



I Protect Myself





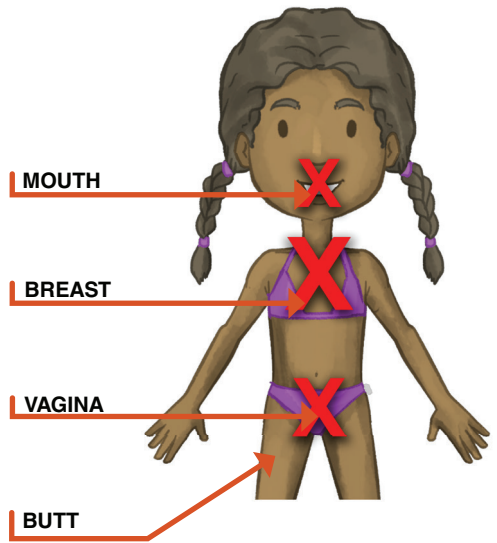
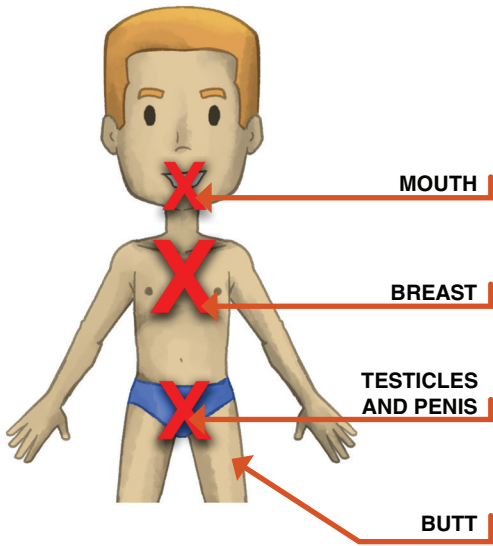
I Protect Myself

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





KNOWING MY BODY AND MY PRIVATE PARTS





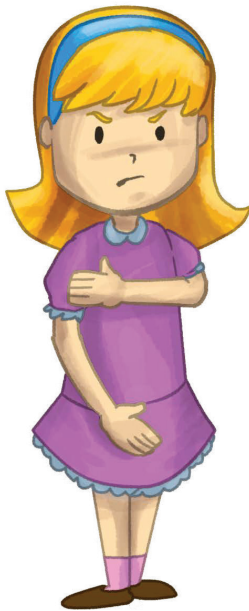
PEOPLE WHO ARE ALLOWED TO TAKE CARE OF ME

People who I trust

may touch me

BUT MUST NOT

TOUCH MY PRIVATE PARTS





I MAY NEED HELP TO

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





ATTENTION

**If someone wants to caress me
and touches my private parts**

THIS PERSON IS LYING!



THIS IS NOT A CARESS





ATTENTION! DANGER!

IF SOMEONE OFFERS ME

- **SWEETS**
- **FOOD**
- **PRESENTS**
- **MONEY**
- **TRIPS**



**OR IF THEY THREATEN ME OR
SOMEONE IN MY FAMILY TO TOUCH**





CAREFUL

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





DANGER

I Protect Myself 

BE CAREFUL!

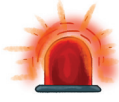
**IF SOMEONE WANTS ME TO SHOW HIM/HER
MY PRIVATE PARTS,
OR WANTS TO FILM, OR TAKE A PICTURE
OF MY PRIVATE PARTS.**

THIS IS WRONG!





I Protect Myself 



DANGER

BE CAREFUL!

IF SOMEONE WANTS TO

- **GO INTO THE BATHROOM WITH ME**
- **WANTS TO PLAY DOCTOR**
- **TOUCHES MY BODY**





DANGER

**THEN I MUST
RUN AWAY!**

**I MUST RUN
AND SHOUT:**

**NO!
HELP!**





I Protect Myself 







NO IS NO!

- **I MAKE A STOP SIGN WITH MY HAND**
- **SHAKE MY HEAD**
- **-PUSH THE PERSON AWAY**





IF THE CARESS MAKES ME FEEL

- AFRAID 
- ANGER 
- SAD 
- GUILTY 



AND I CAN'T TELL
IT IS NOT CARESS
I ASK FOR HELP!



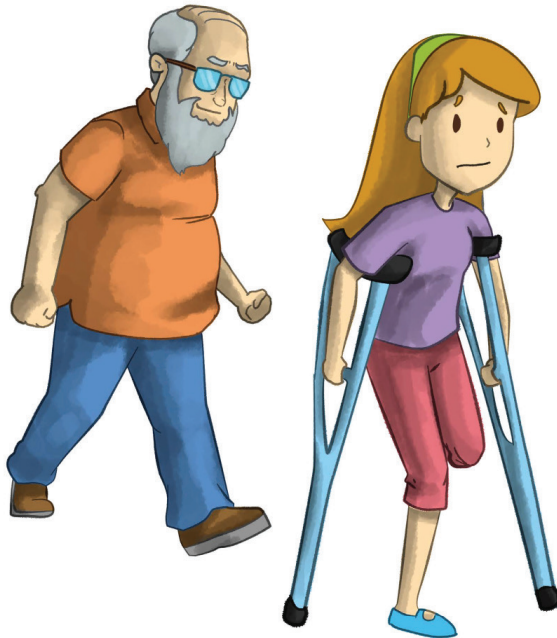


I Protect Myself 



ATTENTION!

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





DANGER

I Protect Myself 

**IF I DO NOT FIND
ANYONE WHO I TRUST NEARBY
I WILL SEEK HELP**

- **WITH A RELATIVE**
- **WITH A NEIGHBOR**
- **IN MY SCHOOL**
- **IN THE HEALTH CENTER**
- **IN CHILD PROTECTION
SERVICES**
- **WITH THE POLICE.**





I PROTECT MYSELF BECAUSE MY BODY IS ONLY MINE



DON'T WAIT CALL 911

“I protect myself” is a volunteer-based, non-profit and independent project from Brazil to teach preventive measures against child violence and sexual abuse.

www.eumeptejo.com

eumeptejobrasil@gmail.com

[@eumeptejobrasil](https://twitter.com/eumeptejobrasil)

