



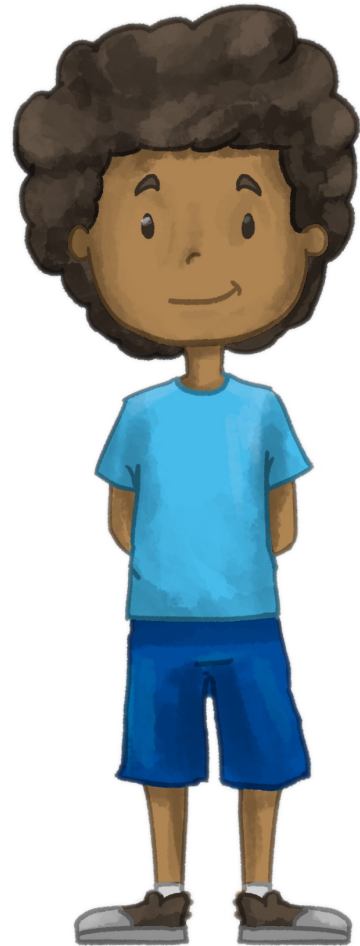
I PROTECT
MYSELF BECAUSE
MY LITTLE BODY
IS MINE



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GROWING UP, LEARNING TO TAKE CARE 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 BODY CARE.

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.

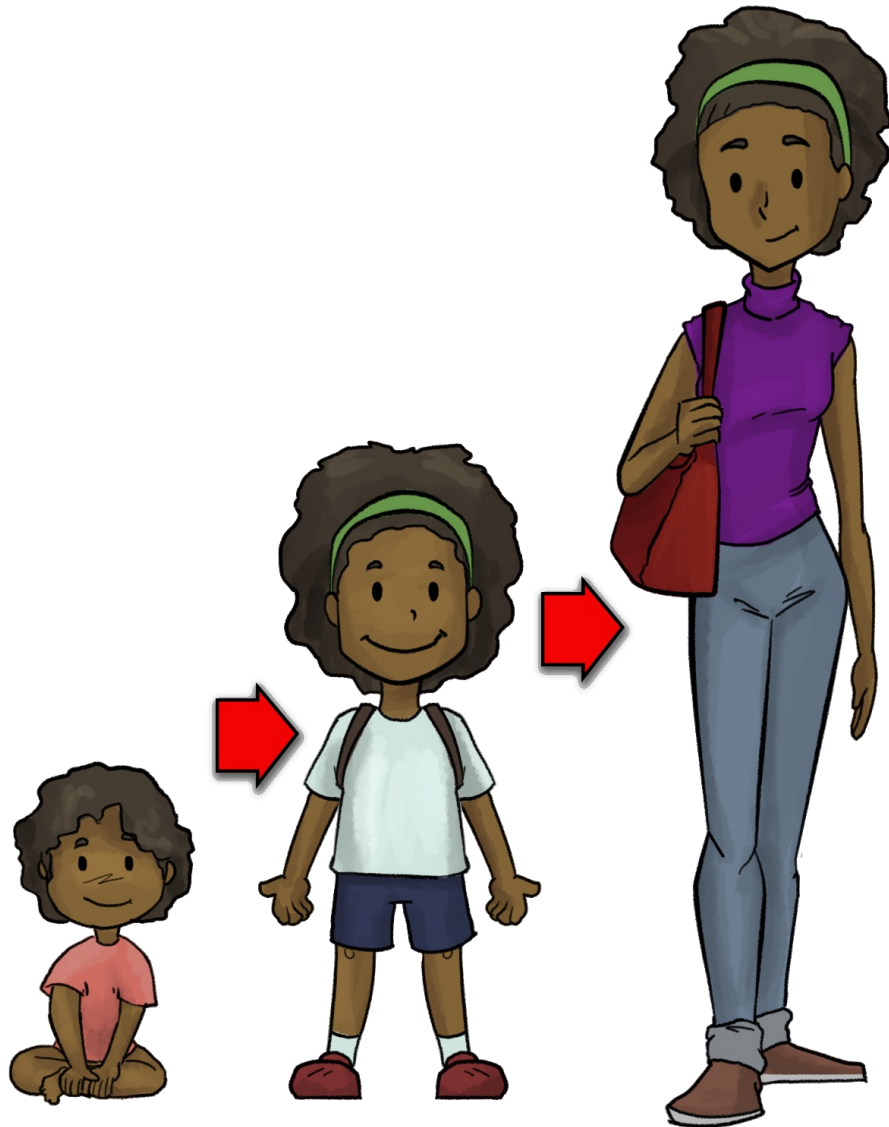
1 - GETTING TO KNOW MY BODY



I'M GROWING UP!

WE ARE ALL BORN BABIES

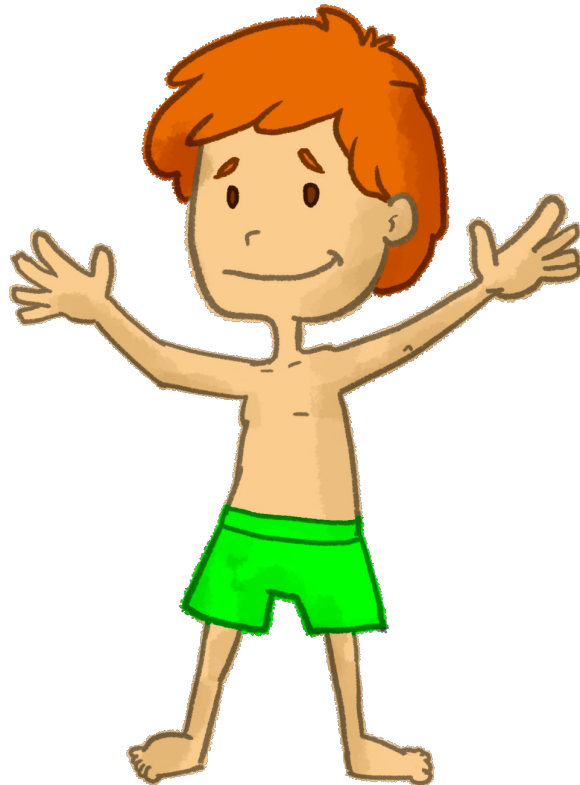
AND WE GROW UP.



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

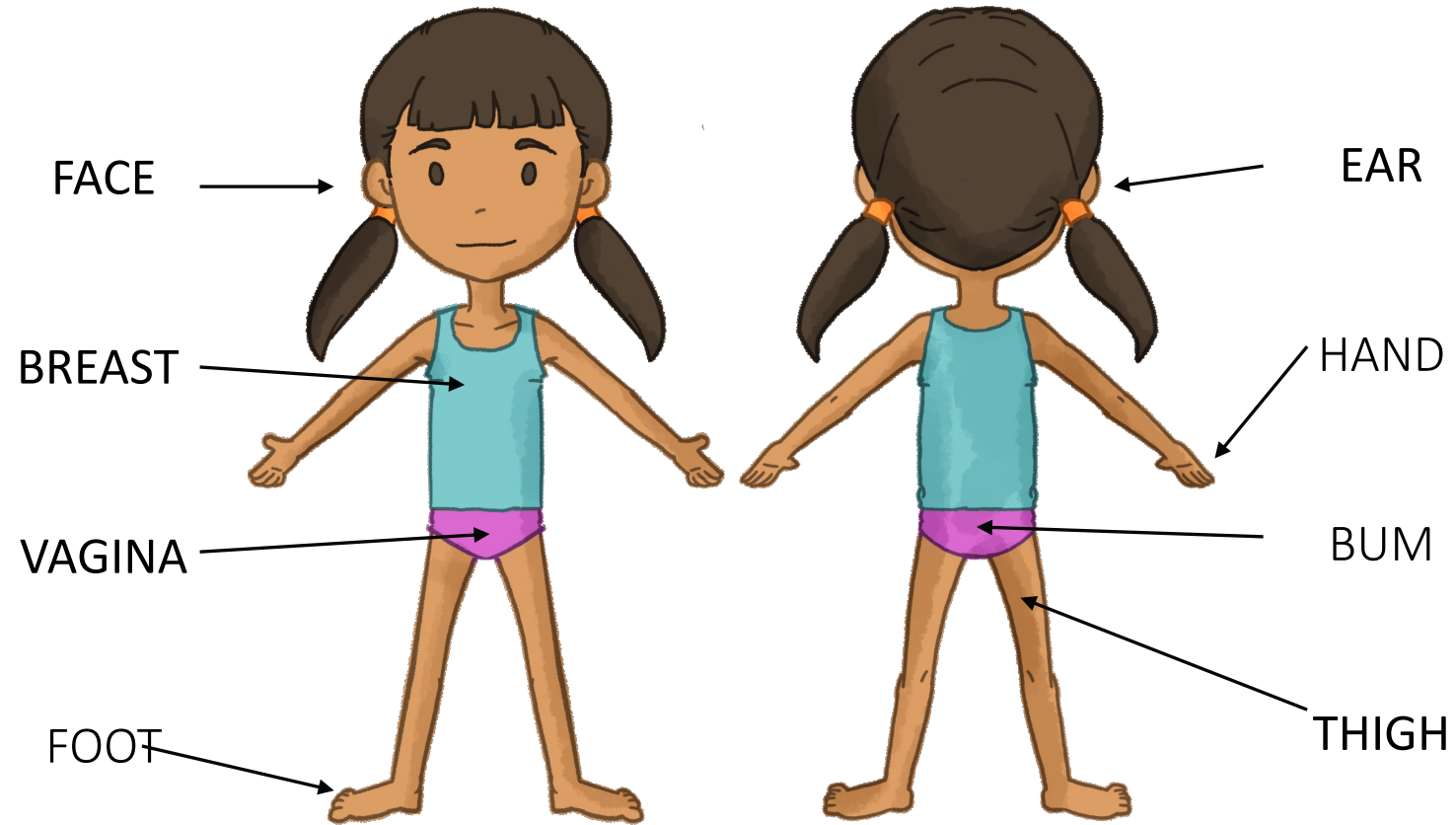


DO YOU KNOW YOUR BODY PARTS?

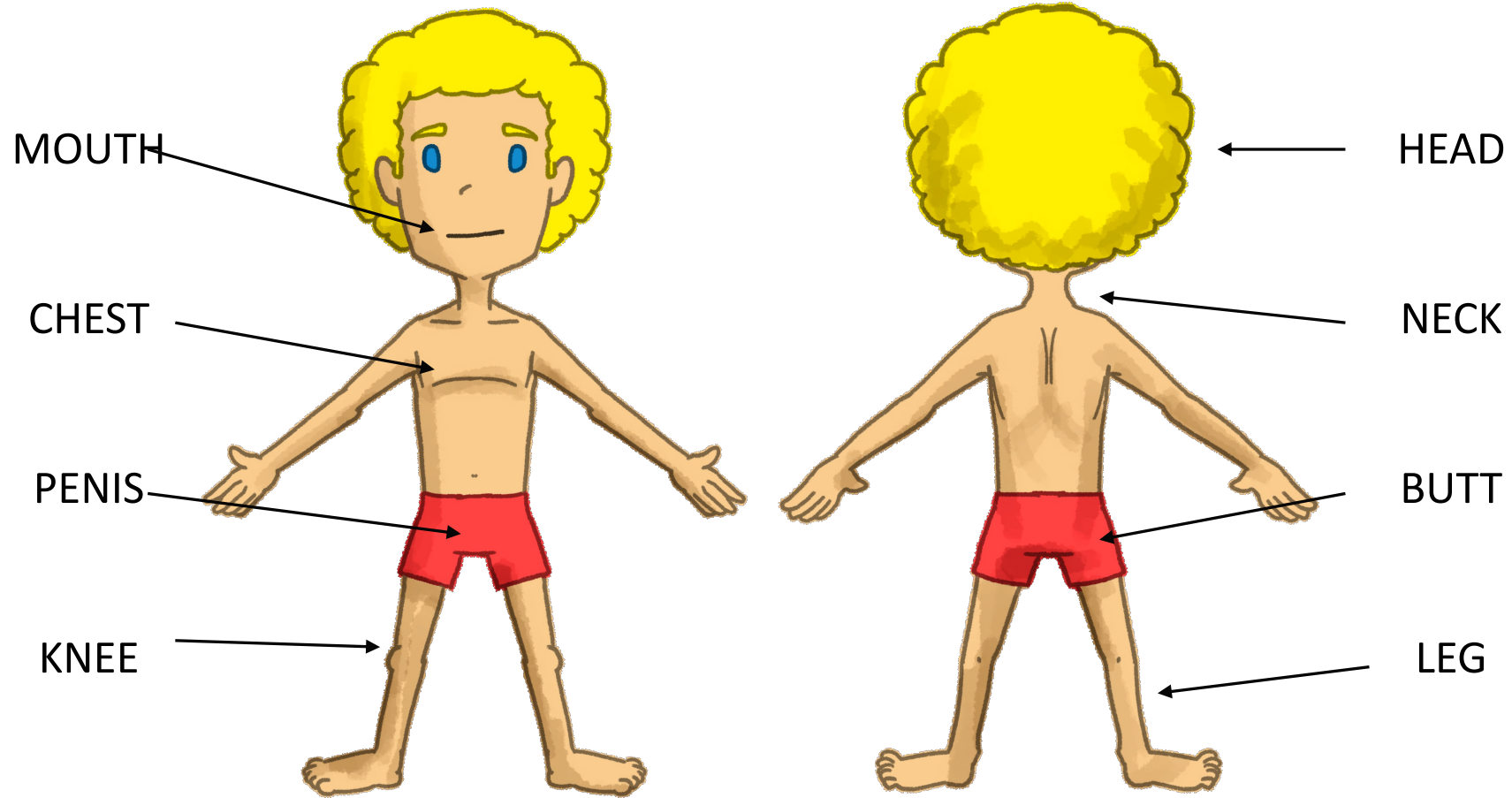


WHAT PARTS OF THE BODY
DO YOU KNOW?

BODY PARTS



BODY PARTS





SOME PEOPLE HAVE ONE ARM.



SOME PEOPLE HAVE TWO ARMS.



SOME PEOPLE DO NOT HAVE ARMS.



HOW MANY ARMS DO YOU HAVE?



SOME PEOPLE HAVE ONE LEG.



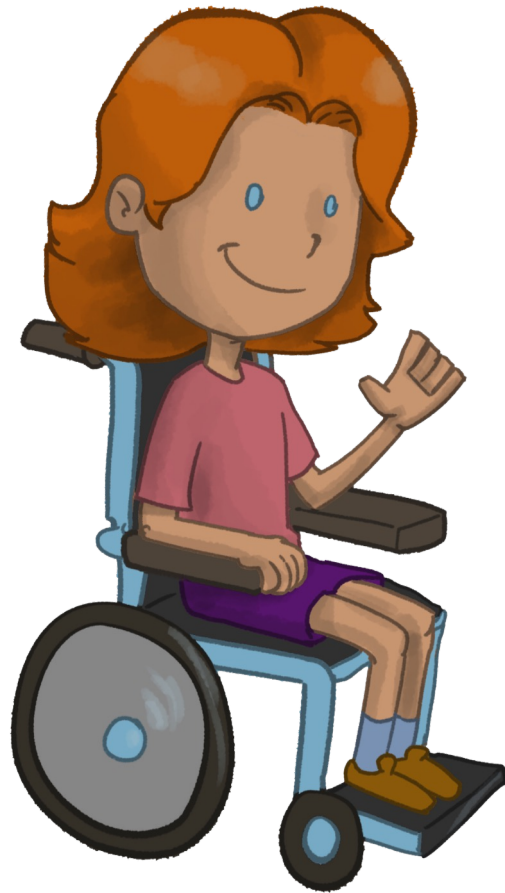
SOME PEOPLE HAVE TWO LEGS.



SOME PEOPLE DO NOT HAVE 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?



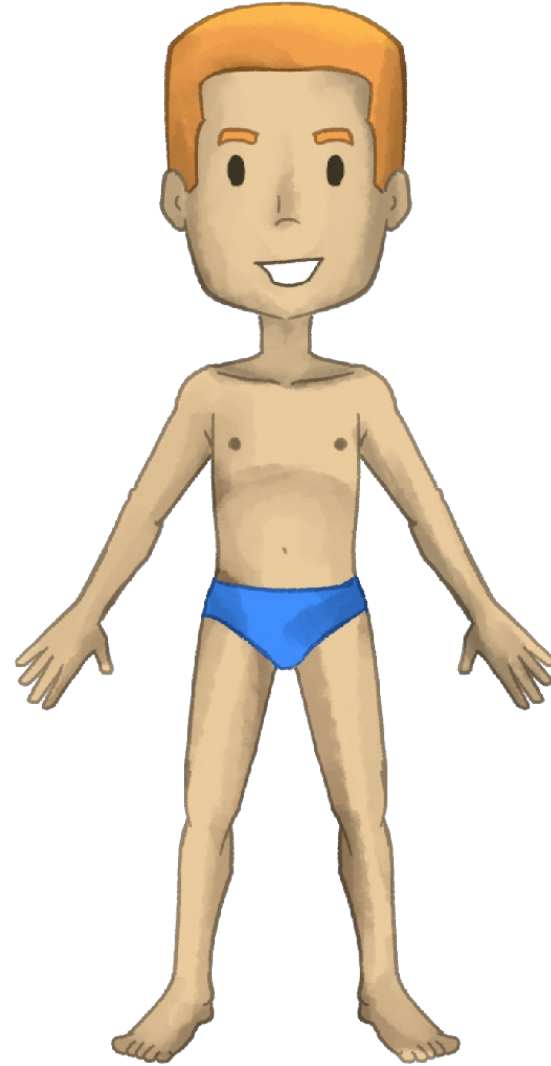
LEGS AND ARMS ARE PARTS OF OUR BODY

THERE ARE PARTS OF OUR BODY

THAT WE CALL PRIVATE PARTS.



WHICH ARE THE PRIVATE PARTS OF THE BODY?

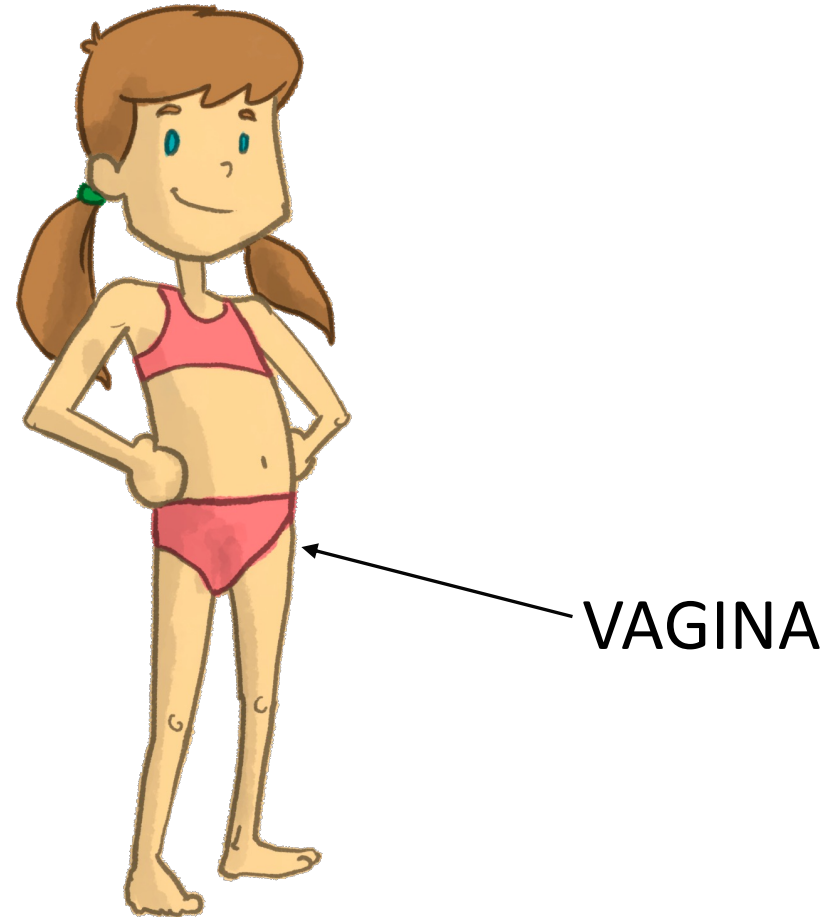


PRIVATE PARTS

ARE COVERED BY

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

DO YOU KNOW WHAT VAGINA IS?



VAGINA GOES BY SEVERAL NAMES

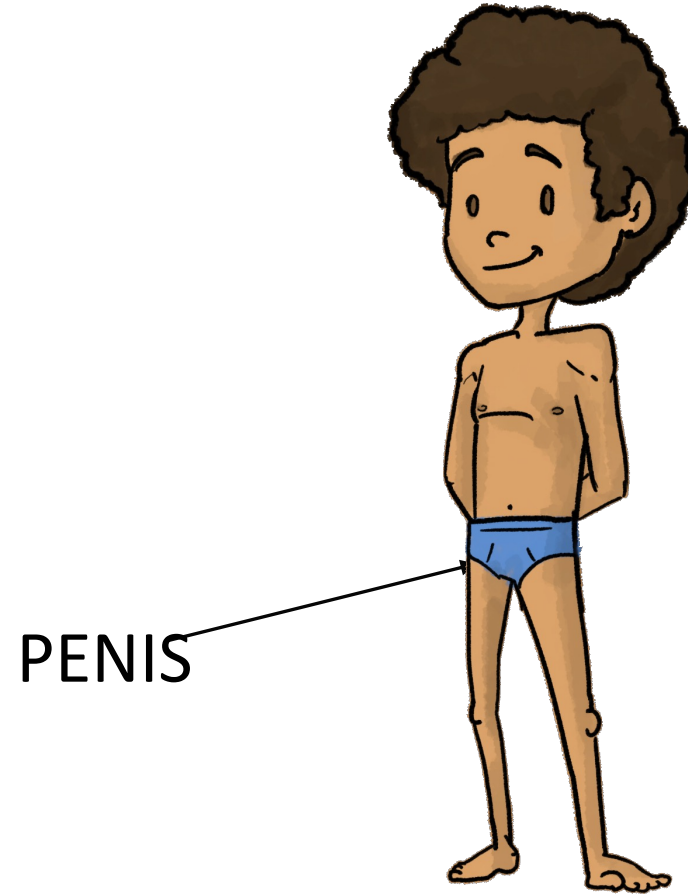


THERE ARE PEOPLE WHO CALL VAGINA

- VULVA
- FANNY
- BITS
- TWINKLE
- MUFF

WHAT DO YOU CALL THE VAGINA

DO YOU KNOW WHAT PENIS IS?



THE PENIS ALSO HAS OTHER NAMES

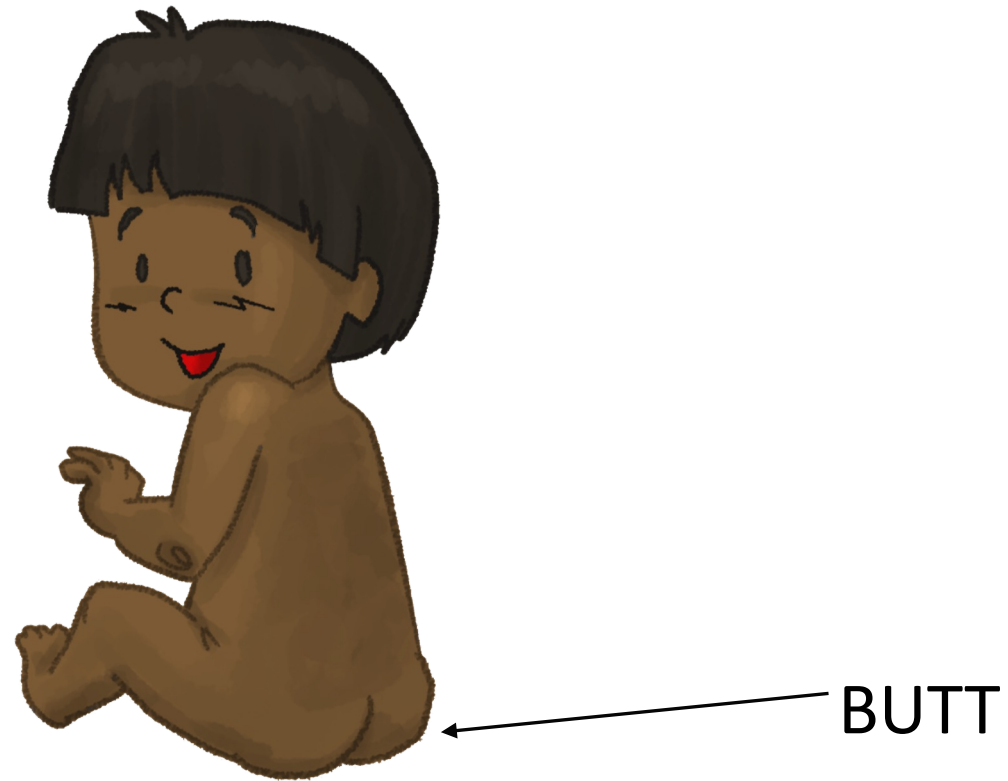


THERE ARE PEOPLE WHO CALL THE PENIS

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

SAY WHAT YOU CALL THE PENIS

DO YOU KNOW WHAT BUTT IS?



THE BUTT ALSO HAS OTHER NAMES



THERE ARE PEOPLE WHO CALL THE BUTT

BUTTOCKS

BACKSIDE

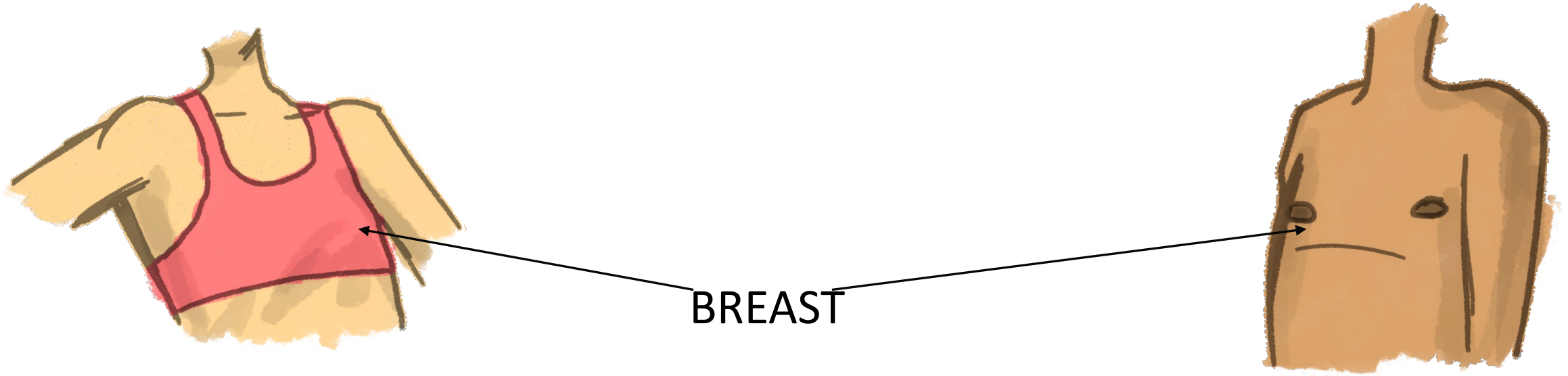
GLUTEUS

BOTTOM

TUSHY

SAY WHAT YOU CALL THE BUTT

DO YOU KNOW WHAT BREAST IS?



THE BREAST ALSO HAS OTHER NAMES

SOME PEOPLE CALL THE BREAST

BOOBIES

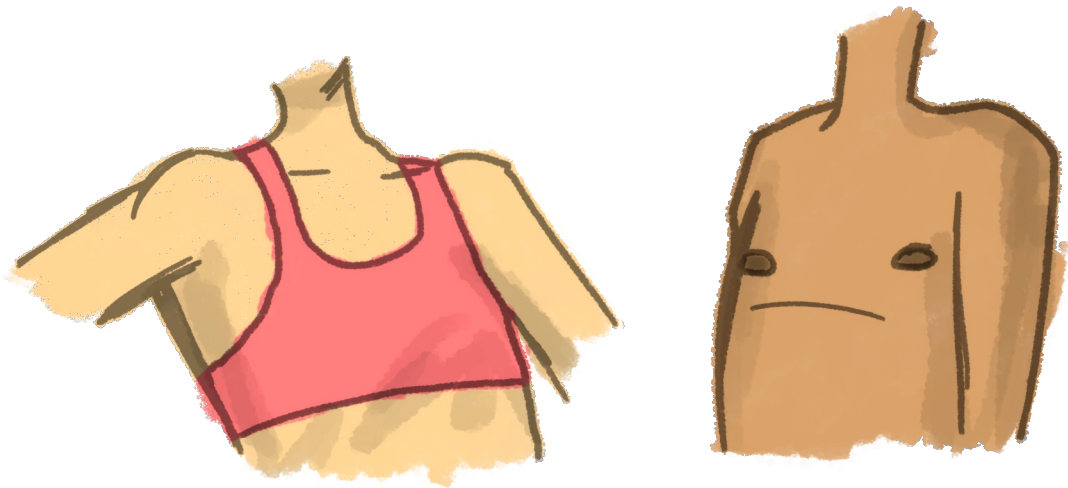
CHEST

NIPPLES

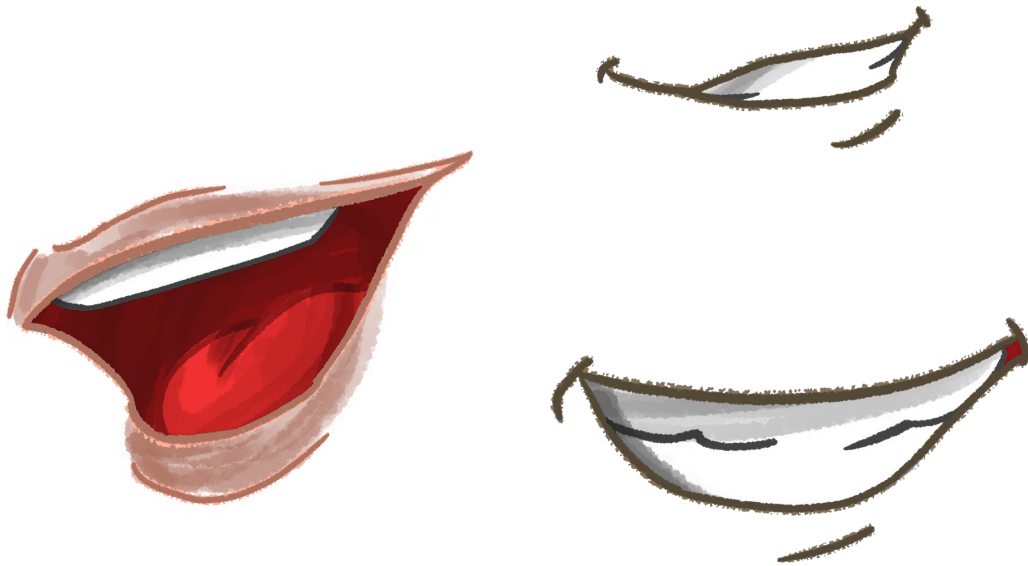
MAMA

BUST

SAY WHAT DO YOU CALL BREAST



WHAT ABOUT THE MOUTH?



EVEN THOUGH IT IS NOT

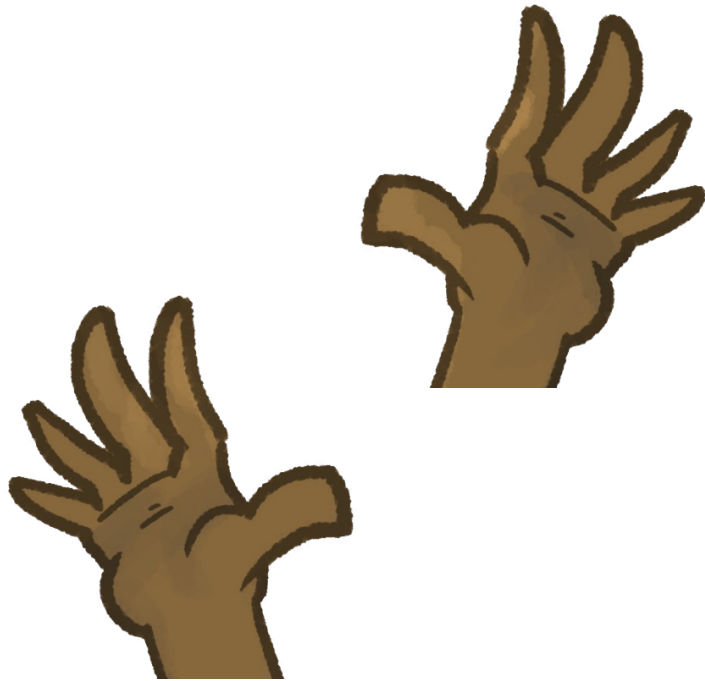
COVERED BY CLOTHES

THE MOUTH IS ALSO

A PRIVATE PART

"MY MOUTH IS MINE ALONE!"

WHAT ABOUT THE HAND?



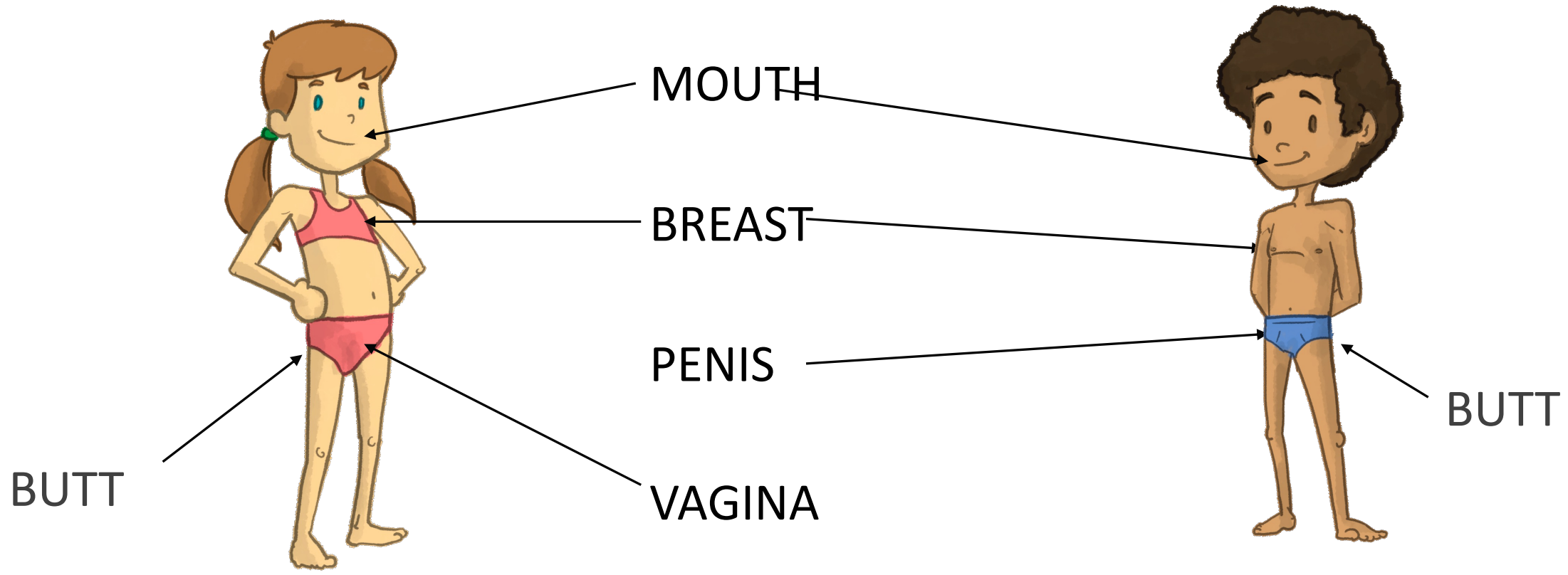
IT IS NOT PRIVATE

AND IT IS NOT COVERED

BUT IT IS ALSO MINE ALONE

I PUT MY HAND WHERE I WANT TO.

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

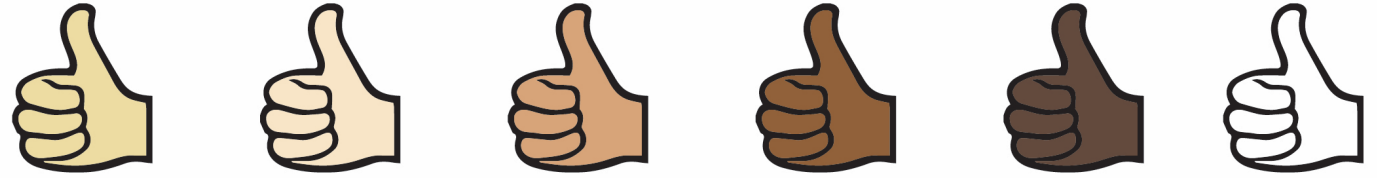


WHAT IS?

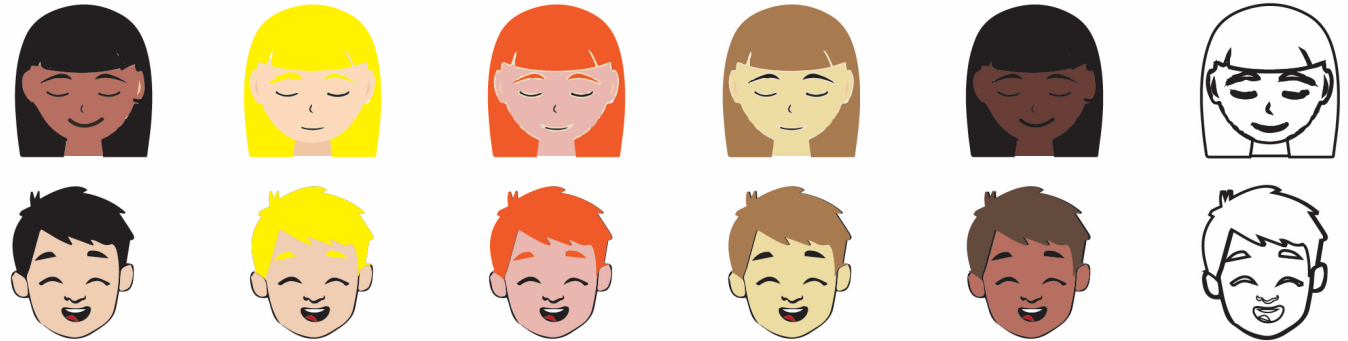
THE COLOR OF YOUR EYES?



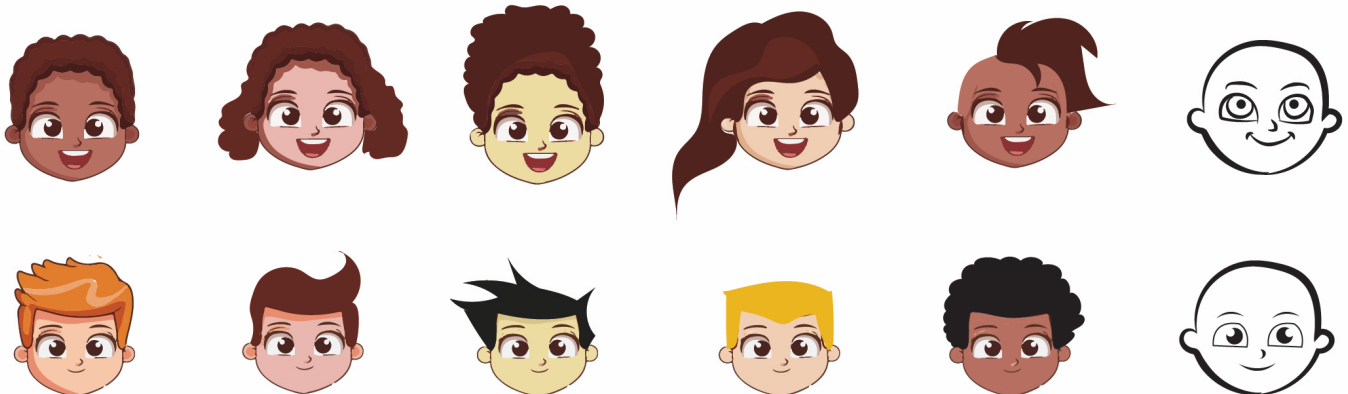
THE COLOR OF YOUR SKIN?



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
OUT OF MY HOUSE
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.

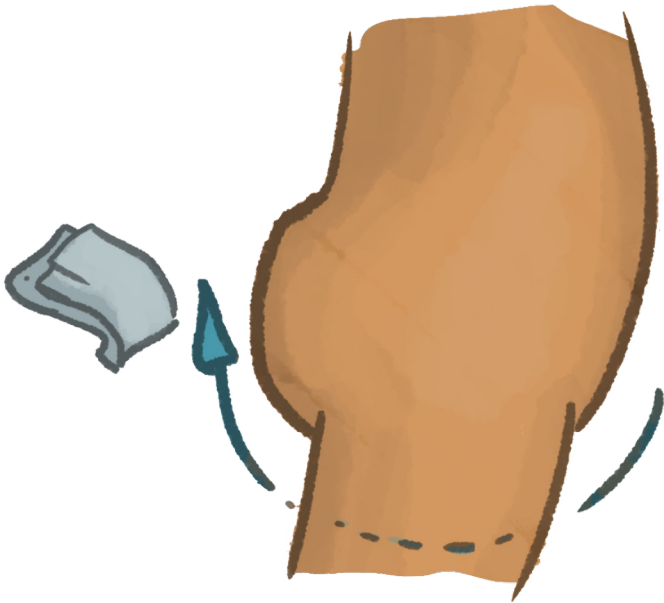
I CLEAN WITH TOILET PAPER

FROM FRONT TO BACK.

I CLEAN IN THE BUTT'S DIRECTION.

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 PIECES OF TOILET PAPER
UNTIL I DO NOT SEE POOP
ANYMORE ON 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 FALLS ON 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 IN THE HANDS.

IF MY HAND GETS DIRTY I CAN GET SICK.

SHOWERING



I SHOWER EVERY DAY

I WASH MY WHOLE BODY

I WASH BEHIND MY EARS.

WASHING MORE 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

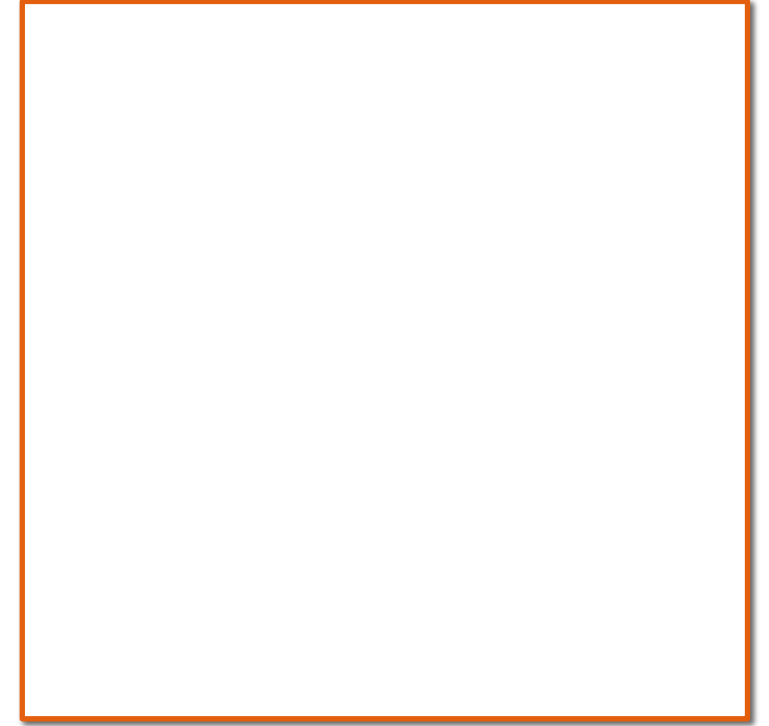
DRAW A PICTURE FOR EACH CARE YOU NEED TO TAKE WITH YOUR BODY



I BRUSH MY TEETH



I CLEAN UP AFTER
GOING TO THE BATHROOM



I TAKE A SHOWER

EVERY CARE IS IMPORTANT

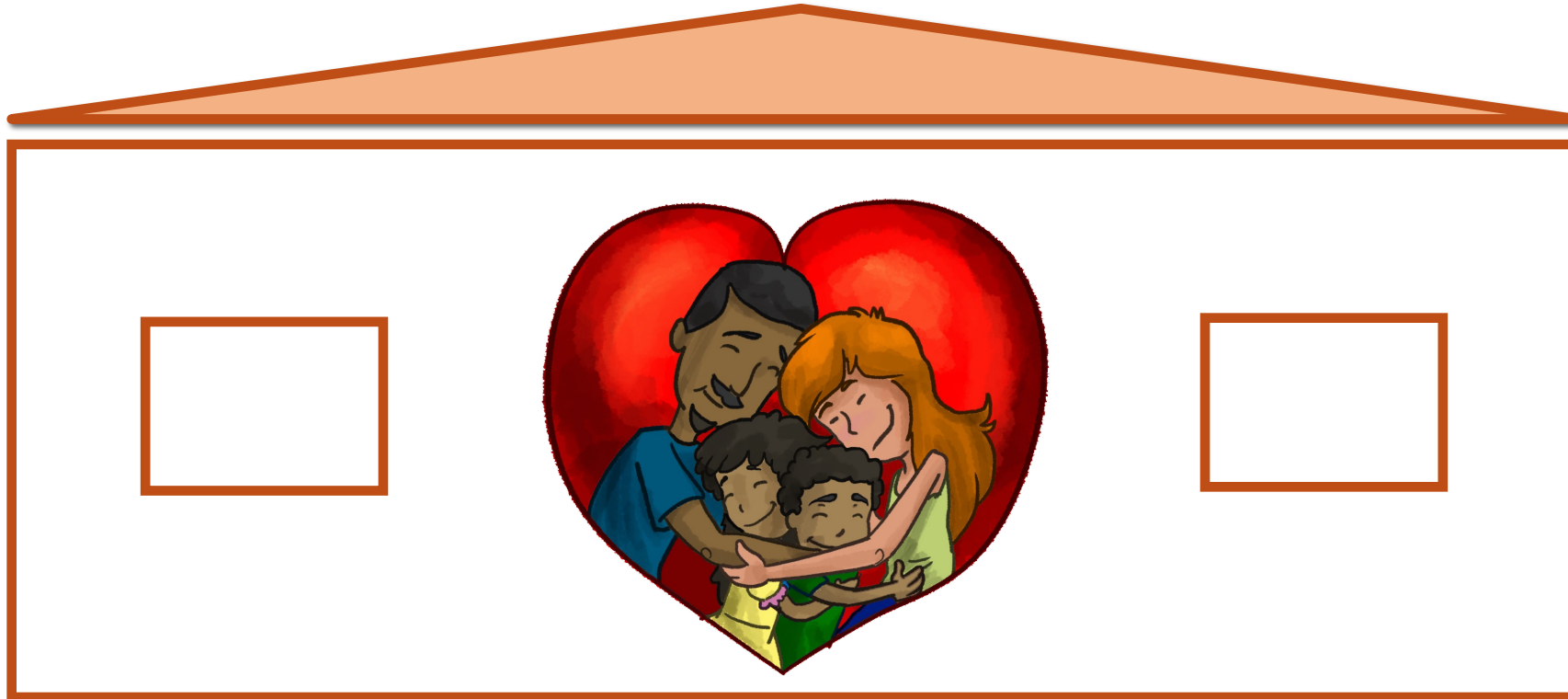
WHAT OTHER BODY CARE IS IMPORTANT?

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 FAMILY

THERE ARE LARGE FAMILIES



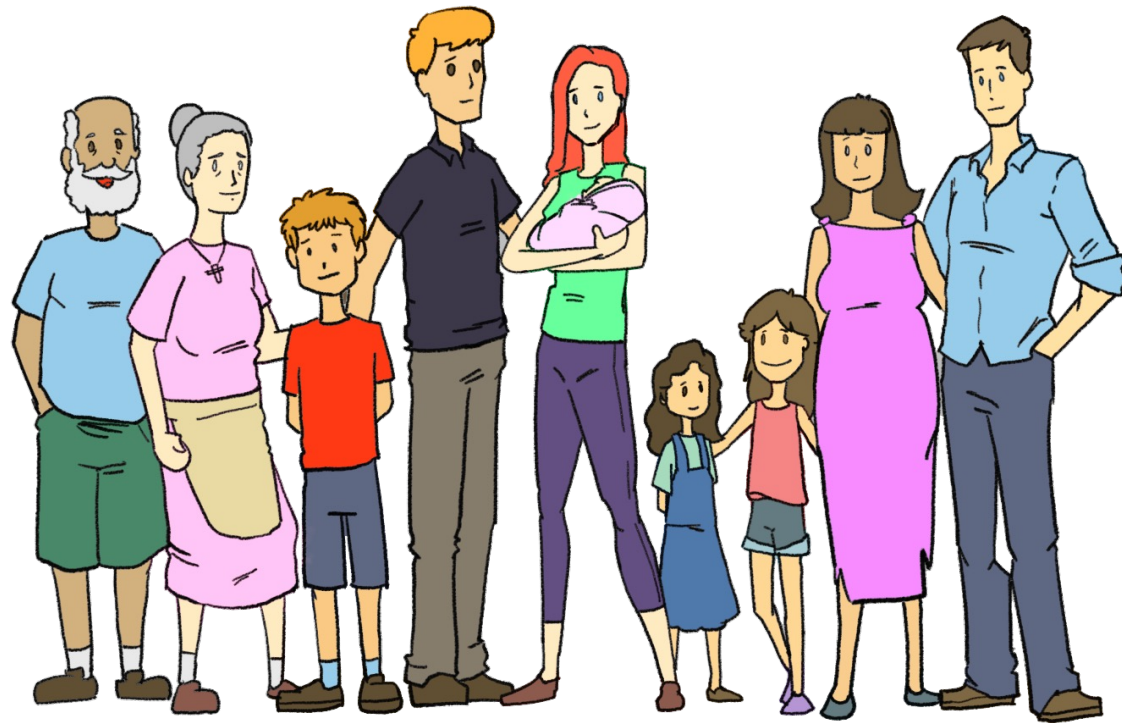
THERE ARE MEDIUM SIZED FAMILIES



THERE ARE SMALL FAMILIES



EXTENDED FAMILY



THERE IS MORE PEOPLE IN THE FAMILY
LIKE UNCLAS AND COUSIN.

THEY ARE SIBLINGS OF THE PARENTS
AND THEIR CHILDREN.

FRIENDS LIKE FAMILY

THERE ARE PEOPLE WE LIKE AS IF THEY WERE OUR FAMILY



MY FAMILY IS LIKE THIS...

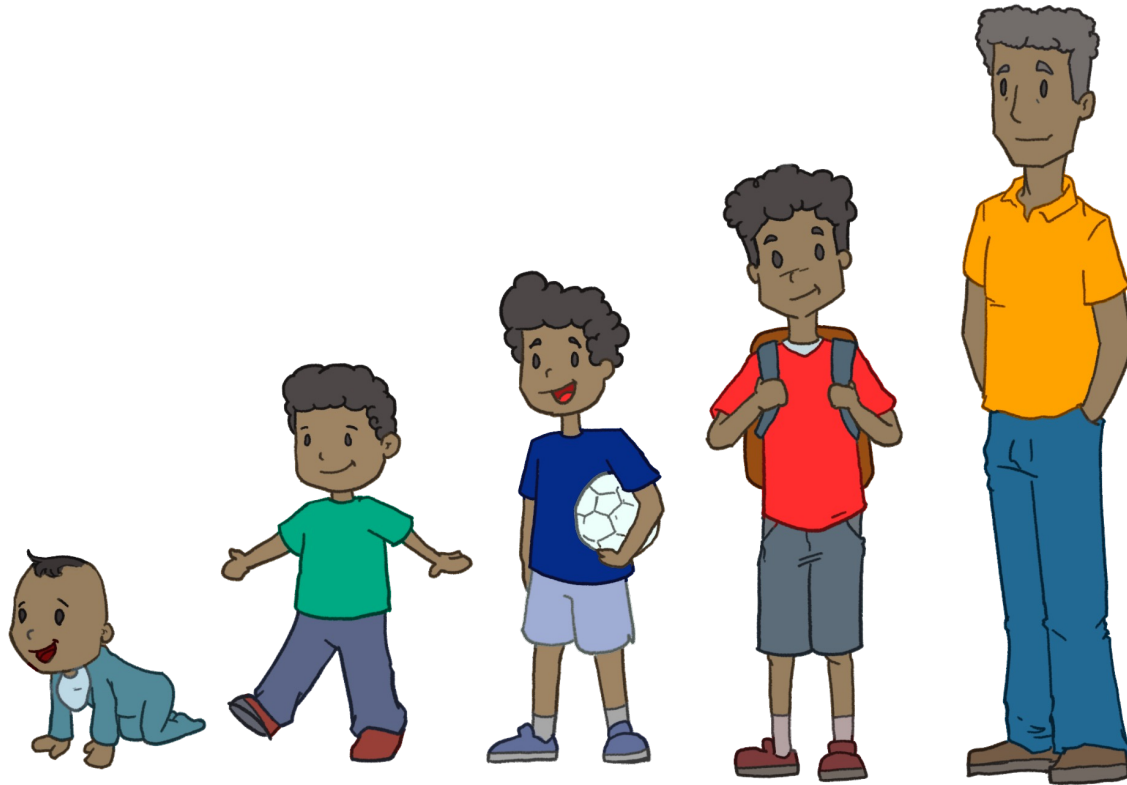
DRAW YOUR FAMILY OR STICK A PICTURE



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 CLOTHES.

SOMETIMES I NEED HELP TAKING CARE OF MYSELF

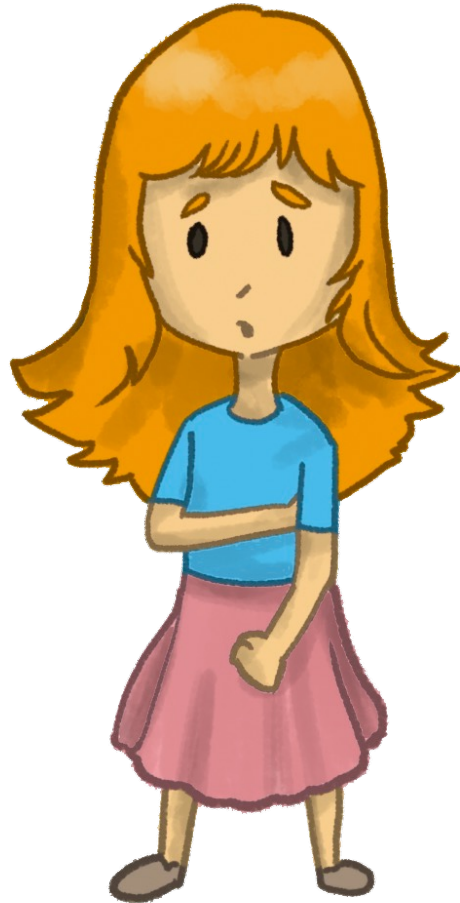


AND THAT'S OKAY

PEOPLE I TRUST
CAN YOU HELP ME TO

- GO TO THE BATHROOM
- SHOWER
- CHANGE 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 WHO CAN OR CANNOT TOUCH YOU.

AT HOME

MUM _____

DAD _____

GRAMMA _____

BABYSITTER _____

OTHER PERSONS. WHO? _____

PEOPLE I TRUST

WRITE  OR  NEXT TO WHOM
MAY OR MAY NOT TOUCH YOU.

AT SCHOOL



TEACHER _____

TEACHER'S ASSISTANT _____

GUARD _____

CANTINE LADY _____

CLEANING STAFF _____

OTHER PERSONS. 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 WHO CAN OR CAN'T.

IN THE HOSPITAL OR CLINIC

DOCTOR _____

NURSE _____

THERAPIST _____

OTHER PERSONS. 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**

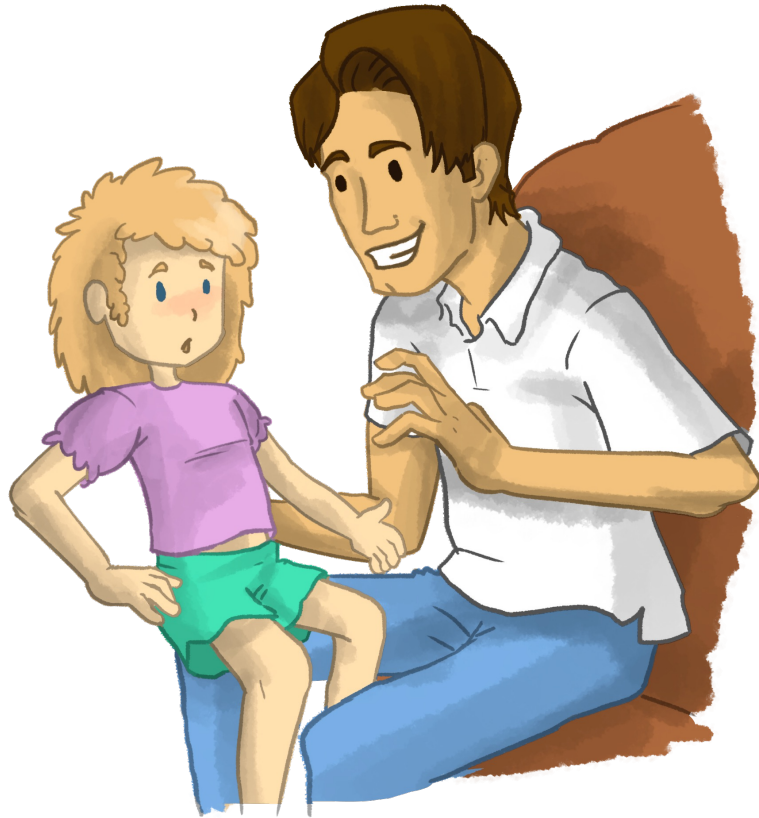
TEACHER ASSISTANT CANTINE LADY GUARD

- **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.

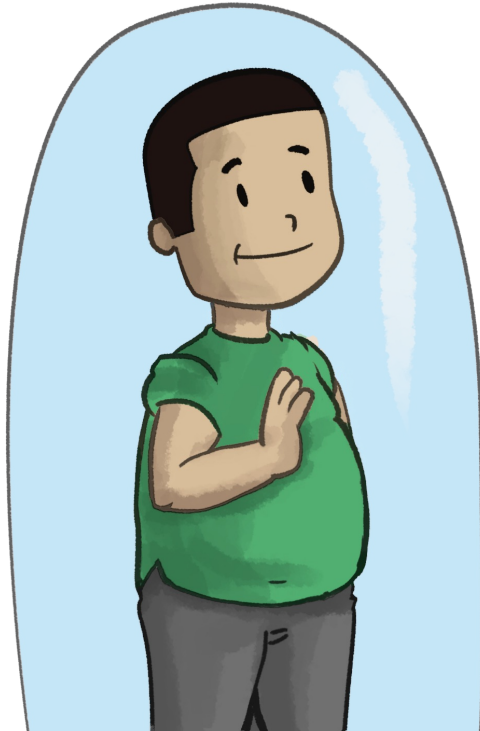
MY BODY IS MINE



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

THERE MAY BE PEOPLE LIKE THAT
ALSO, 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 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.

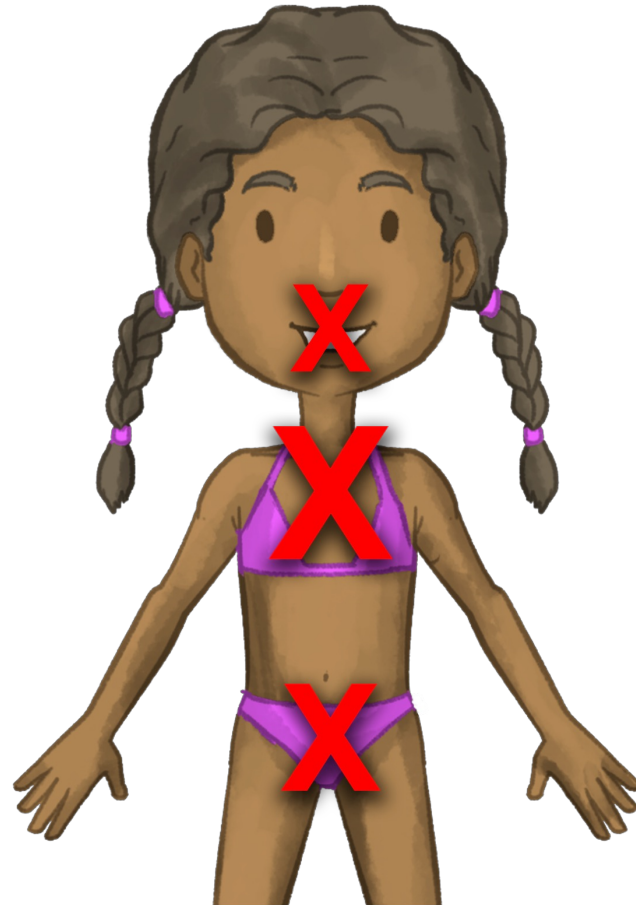
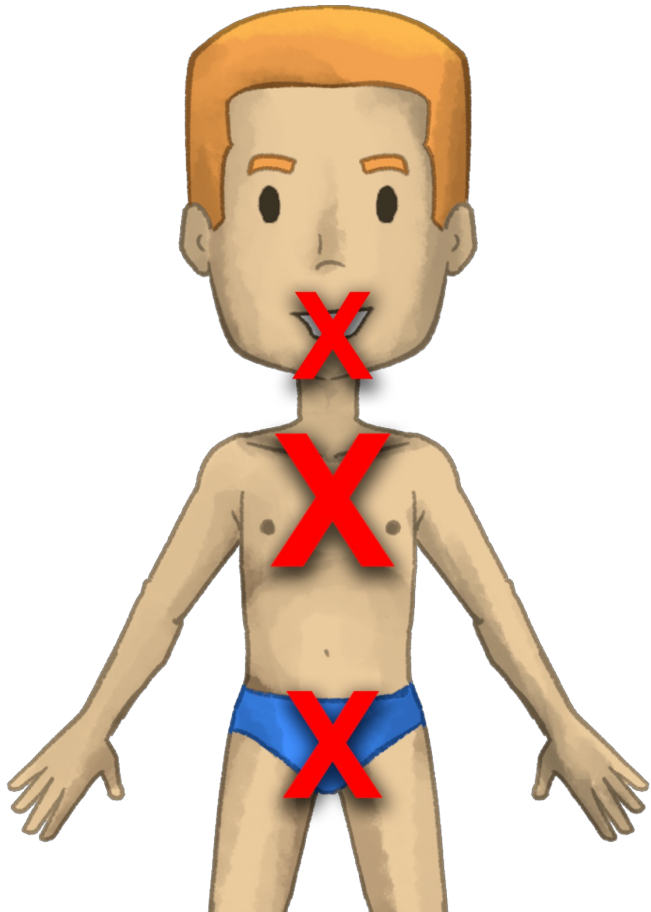
BEWARE!



IF I WIN SOMETHING,
FIRST, I TELL
SOMEONE I TRUST
WHO 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
IN 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
WANTS TO FILM OR TAKE PICTURES
OF MY PRIVATE PARTS



BE CAREFUL!



IF A PERSON
WANTS TO GO INTO THE BATHROOM
OR 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.

SHOO!



**SO,
I RUN AND SCREAM:**

- **NO!**
- **HELP!**
- **YOU CANNOT DO THIS!**
- **GO AWAY!**

NO IS NO!



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

ATTENTION



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

ATTENTION



**I MUST TELL WHAT BOTHERS ME
EVEN IF A PERSON
THAT I TRUSTED BEFORE
IS DOING THIS TO ME.**

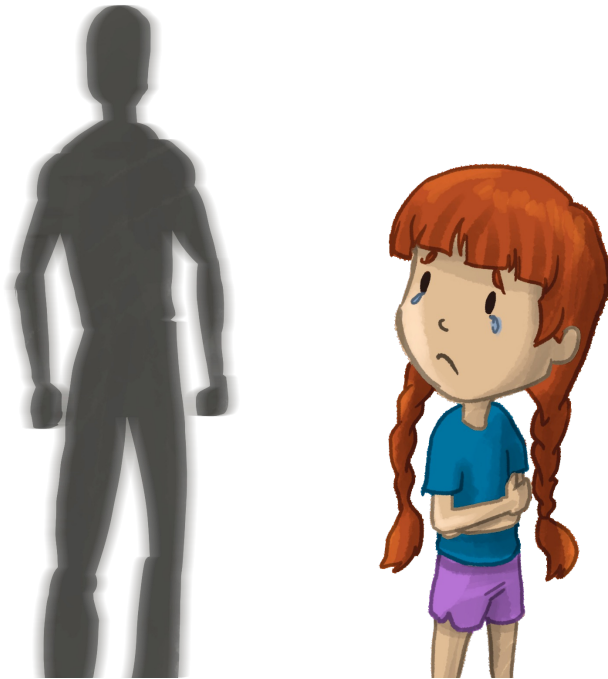
ATTENTION



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

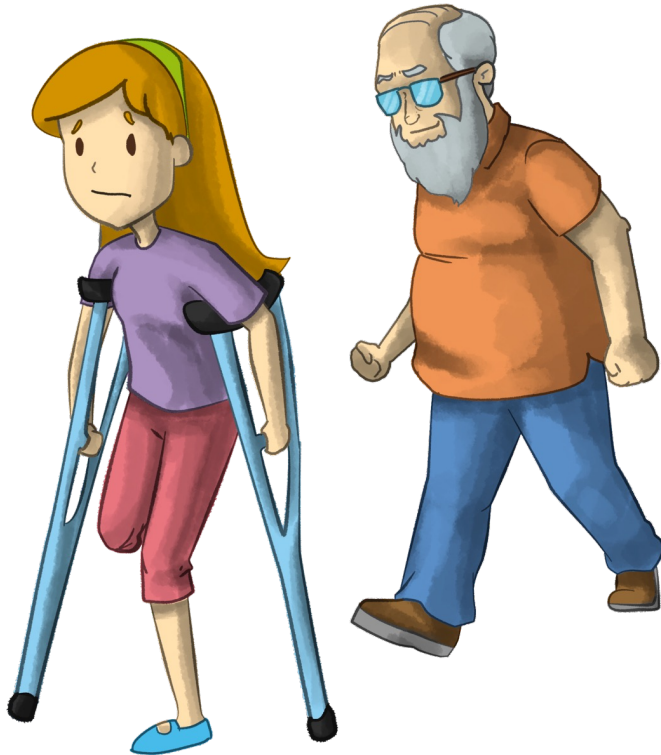


THIS IS CALLED THREAT.

I NEVER BELIEVE IN 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**
- **ANYONE IN MY FAMILY.**

ATTENTION!



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

- **AT MY SCHOOL**
- **AT THE POLICE STATION**
- **IN THE HOSPITAL**
- **IN THE YOUTH COUNCIL**
- **AT A NEIGHBOR'S HOUSE.**

ATTENTION!



**I WILL ALSO TELL YOU IF I SEE
THESE THINGS HAPPEN
WITH OTHER PEOPLE.**

WHAT I DO?

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

IF SOMEONE BOTHERS 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

.



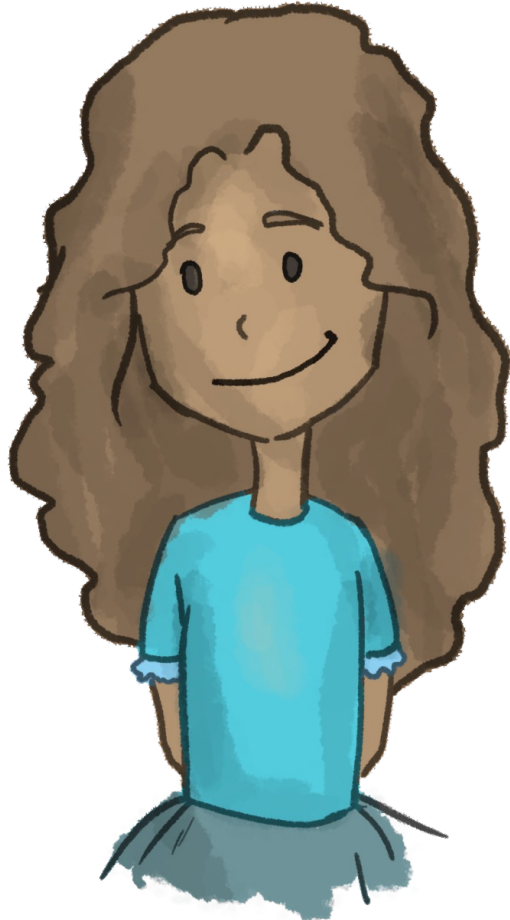
I ASKED AUNT VIVI FOR HELP.

SHE IS MY BEST FRIEND.

I TOLD HER WHAT HAPPENED.

MY STORY

.



THE ADULTS I TRUST
DO NOT LEAVE THAT PERSON
NEXT TO 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, SEND IT TO I PROTECT MYSELF.

I PROTECT MYSELF BECAUSE
MY BODY IS MINE!



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

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I Protect Myself

