



# NO! GO, TELL

## Sexual abuse:

No one is allowed to touch or look at my private parts.

No one is allowed to make me touch or look at their private parts.

No one is allowed to show me rude pictures or take photos of my private parts

My mouth is a special private part. No one is allowed to stick anything yucky in my mouth.

*Breaking a rule about private parts is called **sexual abuse**.*

## If someone sexually abuses us we need to:

### 1. Tell them 'NO!' or 'STOP, it's not allowed!'

It can take a lot of courage to tell someone, "NO!" or "STOP!", particularly if they are an adult or an older child. No matter who they are, they are not allowed to touch our private parts and we will not get into trouble for telling them, "NO!".

*Practice putting your hands up in front of you and saying, "STOP, it's not allowed!"*

### 2. GO to a safe place

Where would be a safe place you could go if you were at:

a) school? .....

b) home? .....

c) a friend's house?.....

d) the shops?.....

We might need to break a rule to get to a safe place. What might some of these rules be?

.....

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*(Note: Suggested responses on p.5)*

### 3. TELL an adult we trust

We need to make sure that the adult we tell understands exactly what happened so they can help us and make sure that it doesn't happen again.

Sometimes adults we tell might not listen to us or believe us. If this happens we need to find another adult to tell or call Kids Helpline (tel: 1800 55 1800). We shouldn't stop telling adults we trust until we get the help we need to feel safe again and to solve the problem.

#### Small group activity:

*Instructions:* In groups of 3-4 students, allocate a scenario for each group to discuss and then role play what the child in the scenario should do.

- A. Fran's neighbour asked Fran to come to his house and started to show her a rude DVD.
- B. Craig's best friend's mum was playing a tickling game with Craig and stuck her hand under Craig's pants and touched his penis.
- C. Jacob went into the boys' toilets at school where a group of boys were mucking around. One of the boys tried to make Jacob touch his penis.
- D. Melinda's dad sometimes tries to give her sloppy kisses and touches her nipples.
- E. Beth met someone on the internet who said they were her age and who sounded really cool. When she organised to meet him in person at the local shopping centre, he turned out to be a forty-year-old man who wanted her to go with him.

*As groups discuss their scenario, they should use the NO! GO, TELL response including:*

NO: What words and actions will the child use to say NO!

GO: Where is the safe place the child will go?

Will they need to break a rule to get away?

TELL: Who will the child tell?

What would they do if the person they were telling didn't listen to them or believe them?

*Note:* Please change names if any students share the names of children in the scenarios.

## Remember:

- It is *never* our fault if someone breaks the rules about our private parts.
- If someone breaks the rules about my private parts I need to:
  - say, “NO!” or “STOP, it’s not allowed!”
  - go to a safe place (I might need to break a rule to get away)
  - tell an adult I trust
- If they don’t listen or believe me, I need to tell another trusted adult and keep on telling until I get the help I need.
- If I can’t find anyone to listen or believe me, I can ring Kids Helpline (1800 55 1800).
- I shouldn’t stop telling trusted adults until I get the help I need to feel safe again and to solve the problem.

**Abuse can be stopped if I have the courage to report it.**

## Matching Activity:

When someone breaks the rules about your private parts it is called *sexual abuse*.

People who sexually abuse children can be men, women, boys or girls. Most of the time they are people who the child knows and are sometimes people the child loves and trusts.

They often tell the child they are abusing to keep the abuse a secret and use excuses, lies, bribes or threats to stop them telling.

**Instructions:** Link what abusers often say to children with the matching fact, by listing the number of the matching fact in the middle column.

<i>The abuser says:</i>	<i>No.</i>	<i>The fact is:</i>
<b>It's your fault</b>		1. This is an unsafe secret that needs to be told to an adult you trust
<b>It's because I love you</b>		2. They (the abuser) could be sent to prison
<b>I'm teaching you how your body works</b>		3. They (the abuser) will get into trouble
<b>You enjoyed it</b>		4. No one needs to touch your private parts to show you how your body works.
<b>Your parents will send you away</b>		5. You <i>will</i> find a trusted adult who will believe you and help you.
<b>Something bad will happen if you tell</b>		6. Being sexually abused by a man or boy doesn't make you gay.
<b>No one will believe you</b>		7. Somebody sexually abusing you is never your fault
<b>You'll get into trouble</b>		8. Something good will happen – the abuse will stop.
<b>It's our special secret</b>		9. This is not love, it is abuse.
<b>I'll buy you something if you promise not to tell</b>		10. Our bodies respond to touch to our private parts by feeling pleasure. It is not because we asked for it or we enjoy it, it's just what our bodies do.
<b>You're gay</b>		11. No gift is worth being abused

(Note: Answers on p.5)

## Answers

### Safe Places (Page 1)

Responses may include:

- a) *School*: classroom; approach the teacher on duty (in the playground) or another teacher in the school grounds; school office.
- b) *Home*: Mum or Dad; (if there is no trusted adult at home) telephone a trusted adult; a neighbour's house (if the neighbour is known and trusted by us and our parents).
- c) *A Friend's House*: our friend's parents or older siblings; (if there is no trusted adult at home) telephone a trusted adult.
- d) *The Shops*: the cashier; a person working behind the information desk; a person in the shop's uniform; a parent with children.

### Rules we might need to break to get to a safe place (Page 1)

Responses may include:

- punch or kick
- scream or shout
- disobey an adult
- be rude to someone
- tell a lie
- run away (to get help)
- tell a secret
- leave without telling someone where we're going
- ask someone we don't know for help.

### Matching activity (Page 4)

Answers; 7,9,4,10,2,8,5,3,1,11,6