



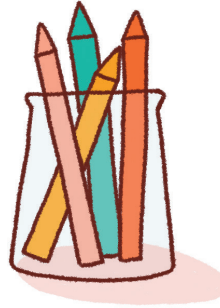
Lessons to protect yourself and what to do if you or
someone you know needs help.

Thank you to People's Church of Montreal and Medical Ambassadors
Canada for sponsoring this project.



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DRAW, COLOUR AND REMEMBER

Story by Silvia and Jose Luis Cinalli

Translated by Carla Marroquin

Adapted by Bibiana MacLeod

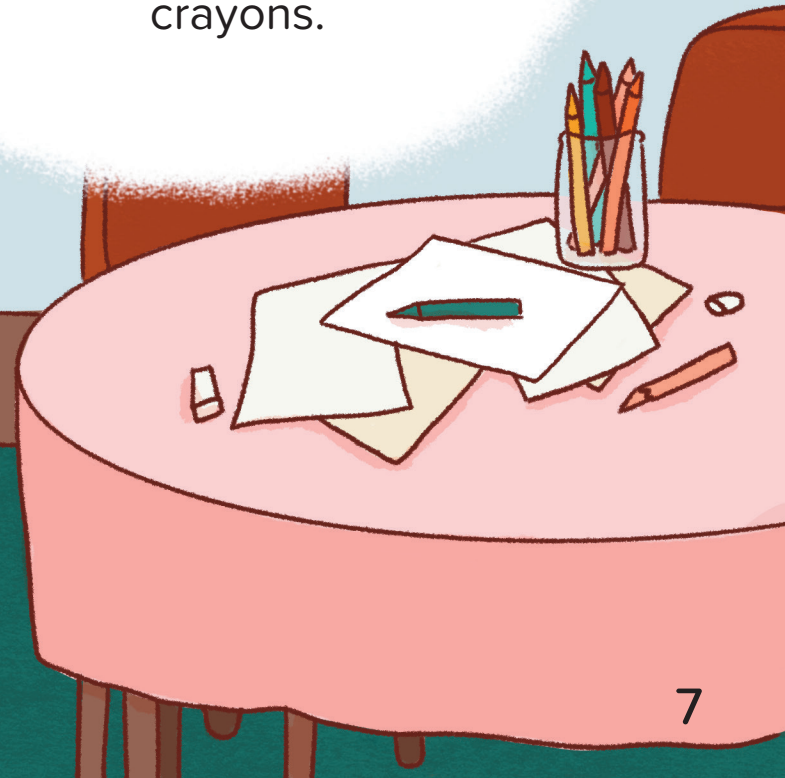
Illustrated by Leah Boudreau

Once upon a time, there was a sweet little grandma, everyone knew her as “Granny”. She was very very kind and she lived in a beautiful little house.





Every Friday after school, Ari and Benji went to Grandma's house for a snack. Today, Granny was waiting for them with something different. The table was full of white sheets of paper and crayons.





Granny invited them to draw people on the pages. Ari and Benji didn't know why Granny asked them to do it, but it was fun.

Besides, she had promised them a delicious ice cream treat if they finished quickly!

“Today, my dears, I am going to teach you something that will be very helpful, if you pay attention.” Granny explained in her sweet voice. And then she added:



“The first thing we’ll do is draw a bikini on the girls and the undershorts on the boys. O.K.?” asked Granny. Grabbing a crayon, each of the children began to draw.





“Remember: what we are covering up are the parts of our bodies that are private; even when we go to the beach swimming, we cover them up! No one should touch or look at our private parts. No one should tickle us there. Since these parts are important, we take special care of them”, said Granny, pointing with her finger.



Ariana and Benjamin thought about the beach and how everyone protects their private parts. “Wow, isn’t it great what Granny taught us!” they said to each other. “We should take care of our own private parts.”

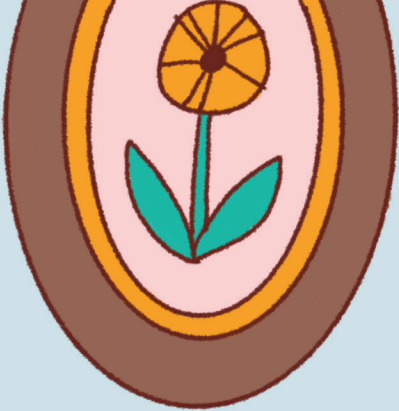
Granny then returned
with the promised ice
cream.

BUT FIRST, let us
practice. What do we
do if someone tries to
touch our private parts?
We should yell : “STOP!
DO NO TOUCH ME!”

And then, run.

Can you repeat with
Ariana and Benjamin
Five times? Let us do it!





“Our granny is the best! She teaches us such important things and she loves us a ton!” said the children.





COUSIN RAYMOND

Story by Silvia and Jose Luis Cinalli

Translated by Carla Marroquin

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The day finally came! Everyone had come together to celebrate Granny's 80th birthday. There were a lot of people, because everyone loved her so much.



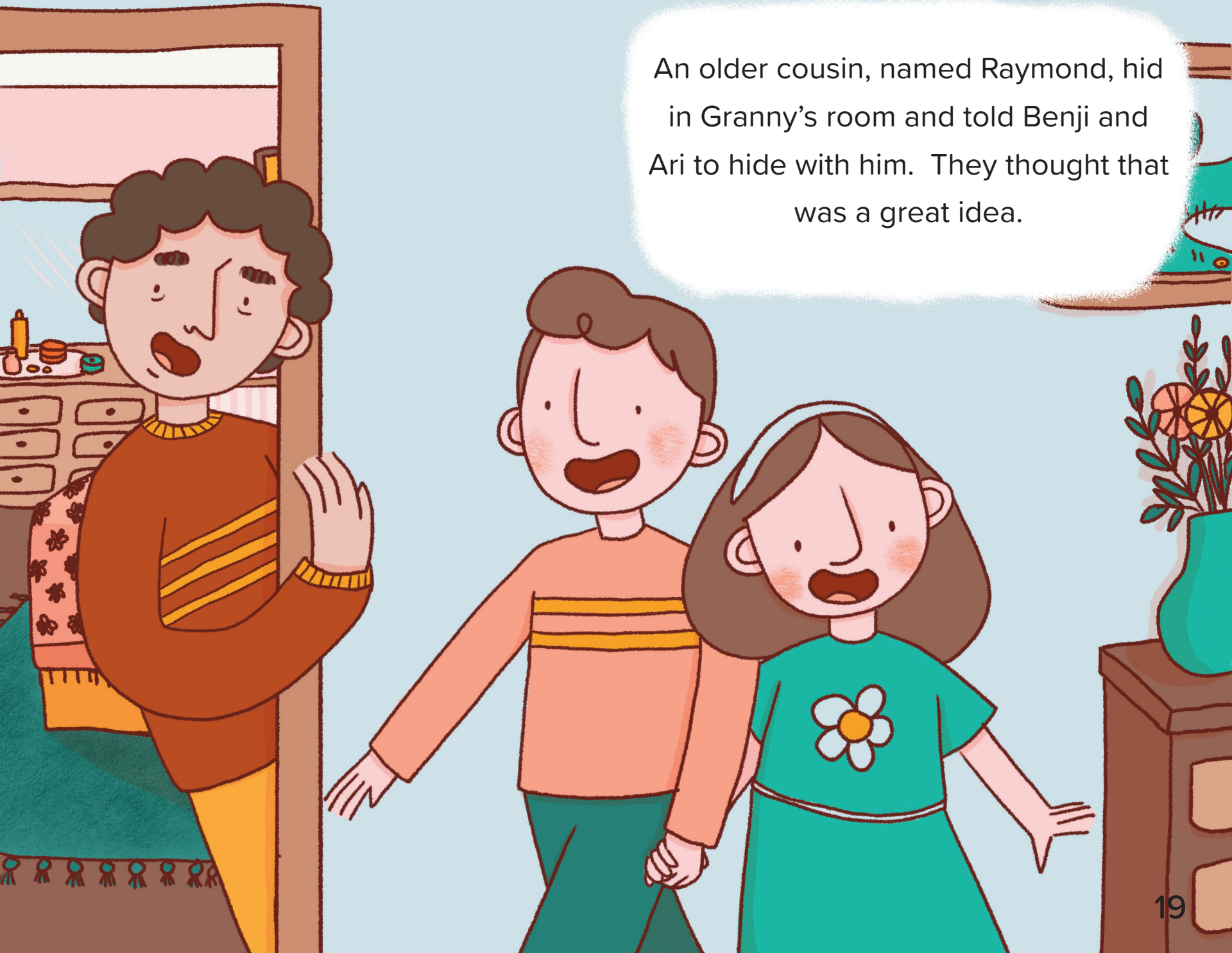
It was a great party! There were lots of delicious food and so many presents. There were lots of kids there to play with, too.

It was SUPER!!!!

Kids were running all over the house and playing hide-and-go-to-peek. It was a lot of fun because there were so many great places to hide where no one could find you!




An older cousin, named Raymond, hid in Granny's room and told Benji and Ari to hide with him. They thought that was a great idea.



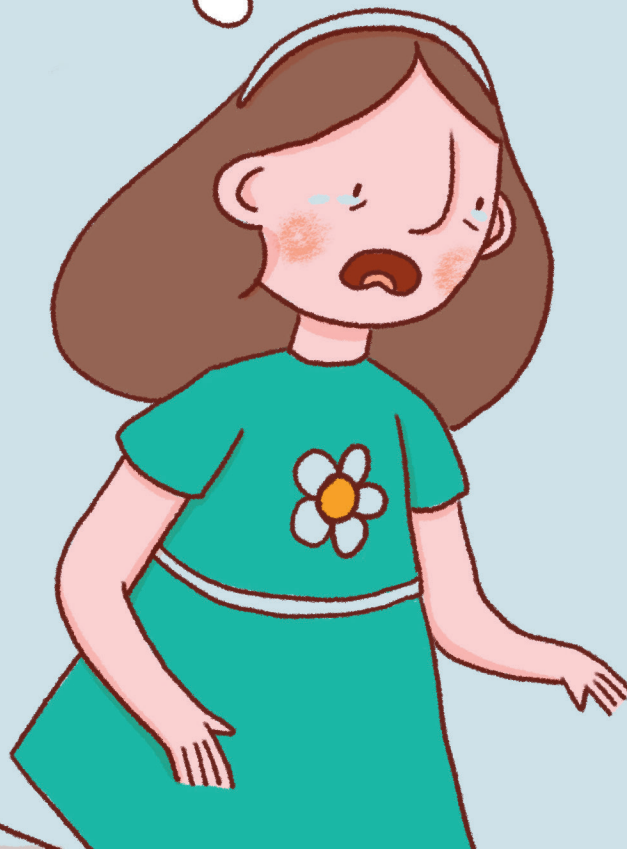
When they were alone with him in the room, he told them they would play a special game and they shouldn't tell anyone what was going on in there, because it was a secret.





Then, cousin Raymond took his pants down and showed them his private parts! Benjamin didn't like that at all and his face looked like he was sick. Ariana was scared and ran out of the room to tell Granny.

Ariana remembered,
while she was
running, the advice
Granny had told
them: “No secrets.”
and, “You must take
care of your private
parts.”



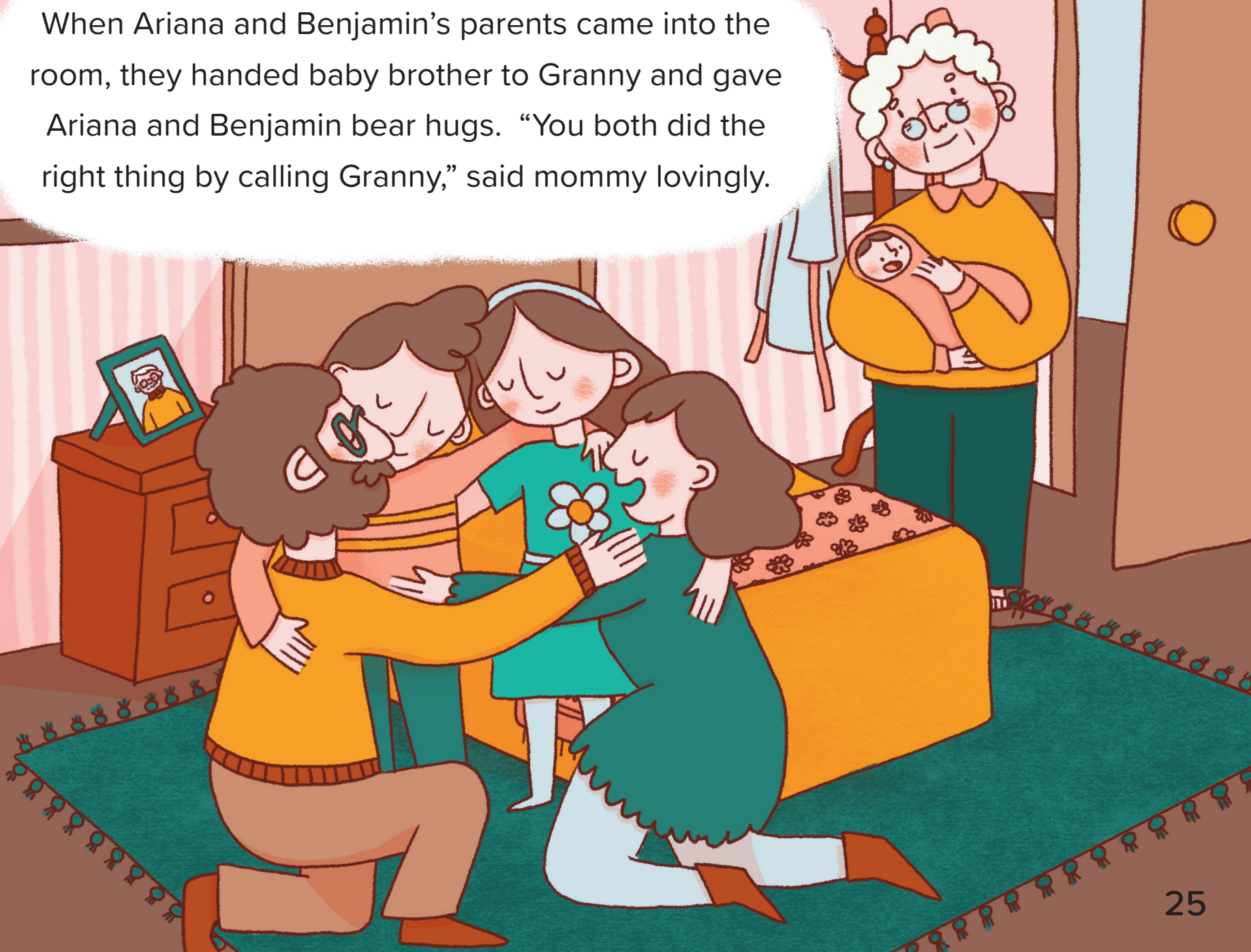
When Granny got to her room, she saw cousin Raymond but didn't know who he was. He wasn't even part of the family. He said he hadn't done anything and the children were lying, but they had told the truth. Granny believed them.

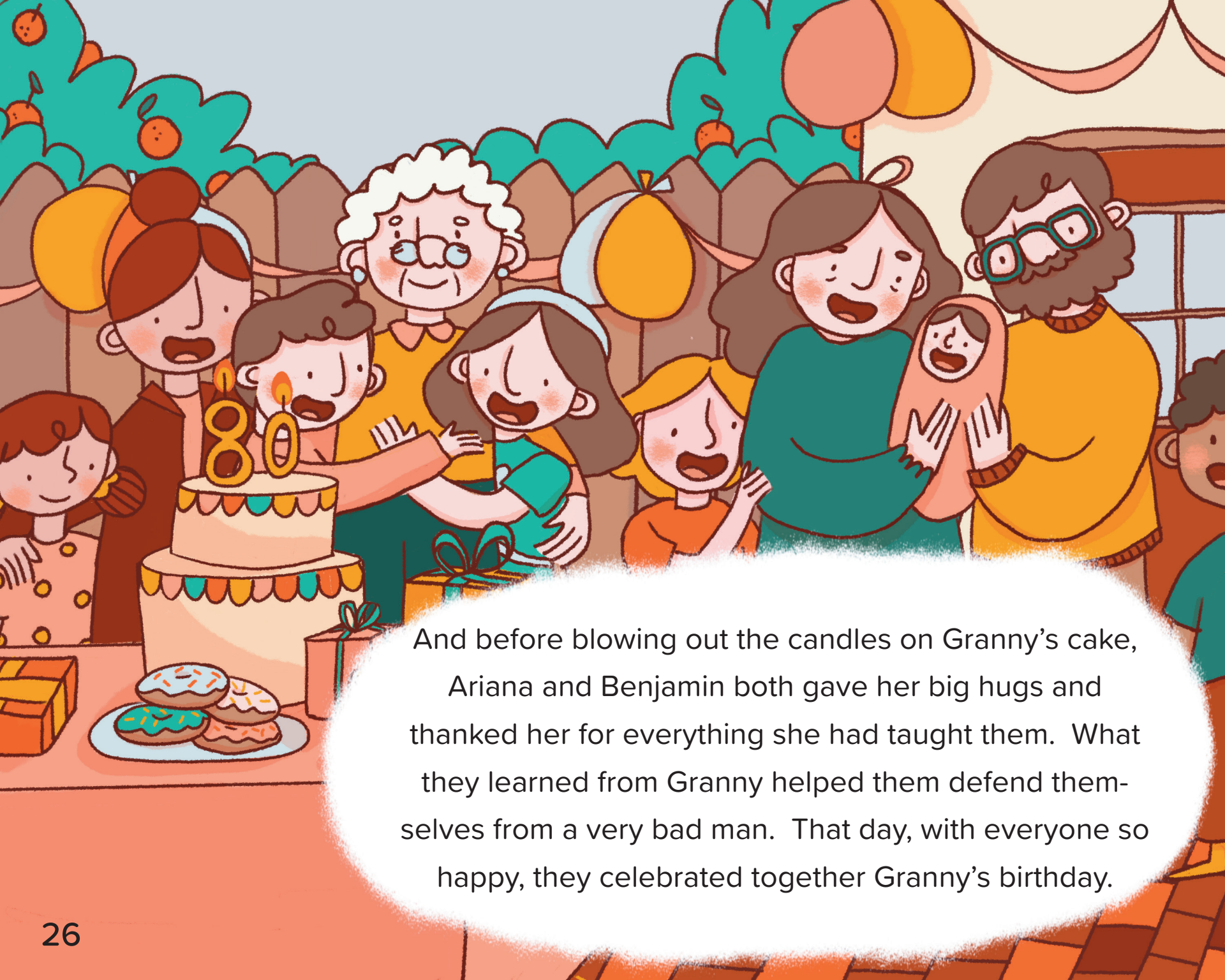


Then, Granny called the police,
so Raymond wouldn't frighten the
children in their neighborhood any
more.



When Ariana and Benjamin's parents came into the room, they handed baby brother to Granny and gave Ariana and Benjamin bear hugs. "You both did the right thing by calling Granny," said mommy lovingly.





And before blowing out the candles on Granny's cake, Ariana and Benjamin both gave her big hugs and thanked her for everything she had taught them. What they learned from Granny helped them defend themselves from a very bad man. That day, with everyone so happy, they celebrated together Granny's birthday.



LENA'S SECRET

Story by Leah Boudreau and Bibiana MacLeod
Illustrated by Leah Boudreau



Ariana and her friend Lena were walking home from school. Ariana was taking Lena to her grandmother's home to play. Lena was sad. Ariana asked her what was wrong but Lena didn't want to talk about it.

The girls sat on the floor and began to play with some of Ariana's toys. They started to feel hungry, and Lena went to her backpack and removed a big bag of candy.



“Wow this is amazing Lena!”, said Ariana as she went to grab a piece. “Where did you get all this candy?” Lena looked sad and began to cry. “I was given this candy to keep a secret”, she said. “I am not supposed to tell anyone where I got it”.



Arianna remembered,
“Granny taught us that it is
not good to keep secrets”,
and she told Lena: “We are
friends, and I care for you
when you are sad. You can
trust me. What is wrong?”





Lena told her that one day when she was playing in the backyard by herself, her uncle came over and said he wanted to play a game with her, but that she had to keep it a secret. He told her that if she played the game, he would give her a whole bag of candy.

Lena said that he made her feel his private parts. She felt very scared and uncomfortable and didn't know what to do. Ariana took Lena by the hand and said, "Come on Lena, we should go tell Granny, she will know what to do."

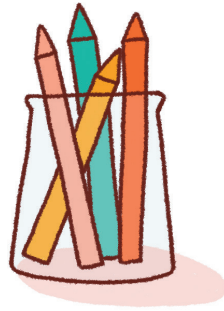


They found Granny in her rocking chair and Lena retold her story, then Granny gave her a big hug. “Thank you for telling me, Lena. We want you to be safe. Your uncle needs to get help and we want him not to hurt children anymore. Lena, you did the right thing letting another adult know”.





Granny called Lena's mom. Lena's mom came to get her and thanked granny for letting her know what happened. After they left, Granny gave Ariana a hug and a kiss on the cheek and told her how proud she was of her for helping Lena tell her secret.



THE END



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