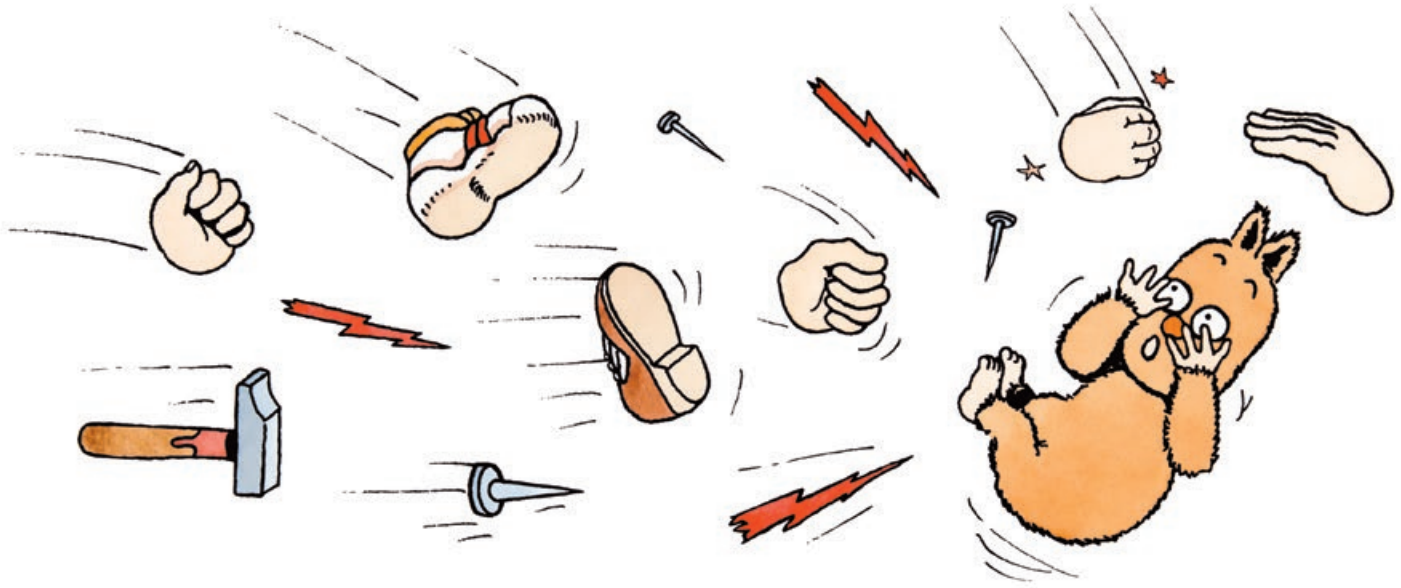


Nobody has the right to hurt you on purpose

Nobody has the right to hurt you or to hurt anyone else



If someone does hurt you, it's not okay.

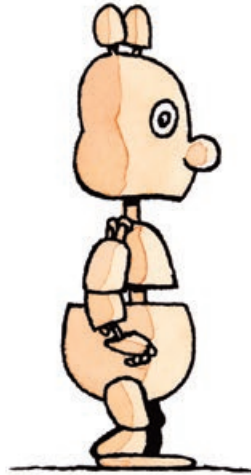
If someone does embarrassing things to you
or you see them do embarrassing things to someone else, it's not okay.

They are very wrong to do this. It is called violence.

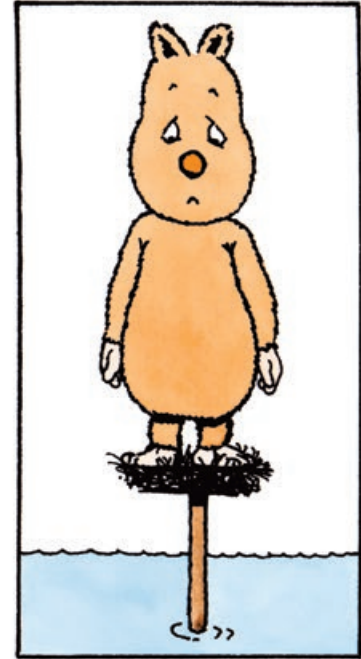
Has this happened to you?



Do you ever feel very, very bad?
Do you ever think horrible
thoughts or have terrifying
nightmares?



Do you ever
feel weird, or not feel
anything at all,
like a robot?



Do you ever think everything
is your fault or that you are diffe-
rent from everyone else? Do you
ever feel worthless and useless?

Has this happened to you?

Do you feel scared all the time
and of everything?



Do you feel so scared of the people
and places around you
that your heart beats really fast?



Do you ever get angry
without even
knowing why?



Do you ever get so angry, upset,
or annoyed that you can't think
straight and can barely breathe?

Has this happened to you?



Do you sometimes feel sad?

Do you feel like
crying all the time?

Do you feel lonely?

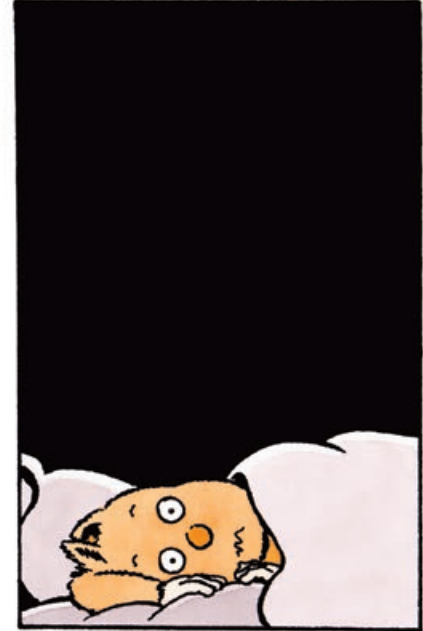


Do you sometimes feel like

you don't want to play,

or you don't feel like

seeing your friends?



Do you sometimes feel that you
cannot study or do your homework?

Is it hard to think straight or
concentrate? Is it hard to fall asleep?

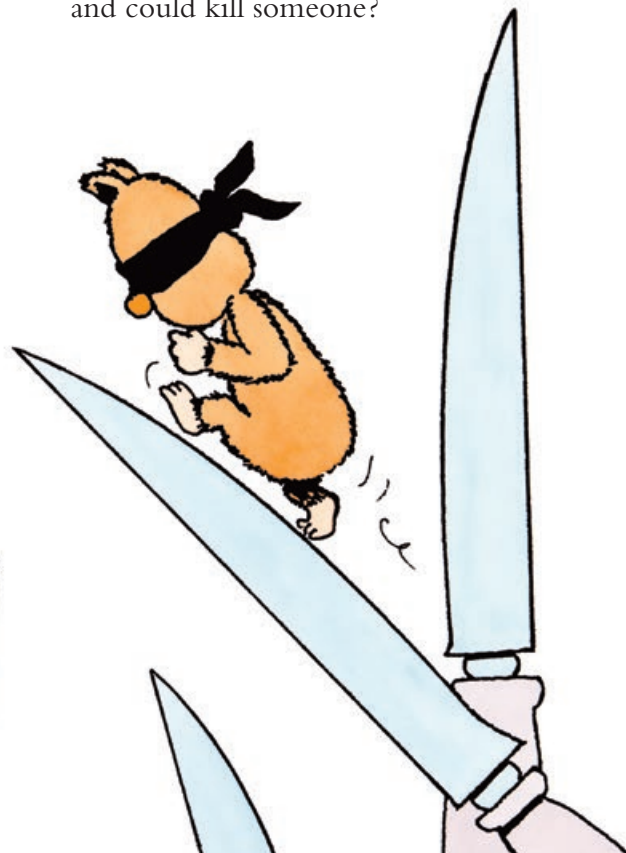
Has this happened to you?

Do you sometimes not know what you're doing and can't control yourself?



Sometimes, are you reckless and can't calm down, even if you are hurting others?

Even if it's dangerous and could kill someone?

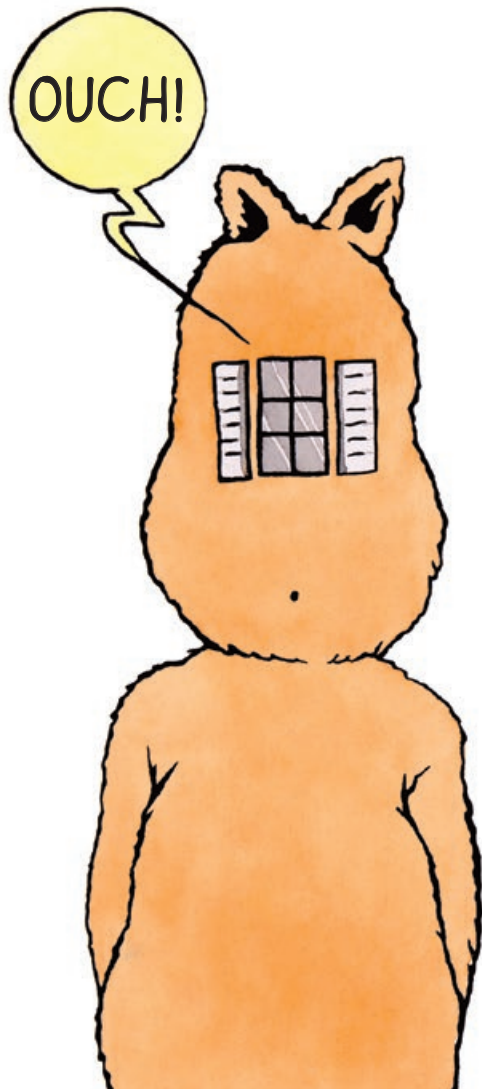


Now, what if all the pain you feel inside of you was caused by the violence you experienced or by the violence you saw?



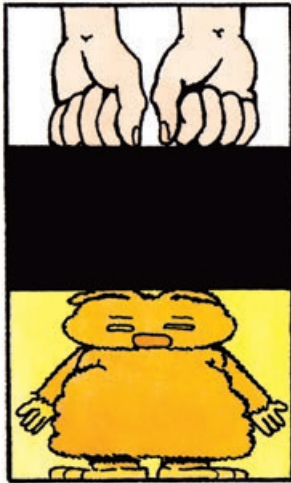
You may think that you are rubbish and useless.
You may think that you are different from
the other children and that you are bad...
But that's not true!

When something horrible
like violence happened to you,
it is common to feel like this.



Scientists discovered that when people feel so sad, it's because they have a wound (a hurt) deep inside. This wound is called «psychological trauma». Most importantly, they discovered that this wound can be taken care of and can be healed. There are even people whose job is to take care and heal this kind of wound.

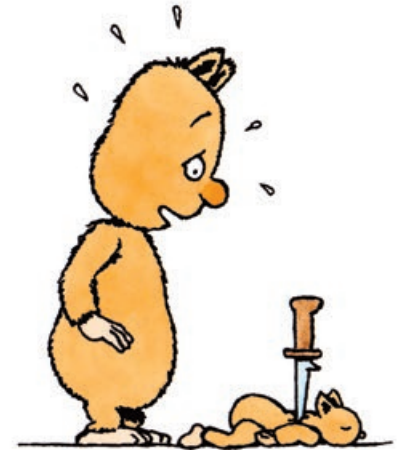
What is violence?



Violence is when someone makes you scared or when someone threatens you.



Violence is when someone threatens to kill you, to abandon you, to dump you, to hurt your pets or to break your toys.



Violence is when someone hurts you or hurts someone else in front of you.

What is sexual abuse or sexual violence?



Sexual abuse or sexual violence is when someone shows you sexual things for real or on a screen.

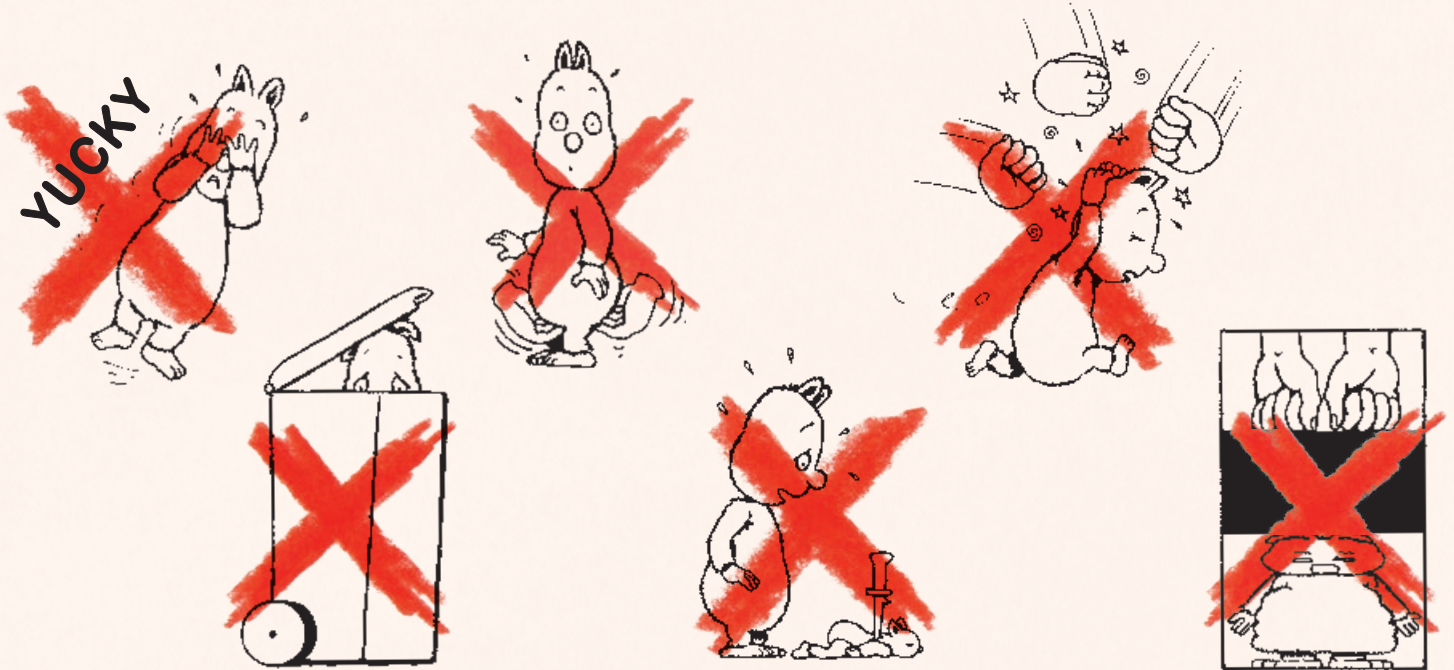
It's when someone speaks to you about sex, forces you to be naked or forces you to look at naked people. It's when someone tells you sexual things that are normally for grown-ups.



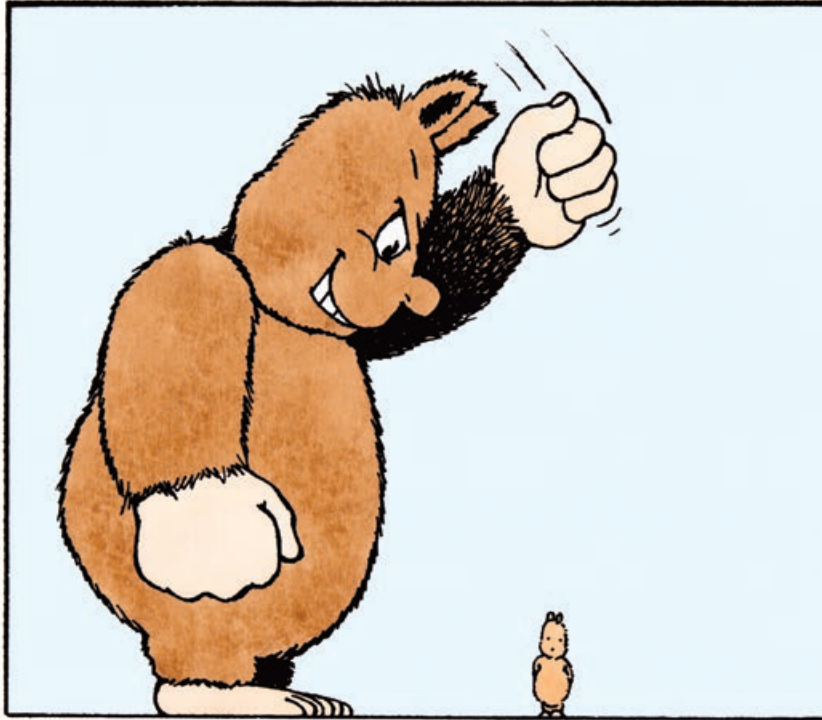
Sexual abuse or sexual violence is when someone does something sexual and embarrassing to you.

It's when someone touches your private parts. It's when someone wants to do embarrassing or disgusting things to you, things you don't understand and that are scary.

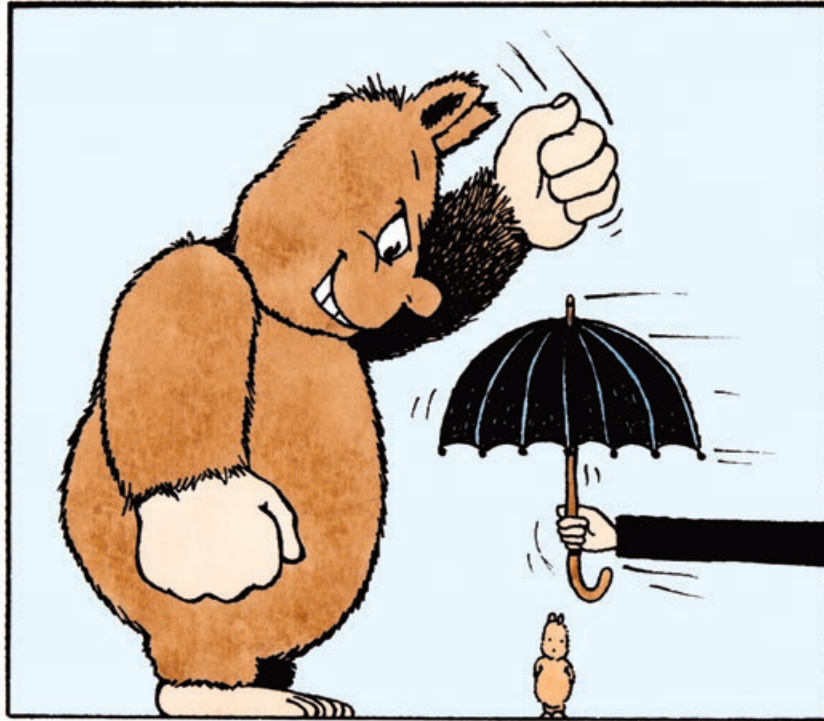
Violence is forbidden and punished by law.



Nobody has the right to be violent. Not even once. Same thing for you: you don't have the right to abuse anyone. Grown-ups must prevent violence from happening to children, they must protect you. When violence happens, it's never a good thing. It's never happening for your own good. NEVER!



Someone bigger than you never has the right to be violent with you, even if you misbehaved or did something wrong. When someone bigger than you is violent with you, that person is taking advantage of feeling stronger than you to hurt you.



When someone intimidates you, you might feel forced to obey and to do what you are being asked to do, but you don't have to do it. And if you do it, it is not your fault. It is the fault of the person who hurts you.

Sometimes, the person who hurts you may be someone you know or someone close to you, it can even be someone from your own family or someone who is taking care of you, it could even be someone from your school. Remember, it is not allowed to hurt a child.

Someone may hurt you in your home, in your school, where you do sports, where you get medical help, where people look after you, or when commuting (in someone's car, or in public transports). It is not allowed to hurt a child, it is forbidden.

Most of the time, people who are stronger or who have the right to tell children what to do are the ones who do acts of violence on children.

Sexual violence or sexual abuse within the family is the most dangerous, it is the violence that hurts the most.



How child abuse and violence can make you sick?

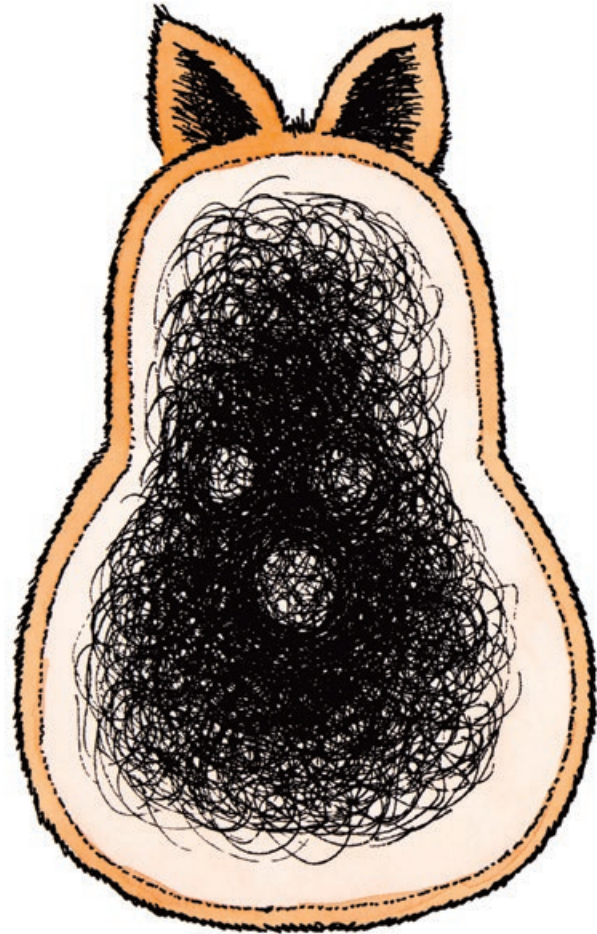
If someone is violent with you,
you can feel a lot of pain
and you can feel scared.

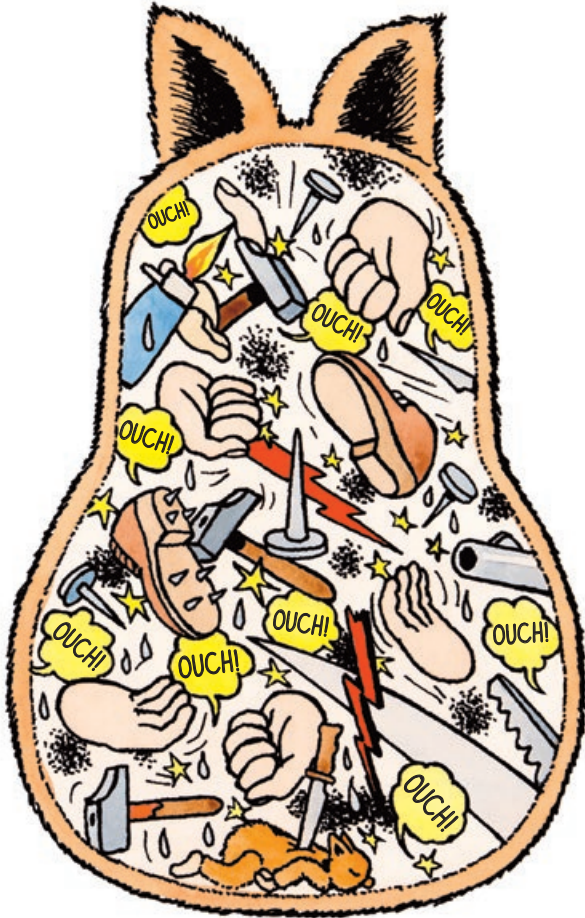
You can feel so much pain
and feel so scared that you are not able to
understand what is happening to you.

You are not able to speak and
you are not able to move.

There is a name for this:
it is called «shock» or «sideration».

When you are in this state of shock,
your brain shuts down
in order to help you not feel the pain.





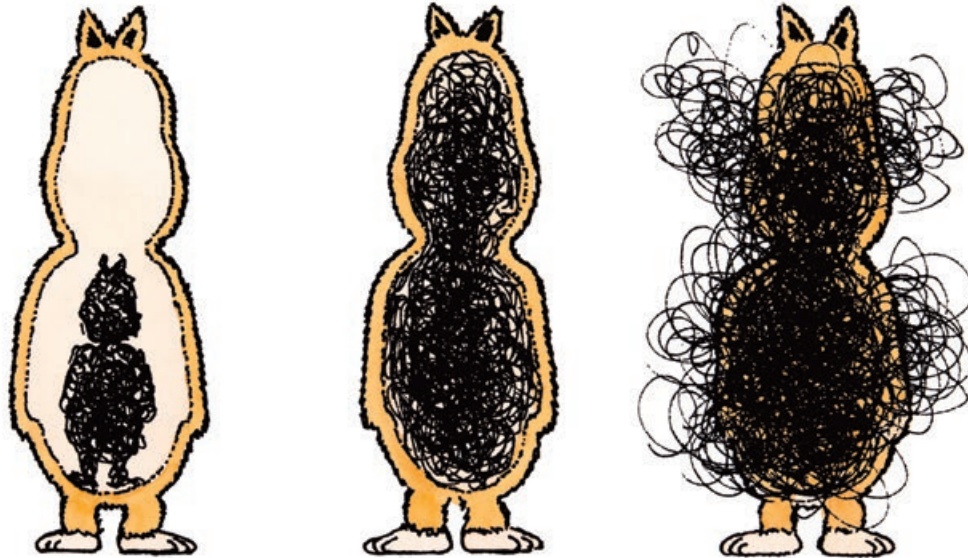
Then you don't feel anything anymore,
as if you were not there, or as if
you were just watching what's going on.

There is also a name for this:
it's called «dissociation».

When your brain shuts down, it cannot do
its usual job. So, your brain records everything
in a very messy way: all the screams, the pain,
what is happening and where it's happening,
the smells, the noises and many other things.
All these memories will be in a shambles
and they will be hidden in your brain.

Doctors call this «traumatic memory».

What are the memories of violence doing to you?



These violent and messy memories are mixed up,
hidden and scattered in your memory.
Just like a fake you, inside of you.



Every time something around you reminds you of the violence you experienced (for instance a smell, a colour, a word, clothes, a movement, a noise...), the fake person inside of you comes out with all the violent memories. The messy memories go in your head, in your body, in your sleep, in your life.

So, because the fake person makes you live again all the violence and all the pain, your brain shuts down again to protect you.

You might be very scared, and you might behave differently, as if not really yourself. You might become nasty and rude, just like someone behaved with you. You might do forbidden things that are dangerous or that are just for grown-ups like doing sexual things. You might hurt yourself or hurt others. You might feel very sad, very tired, always sick or grumpy.

What to do?



If you have recognised something that you experienced or that happened to you, people can help you. You must be protected.

Adults must protect children.

People who hurt you do not have the right to do so. They must stop. There are laws and there is justice to make them stop hurting you.



You might be too scared or too ashamed to speak about the violence people did to you. You might think that nobody can help you.

That is not true.

There may be someone you trust around you, not far from you.

Talk to that person.

How to get some help?

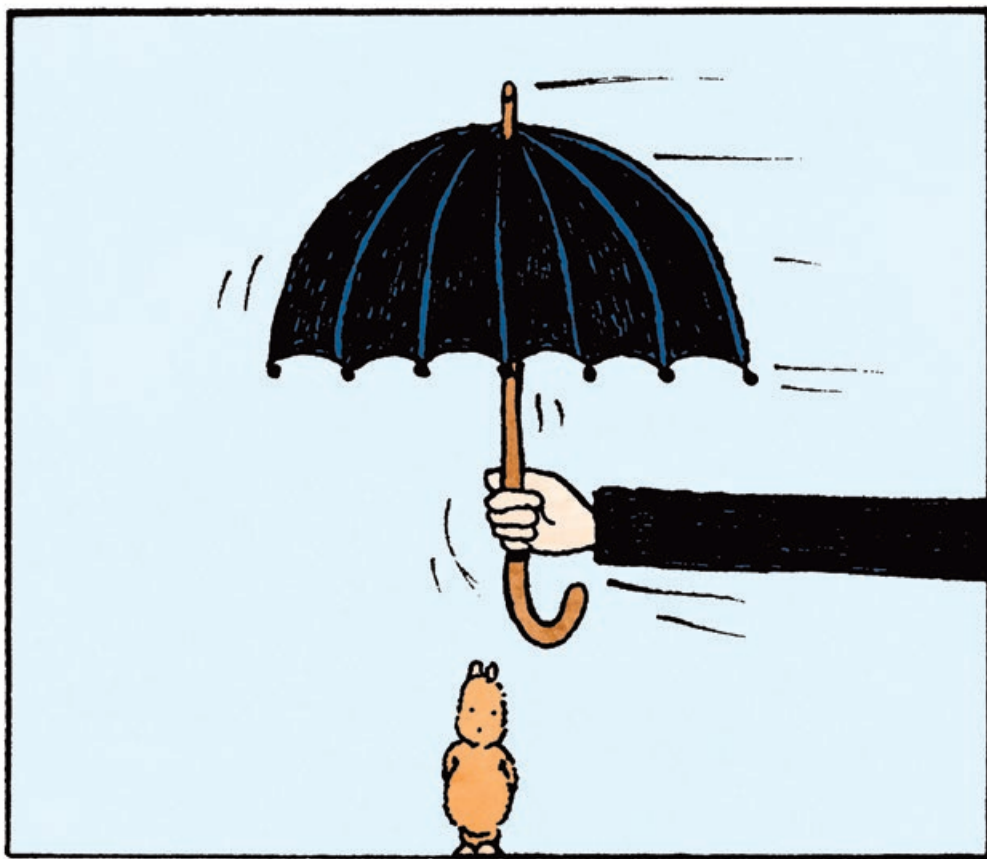
Talk to someone you trust; talk to an adult you are not scared of: maybe someone in your family, your doctor, a grown-up from your school, your coach...

Also, you can help others: a friend who trusts you can talk to you about the bad things that happen to him/her. You can ask a grown-up to help your friend.

You also have the right to go
and talk to the Police.

You can call this number 119
and ask for help, or contact the platform
by chat for reporting sexual violence
and sexists and talk 24 hours a day
with a policeman or a gendarme on:
<https://www.service-public.fr/cmi>





Resources for adults:

It is paramount to protect children from any type of violence and to do them justice.

It is crucial to ensure children are taken care of and that all the impacts of violence on their well-beings, be it physical or psychological, are addressed by health professionals. It is also crucial to offer educational support when necessary.

If you think a child is victim of abuse or if a child talks to you about violence, you must take action and report it to the relevant authorities:

- to the public prosecutor of the district court.
- to the police or the gendarmerie by telephone, on **17** or **112**, by SMS on **114**, online (chat with police officers and gendarmes trained in this violence who will answer you 24 hours a day, 7 days a week).

In the event of gender-based or sexual violence:

<https://www.service-public.fr/cmi>, in case of cyberbullying: **<https://www.service-public.fr/particuliers/vosdroits/F31985>**

If you have any doubts or need advice you can call:

- **119** Enfance en danger, free call 24 hours a day, free call 24/7, it is possible to report online on the site <https://www.allo119.gouv.fr/recueil-de-situation>
- **3020** School bullying or violence
- **3018** Cyberbullying
- **116 006** Victim support number
- **0808 807 700** Young Violence listening
- **0800 235 236** Young Health Wire

You can also call the cells for collecting worrying information (**CRIP**) which have been set up in each department.

To find out more, you will find information on violence against children and its consequences, advice on what to do, sheets and modules on the site:

<https://www.memoiretraumatique.org>



*Information booklet by the Association of Traumatic Memory and Victimology (Paris)
available for free download on memoiretraumatique.org
For further information and free copies, please contact memoiretraumatique@gmail.com*