



**All children have the right to:**

- ▶ **say and show their concern for adults to hear and see**
- ▶ **be safe**
- ▶ **get help when they need it.**



Children's worries are like stones which can fill up the Little Bag making it so heavy that the children have trouble carrying it.

We don't want children to carry along with them!



**National Children's Hotline (NADEL) is accessible to every child 24 hours a day, 365 days a year. Your calls are free.**

**The conversations are confidential. You don't have to say your name, only your concern, the thing that's bothering, upsetting, confusing or scaring you.**

**The persons you are talking to will help you learn what you can do and how to make the worry become smaller and disappear.**

**The only time when they will share what you tell them with someone else is when they are very worried or when you ask them to call somebody to help you.**

**This doesn't happen so often and they won't do it unless they're really sure that this is the best thing for you.**

**CALL THE CHILDREN'S HOTLINE  
NUMBER 116111**



- ▶ When a parent is not looking after their child well
- ▶ When the child does not get enough food or drink
- ▶ When a child is not getting the right clothes and feels cold or hot
- ▶ When a child is left alone for too long.

**THIS IS CALLED NEGLECT.**

It never happens only once. It reoccurs and lasts for a long time.

It has nothing to do with money.

It can happen in families where there is a lot of money or where there is very little money.



**It often happens that someone intentionally hurts the child's body.**

**They do it by: kicking, hitting, biting, shaking, pulling the child's hair, squeezing it so hard that it leaves bruises.**

**This can hurt; then bruises or cuts appear and sometimes the child also ends up with broken bones.**

**▶ THIS IS CALLED PHYSICAL VIOLENCE.**



Some persons intentionally harm the child's feelings. They do or say something to make the child feel sad, ridicule or make the child feel bad and think of own self as bad.

▶ **THIS IS CALLED EMOTIONAL VIOLENCE.**

When the child sees or hears parents/guardians hurting each other, this can also make the child feel bad, sad, worried and unsafe.

▶ **THIS IS CALLED DOMESTIC VIOLENCE.**

**IT HURTS IN YOUR SOUL AND LEAVES NO TRACES  
THAT OTHERS CAN SEE.**





Somebody can force, ask, or reward a child for doing something with its body that they find embarrassing, scary or concerning.

Or force the child to do it to somebody else.

**This can be:**

- touching private body parts
- showing private body parts
- forcing the child to look at other person's private parts
- kissing on the mouth with the tongue or kissing private body parts.

Someone may show “strange things” to a child that make the child feel embarrassed, bad and afraid.

He can do it by showing videos, pictures, books or magazines, on TV or on his cell phone.

▶ **THIS IS CALLED SEXUAL VIOLENCE.**



Hey! Do you remember?

Private body parts are those parts of the body which are covered by underwear.





- When children are mean to each other
  - When a child is hit, teased or pushed
  - When a child is threatened or called harmful names
- ▶ **THIS IS CALLED BULLYING.**

It always happens more than just once.  
When it happens through text messages or facebook

**IT IS CALLED  
CYBER BULLYING.** ◀





**THE CHILD IS NEVER TO  
BLAME FOR THE VIOLENCE  
THEY ARE EXPOSED TO**



**WELL DONE! EXCELLENT!**

**OUR LEARNING FOR  
TODAY IS OVER!**



Is there an adult person a child trusts and feels comfortable to talk to and so reduce the weight the child has to carry?



If I tell an adult what worries me, but nothing changes, what should I do then?







**Aha! Now I've got it!**

If nothing changes, it is important to tell another person, and then another one, and then a third one, until something changes!

**Be sure to do the same!**

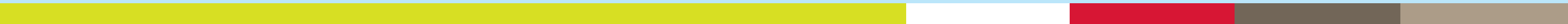


**It is important for a child to tell what they are worried about to someone and to be heard by adults.**

**This is how the child stays safe.**



WELL DONE!  
FANTASTIC!  
WHERE'S THE  
APPLAUSE?







**Do you remember  
who I am?**





Do you remember  
the Little Bag  
of Worries?





**Do you remember  
that we learned that  
you should always  
tell an adult you  
trust about your  
worries?**



Who are the adults  
that you believe  
you can share your  
worries with?



**WELL DONE FOR  
EVERYTHING  
UNTIL NOW!**  
I'M GOING TO HAVE  
A LITTLE REST,  
AND YOU GO ON  
WITH YOUR TEACHER



**VIOLENCE IS NOT OK!**

**THE CHILD IS NEVER TO BLAME  
FOR VIOLENCE.**

**IF BAD THINGS ARE HAPPENING  
TO THE CHILD, THEY HAVE THE RIGHT  
TO SAY AND STAY SAFE.**



Now you will see a  
video and meet KIKO.



Now comes a film!  
It's called  
"KIKO and the Hand"!

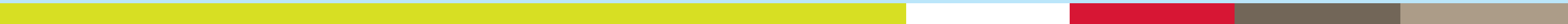




Someone says to the child:  
This is just our secret.  
Keep it and tell nobody.

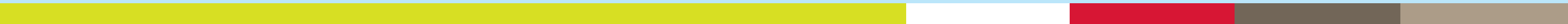


Someone watches or touches the child, and the child does not want that.





MY BODY  
BELONGS ONLY  
TO ME, IT'S TRUE.  
FROM HEAD TO TOE  
I DEMAND RESPECT  
FROM YOU.





A family member kisses  
the child good night.



If a kiss is coming from a family member that the child trusts, loves and after the kiss feels, good, happy, safe and carefree, and tells everyone about it - then this is an **OK kiss**.

If the kiss is making the child feel uncomfortable, confused or they do not want a kiss regardless of whom it's coming from - then that **kiss is not OK**.