



Staying safe during holidays

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School holidays are one of the happiest times of the year. You get to rest from schoolwork, play more, travel to see relatives, and enjoy time with friends and family. Holidays are meant for fun and laughter. However, even as you enjoy yourself, it is essential to remember how to stay safe.

Stay safe at home

During the holidays, many children spend more time at home. This is a good chance to help your parents or guardians with small chores and enjoy family time. Always remember to stay where adults can see you. Do not open the door for strangers, even if they say they know your parents.

Playing with friends in the neighbourhood is exciting, but you must be careful. Always play in safe places and avoid lonely or hidden areas. It is important to be cautious with everyone, even people you see often. Not every smile means someone is safe.

If a person asks you to go somewhere alone, gives you gifts, or makes you feel uneasy, say no and move away. Go and tell a trusted adult as soon as possible.

If you are left with a helper or an older person, tell your parent if they do or say something that makes you feel uncomfortable. Avoid keeping secrets. Secrets are often the way abusers keep children silent. Claiming it is their little secret.

Be careful when travelling and visiting

Holidays are also a time for visiting relatives and travelling to different places. When travelling, stay close to the adult you came with. Do not wander off on your own, even in busy places such as taxi parks, markets, or village gatherings.

While visiting relatives, remember that your body belongs to you. You do not have to hug, sit on the lap of, or be tickled by anyone if you do not feel comfortable, even if they are relatives.

Understand personal safety

It is very important for every child to know that they have a right to feel safe. You should be careful about hugs, play, tickling, or sitting on someone's lap. If any touch makes you uncomfortable or confused, it is not okay.

You are allowed to say "NO" loudly and clearly. You should also say no to unwanted touches, unsafe pictures, secrets, or favours that make you feel scared or uncomfortable. No one should ask you to keep such things secret.

Speak up and get help

If something bad or confusing happens, do not keep quiet. It is never your fault. Talk to a parent, guardian, teacher, or another trusted adult immediately. Trusted adults are people who listen to you, care about you, and help keep you safe.