

September 2007

Together we work for a world free of child abuse and neglect, full of love, and aspire for peace

Be-Free Center Summer Program For children 4 to 11 yrs

Children enjoyed Be-Free summer program that covered interesting topics that build their personality and empower them with essential protection skills. The program was designed in a way that makes learning fun by activities such as painting, cooking, role playing, stories, games and crafts.

The topics that were covered are:

- Listening Empathically
- Taking Responsibility
- Design making
- Raising Self-esteem
- Respecting others
- Learning from differences

"To become a leader..."

A Special workshop was conducted in the month of August for the children ages 12-14 years on the concepts of Leadership and how to practice it in their daily life. The workshop was conducted in 8 sessions that covered and challenged certain beliefs about leadership.

One of the concepts was: Everyone can make a positive change in this world, no matter how small this change is. This concept was a hot topic. It contradicted with their unsubstantiated beliefs of leadership. Participants have also discussed its application in their day to day.



Be-Free Center
thanks its main
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Association

Be-Free seminars in villages of Bahrain for parents... In Deer Village..

Be-Free conducts regular seminars to parents to raise awareness about child protection, and to support parents in raising their children. Lately Be-Free received a request from Alhuda Islamic Society in Deer village to conduct a seminar about "Mother's role in protecting children from abuse". Be-Free conducted the seminar and discussed with the participating mothers some of the essential protection skills for their children, and emphasized raising self-esteem of children as an important ingredient in parenting and child protection.

and In Araad Village...

Another seminar titled "The family role in building ties of love and respect among its members and its reflection on child protection from abuse" was conducted. In this Seminar, the participating mothers were very active and were having successful stories to share with each other in raising their children. They have also discussed the challenges they face and some tips to deal with these challenges.

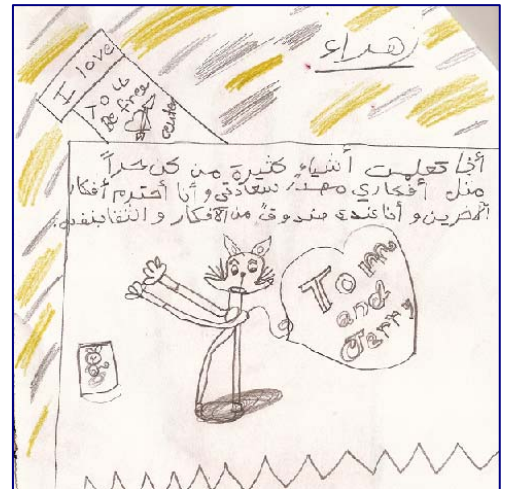
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Celebrating the end of Summer Program

Children celebrated the end of their Summer Program in a fun day, full of activities and games. They also expressed their feelings towards Be-Free. In the picture on the right, Zahra wrote: "I learned many things from Be-Free such as my thoughts are my source of happiness, I respect others ideas, I have a box full of ideas and I believe in myself"



Be-Free received this letter from a Parent

Dear Be-Free Team,

Greetings. I'm writing to express by gratitude and thanks to you for the efforts that you put in your workshop "I learn and develop by taking responsibility". I have seen how this workshop has its effect on my daughter Mariam. Her passion to attend the workshop is another sign of success.

You have transferred to them valuable Human Qualities and Values that got instilled in them with simple and fun ways. This could not be achieved unless you have strong belief in what you are doing.

God bless you,
With all my Respect,
Falah Ahmed Hassan

What did children say about Be-Free...

Question to children: What do you think of Be-Free?

Name	Age	Answer
Zahra S.Jaffar	5	Be-Free gave me a big treasure of information
Bushra Hassan	6	I learned from Be-Free to respect different people, and not to through my clothes on the floor and hang them. I wish Be-Free Center becomes my home
Mohammed Alsaffaf	9	I did not know how to cook before, and I learned it here. I wish all the children in the world can come and learn
Hussain Emad	9	I loved painting and cooking, I wish I can come everyday.
Taiba Hassan	9	I learned how to protect myself from dangers, and if a stranger asked me for something I don't want to do, I scream. I hope that the center establishes a school for all the grades.
Mariam Falah	4	I love Be-Free so much, and I wish to make my birthday there.
Fatima	4	I learned to empathize with others.
A.Raheem		



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