

ProtectHer

Protect-Her Training Workbook for Girls

Not for Sale

This workbook will teach you the following:



This work book is designed to help you understand the importance of personal safety, self-defense, sexual abuse and other forms of violence against girls.

We want girls all over the world to know that they are courageous and capable of doing many great things. Therefore, they must live their lives to the fullest and dare to dream always.

<p>1 Be courageous and brave. As a young girl, you are powerful, smart and full of greatness.</p>	<p>Society tells girls to be fearful and that they are not brave. This is false. Girls are brave and are doing great things globally.</p>	<p>Being courageous is not about taking risks, but about understanding and facing your fears with the support of those who love you.</p>	<p>2 Be Confident. When girls believe in themselves and their abilities, they can do anything they plan to achieve.</p>	<p>Society tells girls to hide and shrink themselves. This is wrong. Girls are using their skills to make a difference in science and arts.</p>	<p>Being self-confident is overcoming self-doubt and trusting your abilities and effort. It means believing that you are unique and beautiful.</p>
<p>3 Be Resilient. When girls are resilient, they can face tough situations, yet still have the courage to try and try again, no matter the failures.</p>	<p>Society often tell girls that they are weak and fragile. This is not true. Girls are taking up space and breaking records.</p>	<p>Being resilient means not giving up so easily. Having the ability to see a challenge as an opportunity for self-discovery and growth.</p>	<p>4 Be Aware and learn to understand what happens around you. When girls pay attention to their environment, they learn very fast.</p>	<p>Society tells girls to focus on simple goals and not get educated. This is wrong. Girls are multipliers. When you educate a girl, you train a community</p>	<p>Being aware stimulates growth, intelligence and curiosity. When girls understand the issues they face, they can provide solutions.</p>

Meet Idara:



1.
Hello friend, my name is Idara. I am an advocate for girl's safety. My job is to help you remember some very important parts of this workbook. Enjoy!



2.
There are some interesting quizzes at the end of the work book. Remember to pay attention to your instructor and ask as many questions as you wish.

Your Safety is a Basic Right.

Safety and security are not only your basic human rights as stated by the Universal Declaration of Human Rights, which states that; "**All human beings are born free and equal in dignity and rights**" You have the same human rights as everyone else in the world because you are a human being. These rights are inalienable - they cannot be taken away from you. Every individual, no matter who they are or where they live, should be treated with dignity

What is self-defense?

Be a saviour to your soul and a warrior to your body

sumitra



- ♣ Self-defense teaches practical and physical tactics to escape or deal with conditions such as an attack on your person or loved ones.
- ♣ Self-defense doesn't teach you to hate your opposite gender or fellow gender nor to misuse your skills or your education.
- ♣ It teaches you that you must learn to protect yourself from all harm.

Why learn some self-defense skills?

- ♣ The physical training helps keep you fit and trim.
- ♣ It teaches self-discipline and coordination.
- ♣ It helps develop self-confidence in your mind.
- ♣ It helps to create more awareness about potential attacks and how best to defend yourself.
- ♣ It helps develop self-discipline.
- ♣ It helps you become smart and more alert.
- ♣ It teaches you endurance and resilience.

Why Self-Confidence and self-defense are very Important for Girls:

Girls can gain self-confidence by learning to protect themselves from various forms of abuse. When a girl is very confident, it scares away bad people. Knowing how to protect

yourself verbally and (sometimes physically) creates a shield of self-confidence allowing you to discourage an attack before one even starts! Abusers are very scared of confident young girls who can speak up for themselves. Without belief in yourself, you have already made yourself exposed to some bad people.

Understanding Boundaries

When setting boundaries for self-defense, there are two types: **physical** and **verbal**.

Physical Boundary: as a young girl, you are in control of who touches your body. Always make that very clear whenever you feel uncomfortable around people, especially young boys and adult males or females. Set a good distance between yourself and anyone who makes you uncomfortable.



Verbal Boundary: Use clear words like “**Stop**” “**No**” and “**Leave me alone**” Likewise, you must also immediately respect other people’s wishes. Ensure your body language and words are very clear.

Be very confident in using **definitive words** like:

NO	<ul style="list-style-type: none"> No, I do not want to get into your room No, I don't want to play in secret No, I don't want to take off my clothes
STOP	<ul style="list-style-type: none"> Stop touching my body STOP! I don't want your drink/food Stop asking me to meet you in your room/office Stop calling me “your small wife”, I am not your wife.
GET OFF ME	<ul style="list-style-type: none"> Get off me, let me go NOW! Get your hands off my clothes, Now!
I DO NOT WANT TO PLAY	<ul style="list-style-type: none"> I do not want to play in your office/room. I do not want to watch bad movies with you
LEAVE ME ALONE	<ul style="list-style-type: none"> Leave me alone, I am not your wife



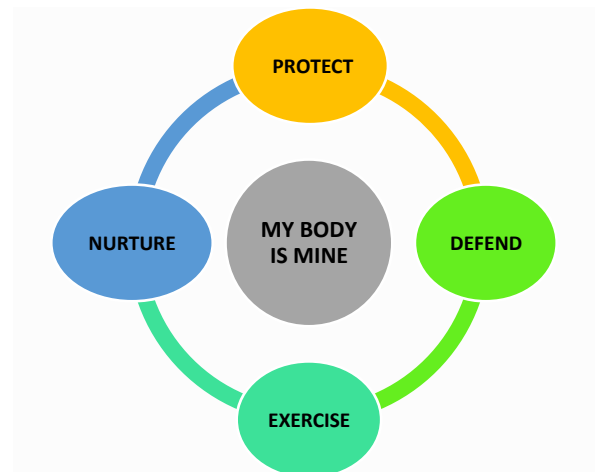
3. Remember!!!

Self-confidence is an important key to attain success in life. Learning self-defense can increase a girl’s self-confidence as she passes through various lessons in life.

Safe & Unsafe Touches

The three kinds of touches are:

1. **Safe touches.** These are touches that keep you safe and are good for you. These touches make you feel cared for and important. Safe touches can include hugging, pats on the back, and an arm around the shoulder. Safe touches can also include touches that might hurt, such as removing a plaster.
2. **Unsafe touches.** These are touches that hurt your body or feelings (for example, hitting, pushing, pinching, and kicking). These kinds of touches are not okay. Unsafe touches also include touching private parts of your body. Note that anyone who tries to touch your private parts in an unsafe manner will always prefer to do this in a secret or a hidden place.
3. **Unwanted touches.** These are touches that **might** be safe but you girls don't want from that person or at that moment. It's okay for you to say no to unwanted touch, even if it's from a familiar person. Learn and practice saying no in a strong, yet polite voice manner. This will help you learn to set personal boundaries.



Keeping Secrets

What is an unsafe secret?

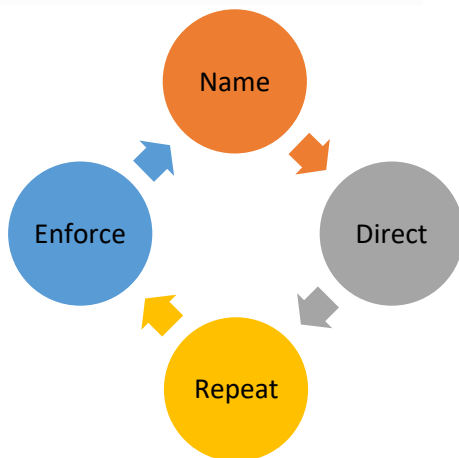
Sexual abuse thrives in secrecy. Perpetrators will often ask young girls they abuse to promise to keep what happened “**our little secret.**” This can cause confusion for these girls.

An **Unsafe Secret** is one that makes you feel confused, threatened, unsafe, or offended and is one that you are told not to tell. It is not safe to ever keep an **Unsafe Secret**, no matter who asks or tells you to keep a **secret**. Make sure you tell your parents, school teacher or any other senior authority you can trust. They will often try to make you keep these unsafe touches a secret. Do not let anyone pressure you to keep a bad secret

Setting Boundaries

Sometimes verbal boundaries are expressed in polite or quiet ways; other times you may need more volume or intensity of language. In either case, assertiveness (not aggressiveness) is key to a good verbal boundary. The other person must know you mean it.

- ♣ Pick a partner, one person plays the boundary setter and another plays the boundary abuser.
- ♣ The boundary abuser puts her hands on the lap of the boundary setter.
- ♣ The boundary setter is not pleased with the “unwanted touch” and the following actions take place:



1. “Your hand is on my knee.” - **Name the behavior.**
2. “Get your hand off my knee.” - **Direct the behavior.**
3. “I said take your hand off my knee.” - **Repeat the direction**, if the person did not initially comply.
4. Physically remove the person’s hand from the knee, and/or remove yourself from the situation. – **Enforce the behavior.**

Caring for your Body

Your body is precious and needs your love and care. Young girls need to take care of their bodies, mind, and soul by learning personal hygiene habits. It is very important

to keep your hair, hands, body parts, and skin healthy. Eat nutritious meals that will provide the needed vitamins to help you grow strong and healthy.

Say **No to harmful drugs** and habits that may cause you harm and leave you very open to abuse, exploitation, and illness.

i-SAFE
www.isafe.ng



THE 5 PRINCIPLES OF SELF-DEFENSE



ESD  GLOBAL
esdglobalselfdefense.org

What Should Someone Who's Being Abused Do?

Young girls who are being abused need to get help. Keeping the abuse a secret doesn't protect anyone from being abused — it only makes it more likely that the abuse will continue. If you or anyone you know is being abused, talk to someone you or your friend can trust — a family member, a trusted teacher, a doctor, or a school or religious youth counselor. Many teachers and counselors have training in how to recognize and report abuse.