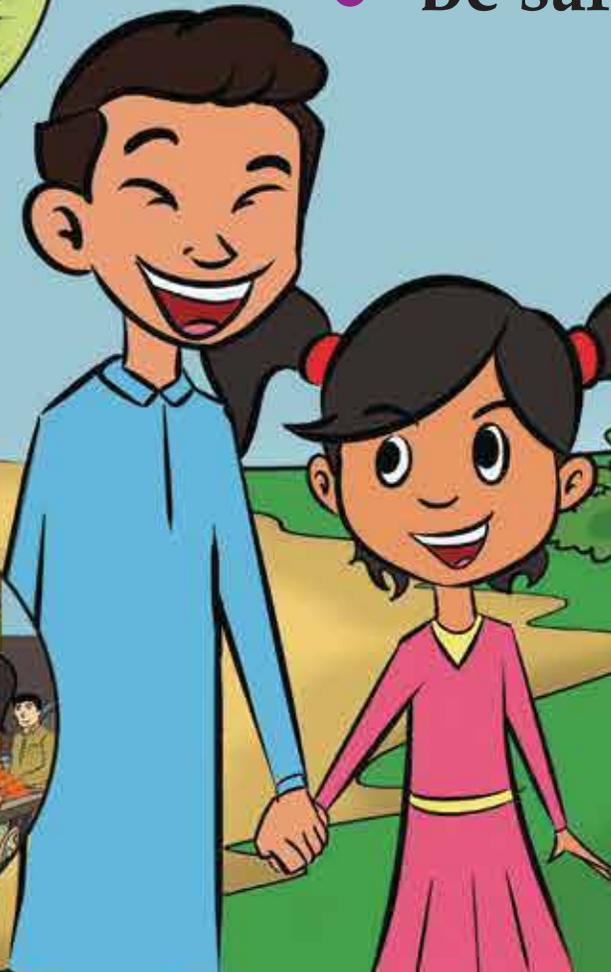


*A guidebook for
protecting children from danger*

WE ARE SAFE

- Be sensitive
- Be strong
- Be safe



This guidebook for children is being published in collaboration with the UNFPA under the Life Skills Based Education Program of the Federal Ministry of Education's Uniform National Curriculum.





WE ARE SAFE

**For
primary school students**

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This is Seema

Seema is five years old. She is a very intelligent girl. She likes to play with his brother, Salman. However, she also thinks that Salman is very bossy and is always telling her what to do.

This is Salman

Salman obeys his parents, but he also likes adventure. He adores his sister Seema very much and always tries to keep her happy by telling her jokes. She is always found laughing at his jokes.

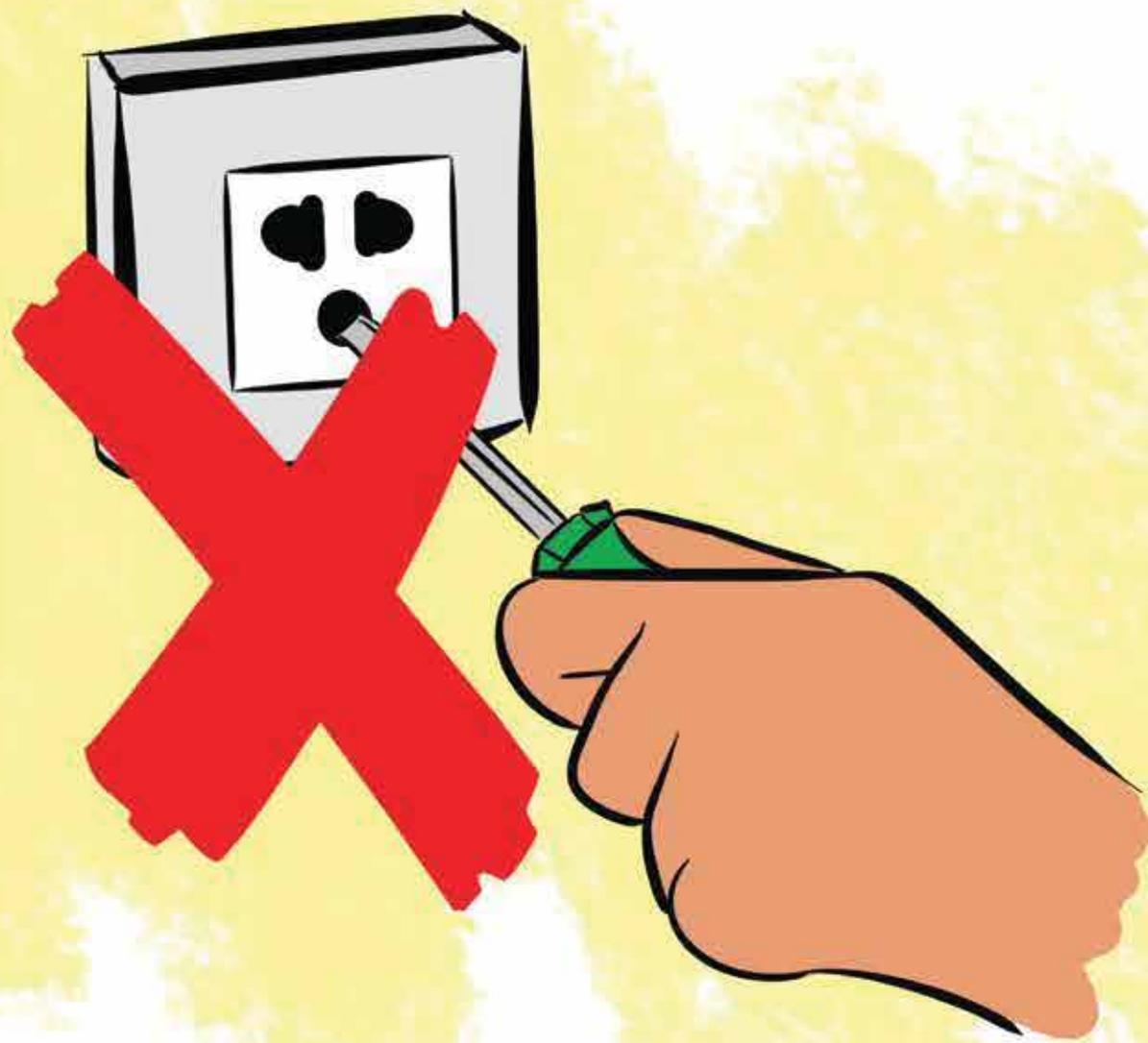


Things that Seema and Salman are aware of

Traffic rules

An illustration on the left side of the page shows a road with a bridge. A car is visible on the road, and there are some trees and a building in the background. The illustration is partially obscured by the text.

They know they should always walk on right side of the road. They know what each traffic light indicates: vehicles have to stop at a red light and move at a green light. They always remind their elders to wear seat belts in cars whereas helmets on motorcycles.



Hazards of electricity

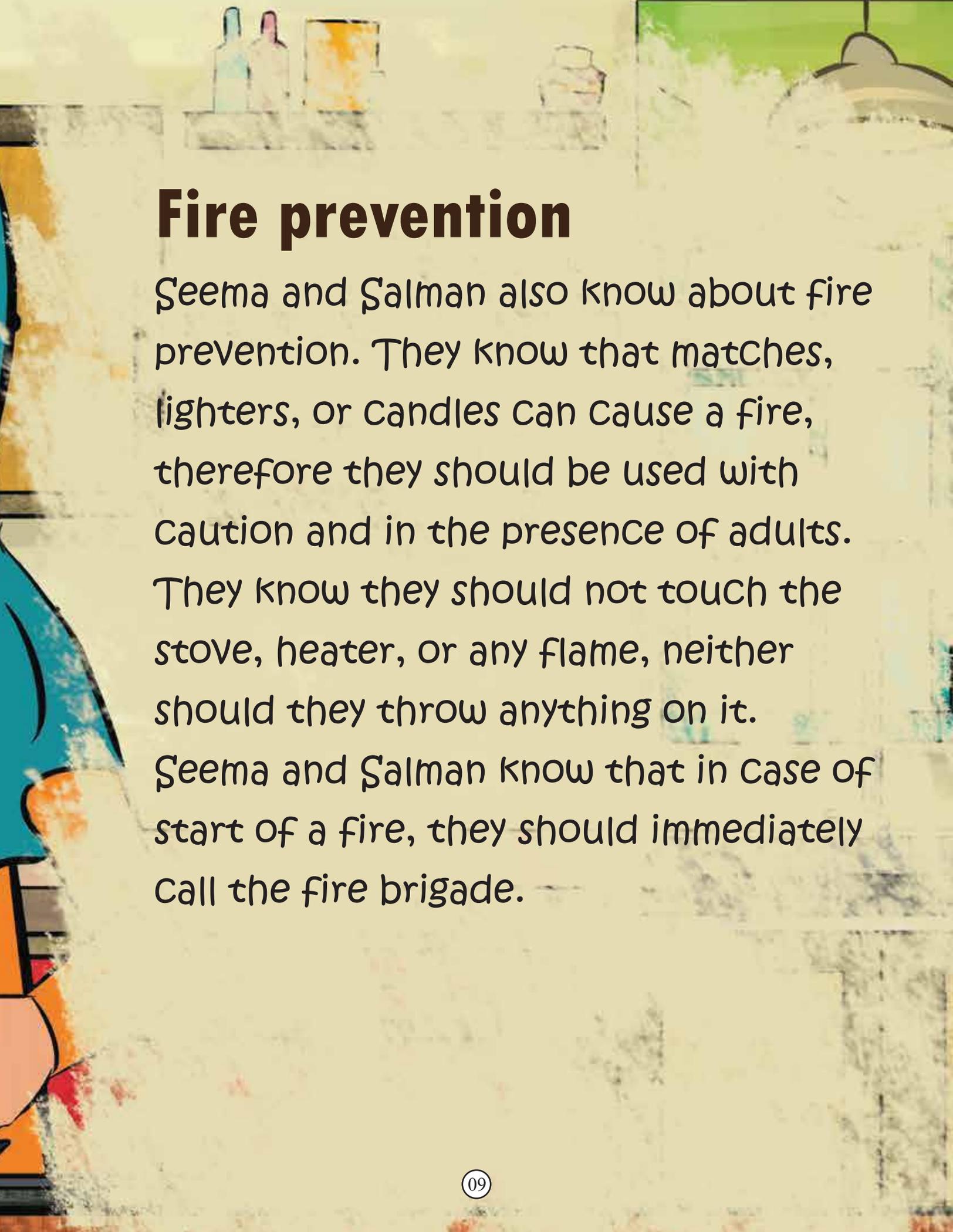
Seema and Salman know that electrical appliances and switches should be used with caution.

They know they must not, under any circumstance, touch any electronic devices or switches with wet hands.

Moreover, they know they must not insert any metallic material in the power switch.





The background of the page is a textured, light-colored wall. At the top, there is a faint illustration of a kitchen counter with two bottles (one blue, one pink) and a yellow container. To the right, there is a green wall and a grey lamp. On the left side, there is a partial illustration of a person's head and shoulder in blue and orange.

Fire prevention

Seema and Salman also know about fire prevention. They know that matches, lighters, or candles can cause a fire, therefore they should be used with caution and in the presence of adults. They know they should not touch the stove, heater, or any flame, neither should they throw anything on it. Seema and Salman know that in case of start of a fire, they should immediately call the fire brigade.



Making the right decision

Seema and Salman know how to make the right decision in case of any problem.

They reach to a decision by keeping in mind the following points:

1. Repeat the problem aloud.
2. Think about the problem carefully and the possible solutions to it.
3. Consider each solution separately. Evaluate its advantages and disadvantages.
4. Select the most suitable solution and follow it. If it still does not solve the problem, then move on.

One day Seema and Salman's father could not arrive on time to pick them up from school. They wondered what to do next. However, they instantly remembered what points they had to follow to make the right decision.

They now had two solutions; walk home alone or ask someone from the school office to call their parents.

They realized going home alone was unsafe. Therefore, they called home from the school office. Soon their mother came to pick them up.

What do you think? Did the children make the right decision or the wrong one? What would you do in such a case?



Avoiding dangerous people

Seema and Salman also know about dangerous people. They are aware that there are the people who can try to kidnap and harm them.

However, Seema and Salman are strong, smart, sensitive and safe.

This is because they know when and where to say "no".



You too can be strong, smart, sensitive, and safe

While it is true some adults can be dangerous, it is also true that there are many who are not. They don't look scary and want the best for you. They look like ordinary people.







Which adults should we be wary of?

You need to be mindful of what you say and do, not what people say or do.

Salman and Seema know that dangerous people are very clever. But Seema and Salman are very intelligent.



Picnic

Every year, Salman and Seema go on a holiday with their parents. They often stay in a hotel or guest house in a mountainous place. One day on vacation, they went out for a walk. Their parents were preparing food. After a while, Seema started to play with a ball by the spring alone. Suddenly, the ball fell into the water. A young man ran and fetched the ball. Seema already knew him because he was staying in the same guest house.

"Let me buy you a chocolate.", he said to Seema.

Seema loves chocolate, so, she was about to leave. However, she suddenly remembered what her mother and father had told her about taking gifts from strangers. She understood it could be a trap and the person might take her away and harm her.

"No," said Seema, and ran away as fast as she could without looking back.

The man followed her and tried to grab her by the arm. Seema kicked the man's leg and shouted "I don't know him" as loud as she could, just like her parents had taught her. The man began to hesitate at Seema's screams and instantly ran away.

A man and a woman nearby heard Seema's screams. The man rushed to the police to report the incident while the woman accompanied Seema. Afterwards, they all ate together and bought chocolates. Seema's mother, father, and Salman were all proud of Seema.



Stay careful. Stay strong.

Mr. Nabil is an old man who lives on the ground floor of Seema and Salman's house. Sometimes he walks past them near the gate and smiles at them.

One day when Salman and Seema started walking up the stairs to their house, Mr. Nabil opened the door of his house and told them to come in and eat ice cream if they wanted.

As soon as they were about to go inside, Salman remembered something. He said he would ask his father for permission first. Mr. Nabil warned him that his father may not like it so he should not tell him. He promised him that he would keep it a secret.

Upon this, Salman smelled danger. He realized it could be a trap.

Seema wanted to go but Salman said "no".

He grabbed his sister's hand and hurried upstairs. When they reached their house, Seema was angry at Salman.

But Salman knew that Mr. Nabil should have asked their dad first. He might have wanted to harm them or asked them to do things they shouldn't do.

When Salman told his father the whole story, he was very happy and proud of Salman. He instantly went to Mr. Nabil and told him not to invite his children to his house again. Mr. Nabil understood, however, he was not very happy about this.

What do you think? What would you do if someone asked you to do something without informing your parents?



Always tell your parents

Whenever you go out of the house

Play, dive, enjoy

But do not take anything from anyone

Always tell your parents

Never hide anything from them

People might bribe you to take you along

Do not be tempted by anything

Always tell your parents

Never hide anything from them

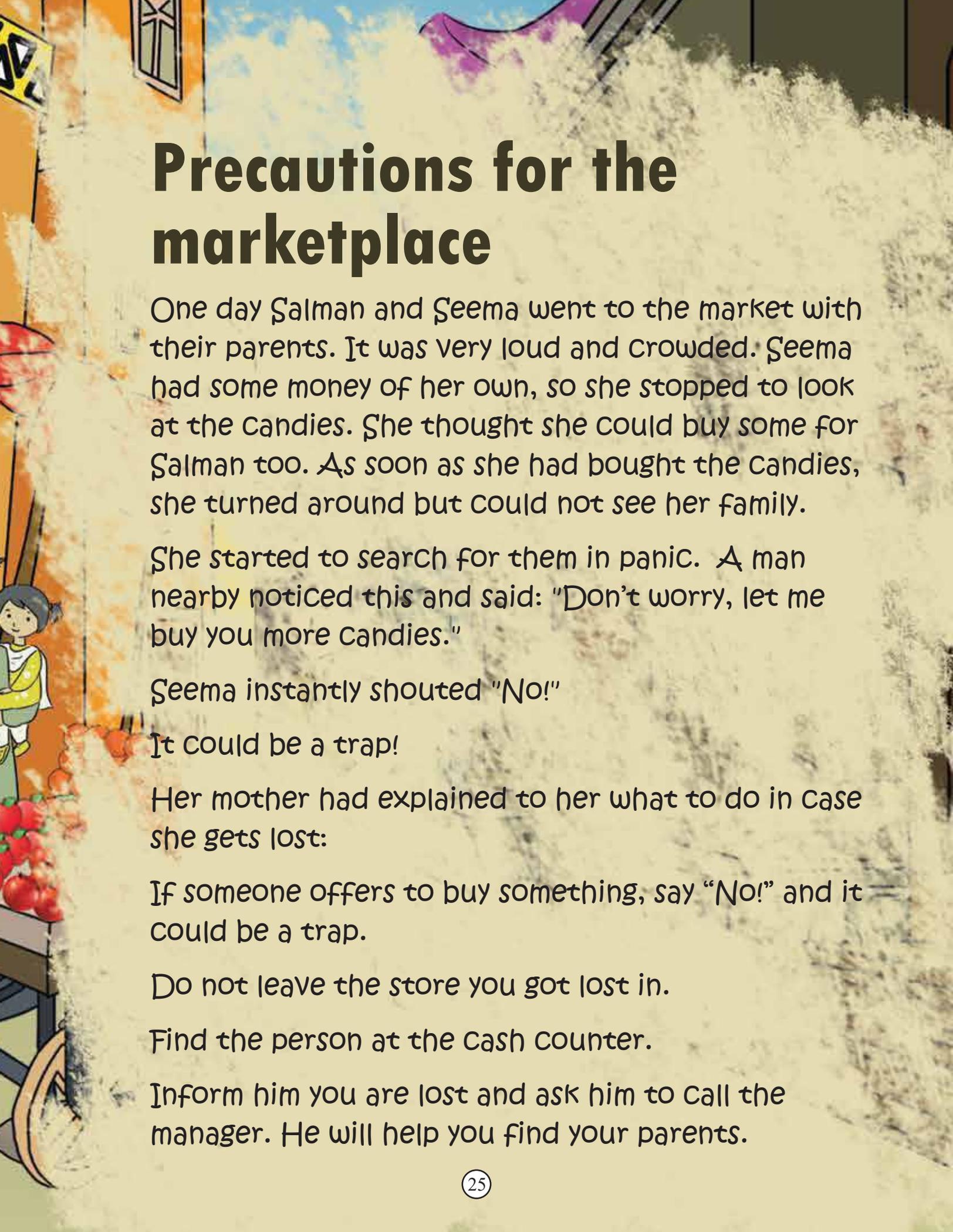
If someone touches you

You shout loudly and run

Always tell your parents

Never hide anything from them





Precautions for the marketplace

One day Salman and Seema went to the market with their parents. It was very loud and crowded. Seema had some money of her own, so she stopped to look at the candies. She thought she could buy some for Salman too. As soon as she had bought the candies, she turned around but could not see her family.

She started to search for them in panic. A man nearby noticed this and said: "Don't worry, let me buy you more candies."

Seema instantly shouted "No!"

It could be a trap!

Her mother had explained to her what to do in case she gets lost:

If someone offers to buy something, say "No!" and it could be a trap.

Do not leave the store you got lost in.

Find the person at the cash counter.

Inform him you are lost and ask him to call the manager. He will help you find your parents.



Which adults are not dangerous?

It is important for children to know that not all adults are dangerous. Let's find out which ones aren't dangerous.

Şadia is a maid who comes to clean the house. She also takes care of the children in their parents' absence.

There is also Şaleem Uncle and Şafia Aunty who come to their house time to time and also bring gifts.

Abu also has a friend, Mr. Nazir, who occasionally takes them on a picnic with his family.

There is also Ayesha Aunty who lives in the neighborhood who invite them for tea every now and then.

These are the people whom Şalman and Şeema's parents know very well. If they ever want to take Şalman and Şeema with them, they first ask for their permission and always bring them back on time. They never ask Şalman and Şeema to hide anything from their parents.

Remember! Most adults are not dangerous. Can you tell who these are in your life?

The word "no" powerful!

WE ARE SAFE

Protecting children from the dangers of various novelties is only possible when we are aware of these dangers. Although the role of parents, guardians and teachers is very important in this whole process, it is very important to make the children aware of these dangers and teach them how to avoid them. "We are safe" is an initiative taken for the very reason.



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