



# كيف أحمي نفسي؟



سلطنة عُمان  
Sultanate of Oman



اللجنة العمانية لحقوق الإنسان  
Oman Human Rights Commission

حقوق الطبع محفوظة للجنة العمانية لحقوق الإنسان ٢٠٢٣م

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فكرة وإعداد  
أمل بنت خليفة الشماخية

سوم  
محفوظة بنت محمد الراشدية

الإشراف العام  
اللجنة العمانية لحقوق الإنسان

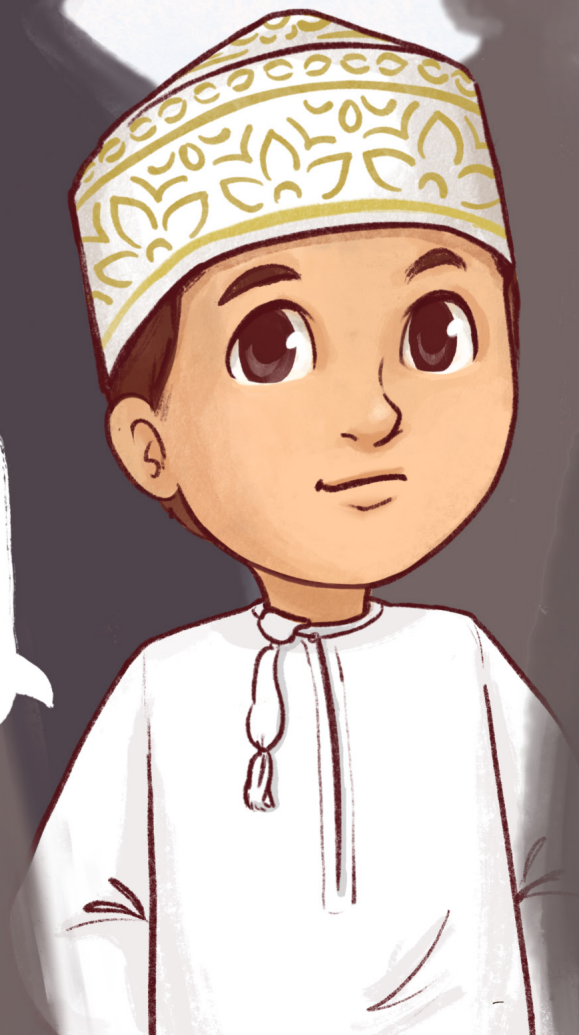


لَا أَخْرُجُ مِنَ الْبَيْتِ  
بِمُفْرَدِي




أَحْفَظُ رَقْمَ هَاتِفِ أُمِّي  
وَأَبِي، وَأَتَّصِلُ بِهِمَا  
عِنْدَمَا أَشْعُرُ بِالْخَطَرِ

لَا أَتَحَدَّثُ  
مَعَ الْغُرَبَاءِ



لَا أَقْبِلُ شَيْئًا  
مِنْ أَشْخَاصٍ لَا  
أَعْرِفُهُمْ

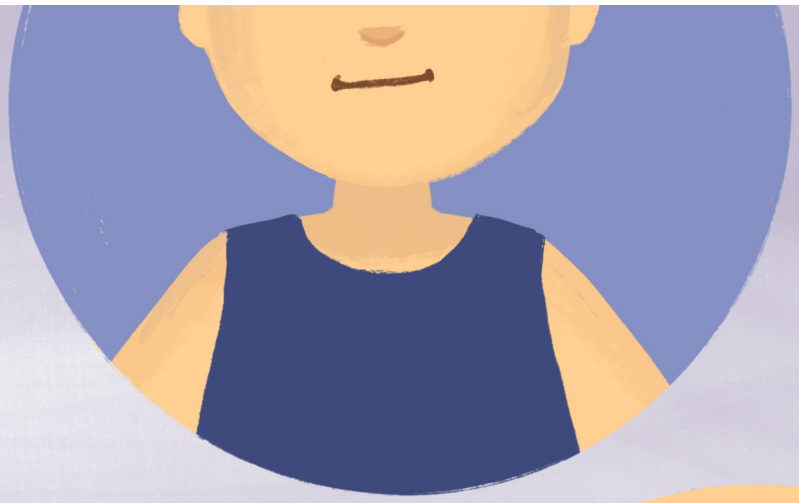




لَا أَلْعَبُ مَعَ مَنْ هُمْ  
أَكْبَرُ مِنِّي سِنًا

أَسْتَبْدِلُ مَلَابِسِي  
فِي مَكَانٍ سَاتِرٍ





لَا أَسْمَحُ لِأَحَدٍ بِأَنْ يَلْمِسَ جَسَدِي

أُصَارِحُ وَالِدِيَّ وَمُعَلِّمَتِي إِذَا تَعَرَّضْتُ  
لِلْإِعْتِدَاءِ دُونَ تَرَدُّدٍ

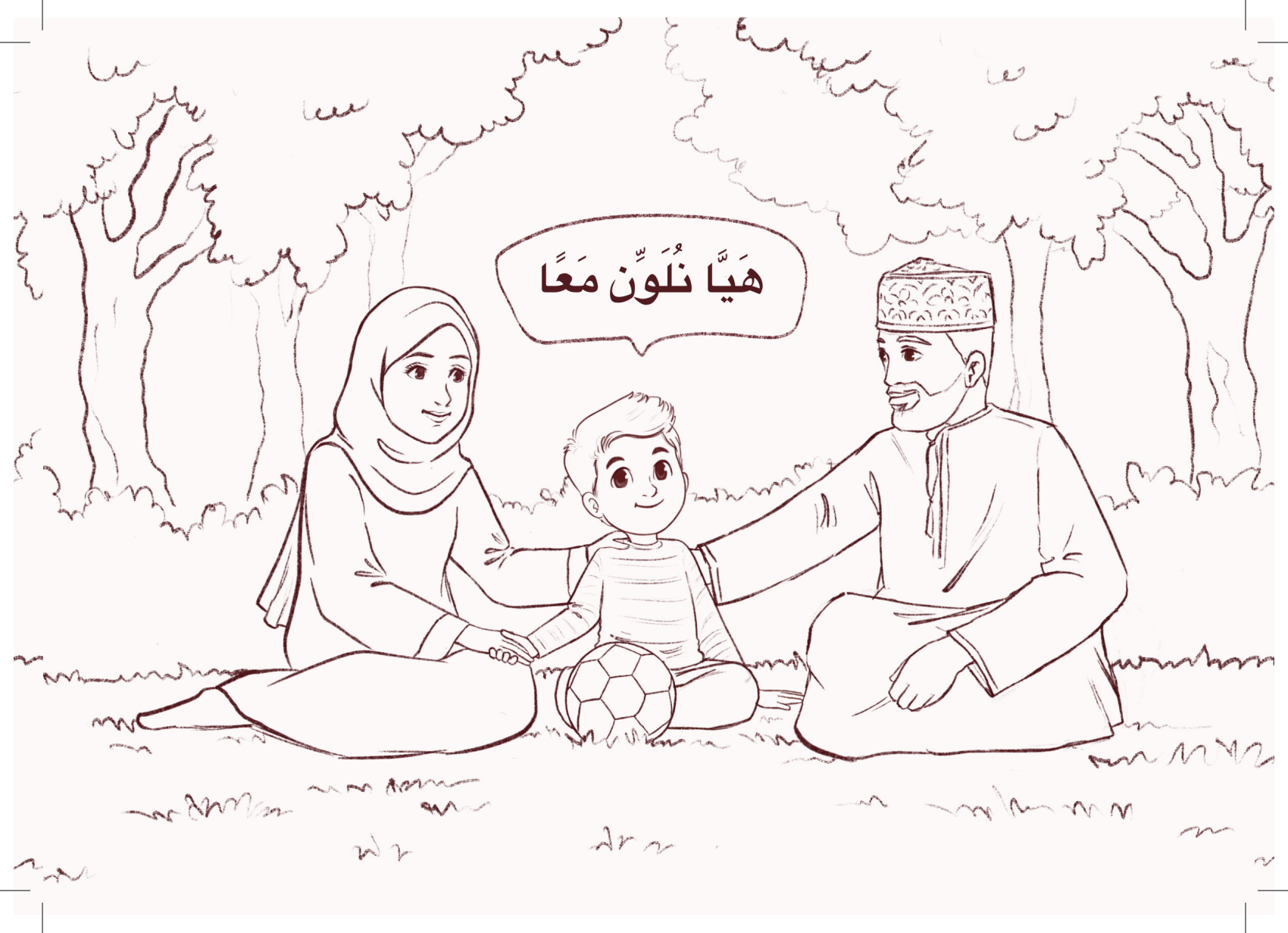


لَا أَشَاهِدُ الْأَفْلَامَ  
الَّتِي لَا تُنَاسِبُنِي



أَتَحَدَّثُ مَعَ وَالِدِيَّ  
إِذَا رَأَيْتُ أَمْرًا  
مُرِيبًا

هَيَّا نَلَوْنَ مَعًا





**Let's Color  
Together**



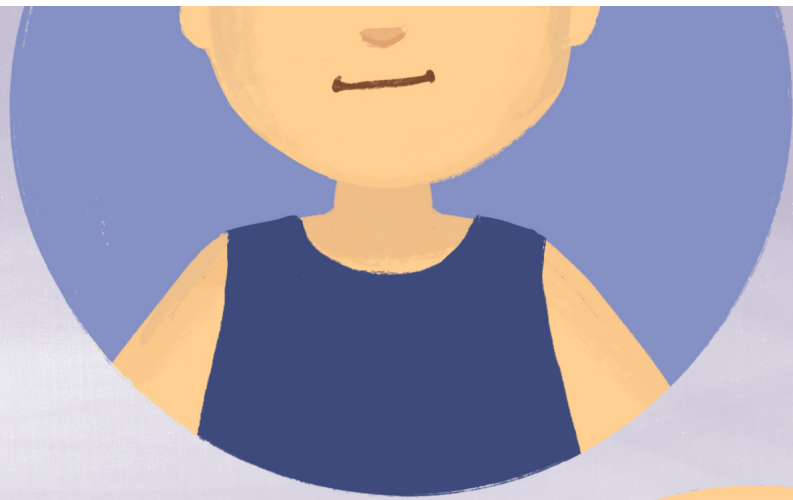
**I talk to my  
parents if I see  
anything  
suspicious**

I don't watch  
movies that don't  
suit me



**I immediately tell my parents and  
my teacher if I were assaulted  
without hesitation**






**I don't allow unsafe touches by anyone**

I change my  
clothes behind  
the curtain



An illustration of a young boy with brown hair, wearing a yellow long-sleeved shirt, holding a soccer ball. He is pointing upwards with his right hand. In the background, there are four silhouettes of people standing on a grassy field under a blue sky with clouds. A speech bubble is positioned to the left of the boy, containing the text "I don't play with people older than me".

**I don't play with  
people older  
than me**

An illustration of a young boy with brown hair and a yellow shirt, looking slightly confused or uncertain. He is surrounded by four hands offering him gifts: a white flower, a purple gift box with a red ribbon, a red candy, and a lollipop. A speech bubble to his right contains the text "I don't accept taking anything from people I don't know".

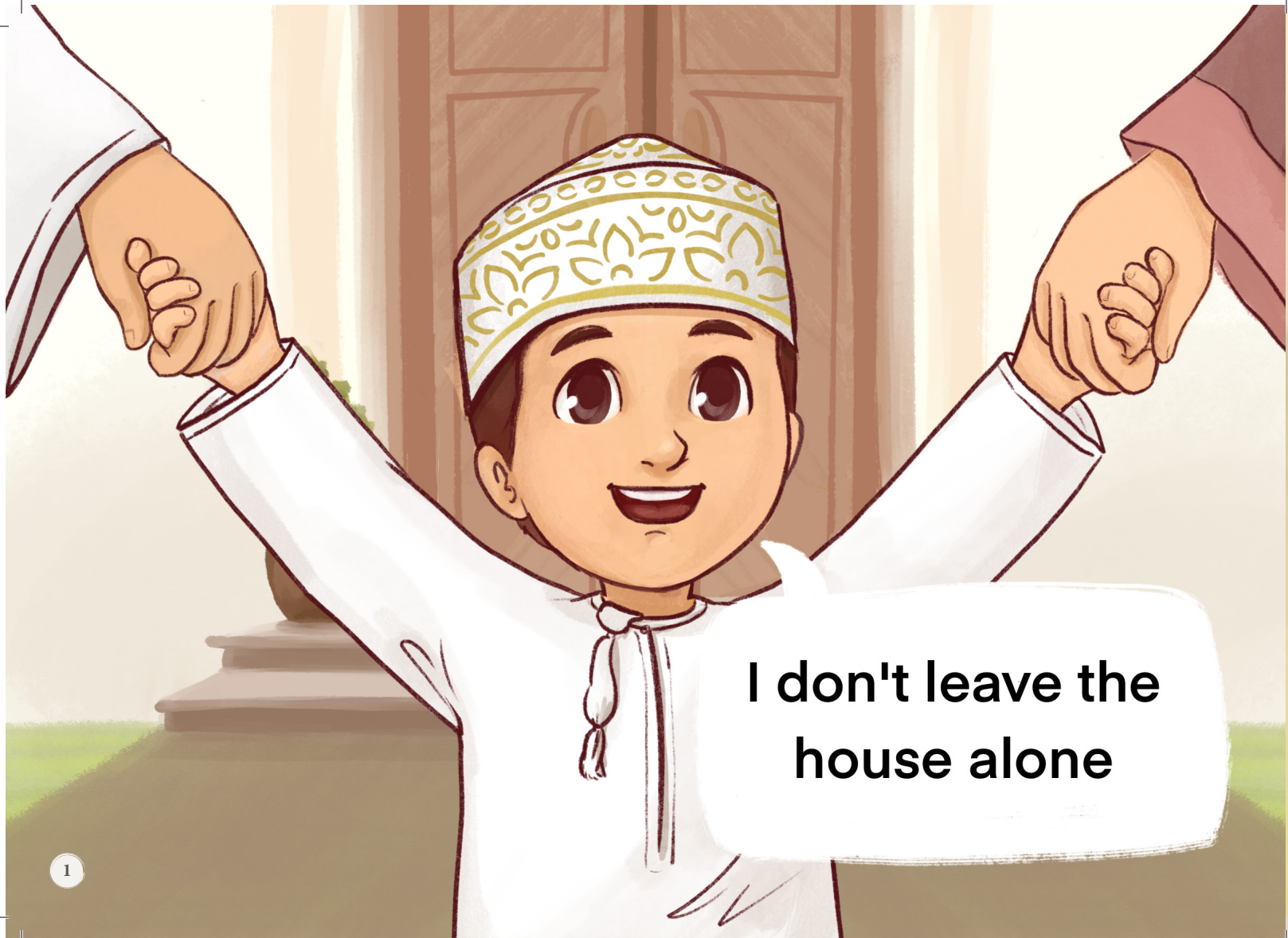
**I don't accept  
taking anything  
from people I  
don't know**



**I don't talk  
to strangers**



**I memorize my mom and dad's phone number, and call them when I feel threatened**



**I don't leave the  
house alone**

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**Amal bint Khalifa Al Shammakhiya**

Drawings:  
**Mahfouda bint Mohammed Al Rashdiya**

General Supervision:  
**Condolences from the Oman Human  
Rights Commission (OHRC)**



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# How Shall I Protect Myself ?