



TOOL : Safe touch and unsafe touch

Notes for Leaders

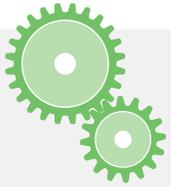
It is important to understand that touch is about four central concepts:

- **CONSENT:** If the touch is between two peers then they could both agree to it. Was the child asked if they want to be touched? Did they understand what this means? And did they then agree to be touched? Even if they both agree to it, touch may still not be appropriate between two peers. The child could have been pressurized into consenting and not be in a situation where they could say YES or NO. The touch may also be inappropriate if the child agreed at first, but asks the peer to stop when it made her/him feel uncomfortable, and still the peer continued to touch. “No” means no, and silence or inability to say “yes” does not imply consent. Depending on the laws of the country, children of certain ages can never give consent. Please check the legal framework in your country.
- **AGE:** If an adult sexually touches a child it is inappropriate and is child abuse. This is because an adult is older and more powerful than the child. The adult is responsible for protecting the rights of children. There are legal ages for sexual activity and laws against abuse and harassment that are different in each country.
- **POWER DIFFERENTIALS:** As well as age, other factors may limit a child’s ability to say no – for example if they feel pressurized by an authority figure or by someone they feel has more power. Gender inequality may mean girls do not have the power to say no in certain societies. For example, they may face retaliation and further danger if they resist.
- **SEXUALITY:** Older children in your group may be starting to explore their own sexuality and it is important that they are given opportunities to think about when they may want to say YES to sexual involvement.



TOOL : Safe touch and unsafe touch continued

SAFE TOUCH	UNSAFE TOUCH
A girl is going to school and her father gives her a hug goodbye. The girl looks happy and comfortable.	A boy or a girl on the bus touches a girl's chest without her wanting them to (unless this is clearly an accident). This is sexual abuse.
A group of boys in the school playground run after the girls and touch them on the shoulder in a game of tag. The girls are smiling and playing the game.	A group of boys surround a girl in the park and take turns to hug a girl. The girl feels really uncomfortable and is pressurized into being touched. This is sexual abuse.
A boy walks hand in hand with another boy to school. They are smiling and look happy and comfortable.	In a queue some boys surround a girl and rub up against her, she is scared and runs away. This is sexual harassment.
A girls walks hand in hand with another girl. They are smiling and look happy and comfortable.	A group of boys in school run around kissing the girls. Some of the girls want to play the game and others are uncomfortable. This is sexual harassment.
A boy and girl hold hands. They are smiling and look happy and comfortable.	A boy sticks his hands down a boy's trousers while he stands next to him. The boy is uncomfortable, has not been informed or asked for his consent and this is sexual abuse.
A girl is crying and her friend (boy or girl) give her a hug.	A group of boys lift up the girl's skirts as she walks up some stairs. This is sexual harassment.
A girl hurt herself and a boy puts his arm around her.	An adult tries to touch a child's private parts when they don't need to and it is not appropriate. This is sexual abuse.
A doctor needs to examine a girl's chest because she is ill and it is part of a medical procedure that the girl has been told about and why.	



TOOL : Touch statements



A girl is going to school and her father gives her a hug goodbye



A doctor needs to examine a girl's chest because she is ill



A boy walks hand in hand with another boy to school



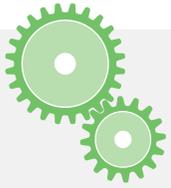
An adult tries to touch a child's private parts when they don't need to and it is not appropriate



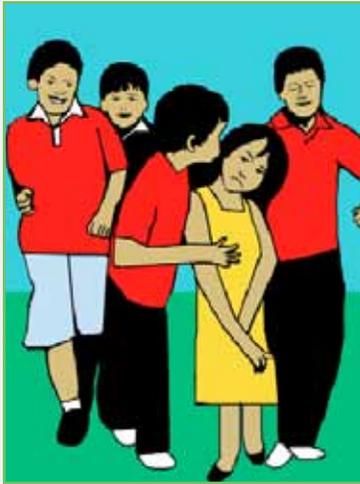
A boy or a girl on the bus touches a girl's chest without her wanting them to (unless this is clearly an accident)



A group of boys in school run around kissing the girls



TOOL : Touch statements continued



A group of boys surround a girl in the park and take turns to hug her. The girl feels really uncomfortable



In a queue some boys surround a girl and rub up against her, she is scared and runs away



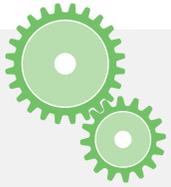
A girl is crying and her friend (boy or girl) give her a hug



A boy sticks his hands down a boy's trousers while he stands next to him



A group of boys lift up girls' skirts which they don't like



TOOL : My Space Rules

- Respect my body as my space.
- Yell for help if someone is hurting or touching you in a way you do not like.
- Say no to anything that makes you feel uncomfortable.
- Run away to a safe place if you can.
- Never keep gifts a secret and ask a trusted adult if it is OK to take a gift.
- Do not keep secrets that could harm you or someone else.
- Talk to an adult whom you trust.

An adult I can trust and can talk to:



TOOL : Definition of violence

“ ... violence occurs when someone uses their strength or their position of power to hurt someone else on purpose not by accident. Violence includes threats of violence and acts, which could possibly cause harm, as well as those that actually do. The harm involved can be to a person's mind and their general health and well-being as well as to their body. ¹ ”

¹ United Nations study on violence against children adapted for children and young people, 2006, UNICEF
http://www.unicef.org/violencestudy/pdf/Study%20on%20Violence_Child-friendly.pdf



TOOL : Forms of violence against girls and women cards

SEXUAL VIOLENCE

Someone touching a girl or young woman somewhere private when she does not want them to.

EMOTIONAL VIOLENCE

Someone saying something nasty to a girl or young woman, making them feel upset or controlling them.

PHYSICAL VIOLENCE

Being hit or physically hurt by someone.

DISCRIMINATION

Girls and women not having the same chances, opportunities or choices as boys

FINANCIAL VIOLENCE

Someone taking all your money or controlling how you spend it.

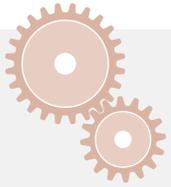
THREATS

Someone saying that they will hurt you.

SEXUAL HARASSMENT

Someone making unwanted and unwelcome sexual advances, remarks or gestures. This can hurt you or make you feel afraid.

Note to leaders: Don't forget in your explanations and activities to convey that violence is not only physical. It can also be emotional, physical, economic or sexual.



TOOL : Tips for helping a friend

Note to leaders: some of these tips may be more appropriate for older years within this age group (for example contact the relevant support services to see if there is anything that they can do, help friend find a safe place to stay, etc.). Please determine which tips are appropriate for the age and ability of your group and adapt accordingly.

LOOK

All children and young people will react differently, so look out for any changes or patterns of behaviour. Also, these signs may not mean that your friend is in an abusive relationship; they could have a different problem. Be a good listener and do not jump to conclusions:

- Physical signs of injury
- Bad health or illness
- Truancy, fall in participation
- Withdrawal, passivity, being compliant
- Disruptive and attention seeking behaviour
- Nervous and worried
- Changes in mood and personality
- Isolation from family and friends
- Violent thoughts and actions with a lack of empathy
- Frequent texts and calls from their boyfriend / girlfriend that are starting to bother them
- Inappropriate sexual conduct / language / attitudes
- Depression
- Pregnancy
- Use of drugs / alcohol (especially where there was no prior use)
- Self-harm
- Eating disorders
- Tiredness or problems sleeping
- Symptoms of post-traumatic stress
- Bullying / being bullied

LISTEN

- Listen to what she has to say and tell her that you believe her and do not judge her.
- Repeat what she has told you to check that you have understood and to validate her feelings and experiences.
- Reassure and empower her, tell her that the abuse is not her fault and that it is great that she is talking about it.
- Remind her that you are here for her and that she does not deserve to be treated in this way.
- Point out that there are professionals that she can talk to, write down any numbers or contact details for her to take away.
- As a friend your role is to support her and make her feel good about herself.

PROTECT

- If you are worried about your friend or concerned for her safety then you need to talk to someone.
- Talk to an adult that you trust who can help find the right support for your friend.
- Contact relevant support services to see if there is anything that they can do, or find out information about support services and encourage the friend to contact them.
- Help your friend to find a safe place to stay if this is necessary.

RESPECT

- Do not gossip about your friend's situation; only tell a trusted adult.
- Remember that it is up to her to leave the relationship or her family. Often there are many challenges to leaving and it could even put her more at risk, so be patient with your friend.
- Understand your limits and speak to an adult that you trust about how this makes you feel. Seeing your friend upset will have an impact on you and you will need to look after yourself.