Children's Rights are Human Rights

Abuse

- Physical violence
- Neglecting a child
- Sexual abuse
- Emotional abuse

Contact: 0800 05 55 55
Childline Toll-free

Helping or hurting a child
Neglecting a child's educational needs
Violent or neglecting a child

What is abuse?
How to respond to CHILD abuse?

Protecting children is everybody’s business

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
- Form links and reach out to families in difficult circumstances
- Watch your neighbour’s children when they have to go somewhere
- Have neighbours’ 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 area
- 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
- Don’t ask the child too many questions
- Provide support to your neighbour in times of emergency, offer a meal, call the ambulance
- Give information to neighbours on child support grants, disability grants, and where to go if a child is abused

Offer to assist young and new mothers:

- When a neighbour is ill, provide a meal, watch their children, and check on them from time to time
- Be supportive to elderly neighbours by offering to run their errands, go with them to the doctor and offer to sit with or just visit them; obtain the names and numbers of relatives in case of an emergency
- Support and join local groups in your neighbourhood such as neighbourhood watch, youth groups, sports groups, women’s groups
- Be aware of families where alcohol abuse, drug abuse and domestic violence appear, as in such situations children are not safe
- Always intervene in a way that allows you to be honest, respectful and caring

Stop Child Prostitution!

- Children are entitled to human rights
- Have respect for your neighbours
- Child abuse and child prostitution should never be tolerated
- Prevention of abuse and child prostitution is everyone’s responsibility
- Be child-friendly adults
- It’s never too late to help
- Believe children
- Be committed to do something about abuse
- Perpetrators of abuse have committed a criminal offence
- 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
- Children’s best interest are paramount
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.)

Remember - keep telling until someone believes you and takes action to protect you.

be aware, be safe

• Be informed about your rights as a child. (If your parents do not tell you... read about them.)
• You have a right to say NO to any family member that is doing or saying things that you feel is wrong. (Even your dad.)
• Read about things that you do not understand like: sex, AIDS, how babies are born, what is sexual, emotional and physical abuse? (Join the library!)  

Remember - a child that is aware is a well protected child.

love yourself

• Treasure your body, it is yours for your lifetime.
• Respect yourself - and others.
• Value your own life. (If you do not others will not either)
• Cherish your dreams, no matter how impossible they seem now. Strive to achieve them.

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...
• to be cared for ...
• to be protected ...
• to be safe ...
• to belong.

be confident

• Girl or boy, black, brown, beige or white, rich or poor, fat or thin, tall or short - carry yourself with confidence. (A child with a low sense of self-esteem is more likely to be abused than a confident child.)
• Know your own limits over others and know the limits that others have towards you.
• Be proud of your youth and enjoy it.
• Girls and boys, protect and stick up for each other, for what is right.

Remember - youth is a period to be enjoyed by every child and teenager regardless of your background.