

自 我
己 的
保 身
護 體

家 庭 暴 力 防 治
及
身 體 自 主 權 宣 導

專 輔 教 師 謝 宜 芸

身 體 自 主 權



My Early Warning Signs

If I feel unsafe my body lets me know.
Here is how!

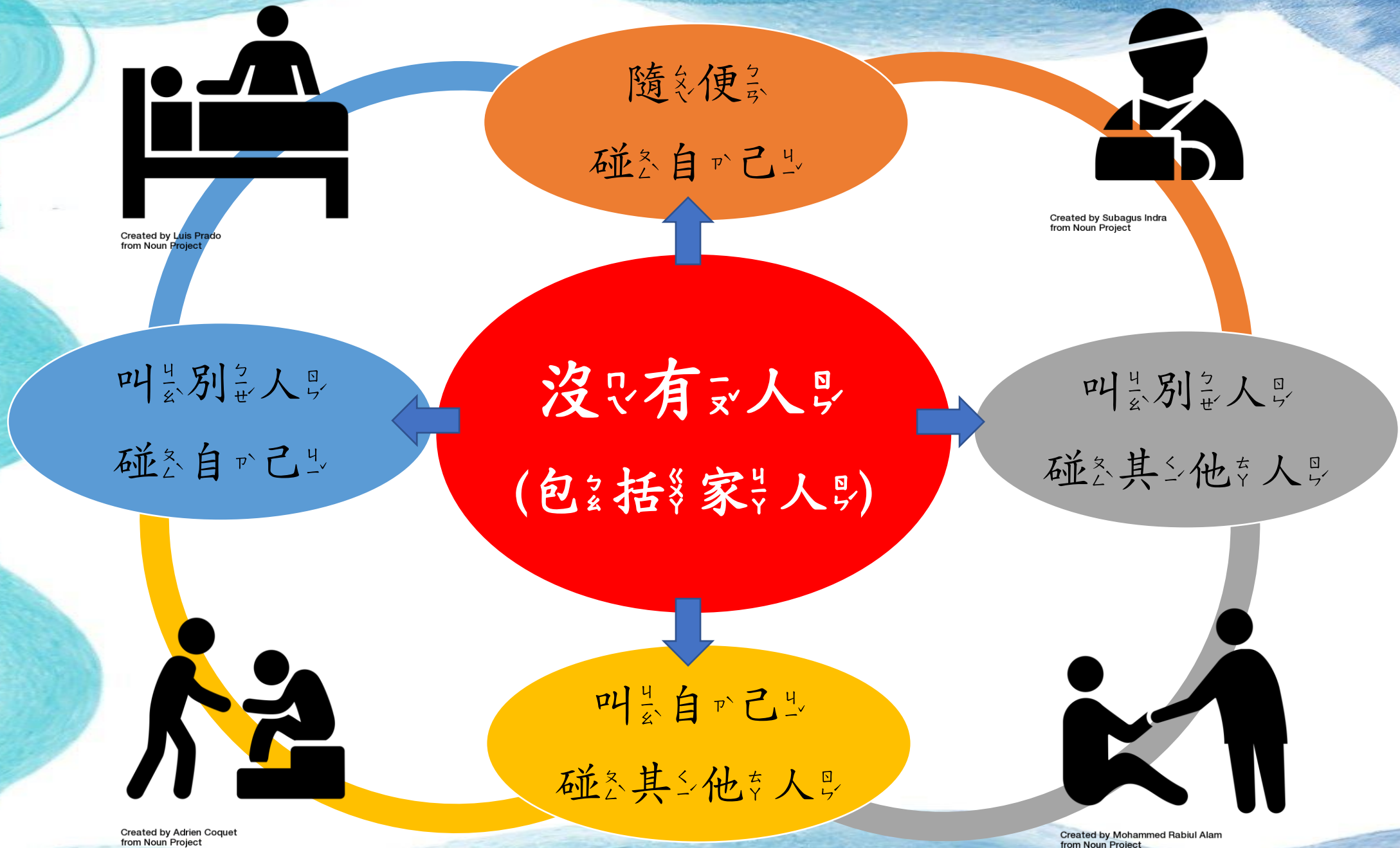
- Hair feels like it is standing on end
- Sweaty brow
- Start to cry
- Heart beats fast
- Goosebumps
- Feel sick in the tummy
- Sweaty palms
- Shaky all over
- Need to go to the toilet
- Wobbly Legs

If I feel unsafe, I must tell a trusted adult on my **Safety Network** straightaway!

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The poster features a central illustration of a boy with various physical signs of distress. The signs are labeled: 'Hair feels like it is standing on end' (top of head), 'Sweaty brow' (forehead), 'Start to cry' (tear on face), 'Heart beats fast' (heart icon on chest), 'Feel sick in the tummy' (stomach icon), 'Goosebumps' (small bumps on arm), 'Sweaty palms' (sweat on hand), 'Shaky all over' (wavy lines on arms), 'Need to go to the toilet' (toilet icon on pants), and 'Wobbly Legs' (wavy lines on legs). At the bottom, there are several small book covers and a copyright notice.

絕對身體領域
ヒロセクニヘ
ユラ
クニカニム
ハ



Created by Luis Prado from Noun Project

Created by Subagus Indra from Noun Project

Created by Adrien Coquet from Noun Project

Created by Mohammed Rabiul Alam from Noun Project

什_ニ麼_ノ是_ハ暴_ク力_カ

• 身_ニ體_ノ



• 心_ニ理_ノ



• 性_ニ



傷_ニ害_ノ別_ニ人_ノ的_カ身_ニ體_ノ與_ハ心_ニ情_ノ的_カ行_ニ為_ノ都_カ叫_ハ「暴_ク力_カ」!

噹カカ噹カカ～ 下ト課カ了カ

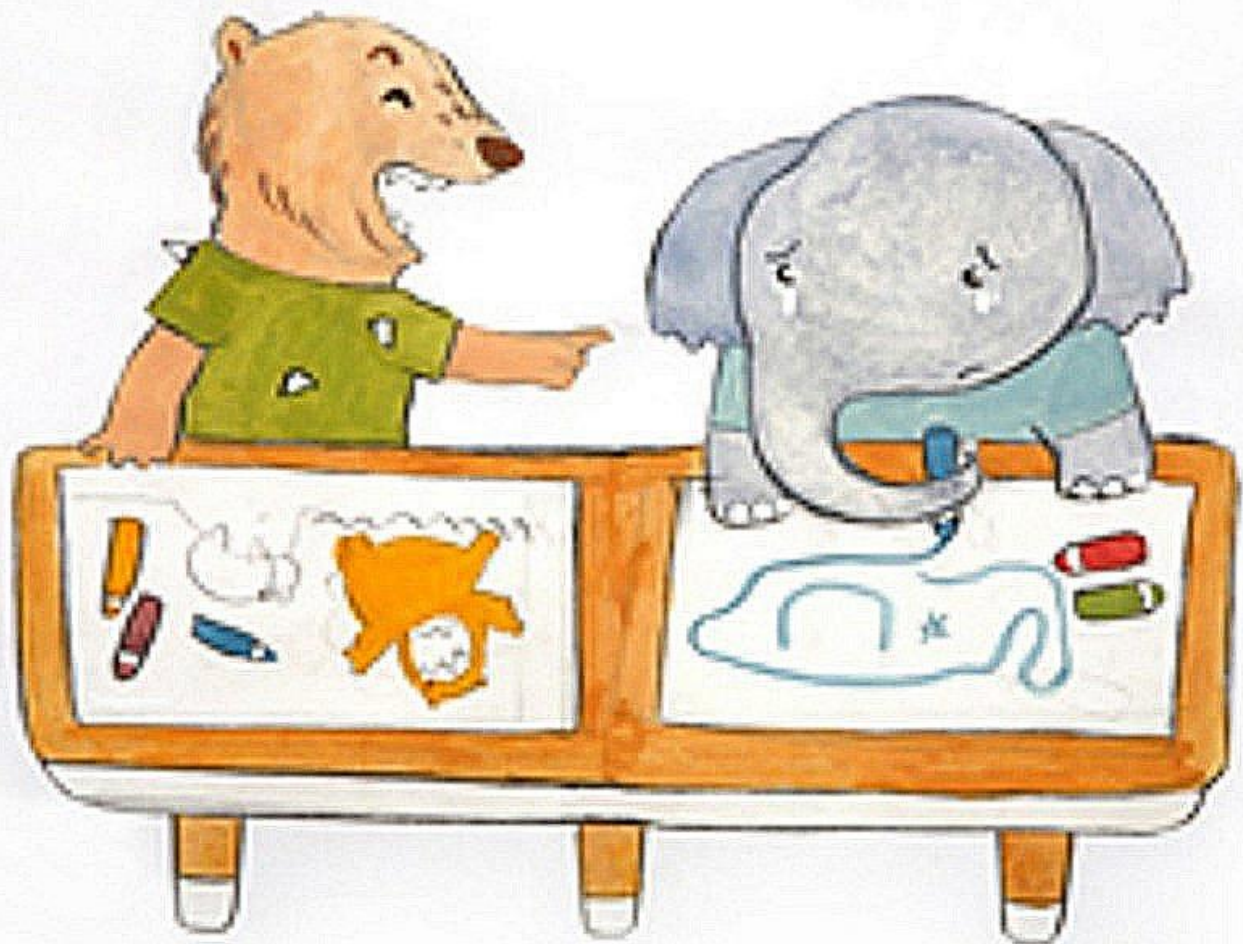
大カ家カ在ア操カ場カ玩メ得カ很レ快カ樂カ...



熊ト熊ト拉カ拉カ變カ成カ刺カ刺カ了カ

小^ト熊^{クマ}拉^カ拉^カ發^ヒ現^ト身^ヲ上^ル長^キ了^カ一^カ根^ク刺^チ…









家^{リ、イ}庭^{カ、ム}
暴^{ウ、ム}力^{カ、ヘ}



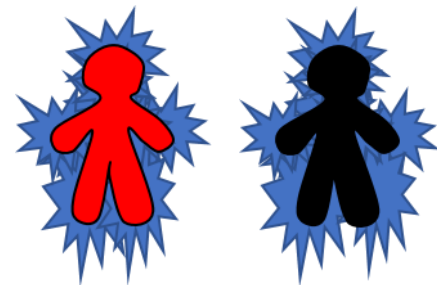
如何面對家庭暴力





刺刺出現在家裡

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如_{ヨメ}果_{クミ}刺_チ刺_チ



假_リ装_ウ成_イ圓_ロ圓_ロ呢_ネ?



危^メ險^ト可^ク能^ク就^リ
在^ル你^ノ身^ニ邊^ニ



A large yellow sun with red rays is centered on the page. In the background, there are stylized illustrations of people: a man in a green shirt on the left and a woman in a blue top and green pants on the right. The text is written in a traditional Chinese font with small phonetic annotations.

你_ㄩ是_ㄆ你_ㄩ自_ㄆ己_ㄩ身_ㄆ體_ㄩ的_ㄉ主_ㄨ人_ㄩ

無_ㄨ論_ㄉ有_ㄨ什_ㄉ麼_ㄉ感_ㄨ覺_ㄩ， 都_ㄉ是_ㄆ
自_ㄆ然_ㄩ的_ㄉ（直_ㄨ覺_ㄩ）

只_ㄨ要_ㄉ他_ㄩ/我_ㄨ/你_ㄩ不_ㄨ喜_ㄩ歡_ㄩ，
我_ㄨ/你_ㄩ/他_ㄩ就_ㄨ不_ㄨ可_ㄩ以_ㄉ

假^{ㄐㄩㄚˋ}圓^{ㄩㄢˊ}圓^{ㄩㄢˊ}變^{ㄅㄩㄢˋ}真^{ㄓㄨㄢ}刺^{ㄘㄩㄛˋ}刺^{ㄘㄩㄛˋ}

1. 堅^{ㄐㄩㄢ}定^{ㄉㄩㄥˋ}大^{ㄉㄚˋ}聲^{ㄕㄨㄥ}地^{ㄉㄧˋ}說^{ㄕㄨㄞˋ}「不^{ㄨㄟˋ}」
2. 感^{ㄍㄢˋ}到^{ㄉㄠˋ}危^{ㄨㄟˋ}險^{ㄒㄩㄢˋ}大^{ㄉㄚˋ}聲^{ㄕㄨㄥ}呼^{ㄏㄨ}救^{ㄐㄩㄞˋ}
3. 離^{ㄌㄧˊ}開^{ㄎㄞ}危^{ㄨㄟˋ}險^{ㄒㄩㄢˋ}
4. 告^{ㄍㄠˋ}訴^{ㄙㄨˋ}你^{ㄋㄨㄟˊ}信^{ㄒㄩㄢˋ}任^{ㄖㄣˋ}的^{ㄉㄜˊ}大^{ㄉㄚˋ}人^{ㄖㄣˊ}

誰^{クハ}是^ハ我^メ可^ク以^テ
信^ト任^ス的^カ人^ニ

為什麼我可以相信他

他會聽我講話

他不會傷害我

他會尊重我的想法跟感覺

他不會欺負我

他不會笑我

我們認識很久

哪_ㄉ裡_ㄌ可_ㄛ以_ㄩ找_ㄗ到_ㄘ信_ㄣ任_ㄣ的_ㄉ大_ㄉ人_ㄉ

● 你_ㄉ最_ㄟ常_ㄩ在_ㄉ哪_ㄉ裡_ㄌ

- 家_ㄉ裡_ㄌ
- 親_ㄣ戚_ㄣ家_ㄉ
- 學_ㄣ校_ㄌ
- 安_ㄉ親_ㄣ班_ㄌ
- 補_ㄌ習_ㄣ班_ㄌ
- 才_ㄉ藝_ㄌ班_ㄌ

● 有_ㄩ電_ㄉ話_ㄌ隨_ㄣ時_ㄌ可_ㄛ以_ㄩ找_ㄗ到_ㄘ的_ㄉ

● 110:報_ㄌ警_ㄌ專_ㄣ線_ㄌ

● 119:急_ㄌ救_ㄌ、消_ㄣ防_ㄌ專_ㄣ線_ㄌ

公_ㄣ共_ㄣ電_ㄉ話_ㄌ、家_ㄉ裡_ㄌ電_ㄉ話_ㄌ → 手_ㄉ機_ㄌ

● 113:保_ㄌ護_ㄌ專_ㄣ線_ㄌ

● 哎_ㄉ啲_ㄌ喂_ㄌ呀_ㄩ專_ㄣ線_ㄌ:0800-003-123

十_ㄉ二_ㄌ歲_ㄌ以_ㄩ下_ㄌ兒_ㄌ童_ㄌ

週_ㄣ一_ㄌ~週_ㄣ五_ㄌ 16:30-17:30



你^{ㄩˇ}的^{ㄉㄨˋ}
自^{ㄉㄨˋ}我^{ㄨㄟˊ}保^{ㄅㄆ}護^{ㄏㄨˋ}
功^{ㄍㄨㄥ}力^{ㄌㄧˊ}
已^{ㄧˇ}增^{ㄓㄨㄥ}強^{ㄑㄩㄥ}

