



Tell someone you trust

Make use of your
Lanzarote Convention Rights

COUNCIL OF EUROPE

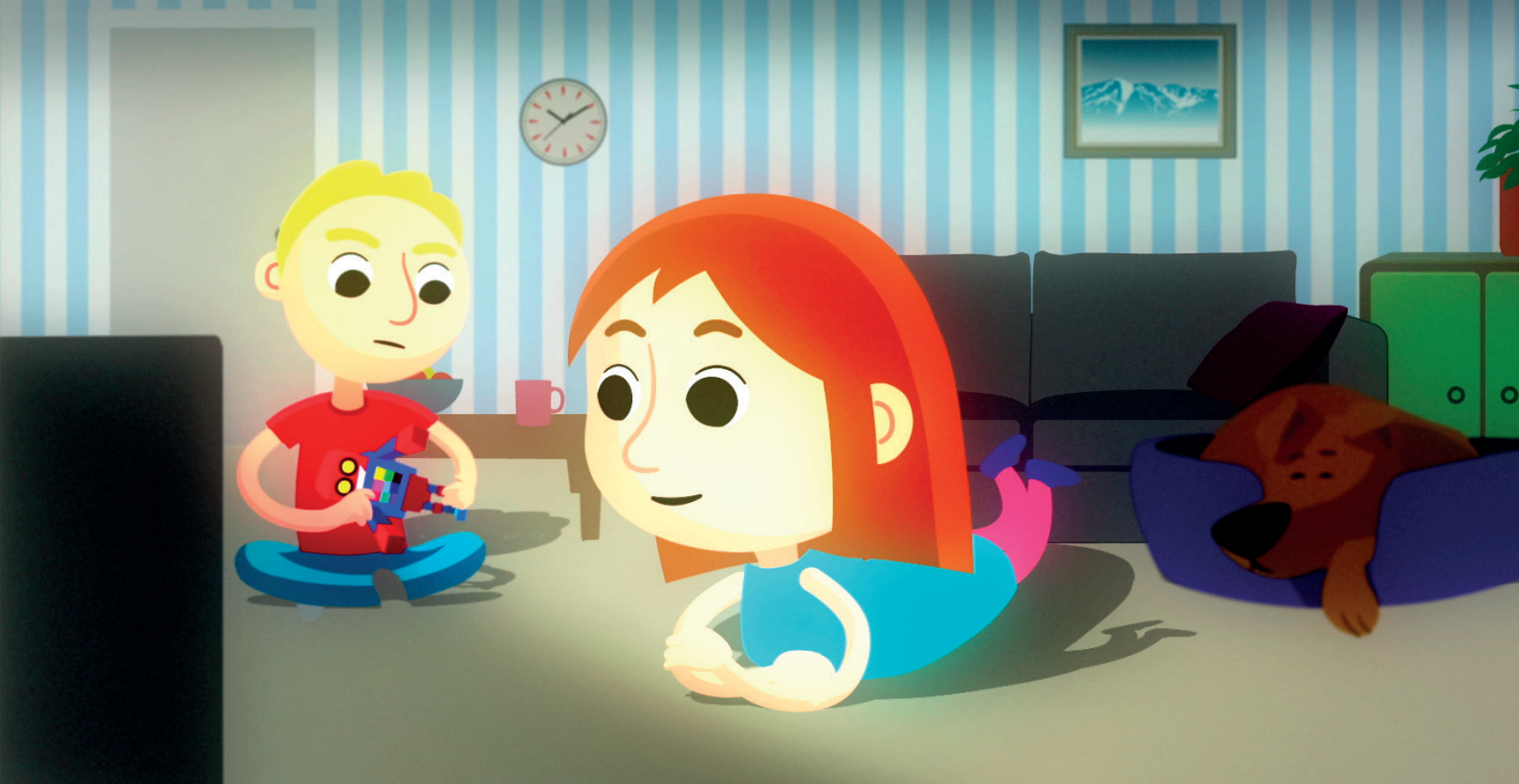


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Focusing specifically on sexual abuse in the circle of trust and also on some of the Lanzarote Convention's key messages, the Council of Europe video "Tell someone you trust" offers children aged between 9 and 13, the possibility to understand through one girl's story, what sexual violence is and how children can be protected from it.

The Council of Europe wants to protect children from violence, especially from sexual violence and sexual abuse. One of our conventions, the Lanzarote Convention, focuses on this form of violence. In order for children to understand what this convention does for them and to understand the key messages in it, the video "Tell someone you trust" was prepared in partnership with a specific group of children.

This booklet explains the key messages that are in the video.



**All children have the right to be safe and
protected from sexual violence...**



... But there are
people who can
be dangerous to
children and want
to hurt them.



When you read this you might be a bit
scared or even embarrassed,
but please keep going, because all child-
ren need to know that these people are
ALWAYS wrong.



Some people want to use the private parts of children's bodies for their sexual pleasure... this is called sexual abuse.

It is **ALWAYS** wrong if someone asks or forces you to touch parts of your body usually covered by your underwear or if they ask you to touch their private parts.

Some people also want to use children sexually so that they can make money. This is called sexual exploitation.

It is **ALWAYS** wrong if adults threaten you or give you money, alcohol or presents to get you to do things with your body, or theirs that make you feel sad, ashamed or uncomfortable.

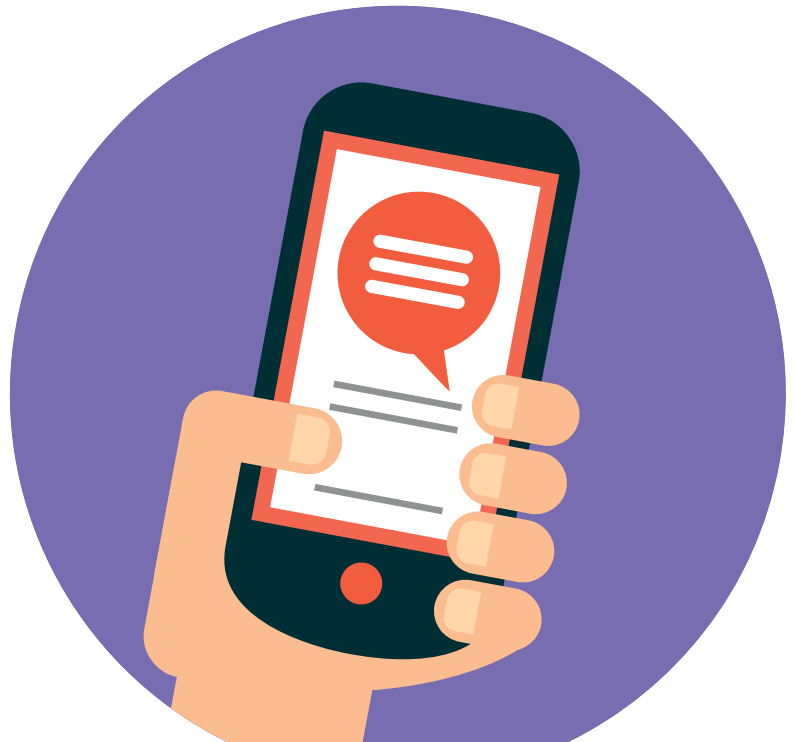


It is also wrong if someone asks or forces you to watch films or pictures of people who are having sex.

Or if anyone online asks or forces you to send them images of yourself that make you feel uncomfortable, scared or sad.

They are also not allowed to send you the pictures of themselves or of their private parts, for example if they are naked.

Remember: It is the adults who are wrong....you are not !

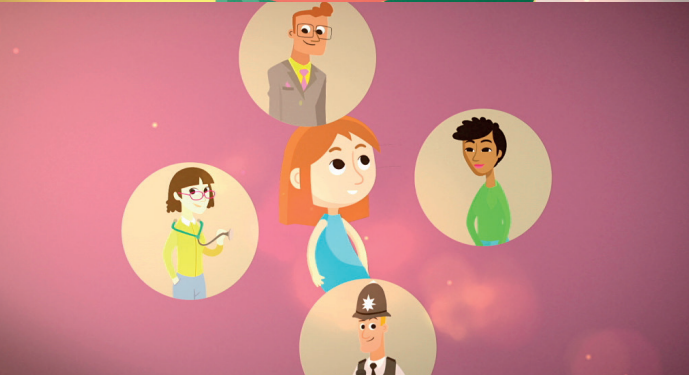




Your country wants all children to be safe from sexual violence.

So it has made some important promises to keep children safe and protected from sexual violence in a document called the Lanzarote Convention.

By the way... Lanzarote is the Spanish island where countries made these promises to children.



Here are a few of the most important promises:

1. Children who seek help will be taken seriously and will be listened to.
2. Adults who sexually abuse or exploit children will be stopped.
3. Children who are victims of sexual violence will be helped to recover by for example the police, by a social worker, by a doctor. They will help you.



If you or someone else you know might be in danger, tell someone you trust and who can help or call the helpline number of your country if you're not sure what you should do.



The Council of Europe is a European organisation of 47 countries based in Strasbourg, France. It was set up to make sure that all these countries protect human rights, including children's rights by preventing every kind of violence against them.

Allowing and giving children a voice in the preparation of documents concerning them is very important to the Council of Europe. The video "Tell someone you trust" and this booklet, have been produced in partnership with children themselves. Two groups of children and young people were brought together by the Centre for Children's Rights at Queen's University in Belfast, Northern Ireland. They worked hard to prepare the video "Tell someone you trust" and they were responsible for deciding what should be explained to you in this booklet. The Council of Europe would therefore like to give special thanks to: Anna C., Anna M., Caoimhe D., Caoimhe O., Chloe, Ellen, Eoin, Georgia, Lea, Levin, Niamh, Oliver, Phillip and Peter for having helped children in 47 countries to better understand their rights to be protected from sexual abuse and sexual exploitation, and to animation specialists Brickwall for interpreting their wishes.

Many thanks also to Laura Lundy and Michelle Templeton, whose expertise and experience in children's rights and participation, have made this project a truly unique one.

The Council of Europe would also like to thank the Government of Luxembourg for their support in developing this material.

- Watch the video "Tell someone you trust" and find out more about your human rights here: **www.coe.int/children**
- Email us your opinions: **lanzarote.committee@coe.int**

www.coe.int



Brickwall

The Council of Europe is the continent's leading human rights organisation. It comprises 47 member states, 28 of which are members of the European Union. All Council of Europe member states have signed up to the European Convention on Human Rights, a treaty designed to protect human rights, democracy and the rule of law. The European Court of Human Rights oversees the implementation of the Convention in the member states.

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