

Care-ageous Kids!

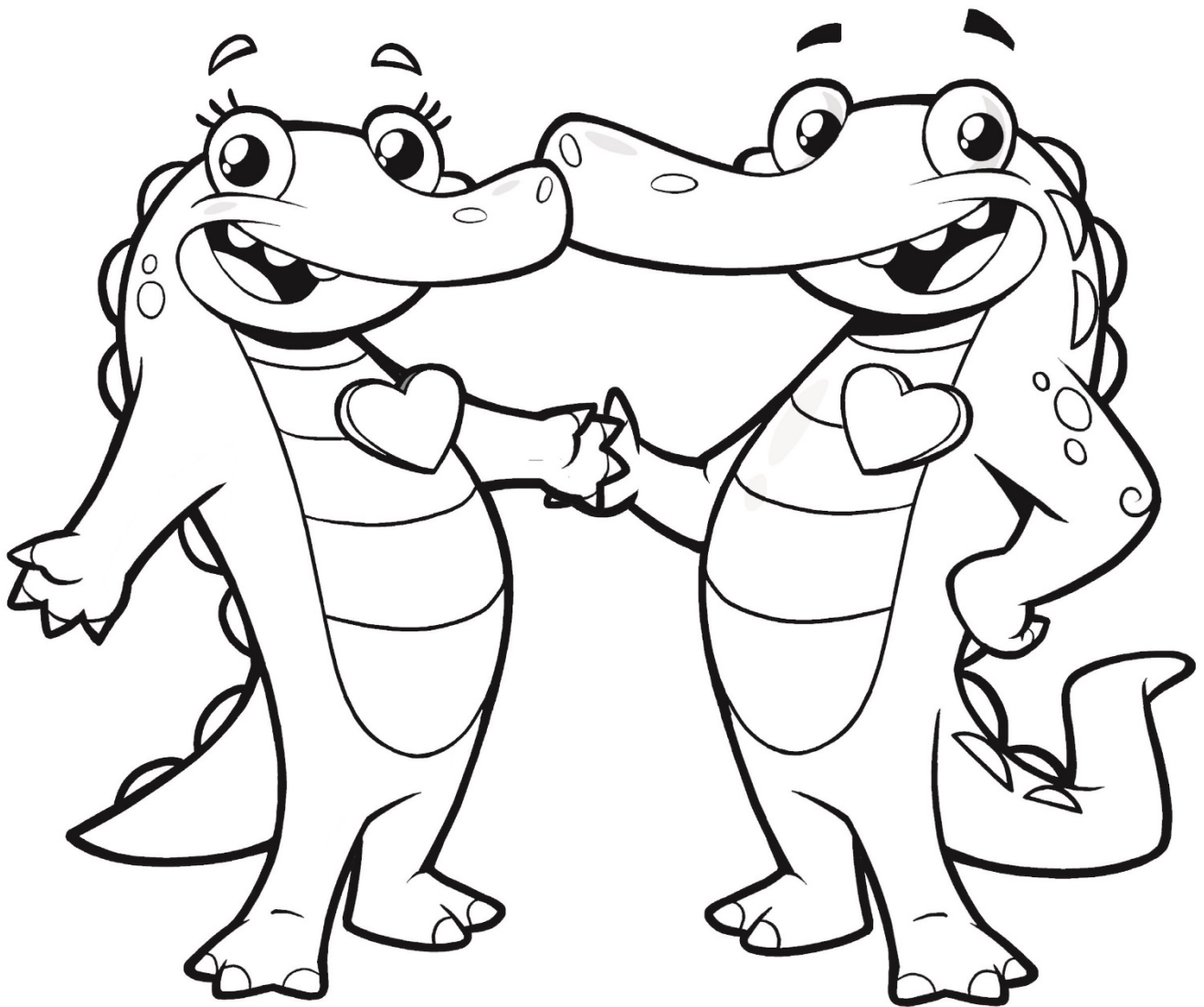
Slim kinders is braaf en gaaf



Krokkies Goeie Hart en Goeie Vriend

Bied aan

Hou jou lyfie veilig!



**Hello daar! Ons is Krokkie Goeie Hart
en Krokkie Goeie Vriend.**

**Ons is hier om met jou te praat
oor hoe om jou lyfie veilig te hou!**

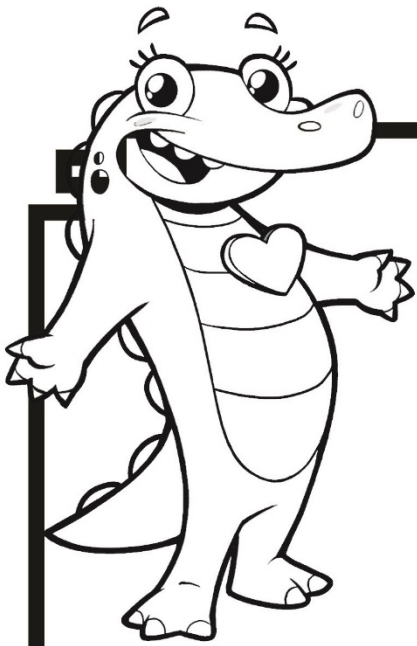
**Ons lyfies is spesiaal en wonderlik, en behoort aan ons. En ons moet mooi daarna kyk.
Ons kyk na ons lyfies deur:**

OEFENING



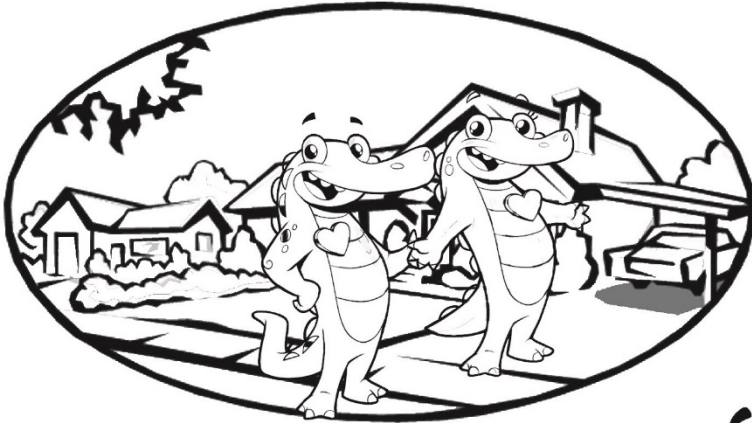
EN GESONDE KOS TE EET!





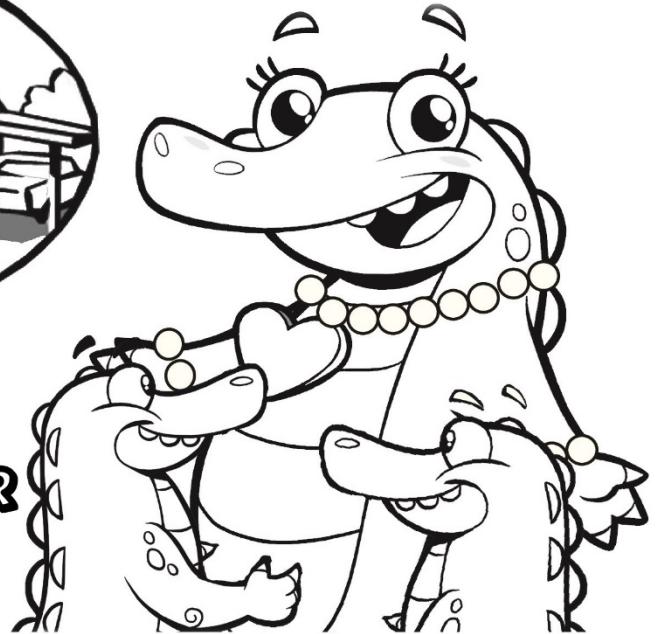
**Teken 'n prentjie van hoe jy jou
lyfie veilig en gesond hou.**

Jou lyfie behoort aan jou, en jy kan wonderlike en pret dinge daarmee doen. Hier is 'n paar:

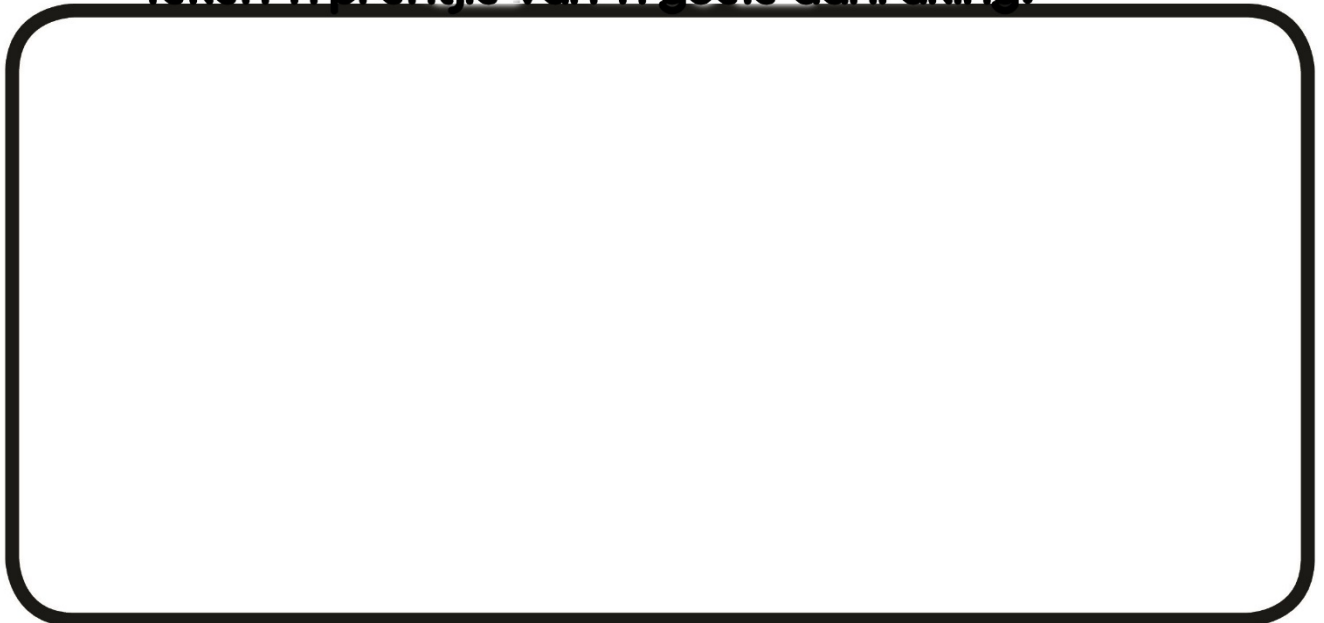


**GEE MAMMA
'N DRUKKIE**

**HOU MAMMA SE HAND
VAS WANNEER JULLE OOR
DIE STRAAT STAP**



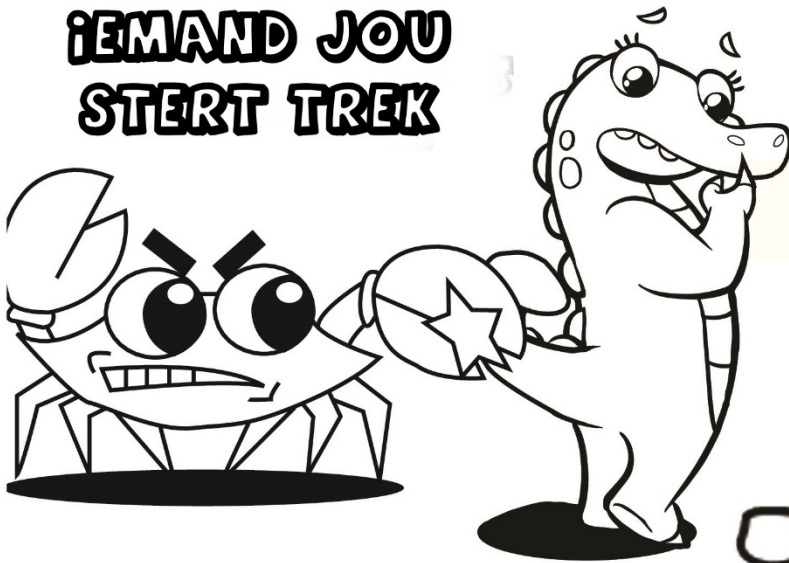
Teken 'n prentjie van 'n goeie aanraking:



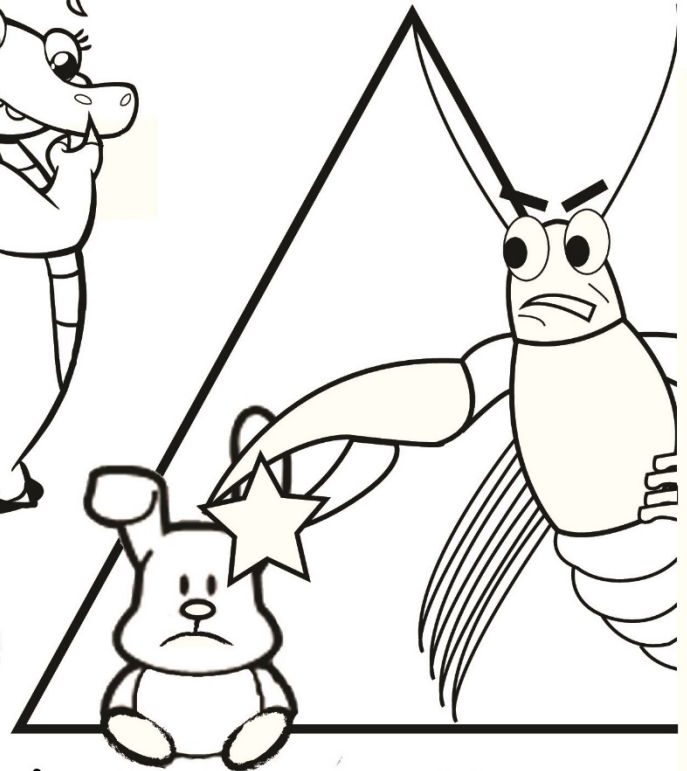
**Hierdie word goeie aanrakings genoem.
Hulle laat ons gelukkig en veilig voel.**

Party aanrakings voel nie goed nie, soos wanneer:

**IEMAND JOU
STERT TREK**



**OF IEMAND
JOU ORE TREK**



Teken 'n prentjie van 'n slegte aanraking:



**Hierdie word slegte aanrakings genoem.
Slegte aanrakings maak jou bang en hartseer.**

**Ons het die mag om te besluit hoe ons aan
gevat wil word. Jy kan besluit wat 'n goeie
aanraking vir jou is.**

**"Ek hou partykeer
daarvan om
gekielie te word"**

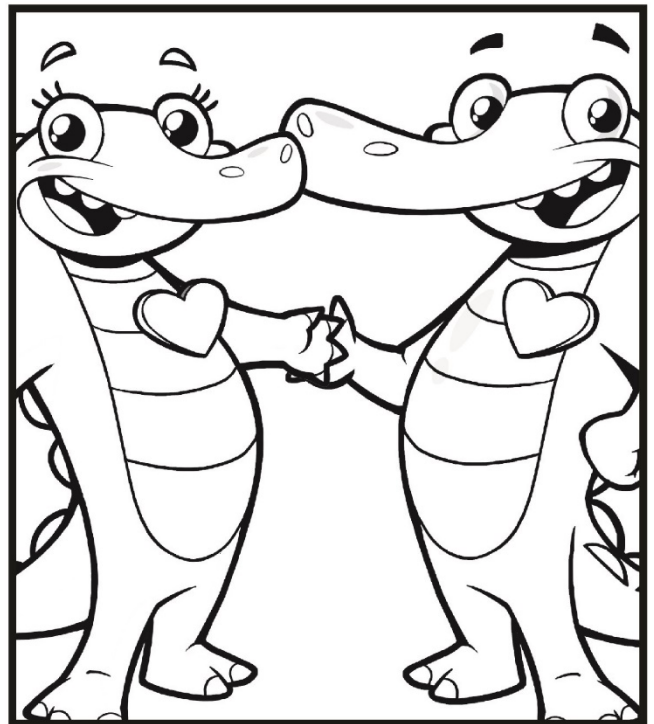
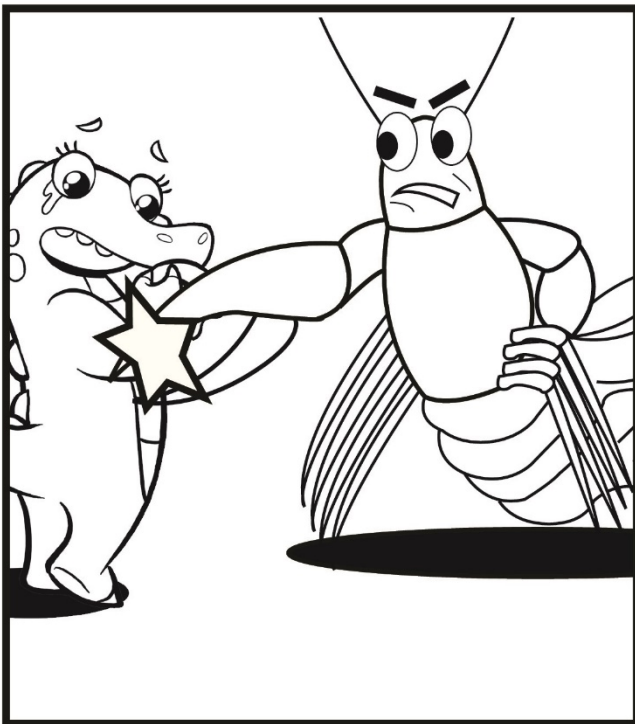
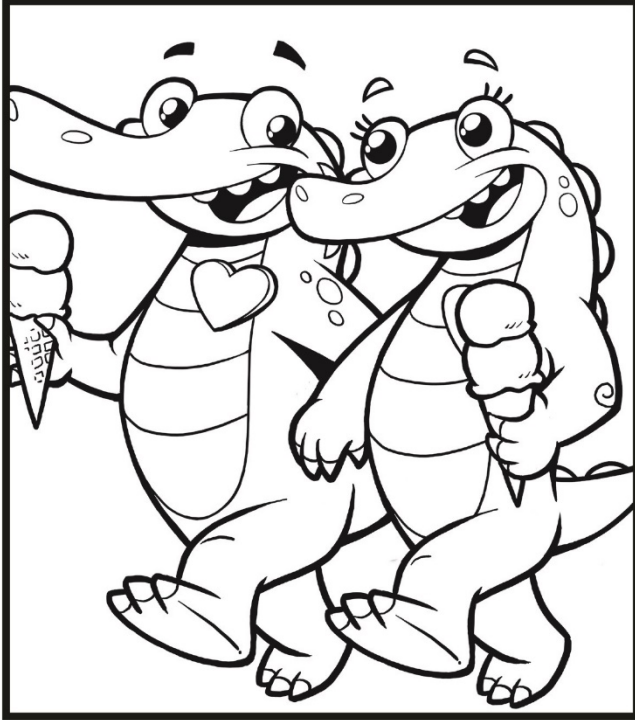


**"Ek hou glad nie
daarvan om
gekielie te word nie"**



**Selfs grootmense is veronderstel om te
luister wanneer jy sê dat jy nie aan
gevat wil word nie!**

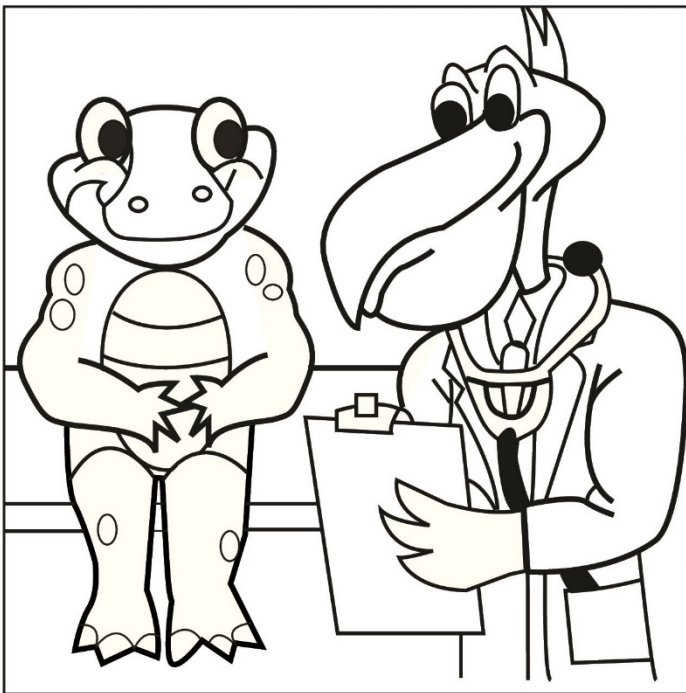
**Trek 'n sirkel om die prentjies wat goeie
aanrakings wys, en 'n X oor die prentjies
met slegte aanrakings.**





**Party dele van ons lyfies word privaat genoem.
Dit is die dele wat jy met 'n swembroekie toehou
wanneer jy gaan swem, want dit is net joune!**

**Toe jy 'n babatjie
was, het mamma of
pappa jou privaat
dele gewas
wanneer hulle jou
gebad het, of
jou doek
omgeruil het.**



**'n Dokter mag dalk
partykeer aan jou
privaat dele moet
vat as jy siek is,
maar dan moet
mamma of
pappa altyd
by wees.**

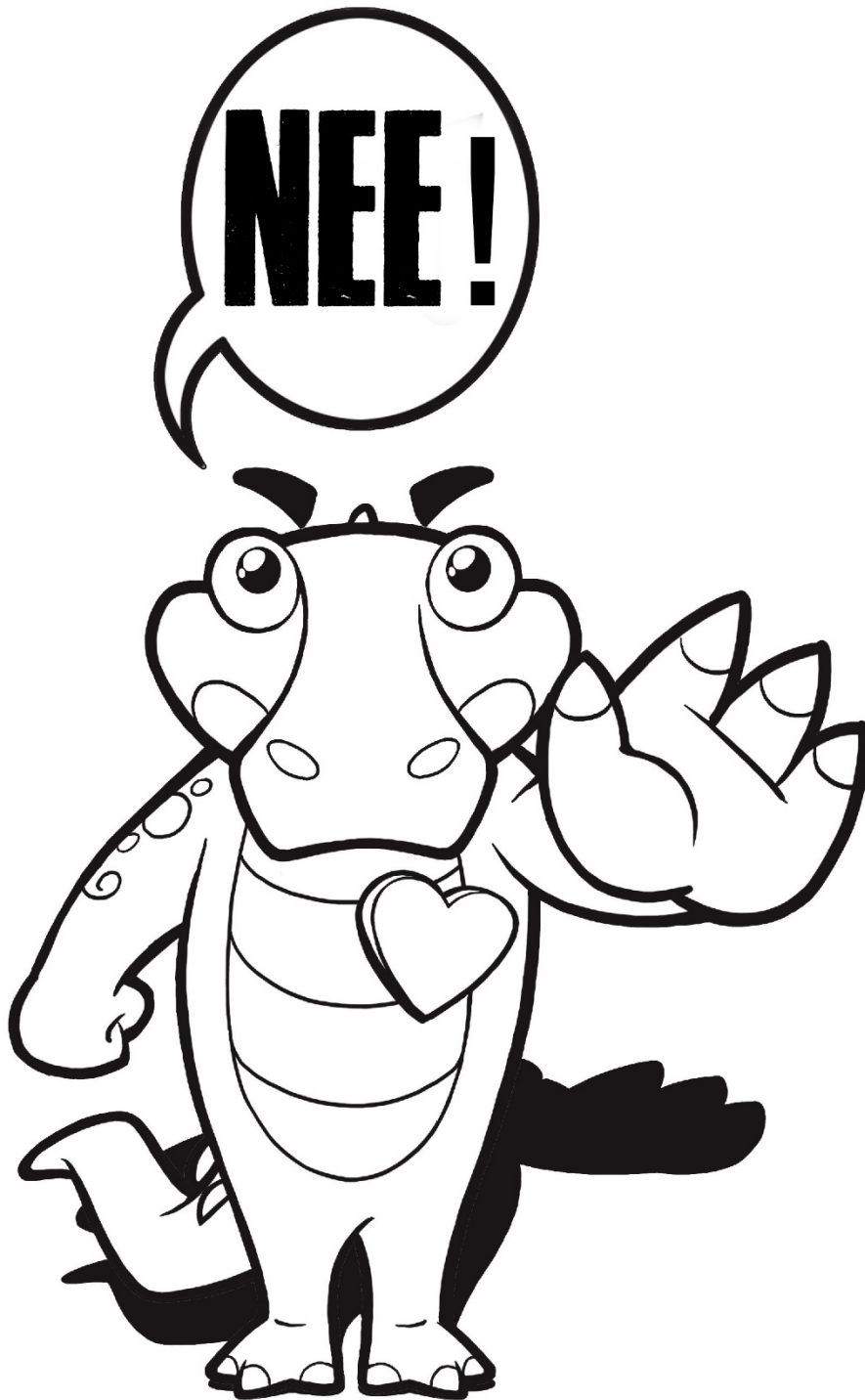
**Niemand mag ooit vir enige ander rede
aan jou privaat dele vat nie! Nie eers
iemand wat jy weet lief is vir jou nie!**

**As iemand aan jou privaat dele vat,
het jy die mag om nee te sê!**



Vertel 'n grootmens wat jy kan vertrou!

As iemand vir jou vra om aan hulle privaat dele te vat, of daarna te kyk, dan sê jy, Nee! Ek wil nie!"



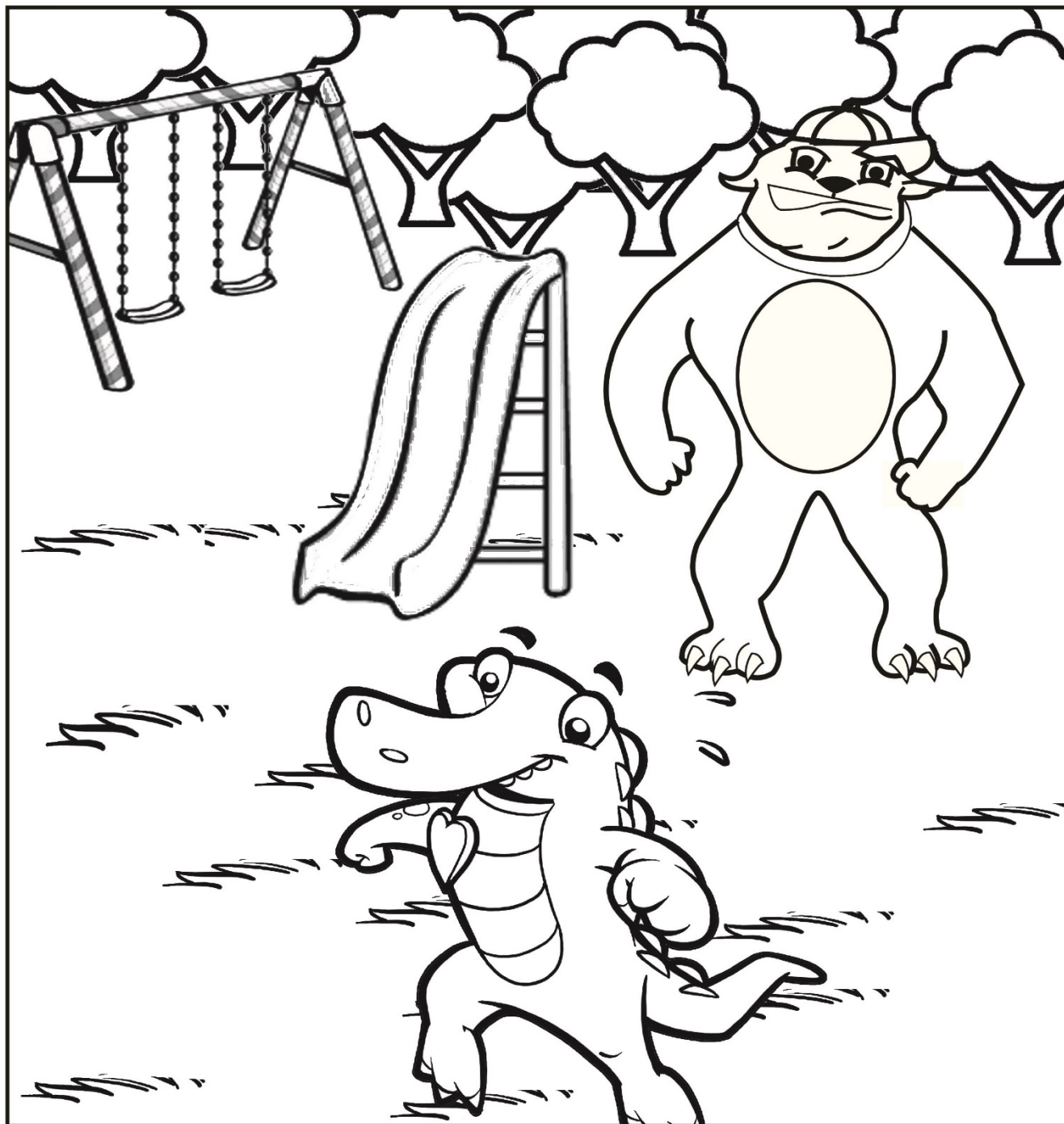
Vertel 'n grootmens wat jy kan vertrou!

**As iemand aan jou privaat dele vat, en vir jou sê
om niemand te vertel nie, dan sê jy "Nee, ek hou
nie sulke geheime nie!"**



**Selfs al is jy bang, vertel 'n grootmens wat jy
kan vertrou!**

**As enige iemand jou bang of ongemaklik laat voel,
hardloop weg so gou en vinnig as wat jy kan.**



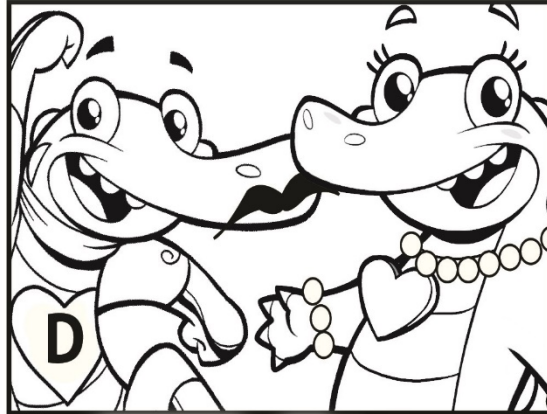
Vertel 'n grootmens wat jy kan vertrou!

ONTHOU.....

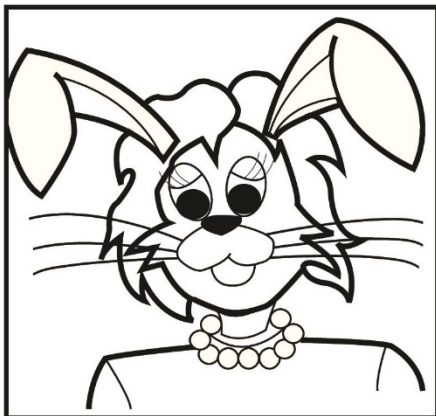


**As iemand al aan jou privaat dele gevat
het, onthou dis HULLE skuld, nie joune nie!**

**Moenie bang wees om vir 'n grootmens te vertel
wat jy kan vertrou nie! Hou aan om te vertel totdat
iemand jou glo en jou help! Wie kan jy vertel?**



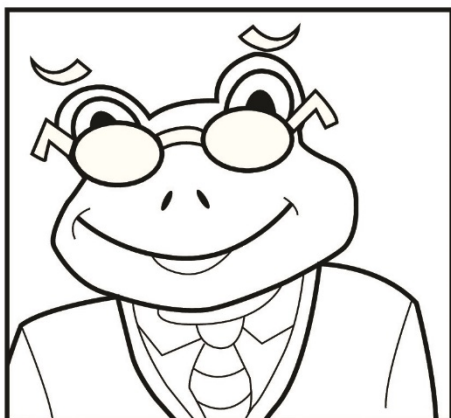
**Mamma, Pappa of iemand
anders in die familie**



'n Maatjie se mamma



Die Dokter

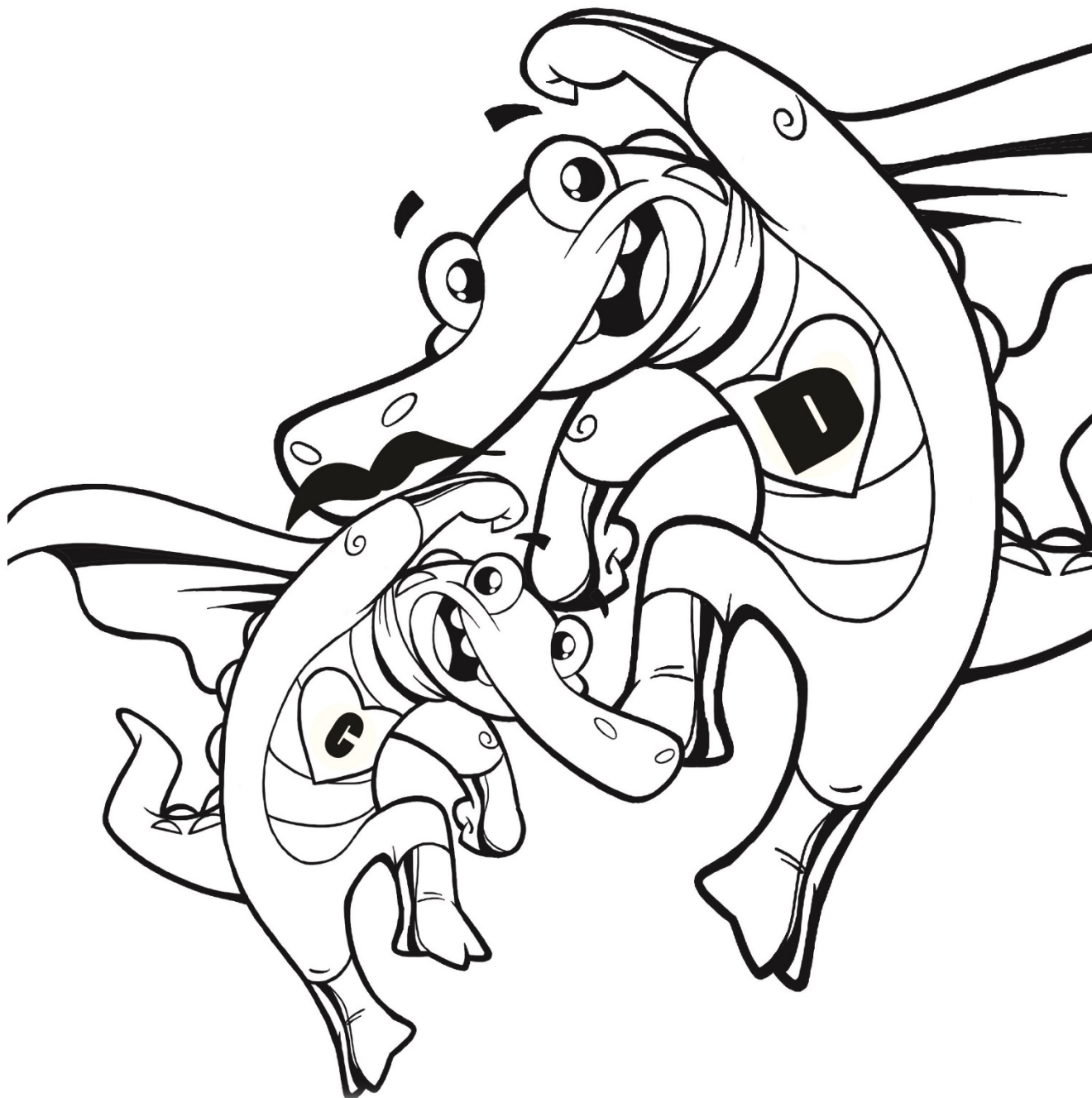


Jou Onderwyser



'n Polisie man

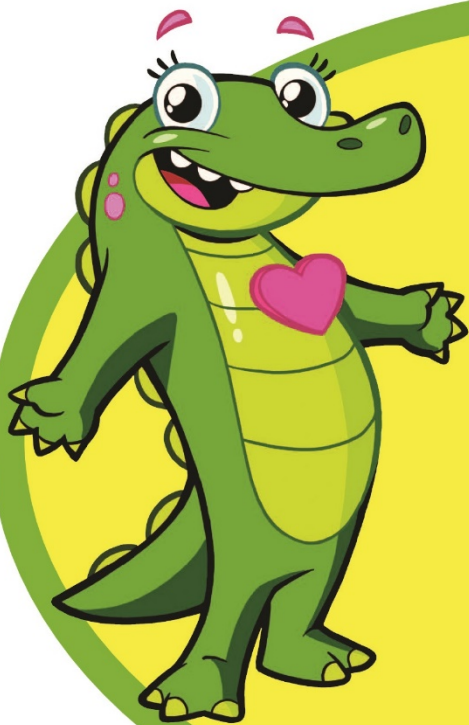
**Onthou.... Jy is 'n SuperHero! Jou lyfie behoort
aan JOU, en JY het die mag vir dit te sorg!**



**Praat met grootmenss wat jy kan vertrou
oor nog maniere hoe julle kan saamwerk
om jou veilig en gesond te hou!**

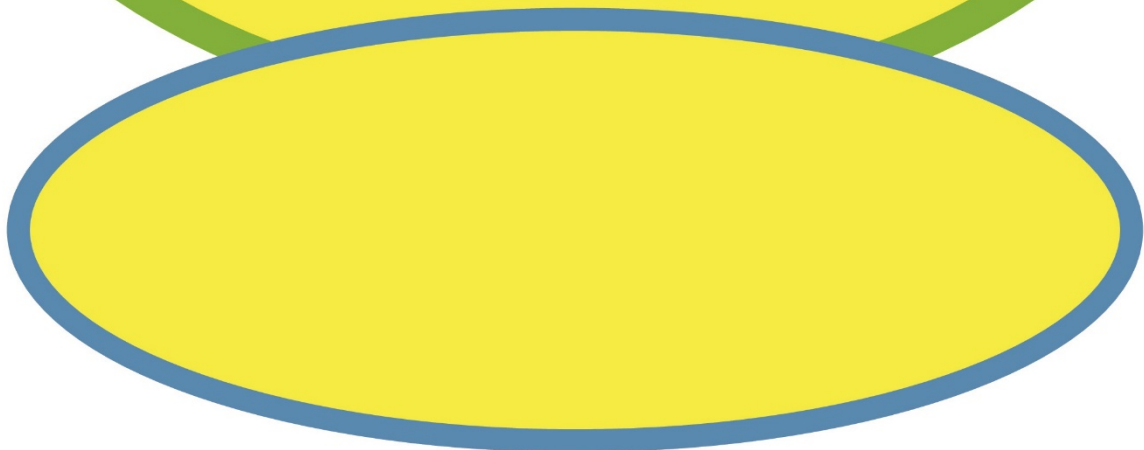
Care-ageous Kids!

Smart kids have a mind that's courageous and kind!



**LOUISIANA
FOUNDATION
AGAINST SEXUAL
ASSAULT**

1250 S.W. Railroad Ave, Suite 170
Hammond, La 70403
Phone (985) 345-5995
Fax (985) 345-5592
Toll Free Information Line:
(888) 995-7273
www.lafasa.org



To the parents:

As a parent, it can often be scary to address the topic of sexual abuse with your child. However, children need to be taught about personal (sexual) safety as openly as they are taught about road safety and water safety. While this book is a wonderful starting point, it is important to remember that all blame for sexual violence lies with the perpetrator. Children can do only so much to reduce their risk of sexual violence, and therefore need their parents to actively participate in protecting them.

Some easy and effective steps that can be taken to protect all the children in your life are:

- **Understand that childhood sexual assault does happen with alarming frequency. One in four girls and one in six boys will experience sexual violence before the age of 18.**
- **Educate yourself about risk factors for sexual violence. Use that information to help make decisions regarding your children's safety.**
- **Know that the vast majority of child sexual abuse occurs when there is a one-child/one-adult situation. If such situations can be reduced, so can the risk of abuse.**
- **Encourage your child to talk with you about anything that happens that makes them scared or worried. Tell your child to never keep a secret that makes them feel this way, even if another adult tells them to.**
- **Teach your child that their body can warn them when a situation is wrong or dangerous. They might get a tight feeling in their tummy or feel scared. Talking about what these feelings mean helps children to recognize and trust their own feelings.**
- **Remember, most of the time, physical symptoms of abuse are not present. You are more likely to see emotional and behavioral symptoms. However, some children show no signs at all.**
- **Know what to do if you receive a disclosure of abuse from a child. Tell the child you believe them. Try to stay as calm as possible. Know where to get help in your community. A supportive reaction to a disclosure will help a child in her or his healing process.**
- **Tell others what you know. Encouraging conversations about risk reduction with your family and friends can help protect children in your community. Consider volunteering for an organization that fights against child sexual abuse.**

Feel free to call your local rape crisis center to discuss prevention of child sexual abuse and other forms of sexual abuse if you have questions or need more information.