

working at the centre will help you find a good solution together, including talking with your parents if you wish. They will also make sure that you get medical, psychological support services and legal assistance, as needed.



Does child labour include work done by children at home?

Child labour is work that prevents children from enjoying their childhood such as: working and not going to school, carrying heavy loads, crushing stones in a quarry, collecting and selling scrap metals and many others. Report to an adult you trust if you or any of your friends are involved in such work.

Child labour is not doing chores around the home or assisting with small duties at home and school, as long as they do not affect your education, health and development.



CHILD PROTECTION CENTRE Nakuru

**Situated at Bondeni, Opposite
Menengai Social Hall next to
Nakuru Children Remand Home
Monday - Friday 8am – 5pm
Tel: 0717583325,
cpcnakuru@hotmail.com
Or call free child helpline 116
from any phone**



CHILD PROTECTION CENTRE Nakuru



Supported by



About the Child Protection Centre

The Child Protection Centre in Nakuru was opened in February 2015 by the Government of



Kenya in partnership with UNICEF and CISP.

We offer services such as individual case assessment, counselling and court assistance for free to children and their families.

We also address concerns such as; child abuse, neglect, child marriages, teen pregnancies, child trafficking, drug abuse, child labour, lost children and cases of school dropout.



Who provides services at the centre?

The Child Protection Centre is an environment that welcomes children. Here, you can talk freely to the staff who will help you to solve your concerns.



1) **Social workers** will welcome you to the centre. They will listen to you and plan with you on what can be done to best help you.

2) **Legal officers** help children in need of court assistance; they will also provide



suggestions and information to your parents.

3) **Counsellors** are there to listen, comfort and help you find good solutions to your worries.

Frequently asked questions by children

Every day we talk to children with different concerns. Some of the questions that children ask us are:



As a child, Who am I?

According to the UN Convention on the Rights of the Child 1989, and the Kenyan Children Act 2001, a child is “a human being who is below the age of 18 years”.



Do I have any rights?

Yes, children have many rights such as: right to education, right to health care, right to play and rest, right to be protected from abuse, neglect and exploitation, right to stay and be cared for by their parents, right to say freely what they think and many others.



What can I do if a teacher has a sexual relationship with a student, either a boy or a girl? Find someone you trust and tell them; perhaps one of your parents, head

teacher, a teacher, the chief, church leader, imam, or a staff working at the child protection center. You can also call the free child helpline **116** from any phone. According to Kenyan law, no adults, including teachers, are allowed to be involved in a sexual relationship with any child.

What should I do if someone touches me or one of my friends on the private parts?

You or your friend should immediately tell someone you trust such as your parents, head teacher, teacher, the chief, church leader, imam, or a staff working at the child protection centre. You can also call the free child helpline **116** from any phone. You should also not accept any gifts or promises from such a person or any stranger.



I'm a 13 years old girl in class seven and I'm pregnant. When my parents found out, they chased me away from home.

What can I do?

Talk to an adult you trust who can help you get to the child protection centre; the telephone numbers and directions are written at the back of this card. You can also call the free child helpline **116** from any phone. The people

