



protecting children together

involving children in
their own protection

Preface



Tehila Zambia has created the TouchTalk Flipbook over a period of two years. Having worked in the field of child protection and abuse within Zambia for the past 4 years, it is clear to Tehila that there are many obstacles to children speaking out and disclosing abuse happening to them. Children often lack awareness of their right to protection, knowledge about abuse and are extremely afraid to report abuse or concerns. They fear that they will not be believed, that the threats made towards them or their family will happen, that they will be taken away, that they are to blame, that they will have food or school fees removed, that they will bring embarrassment and shame to their family, that they will be responsible for getting the abuser into trouble and that the adults in their life will react negatively towards them. These are just some of the many fears that keep children voiceless, trapped in an invisible prison of abuse and trauma.

The purpose of TouchTalk is to respond to this silent emergency. To provide a practical and creative tool for awareness-raising that spans cultural, generational, and educational levels. To educate and empower children to report abuse and break the cycle of fear. The flipbook enables various segments of society – teachers, social

workers, community members, church leaders, child caregivers, to name a few – to broach the topic of child sexual abuse, exploitation and defilement in an engaging and thoughtful way. Because of its portability, it has the added benefit of being useful in more remote and rural locations where children could be vulnerable. Then they have the courage to speak out and protect themselves and others.

It is important that children hear about sexual abuse from safe adults so the discomfort that they feel inside when it happens to them is confirmed by what they are hearing.

Then they can have the courage to speak out and protect themselves and others. This flipbook training encourages children to know that sexual abuse is wrong and if they have experienced / are experiencing sexual abuse then it will hopefully give them the courage to seek help. Both boys and girls are sexually abused and this is reflected in the training. The setting of the story is in a school in an urban area of Lusaka but can be applied to Zambian children across Zambia.

The story is about three children Gift, Precious and Mercy who learn some messages at school about keeping safe. When an incident happens outside school, the children remember the

messages they learned and were therefore able to get help. All the names in the flipbook are fictitious and have no connection with any actual living person.

There have been so many people instrumental in the creation of this flipbook tool. We thank Glenn Miles PhD for responding to our original expression of interest in the Good Touch, Bad Touch project in Cambodia. Tehila felt motivated by his eagerness to share the Cambodian programme and for us to work on an African version. We are so grateful to Evans and Janey Mukomba from Mwana Ministries. Without their support this project would not have begun. Their media expertise, creativity and friendship encouraged us and brought our vision and story alive. Rachel Wellings in the UK has offered invaluable support, utilising her creative skills to finalise the images for the Flipbook and help us with printing.

This book is designed to be used alongside the TouchTalk training Manual.

— Hannah Fairs-Billam,
Co-Founder and Director of Tehila Zambia
www.tehila.org

Foreword

Sadly too many African children are suffering in silence the effects of abuse, violence and exploitation. Tehila Touch Flipbook is a creative and practical tool that assists the teacher to deal with the sensitive issues of sexual abuse and the challenge of supporting a child to speak out. The use of the still puppet pictures captures the children's attention, and the story becomes an enriched and memorable learning experience. The simple story outline is clearly explained so that any teacher will easily follow. The flipbook is versatile for use in schools, churches or community groups. I can highly recommend this tool as a simple way to help you address the difficult subject of child abuse.

— Janey Mukomba,
Mwana Ministries
www.mwanaministries.org

The issue of sexual abuse of children is a hidden but increasing problem. Adults need educating themselves on this issue so that they can protect children. The Good Touch Bad Touch flip chart is a simple method of educating school aged children to be aware of people who might want to harm them and to report it to a safe person if it has happened to them or if they are concerned it could happen to them.

The Good Touch Bad Touch flip-chart has been used extensively in Asia. There has been translation and training in Cambodia, India, Bangladesh, Nepal, Vietnam and there are plans for Indonesia soon.

Thanks to the team in Zambia, the graphics have been modified so that an African style story version is now available which makes it accessible to a new continent. This is very exciting and we hope that other organisations will want to use the materials in other countries in Africa so that more children can be protected.

— Glenn Miles PhD, drglennmiles@gmail.com
www.good-touch-bad-touch-asia.org — prevention tool for
school aged children
www.asianyouthagainstporn.org

“This is a story that teaches us how to stay safe if adults try to be nasty to us”

— Isla aged 8

“It is where you can learn to keep yourself safe”

— Amba aged 6

“I learned that safety is my right”

— Chisomo aged 10

“The children can learn by seeing. They will really participate because they are able to participate on what they are able to see. I personally really enjoyed being part of this programme and may God bless you so that this programme will go on and on.”

— Ndola, Sunday school teacher

Story

This is the story of three friends, Precious, Gift and Mercy. They live in the same community and are in the same class at school. One day, just like every day, Precious and her brother Gift walk to Mercy's house to pick her up and walk to school together.



Discussion

- Friendship is very important in our communities. Helping each other strengthens our friendships.
- How can children help each other?
- How can they be a good friend like Precious and Gift?

Answers

Children can help each other by:

- Going to school together.
- Explaining to friends when they don't understand something at school.
- Letting the teacher know if someone is sick or in need.

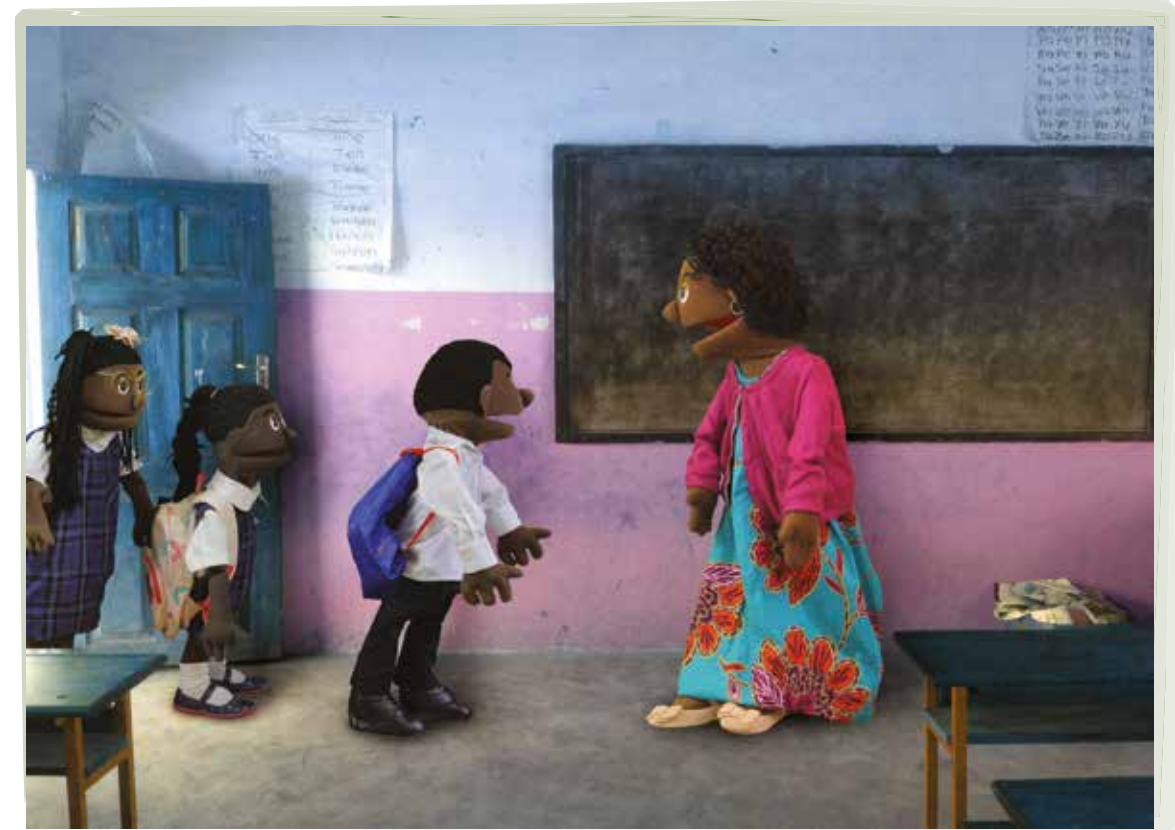
Suggestions for Facilitator

- Ask the children what other things they and their friends often need help with and what they do in their community and at school to help each other.



Story

When Precious, Mercy and Gift arrived at school, their teacher greeted them just like every day. She was a good teacher and they all liked her. That morning she told the class that they would be learning four important messages so they needed to listen and pay attention.



Discussion

- Every child has the right to a good education for a good future.
- Why do children have to listen to their teacher?

Answers

Children need to listen to their teacher:

- To do well in class.
- To learn important lessons in life.

Suggestions for Facilitator

Make the point that:

- Good students listen to their teachers.
- Also say how important it is that good teachers listen to their students.



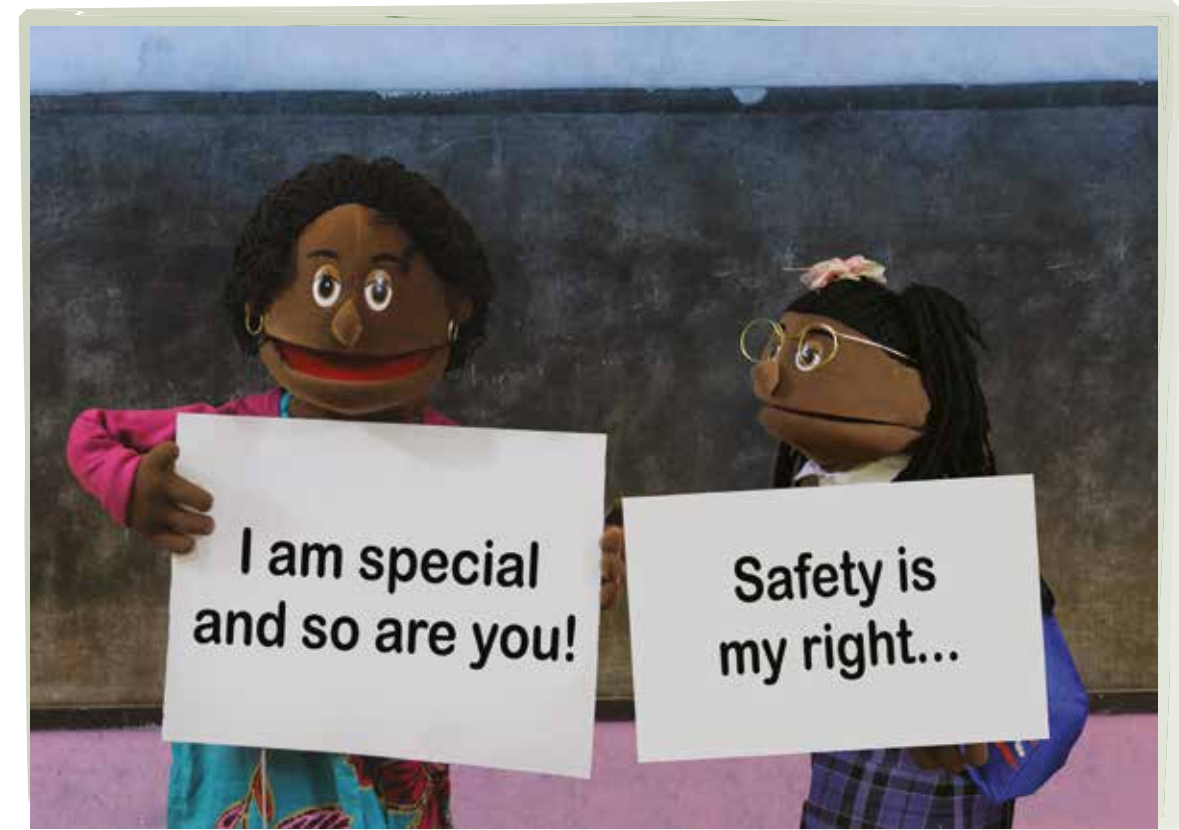
WRITE NUMBERS IN WORDS

1 One	9 Nine
2 Two	10 Ten
3 Three	11 Eleven
4 Four	12 Twelve
5 Five	13 Thirteen
6 Six	14 Fourteen
7 Seven	15 Fifteen
8 Eight	16 Sixteen
	17 Seventeen

Pa Pe Pi Po Pu
Ra Re Ri Ro Ru
Sa Se Si So Su
Ta Te Ti To Tu
Va Ve Vi Vo Vu
Wa We Wi Wo Wu
Ya Ye Yi Yo Yu
Za Ze Zi Zo Zu

Story

Then the teacher explained that the four messages would help them understand why they need to look after themselves and how to keep safe. First she held up the first message which read: **“I am special and so are you!”** And then Precious helped her hold up the second message which said: **“Safety is my right!”**



Discussion

- What is Message 1?
- What does the message mean?
- What is Message 2?
- What does the message mean?

Answers

Message 1: You are special!

- Whoever you are and wherever you come from, you are special!
- It doesn't matter if you are poor or rich, dark or light, able or disabled, you are special!

Message 2: Safety is my right!

- You have the right to say no when someone asks you to do something that feels unsafe.
- For example, if someone asks you to climb up a tree, dive into water, go somewhere remote or do something dangerous you can say no because these things are not safe.


Suggestions for Facilitator

Message 1:

- Get the children to say together: “I am special and so are you!”
- Ask them what they will say if someone mocks them: “I am special and so are you!”
- And why they shouldn't mock others because they are special too: “I am special and so are you!”

Message 2:

- Explain to the children that if they are asked to do something that feels unsafe they need to say: “No!! Safety is my right.”
- Get the children to say together: “Safety is my right!!!”

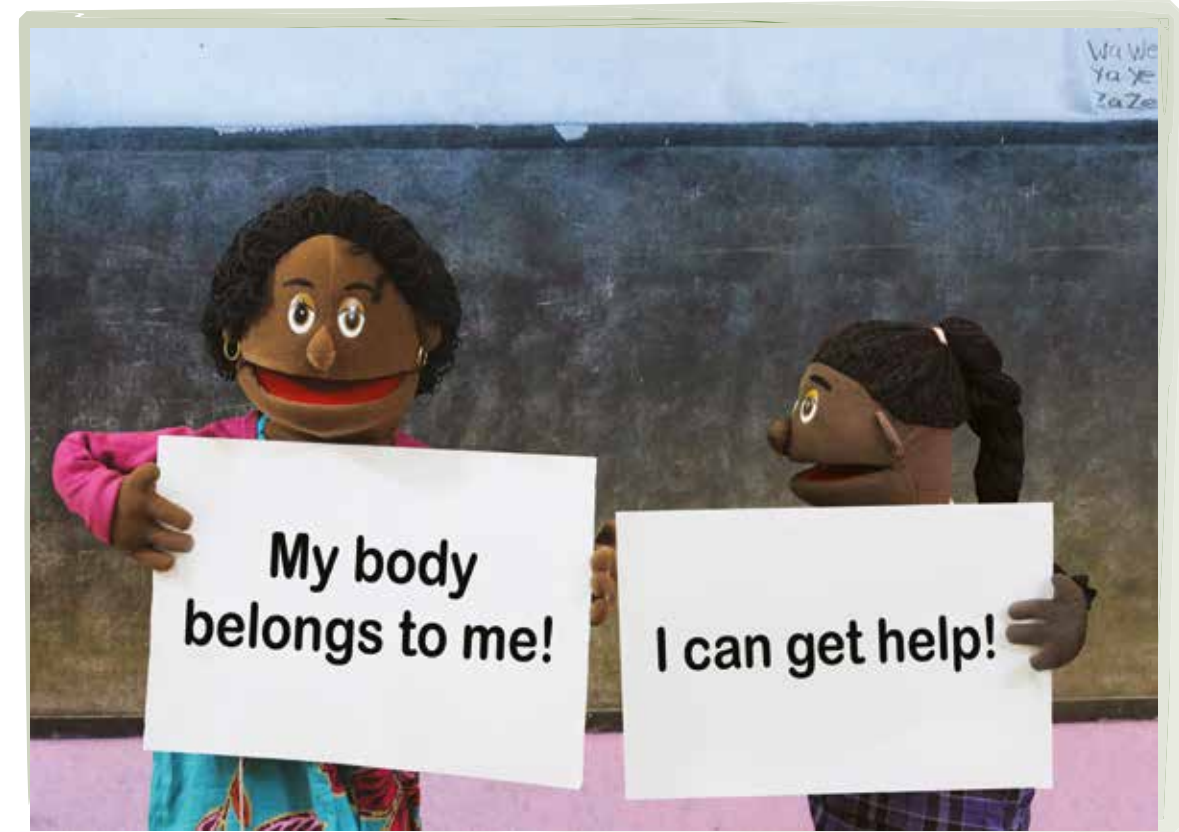
Two puppets are standing in front of a chalkboard. The puppet on the left has dark skin, curly hair, and is wearing a pink shirt and a colorful patterned skirt. The puppet on the right has dark skin, long black hair with a flower in it, and is wearing glasses, a white shirt, and a blue plaid skirt. Both are holding white signs with black text.

**I am special
and so are you!**

**Safety is
my right...**

Story

Mercy was next and helped the teacher hold up the third message which said “My body belongs to me!” Finally, the teacher held up the fourth message which said: “I can get help!”



Discussion

- What is Message 3?
- What does the message mean?
- What is Message 4?
- What does the message mean?

Answers

Message 3: My body belongs to me!

- No one can touch you without you agreeing to it. Your body belongs to you and no one can tell you to do something with it that you don't agree with.

Message 4: I can get help!

- If we are forced or threatened to do something, we need to remember NOT to keep this a secret. We can get help by telling our parents, other relatives, people at church, village leaders, teachers or the police or call the free Child Helpline on 116.


Suggestions for Facilitator

Message 3:

- Get the children to say together: “My body belongs to me.”
- Say to the children that there is a difference between good touch and bad touch which we will look at in more detail on the next page.

Message 4:

- Get the children to say together: “I can get help!!!”
- Ask the children where they can get help.



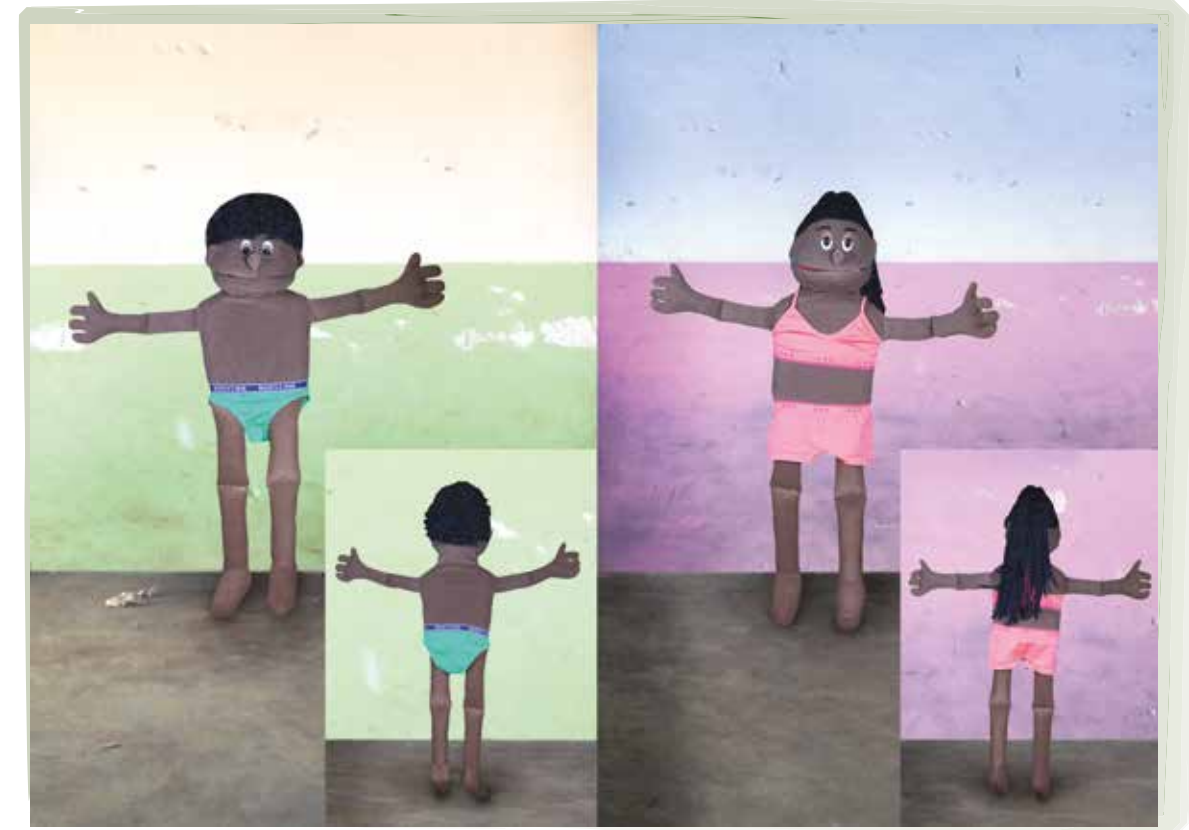
**My body
belongs to me!**



I can get help!

Story

Now we are going to look at which areas where it is OK to be touched and where it is not.



Discussion

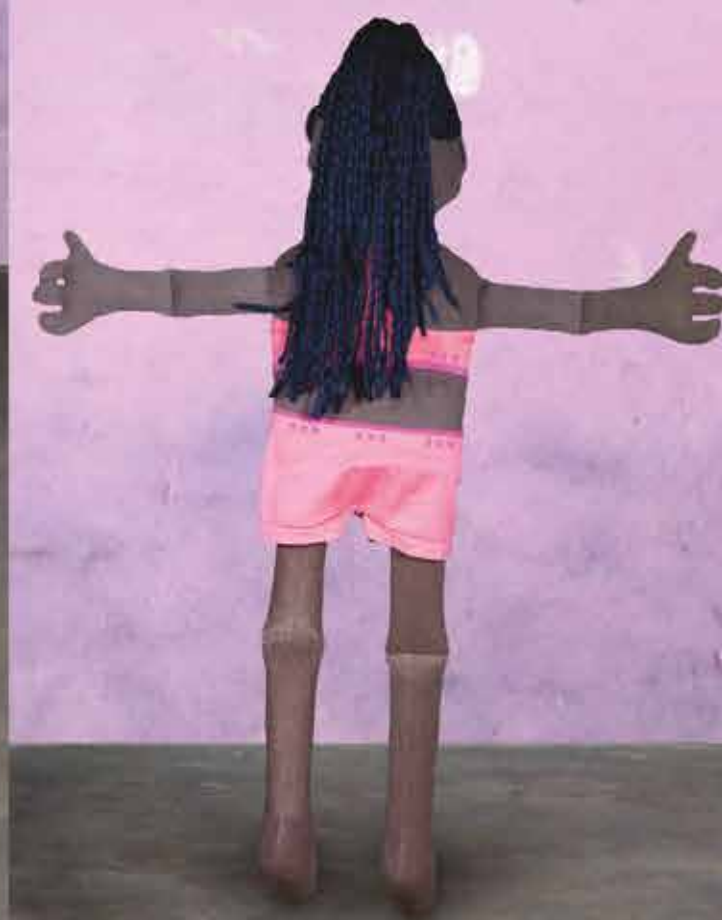
- Boys – Where is it OK to be touched and not OK to be touched?
- Girls – Where is it OK to be touched and not OK to be touched?

Answers

- It is not OK to be touched on the areas that are usually covered.
- It is not OK to be kissed on the mouth.

Suggestions for Facilitator

- What are private parts?
- It is OK when someone pats you on the shoulder or when the doctor examines you when your parent is with you.
- But it is not OK when someone touches you on your private parts or anywhere else on your body in a way that makes you feel uncomfortable.



Story

Later on their way home from school, Mercy and Precious met Mr Banda. They knew him because he was a neighbour to Mercy but he had never really spoken to them before so they were surprised when he stopped to talk to them.



Discussion

- Can we tell if someone is a good or bad person just by their appearance?

Answers

- No, we cannot tell a person's character by their appearance.

Suggestions for Facilitator

- Explain to the children that sometimes they need to be careful. Although most adults are kind, friendly and helpful, there are some adults who are not safe.
- Sometimes an adult can appear to be friendly but really they are trying to trick a child into doing something that is unsafe for them.



Story

As they chatted, the man showed Mercy the new phone that he had just bought in the market. But he didn't seem to notice Precious so she just stood there on her own looking at the two of them.



Discussion

- How do you think Precious was feeling?
- What key message did she forget?

Answers

- Precious felt sorry for herself because Mr Banda was not showing her a phone, not giving her any attention. Also, lonely, unaccepted and poor.
- She forgot Message 1: "I am special and so are you!"

Suggestions for Facilitator

- Remind the children that every child is special in their own way.
- Talk to them about ways that they might feel insecure about themselves and remind them that they are special anyway.



Story

The next day Mercy saw Mr Banda near her house. He asked her to follow him on a shortcut to the Market. He offered to buy her a lollypop. Her mum did not have money to buy her a lollypop. Mr Banda seemed like a very kind man.



Discussion

- What kind of danger could Mercy be facing?
- Which of the key messages had Mercy forgotten?

Answers

- It is unsafe to go with someone somewhere without informing a parent or carer.
- Mercy had forgotten the key message: "Safety is my right!"

Suggestions for Facilitator

- Ask the children what Mercy could have done when Mr Banda invited her to follow him on a shortcut to the market. Say that she could have said: "No! Safety is my right!"
- Invite the children to say the key message together: "Safety is my right!"



Story

Later that day Mr Banda went to see Precious near her home. She was surprised to see him after he had ignored her the day before. This time though he was very friendly and offered to show her his phone before hugging her closely. Precious felt pleased to see his phone but did not feel comfortable when he hugged her.



Discussion

- Why did Precious feel uncomfortable after Mr Banda offered to show her his phone?
- Mr Banda gave her the phone to trick her so he could touch her body. What other things can adults use to trick children?
- Which key message did Precious forget?

Answers

- He hugged her closely / touched her body.
- Money, clothes, jewellery.
- Precious forgot Message 3: "My body belongs to me!"

Suggestions for Facilitator

- Ask the children what they would do if someone tried to give them something and they felt it might be a trick.
- How would they respond to that person? What would they say? Get the children to say together: "My body belongs to me!"



Story

Later that day Precious told her brother Gift about Mr Banda’s visit and how he had hugged her after giving her the mobile phone. She was not happy about it and felt scared in case he tried to touch her again.



Discussion

- Why is Precious unhappy?
- What message did Precious forget?

Answers

- Because she felt uncomfortable when Mr Banda hugged her and now she feels unsafe.
- Precious forgot Message 2: “Safety is my right!”

Suggestions for Facilitator

- Discuss with the children why Precious feels unsafe and who else she should tell about Mr Banda.
- Ask them if they would tell other people if something similar happened to them.
- Say to the children that if they get a feeling that someone is touching them and it might lead to something worse, they must tell someone as soon as possible so that it can be stopped.
- Make it very clear that it wasn’t Precious’ fault that Mr Banda touched her, even though she forgot the message.



Story

Whilst Precious was talking to Gift, Mercy was hiding behind the wall. She had been feeling unhappy too. When she heard Precious' story she came out from behind the door and told Precious what had happened to her after she had gone for a walk with Mr Banda.



Discussion

- What happened to Mercy?
- How do you think Mercy feels?

Answers

- Mr Banda touched her private parts.
- Sad, guilty, scared, embarrassed, anxious.

Suggestions for Facilitator

- Remind the children that it is not Mercy's fault that Mr Banda touched her private parts.
- Say that Mercy did the right thing in telling her friends. Now they can seek help together.



Story

Gift was upset when he heard both their stories. What Mr Banda did was wrong. It made him think that if he had touched Mercy on her private parts and touched Precious in a wrong way too, he might do the same to other girls and maybe even boys.



Discussion

- If the abuse had happened to Mercy and is happening to Precious, could it happen to Gift too?

Answers

- Yes, it could happen to Gift as well.

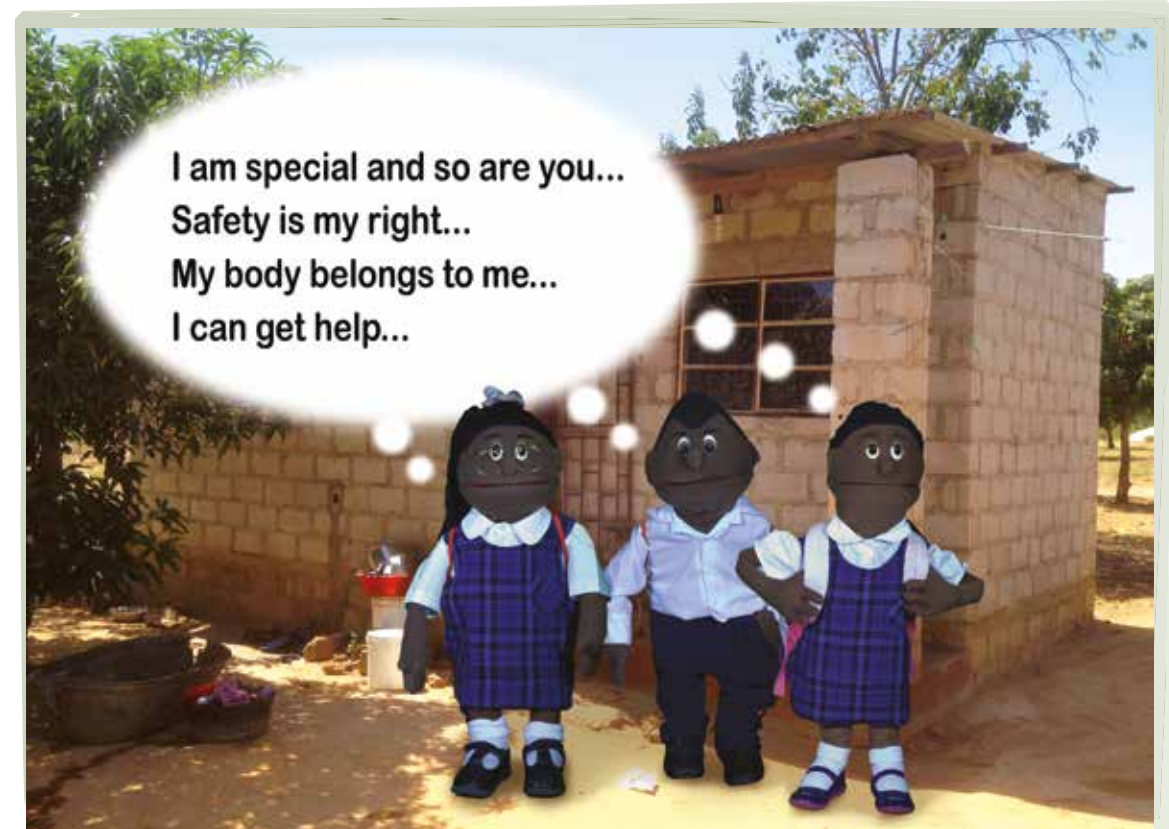
Suggestions for Facilitator

- Ask the children what key message Mercy, Precious and Gift need to remember. Get the children to say together: “I can get help!”
- Ask them what they think Mercy, Precious and Gift should do now: Inform a safe adult.



Story

After talking, Mercy, Precious and Gift remembered the messages they had learnt at school and wished they hadn't forgotten them when they met Mr Banda. But even though Mercy had already been touched on her private parts, she knew she could still seek help. And even though Precious had already been touched in a bad way, she knew she could still get help. And even though Gift was only worried about being touched, he knew it was still right for him to seek help.



Discussion

- What were the four key messages the children remembered?

Answers

- I am special and so are you
- Safety is my right
- My body belongs to me
- I can get help

Suggestions for Facilitator

- Discuss with the children what they would do if they were in a situation like Precious, Mercy or Gift.
- Tell the children they can get help by informing their parents, other relatives, teachers, village leaders or local authorities or by calling 116.

**I am special and so are you...
Safety is my right...
My body belongs to me...
I can get help...**



Story

Mercy told her grandmother about Mr Banda and together they called the free Child Helpline number.



Discussion

- What key message was used?
- What is Mercy doing and why is she doing it?
- What is the number she is phoning?

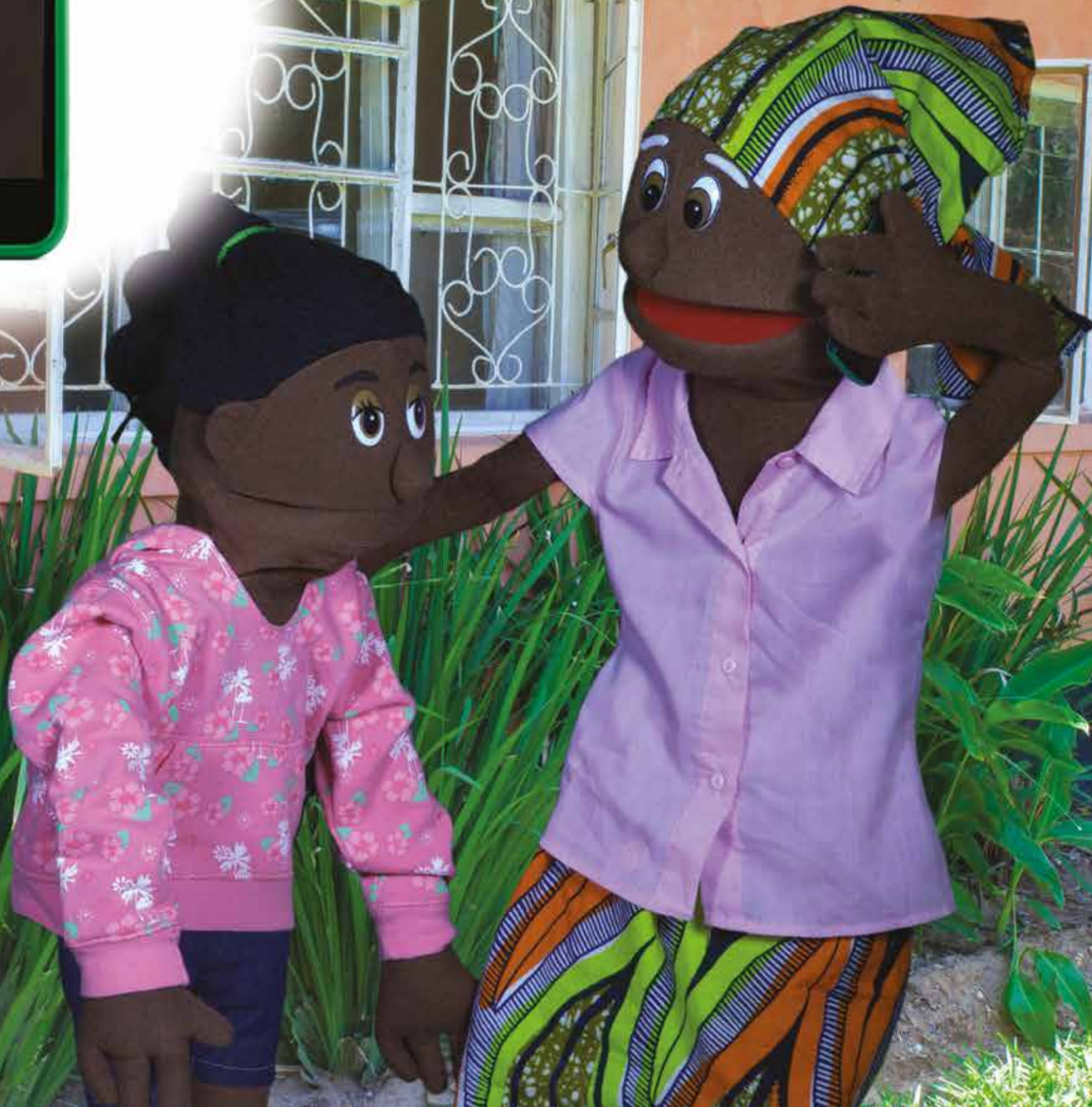
Answers

- Key message 4: I can get help!
- Mercy is calling the free Child Helpline number where she can get help.
- The number is 116.

Suggestions for Facilitator

Here are some actions to help us remember the Child Helpline number and the four key messages:

- I am special **(hold finger up for number one)**
- Safety is my right, for me **(point at me)**
- I can get help I can think of up to 6 people who I can contact if I feel unsafe or are afraid, for example: Mum, Dad, Uncle, Aunt, older brother, older sister, village leader and teacher **(count on fingers from 1 to 6).**
- My body belongs to me. No-one can touch me without my permission **(dance and move your body).**



Story

After Mercy had called the Child Helpline, Precious, Mercy and Gift also spoke to their teacher and their teacher told the police what had happened. Then the police arrested Mr Banda.



Discussion

- What happened when they looked for help?
- What happened to the person who tricked them?

Answers

- People helped them.
- The person who tricked them was punished.

Suggestions for Facilitator

- Mr Banda had to go to prison to keep Precious, Mercy and Gift safe.
- Tell the children that no one should go unpunished for attempted abuse or sexually abusing children. If it happens to them or a friend of theirs, they must get help. Even if they are not believed the first time, they need to keep looking until they get help.



www.tehila.org