



JUSTICE & RIGHTS MANUAL FOR CHILDREN

in a Child Friendly Language



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"Hope For Children" CRC Policy Center*

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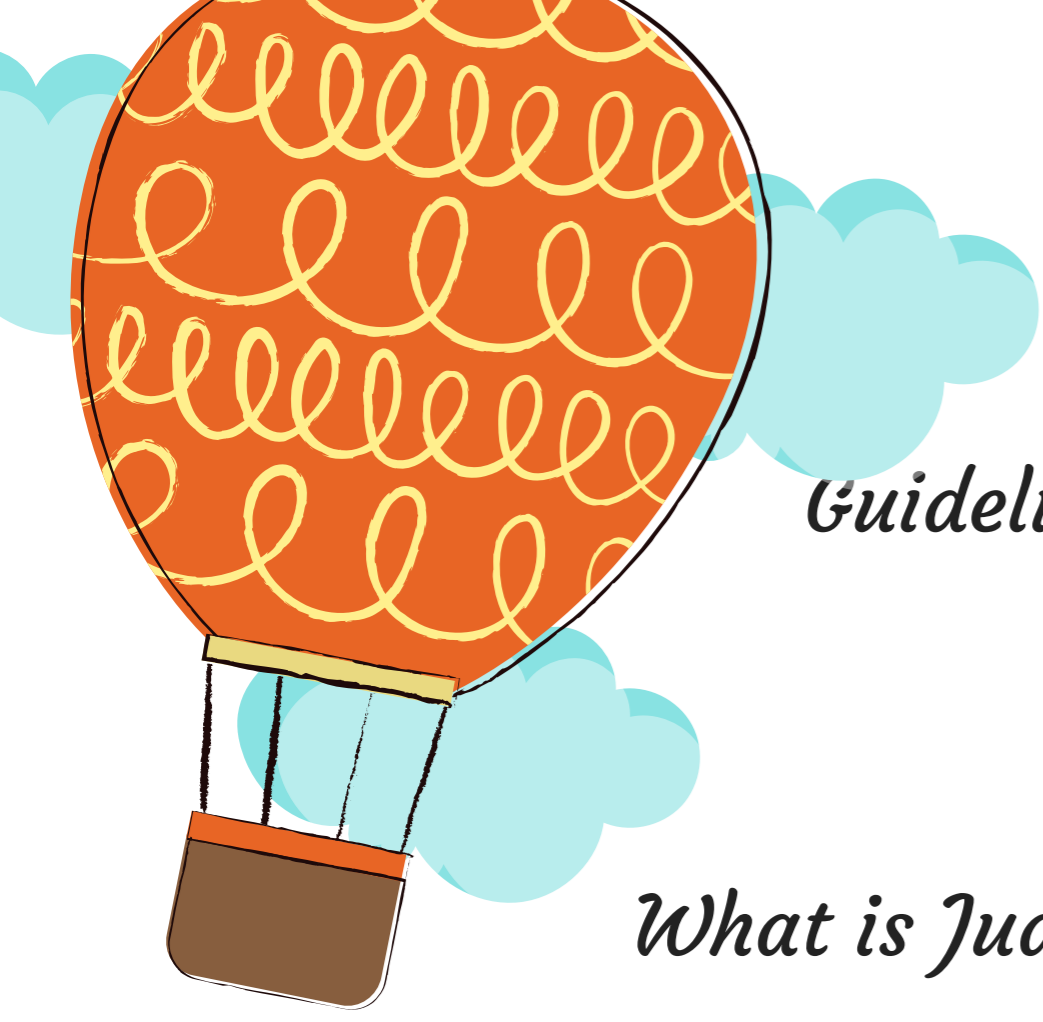


HFC
"Hope
For
Children"

JudEx+
Towards a child-friendly justice in cases of sexual violence against children.



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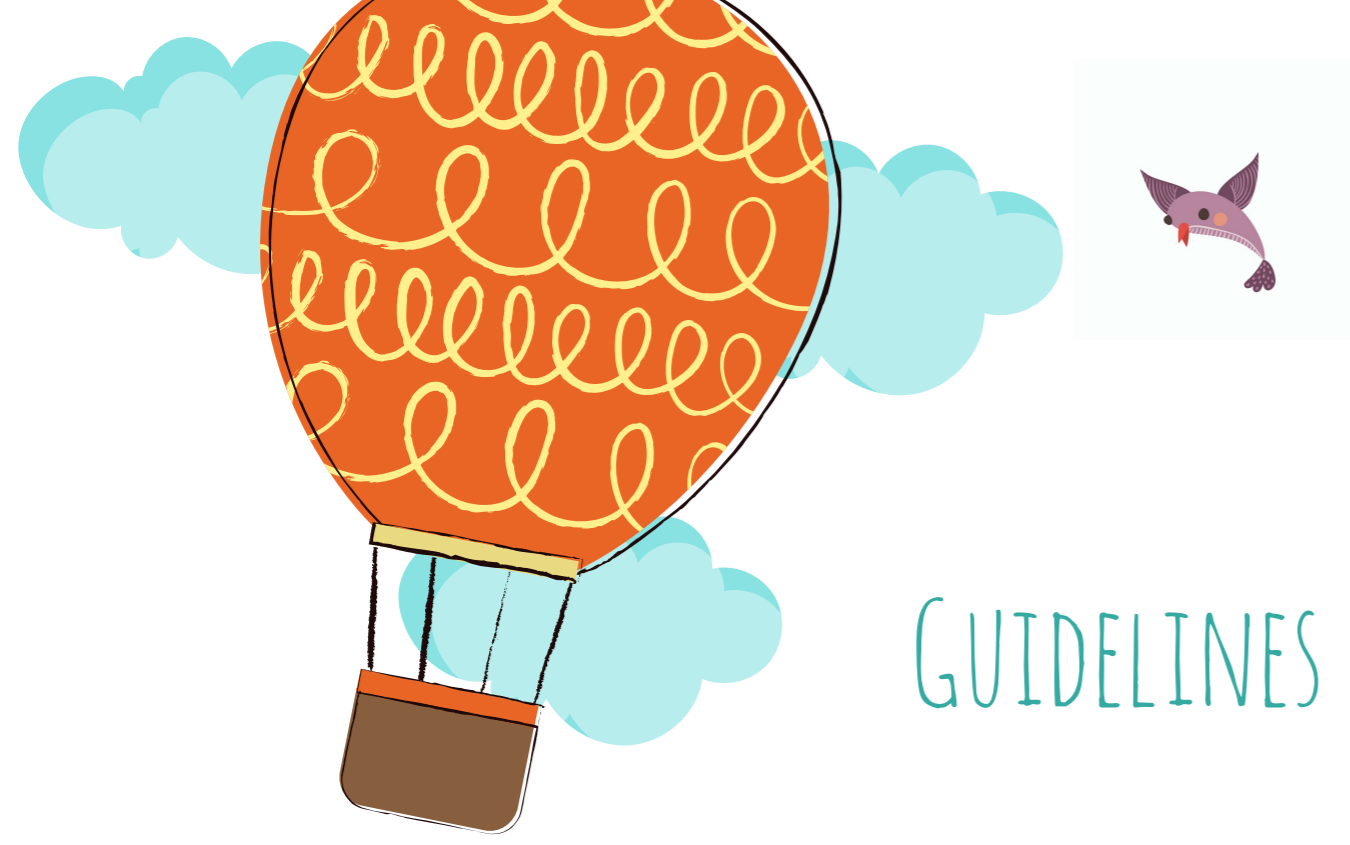
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1. INTRODUCTION

GUIDELINES FOR PARENTS AND TRUSTED ADULTS:

Trust is key for an open conversation between you and the child on matters related to *body and mind safety*. These are a few guidelines:

o *Intermediary support*: the use of an intermediary support (a drawing, pamphlet, game, playful environment) between you and the child can help the *communication* and make him/her feel more open and comfortable.

Therefore, we hope that using this booklet will help your child see clearer limits and boundaries between herself/himself and the environment, between what belongs to her/him (her/his body) and what belongs to others, and to what behaviors and events s/he has the right to say *NO* to.

o *Discuss to empower*: This discussion is an occasion to help her/him learn that *he/she has the right to her/his opinion* and does not have to accept every adult's request.

o Also be sure to use a simple and *child friendly language* (simple terms and everyday language) and to allow time for questions even later on.

Always answer honestly to ensure the climate of *trust and transparency*. It is ok to say that you do not know if you don't, and to ask for advice and support.

*o To facilitate the talk, make sure to **choose a moment** you feel relaxed and have time to spend with the child. Be aware and in **connection with your own emotions**, which are precious for a successful conversation. If you are stressed or under pressure, even non-verbal aspects of this behavior can be easily transmitted to the conversation and thus, to the child.*

*o Always respect the **child's choice to speak or to stay silent** while going together through this booklet.*

*o Regarding the sensitive subject of body and mind safety, it's recommended **not to exaggerate** the gravity of the situation (scaring the child is not the aim) **nor minimize** the importance of it. After the conversation, **keep your daily routine** as it has always been in order not to emphasize any fear.*



*This kind of conversation can also be facilitated by a **general ambiance where it is ok to talk about mind and body protection and safety, without guilt and always in the respect of each one's privacy.** Indeed, the respect of the child's space starts inside the family.*



A few words for children

Dear Friend,

*My name is **Kiki**, the bird, and I would like to tell you a few words. We want all the children, including you, to be safe and protected. For this reason, the *Justice & Rights Manual for Children* was created and written for you, to tell you about your rights.*

Through this manual, you will:

- 1. **Learn** about the organisations that worked on a project called **JudEx+**, which helped adults understand how to better talk and behave to children that went through difficult situations.*
- 2. **Find out** more about your rights, whether they are being respected, and how to ask people around you to respect your rights. We will explain who is responsible for your protection and how you can protect yourself from being hurt.*
- 3. **Get to know** how to recognize acts of sexual violence mean and how to react to it. You will read about powerful words like **NO** and **STOP** and learn to use them when you think someone is not treating you well or touching you and making you feel uncomfortable, sad, angry, or ashamed.*

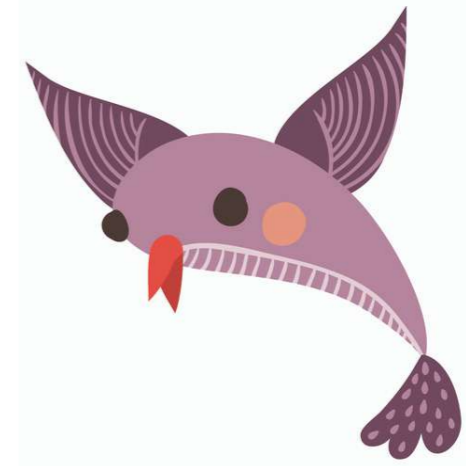
*We will explain that keeping a secret when someone hurts us does not make that person go away and that **there is always someone around you that you can trust** and tell him/her what happened.*

*4. **Discover** a special place called the **Children's House** where people of different professions help and support children.*

***Knowing** what your rights are and what they mean in your daily life will give you the strength to speak up when you feel hurt or you are not being treated well. **Understanding** your rights will give you the chance to learn, grow, and reach for your dreams.*

***Wishing you all the best,
KJK and the JudEx+ Team***

WHAT IS JUDEx+ AND WHO ARE THE TEAM MEMBERS?



People from 7 organizations in 6 European countries worked together for 2 years to create tools to support children that have experienced sexual violence.

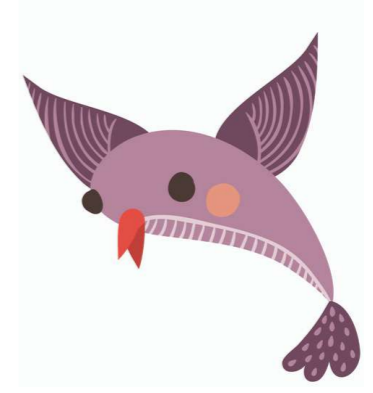
JudEx+: Towards a child-friendly justice in cases of sexual violence against children is a project that wants:

- 1. to support children that have been hurt because of sexual violence and to support their right to be heard;*
- 2. to help people who work with children who have experienced sexual violence to better understand them and talk to children.*

"Hope For Children" CRC Policy Center in Cyprus is the leader of this project. The other 6 members of the team are: Frederick University (Cyprus); CESIE (Italy); Rinova (United Kingdom); Know & Can (Bulgaria); Folkuniversitetet (Sweden); and Science & Research Center Koper (Slovenia).



2. CHILDREN'S RIGHTS



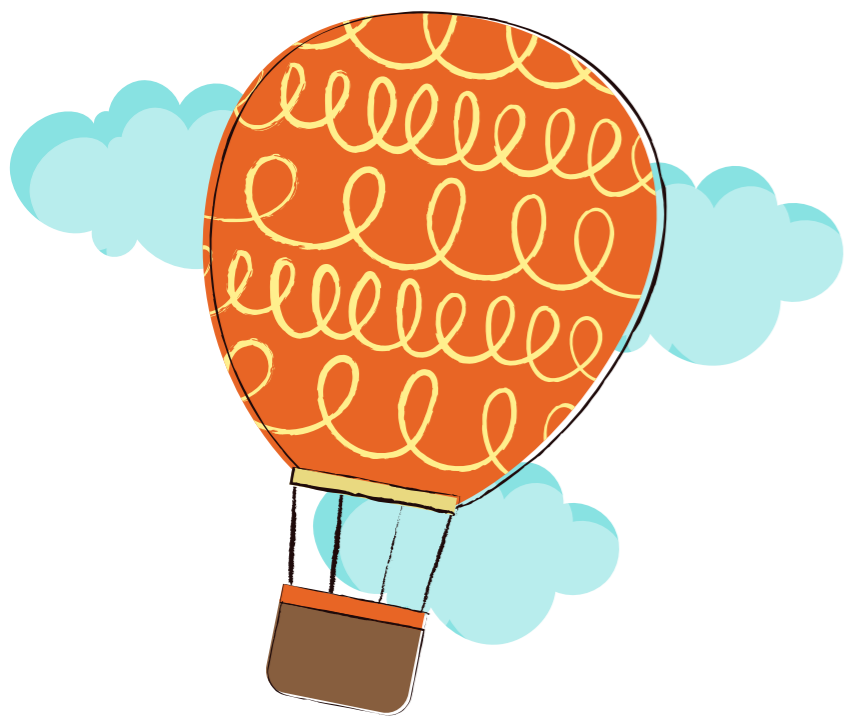
WHAT IS THE UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD (UNCRC)?

In 1989, grown-ups in different countries came together to help children all over the world who suffer, even as babies. They noticed that many children don't go to school, don't have enough food and medicines, and girls struggle more than boys to have healthy bodies and better lives.

*Together those grow-ups made a promise to all children: **that they will do everything in their power to protect and support children's rights** to live and blossom, to learn and grow, to make their voices heard and to make their dreams come true.*

*For this to happen they created a document called the **Convention on the Rights of the Child** and asked the governments and the people in power to accept it as a law in each of their countries.*

*All children and young people under 18 around the world have rights that are **PROTECTED** by the **United Nations Convention on the Rights of the Child (UNCRC)***



WHAT ARE CHILDREN'S RIGHTS?

Rights are things

EVERY CHILD

should have or be able to do.

o All children have the same rights all over the world.

o All rights are IMPORTANT.

o The older you grow, the more responsibility you have to know your rights and ask people around you to respect them as well.

o All adults, parents, grandparents, aunts, uncles, teachers, coaches, educators have the responsibility to know and to talk to the children close to them about their rights.

o Responsible adults supervise if children's rights are being respected and they always try to choose the best solution to protect children.

AS A CHILD, WHAT ARE YOUR RIGHTS?



All rights are equally important and they are all connected.

In this booklet, we will mention UNCRC rights related to your physical, emotional and psychological well-being, which must be learned and be respected.

Who has these rights?

o Article 2 All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, or whether they are rich or poor.

Who is responsible for your rights to be respected?

o Article 3 All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect you, as a child.

o Article 4&5 The government and your family have the responsibility to make sure that your rights are protected.

As a child, can you say your opinion to adults around you?

o Article 12 Yes, you have the right to give your opinion and adults must listen and take you seriously.

What are Children's rights protecting you from?

o Article 19 You have the right to be protected from being hurt and mistreated. Your body and mind must be protected at all times.

o Article 34&35 - You have the right to be free from sexual violence

(please see below the note from Kiki, the bird) and

NO ONE, not even your parent, is allowed to kidnap or sell you.

o Article 36 - You have the right to protection from any kind of unfair treatment.

What kind of help and support you can get from trusted adults?

o Article 39 - You have the right to be helped if you've been hurt, neglected or badly treated.

o Article 40- You have the right to legal help and fair treatment in a justice system that respects your rights.

*"Dear parent or trusted adult,
please see Section 3 of this booklet on more
details about sexual violence and how to talk
to your child about this topic."*

KIKI



3. WHAT HAPPENS WHEN CHILDREN'S RIGHTS ARE NOT RESPECTED?

HOW TO RECOGNIZE SEXUAL VIOLENCE?

OR

HOW CAN YOU TELL WHEN SOMEONE WANTS TO HURT YOU?

*This person will ask you to keep **secrets** and will give you **gifts** in exchange for your **silence**.*

*This person will use **threats or force** to make you do something with your body or with someone else's body.*

*This person will want to **touch you** on the private parts, the parts covered by your **underwear**.*

*Bad people will try to hurt you using **words, emotions, feelings, videos, images, even threats or force** and make **you keep secrets**.*



REMEMBER: NOBODY -INCLUDING A PARENT OR CAREGIVER - SHOULD SEE OR TOUCH YOUR PRIVATE PARTS, UNLESS THEY ARE DOING SO TO HELP YOU KEEP CLEAN AND HEALTHY.”

WHEN SHOULD YOU TALK WITH AN ADULT THAT YOU TRUST?

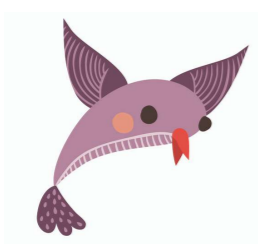
You should talk with an adult that you trust (a parent, a teacher, a coach, a cousin or a friend) if someone that you know or a stranger:

- is asking you to follow him/her unexpectedly into a place to be alone with you;
- is speaking to you in a way that makes you feel uncomfortable;
- is asking you to do things that you find weird, strange;

If someone:

- is showing you their own private parts (the parts that are covered by their underwear);
- is touching or looking at your private parts (the parts that are covered by your underwear);
 - is asking you to touch their or anyone else's private parts;
 - is asking you to look at pictures or watch videos that show strange things (other people's private parts);
- is trying to convince you to send or post online images of yourself in your underwear or naked;
- is forcing you to do something you don't want do by threatening you or offering you gifts.

All these acts described above are different forms sexual violence and can happen to any child in any place, such as your home, neighbourhood or school.



REMEMBER YOU HAVE THE RIGHT TO SAY NO !

WHAT TO SAY AND DO?

WHEN SOMEONE TOUCHES YOU IN A WAY YOU DO NOT LIKE



First rule:

Don't keep it a secret!

Second rule:

*Tell a grown-up
in whom you trust!*

*o If someone touches you on parts of your
body covered by underwear and does
something that you don't like, tell them*

NO** or **STOP!

o Even if they are bigger than you!

o Even if you know them!

o Even if they are a grown up!

o Even if they look and act friendly or nice.



WHO IS RESPONSIBLE FOR CHILDREN TO BE SAFE?

The adults in your life are responsible for making sure that you are safe and protected against all acts that are described above.

It is good for your parents, guardians, and teachers to explain to you on how to protect yourself from acts of sexual violence like the ones you read above.

You can talk to the adults you trust about:

- o Which are your **private parts** – the parts covered by your underwear;*
- o The fact that **No One** has the right to touch you or look at your private parts without your consent;*
- o **How to say “NO” and “STOP”** to another person who behaves in ways like the ones described above making you feel uncomfortable, sad, angry, and ashamed.*

WHAT IS THE LANZAROTE CONVENTION?



*In **October 2007**, the Council of Europe members met in Lanzarote, Spain, and created a Convention.*

*The Convention is an agreement between countries that they will protect children from sexual violence and being taken advantage of, in order **to put an end to all forms of violence against children.***

The Convention wants to prevent any harm from happening to any child's body or mind. So they ask for the people that work with children to be specially chosen and to be trained to give support, care and protection.

1. PREVENTION:

The children also have to be taught to stay away from people who want to take advantage of their body and mind in ways that could make them feel hurt or ashamed

2. PROTECTION

*There is a telephone help line (116 111) that children can **ALL DAY AND ALL NIGHT.** Professionals answering the this phone number are trained to give support, and offer care and protection.*

*Children that have experienced sexual violence can get help from **people that are trained especially for these cases**. These children's families can also be supported.*

*People in the court of law must behave **kindly and respectfully** toward children and their families.*

Children must be free to talk, but they should be asked about what happened as few times as possible.

*These discussions will take place **in special spaces** where children can feel safe and protected.*

*Up to December 2016, 47 countries have signed this agreement, out of which, 42 countries decided to give to **Lazarote Convention** the same power as any other law in their country.*



**NOW, YOU KNOW
EVERY CHILD HAS RIGHTS!**

4. THE CHILDREN'S HOUSE



WHO CAN YOU TRUST?

A trusted grown-up is anyone who will help you be safe!

It could be your mom, dad, aunt, uncle, grandparent, teacher, neighbour, a parent of one of your friends, or someone else.

The trusted grown-up you talked to, can contact your local Police department or a Social Worker at the nearest government Social Welfare Services.

As soon as possible, a person will call back the adult you trust to help you be safe.



WHAT IS THE CHILDREN'S HOUSE ?



In Nicosia, there is a safe place called “*Children’s House*” where children can be helped and supported when in need.

You will go there with a *Social Worker* (a person who can help children to be safe). At this house, you will be greeted by other friendly and welcoming people who are trained to help children.

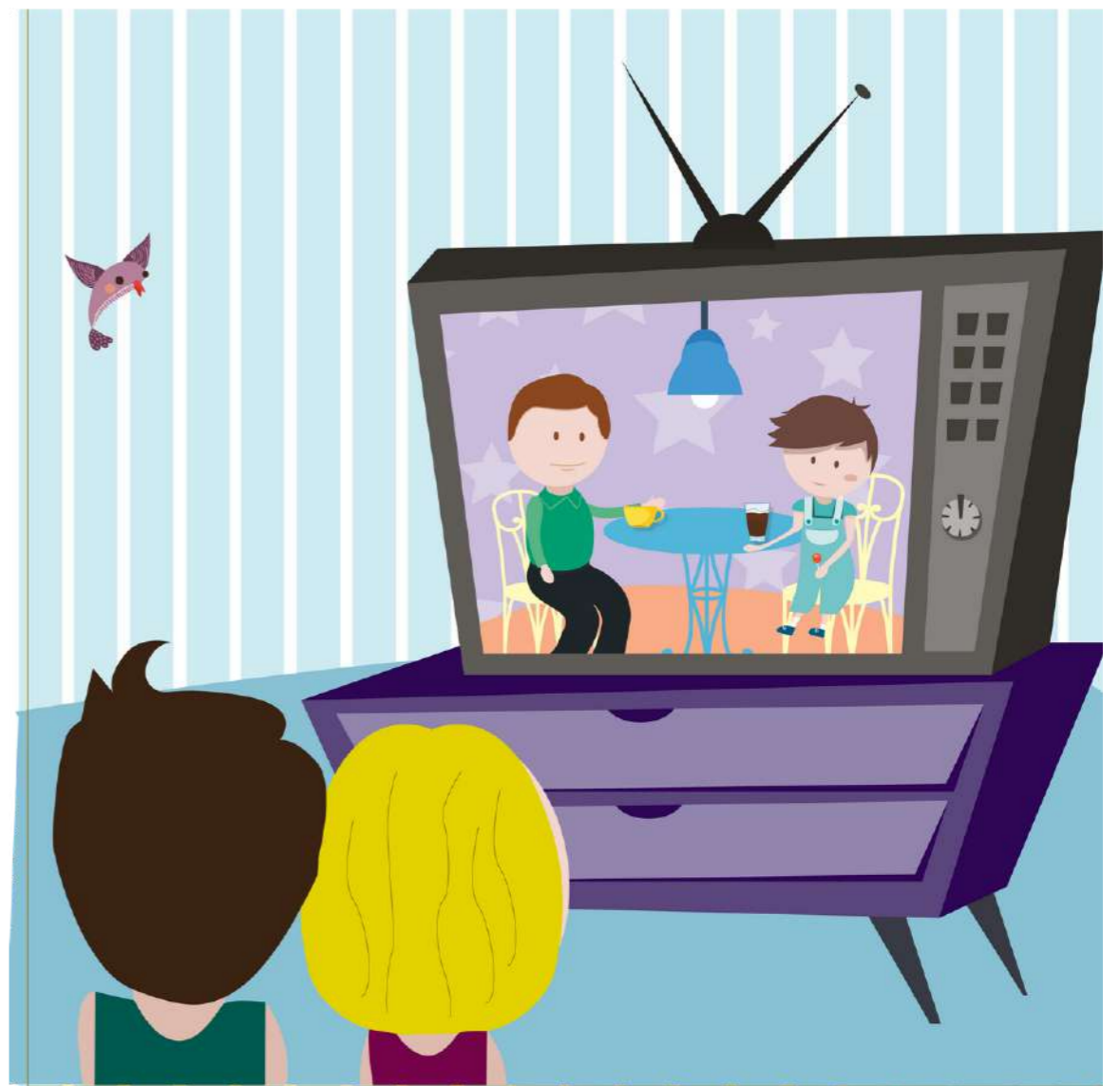
HOW WILL CHILDREN BE SUPPORTED ?

The *Social Worker* or the *Psychologist* (who work at the Children’s House) will explain to you why you are there and *how they can help*.



Then, you will meet the *Police Officer* and you will both go to a special room to talk. Here, behind a screen, other officers will also see and listen to your conversation.

You will tell the police officer what happened and what made you feel strange.



The police officer might ask you *questions* like:

o Who was with you that day?

o Where did it happen?

o Did someone ask to see or touch your underwear?



If the *Doctor* wants to see you, you will both go to the doctor's room.

You can show the doctor where you were touched and felt strange or you didn't like being touched.

The doctor *may* want to look at your body to see if you have any bruises or wounds.

You will also see a Psychologist who will help you heal and discuss about your feelings.



If you need to go to the court, the Psychologist and the Lawyer (a person who gives advice about rights, and talks in court when people have disagreements) will help you prepare about what you will talk about.

REMEMBER: YOU ARE NOT GOING TO HURT ANYBODY AND NOBODY IS GOING TO PUNISH YOU FOR WHAT HAPPENED.



The Social Worker will meet you often to talk to you, to make sure you are safe, and to keep you informed about what is the next step.

REMEMBER: ITS ALWAYS
BEST TO SAY THE TRUTH!



WHERE CAN YOU FIND US?

FOR FURTHER INFORMATION, YOU CAN CALL US AT

"HOPE FOR CHILDREN" CRC POLICY CENTRE: 22 103234

OR

CHILD HELPLINE: 116 111

