



## **SAFETY PLAN FOR CHILDREN**

### TELL SOMEONE...

- If you are feeling threatened. Tell someone that you trust.
- If someone has already abused you, do not protect him - protect yourself.
- If you are not believed go to a clinic, and tell the clinic sister.

### LOVE YOURSELF...

- Treasure your body.
- Respect yourself and others.

### REMEMBER, YOU HAVE A RIGHT TO...

- Say no
- To be loved
- To be cared for
- To be protected
- To be safe

**Be AWARE, Be SAFE!!!**