

## Good Touch is;

- Touch that is nice, friendly and safe
- Touch that makes you feel comfortable

## Bad Touch is;

- Touch that hurts you or make you feel uncomfortable
- Strangers touching your private part(s) and asking you to keep it as a secret
- Your body belongs to you. Nobody should touch you if you don't want to be touched

## Dealing with Bad Touch

- **Step 1:** Say NO!



- **Step 2:** Shout for HELP



- **Step 3:** RUN Away



- **Step 4:** Talk to a TRUSTED person (Family members, Teachers, Counselors, etc.)



## Services

If you are unsure about what to do or where you can find support, these are the places and people you can go to get protection or ask for more information or advice:-



1. School Counselors
2. Department of Youth and Sports (DYS, Counseling Division)  
02-325084
3. National Commission for Women and Children (NCWC)  
Legal Officer or Children's Division  
02-334549/334551 (office hours)  
[www.ncwc.org.bt](http://www.ncwc.org.bt)
4. Royal Bhutan Police (RBP)  
Helpline: 113 (24 hours)
5. Women and Child Protection Desk (WCPD)  
RBP  
Wangdue- 02-481217 (24 hours)  
SandrupJongkhar- 07-251636 (24 hours)  
Tashigang- 04-521128 (25 hours)  
Gelephu- 06-251054 (24 hours)  
Samtse- 05-365258  
Mongar- 04-641113
6. Child Care and Protection Office (CCPO)  
DratshangLhentshog  
02-333726
7. Respect, Educate, Nurture and Empower Women (RENEW)  
02-332159/334751  
[www.renew.org.bt](http://www.renew.org.bt)
8. Bhutan Youth Development Fund (YDF)  
02-329135/327483 (office hours)



*Every child and adolescent deserves a chance for a happy, healthy and informed future.*



## Adolescents and Protection

- A person below the age of 18 years is a child.
- A person between 10-19 years is an adolescent.

Adolescence is a transition phase from childhood to adulthood whereby many physical, social and emotional changes occur. Adolescents often take on additional responsibilities, experiment with newer ways of doing things and push for independence. It is a time when values and skills are developed which have great impact on their well-being.

This critical transitional period requires special attention and protection. Adolescence is a particularly vulnerable phase during which young girls and boys are exposed to a range of protection issues such as:

- Child Marriage - Formal marriage or informal union before age 18. It is a reality for both boys and girls, although girls are disproportionately most affected. Child marriage can lead to a lifetime of disadvantage and deprivation.
- Teenage Pregnancy- Teenage pregnancy ends a girl's childhood, curtails her education, minimizes her economic opportunities, exposes her to increased health problems and violence, and puts her at risk for early and high risk pregnancies.
- Bullying- Unwanted and aggressive behavior among school children that involves power imbalance causing psychological/emotional stress and depression.
- Violence- Intentional use of physical force or power, threatened or actual, against oneself or towards another person/group/ community, which either results in or has a high likelihood of resulting in injury, death, psychological harm, mal-development, or deprivation.



01

**MYTH:** It is an abuse only if there is physical violence.

**FACT:** Physical abuse is just one form of abuse. Children can also be harmed by emotional abuse, sexual abuse and neglect. These types of abuse are usually hidden from sight and, as a result, people are less likely to take action and help the children.

02

**MYTH:** A child is most likely to be sexually abused by a stranger.

**FACT:** Children are most often sexually abused by someone they know and trust, such as family members or someone who is close to the family and the child.

03

**MYTH:** Child abuse doesn't happen in "good" families and wealthy households.

**FACT:** Child abuse can happen in any household, regardless of ethnic background, culture, religion or economic status.

04

**MYTH:** Adults who suffered abuse as children are not affected in their adult life

**FACT:** Children affected by severe child abuse and neglect can experience major physical, cognitive, psychological, behavioral and social consequences that extend into adulthood. Survivors of child abuse need care, support and counseling to overcome the trauma of abuse and live full healthy lives.

05

**MYTH:** A child is responsible for the abuse that he/she suffers.

**FACT:** A child is never responsible for the abuse he/she suffers. The responsibility for abuse lies solely with the offender. In the case of sexual abuse, offenders often try to shift the blame for their actions by accusing the child of being promiscuous or seductive.

06

**MYTH:** Children usually lie about sexual abuse

**FACT:** It is extremely rare for children to lie about being sexually abused. In reality, children may not want to disclose sexual abuse because they are embarrassed, afraid and uncomfortable.

07

**MYTH:** Young children are the only ones vulnerable to child abuse.

**FACT:** Child abuse can happen to infants, children and adolescents. Sometimes it might seem like adolescents should be able to fight back, but it is hard to stand up to a person of authority causing physical, sexual or emotional harm, especially when it is their own parent. Child abuse is often an abuse of power and trust. Cruel words and sexual or physical abuse can hurt adolescents as much as they can hurt a child.

08

**MYTH:** Physical discipline is not child abuse.

**FACT:** Discipline is correcting behavior and showing a child how to behave in a more acceptable way. Any method of discipline, if it results physical or emotional injury to children, becomes a form of abuse.

09

**MYTH:** Reporting suspected child abuse can cause more harm than the abuse itself.

**FACT:** Sometimes people are concerned about children being affected by efforts to protect them, which may include legal proceedings. Continued abuse will cause more harm than any action taken to protect the child.