What is child abuse?

£&%!
• Verbally abusing a child
• Verbalising a child where they don’t want to be touched
• Breaking down the self confidence of a child
• Not cleaning, clothing or feeding a child
• Exposing a child to pornographic acts or literature

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 – tell someone else (go to a clinic and tell the clinic sister, she must take action).
• Sometimes friends will support you (if you are alone at home with a relative who is threatening your personal safety, keep inviting friends over).

Be aware, be safe
• Be informed of your rights as a child. If your parents do not tell you, read about them.
• You have a right to say NO to anybody that is doing or saying things that you feel are wrong, even your parents.
• Read about things that you do not understand, like sex, HIV AIDS, how babies are born, what constitutes sexual, emotional and physical abuse.

Love yourself
• Treasure your body, it is yours for life.
• Respect yourself and others.
• Value your own life because if you don’t others won’t either.
• Cherish your dreams no matter how impossible they seem now and strive to achieve them.

Be confident
• Girl or boy, no matter your colour, age, size or standard of living, carry yourself with confidence.
• Know your limits over others and know the limits others have over you.
• Be proud and enjoy your youth.
• Protect and stick up for each other and for what is right.

Childline
Toll-free
0800 05 55 55

Remember, you are a child of the universe, as much as the trees and the stars, you have a right to be here, to be loved, cared for, protected and be safe... to belong.
How you can prevent child abuse:

• Form a neighbourhood group to focus on child protection.
• Foster mutual respect and good communication between children and parents.
• Look for positive ways to bring up children.
• Inform parents and children about their rights as citizens.
• Watch your neighbour’s children when they have to go somewhere.

• Form links and reach out to families in difficult circumstances.
• Have neighbour’s children check with you when they come home if their parents are not there.
• Keep an eye out for strangers or strange cars.
• Keep an eye on your neighbour’s house if they are away.
• Talk to children in your neighbourhood about where they can go for help.
• Establish safe homes and safety networks with organisations in your area.
• Spread the idea of good neighbourliness.
• Establish neighbourhood support groups for abused children and their families.
• Establish links and networks with formal services.
• Organise neighbourhood awareness campaigns.
• Organise activities to improve your neighbourhood that address issues contributing to child abuse, such as poverty, life skills, unemployment.
• Make use of resources provided by existing organisations in your areas.
• Lobby local, provincial and national government for adequate environments and essential services e.g., housing, water, sanitation, and playgrounds.

How you can intervene in child abuse:

• Check situations out if they look suspicious.
• Call the police if a child is in danger.
• Report cases and act in collaboration with relevant authorities.
• When taking a child to the police, insist on a case number.

• In case of rape, secure any evidence.
• Get assistance from other neighbours.
• Become safety parents.
• Offer support and assistance to parents and children who have been abused.

• Provide support to your neighbour in times of emergency, offer a meal, call the ambulance.
• Don’t ask the child too many questions.
• Give information to neighbours on child support grants, disability grants, and where to go if a child is abused.

How to respond to child abuse

• Have respect for your neighbours.
• Child abuse should never be tolerated.
• Prevention of abuse is everyone’s responsibility.
• Be child-friendly adults.

• Children are entitled to human rights
• It’s never too late to help.
• Believe children.

• Perpetrators of abuse have committed a crime.
• The behaviour of perpetrators can be changed.
• Being a good neighbour has limits, don’t let it be an extra burden.
• Always act in the best interest of the child.
• Be crime-free.
• Child protection starts at home and with one’s own family.