

@psicologa_irenecane

@franciscadembarrros

@uldouz

A CHRISTMAS TALE
"CHRISTMAS
WITHOUT
SECRETS"



Christmas is coming and there are many things to prepare.

The tree, the gifts...

But there are some things that can happen at Christmas every year, you have to hug and give lots of kisses to all your relatives...

Even when you don't feel like it...





Everyone wants to kiss me..



To hug me..



REMEMBER ONE
IMPORTANT THING:

You don't have to hug or kiss other people if you don't feel like it.

Every child deserves to be loved and respected and no one can force you to do something you don't feel like doing.



These rules also apply
when you are with
other children.



And
if someone makes you feel
uncomfortable or you think you did
something you shouldn't have done and
you're afraid to tell it,

you need to know

that the solution to this problem
is to talk to a trusted adult.

Tell her/him the truth, so she/he can
help you feel better.



REMEMBER,

if you ever feel sick and need the doctor,

the doctor can only visit
the parts of your body
where you feel pain



And if you feel
uncomfortable, confused or scared
about how someone touches you:

TELL AN ADULT YOU TRUST





I have a trusted adult who really loves me, respects my body and understands the emotions I feel

WHO IS THE TRUSTED ADULT FOR YOU?

Write her/his name here:

A large, empty yellow rectangular area with slightly wavy edges, intended for writing the name of the trusted adult.

There's one more thing I
have to tell you: a lot of
photos are always taken at
Christmas





But there are many dangers if they are published online

There's some bad people out there that could use or steal your pictures to try to harm you.

Tell your parents that you don't want these pictures put online




You and your family,
be very careful about the
photos you share,
especially those of children
and teenagers

Not sharing my photos
online is best for me
and keeps me safe.





Dear Santa



This Christmas I understand the importance of saying "NO" when I don't want someone to touch me, even if it's a relative on Christmas Day. I can choose who I want to kiss and hug and who I don't.



No one has the right to give me kisses and hugs without my consent.

I also understand the importance of confiding the secrets that make me feel bad, I have to choose an adult I trust and talk to them if I need to.



I also understand the importance of keeping photos of myself private and that's what's best for me.

That way I'm safer!

Thank you! ❤️ 🎄





WE DECIDED TO CREATE THIS STORY TO RAISE AWARENESS ABOUT CHILDHOOD SEXUAL ABUSE.

WE TOOK INSPIRATION FROM THE STORY OF IRENE, ONE OF THE AUTHORS, WHO AS A CHILD ALWAYS FELT FORCED TO HAVE TO KISS AND HUG HER ABUSER DURING FAMILY CELEBRATIONS, EVEN DURING HER BIRTHDAYS.

WE ALSO WANTED TO UNDERLINE THE IMPORTANCE OF ONLINE SAFETY, JUST AS ULDOUZ COMMITS TO SHARE DAILY.

WE WOULD LIKE ALL THIS TO NEVER HAPPEN AGAIN AND, TO PROTECT CHILDREN, THERE IS A NEED TO SPREAD AWARENESS ABOUT THIS PROBLEM.

WE HAVE DEDICATED TIME AND ENERGY TO CREATE THIS LITTLE BOOK, BUT WE WOULD LIKE IT TO BE FREE, AS A GIFT, FROM US TO YOU AND YOUR FAMILY FOR CHRISTMAS.

WE ONLY ASK FOR YOU, AS A COURTESY, TO SEND IT TO AT LEAST ONE PERSON AMONG YOUR CONTACTS, SO THAT THIS AWARENESS MOVEMENT DOES NOT STOP.

THANK YOU!

WE WANT YOU AND YOUR FAMILY TO HAVE GREAT CHRISTMAS AND TO BE SAFE ONLINE.



YOU CAN FIND US ON INSTAGRAM:



@PSICOLOGA_IRENECANE



@FRANCISCADEMBARROS



@ULDOUZ