

Defend Yourself Campaign

Created in 2014 by the [Centro Marista de Defesa da Infância](#) (Marist Centre for the Defence of Children), the Defend Yourself Campaign aims to promote self-defence among children against sexual violence, improve the work of educators and raise awareness in society about respectful relationships.

It offers educational [videos](#) that are friendly to girls and boys aged four to 12, with versions in Portuguese, English, Spanish, audio description and Sign Language.

For adults, it also offers [e-books](#), [activity guides](#) and content about [receiving reports of violence](#) - all materials available in Portuguese.