

NOBODY IS ALLOWED TO HARM YOU

A book for children and young people to help them understand what abuse and neglect means



Project is funded by
the European Union



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Child Rights Centre

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and neglect means**

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This book has been made by members of the Club for Healthy Changes with the support of the Child Rights Centre, International children's charity Lumos and the Centre for Social Preventive Activities GRiG.

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Print

Igam, Belgrade

Circulation 100

ISBN 978-86-83109-62-2

Printed in 2015

CIP — Каталогизacija у публикацији
Народна библиотека Србије, Београд

364.65-053.2(035) 316.62:179.2(035) / Nobody is Allowed to Harm You : a book for children and young people to help them understand what abuse and neglect means / illustration Marija Šoln, Stevan Šoln / translation Tanja Bogičević / Belgrade : Child Rights Centre, 2015 / Belgrade : Igam / 31 str. : ilustr. ; 20 cm / Izv. stv. nasl.: Нико не сме да те повреди / *This book has been made by members of the Club for Healthy Changes with the support of the Child Rights Centre, International children's charity Lumos and the Centre for Social Preventive Activities GRiG / kolofon / Tiraž 100 / ISBN 978-86-83109-62-3 / а) Деца – Насиље – Спречавање – Приручници б) Деца – Заштита – Приручници / COBISS.SR-ID 215502092

WHAT THIS BOOK IS ABOUT

This book will help you to understand what abuse and neglect are, and who to ask for help if it happens to you or to someone you know.

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There are lots of different kinds of abuse.

This book tells you more about what they mean and some of the different ways that it can happen to people.

Examples are given by children and young people from the Club for healthy changes in Belgrade.



WHAT DOES ABUSE AND NEGLECT MEAN?

Abuse is when someone does something or says something to someone else that can hurt, upset or frighten them.

Neglect is when an adult person who should care for a child does not do it, and does not care about providing a child with all the things they need.

If abuse happens to you or someone you know then it is important to speak out and tell someone you trust straight away. Abuse and neglect is always wrong. Adults can be abused too but this book is about the abuse and neglect of children and young people.



WHO ARE THE PEOPLE WHO DO IT?

Most people will not abuse other people, but anyone can. It might be done by an adult or another child. It could be someone a child knows well, or even a family member, and may be a completely unknown person.

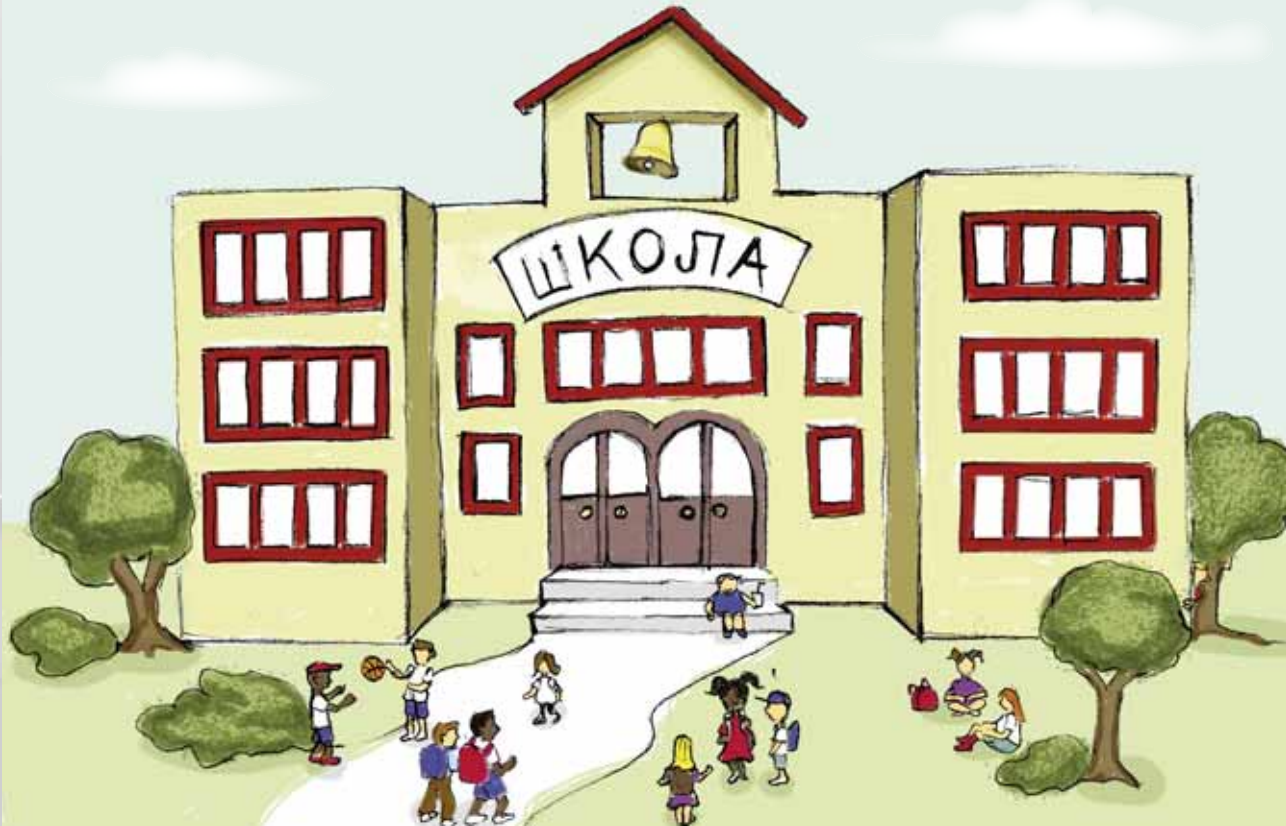
Neglect is when an adult who should look after children properly, doesn't. It might be a parent, guardian, carer or teacher.





WHERE CAN THIS HAPPEN?

Abuse can happen in different places, for instance at school, on the street, or in a café. It could happen at home or in the institution where the child lives. Somebody may abuse a child even if they never meet, by upsetting them over the internet or by phone.



WHO MIGHT BE ABUSED OR NEGLECTED?

Abuse and neglect can happen to any child. Even adults can become victims of abuse. It is more common for children with disabilities to be abused. This is because of lots of reasons. It might be because they can't understand or talk about what is happening to them. It might also be because they may need lots of different people to support them or because they may live in an institution which is far away from their family and friends.



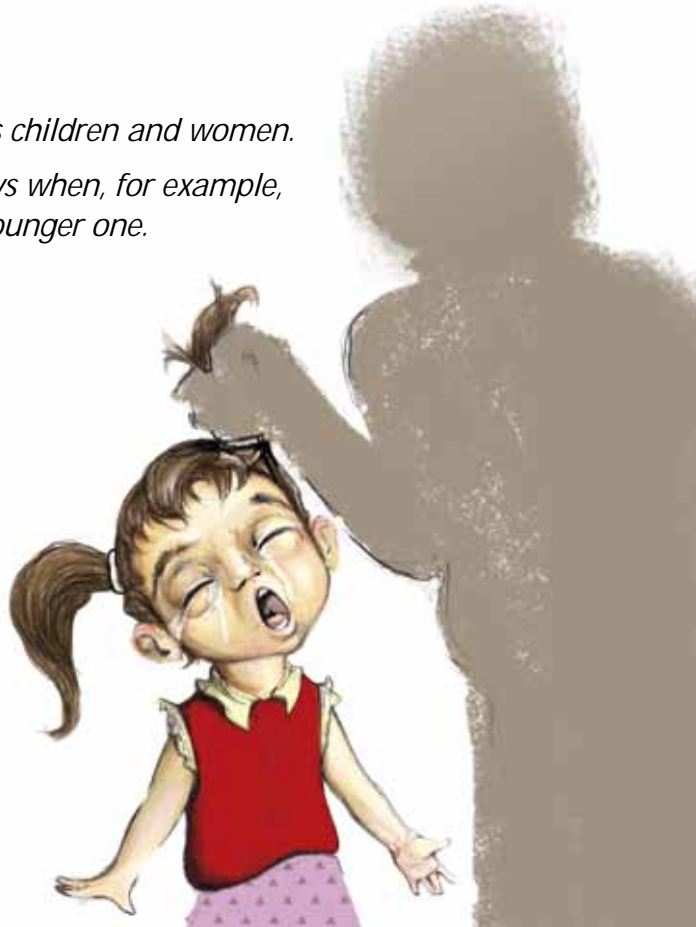
PHYSICAL VIOLENCE

What it means

This is when someone hits you or in any other way hurts your body.

It might be

- ✓ *A fight, beating, hair pulling or when someone twists your arm on the back.*
- ✓ *Taking money forcibly.*
- ✓ *Violence in the family, towards children and women.*
- ✓ *Violence towards men and boys when, for example, in school bigger boys hurt a younger one.*



CORPORAL PUNISHMENT

What it means

This is when parents, guardians or teachers punish you by hurting or harming you because they think you did something wrong.

It might be

- ✓ *When they slap your face or take a rod or a belt to beat you because you said something or you broke something, or you got a bad mark in school.*
- ✓ *When some children understand and remember less than other children, and then their parents are angry and hit them.*



EMOTIONAL HARM

What it means

This is when someone does not listen to you or says bad things to hurt your feelings and upset you.

It might be

- ✓ *When someone is stalking and harassing you.*
- ✓ *When someone makes you feel frightened and tries to make you do things you don't want to do.*
- ✓ *When someone is saying bad things about you.*
- ✓ *When someone tries to make you seem silly and humiliates you in front of other people.*
- ✓ *When someone doesn't want to hang out with you and persuades others to avoid you.*
- ✓ *When someone gangs up with others to do you harm or to make you feel bad.*



VERBAL VIOLENCE

What it means

This is when someone hurts you or makes you feel scared with the things they say.

It might be

- ✓ *When someone insults you, swears at you, or threatens you.*
- ✓ *When someone is telling you that you're worth nothing and that you were stupid, and then you feel bad.*
- ✓ *When someone deliberately says something which they know will make you cry, and you get sad.*



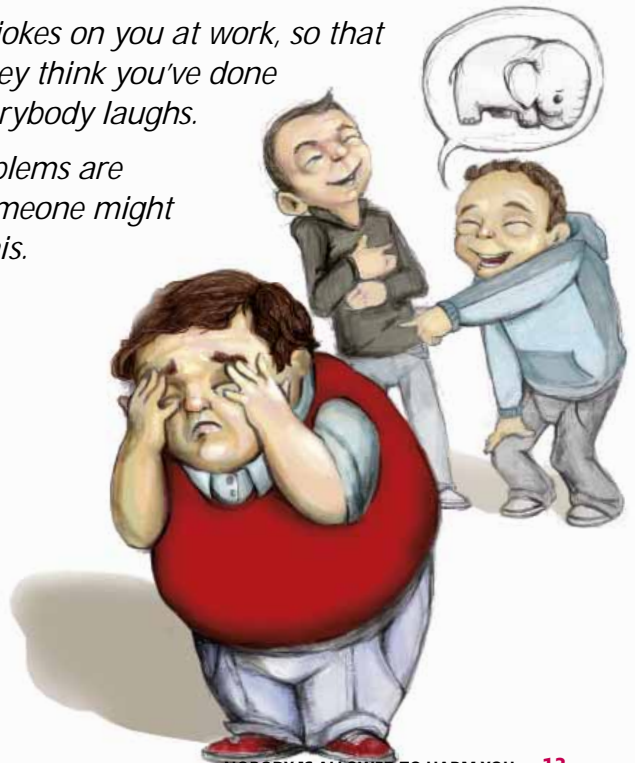
HUMILIATION

What it means

This is when someone does something to make you feel bad about yourself and tries to make you feel that you are not important.

It might be

- ✓ *When someone is making fun of you and saying bad things about you in front of others.*
- ✓ *When someone makes you do something where you look silly, while others watch it.*
- ✓ *When someone glues something ugly to your back that you do not see.*
- ✓ *When someone plays practical jokes on you at work, so that the boss yells at you because they think you've done something wrong, and then everybody laughs.*
- ✓ *People with developmental problems are sometimes a bit clumsy, and someone might make fun of them because of this.*



PEER ISOLATION

What it means

This is when your friends reject you and don't want to hang out with you so that you feel lonely.

It might be

- ✓ *When you approach your friends in school and they turn their head away from you and go to the other side.*
- ✓ *When your friends avoid you by keeping you out of the circle so they seem cool.*
- ✓ *When they go to play and nobody wants to invite you.*
- ✓ *At work, it might be when colleagues are gossiping about you and don't want to talk to you.*



ELECTRONIC BULLYING

What it means

This is when someone upsets you over the internet or by phone.

It might be

- ✓ *There are some people who might stalk you over the phone and won't leave you alone. Someone may have fallen in love with you but they don't know how to behave. Someone may just want to harass you.*
- ✓ *One girl was bullied online when some of her friends from school kept sending her the message that she was stupid and she sucks. They said it would be best if she killed herself, and in the end she really did it.*
- ✓ *There are dangerous people who pretend to be nice over Facebook and invite you to meet them somewhere, but then they do things to you that you don't want to do.*
- ✓ *A friend of one child hacked their Facebook account and wrote swear words to their sister, so she thought they had written it.*



SEXUAL VIOLENCE AND SEXUAL ABUSE

What it means

This is when someone touches your body and private parts and does things that you don't like or don't want to. It is also when they force you to have sex.

It might be

- ✓ *When somebody touches you in places that are intimate, or rubs against you on the bus or in a lift or somewhere else where people stand close together.*



- ✓ *When a teacher says that they will give you the worst grade if you don't want to stay alone with him or her after school and let them touch or kiss you or make you feel uncomfortable.*
- ✓ *At one school not long ago a boy forced girls to put their head between his legs and touch private parts of his body.*
- ✓ *Children with developmental problems do not easily understand what someone is doing to them, and bad people can use that to make them get involved in sex.*

VERBAL SEXUAL VIOLENCE

What it means

This is when someone starts a conversation with you about sex or talks about your private parts so it makes you feel uncomfortable.

It might be

- ✓ *When a girl walks near a building site and some of the workers call out to her and say things about her body.*
- ✓ *When someone insults a girl or say things about her appearance when she doesn't want them to. No one has the right to call girls names for anything related to sex, even if she walks through the city in a mini skirt.*
- ✓ *There was a girl in one school and boys kept writing different things on her desk because she quickly developed and her breasts grew.*
- ✓ *It is not wrong to give a compliment when someone looks nice, but you should choose words so you do not make them uncomfortable. You must not be cheeky, rude or too personal.*



WATCHING PEOPLE WITHOUT THEIR CLOTHES ON

What it means

This is when you haven't got clothes on and someone looks at you without your permission, or they take pictures or film you. It might also be if someone makes you watch someone without clothes in real life, in pictures, or on video.

It might be

- ✓ *When someone uses you to photograph you, and then puts those photos on the internet or send it to people by phone.*
- ✓ *If someone watches you when you get changed, so that you feel uncomfortable.*
- ✓ *One child said that there was an old man who took children into his house and gave them sweets, and then made them watch films about sex.*



DRUGS AND ALCOHOL

What it means

This is when someone gives you or helps you to get drugs, alcohol or medicines that make you unwell or act differently. People may give you drugs or alcohol to make you do things you wouldn't normally want to, like steal or have sex.

It might be

- ✓ *When a parent offers you lots of alcohol.*
- ✓ *When drug dealers try to sell drugs to you outside your school. They might give you some for free to get you hooked, and then they sell it to you.*
- ✓ *When a friend says "here, I got some weed – try it. If you're really my friend you will try it."*



PHYSICAL NEGLECT

What it means

This is when the adult looking after a child, like their parent or teacher, does not take proper care of the child in a physical way. This could be because they aren't giving the child enough food, or they don't give them proper clothes to wear, or because they don't make sure the child is healthy and clean enough.

It might be

- ✓ *When an adult spends all the money in the pub or on themselves, so there's nothing left for the kids.*
- ✓ *When an adult doesn't care whether a child catches a cold and doesn't take them to the doctor when they need medicine.*
- ✓ *When someone locks you in a house all the time, even if you want a walk.*



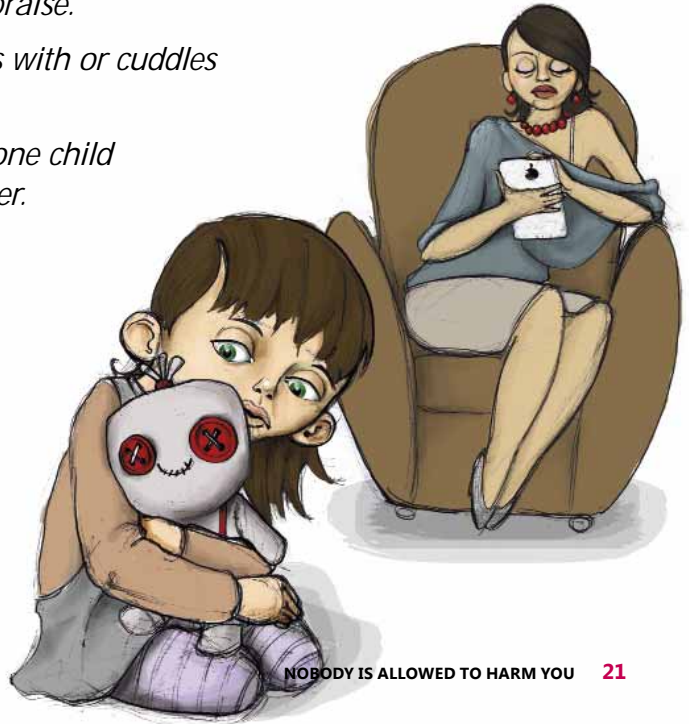
EMOTIONAL NEGLECT

What it means

This is when the adult looking after a child, like their parent or teacher, does not take proper care of the child in an emotional way. This could be because they don't make them feel loved, they don't pay them any attention or play with them, or because they don't make them feel safe.

It might be

- ✓ *When someone doesn't teach a child the rules, but just lets them do what they want all the time.*
- ✓ *When someone comes home from work every day and never pays the child any attention but just ignores them.*
- ✓ *When someone doesn't support the child in what they want, and never gives them any praise.*
- ✓ *When someone never plays with or cuddles their child.*
- ✓ *When someone is nicer to one child than to their brother or sister.*



ABUSE AND NEGLECT IS ALWAYS WRONG.
NOBODY IS ALLOWED TO HARM YOU.

THAT BRAVE WORD **NO**

What it means

When someone asks you to do something that scares you or hurts you, you have the right to say **no**, and you should not feel bad for saying that.

It might be

- ✓ *There was a father forcing his children to steal, and they did not tell him **no**, because he was older and they thought that they must not say anything.*
- ✓ *One girl said that her boyfriend asked her to do things in sex that she didn't like, so she told him **no** and said that she did not want to be with him anymore.*



SECRETS

What it means

A secret is something you don't want other people to know. It may be something that you only want someone you trust to know about.

Secrets can be nice things, like buying a present for a friend and not telling them what is because you want them to have a surprise.

Sometimes secrets can be about bad things which are happening to you or someone you know. You do not have to keep this type of secret and you should always tell someone you trust what is happening, so that it can be stopped.

It might be

- ✓ *If someone does something bad to you or commits a crime, and then asks you not to speak about it to anyone.*
- ✓ *When an older person makes a child remove their clothes and takes photographs, and then says that it is a secret so the child feels they cannot talk about it.*
- ✓ *You always have the right to tell a secret to someone you trust.*
- ✓ *Children might not want to tell anyone if someone hurts them, because they may think they are to blame. If someone hurts you, it is always their fault, not yours.*



IF ABUSE HAPPENS TO YOU OR YOUR FRIENDS, IT IS IMPORTANT THAT YOU TELL SOMEONE YOU TRUST STRAIGHT AWAY. THE PERSON WHO IS ABUSING YOU MAY SAY THAT YOU HAVE TO KEEP IT A SECRET, BUT THEY ARE WRONG TO SAY THIS.



WHO CAN HELP YOU?

If any of the bad things in the book happen to you, there are people who can help you. Many of these things can be stopped if you talk to these people.

There are people who can help you

- ✓ In the family – parents or foster parents, an older brother or sister, grandmother, grandfather, a relative or any other person who you trust.
- ✓ In the institution – a counselor, your teacher, a carer or any other person you feel comfortable with.
- ✓ At school – any teacher in whom you have the most confidence, a psychologist or pedagogue.
- ✓ The boss, if someone bothers you at work.
 - ✓ Any policeman or policewoman, and you can also call the police by phone on 192.
 - ✓ Your doctor, your guardian, or a friend.



YOU SHOULD ALWAYS FEEL SAFE
AND NOBODY SHOULD BE ALLOWED
TO HARM YOU. CHILD ABUSE IS
ALWAYS WRONG AND IF IT HAPPENS
TO YOU OR SOMEONE YOU KNOW
THEN YOU MUST TALK TO AN ADULT
WHO YOU TRUST.

WHO MADE THIS PUBLICATION?

This book has been made by members of the Club for Healthy Changes with the support of the Child Rights Centre, the international children's charity Lumos and the Centre for Social Preventive Activities GRiG.

The Club for Healthy Changes is aimed at children and young people with developmental disabilities and in need of additional support and assistance in learning and everyday life. At meetings of the Club, members talk about various topics that interest them. They listen to and support each other and organise a variety of helpful actions. Club members especially want to help children and young people with disabilities to understand what is meant by the abuse and neglect of children, to encourage them to react in such situations and teach them how to protect themselves.

What the Club means to children and young people:

- *The Club means a lot to me because it helps us to learn some things that we will need in life: how to behave decently, how to say something that is important in a decent way.*
- *At the Club I learned where to look for help and who to turn to in difficult situations.*
- *I like to hear the advice of the coordinator of the Club and my friends, and also to give an advice to others.*
- *We can talk about anything, and when we do not wish to talk, no one's forcing you to do so. Here I feel good, here my secrets are kept.*

The Child Rights Centre (www.cpd.org.rs) is an organisation that works to help all children in the Republic of Serbia enjoy their rights. This is achieved by: training professionals, organising professional meetings and conferences, conducting research, monitoring and reporting on the rights of the child, direct work with children and youth in order to empower them to participate in community life. To achieve its goals the centre cooperates with numerous international and national organisations, government agencies, institutions, departments, as well as with children and young people.

The international children's charity Lumos (www.wearelumos.org) works to provide assistance to eight million children worldwide who are separated from their parents and living in institutions. Lumos cooperates with the United Nations, the European Union, the state governments, institutions, staff, children and families. Lumos tries to ensure that all children are allowed to grow up in their families and to engage in community life.

The Centre for Social Preventive Activities (GRiG) is an association of professionals who particularly care for children and young people living in homes for children without parental care and in foster homes. GRiG organises and runs several clubs for them, and one of these is the Club for Healthy Changes, which it leads together with the Child Rights Centre.

WORDS YOU MIGHT NOT KNOW

Violence is when someone applies force to hurt you or make you feel bad.



Threats are when someone says that they will do unpleasant things to you.

Insults are bad words and abusive terms that someone says to you or members of your family.



Humiliation is when someone does or says things that hurt your pride and which make you feel less valuable.



Avoiding is when someone does not want to be near you.

Harassment is when someone says or does things that make you uncomfortable or make you feel unsafe.

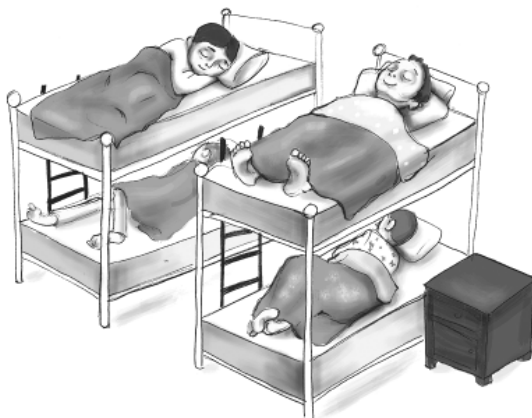


Stalking is when someone watches where you go and what you do in real life or on the internet, so it makes you feel uncomfortable or means that you do not feel safe.



Forcibly means something that has been done by force and against your will.

Institution is a very large home. It can be for children or for adults. People in institutions are separated from their families, friends and communities.





Developmental disabilities

are difficulties that some people have which makes things for them more difficult to do, learn, say or understand.

Psychoactive substances are drugs and chemicals that alter our behavior and consciousness when they enter the body, such as a different drugs and alcohol.

Marijuana is a plant whose dried flowers and leaves some people smoke to be drugged. Other names for marijuana are grass, weed, and ganja.



This publication was produced within the project “Empowering children/young people with disabilities to improve responses to Child Abuse and Neglect”.

This project is funded by the Delegation of the European Union to the Republic of Serbia, under the European Instrument for Democracy and Human Rights (EIDHR), and implemented by the international children’s charity Lumos in partnership with the Child Rights Centre.

The contents of this publication are the sole responsibility of the international children’s charity Lumos and the Child Rights Centre and do not necessarily represent the views of the European Union.