

Fareeda in a Strange World

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Fareeda is not an ordinary girl. Inside her, there is something no one else can see...
A small, personal space, filled with lamps.





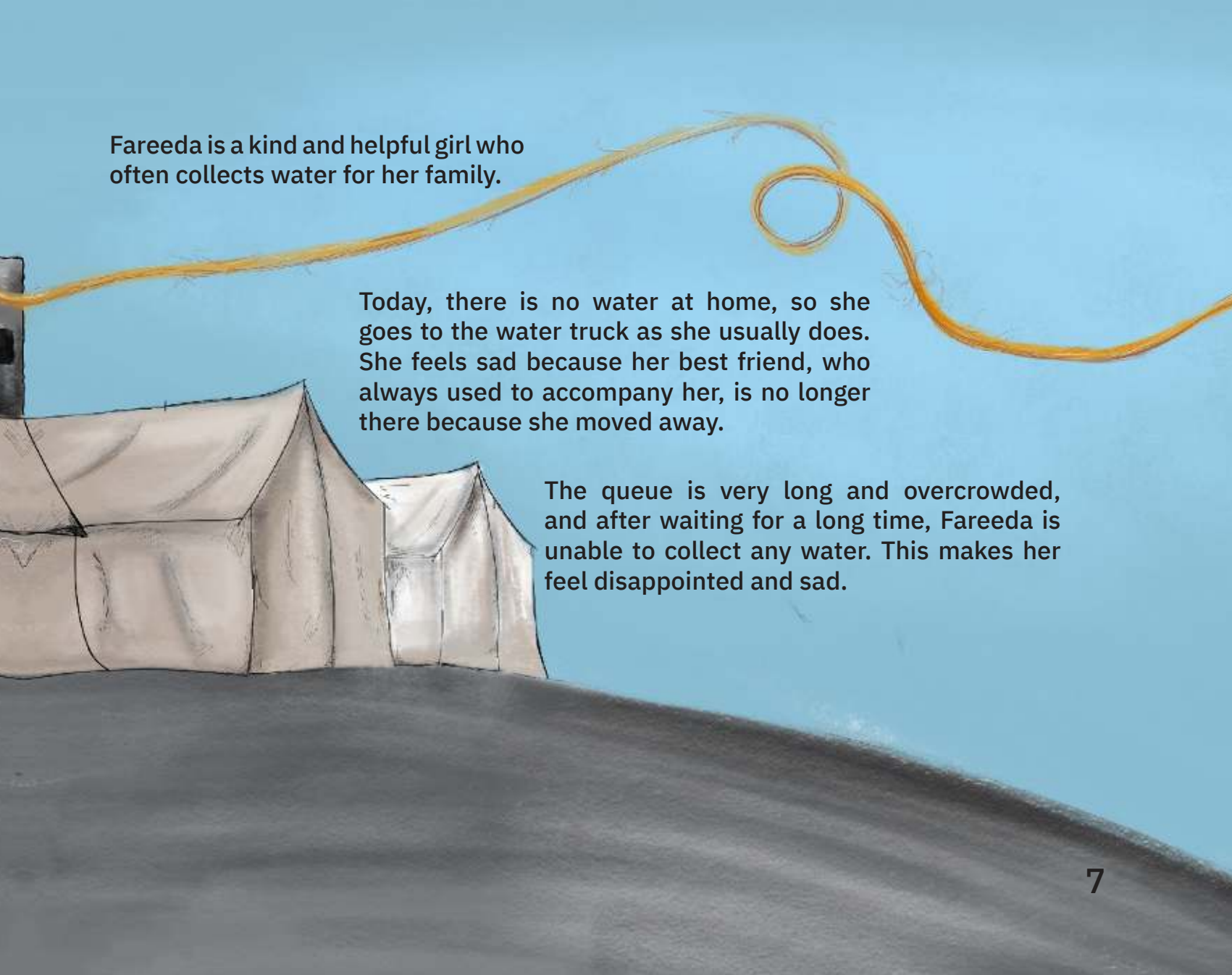
Lamps that look like stars, but each one glows with a different color, depending on how she feels.

When Fareeda is happy, a warm green light lights up inside her.



And when she gets angry, the lights turn into a fierce, fiery red.
Fear, for Fareeda is a pale yellow. It creeps in to fill the room with
heavy silence.
Only Fareeda could feel these colors deep inside her.



The background of the page is a light blue sky. A long, thin, yellow ribbon-like line starts from the left edge, curves upwards and then downwards, ending on the right edge. In the lower-left corner, there are two simple, light-brown tents or huts with dark outlines. The ground is a dark, curved shape at the bottom of the page.

Fareeda is a kind and helpful girl who often collects water for her family.

Today, there is no water at home, so she goes to the water truck as she usually does. She feels sad because her best friend, who always used to accompany her, is no longer there because she moved away.

The queue is very long and overcrowded, and after waiting for a long time, Fareeda is unable to collect any water. This makes her feel disappointed and sad.

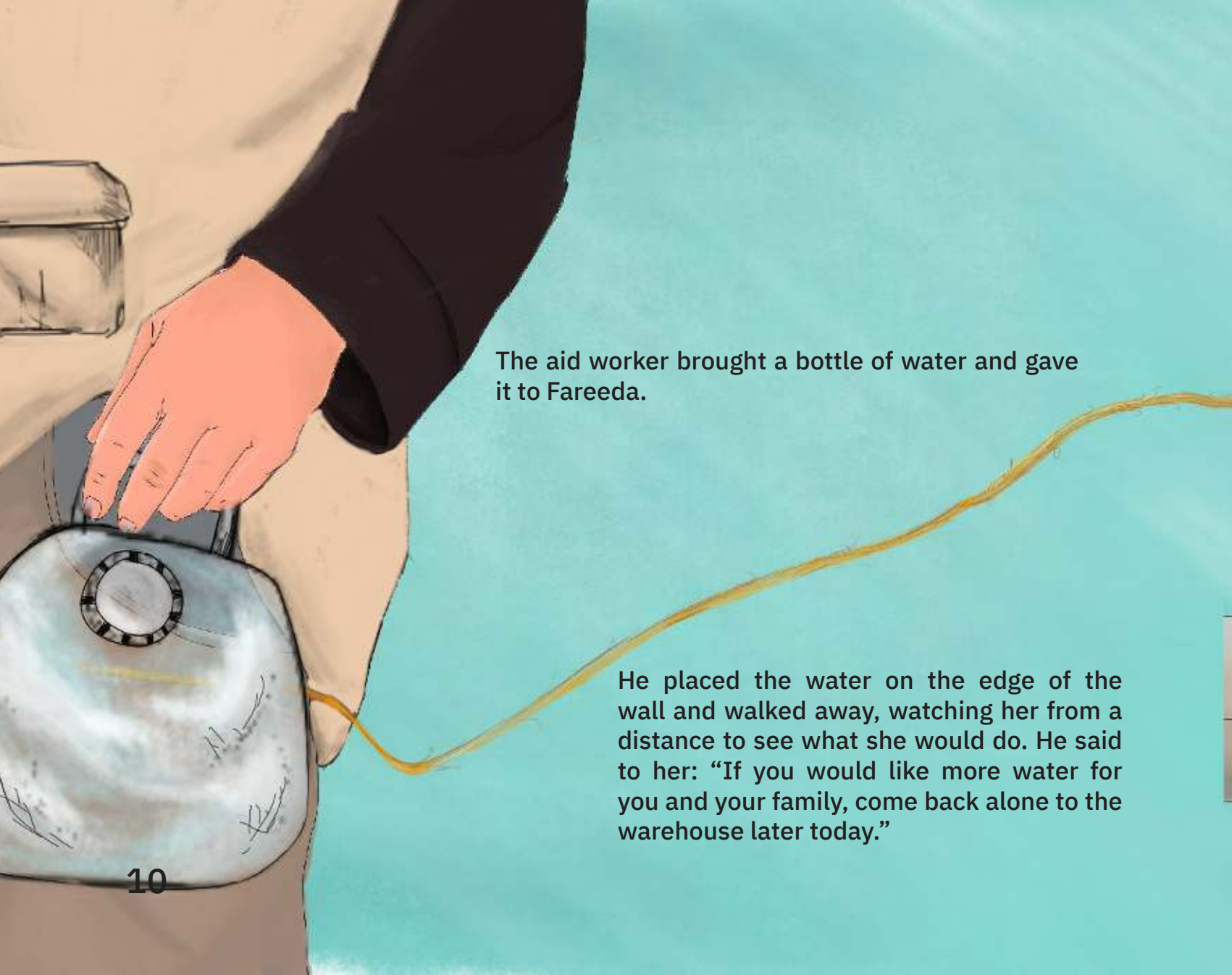
Fareeda walked away from the crowded queue and sat quietly in a corner, feeling thirsty, disappointed that she could not collect water. She was also missing her friend. Her yellow light of sadness came on.



A humanitarian aid worker was watching her from a distance, standing at the front of the line, wearing his vest.

He smiled at her kindly, as he usually did, and said calmly: "What's wrong, Fareeda? You seem sad today."

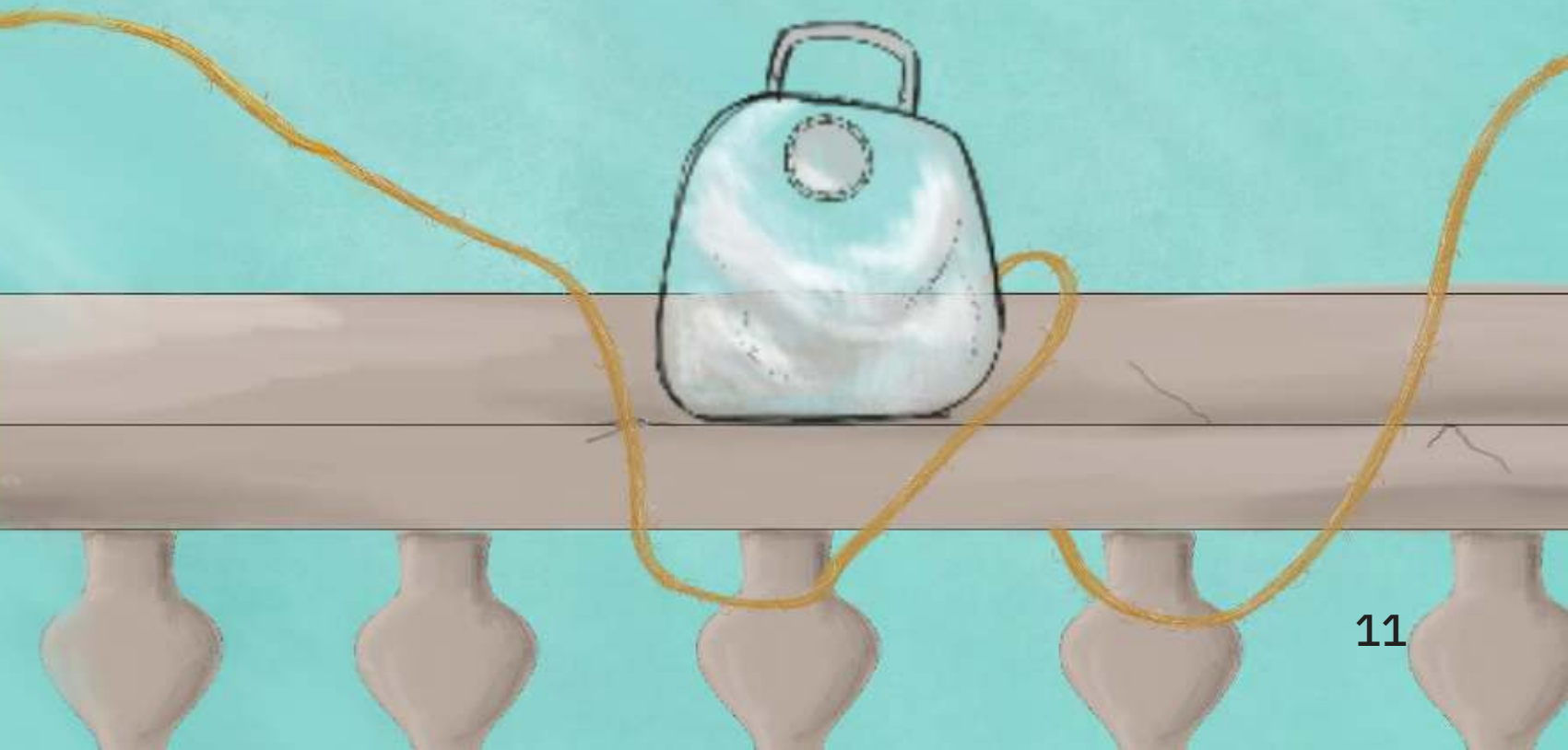




The aid worker brought a bottle of water and gave it to Fareeda.

He placed the water on the edge of the wall and walked away, watching her from a distance to see what she would do. He said to her: "If you would like more water for you and your family, come back alone to the warehouse later today."

Fareeda's heart trembled with suspicion.
As soon as the man disappeared, Fareeda picked up the
water bottle and rushed with it to her home, closing the
door behind her.



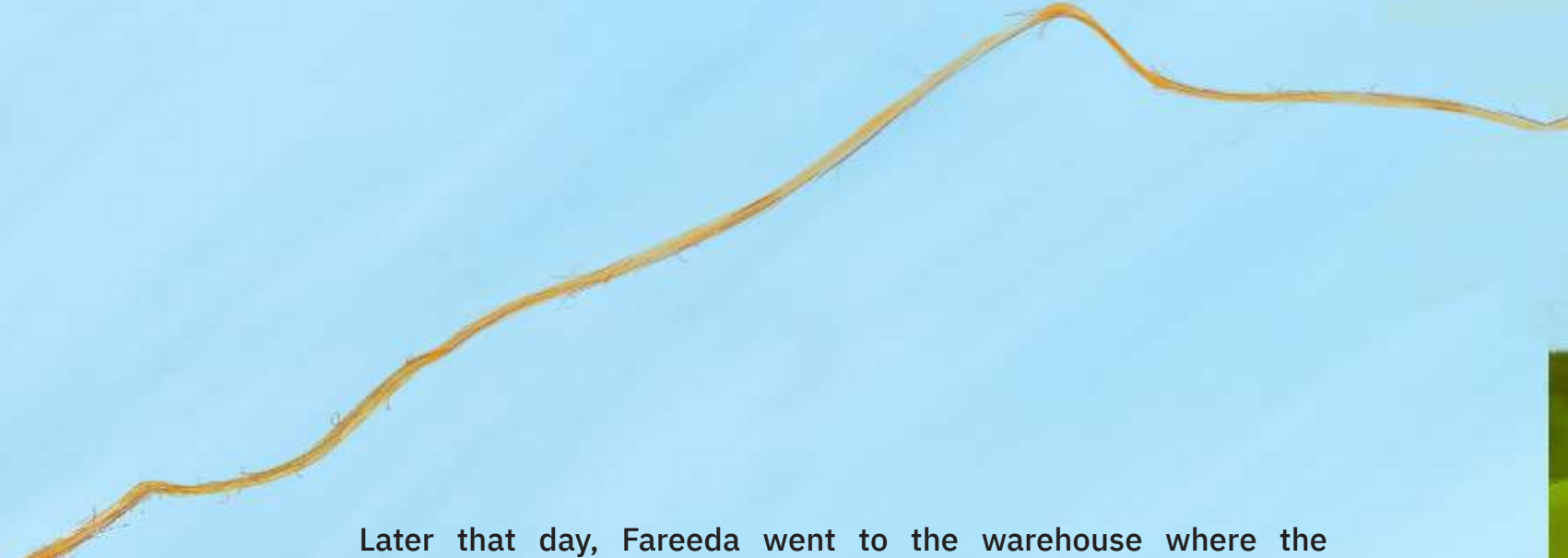
As soon as she drank from the water, she thought of her family who were thirsty and had no water to drink.



A lightbulb with a human-like face, including eyes, a nose, and a smiling mouth. It has a long, thin, orange cord that loops and swirls in the air. The background is a light blue sky with soft white clouds. At the bottom, there is a dark, silhouetted landscape.

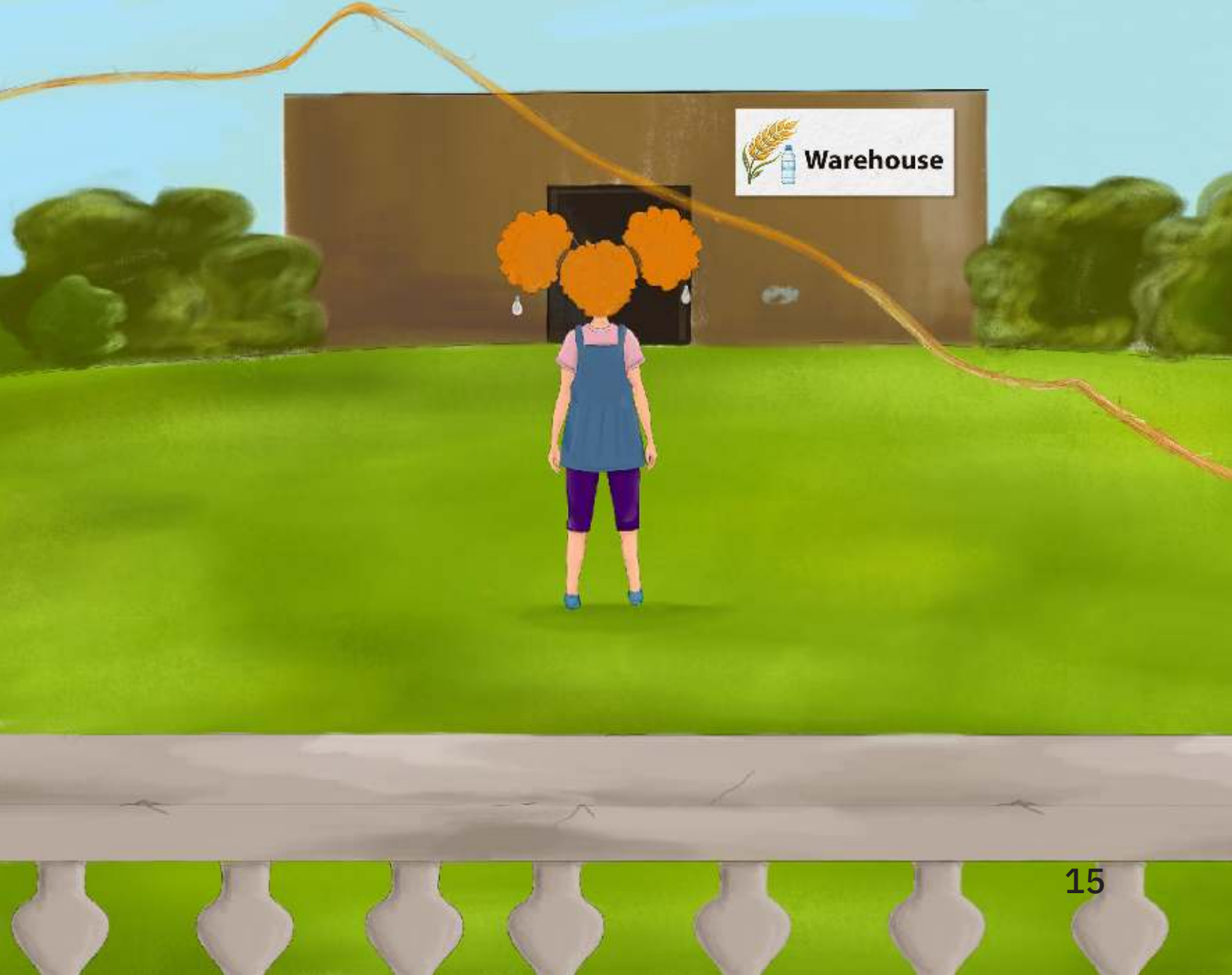
She couldn't stop thinking about what the aid worker had said.

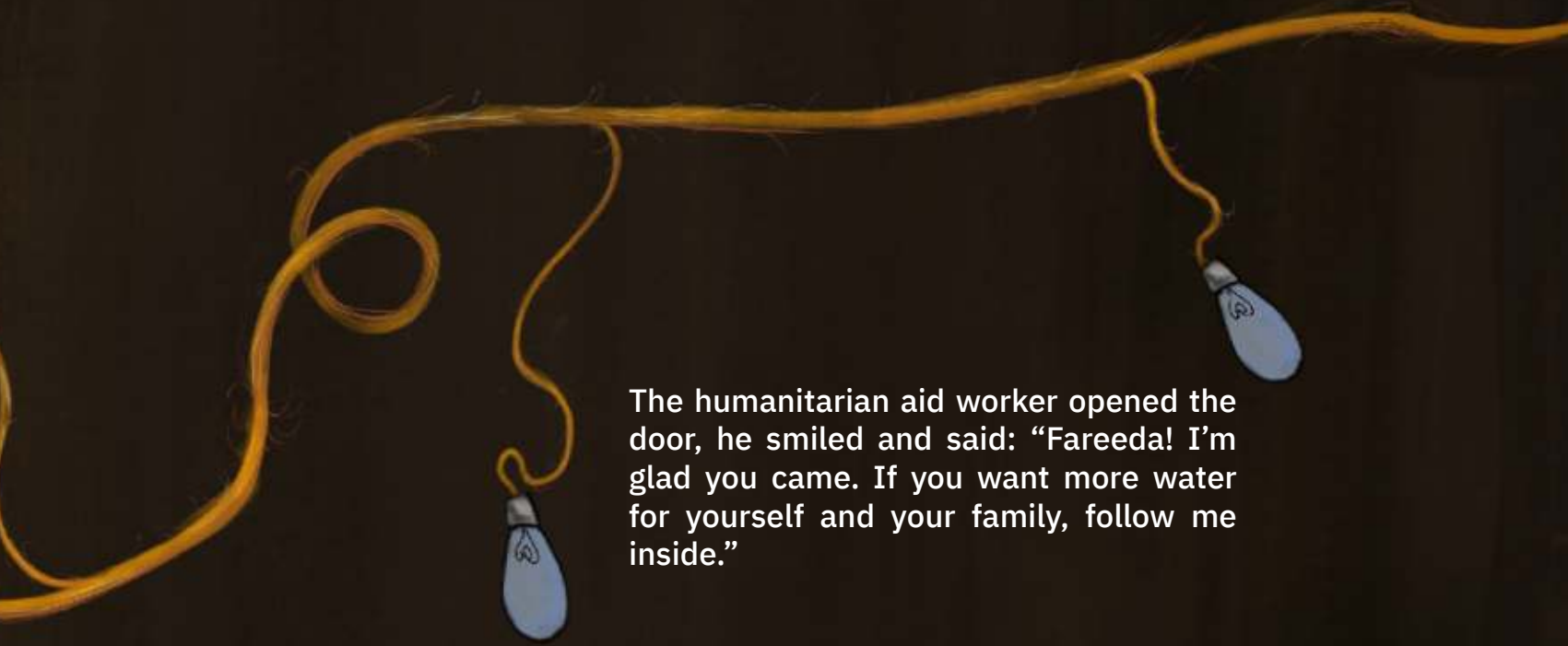
Her family needed water, and she was the only one who could get it.



Later that day, Fareeda went to the warehouse where the humanitarian aid worker asked her to go, alone! She did not tell her family where she was going.

As she walked towards it, Fareeda asked herself: “This is not a safe place. I shouldn’t go there alone. But my family needs water.”





The humanitarian aid worker opened the door, he smiled and said: "Fareeda! I'm glad you came. If you want more water for yourself and your family, follow me inside."

Fareeda: "Is there a woman who can come with us?"

Man: "No. You must come in alone."

Fareeda's lamp turned from yellow to red. Something does not feel right.





The humanitarian aid worker noticed Fareeda's hesitation, so he tried to reassure her, saying:

"Don't worry, Fareeda, what you're feeling is completely normal. Everything will be fine."

But deep down, Fareeda knew that this feeling wasn't normal, and that something wasn't right.



The colors inside Fareeda's heart began to change, little by little:

the pale yellow of fear mixed with a dark, troubled blue, and the warm light faded away bit by bit,

like a silent alarm bell.





He began to gently hold her hand.



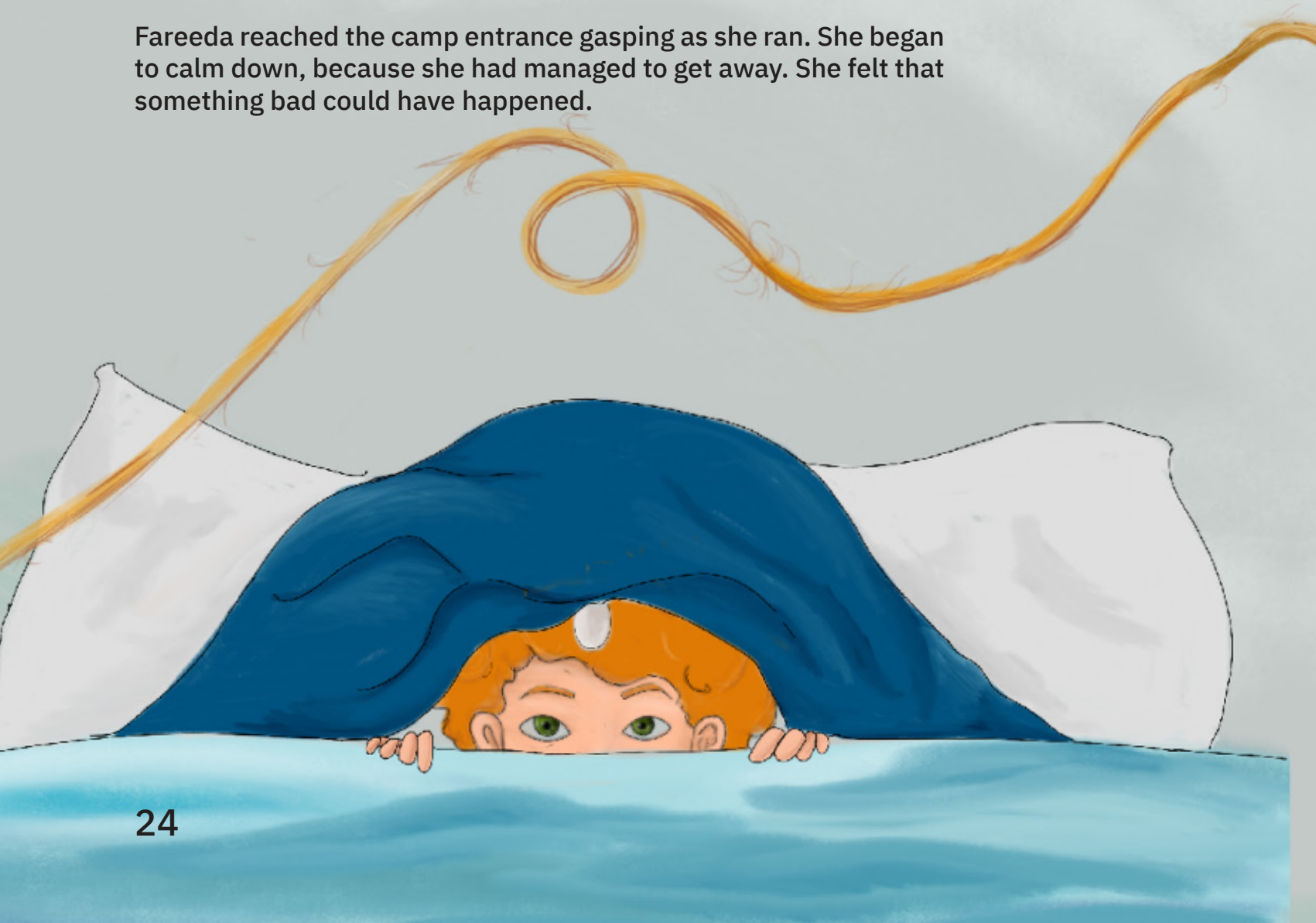
Fareeda felt that all her lamps were screaming: “Run now!” She quickly understood that the place was no longer safe, and that she had to leave at once, before it was too late.

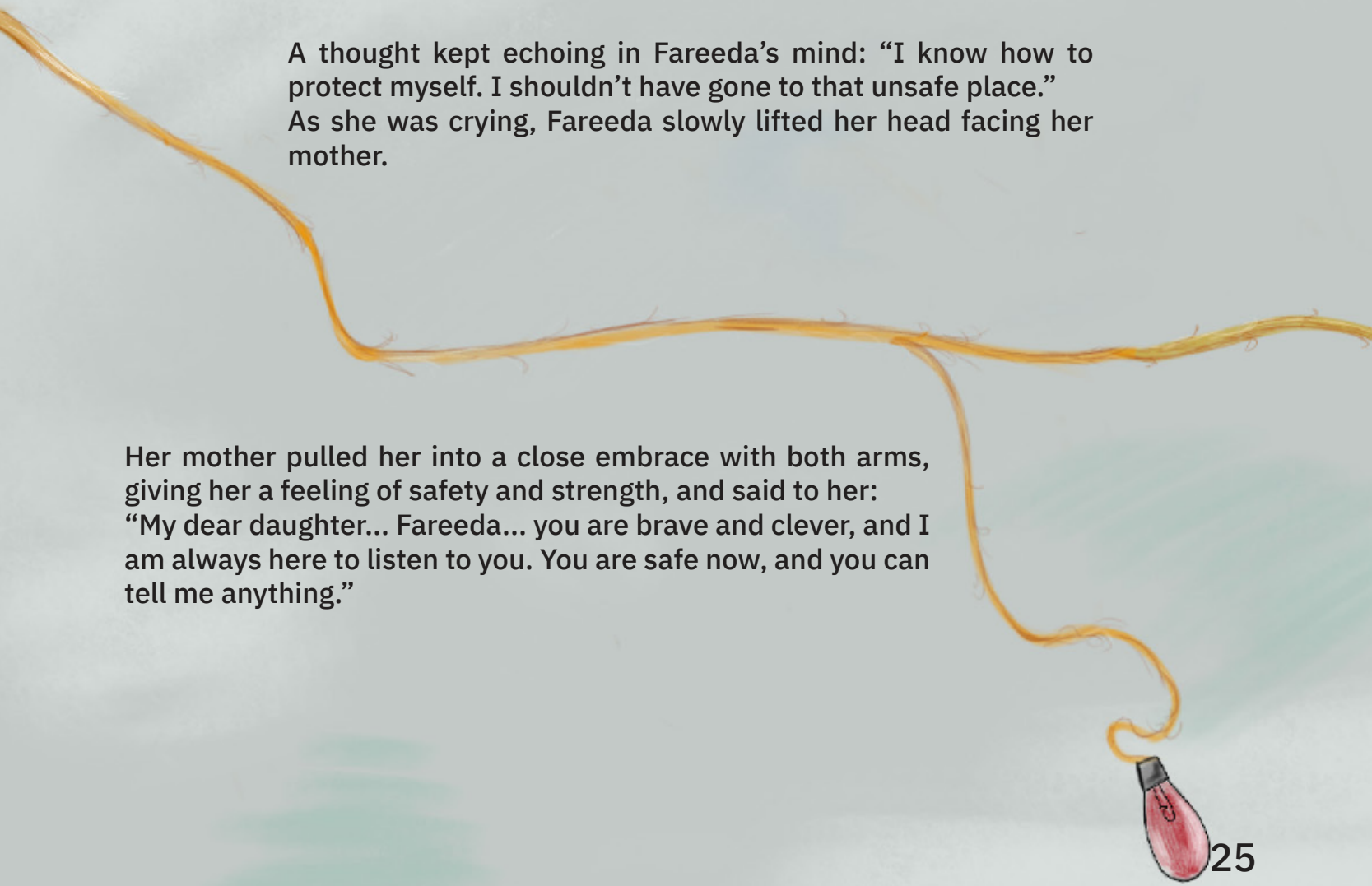
Fareeda felt a growing tightness in her chest, as her heartbeat grew faster.

She spun around and started running towards her home.



Fareeda reached the camp entrance gasping as she ran. She began to calm down, because she had managed to get away. She felt that something bad could have happened.





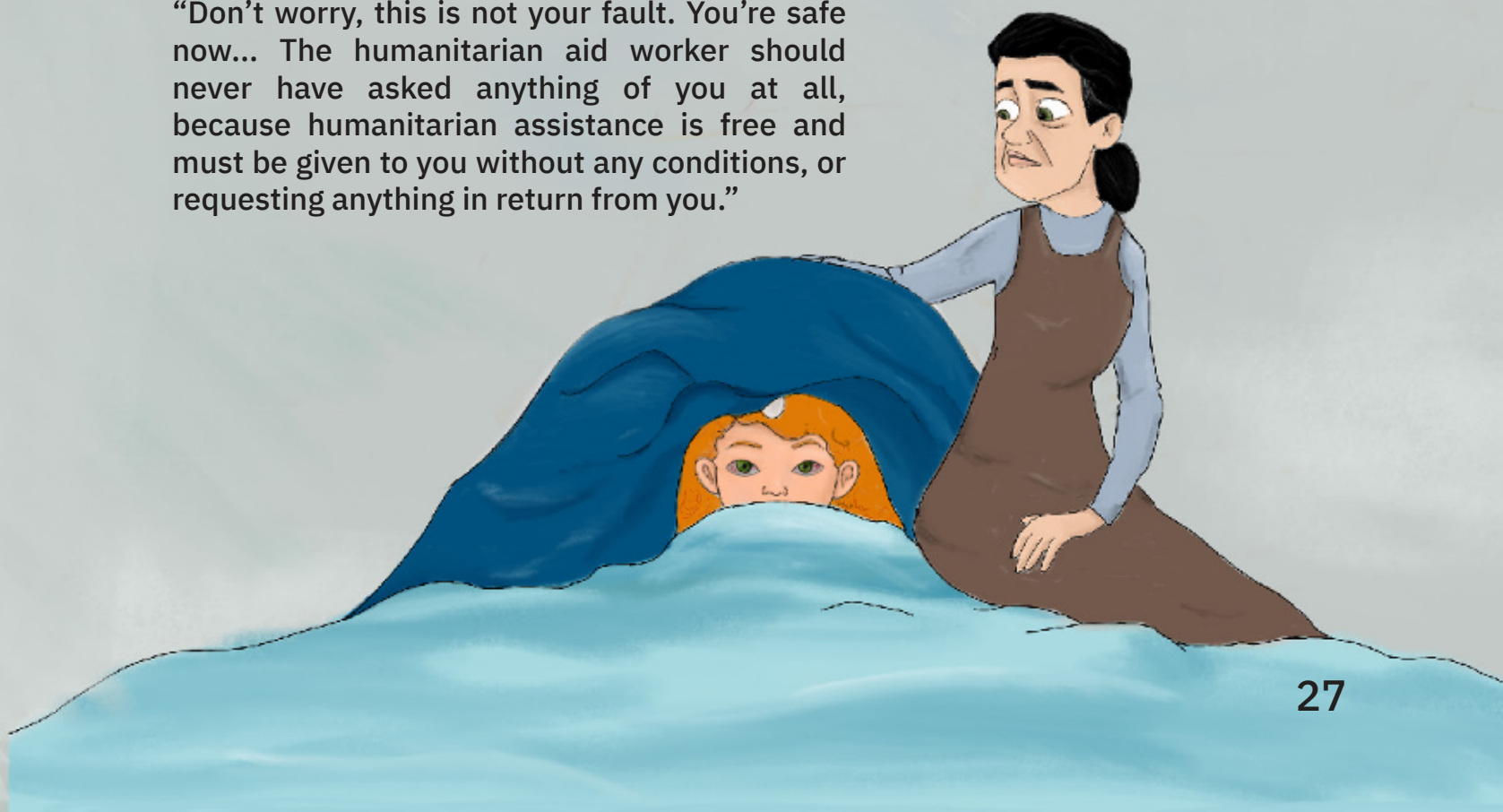
A thought kept echoing in Fareeda's mind: "I know how to protect myself. I shouldn't have gone to that unsafe place."
As she was crying, Fareeda slowly lifted her head facing her mother.

Her mother pulled her into a close embrace with both arms, giving her a feeling of safety and strength, and said to her:
"My dear daughter... Fareeda... you are brave and clever, and I am always here to listen to you. You are safe now, and you can tell me anything."

Fareeda felt calm and safe with her mother. She said to her in a clear voice: “Mom, the aid worker asked me to go to the warehouse alone, and he tried to touch me in a way that made me feel uncomfortable.”



“Don’t worry, this is not your fault. You’re safe now... The humanitarian aid worker should never have asked anything of you at all, because humanitarian assistance is free and must be given to you without any conditions, or requesting anything in return from you.”



Fareeda: “What do we do now? How do we make sure that the man doesn’t approach me again?”



Mother: “I will go and speak with someone responsible at the humanitarian aid organization to make sure the right action is taken, so that this humanitarian worker never repeats this unacceptable behavior.”





Mother: “The most important thing is that you learned today's lesson.”

Fareeda: “Yes, Mom. I know how to protect myself, and I feel better now because I told you what happened. Yes, I’ve learned a lesson, and if anyone tries to get close to me or touch me, I’ll run away, just like I ran today.”

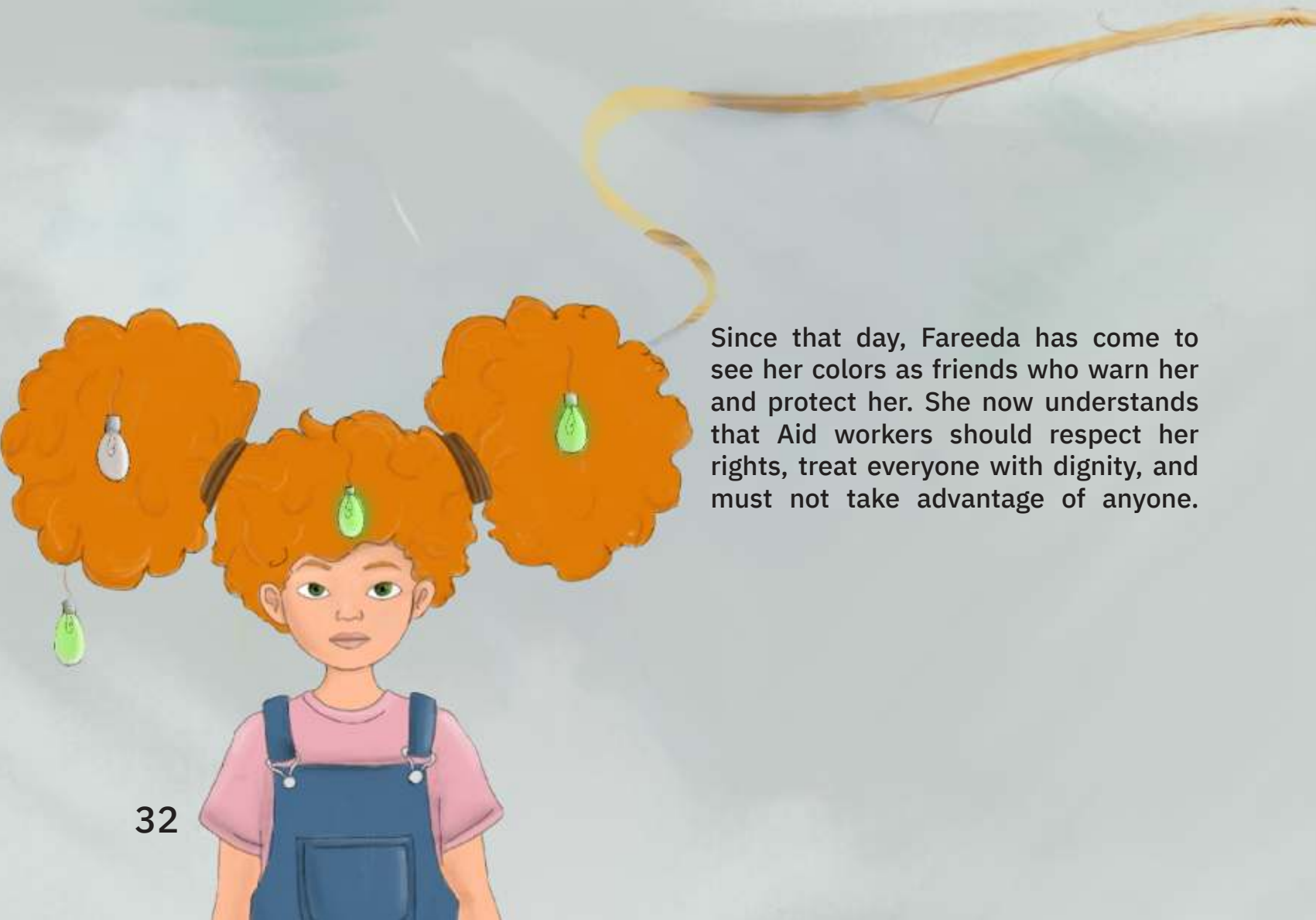
Mother: “And what will you say?”

“I’ll say ‘no, no, no’ and ‘don’t touch me’ in a loud voice.”

Mother: “Exactly. You can run, or scream, so that the people around you know that you need help. Then, please come and tell me right away. If I’m not here, don’t worry, talk to an adult you trust. They will listen to you and help you.”

After a long, tender embrace, she raised her head and said: “Mom... the colors are coming back!”





Since that day, Fareeda has come to see her colors as friends who warn her and protect her. She now understands that Aid workers should respect her rights, treat everyone with dignity, and must not take advantage of anyone.

And whenever she feels a yellow flicker, she remembers her mother's words, and believes that she is a strong girl, capable of protecting herself.

She knows that she is never alone, and that she can always speak with her mother or with any trusted adult.





Dear friends,

Let's discover our feelings together and learn how we can protect ourselves from potential harm!

Why did we produce this book for you?

This book aims to strengthen the self-confidence of children and adolescents, boys and girls, so they are better able to protect themselves from people who may get too close to them — especially when receiving humanitarian services such as water, at medical clinics, schools, and community events.

Some Questions for thought:

- 1. Fareeda felt afraid, and the color of her lamp was a pale yellow. When you feel afraid, where do you notice this feeling in your body? Do you feel it in your stomach, your heart, your hands, or somewhere else?**
- 2. Fareeda's inner lights help her know when she is safe and when she is not, do you think we all have something inside us that does the same?**

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3. In your opinion, why did Fareeda's lamp start to go out when she took the water and kept thinking about it all the time?
 4. If someone you know told you about a similar incident, where someone or a humanitarian worker made them feel unsafe or touched them in a wrong way, what would you say to them?
 5. Are humanitarian workers allowed to ask for anything in exchange for free humanitarian services? And when Fareeda told her mother what happened, what did her mother do?
 6. If a similar incident happens to you where someone makes you feel uncomfortable, gets too close, or tries to touch you, who would you talk to? What if your mother or father or family members aren't available, who else would you ask for help?

And remember, you are not alone!

When you feel scared or unsafe, you can speak with a trusted adult.

If no one is around you, or you don't feel comfortable speaking with someone nearby, you can contact us to talk about your feelings and fears, or to report any wrongdoing or unwanted touch.

Confidential Reporting Channels:



If you have access to a phone, call Sawa's Organisation's Helpline at **164** (available around the clock)



If you prefer to text, use Sawa Chat here:
<https://chat.sawa164.org/>



Or scan this code with your smartphone's camera:



Doodle Space

My Feelings Space

[illegible]



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