

## Who can help you?

If you are ever unsure about something or someone, you should always ask for adult's help. If you want to know more about your rights or if you need help, there are many agencies you can talk to:

1. National Commission for Women and Children (NCWC)  
Contact: Legal Officer or Children's Division  
Office number: 02- 334549 / 334551 (Office Hours)  
Website: [www.ncwc.org.bt](http://www.ncwc.org.bt)
2. Royal Bhutan Police (RBP)  
Helpline: 113 (24 hours)

3. Women and Child Protection Unit (WCPU)  
Thimphu – Phone No : 02-335681 (24 hours)  
Paro – Phone No : 08-271811 (24 hours)  
Phuentsholing – Phone No : 05-251443 (24 hours)

Women and Child Protection Desk (WCPD)  
Wangdue – Phone No : 02-481217 (24 hours)  
Samdrup Jongkhar – Phone No : 07-251636 (24 hours)  
Trashigang – Phone No : 04-521128 (24 hours)  
Gelephu – Phone No : 06-251054 (24 hours)  
Samtse: Phone: 05-365258  
Mongar Phone: 04-641113

4. Child Care and Protection Office  
Dratshang Lhengtshog  
Office No: 02-333726
5. Respect, Educate, Nurture, and Empower Women (RENEW)  
Office No: 02-332159 / 334751 (Office hours)  
Website: [www.renewbhutan.org](http://www.renewbhutan.org)
6. Bhutan Youth Development Fund (YDF)  
Phone No: 02-329135 / 327483 (Office hours)  
Website: [www.bhutanyouth.org](http://www.bhutanyouth.org)

## Four Guiding Principles

### 1. Survival

This concerns children's rights to have their most basic needs for survival and health addressed and met.

### 2. Development

This includes those things that children need to realize their full potential.

### 3. Protection

Requires child to be safe- guarded from all forms of abuse, exploitation, violence and abandonment.

### 4. Participation

Allows children to play an active role in their communities and nation through the right to express their opinions freely and to be heard.

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## Child protection information



## **Protect children from : Sexual Abuse**

Children can be sexually abused anywhere – in schools, hospitals, work place and even at home. In fact, studies show that many times, perpetrators are people who are known to the children.

Sexual abuse has many serious long term physical, emotional and developmental impacts on children and each one of us has a responsibility to protect the children from abuse.

If you are a child, remember these two things :

- (1) Nobody – however close the person may be to you, has the right to abuse you in any way.
- (2) If anyone touches you, speaks to you or

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“Sexual abuse injects poisonous lies into its victims’ hearts and minds. “You’re not worthy” is one of them.”  
— Carolyn Byers Ruch

shows you anything that makes you feel uncomfortable, immediately tell your parents or talk to someone you trust or call the police.

As a parent and a responsible adult, you should always be alert and mindful. Talk to your children regularly. Be aware of who your children interacts with. If you suspect that your child is being abused, immediately report it to the Police.

### **Verbal abuse**

Verbal abuse and bullying are common forms of abuse that children face regularly. Verbal abuse can be as hurtful as physical blows to the body. Scolding, teasing, name-calling – all these seem rather harmless incidents but in reality, these leave lasting impressions on

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“You’re a survivor because every day you make a choice not to be governed by their harsh words or actions. No one has the right to take away your happiness”  
— Assunta Harris

children’s evolving minds. Psychological scars can have a lasting impact, leaving children unsure of themselves, unable to recognize their true value and their talents. As a result, verbal abuse and bullying prevents children from developing to their full potential.

Children have an equal right to respect and dignity. Children have the right to be spoken to appropriately and not be teased or taunted for their appearance and abilities.

### **Child Neglect**

Depriving a child of the basic needs such as food, clothing, shelter or medical care is neglect. It is also the withholding of love, comfort or affection. Neglect and emotional abuse are harmful and can have long-term negative implications on a child. A large number of

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“Childhood should be carefree, playing in the sun; not living a nightmare in the darkness of the soul.”  
— Dave Pelzer

children are neglected every day. Often parents and other adults do not intend to neglect the children intentionally. Circumstances that put families under stress such as poverty, divorce, sickness and disability may cause neglect.

We all must ensure that children are looked after well – and it begins with us. Each one of us should ensure that we take good care of our children and we should also encourage everyone around us to pay more attention to their children’s needs.

### **Physical abuse**

Children could be physically abused anywhere – at home, in the school or other places. Slapping or hitting a child for not completing homework or for being disobedient is something we see quite often and we also

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“The greater a child’s terror, and the earlier it is experienced, the harder it becomes to develop a strong and healthy sense of self.”  
— Nathaniel Branden

believe this helps in disciplining the children. The reality is quite different - physical abuse such as hitting, slapping or more severe beatings can damage a child both physically and emotionally. It can lead the child to have difficulties with academic performance, self-control, self-image and social relationships.

If you are a child, remember these two things :

- (1) Nobody – however close the person may be to you, has the right to abuse you in any way.
- (2) If anyone hurts you, immediately tell your parents or talk to someone you trust or call the police.

As a parent and a responsible adult, never use physical punishment to discipline your child. If you suspect that your child is being abused, immediately report it to the Police.