

Kids can say no!



Protect kids from violence:
Information in easy language
for kids, parents, educators, and teachers





Info on the text:

We always use only the female forms of words – she, her.
This makes it easier to read.

But we always mean to refer to both men and women!

This booklet includes:

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What is this booklet about?

Violence means:

Someone is doing something to me that I don't like.
It makes me feel bad.

For example:

- Someone is hitting me, or hurting me.
- Or someone is threatening me.
- Or someone is touching me,
even though I don't want them to.

There are different kinds of violence.

But violence is not allowed.

That's what the law says.

It's very important to protect kids from violence.

Kids have special rights.



What are rights?



Every kid has rights.

The rights are written down in law books.

There are rights that say:

What can kids do?

For example:

- Every kid has the right to go to kindergarten and to school.
- Every kid has the right to play.



- Every kid has the right to learn something.
- Every kid has the right to speak their opinion.

There are also rights that say:

What do other people have to do for kids?

For example:

- Adults have to make sure kids don't freeze in the winter.
- Adults have to make sure kids aren't hungry.

There are also rights that say:
What are other people
not allowed to do?

For example:

- Other people aren't allowed to hit children.

There's also a right that says:

Every kid has the right to **a life without violence.**



What is violence?

Violence means:

- Someone is doing something to me that I don't want.
- Someone is forcing me to do something.
- Someone is hurting me.

This means: someone is being violent towards me.

Violence can happen in different ways.

There are different kinds of violence.

But it doesn't matter
what kind of violence it is:

Violence is never allowed!

No one is allowed to hurt me!

There is physical violence,
psychological violence
and sexual violence.



Physical violence

This is what violence is:

- When someone hurts me.
- When someone injures me.
- When someone is rough with me.

For example:

- Someone hits me.
- Someone pinches or bites me.
- Someone pulls my hair.

All of this is violence.
But it's also called violence
when I hurt someone else.



Psychological violence

This is what violence is:

- When someone scares me.
- When someone threatens me.
- When someone says mean things.

For example:

- Someone screams at me.
- Someone makes fun of me.
- Someone says they will punish me, even if I didn't do anything.
- Someone doesn't take care of me, on purpose.
- Someone forces me to do something I don't want to do.

All of this is violence.
But it's also called
violence when I scare
someone else.



Sexual violence

This is a different kind of violence.

This is a kind of violence that has to do with my body.

For example:

- Someone says disgusting things to me.
- Someone takes photos of me when I am naked.
- Someone forces me to touch them or kiss them.
- For instance, someone touches me on my bottom, my vagina, or my penis.

But I don't want them to.

This person might say things to me too, like:
You're not allowed to tell anyone about this.

This is our secret now.

But: It's not the good kind of secret!



**I'm allowed to tell
this kind of secret.**

Because all of this is violence.
And violence is not allowed!
I can talk with adults about it.
It's best for me to talk with someone
I like very much.

For example:

- with my mother or with my father,
- with my grandpa,
with my grandma, my aunt,
- my baby-sitter, or my teacher.

No matter what kind of violence it is:

Violence is not allowed.

No one is allowed to hurt me.

I have the right to a life without violence.



That's why I'm allowed to talk about it

- if someone is being violent towards me,
- if someone is hurting my body or my mind,
- if someone is doing something to me that I don't like,
- if someone is doing something to me that seems strange.

I'm allowed to tell an adult about it.

I don't need to feel ashamed.

I have the right to get help.

Violence shouldn't stay a secret.

Every kid has the right
to a life without violence.

I'm allowed to tell someone if I see violence.

Like if I see someone
hurting another kid.

The other kid needs help, too.



What rights do I have?

I have the right to be treated well.

I am welcome, wherever I am. I am important.

Everyone has to take me seriously.

Everyone should be friendly to me.



I have the right to be treated just like everyone else.

Every kid is different.

But every kid is OK
just the way they are.

I'm OK just the way I am.

No one is allowed to laugh at me.

No one is allowed to insult me.

No one is allowed
to treat me badly.

**I have the right
to make my own decisions.**

My opinion is important.

I can say No too.

But sometimes, this can happen:

I want something, but I can't have it.

Then adults should explain why I can't.

**I have the right
to help make decisions.**

There are lots of things I can help
decide. In kindergarten and at home,
I'm allowed to have my own opinion.

There's a lot of things

I want to do by myself.

Adults have to help me out
and support me.



I have the right to safety.

I should have a safe life.

No one is allowed to do something that's dangerous for me.

No one is allowed to do something that hurts me.

No one is allowed to tell everything about me.

I have the right to protection.

I should have what I need.

No one is allowed to take advantage of me.

No one is allowed to hurt me.

No one is allowed to be violent towards me.

No one is allowed to scare me.

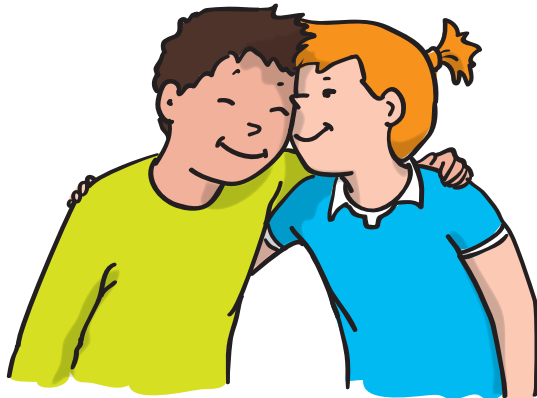
Even adults I like very much aren't allowed to be violent towards me.

Even my parents aren't allowed to be violent towards me.

Even my teachers and baby-sitters aren't allowed to be violent towards me.



I have the right to make decisions about my own body.



I decide who I want to cuddle with. No one is allowed to kiss me if I don't want them to.

No one is allowed to touch me if I don't want them to. No one is allowed to take photos or movies of me if I don't want them to.

My body belongs to me. I can defend myself. I can say No.
I'm allowed to tell an adult
if someone tries to force me to do something.

I have the right to say something.

If someone doesn't respect my rights, it's OK to
say something about it.

For example:

- to my mother or my father,
- to my baby-sitter or my teacher,
- to a person I trust.

People have to listen to me.

People have to help me.



My rights are important.

Kids' rights have to be respected. My rights have to be respected too.

My parents, and all adults, have to watch out for my rights.

They have to protect me and other kids from violence.

To make sure every kid is OK.

Who made this booklet?

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This text was produced in October, 2015, and was based on
“Niemand darf mir weh tun” (No one is allowed to hurt me) (October 2013).
In collaboration with the Office for easy language in Dominikus-Ringeisen-Werk.
In collaboration with the Caritasverband Freiburg-Stadt. e.V.