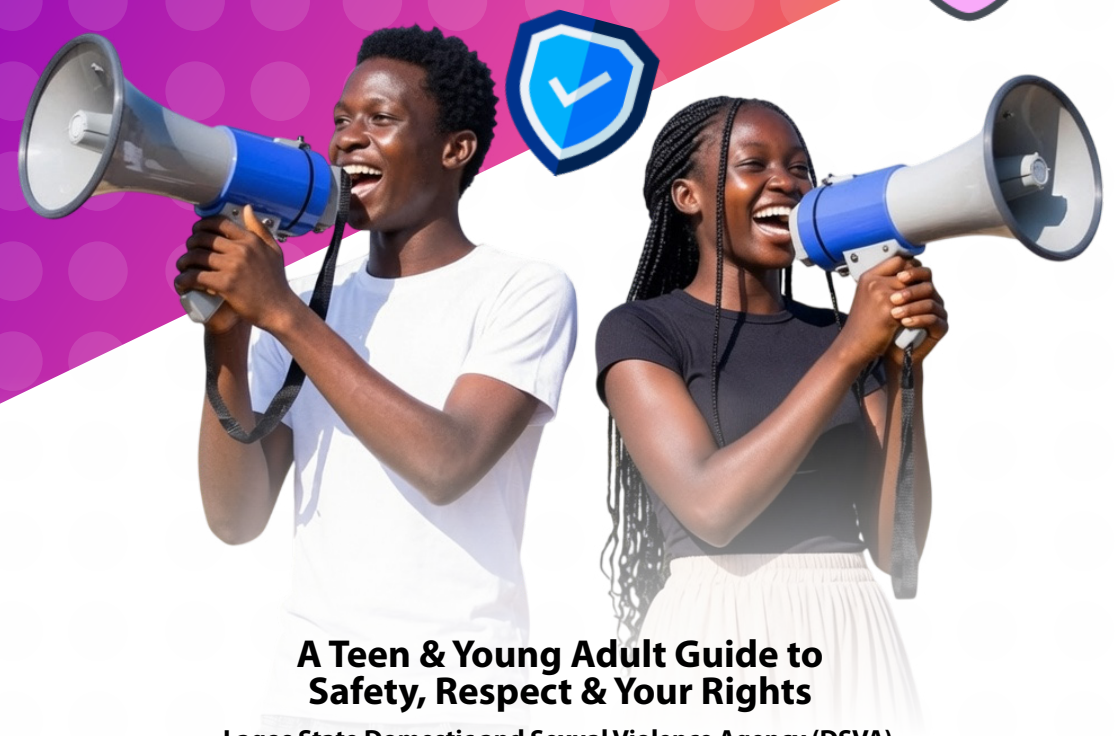
LAGOS STATE DOMESTIC AND SEXUAL VIOLENCE AGENCY

SMART TEENS ADVOCACY INITIATIVE - STAI

Stay Safe, Speak Up



A Teen & Young Adult Guide to Safety, Respect & Your Rights

Lagos State Domestic and Sexual Violence Agency (DSVA)

Smart Teens Advocacy Initiative (STAI)
was prepared by the
Lagos State Domestic and Sexually Violence Agency

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NOT TO BE SOLD

FOREWORD

Hey you 👋🏾
Yes... you reading this.

I'm really glad you picked up this guide.
Growing up is a big adventure; new friends, new experiences, and figuring out who you are. But while you're doing all that, there's one thing you should always carry with you:

You deserve to feel safe. Always. No exceptions.

This guide was created just for you — to help you:

- ***Know your rights***
- ***Spot when something isn't right***
- ***Protect yourself and your friends***
- ***Speak up when it matters***

Let's be real for a second… Not everything you'll face will feel okay. Sometimes something might feel weird, off, or just not right.

When that happens—trust yourself.
That feeling? It's important. Listen to it.

And here's something you should never forget:
If something bad happens — it is **NOT your fault**. Ever. You are not alone.
There are people (like us at DSVA) who are ready to listen, support you, and help you figure things out.

So as you read this, don't just skim through it.
Own it. Understand it. Share it with your friends.
Because knowing this stuff?

REMEMBER THIS
That's real power. 💛

Stay safe. Speak up. And remember; your voice is stronger than you think.

LV

Lola Vivour-Adeniyi
Executive Secretary
Lagos State Domestic and Sexual Violence Agency (DSVA)



Welcome to Your Guide!

Hey there! This booklet was made just for you. Your teenage years and young adulthood are all about discovering who you are, building friendships, and figuring out the world. But to navigate life confidently, you need to know your rights, recognize when something isn't right, and know exactly how to protect your peace.

Inside this guide, you'll learn how to:

- Understand your rights and boundaries.
- Spot safe vs. unsafe behaviors (both in real life and online).
- Look out for yourself and your friends.
- Know exactly who to call if you ever need help.



THE GOLDEN RULE

You have the absolute right to feel safe, respected, and heard. Always.



Brain Check: Where Are You At?

(Take this quick quiz before you read on!)

1. What do you think "SGBV" stands for?
2. Can you name one form of abuse?
3. What would you do right now if you felt unsafe?

CHAPTER ONE

1 Boundaries, Consent & The FRIES Rule

Before we talk about what's wrong, let's talk about what's right. Healthy relationships—whether friendships or dating—are built on respect and boundaries.

Safe Touch

Makes you feel comfortable, respected, and happy (like a high-five or a supportive hug).

Unsafe Touch

Makes you feel uncomfortable, scared, confused, or forces you to hide it.

Real Talk:
What is Consent?





Consent isn't just saying "fine, whatever." It is a clear, enthusiastic, and completely free choice between two people.

IMPORTANT LAGOS STATE LAW:

Under the Child's Rights Law of Lagos State (2015), **anyone under the age of 18** is legally a child, and a child **CANNOT** give consent to any sexual activity.

Teens and young adults below 18 should not be in sexual relationships.

Any sexual contact with a child is legally classified as **defilement**, and the penalty is **LIFE IMPRISONMENT**.

To make consent easy to understand, just think of F.R.I.E.S.



F

Freely Given
You say yes because you want to, not because you feel pressured, scared, or are under the influence of something.

R

Reversible
You can change your mind at any time—even if you said yes before, and even if you are already in the middle of making out.

I

Informed
You know the full story. If someone says they will use protection and then they don't, that is not consent.

E

Enthusiastic
It should be something you really want to do, not something you feel you "owe" someone.

S

Specific
Saying yes to a hug or a kiss doesn't mean you've said yes to anything else.

CHAPTER TWO

2 Unmasking SGBV (Sexual & Gender-Based Violence)

When boundaries are ignored, it becomes violence or abuse. **SGBV** stands for **Sexual and Gender-Based Violence**. It refers to any harmful act directed at a person simply because of their gender. It can happen to anyone—guys and girls alike.

The 6 Faces of Abuse

1 

Physical Abuse

Hitting, slapping, pushing, or hurting your body.

2 

Verbal Abuse

Using words to attack, mock, or scream at you.

3 

Emotional / Psychological Abuse

Threats, manipulation, playing mind games, or making you feel worthless.

4 

Sexual Harassment

Unwanted sexual comments, catcalling, or uninvited advances.

5 

Digital Abuse / TFSGBV

Cyberbullying, online stalking, or sharing your private images without permission.

6 

Sexual Abuse & Rape

Any unwanted sexual act, touching of your private parts, or forcing /coercing you into sexual acts without your consent.

Note: Rape is a severe criminal offense in Lagos State, punishable by life imprisonment.

CHAPTER THREE

3 Staying Safe in the Digital World

Abuse doesn't just happen in the streets or at school; it can happen right on your phone. Protect yourself online!



Before You Post, Think T.S.K.

Before you upload a photo, drop a comment, or hit "repost," ask yourself three things:

T

Is it True?

Don't spread misinformation

S

Is it Safe?

Won't it put you or others at risk?

K

Is it Kind?

Would you say it to their face?

Your Digital Armor





Never share private or intimate photos
Once a photo is sent, you lose control of it forever.



Don't chat with strangers
People online are not always who they claim to be.



Block & Report
Use the block button generously on anyone who makes you uncomfortable.

CHAPTER FOUR

4 Your Mind Matters (Emotional Safety)

Abuse doesn't just leave physical bruises; it hurts your mind and your heart. If you are experiencing bullying or abuse, it is completely normal to feel scared, angry, anxious, or isolated.

- Don't bottle it up: Write down how you feel, talk to a school counselor, or tell a trusted friend.
- Save the evidence: If you are being bullied or harassed online, take screenshots. Don't delete it; save it as proof.

The Myth
Abuse only happens to girls.

The Truth
Anyone can be a victim of abuse, regardless of gender.

The Myth
It was my fault because of what I wore or did.

The Truth
It is NEVER your fault. The blame lies 100% on the abuser.

The Myth
If I keep quiet, it will just go away.

The Truth
Silence protects the abuser. Speaking up brings help.



CHAPTER FIVE

5 Your Body Safety Rules & How to Speak Up

If you ever find yourself in an uncomfortable, weird, or dangerous situation, memorize these **5 Body Safety Rules:**

1. **SAY NO LOUDLY if you feel unsafe. Your voice is your power.**
2. **RUN AWAY from the danger.**
3. **TELL a trusted adult immediately.**
4. **REMEMBER: It is never your fault.**
5. **KEEP TELLING until someone listens to you!**



REMEMBER THIS

Silence protects systems of harm.
Speaking up protects people.

Who Can You Tell?



A Parent or Guardian

Someone at home who loves and cares for you.



A Teacher or Counselor

A trusted adult at your school who can help.



Any trusted adult in your community

Any adult in your community you feel safe with.



The Lagos State DSVA Team

Professionals trained to listen, protect, and help you.

Your Direct Lifeline: Contact the DSVA

If you or a friend is experiencing abuse, defilement, harassment, or bullying, you do not have to handle it alone. Lagos State has your back.

Toll-Free Hotline:

08000—333—333

Completely Free to Call



You will be listened to with respect.



You will be protected.



You will get real help, medical support, and counseling.

CHALLENGE TIME

Ultimate Teen Challenge: What Would You Do?

Let's test your new superpowers. Read these real-life scenarios and write down or discuss what you should do:

SCENARIO 1 The Chat Request

Ada (15) gets a DM from an older guy online. He says she's beautiful and promises to buy her a new iPhone if she sends him a private picture. She feels super uncomfortable but really wants the phone.

What should Ada do?_____

Hint: Don't trust online strangers. Block, report, and tell an adult!

SCENARIO 2 The Secret

Tunde's older cousin touches him inappropriately while no one is home. Afterward, the cousin gives Tunde some money and says, "This is our special little secret. If you tell anyone, you'll get in trouble." Tunde feels sick to his stomach and scared.

What should Tunde do?_____

Hint: No adult or older relative should ever ask you to keep a secret about your body. It is NOT Tunde's fault, and he needs to tell a trusted adult immediately!)



Final Check: Are You SGBV-Smart?

(See how much you've learned!)

1. Can you list 3 different forms of SGBV?
2. What are the 5 Body Safety Rules?
3. What is the DSVA toll-free hotline number?

You've got this!

Your safety matters. Your voice matters. You matter.

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Smart Teens Advocacy Initiative (STAI) . Stay Safe, Speak Up
Toll-Free Hotline: **08000-333-333** . **Free, Confidential**
Available to you

YOU ARE IMPORTANT. YOUR VOICE MATTERS. STAY SAFE, SPEAK UP, AND GET HELP!

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