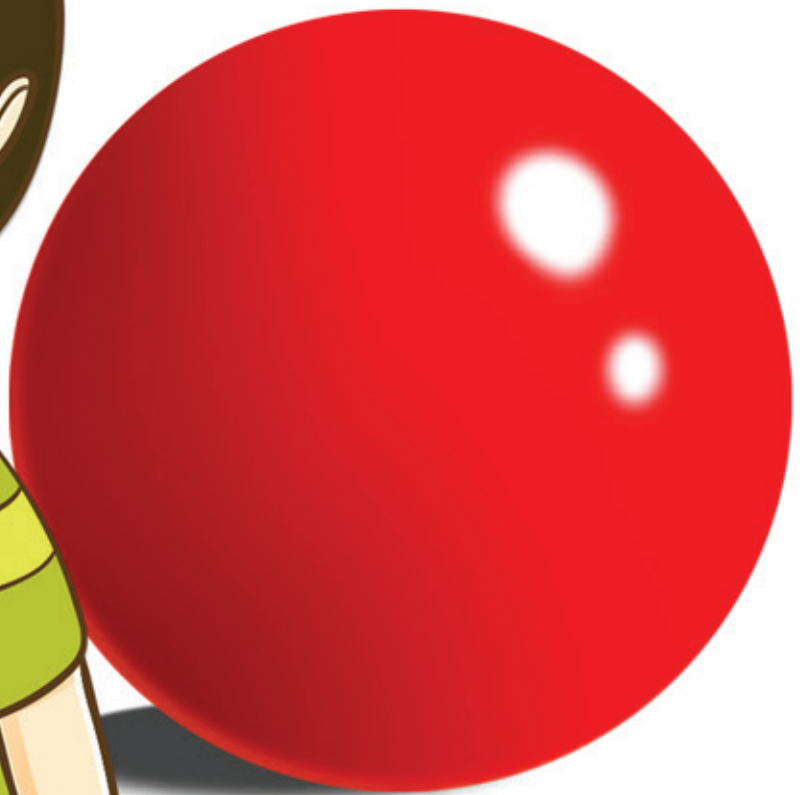


Naser's Courage



Publications of Be-free Program



Naser's Courage

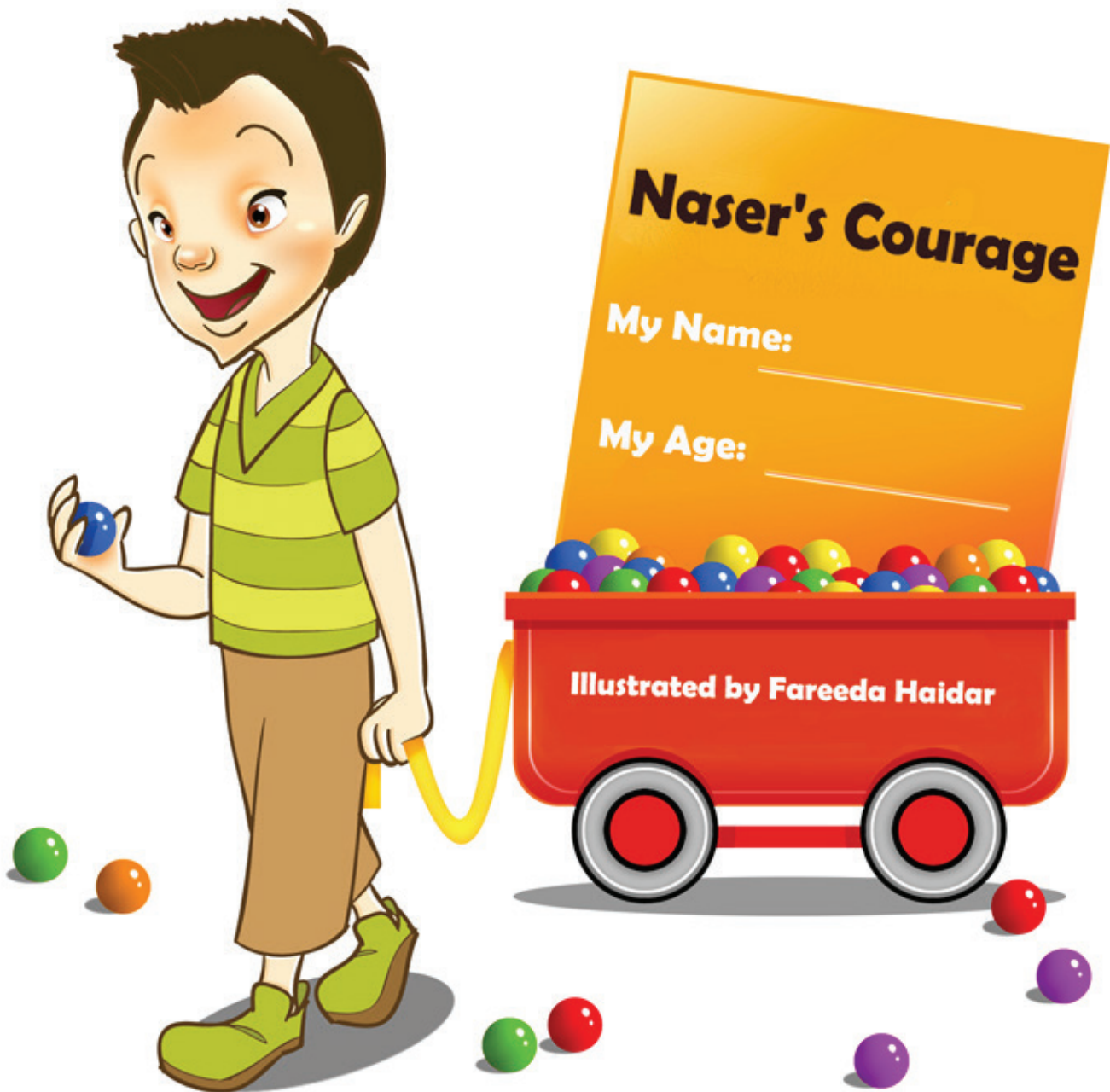
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Naser's Courage

My Name: _____

My Age: _____

Illustrated by Fareeda Haidar

Ahmed: Do you know Nasser; **it is your right to say "No"?**

Nasser: I'm a child, and my mother tells me I should do what I am asked by adults. Is that correct?

Ahmed: What your mother means is that you should obey her when she asks you to clean your room or do your homework. And you should do that. That's different.

Nasser: How is it different?





Ahmed: Tell me how you feel when your mother asks you to clean your room?

Nasser: I feel like I don't want to clean it, but i don't feel bad, and she usually asks me kindly, the first time at least.

Ahmed: That's because your mother knows
you have the right to a good treatment





Naser

Nasser: Does my mom really know that?
Am I entitled to a good treatment?

Ahmed: Yes she does. And now what do you feel
when Bassim & Talal ask you to go with them behind
the big tree in the school yard?

Nasser: Oh Ahmed, I feel uneasy and bothered.
They said they won't hurt me and we're just playing
a little game together. But I don't feel good
about it at all.





Ahmed: Do you see the difference now Nasser? When your mother asks you to clean your room and for your help in other things, you don't feel uneasy and bothered. But when Bassim & Talal ask you to go with them you feel troubled. **You have the right to trust your feelings as well as to choose not to do what others asks you to do when it makes you feel uneasy and bothered.**

Nasser: But Bassim & Talal say they're class supervisors and I shouldn't say no to them.





Ahmed: It doesn't matter who they are, if they ask you something that doesn't feel safe to you,
it is your right to say No.

Nasser: But they said this game wouldn't hurt me. I asked them what it is but they wouldn't tell me.

Ahmed: Is it possible they're trying to trick you into going with them. But why wouldn't they tell you about the game?






Nasser: They said it's a surprise and I should do what they ask because they're the class supervisors and if I don't, they will tell the teacher Mrs. Hana that I misbehaved so she would punish me and I lose my grades .

Ahmed: And you're afraid Mrs. Hana would believe them and punish you, or take your grades away.

Nasser: No, no, no I don't want her to punish me or lose my grades.





Naser is a
troublemaker

Ahmed: but there are solutions.

Nasser: I told you before Ahmed, I don't want her to punish me nor lose my grades.

Ahmed: Remember Nasser, **it is you're right to say what bothers you and what frightens you to protect yourself.** You can say that to Mrs. Hana.

Nasser: Really, but I don't want to be a snitch or a tattletale.

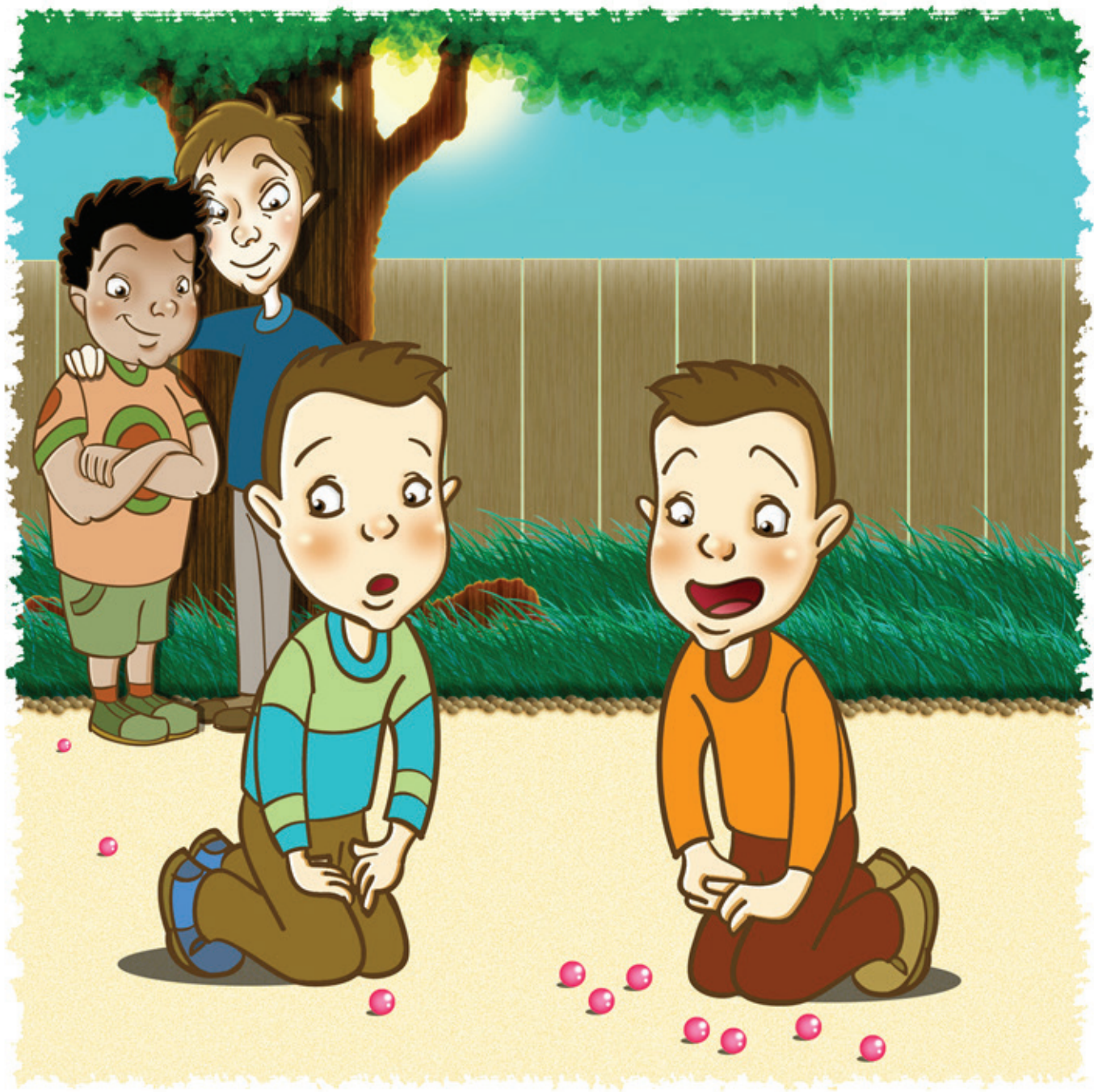




Ahmed: When you say what bothers or frightens you to protect yourself, you're brave and not a snitch or a tattletale. If what they were doing was right then it won't put them in trouble with Mrs. Hana, but if it were wrong, it should stop immediately. And by doing so, you would save yourself and probably other kids as well.

Nasser: They said this was a secret between me and them, and if I said anything to anyone, they would say bad things about me to the mrs. Hana.





Ahmed: The secret that makes you feel bothered is a bad secret. **You have the right not to keep a bad secret.**

Nasser: I never thought of it that way. But what if they deny it? My teacher will think I'm a liar.

Ahmed: I believe you, and I know the teacher would believe you too. And if she didn't, **then for sure we will find someone else who would believe us.**
Come let's go together.

Nasser: Thank you Ahmed, let's go.





((Nasser and Ahmed went to the teacher,
and here's what happened))

Nasser: Hello Mrs. Hana. I want to tell you how Talal & Bassim Insisted on me to go with them behind the big tree in the school yard and said I shouldn't tell anyone. I feel bothered and uneasy from that so I told my friend Ahmed, and he suggested I come here and tell you.





Teacher: Thank you for doing that. I will check on it, if it appears they would want to hurt you, I won't keep them as class supervisors and I would seek help for them so they would learn not to hurt others in the future.

Nasser: But they didn't hurt me teacher.

Teacher: Thank God for that, feeling bothered and uneasy has saved you. But maybe there are children out there who have been hurt or might get hurt because of Talal & Bassim.

Ahmed: Didn't I tell you Nasser Mrs. Hana would believe you?





$1+1=$

$1+6=$

$1+2=$

$1+7=$

$1+3=$

$1+8=$

$1+4=$

$1+9=$

1

$1+10=$

Nasser: I'm confused. I thought I should listen to whoever is in charge of me. And I also thought if I told on Bassim and Talal I would be a snitch and a tattletale. But Ahmed said to me **it is my right to say No when asked by anyone to do something that doesn't make me feel safe**, Ahmed also said, even though I'm young, **it is my right to be treated by other children and adults with respect.**

Is that true Mrs. Hana?
Do children have right just like adults?





Teacher: Ahmed is right Nasser. Children are entitled to feel safe and it is their right to get proper care. It is their right to be treated with respect and their right not to be touched in a way they do not like. It is their right to say whether or not they felt someone is hurting them. When you tell someone about what's bothering you, that doesn't mean you're a snitch or a tattletale. That is different than telling something you mean by it to hurt others.





Nasser: Thank you for listening and your help.

Teacher: You're welcome. It is your right to be heard
by your caregivers and they provide
you with their help.

Nasser: Thank you Mrs. Hana and thank you Ahmed
because you taught me that children have rights to.





$1+1=$

$1+6=$

$1+2=$

$1+7=$

$1+3=$

$1+8=$

$1+4=$

$1+9=$

$1+5=$

$1+10=$

It is my right:

- To say No.
- To be treated in a good way.
- To trust my feelings.
- To choose not to do what I am asked to do when it makes me feel bothered and uneasy.



It is my right:

- To say what's bothering or frightening me to protect myself.
- Not to keep a bad secret.
- To say no when asked by anyone to do something that doesn't make me feel safe.
- To be treated by other children and adults with respect.
- To feel safe.



It is my right:

- To get proper care.
- To be treated with respect.
- Not to be touched in a way I don't like.
- To tell someone if I feel someone is harming me.
- To be heard and helped by my caregivers.





برنامج "كن حراً"
Be-free Program



P.O.Box: 18562 - Manama - Kingdom of Bahrain
Tel: +973 17242415 - Fax: +973 17234348 Website: www.befreepro.org

I'm a child
Strong, Smart, and Safe
Strong with my thoughts
Smart with my actions
And safe with my feelings
I help others
To make the world
A better place

