



VIOLENCE IS NOT OK

- ✓ **DO** learn about your rights. You have a right to be protected against:
- People treating you badly because of your caste, colour, religion, disability or for any other reason
 - People hitting you and hurting your body
 - People abusing you sexually
 - People saying hurtful things to you

✓ **DO** support your friend, who is being treated badly and encourage them to seek help

X DON'T keep frightening and troublesome secrets inside yourself. Ask for help from someone you know and trust

✓ **DO** respect the rights of other children

✓ **DO** work together with your friends and teachers to make your school a safe, child-friendly place to learn and play

X DON'T ever go off with adults you don't know – whatever they may promise you

✓ **DO** share worries with a person you know and trust – a parent, relative, teacher or friend

✓ **DO** join with other children to help your families and communities to learn about children's rights

X DON'T bully or be unkind to other children – they have the same rights as you to be protected