

It's "My" Body



With Tinkoo and Tina



Aangan is a Rozan program working on the emotional health of children in general and focusing on the issue of child sexual abuse.

Child sexual abuse is a very sensitive topic. It has been Aangan's experience that children lack the basic awareness and knowledge of the issue, which makes them more vulnerable to abuse. This book can serve as a medium for children to learn about body protection in an age-appropriate, non-threatening and fun way.

Aangan has also working with countless number of parents who feel that child sexual abuse is a serious issue, but they find it difficult to talk to their children about it. The purpose of this book is not only to address the issue of child sexual abuse with children, but also to enable parents and adults in approaching this embarrassing but essential topic with children in a comfortable way.

It is equally important for adults to have sufficient information on child sexual abuse so that they can answer their children's queries along the way. You are welcome to contact Aangan for further information on child sexual abuse and other emotional health issues.

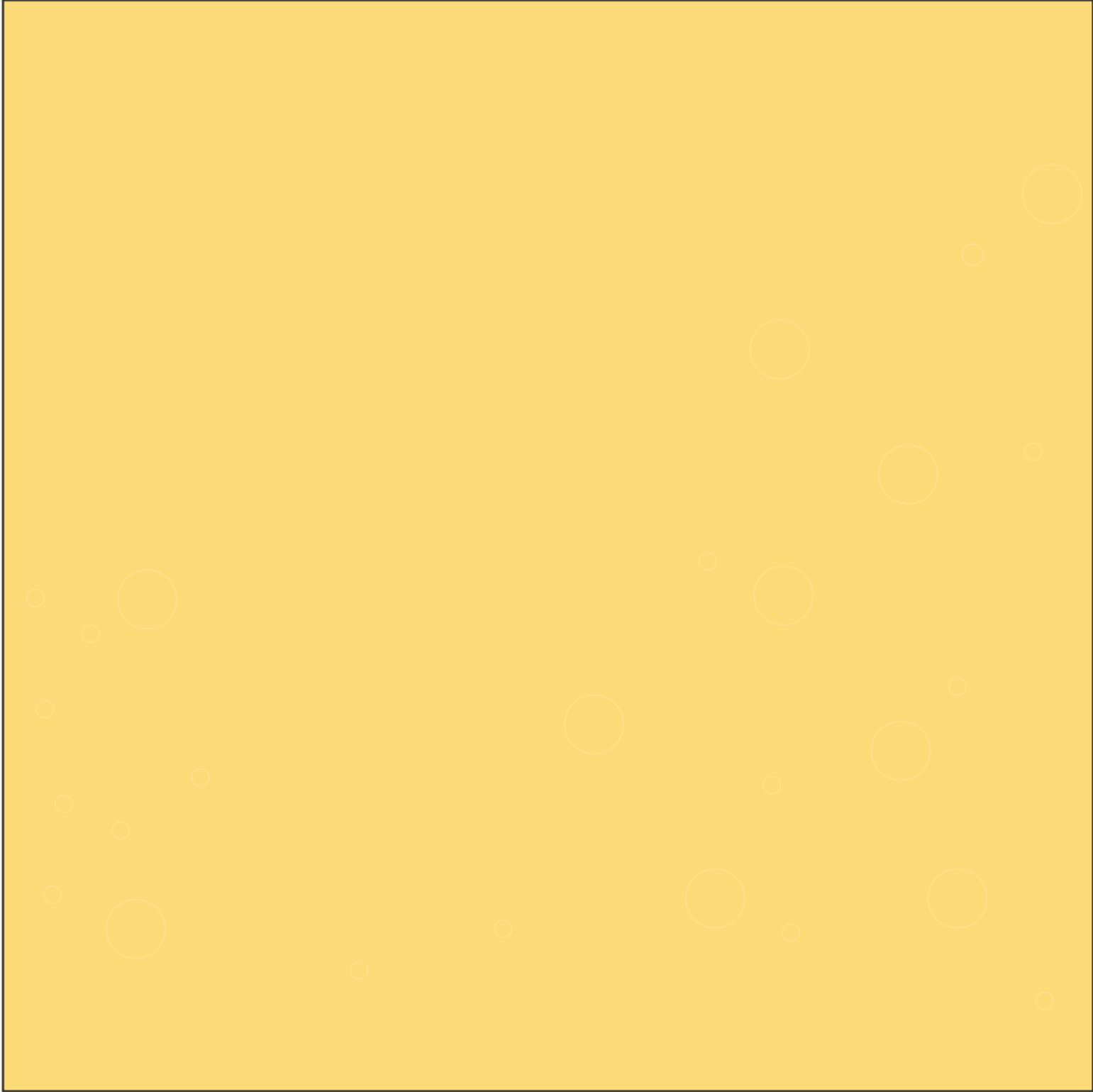
Enjoy!

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□ This book is for children aged 4-10 years.

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This Book Belongs To



Asalamaleikum!

**My name is
Tinkoo,**

**and my name
is Tina.**



An illustration of two children playing on a green hill. The child in the foreground is a boy with black hair, wearing a blue and yellow striped tank top and blue shorts, sitting on the grass. The child in the background is a girl with black hair in pigtails, wearing a white shirt and blue overalls, standing with arms outstretched. The background is a light green sky with several white bubbles of various sizes.

We all have a body.

**Today we are going to talk about
our bodies with you.**

These are our **eyes,**



hands,



and legs...

feet,



We feel very shy to talk about some parts of our bodies.



But its ok
because we know it's
important to talk about them.

We are shy about these parts,
not because they are **dirty**
but because they are
very special.



**These are our private parts.
We all have different names for them.**

**Some call them pishi poti wali jagah,
some call it NO - NO,
some call it wee - wee.**

What do you call them?



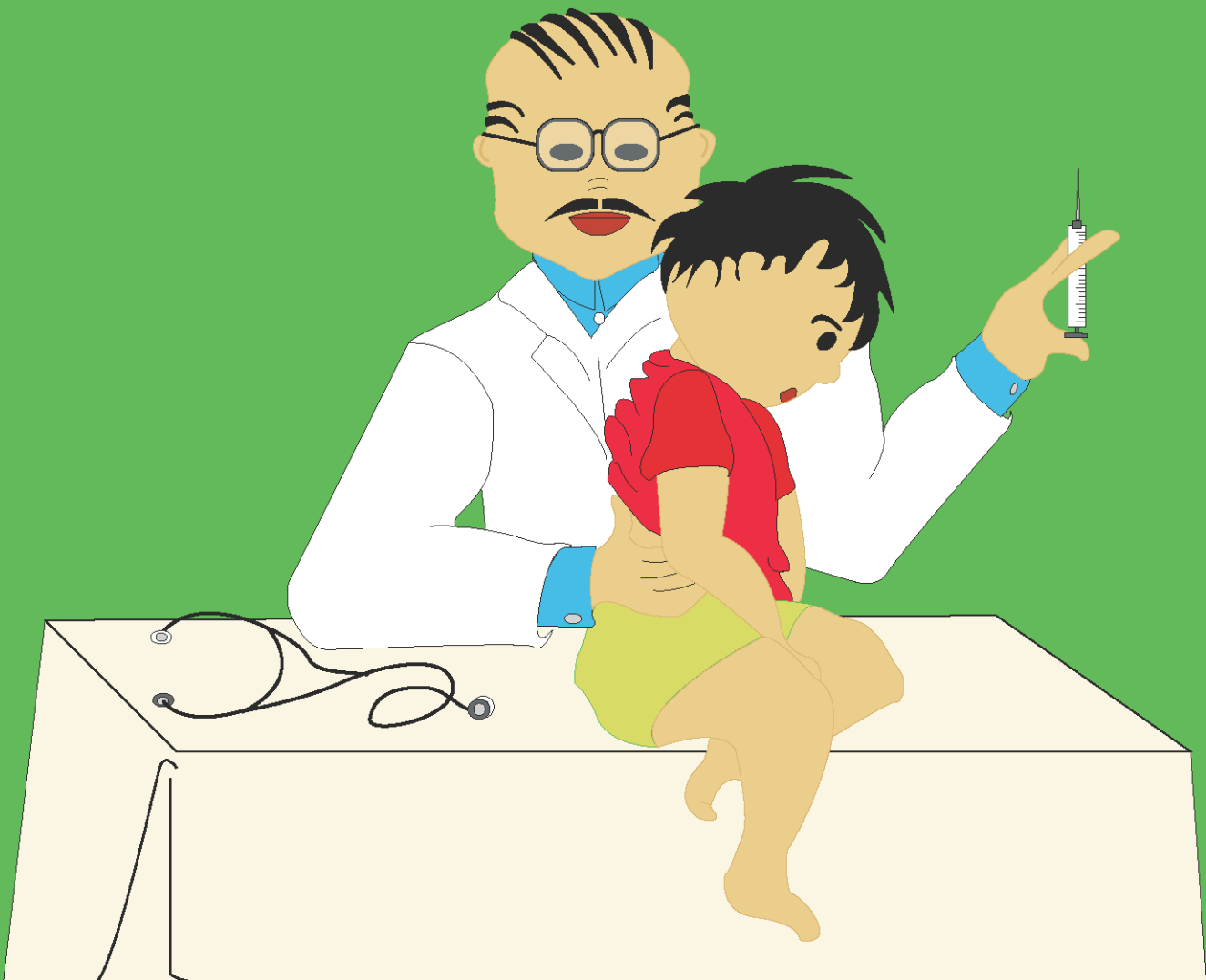


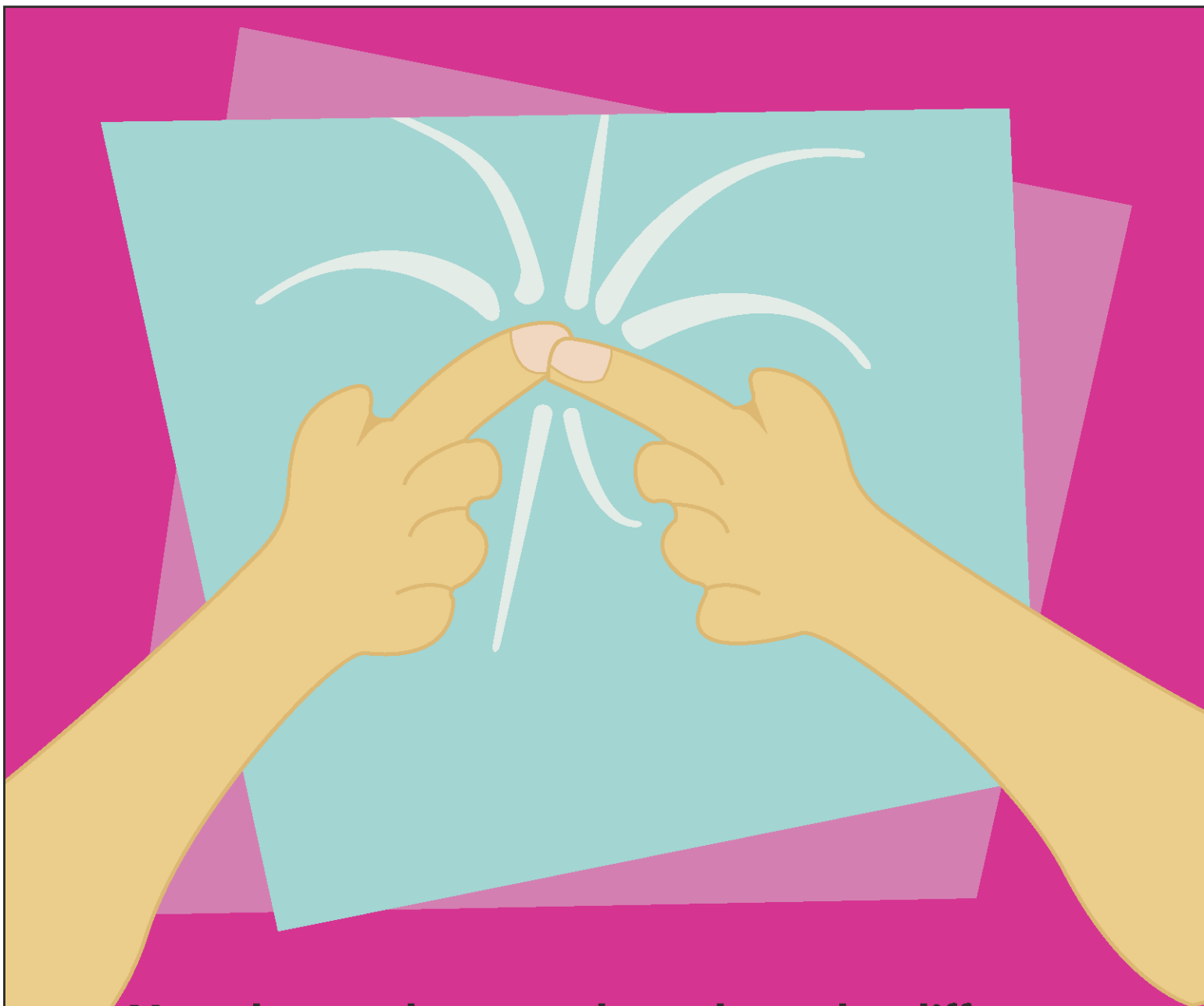
We keep our private parts covered because they
are **only for US** to see.

Ammi can see them when she gives us a bath or helps us change our clothes when I am too small to do it myself.



Doctors can see them when we go for a checkup or when he has to give us an injection.





Now that we have spoken about the different parts of our bodies, we want to tell you about the different **types of touches** on our bodies.



There is **A GOOD TOUCH!!**

**Like when we
hug our friends,**



**when we kiss our
baby sister,**



**when we sit in Nano
and Nana's lap.**



There is
A BAD TOUCH!!



Like when we fight with each other,
when our baby sister pulls our hair,



when someone pushes us.



There is also
A SECRET TOUCH,
which is when a grownup
touches us in a way that
makes us feel bad
on the inside.



This touch is on the
PRIVATE PARTS or elsewhere
on our body
that makes us feel
UNCOMFORTABLE.



It can make us feel angry and sad and
NO ONE has the right
to make us feel that way.





It is called a secret touch because the grownup who touches us tells us to keep it a secret or because we feel embarrassed and scared.

**BUT
WE
DO NOT
KEEP
IT
A
SECRET!!!**

We go to Ammi and **TELL RIGHT AWAY** because we know it's **not our fault** and ammi also feels that way. She tells us that we were brave and it's **NOT** our fault, **no matter which grownup** touches us that way, it will never be our fault.



She tells us that if it happens again,
we can try to run away or say in
a **BIG**, strong voice,
"NO! DON'T TOUCH ME!"





If Ammi is not there then we can tell Abbu or our teacher, or aapa. It is important to tell an adult and we will NEVER stop telling.



Now say with us loudly,

"I'll Tell!

I'll Tell!

I'll Tell!

I'll Tell!"



WOW! That was loud.

**Remember, It's YOUR body,
and you can say NO.**



Now one last time, put one finger up in air and say,

“It’s My Body!”



It was fun wasn't it?!

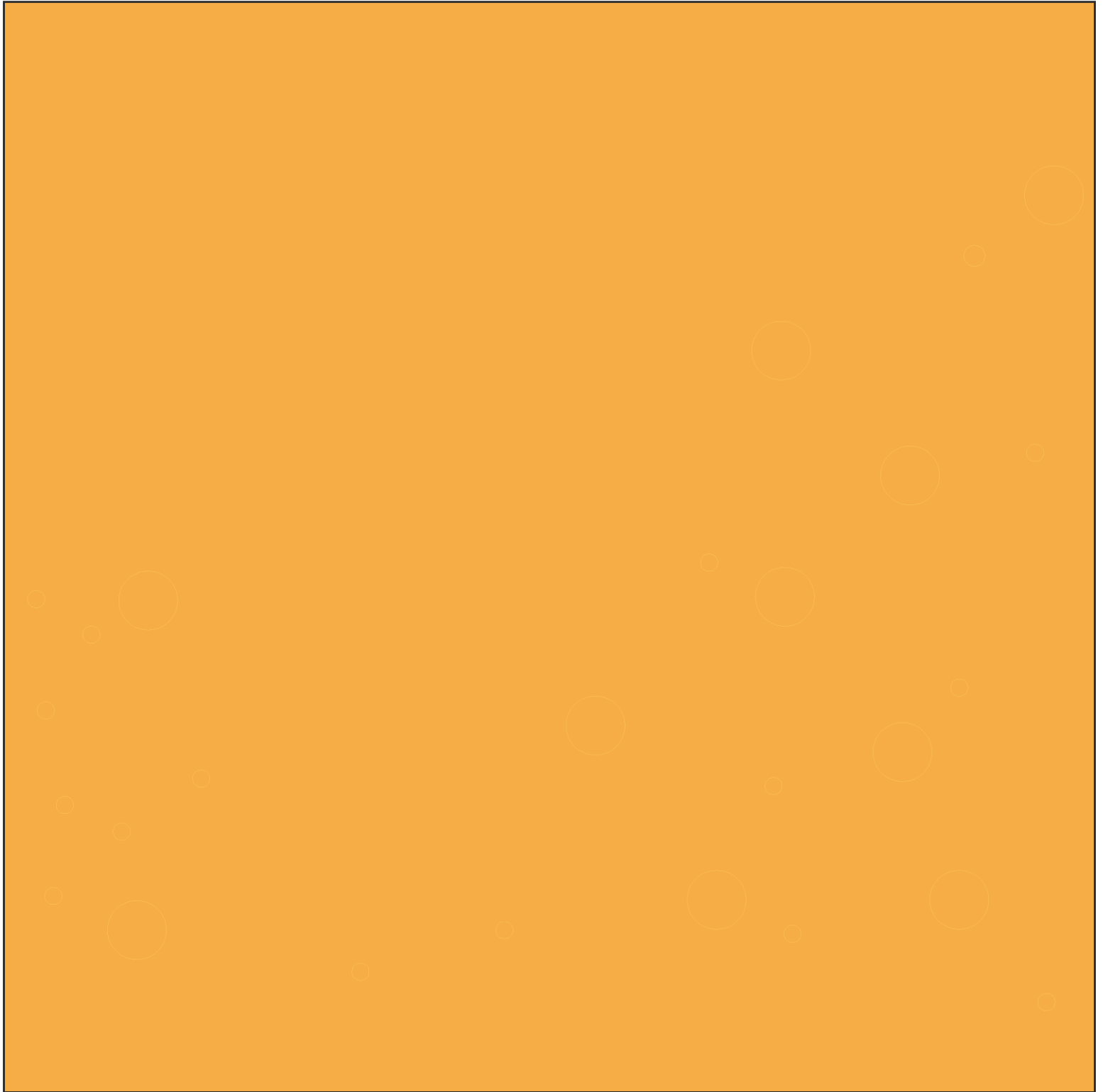
**We LIKED making friends with you.
We hope you will remember us.**





**Take GOOD care of your
BODY and your SELF.**

Khuda Hafiz





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