

disorder. People can go to a doctor to get healthy again, but this can take many years.

**Very important!**

1. Your feelings are right! You are right! Trust your own feelings when they warn you about something. Do not let anybody persuade you everything is alright when it doesn't feel alright to you.

2. You are not alone with your feelings. Unfortunately, there are many children who experience situations just like yours. These children don't know how to explain this weirdness either. That's why you don't know them yet, and they don't know about you.

3. It is very important for you to have people you can trust. You should only share your feelings with people you can trust. Tell them about your strange experiences with your Daddy or your Mummy. Tell them until they understand.

We are working on making more and more people understand.

fold here

4. You can't help weird people. You are not a doctor. You are a child and are supposed to grow up happy and healthy.

**What will help you?**

Meet your friends, people who are kind to you and whom you trust, as often as possible.

Tell them about the weirdness.

When you are dealing with people from the Council, or from the Court because your parents are fighting over you, say what YOU want.

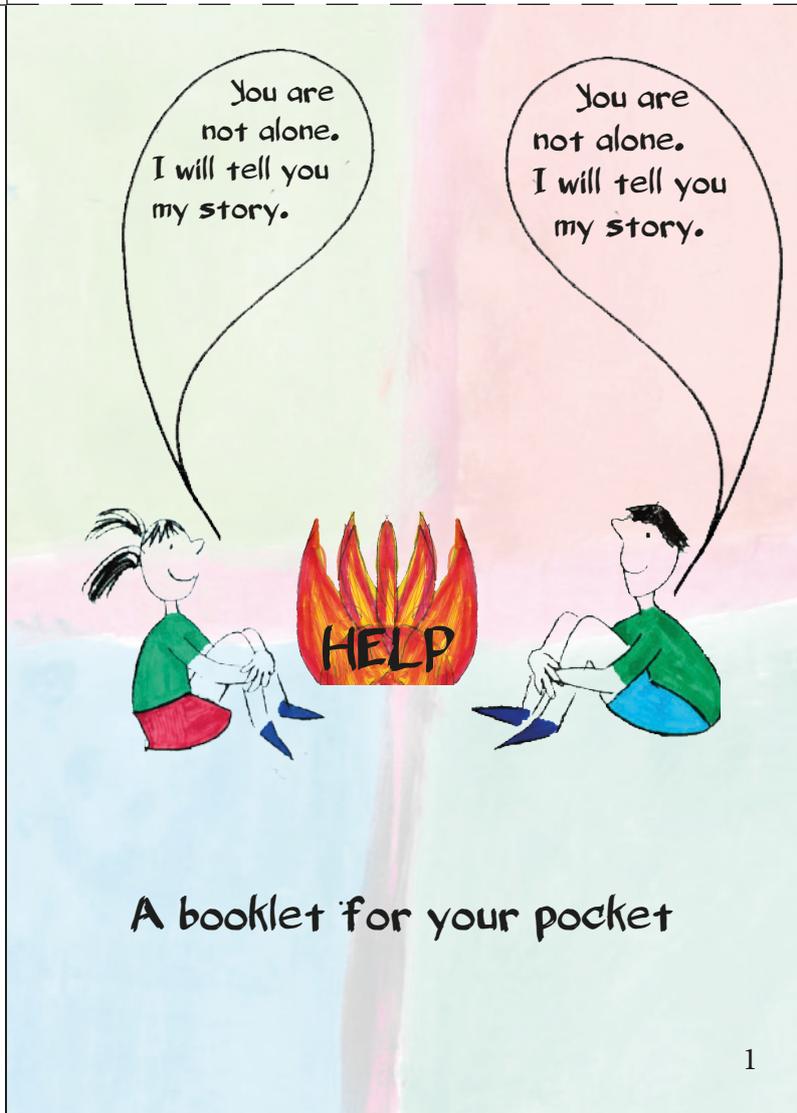
Listen to your heart! Your stomach tells you when you have eaten enough. Your head tells you what you think. Your heart tells you when you are loved.

Be with the parent who makes you feel safe and loved.

You must not sacrifice yourself. You have your own life and it belongs to you alone! Wear something green. The colour green protects you from evil feelings.



- 7. Children have the right to have their privacy and dignity respected.
- 8. Children have the right to be protected from violence, abuse and exploitation.
- 9. Children have the right to special protection in war, and when fleeing from danger.
- 10. Children with additional needs are entitled to special care and support, so they can participate actively in society.



A booklet for your pocket

### What is weird?

There are people who are unable to love. They lack empathy. They do not react appropriately to situations. They do not feel real joy. Very deep inside of them, there is a great fear. They fear not being special; not belonging to a community. This fear is so terrifically strong that they are ashamed to show it. They will do anything to hide it. To hide their fear, they

Most people know that they are part of a community. They are able to love each other. They know what really matters.

anger.

When they are angry, they can identify the reason for their anger. This is called empathy. They can feel joy, and can show their feelings. Their feelings are appropriate to their situation. When they are sad. This is called empathy. They can feel joy, and can show their feelings. Their feelings are appropriate to their situation. When they are angry, they can identify the reason for their anger.

They help each other and care when someone is sad. They are sincere and honest. They say Hello, they are kind to each other. Most people are kind to each other. They say Hello, they are sincere and honest. They help each other and care when someone is sad. This is called empathy. They can feel joy, and can show their feelings. Their feelings are appropriate to their situation. When they are angry, they can identify the reason for their anger.

### What is normal?

Everybody is special, but there are means of social interaction that we consider normal. Most people are kind to each other. They say Hello, they are sincere and honest. They help each other and care when someone is sad. This is called empathy. They can feel joy, and can show their feelings. Their feelings are appropriate to their situation. When they are angry, they can identify the reason for their anger.

distract people and deliberately gossip and tell lies about others, so that nobody looks at their own failures. That's why weird people cannot be compassionate, for if they were, they would give themselves away. And they can't have that.

The worst thing for weird people is to see other people being happy. Happiness is a feeling weird people don't have. They envy other people for it.

That's why they use other people like characters in a game, but the game they play with other people is very mean. It can damage them so severely that they can never be happy again. That is a weird person's aim. The more people are unhappy, the more comfortable weird people become, because then they don't feel alone anymore. But the world would be a sad place without happiness. Everyone would only hate each other and do nasty things to each other. This kind of weirdness is a sickness. It's got a name and it's called narcissistic personality

6. Children have the right, in all matters concerning them, to be informed, to have a say and to speak their mind.

5. Children have the right to learn to learn skills for a profession according to their needs and abilities.

4. Children have the right to play, to recover and to express themselves artistically.

3. Children have the right to live with their parents. If the parents do not share a home, children have the right to see both parents regularly.

2. Children have the right to live a healthy life, to find security and not suffer distress.

1. All children have the same rights. No child can be put at a disadvantage.

### Children's rights

A weird person needs lots of echoes. When an echo learns to love itself, it stops being an echo.

### Echoism

It does you no good to put up with too much from someone. You might put up with them, even though it hurts. The pain inside and can destroy your head and your heart.

When you let this happen to yourself, despite the pain you feel inside, you have become a kind of **echo of someone else**. Maybe you've heard echoes on holidays, up in the mountains, or in a cave by the beach. You shout something, and the rocks repeat what you shouted.

It is similar with people. Only, in this case, it is not a happy holiday echo; it is very sad.

The person who lets themselves get hurt has lost something very important: himself or herself. These people no longer know what they love to do best, what their favourite meal or game is. Very often, they lose their happiness. They rarely laugh.

In spite of all this, they are still able to work very hard. They do anything to satisfy the weird person, so the weird person stops hurting them. But it can never be enough for the weird person.