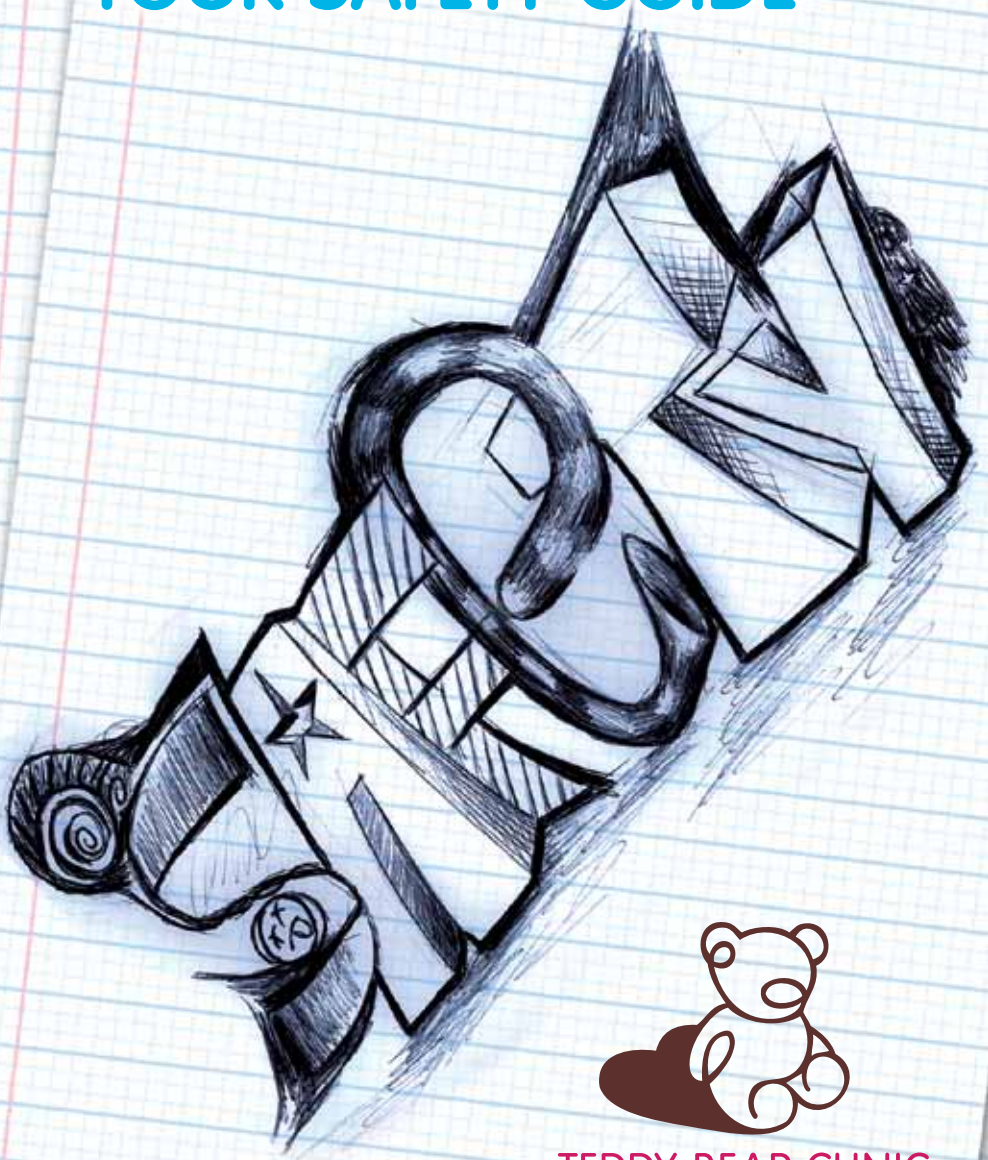


YOUR SAFETY GUIDE



TEDDY BEAR CLINIC
FOR ABUSED CHILDREN

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SPEAK OUT!

Below we have some numbers of organisations that you can call. Childline is open all day, their number is toll-free so you don't get charged for the call and you don't have to give your name. Childline is also available on the MXit home page.

If something is happening to you, or someone you know, we encourage you to tell someone so that you or the other person can get help. If you don't speak about it no one can help and that is what we are here for. If you tell someone and they don't believe you, tell another person and keep at it until someone believes and helps you.

Please don't make up stories because the truth always comes out and there are serious consequences for that.

IMPORTANT CONTACT DETAILS



TEDDY BEAR CLINIC
FOR ABUSED CHILDREN

011 484 4554



08000 55 555



Police

10111

YOUR SAFETY SUMMARY

Many organisations have visited your school and given talks on safety. As you know from our talk at The Teddy Bear Clinic we see children who've been abused. We have psychologists, doctors, social workers and counsellors who help the children at the Clinic.

This pamphlet serves as a summary of what we spoke about. Please use this information for yourself and share what you have learnt from it, with those you know who might benefit from it or who don't know about these issues.

Topics covered:

- Rights and responsibilities • What is abuse? • Types of abuse
- Paedophiles • MXit • Facebook • Human Trafficking

RIGHTS AND RESPONSIBILITIES

You probably know most, if not all, of your rights by now and the fact that they come with responsibilities. These responsibilities relate to how we respect our rights, if we want our rights to be respected. Below is a short list of rights and what the responsibilities are that go with them.

RIGHTS

RESPONSIBILITIES

1. Right to be taken seriously.	1. Responsibility to listen to others.
2. Right to quality medical care.	2. Responsibility to take care of yourself.
3. Right to an education.	3. Responsibility to apply your studies and respect teachers (show respect and it will be returned).
4. Right to be loved and protected from harm.	4. Responsibility to love and respect others.
5. Right to be proud of your heritage and your beliefs.	5. Responsibility to respect the origins and beliefs of others.
6. Right to a safe and comfortable home.	6. Responsibility to share in keeping your home neat and clean.
7. Right to make mistakes.	7. Responsibility to learn from your mistakes.
8. Right to be fed adequately.	8. Responsibility not to waste.

TYPES OF ABUSE

What is abuse?

Abuse is a way of disrespecting another person, whether it's their body, their feelings or their rights and safety. Abusing someone or being abused involves being hurt or hurting someone in some way.

Types of abuse:

1. **Physical abuse** is the easiest form of abuse to identify, this includes:

- Hitting • Shaking • Burning • Pinching
- Biting • Choking • Throwing • Beating

And other actions that cause pain and leave physical marks!

2. **Sexual abuse** is any type of sexual contact between two people when one does not give consent (saying no). Sexual abuse can occur between an adult and anyone under 18 years of age. However, this also includes child-to-child sexual abuse between two children or teenagers. South African law states that you can only give consent once you're over the age of 16. Being sexually active under the age of 16 is considered against the law, even if both persons consented (agreed to it). However it does not mean you should become sexually active if you are 16 years old.

It is vital to remember the risks of being sexually active:

- HIV/Aids
- Sexually transmitted diseases
- Pregnancy

3. **Emotional abuse** can be difficult to recognise because there may not be physical signs. Emotional abuse is what happens when yelling and anger go too far. When someone constantly criticizes, threatens or dismisses another until their self-esteem and feelings of self-worth are damaged. Emotional abuse can hurt and cause just as much damage as physical abuse does—this type of pain can last a lifetime.



Types of abuse continued ...

4. **Neglect** occurs when a child or teen doesn't have adequate food, housing, clothes, medical care or supervision.

How can you tell if your parents are neglectful?

Neglectful parents:

- Parents who have money and can provide food, etc. every day, but choose not to, are considered neglectful.

Non-neglectful parents:

- This is a family that can only feed their children once a day or less.
- They can only send them to school when there is money for transport or clothes - this family is still trying and is therefore not neglectful.

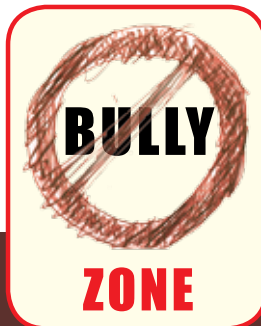
Emotional neglect happens when a parent doesn't provide enough emotional support or deliberately and consistently pays very little or no attention to a child.

But it's not neglect if a parent doesn't give a kid something he or she wants, like a new computer.

5. **Bullying** is a form of abusive behaviour. There are 3 types of bullying:

- Physical
- Emotional
- Stealing

Bullying someone through intimidation, threats or humiliation can be just as abusive as beating someone up. Abuse can also take the form of hate crimes directed at people just because of their race, religion, abilities, gender or sexual orientation.



TECHNOLOGY SAFETY

Most teenagers and even some younger children have cellphones these days. Cellphones are wonderful as a means of communication and are very good when used correctly and safely. Most modern cellphones have the function of accessing the Internet as well as good quality built-in cameras to take photos. Both of these functions can be put to good use. However when used incorrectly, or for the wrong reasons, they can lead to certain risks. Access to the Internet through computers provides the same benefits and also requires caution to use it safely. We will look at 2 commonly used sites which can pose dangerous risks.

1) Mixed messages on MXit

- They seem cool

Most of you are able to go onto MXit and do so frequently, which is not a bad thing. However there have been many cases where children and teenagers have ended up in dangerous situations because the person they thought they were chatting to was not really that person at all. Paedophiles have realised how easy it is to pretend to be young and become friends with children and teenagers over MXit and chat rooms.

- They keep you interested

They keep themselves updated with the latest kids' crazes so that you will enjoy chatting with them. They create a profile of someone similar to you in age with false information like what school they go to and fake pictures so that you will be more likely to accept them to chat. Slowly they build a relationship with you by asking non-threatening questions about your family, friends or school, what you like and don't like and they seem really interested in you.

- They trap you

Once they see that you feel comfortable chatting to them they will suggest that you meet up. This might sound like a great idea, but if you agree you might just land up meeting a 40-year-old paedophile whose aim it is to abuse you, and unfortunately there have been cases where paedophiles have killed their victims.



Technology safety continued ...

So **REMEMBER** you are never 100% certain of who you are talking to because everything they tell and show you could be a LIE.

2) Facing the truth about Facebook

Many of us use Facebook or MySpace as chat sites and they're known to be cool and useful. It connects us to people we would not have been able to find and we can chat to friends or family in other countries with it. However there have been incidents where these chat sites have been used to emotionally bully others.

- What you say in your status can cause damage

Although this is more common among girls, there have been cases involving boys. What happens is that girls might have a fight with one another then they create lies about the other person on Facebook for everyone else to see. As you might know, once it's posted hundreds and thousands of people can view it. This can have the same exact effects as emotional abuse, to a point that it has led to some suicides as a result of the bullying and lies.

- Say it face-to-face, not on Facebook!

The point is that if you have something to say to someone, say it to their face and not to the world over Facebook or other sites. It has also recently occurred that paedophiles are using these sites to make friends with children and teenagers under false profiles, so be very careful of who you allow into your profile and never add any information that can help them get to you i.e. when you practice sports or home addresses or other personal details.

Be very careful about what you tell people about yourself, they might just be trying to get information out of you to find you, and unfortunately hurt you. Go into the school and ask to phone your mom or dad to see if it is the truth.

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rounded rectangular background.

PAEDOPHILES AND PORNOGRAPHY

What are paedophiles?

A paedophile is any adult (over 18 years of age) who preys on children and teenagers. A paedophile can be either male or female, and their victims can be male or female, some might have an interest in both genders. Generally paedophiles will find ways to build relationships with children or teenagers even if it might take months or years to do this. They might spoil their targets with gifts and money, anything to make the child or teenager trust them. Once the trust is there the paedophile will move on to abuse that child or teenager.

What is pornography?

Pornography is any picture or video of someone whose private parts are not covered. So a picture of a guy or girl in their costume/swimsuit is not pornography since their privates are covered.

Risks of pornography in your possession

Pornography is illegal to all persons under the age of 18. Although it might be easy to get, it can land you up in a lot of trouble. If you are caught with pornography on your cellphone, you can get jail time for 5 years. If someone has sent it to you they will get the same and if you have sent it to anyone they can also get 5 years imprisonment. We understand that you are a minor but there are juvenile detentions (prisons) in our country. If you have taken photos of yourself naked or of anyone else it is still considered pornography and again there can be a 5-year jail sentence.

So how do you prevent this?

- Do not keep any pornography on your phone.
- Do not send pornography to anyone.
- Do not allow anyone to send you pornography.

Your parents can search your phones and if a teacher suspects or hears that you have pornography on your phone they are allowed to confiscate it and get the police to come and go through your phone.



HUMAN TRAFFICKING

Remember when you were little your parents taught you about 'stranger danger'? It is still something very important to be aware of and remember. Except now that you are older you know it as 'trafficking', and people doing this are not using sweets to lure you anymore. They are offering things that would interest you, like the latest cellphones or the latest Playstation or computer games, PSP or large amounts of money.

Learn not to fall for these lures!

If someone offers you R500 or the latest iPhone, just stop and think for a second, no one gives away expensive things for free without wanting something in return. If you go with them to get what they are offering for 'free', you are going to find that it's not there. Rather, it's YOU that gets stolen, taken to the airport, put on a plane, possibly drugged and threatened (so that you don't try get away) and they will sell you overseas for either sex work or labour such as working on farms or in factories.

A new thing traffickers are doing is promising teenage girls modelling contracts and for boys other work opportunities overseas. They set up a place with contracts and flight arrangements, which seem real and legit, promising that you will be taken care of with a place to stay, food and a good salary. Once you agree and fly overseas it all turns out to be a LIE. They might sell you or make you work but with no pay, hardly any food, working most of the day. You will have no way of returning or contacting your family.



THE TECHNOLOGY BEHIND TRAFFICKING

Traffickers are also using MXit, Facebook and other chat sites to befriend you, get you to meet them and then take you and sell you. You can protect yourself by not just allowing anyone to chat with you, and if they ask a lot of questions or want you to meet them let your parents know.

Do not give them any personal details. *Example:* If they know your school and that you've got sports practice every Wednesday at 3 p.m. and they know how you look from your pictures, it will be easy for them to find you and steal you.

Kidnapping vs Stealing

The difference between stealing children and teenagers and kidnapping is that kidnappers return you once your family has paid the ransom i.e. they have paid the money for you. Traffickers who steal children and teenagers sell them somewhere overseas and they have less than a 1% chance of ever seeing their family again.

This might sound pretty scary and it is not our aim to scare you. We want you to be aware of the dangers and know what is going on in the world and in our country so that you can protect yourself. Your family, teachers and The Teddy Bear Clinic want to help keep you safe but it's up to you to play your part and protect yourself.

We are here to help, so if you are experiencing any of these problems or have any concerns, you can ask any of us.



Appendix: Useful contacts

(a) National Organisations

Organisation	Contact Numbers
Childline	0800 05 55 55
Lifeline	011 781 2337 / 0861 322 322
Child Protection Unit (CPU)	012 393 2359 / 2362 / 2363
National Network of Violence Against Women	012 321 4959 / 4047 / 0075
NIPILAR	012 328 5901
NICRO	012 322 7419
Rape Crisis	021 447 1467
South African National Council for Child and Family Care	011 492 2950
Stop Women Abuse Helpline	0800 150 150
SAPS Crime Stop	08 600 10 111
SAPS Emergency Number	10111
The Family Association of South Africa	011 845 1804
Women Abuse Helpline	0800 150 150

(b) Provincial Organisations

Province	Organisation	Contact Numbers
Gauteng	Agisanang Domestic Abuse Prevention and Training (ADAPT)	011 786 6608 011 885 3305
	People Opposing Violence Against Women (POWA)	011 642 4345 082 463 4848
	People Against Women Abuse (PAWA)	012 805 7416 012 320 1100/7
	Midrand Child Welfare Centre	011 315 3522
	Network on Violence Against Women	011 835 5656
	Sexual Harassment Project (SHEP)	011 403 0541 083 389 4113
Limpopo	Network on Violence Against Women	015 291 3279
	NICRO	015 297 7538
	NGO COALITION	015 295 3542
	NKUSI	015 297 6972
	FAMSA	015 307 4833
North West	Network on Violence Against Women	014 565 3269
	Adapt	083 575 6222
Mpumalanga	Network on Violence Against Women	082 702 8298
	Grip (Rape Prevention Programme)	013 752 4404
	NICRO	013 755 3540

APPENDICES

Province	Organisation	Contact Numbers
Free State	Network on Violence Against Women	072 185 3453
	NICRO (Bloemfontein)	058 303 5386
	NICRO (De Aar)	053 631 2267
Kwa-Zulu Natal	Network on Violence Against Women	031 304 6928
	NICRO	035 772 1574
	Rape Crisis	033 342 5929
Eastern Cape	Network on Violence Against Women	043 643 3102
	Masimanyane Women's Support Centre	043 743 9169
	Port Elizabeth Rape Crises	041 481 3804
Northern Cape	Network on Violence Against Women	053 839 1714
	NICRO (Kimberly)	053 831 1715
	NICRO (De Aar)	053 631 2267
Western Cape	Network on Violence Against Women	021 633 5287
	Ilitha labantu	021 633 2383/78
	Rape Crises Centre	021 447 9762
	Rape Crises Centre	021 852 5620/ 083 484 9409

(c) Department of Education

Province	Address	Contact Numbers
National	123 Schoeman Street Pretoria	012 312 5420 / 5465 / 5377 / 5428
Gauteng	111 Commissioner Street Johannesburg	011 355 0597
Limpopo	133 Biscard and 24 Excelsior Polokwane	015 290 7600/7661
North West	Garona Building, Dr James Moroka Avenue Mmabatho	018 387 3424/5
Mpumalanga	Government Boulevard Nelspruit	013 766 5300
Free State	CR Swart Building 55 Elizabeth Street Bloemfontein	051 404 4911/8434
Kwa-Zulu Natal	Administration Building King Dinizulu Highway Durban	031 274 4013
Eastern Cape	Tamzashe Building Civic Square Centre Bisho	040 608 4230
Northern Cape	156 Barclay Street Homestead Kimberley	053 839 6500
Western Cape	Grand Central Building Lower Parliament Street Cape Town	021 467 2577

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TEDDY BEAR CLINIC
FOR ABUSED CHILDREN

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