

## SAFE PEOPLE:

### People You Can Trust and Talk To:

- Teachers, principals, or school counsellors.
- Family members who care for you (parents, grandparents, older siblings).
- Friends who listen, care, and don't keep bad secrets.



### Be Careful With:

- Strangers asking you to go somewhere alone.
- Anyone (even someone you know) who makes you feel scared, uncomfortable, or asks you to keep secrets about touching, gifts, or favours.
- Older kids or adults who try to force you into doing things you don't like or what is not allowed.

**Golden Rule:** If a place or person makes you feel unsafe — leave, say no, and tell a trusted adult right away.

## SAFE SPACES:

### Good Places to Be:

- Classrooms, library, or playground where teachers and friends are around.
- School office or staff room if you need help.
- Areas with lights and cameras.

### Places to Avoid Alone:

- Empty classrooms, toilets, or storerooms.
- Dark corners of the playground or outside the school fence.
- Anywhere that feels unsafe or where no adults are around.

#Kuzoba  
Safe  
Esigela

Learner-led and Whole-School  
Violence Prevention Programme

LET'S KEEP OUR  
SCHOOL  
SAFE!

A guide for primary  
school children



## WHAT IS VIOLENCE?

Violence is when someone hurts another person on purpose – with actions, words, or even online.

### IT CAN LOOK LIKE:



- **Physical:** hitting, kicking, pushing.
- **Words:** teasing, name-calling, spreading rumours.
- **Online (Cyberbullying):** sending mean messages or embarrassing pictures.
- **Leaving Out:** ignoring or excluding someone on purpose.



**Remember:** Violence can happen anywhere – at school, at home, or online.



## DIFFERENT TYPES OF VIOLENCE:

01. **Bullying:** hurting someone again and again – with actions, words, or online.
02. **Physical Punishment:** adults hitting or hurting children. This is NOT allowed in schools.
03. **Gender-Based Violence:** being treated badly just because you are a boy or a girl.
04. **Sexual Abuse or Harassment:** unwanted touching, comments, or showing things that make you feel uncomfortable.
05. **Fighting & Gang Violence:** hurting others with hands or objects, or being forced into scary groups.
06. **Homophobia:** teasing or hurting someone because of who they are or who they like.



## KEY MESSAGES FOR KIDS:

- Violence is **never okay**.
- It is **not your fault** if someone hurts or scares you.
- You deserve to feel **safe, happy, and respected**.
- **Kindness spreads safety** – include others, use kind words, and stand together.

TAKE OFF



## PREVENTION & REPORTING IN SCHOOLS

- **Be Kind:** Treat others how you want to be treated.
- **Speak Up:** If you see violence, don't join in – tell a teacher or trusted adult.
- **Stay Safe Online:** Think before you post or share, and block/report mean messages.
- **Ask for Help:** If you feel hurt, scared, or unsafe, talk to a teacher, school counsellor, or another adult you trust.
- **Remember:** You are never alone. Adults at school are there to listen, protect, and help you.

