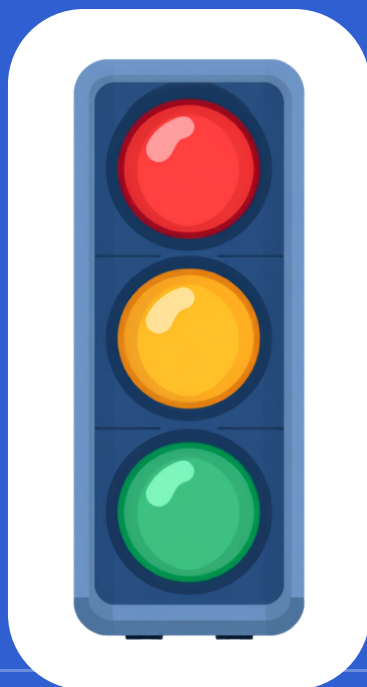


Mission Red Light

Learn to read the signals — on the street, at school, at home and in your games.

Ages 7 to 10



PRODUCED BY



Free prevention material

Free to share with families and schools

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Read this first, without the child

Between 7 and 10 a child usually has access to games with chat, moves around with more independence and can understand abstract rules. It is the ideal window for teaching self-protection directly — and it is also the age when online grooming starts to show up regularly.

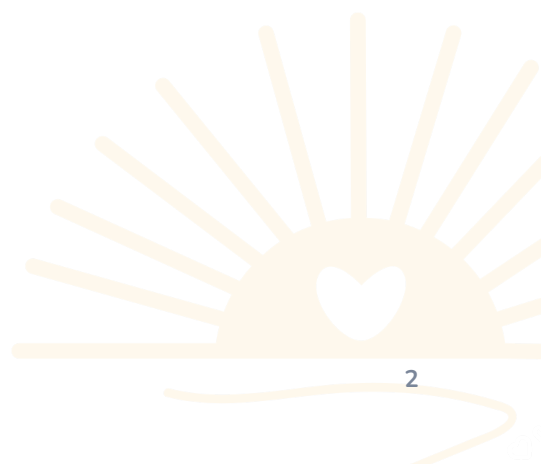
Three content decisions you should know about

- **We don't use "don't talk to strangers."** Most violence against children involves someone the child knows. We teach children to read *situations*, not to fear *people*.
- **We don't use fear.** A frightened child doesn't tell you things; an informed child does. The tone here is mission and competence, not threat.
- **We say explicitly that they won't lose their games.** Fear of losing the device is one of the main reasons children hide online approaches. If you can't stand behind that promise, talk to your child first about what would actually happen.

How to use it

- Read it together the first time. After that they can reread it alone.
- Two or three pages per conversation. It doesn't have to be all at once.
- Do the activities **with** them — the circle of five and the code word only work if they're genuinely agreed.
- Revisit every three months, and whenever they start a new game.

The final pages hold detailed guidance for adults: how to respond to a disclosure, signs worth noticing, device settings and where to get help.



Your mission

This guide is **not about being scared**. It's about having information.

Almost every adult who wants to harm a child is counting on one single thing: **that the child won't realize what's happening**.

Once you can recognize the signals, you stop being an easy target. It's that simple.

**Your mission:
learn to read the signals.**

It works on the street, at school, at the homes of people you know — and in your game chat.



The three signals



GREEN LIGHT

I'm fine. I'm comfortable. Carry on.



YELLOW LIGHT

Something made me uncomfortable, odd or confused. I can't explain it yet. **I pay attention and I mention it to one of my grown-ups.**



RED LIGHT

Stop everything. Get out of the situation. **Tell someone right away.**

Your body usually gives the signal before your head does: a cold feeling in your stomach, a racing heart, the urge to move away, that "I don't know why, but I didn't like it". **That's information, not silliness.**



My body, my rules

Private parts are the ones covered by a swimsuit or swim trunks — and your mouth too. They have real names: penis, vulva, anus, breasts. Using the right name isn't rude; it's what lets you explain things clearly when you need to.

Nobody may look at, touch or photograph your private parts. The exceptions are few and known: medical care by a doctor, always with one of your grown-ups in the room. That's it.

Nobody may ask you to look at, touch or photograph an adult's body — not in person, not by photo, not by video, not "as a joke".

You have a right to privacy when you shower, change clothes and use the bathroom.

And you can say no

To a hug, a kiss, being picked up, tickling, sitting on a lap — even with relatives, even with people you like. **Tickling that doesn't stop when you ask isn't a game.** It's disrespect, and you can report it.

Secrets that weigh

Surprise

It has an end date. Everyone finds out afterward. And the ending is a happy one.

Secret

Somebody *made* you keep it. It has no end date. And it sits heavy in your stomach.

"Don't tell your parents" is a red light. Always.

The trick is always the same

To buy a child's silence, a person uses a **gift** or a **threat**. Sometimes both:

- "If you tell, your mom will be angry with you."
- "If you tell, I'll get in trouble — and it'll be your fault."
- "Nobody will believe you."
- "This is just ours, because you're special."
- "If you don't tell, I'll give you *this*."

All of those sentences mean the same thing: the person knows they're doing something wrong. People who aren't doing anything wrong don't need to ask for silence.

My circle of five

Five grown-ups you can go to. At least **one** of them should be from outside your home — a teacher, a coach, an aunt, a neighbor you trust.

Golden rule: if the first adult doesn't believe you, or says "never mind that", **go to the second**. Then the third. Keep telling until someone acts. That isn't being a nuisance. That's being smart.

Write the names, and a phone number if you can. Then let each of them know they're on your list.

1

2

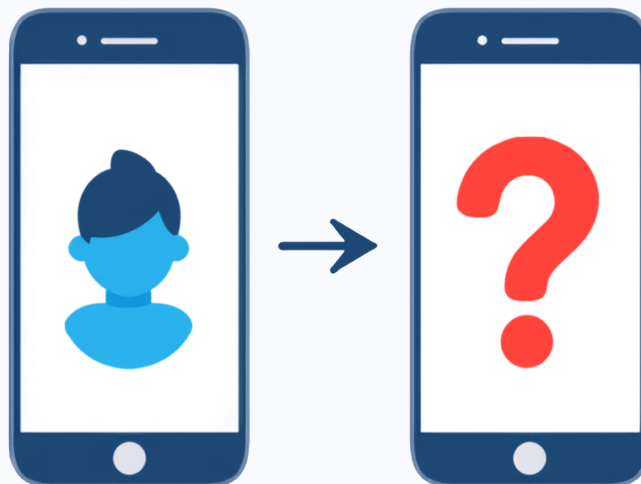
3

4

5



Who's on the other side?



In a game you see a **username** and an **avatar**. You don't see the person.

It takes an adult **two minutes** to set up a profile saying they're 10 years old, in fifth grade, and into exactly the same things you are. That is easy to do — and it gets done.

That doesn't mean everyone in the game is dangerous. Most of them are people just like you, wanting to play.

**It only means this:
chat is not the place to talk about your life.**

The 7 red lights in games and chat

1

Wants to know **who you really are**: full name, age, school, neighborhood, city, whether you're home alone.

2

Wants to **leave the game** and talk somewhere else — messaging apps, DMs, video calls, a private server just for the two of you.

3

Offers you **free stuff**: skins, rare items, in-game currency, a loaded account, presents. Nobody gives things away to a child they've never met.

4

Asks for **photos, videos or your camera on** — of any part of your body, even "just your face", even "just to check you're really a kid".

5

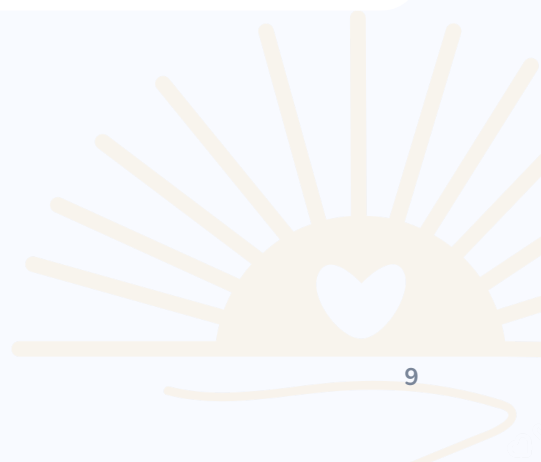
Says "**don't tell your parents**", "delete this chat" or "this is our secret".

6

Becomes your **best friend far too fast**: lots of compliments, says only they understand you, criticizes your family, wants to talk every day.

7

Gets **angry, pushy or threatening** when you take a while to answer or when you say no.



I saw a red light. Now what?

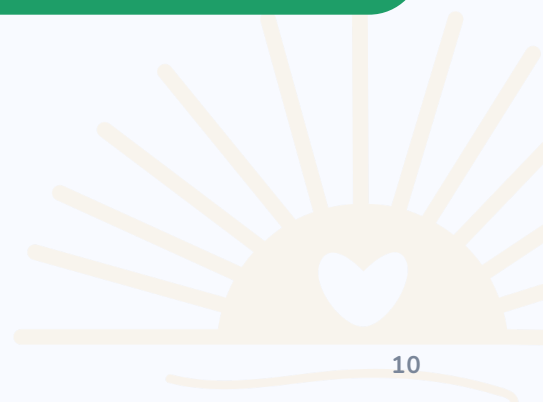
- 1 STOP.** Don't reply. Don't explain. Don't apologize.
- 2 SCREENSHOT.** It helps the grown-ups a lot later — don't delete the conversation.
- 3 BLOCK** and use the report button in the game or app itself.
- 4 TELL** someone from your circle of five. Today, not tomorrow.

What if I already replied?

If you already sent a photo, already said where you live, already talked for weeks, or already did something you're now ashamed of — **tell anyway.**

The sooner an adult knows, the easier it is to sort out. And you need to know this: **the fault is with the person who tricked you, never with the person who was tricked.**

You will not lose your games forever for telling the truth.



The family code word

A word only your family knows. Nothing obvious — not the dog's name, not your team, not a character everybody knows.

How it works

If someone turns up saying *"your mom sent me to pick you up"*, you ask for the word.

They didn't know it? **You don't go.** No matter who they are, how much they insist, or what story they tell.

Our code word is:

Write it in pencil. If anyone outside the family finds it out, change it right away.

Agree on a rescue signal too

A second word or emoji you can text, meaning: **"come get me now, and don't ask questions in front of anyone"**.

Out on the street

Adults ask adults for help

An adult who genuinely needs help asks **another adult**, not a child. If someone stops you asking for help finding a puppy, carrying a bag, checking an address, or getting into a car to look at something — **that's a red light, even if the person seems nice.**

If someone won't back off, or grabs you

Shouting just "help" often doesn't work: people nearby tend to assume it's a tantrum or a family argument and stay out of it. So shout something that **undoes that assumption:**

"THIS IS NOT MY DAD!"

"THIS IS NOT MY MOM!"

"I DON'T KNOW THIS PERSON!"

Shouting **"FIRE!"** is also often recommended, because it makes people look immediately.

Then run toward people: a store, a front desk, a bakery, a bus stop. It isn't rude. It's safety.

If you get lost

Stop where you are. Don't go wandering. Look for someone who **works there** (a cashier, a badge, a uniform, security) or a **mother with a child**. Say you're lost and give the name of the person you're with. Never leave the place with someone who offered to "help you look".

It's never your fault

When an adult does something wrong to a child, **the responsibility is entirely theirs**. There is no half.

Even if you had broken a rule beforehand.

Even if you didn't shout or run.

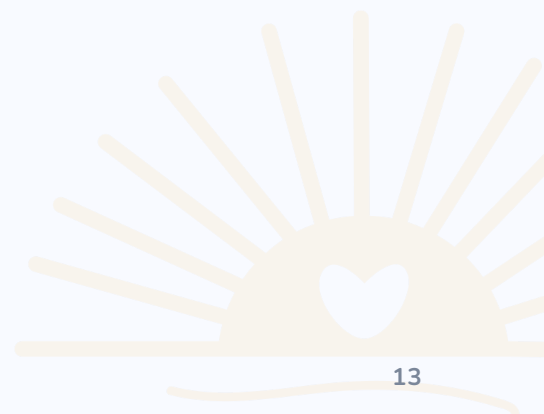
Even if you sent the photo.

Even if it took you months to tell.

Even if it's someone you love.

Even if you accepted the gift.

**Telling is always the right thing.
At any point. Even years later.**



ACTIVITY 1

Which light is it?

Mark an X: green, yellow or red.

Situation	Green	Yellow	Red
A friend from the game asks which school you go to.			
Your grandma hugs you when you arrive at her house.			
An uncle says he'll buy you a phone, but it's a secret from your parents.			
A classmate invites you to play at the weekend, in front of your mom.			
Someone from the chat wants to move to another app.			
An adult asks for your help finding his dog in the street.			
An older cousin keeps tickling you and won't stop when you ask.			
Someone in the game offers you an expensive skin as a gift.			
A new player on your team compliments you a lot and plays well with you.			
Someone says your mom sent them, but doesn't know the code word.			

Talk the answers through with your grown-up. Some are debatable on purpose — and that's exactly where the learning is. A yellow light doesn't mean the person is bad; it means "pay attention and mention it to someone".

ACTIVITY 2

Word search

Find the 8 words. They can run across, down or diagonally — and backwards too.

S	T	K	K	L	U	P	T	O	C	C	I	P
W	C	B	J	V	T	L	I	M	I	T	W	O
J	M	W	L	L	A	O	L	F	U	D	P	B
G	J	E	L	H	M	M	P	C	F	O	M	S
I	E	E	N	S	I	N	L	W	M	H	E	C
F	T	E	H	W	H	A	P	T	R	F	I	J
A	E	N	S	L	U	T	K	E	E	R	U	V
W	B	O	W	S	M	M	M	M	D	D	P	V
M	B	G	S	E	C	R	E	T	L	C	G	O
C	B	O	D	Y	F	D	H	K	I	U	B	D
O	S	A	F	E	A	E	T	E	G	S	D	L
D	U	A	C	G	L	U	M	E	H	V	I	L
E	U	L	P	P	D	D	P	O	T	P	P	J

BODY • SECRET • RED LIGHT • TELL • LIMIT • CODE • HELP • SAFE

Activity 3 • My plan in 3 steps

If I see a red light today, I will:

1

2

3

Signed agreement

I,

agreed with my grown-up that:

- I'm the boss of my body and I can say no.
- I don't keep secrets that weigh.
- In chat, I don't talk about my life and I don't send photos.
- If I see a red light: stop, screenshot, block, tell.
- I have 5 grown-ups and I keep telling until someone acts.
- It is never my fault.

And my grown-up agreed with me that they will:

- Believe me.
- Not blame me.
- Not take my games away for telling the truth.

child's signature

grown-up's signature

Date: ____ / ____ / ____

If your child tells you something

How the adult reacts in the first thirty seconds determines whether the child keeps talking or falls silent — sometimes for years.

Do

- **Keep your face calm.** Panic, tears or anger are read by the child as "I caused this" or "I shouldn't have told".
- **Believe them, and say so.** "I believe you. I'm glad you told me."
- **Remove the blame explicitly.** "You did nothing wrong."
- **Preserve the digital evidence.** Screenshots, chats, profiles, usernames, links. Delete nothing.
- **Write down** what they said, in their words, with the date.
- **Seek specialist help:** child protection services, police, a child mental-health professional.

Avoid

- **Interrogating.** Repeated, leading or insistent questions contaminate the account and can damage any investigation.
- **Asking them to repeat it** to several family members. Many countries have specialist interview procedures precisely to avoid this second harm.
- **Confronting the suspected person** — including online. That usually results in deleted evidence and a blocked account.
- **Taking the device away as an immediate reaction.** That teaches the child to hide it next time.
- **Promising secrecy.** Say: "I'm going to take care of this with people who know how to help."
- **Doubting them because the person named is known, loved or "beyond suspicion".**

Signs and devices

Signs worth noticing

Sudden changes in mood or behavior; hiding or turning the screen when you come near; using the device at unusual hours or in secret; items, in-game currency, credits or gifts appearing with no explanation; new accounts or apps; withdrawal; a drop in school performance; changes in sleep and appetite; specific fear of one person; sexual knowledge that doesn't match their age; a sudden refusal to be alone with someone. No single sign confirms anything — all of them call for attention and conversation, not interrogation.

Device and game settings

- Review the **privacy and chat settings** of each game: many allow you to restrict messages to friends only, or to turn voice and text chat off.
- Keep **profiles private** and friend lists limited to people known in real life.
- Turn off **in-app purchases** or require a password.
- Prefer use in **shared spaces** of the home, not in a bedroom with the door closed.
- Know the games they play. Play alongside them now and then.
- **Parental controls don't replace conversation.** They reduce exposure; what actually protects is a child who can recognize an approach and who trusts they can tell you.

One last thought

Prevention isn't an event, it's a climate. The best-protected child is not the one who memorized a list of rules, but the one who is certain that if they tell you anything at all, they will be heard without shouting, without punishment and without judgement. That certainty is built in the small everyday conversations — long before anything happens.

Available settings and features change frequently with each game or system update. It's worth checking the current options in each platform's help center before configuring.

Where to get help

Services and numbers differ from country to country. Look up the ones where you live, write them below, and keep this page somewhere you can find quickly.



Emergency number

Police or emergency services in your country, for immediate danger.



Child protection service

The statutory body responsible for child welfare where you live.



National child helpline

A free, often anonymous line for reporting concerns and getting advice.



Police — child protection unit

Many countries have officers trained specifically for offences against children.



Online reporting portal

For grooming, sextortion and abuse material online. Most countries have a national hotline.



School safeguarding lead · family doctor

Two people who already know your child and are required to act on concerns.

Check these before you need them. For online offences, most countries have a national reporting portal for child sexual abuse material and online grooming — find yours and keep the link.

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ABOUT THIS MATERIAL

Mission Red Light

A free prevention booklet for families, schools, clinics and community projects. It may be printed and shared freely, provided the content is not altered and it is not used commercially.

This material is educational and **does not replace** assessment, guidance or follow-up by a qualified professional, nor legal advice.

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