

LILE



LEARNING TO TAKE CARE OF OURSELVES





**HELLO! LILE IS HERE TO SHARE
SOME VERY IMPORTANT THINGS.**

TOGETHER WITH LILE, YOU'LL LEARN HOW
TO TAKE CARE OF YOURSELF AND WHAT
TO DO IF SOMETHING MAKES YOU FEEL
UNCOMFORTABLE, UNSAFE, OR SCARED.

REMEMBER: THERE ARE PEOPLE READY TO
HELP YOU, AND IT'S VERY IMPORTANT TO
EXPRESS WHAT YOU FEEL.

CHAPTER 1
GETTING TO KNOW LILE

LILE IS A GREAT COMPANION. THEY HELP CHILDREN SHARE WHAT THEY FEEL AND THINK, AND WILL BE WITH YOU ON THIS JOURNEY.

LILE HAS A SPECIAL TRAIT: THEY'RE ALWAYS THERE TO SUPPORT YOU AND TEACH YOU IMPORTANT THINGS ABOUT PERSONAL SAFETY AND SELF-CARE.

**ACTIVITY: LOOK CAREFULLY AT LILE AND DRAW THEM DOING
SOMETHING FUN. ADD WHATEVER YOU WANT! A NEW HAT,
DIFFERENT HAIR, ANOTHER SHIRT.**



**IT COULD BE LIKE RIDING A BIKE, SWINGING, OR PLAYING
WITH FRIENDS.**

USE YOUR FAVORITE COLORS TO BRING IT TO LIFE.





CHAPTER 2

RECOGNIZING EMOTIONS

SOMETIMES WE FEEL HAPPY, SAD, SCARED,
NERVOUS, OR CONFUSED.

ALL EMOTIONS ARE IMPORTANT, AND IT'S
OKAY TO FEEL THEM.

LIFE WILL HELP YOU RECOGNIZE THOSE
EMOTIONS AND UNDERSTAND THAT YOU CAN
ALWAYS TALK TO SOMEONE YOU TRUST.

ACTIVITY: MATCH EACH FACE WITH THE EMOTION IT REPRESENTS:



HAPPINESS

SADNESS

FEAR

ANGER

ANXIETY

SURPRISE



CHAPTER 3
TRUSTED PEOPLE

IT'S VERY IMPORTANT TO KNOW WHO THE
PEOPLE ARE THAT CAN HELP YOU WHEN YOU
NEED SUPPORT.

LIFE WILL HELP YOU RECOGNIZE THOSE SPECIAL
PEOPLE WHO TAKE CARE OF YOU AND PROTECT
YOU.

**ACTIVITY: TAKE A MOMENT TO THINK AND THEN WRITE
DOWN THE NAMES OF FIVE PEOPLE YOU TRUST AND
WHO CAN HELP YOU IF NEEDED.
THEY CAN BE FAMILY MEMBERS, TEACHERS, OR FRIENDS.**







CHAPTER 4
LILE'S JOURNAL

"I HAVE RIGHTS TOO!"

IT'S IMPORTANT TO RECOGNIZE AND
THINK ABOUT SITUATIONS WHERE YOU
MIGHT FEEL ASHAMED, YELLED AT, OR
MISTREATED AND THAT YOU LEARN TO
KNOW YOUR RIGHTS AND SEEK
SUPPORT.

**ACTIVITY: LILE INVITES YOU TO CREATE YOUR OWN JOURNAL
WHERE YOU CAN WRITE, DRAW, OR PASTE PICTURES.
START HERE.**

**JUST LIKE EVERYONE ELSE, YOU HAVE
THE RIGHT TO BE TREATED WITH LOVE
AND RESPECT.**



LILE REMEMBERS TIMES THEY DIDN'T FEEL OKAY AND
FOUND WAYS TO STAND UP FOR THEIR RIGHTS.
HERE ARE EVERYDAY SITUATIONS WHERE LILE WAS
TREATED UNFAIRLY OR DISRESPECTFULLY.
COLOR ANY THAT YOU'VE EXPERIENCED TOO:

1. LILE WAS SHAMED IN FRONT OF THEIR FRIENDS BY AN
ADULT WHO MADE A HURTFUL COMMENT.
2. LILE WAS YELLED AT FOR NOT DOING SOMETHING
EXACTLY THE WAY THE ADULT WANTED.
3. LILE WAS FORCED TO DO SOMETHING THEY DIDN'T
WANT TO, WITHOUT BEING GIVEN AN EXPLANATION.

NOW ANSWER:
HOW DO YOU THINK LILE FELT?

HAVE YOU EVER FELT THAT WAY? WHAT HAPPENED?

WHAT COULD LILE HAVE DONE IN THAT SITUATION?

WHO COULD HAVE HELPED LILE?

EVERY CHILD HAS RIGHTS, LIKE THE RIGHT NOT TO BE
ASHAMED OR YELLED AT.

WRITE OR DRAW A PERSONAL EXPERIENCE WHERE
YOU FELT DISRESPECTED.

WHAT WOULD YOU DO IF IT HAPPENED AGAIN?

LILE ASKS YOU TO THINK OF AN ADULT YOU TRUST
THAT YOU COULD TALK TO IF YOU FEEL MISTREATED.
WRITE DOWN THEIR NAME.



CHAPTER 5
MY BODY BELONGS TO ME

EVERY BODY IS UNIQUE AND VALUABLE. NO
ONE HAS THE RIGHT TO TOUCH YOUR BODY
WITHOUT YOUR PERMISSION OR IN A WAY
THAT MAKES YOU FEEL UNCOMFORTABLE,
HURT, OR SCARED.

LILE WILL HELP YOU LEARN TO SAY "NO"
WHEN SOMETHING FEELS WRONG, SCARY, OR
UPSETTING.

LILE IS AT HOME AND SOMEONE THEY KNOW
WELL (A RELATIVE, FAMILY FRIEND, OR
NEIGHBOR) STARTS SAYING OR DOING
SOMETHING THAT MAKES LILE
UNCOMFORTABLE.

QUESTION: WHAT SHOULD LILE DO IF
SOMEONE'S TOUCH MAKES THEM FEEL
UNCOMFORTABLE? CIRCLE ALL THE ANSWERS
THAT COULD HELP LILE:

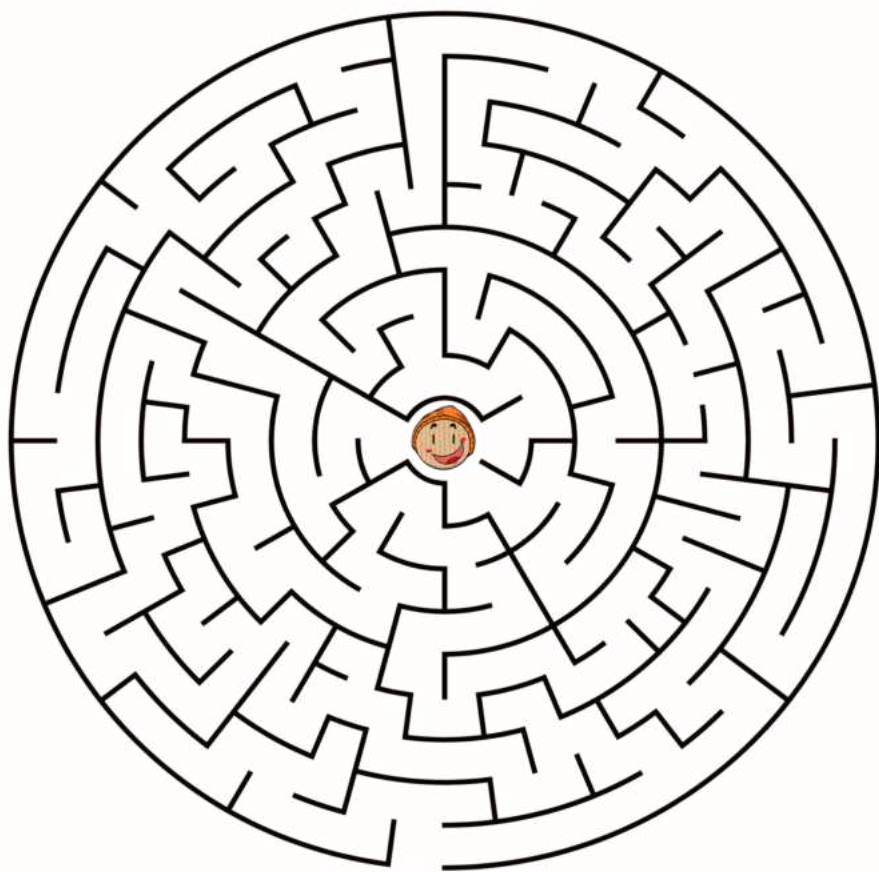
1. SAY CLEARLY: "I DON'T LIKE HOW YOU'RE TOUCHING ME. STOP."

2. LEAVE THE PLACE AND FIND A TRUSTED ADULT TO TELL WHAT HAPPENED.

3. REMEMBER THAT NO ONE HAS THE RIGHT TO TOUCH OR TREAT THEM IN A WAY THAT FEELS WRONG—LILE HAS THE RIGHT TO PROTECT THEIR BODY.

ACTIVITY: MAZE

HELP LILE FIND THE RIGHT PATH TO REACH A TRUSTED
PERSON.



TRUSTED PERSON

IMPORTANT WORDS FOR PROTECTION

THERE ARE SPECIAL WORDS THAT HELP KEEP
US SAFE.

LILE WILL HELP YOU FIND THEM.



ACTIVITY: WORD SEARCH

FIND AND CIRCLE THESE WORDS - THEY ARE
IMPORTANT FOR YOUR PROTECTION. CIRCLE THEM
USING COLOR WHEN YOU FIND THEM!

TRUST

SAFETY

HELP

RESPECT

LOVE

PROTECTION

L	P	R	O	T	E	C	T	I	O	N
F	R	N	M	M	V	I	U	X	F	H
J	B	R	S	R	E	S	P	E	C	T
P	I	M	J	V	H	E	L	P	I	X
W	F	W	Q	B	T	O	F	D	M	L
D	Q	Y	X	J	F	A	H	A	X	J
B	Q	C	J	T	R	U	S	T	A	Z
K	Z	D	P	M	W	B	R	T	C	U
B	W	V	R	I	B	I	W	F	T	Y
S	S	A	F	E	T	Y	D	A	D	O
P	G	K	A	L	O	V	E	H	V	D





ACTIVITY: ROLE PLAY

LILE NEEDS YOUR HELP! SOMETIMES THEY'RE IN SITUATIONS WHERE THEY DON'T KNOW WHAT TO DO OR HOW TO FEEL. YOU CAN HELP LILE MAKE DECISIONS AND LEARN WHAT TO DO WHEN SOMEONE DOESN'T TREAT THEM WELL. USE COLORS TO MARK THE BEST RESPONSE.

SITUATION 1: LILE IS PLAYING OUTSIDE WITH SOME FRIENDS, SOMEONE COMES OVER AND TELLES THEM, GIVE ME YOUR TOY IF YOU WANT US TO BE FRIENDS. LILE IS NOT COMFRTABLE WITH THIS, WHAT SHOULD THEY DO?

1. LILE COULD SAY: "NO, THIS IS MY TOY AND YOU DON'T NEED TO BE MY FRIEND IF YOU DON'T WANT TO.
2. LILE COULD MOVE AWAY AND KEEP PLAYING WITH OTHER FRIENDS WHO TREAT THEM NICELY.
3. LILE COULD LOOK FOR A TRUSTED ADULT AND TELL THEM WHAT IS HAPPENING.

SITUATION 2: LILE IS AT A BIRTHDAY PARTY. SOMEONE TRIES TO HUG THEM BUT LILE DOESN'T WANT TO BE HUGGED AT THAT MOMENT. WHAT CAN LILE SAY IF THEY ARE NOT COMFORTABLE BEING HUGGED?

POSSIBLE ANSWERS:

LILE COULD SAY "I DON'T WANT A HUG RIGHT NOW, THANKS."

LILE COULD WALK AWAY AND LOOK FOR A FRIEND THEY FEEL SAFE WITH.

LILE COULD LOOK FOR A TRUSTED ADULT FOR HELP.

SITUATION 3: LILE IS AT THE HOUSE OF A FRIEND OR A RELATIVE, AND THAT PERSON ASKS THEM TO KEEP A SECRET ABOUT SOMETHING UNPLEASANT THAT HAPPENED BUT LILE DOESN'T FEEL COMFORTABLE ABOUT WHAT HAPPENED. WHAT SHOULD LILE DO?

POSSIBLE ANSWERS:

1. LILE COULD SAY: "I DON'T WANT TO KEEP THIS SECRET. I'M GOING TO TELL A TRUSTED ADULT."
2. LILE COULD WALK AWAY FROM THAT PERSON AND AVOID BEING ALONE WITH THEM AGAIN.
3. LILE COULD IMMEDIATELY LOOK FOR A TRUSTED ADULT (MOM, DAD, TEACHER) AND TELL THEM WHAT HAPPENED.

SITUATION 4: LILE IS IN FRONT OF A COMPUTER OR CELLPHONE AND SOMEONE ASKS THEM TO SEND A PICTURE OR SHOWS THEM OR TELLS THEM SOMETHING UNPLEASANT. WHAT SHOULD LILE DO?

POSSIBLE ANSWERS:

1. LILE COULD FIRMLY SAY: "NO, I'M NOT GOING TO SEND ANYTHING! DON'T ASK AGAIN!"
2. LILE COULD REMEMBER THAT THEIR BODY IS THEIRS AND THEY HAVE THE RIGHT TO SAY "NO" IF SOMEONE ASKS THEM FOR A PICTURE OR SHOWS THEIR BODY.
3. LILE COULD LEAVE IMMEDIATELY AND TELL A TRUSTED PERSON WHAT HAPPENED

SITUATION 5: LILE IS AT SCHOOL AND SOMEONE MAKES FUN OF THEIR LOOKS. LILE FEELS ASHAMED AND DOESN'T KNOW WHAT TO DO. WHAT SHOULD LILE DO?

POSSIBLE ANSWERS:

1. START CRYING AND WAIT FOR SOMEONE TO HELP.
2. IGNORE THE MOCKERY.
3. COMING UP WITH A STRONG COMEBACK THAT MAKES THEM FEEL STRONG AND BRAVE LIKE: "WHAT YOU SAY IS NOT TRUE AND DOESN'T AFFECT ME."
4. REMEMBERING THAT WE ARE ALL DIFFERENT AND VALUABLE, LOOK FOR SUPPORT AND TELL THEM HOW THEY FEEL.



ACTIVITY: CREATE YOUR PROTECTION SHIELD

CHILDREN HAVE THE RIGHT TO SET BOUNDARIES
AND PROTECT THEIR PERSONAL SPACE WHEN
SOMETHING DOESN'T FEEL RIGHT.

INSTRUCTIONS:

LILE SAYS WE ALL HAVE AN INVISIBLE SHIELD WE
CAN USE TO PROTECT OURSELVES.

TO CREATE YOURS, DRAW A SHIELD WITH:
THINGS THAT MAKE YOU FEEL SAFE, POWERFUL
PHRASES YOU CAN SAY AND TRUSTED PEOPLE
YOU CAN CALL ON.

DRAW YOUR SHIELD AND THINK ABOUT HOW
YOU WOULD USE IT IF SOMEONE DID
SOMETHING THAT MADE YOU FEEL UPSET, HURT,
OR UNCOMFORTABLE.

ACTIVITY: LILE'S ESCAPE PLAN

IF YOU EVER FEEL IN DANGER IN A PUBLIC PLACE,
MAKE YOUR OWN ESCAPE PLAN.

INSTRUCTIONS:

LILE KNOWS IT IS IMPORTANT TO HAVE AN ESCAPE
PLAN FOR WHEN SOMEONE ASKS YOU TO DO
SOMETHING YOU DON'T WANT. WRITE OR DRAW
YOUR PLAN. IT MIGHT INCLUDE:

WHAT YOU'D SAY:

**"I DON'T KNOW YOU. I'M NOT GOING WITH
YOU."**

WHERE YOU'D GO:

TO A PLACE WITH MORE PEOPLE.

WHO YOU'D GO TO:

A TRUSTED ADULT.

WHAT YOU'D DO AFTER TO FEEL BETTER:

TALK, WRITE, OR DRAW.

PRACTICE THIS PLAN WITH A TRUSTED ADULT SO
YOU FEEL MORE PREPARED.

ACTIVITY: SECRET SIGNAL FOR HELP

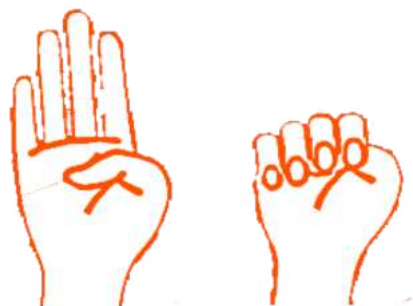
DID YOU KNOW THERE'S A HAND SIGNAL YOU CAN USE TO ASK FOR HELP IF YOU'RE IN DANGER?

SOMETIMES, IT'S IMPORTANT TO ASK FOR HELP WITHOUT WORDS—ESPECIALLY IF YOU DON'T FEEL SAFE.

LILE TEACHES YOU HOW TO DO IT:

**PLACE YOUR THUMB IN YOUR PALM.
FOLD THE OTHER FOUR FINGERS OVER
YOUR THUMB (LIKE YOU'RE HIDING IT).
OPEN AND CLOSE YOUR HAND A FEW
TIMES.**

PRACTICE THIS GESTURE WITH YOUR TEACHER,
FAMILY, OR TRUSTED ADULTS.
USE IT ONLY IN SITUATIONS WHEN YOU REALLY
NEED HELP.



LILE JOINED YOU ON THIS TRIP, TEACHING YOU TO TAKE CARE OF YOURSELF AND TO RECOGNISE HOW VALUABLE YOU ARE. REMEMBER THAT, NO MATTER WHAT, YOU ALWAYS HAVE THE POWER TO SAY WHAT YOU FEEL, TO ASK FOR HELP, AND TO PROTECT YOUR SPACE.

YOU ARE STRONG AND BRAVE AND ALWAYS DESERVE TO BE TREATED RESPECTFULLY AND NICELY.

EVERYTIME YOU FEEL THAT SOMETHING IS NOT RIGHT, REMEMBER EVERYTHING YOU HAVE LEARNED HERE. YOU ARE NOT ALONE. YOU HAVE A POWERFUL VOICE THAT CAN MAKE YOU FEEL SAFE AND YOU CAN ALWAYS ASK FOR HELP. USE THAT VOICE TO TELL SOMEONE YOU TRUST WHAT WORRIES YOU.

THERE ARE MANY PEOPLE WHO LOVE YOU AND ARE THERE TO CARE FOR YOU.



FINAL ACTIVITY: LILE'S LETTER TO YOU

LILE HAS WRITTEN A LETTER FOR YOU, TAKE A TIME TO READ IT AND, IF YOU WANT, WRITE YOURSELF A LETTER FOR SOMEONE SPECIAL. REMEMBERING AND SHARING GOOD THINGS MAKES US FEEL STRONG AND BRAVE.

"DEAR FRIEND,

I WANT YOU TO ALWAYS REMEMBER THAT YOU ARE UNIQUE, FULL OF IDEAS AND DREAMS, AND YOU DESERVE TO FEEL HAPPY AND SAFE EVERY SINGLE DAY.

IF YOU EVER FEEL ALONE OR SCARED, KNOW THAT THERE ARE PEOPLE WHO CARE ABOUT YOU AND ARE READY TO HELP. DON'T BE AFRAID TO SAY WHAT YOU FEEL AND ASK FOR HELP WHEN YOU NEED IT. YOU ARE VERY BRAVE, AND WITH YOUR VOICE, YOU CAN DO GREAT THINGS!

I'LL ALWAYS BE HERE TO REMIND YOU HOW SPECIAL YOU ARE.

LOVE, LILE"

ARALMA CIVIL ASSOCIATION HAS BEEN CONSTANTLY WORKING FOR TWO DECADES TO PROMOTE AND PROTECT THE RIGHTS OF CHILDREN AND ADOLESCENTS. BASED IN BUENOS AIRES, ARGENTINA, IT LEADS ACTIONS AND COLLABORATES WITH ORGANIZATIONS AND GROUPS BOTH NATIONALLY AND INTERNATIONALLY. ITS MISSION IS TO MAKE VIOLENCE AGAINST BABIES, CHILDREN, TEENAGERS, AND THEIR FAMILIES VISIBLE—AND TO END IT.

WWW.ARALMA.ORG

IG: @SOMOSARALMA

YOU HAVE RIGHTS!



THIS MATERIAL PROMOTES RESPECT FOR DIVERSITY AND THE INCLUSION OF ALL WAYS OF BEING CHILDREN. IT WAS DESIGNED BY A SPECIALIST IN CHILD AND ADOLESCENT MENTAL HEALTH.

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