

## Older brother/older sister

Young people can sometimes find it hard to talk with adults about things they consider important. They may feel ashamed, be afraid that adults will not treat them seriously. In such moments talking to older siblings or cousin may prove helpful.

Older siblings can help you find a solution to your problems or share their experience from when they were your age. Talking to cousins or older siblings of your friends is also an option.

## Tutor/teacher

A class teacher should be aware of his/her students' situation not only at school, but at home as well. You can talk to your class teacher about what is going on. Remember that if something saddens or frightens you, you can always talk about it. This way your class teacher will know what is going on with you and will be able to help you.

Remember that you can ask your teacher to talk between or after classes.

## Parents/guardians/ other family members

Talking to your parents, guardians or other family members is a natural thing to do. These people should be aware about what is going on in your life: what makes you happy and what makes you sad.

If you want you can tell your parents, grandparents, guardians - about everything that you find difficult, strange or hard to understand. This way they can ensure your safety and seek further help and support, when needed.

## Psychologist/school pedagogue

In many schools, you can find staff who are there to solve problems – psychologists and pedagogues. You can talk with them about anything, even the most difficult problems. They will understand that you are not to blame for what has happened to you, that you don't know something or are afraid.

Pedagogues and psychologists cooperate with various people who offer help to children.

**TRUSTED ADULTS**

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## Child helpline 116 111

Sometimes finding a trusted person, or have their attention, can be difficult when you feel you need help, or it can be hard to talk to someone face to face, or you may not want to worry people close to you.

In such situations, you can contact the child helpline that operates under European number 116 111. Talking/writing with its counsellors is free of charge and you can count on their support and help while you seek solutions to your problems together.

## Secrets

Some people think that a secret is something we should not talk about with others but it's not always true. There are different kinds of secrets – some you should keep to yourself and others you should share with a person you trust.

A good secret is a secret that brings a lot of joy to everybody. Such secrets are surprises – you can keep these to yourself.

A bad secret is a secret that worries you and doesn't bring you joy. If you begin to worry because of a secret, you think about it for a long time or it causes you to feel fear or confusion, it's a sign that you should tell a person you trust about this secret.

Sometimes it may be difficult to tell a good secret from a bad one. In such cases talk to a person from your network of trusted people – someone you trust will surely know.

## Private body parts

Every person has numerous body parts. Some of these body parts we cover with swimsuits or underwear.

The body parts that are covered with swimsuits or underwear we call private body parts. These parts of your body should be covered and no one except you should be allowed to see or touch them.

Nobody - neither an adult, nor a child - should show you their private body parts, nor ask you to touch them.

Sometimes someone gets to look at your private parts, for example a doctor during a visit, where your mom or dad are present in the room. Such situations are exceptional.

## Emotions

Your body tells you how you feel: when you're hungry, your belly tells you so - that's when you feel hungry. When you're tired your legs tell you about it - they don't want to run anymore and are giving you a sign that it's time to rest. And in the same way emotions inform you about your mood.

You experience various emotions: fear, sadness, happiness, surprise, disgust – they come to you in different situations - always when something happens to you.

There are no good or bad emotions. Each emotion, even one that you don't like at the moment, is very important, because it tells you what mood you're in.

**KNOWLEDGE CARDS**

**TRUSTED ADULTS**

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## I have the right to say no

There are things and situations that we like, and those that we don't like. Each of us can decide if they like something or not. Situations that you don't like are those that make you sad or nervous, sometimes make you scared or confused, sometimes make you cry or even cause your belly to hurt!

When you like something, when you eat your favorite ice-cream or the sun is shining and you can play with your friend outside, you are happy and feel joy - you smile and want to do these things all day long.

It is very important to know what you like and what you don't like. If someone does to you something that you don't like you have the right to say it out loud. You have the right to say NO and talk about it with the people you trust!

## Speak up

Good and bad things happen to us all. If something worries you, makes you anxious or feeling lost or ashamed, when someone abuses your laws, then it's good to talk with your trusted adults.

Remember, if someone threatens or hurts you, you are not to be blamed for it. Talking to a trusted adult is the right thing to do in such situations, even if you promised to keep it a secret. By talking about secrets that feel disturbing or weird you are taking care of yourself.

What may happen is that the trusted person you want to talk to doesn't have the time to talk or doesn't understand your situation well. Don't get discouraged, seek another person you can trust.

Read more on trusted people and places in the "Trusted adults" stack.

## Anger

Anger is a strong emotion that may come to you when you can't do something or somebody does things that you don't like - treats you unfair, doesn't listen to you when you say "no" or hurts you.

This can make you want to destroy something, hit something or someone, yell out loud. When there's a lot of anger inside of you, you can feel like you have no control over yourself.

That's why it is important to relieve anger - for example by talking with a person you trust about the things that anger you. This will help you feel better and will give you a chance to solve the problems that cause you to feel anger.

## Fear

Fear comes when you don't feel safe.

You can fear various things, situations or people. Fear can cause you to feel lost or unable to find the right words, it can give you trouble speaking. Your hands may shake and your throat can go dry in fear.

Remember that nobody has the right to threaten you or make you feel unsafe. Whenever you realise that what you feel is fear, as soon as possible tell about it a person you trust.

**KNOWLEDGE CARDS**

**KNOWLEDGE CARDS**

**EMOTION CARDS**

**EMOTION CARDS**

## Shame

You can feel ashamed when you do something that you know is wrong or speak unkindly to another person. This emotion comes up also when someone's behaviour feels improper to you. Sometimes, for various reasons, some people may try to shame you. They want to make you behave the way they want you to behave. A person may try to shame you into keeping silent about his or her improper behaviour.

Remember to always stay true to yourself! If you don't want to do something - you don't have to do it.

Shame is a feeling that grows inside us if we don't speak about it. If you want to feel better - talk with adults you trust!

## Sadness

Sadness may come when you are unable to do something, when someone tells you an unpleasant thing or hurts you. You can feel sad when you miss someone or when you don't feel safe.

Sadness makes you feel like you don't want to play, or focus in class; your favorite food may lose its taste because of it.

It is important not to be alone with your sadness. Search for someone you can tell about what happened and who can help you feel better.

Sometimes when you're feeling sad you may want to hug someone you love, and sometimes tears come to your eyes. This is natural - nothing to be ashamed of!

Sadness, even if a bit unpleasant, is a very important emotion. It tells you (and others) what you are feeling and so it's OK to show that you are sad.

## Happiness

Anger is a strong emotion that may come to you when you can't do something or somebody does things that you don't like - treats you unfair, doesn't listen to you when you say "no" or hurts you.

This can make you want to destroy something, hit something or someone, yell out loud. When there's a lot of anger inside of you, you can feel like you have no control over yourself.

That's why it is important to relieve anger - for example by talking with a person you trust about the things that anger you. This will help you feel better and will give you a chance to solve the problems that cause you to feel anger.

## Information

There are 3 types of cards in the deck:

- Knowledge cards
- Emotions cards
- Trusted adults cards

Browsing through cards you can learn a lot of useful information on how to react in various difficult situations. You can do it by yourself, with your friends or parents. First, go through all the cards. There are drawings on the Emotions Cards. Can you recognize the feelings of the bear in the pictures?

Shuffle the cards and put them into a stack, so that the information they include are not visible. Pull one card and say out loud everything you remember on this subject. Next check (or ask the person you're playing with to check) if all the information you remember is correct. Play until you go through the whole deck.

If you're playing with your friends or parents, you can talk about what you read in the cards.

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[www.preventingchildsexualabuse.eu](http://www.preventingchildsexualabuse.eu)

**EMOTION CARDS**

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