

# PROTEKTAHAN ANG MGA BATA SA PANG-AABUSO HABANG NAKA-COMMUNITY QUARANTINE

Ano ang pwedeng gawin?

- Tiyaking may kasamang responsableng nakatatanda ang bata habang naka-quarantine. Laging kumustahin ang bata lalo na kung iba ang nag-aalaga sa kanya.
- Gumawa ng pang araw-araw na iskedyul na susundin ng bata at nag-aalaga sa kanya.
- Iwasan ang panonood ng mga palabas na may temang karahasan at sekswal. Ipaliwanag sa bata ang mga napapanood sa telebisyon.
- Kausapin ang mga bata tungkol sa paggamit ng social media. Turuan silang huwag makipag-usap o makipagkita sa mga hindi nila personal na kilala.
- Turuan ang bata:
  - ng “good touch at bad touch”. Hindi tamang hawakan o kunan ng litrato o video ang pribadong parte ng kanyang katawan. Hindi rin tama na ipakita sa kanya o ipahawak ang maselang parte ng katawan ng iba.
  - na magsumbong agad kung may gumawa ng ganito sa kanya.
- Panatilihin ang malusog ang bata.
  - Bigyan siya ng masustansyang pagkain, siguraduhing may sapat na tulog, at hikayatin mag-ehersisyo.
  - Ipaliwanag sa bata kung ano ang COVID-19, ang importansya ng regular na paghugas ng kamay at pagpapanatili ng social distancing (o pagtitiyak na 1 metro ang layo niya sa iba hangga’t maari).
- Unawain ang mga bata. Sila ay nakakaramdam din ng stress sa ganitong sitwasyon. Kung nakakaramdam ka ng galit, huminga ng malalim at mag-isip ng positibong aksyon.
- Kung may pang-aabusong naganap, pumunta agad sa Violence against Women and Children’s (VAWC) Desk sa inyong Barangay, sa Police Station o sa pinakamalapit na Women and Children Protection Unit (WCPU).









Listahan ng WCPUs:

[www.childprotectionnetwork.org/wcpu-directory/](http://www.childprotectionnetwork.org/wcpu-directory/)



# PROTECT THE CHILD FROM ABUSE DURING COMMUNITY QUARANTINE

Here are some ways:

-  Make sure that the child is with a responsible adult at all times. Always ask the child how he/she is doing especially if he/she is with another caregiver.
-  Create a daily schedule that will be followed by the child and the assigned caregiver.
-  Avoid shows with violent and sexual themes. Guide the child in his/her TV-viewing.
-  Talk to the child about the use of social media. Instruct them not to talk to or meet people they do not personally know.
-  Teach the child about "good touch" and "bad touch." It is not right for someone to touch a child's private parts or to take a photo or video of a child's private parts. Likewise, it is not right for a child to be shown someone else's private parts or to have the child touch them. Instruct the child to tell a trusted adult when a "bad touch" or a touch that they are not comfortable with happens.
-  Keep the child healthy. Provide a healthy diet, ensure adequate sleep, and encourage them to exercise. Educate the child on COVID-19, the importance of regular hand washing and social distancing or maintaining 1 meter distance from other people as much as possible.
-  Be mindful of the child's emotions. Children also experience stress in this kind of situation. If you feel angry, take a deep breath and slowly let it out. Think of positive actions.
-  If abuse happens, immediately report it to the Violence Against Women and Children's (VAWC) Desk in your Barangay, to the Police Station, or to the nearest Women and Children Protection Unit (WCPU).

For a list of WCPUs, visit:  
[www.childprotectionnetwork.org/wcpu-directory/](http://www.childprotectionnetwork.org/wcpu-directory/)

