



I Protect Myself





I Protect Myself

THIS BOOK WAS CREATED FOR CHILDREN
TO LEARN ABOUT THEIR BODIES
AND PROTECT THEM.

WATCH OUT!

**I DO NOT TOUCH
AND DO NOT LET PEOPLE
I DO NOT KNOW
TOUCH ME**



ATTENTION

If someone wants to show affection and touches my private parts

**THIS PERSON IS LYING!
THIS IS NOT SHOWING AFFECTION**



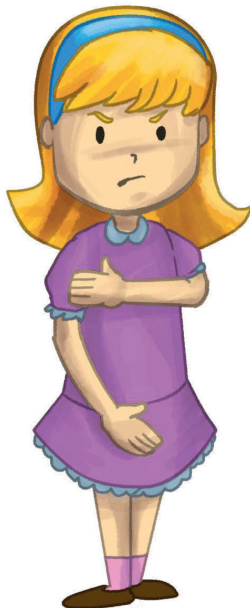
THIS IS NOT A CARESS

PEOPLE WHO ARE ALLOWED TO TAKE CARE OF ME

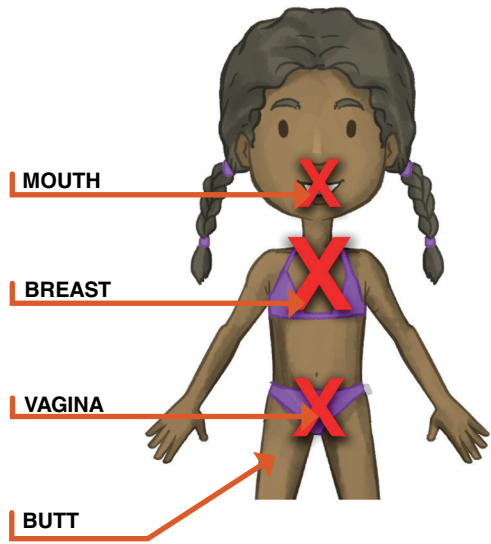
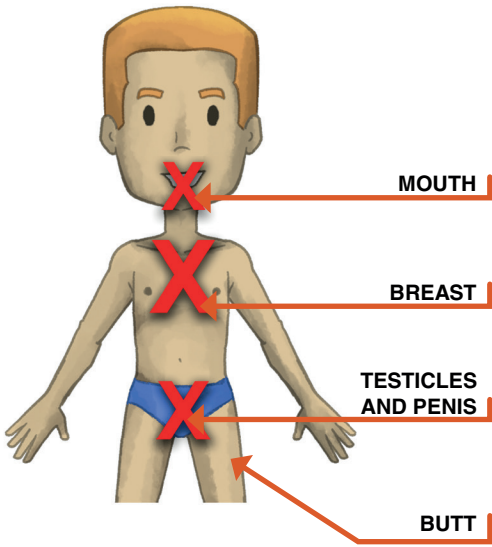
People who I trust

may touch me

**BUT MUST NOT
TOUCH MY PRIVATE PARTS**



KNOWING MY BODY AND MY PRIVATE PARTS





DANGER

BE CAREFUL!

IF SOMEONE WANTS TO

- **GO INTO THE BATHROOM WITH ME**
- **PLAY DOCTOR**
- **TOUCH MY BODY**



I MAY NEED HELP TO

- Go to the bathroom
- Take a shower
- Change my clothes





ATTENTION! DANGER!

IF SOMEONE OFFERS ME

- SWEETS
- FOOD
- PRESENTS
- MONEY
- TRIPS



**OR IF THEY THREATEN ME
OR SOMEONE IN MY FAMILY
IN EXCHANGE FOR TOUCHING
MY PRIVATE PARTS**

WATCH OUT!

**I AM CAREFUL WITH THE INTERNET
THERE ARE PEOPLE WHO ARE NOT NICE THERE, TOO.
THE PERSON I TRUST
ALWAYS KEEPS ME COMPANY.**





BE CAREFUL!

**IF SOMEONE WANTS ME TO SHOW THEIR
MY PRIVATE PARTS,
OR WANTS TO FILM, OR TAKE A PICTURE
OF MY PRIVATE PARTS.**

THIS IS WRONG!





DANGER

**THEN I MUST
RUN AWAY!**

**I MUST RUN
AND SHOUT:**

**NO!
HELP!**





NO MEANS NO!





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





DANGER

IF THE SHOW OF AFFECTION MAKES ME FEEL...

- **AFRAID** 
- **ANGER** 
- **SAD** 
- **GUILTY** 



AND I CAN'T TELL

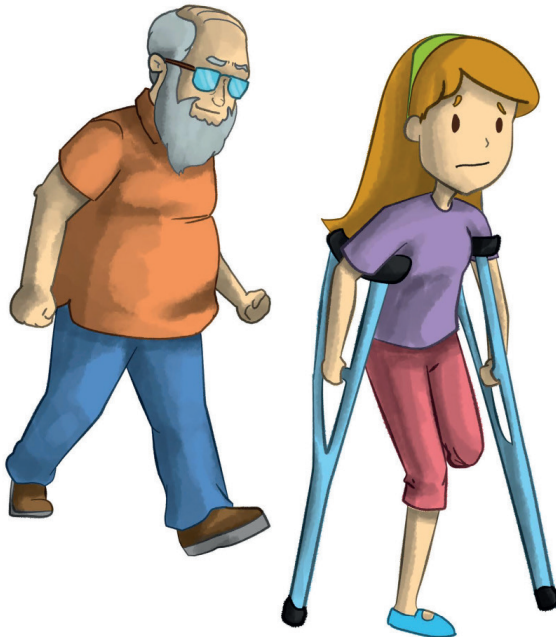
IT IS NOT A SHOW OF AFFECTION

I ASK FOR HELP!



ATTENTION!

- I TELL SOMEONE I TRUST
- I STAY AWAY FROM THE PERSON
- EVEN IF THIS PERSON IS PART OF MY FAMILY.





DANGER

- IF I CANNOT FIND
ANYONE WHO I TRUST NEARBY
I WILL LOOK FOR HELP**
- **FROM A RELATIVE**
 - **FROM A NEIGHBOR**
 - **FROM MY SCHOOL**
 - **FROM THE HEALTH CENTER**
 - **FROM CHILD PROTECTION
SERVICES**
 - **FROM THE POLICE.**



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



**DON'T WAIT
CALL 911**

“I Protect Myself” is a volunteer-based, non-profit and independent project from Brazil aimed at teaching preventive measures against child violence and sexual abuse.