_\_\_\_

CANTEEN LADY \_\_\_\_\_

CLEANING STAFF \_\_\_\_\_

OTHER PEOPLE. WHO? \_\_\_\_\_

# PEOPLE WHO CAN TAKE CARE OF ME

THERE ARE PEOPLE WHO CAN TAKE CARE OF YOU TOGETHER WITH A FAMILY MEMBER OR SOMEONE RESPONSIBLE FOR YOU.



WRITE  OR  NEXT TO THOSE PEOPLE WHO CAN OR CANNOT TAKE CARE OF YOU.

IN THE HOSPITAL OR CLINIC

DOCTOR \_\_\_\_\_

NURSE \_\_\_\_\_

THERAPIST \_\_\_\_\_

OTHER PEOPLE. WHO? \_\_\_\_\_

# PEOPLE WHO CAN TAKE CARE OF ME

WHO DO YOU TRUST TO HELP YOU TAKE CARE OF YOURSELF?

- **AT HOME**

MUM      DAD      GRAMMA      BABYSITTER

- **AT SCHOOL**

TEACHER      ASSISTANT      CANTEEN LADY      GUARD

- **IN THE HOSPITAL OR CLINIC**

DOCTOR      NURSE      THERAPIST





# ATTENTION!



PEOPLE CANNOT ASK TO TOUCH

MY PRIVATE PARTS

IF ANYONE WANTS TO DO THAT,

THAT PERSON IS LYING!

THAT'S NOT RIGHT!

# 5 – PROTECTING MYSELF FROM DANGER



# MY BODY IS MINE



MY BODY IS CHANGING

I HAVE TO LEARN

TO DEAL WITH OTHER PEOPLE.

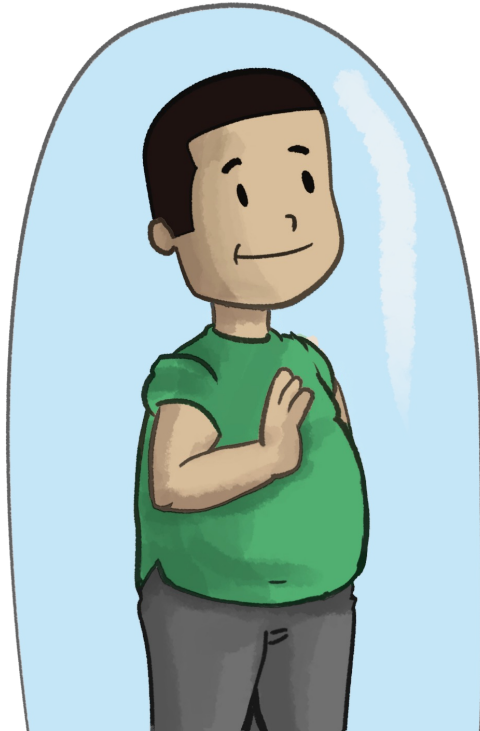
# MY BODY IS MINE



I MUST LEARN TO PROTECT MYSELF  
FROM PEOPLE WHO DO NOT RESPECT  
OTHER PEOPLE'S BODIES.

THERE MAY ALSO BE PEOPLE LIKE THAT  
IN OUR FAMILY.

# TAKE CARE



I RESPECT OTHER  
PEOPLE'S BODIES

I DO NOT TOUCH PEOPLE  
WITHOUT THEIR CONSENT.

# TAKE CARE!



IF AN ADULT INVITES ME  
TO GO TO HIS OR HER HOUSE

TO WATCH A VIDEO OR PLAY

FIRST, I ASK SOMEONE  
WHO I TRUST IF I CAN GO  
AND I SHOW THEM WHO INVITED ME.

# BEWARE!



I AM SUSPICIOUS OF PEOPLE  
WHO KEEP GIVING ME GIFTS  
CANDY, ICE CREAM, CHOCOLATE OR CASH  
FOR NO REASON AT ALL.

# BEWARE!

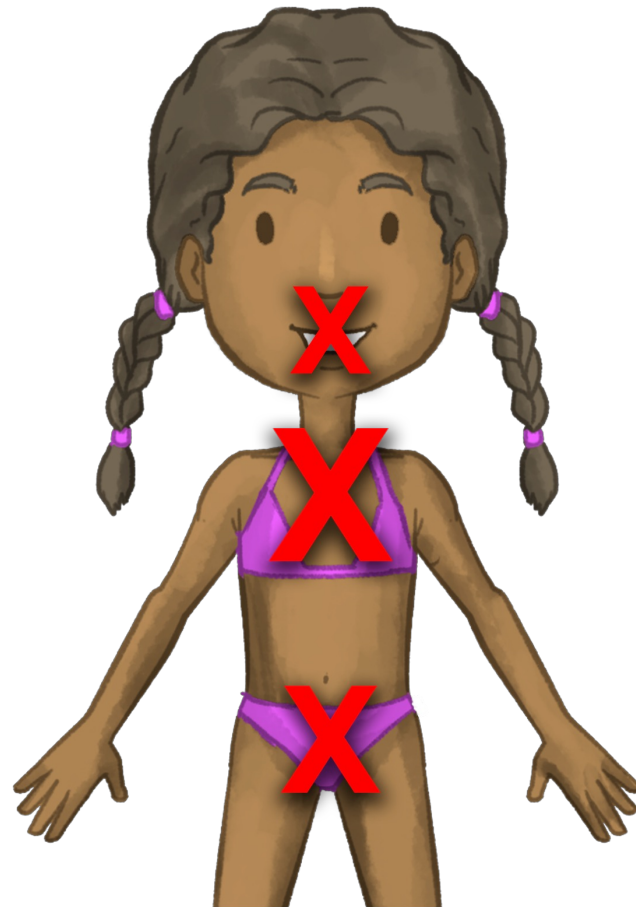
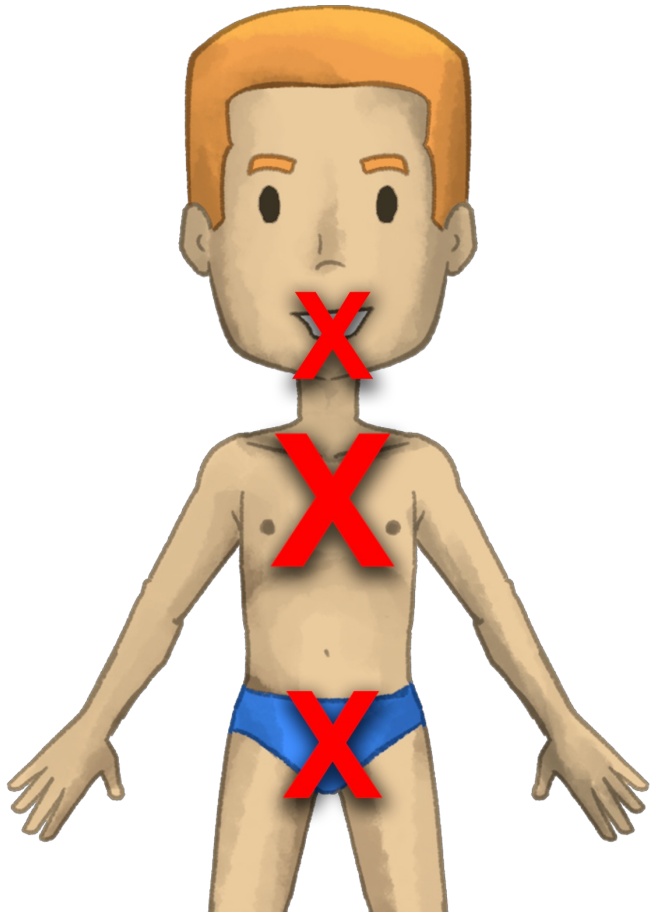


IF I GET SOMETHING,  
FIRST, I TELL  
SOMEONE I TRUST  
WHICH PERSON GAVE IT TO ME.

THEN, I CAN ACCEPT IT.



# BE VERY CAREFUL!



IF SOMEONE WANTS TO TOUCH  
MY PRIVATE PARTS

# BE VERY CAREFUL!



IF ANY PERSON  
MALE OR FEMALE  
WANTS TO TOUCH ME

# BE VERY CAREFUL!!!



IF SOMEONE ASKS ME  
TO DO SOMETHING TO HIS BODY  
OR TO LET HIM DO SOMETHING  
TO MY BODY

THAT I DO NOT THINK IS OK  
OR THAT MAKES ME FEEL ASHAMED

BE VERY CAREFUL!



IF A PERSON

WANTS TO PLAY DOCTOR WITH ME

ASKS ME TO TAKE OFF MY CLOTHES

OR SHOWS ME THEIR PRIVATE PARTS

# BE CAREFUL!



IF SOMEONE WANTS ME TO SHOW  
MY PRIVATE PARTS TO HIM  
OR WANTS TO FILM OR TAKE PICTURES  
OF MY PRIVATE PARTS



# BE CAREFUL!



IF A PERSON  
WANTS TO GO INTO THE BATHROOM  
OR INTO A ROOM ALONE WITH ME

# BE CAREFUL!



IF A PERSON  
SAYS HE IS GOING TO HIT ME  
OR IF HE HITS ME



# ATTENTION!



**IF ANY OF THESE THINGS HAPPEN**

**AND I FEEL UNCOMFORTABLE**

**THIS IS WRONG**

**AND THERE'S SOMETHING DANGEROUS.**



GO AWAY!



SO,  
I RUN AND SCREAM:

- NO!
- HELP!
- YOU CANNOT DO THIS!
- LEAVE ME ALONE!

# NO MEANS NO!



- **I MAKE A STOP SIGN WITH MY HAND**
- **I SHAKE MY HEAD**
- **I LEAVE.**

# ATTENTION



**I TELL SOMEONE ELSE  
WHO I TRUST A LOT  
WHAT IS HAPPENING.**

# ATTENTION



**I MUST TELL SOMEONE  
WHAT IS BOTHERING ME  
EVEN IF IT IS A PERSON  
WHO I USED TO TRUST  
WHO IS DOING THIS TO ME.**

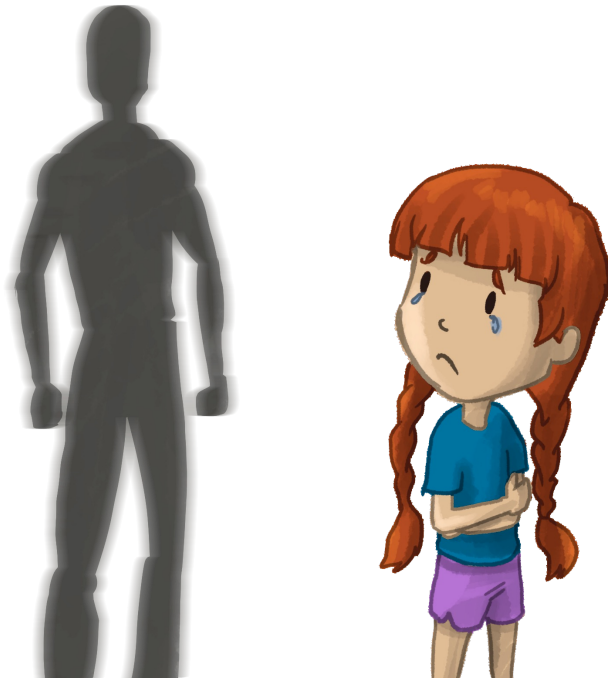
# ATTENTION



**EVEN IF THIS PERSON SAYS**

- **THAT IT IS A SECRET**
- **THAT NO ONE IS GOING TO BELIEVE ME**
- **THAT A BAD THING IS GOING TO HAPPEN  
IF I TELL.**

# ATTENTION

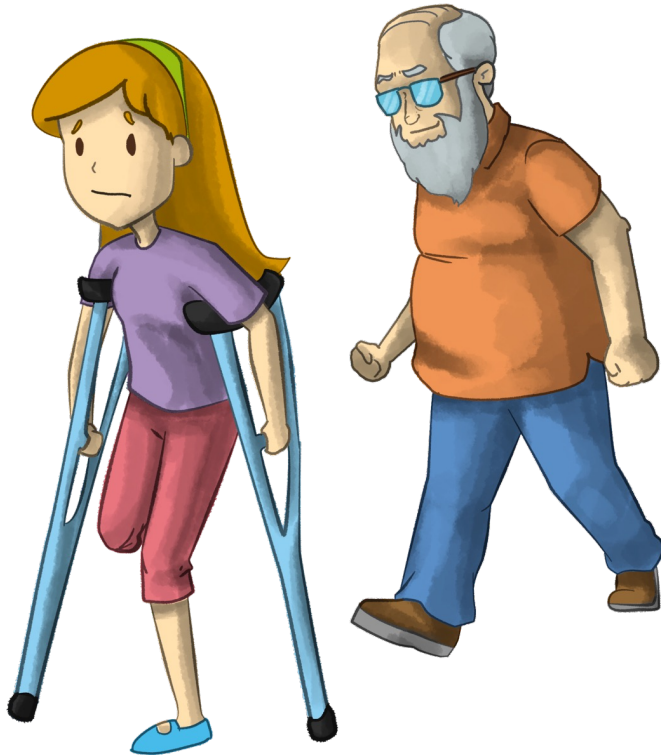


**THIS IS CALLED A THREAT.**

**I NEVER ACCEPT A THREAT**

**I TELL EVERYTHING,  
INCLUDING THE THREAT!**

# ATTENTION!



**I STAY AWAY FROM THE PERSON WHO DID THIS TO ME**

**EVEN IF THAT PERSON IS**

- **MY FATHER, MY MOTHER**
- **MY BROTHER, MY SISTER**
- **MY GRANDFATHER, MY GRANDMOTHER**
- **MY STEPDAD, MY STEPMOM**
- **MY UNCLE, MY AUNT**
- **OR ANYONE ELSE IN MY FAMILY.**



# ATTENTION!



**IF I CANNOT FIND ANY PERSON I TRUST  
NEAR ME, I WILL GET HELP**

- **AT MY SCHOOL**
- **AT THE POLICE STATION**
- **AT THE HOSPITAL**
- **AT A CHILD'S PROTECTIVE SERVICE**
- **AT A NEIGHBOR'S HOUSE.**



ATTENTION!



**I WILL ALSO TELL YOU IF I SEE  
THESE THINGS HAPPENNING  
TO OTHER PEOPLE.**

# WHAT DO I DO?

WRITE OR DRAW - WHAT DO I DO IF SOMEONE  
WANTS TO TOUCH MY PRIVATE PARTS?

IF SOMEONE IS BOTHERING ME, I WILL TELL IT TO:

---

# 6 - MY STORY



# MY STORY

.



THAT'S ME  
THAT'S MY BODY.

# MY STORY



ONE DAY I WAS IN THE KITCHEN  
OF MY HOUSE

SOMEONE TRIED TO KISS ME  
AND TOUCH MY PRIVATE PARTS!

# MY STORY

.



I WAS SCARED,  
BUT I REMEMBERED THAT IT WAS WRONG  
SO, I RAISED MY HAND AND SHOUTED  
**STOP!**

# MY STORY

.



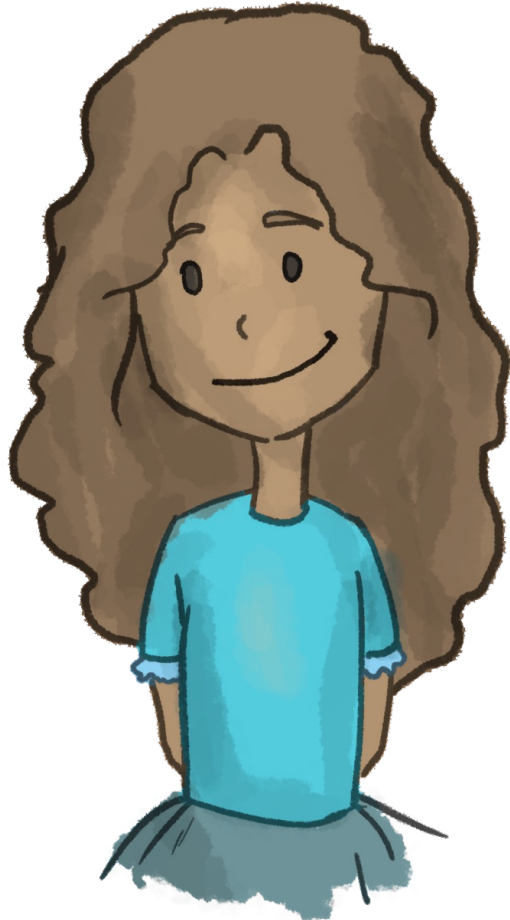
I ASKED AUNT VIVI FOR HELP.

SHE IS MY BEST FRIEND.

I TOLD HER WHAT HAPPENED.

# MY STORY

.



THE ADULTS I TRUST  
DO NOT ALLOW THAT PERSON  
TO BE NEAR ME ANYMORE.

TODAY I'M SAFE  
EVERYTHING IS OK.



# HOW I FEEL

DRAW HERE HOW YOU FEEL ABOUT WHAT YOU HAVE LEARNED IN THIS BOOK.  
IF YOU WANT TO, SEND IT TO I PROTECT MYSELF.

I PROTECT MYSELF  
BECAUSE  
MY BODY IS MINE AND MINE ALONE!



**I PROTECT MYSELF IS A COLLABORATIVE, VOLUNTARY, FREE AND INDEPENDENT PROJECT FOR EDUCATION AIMED AT PREVENTING AGAINST VIOLENCE DURING CHILDHOOD. IT RECEIVED THE NEIDE CASTANHA 2020 AWARD AND IS PART OF THE NATIONAL NETWORK EARLY CHILDHOOD IN BRAZIL.**

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**I Protect Myself**

