

Are you a **child**?
Then there are **5 things**
you should know about
being **safe and healthy!**



There are some important things
you should know
so that you are **safe and happy!**

We all have rights like the right **to be informed** and the right **to have education.**

Rights related to **sexual health** and
well-being are very important, as well.



Save the Children



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To learn more about
CSAPE 2022-2024
visit our **website**.

Your sexual rights!

Knowing your sexual rights is important to protect yourself. It can help you:

- **say "NO"** if someone wants you to do something that makes you feel uncomfortable
- **understand yourself** by knowing your body and feelings and feel good about them
- have **privacy** for yourself
- have **healthy relationships**



Your body!

- Your body is special and important **just the way it is**
- It is important to **learn the names** of all your body parts
- As you grow up, your body **will change**
- Learning about your own body will help you **take care** of it



It's ok to say **NO!**

- Saying **"no"** to things you do not want is an important skill to learn.
- Always **ask for the permission** of others before doing something to them.
- Set clear boundaries to others for yourself. Like **"this is okay"** and **"this is not ok"**
- Always respect other people's **boundaries**

Remember:

You are never alone, always reach out to an adult for help.



Understanding your emotions.

- Learning about your **feelings** is important.
- **Talking to grown-ups** about them helps you stay safe, feel good, and, if needed, express your fears and ask for help.
- You can **express your sexuality** in a healthy way and have better friendships that make you feel happier.

From these place, you can **get help**:

"116 111" -The European helpline is exclusively for children and teenagers until 18 years of age. Is free of charge and provides you the opportunity to talk anonymously about any subject that concerns you."

Keeping yourself safe.

- Learning **safety rules** online and offline is important to keep you safe.
- Always speak to a **trusted adult** if something worries you or feels wrong.
- A trusted adult can be, for example, a **parent, a teacher, a school nurse, or any adult you feel safe with.**