

AN MDDT CAMEROON PUBLICATION



SAFETY GUIDE FOR *TEENS*

Issued: 2023



This toolkit is an initiative by MDDT Cameroon funded by the National Endowment for Democracy (NED). The opinions, findings and conclusion stated herein are those of the authors and do not necessarily reflect those of NED.



**National Endowment
for Democracy**
Supporting freedom around the world

Date Issued



Safety Guide for Teens

An MDDT Cameroon Publication

Contributors:

Dr. Mabel Nnoko Nnane EPSE NDANG

Barrister and Solicitor of the Supreme Court of Cameroon, Notary Public of the South West Region, Managing Partner at Nnoko Nnane Law Chambers, Doctor (Ph.D) in Law.

Dr. Kien Pelagie

Lecturer of Law, University of Buea, Doctor (Ph.D) in Law, Head of Paralegals, Poubom & Partners Law Firm.

ACHU Essomba Denise

Legal researcher and holder of an LL.M in International Law, University of Buea.

BESONG Christelle Engowei

Legal Researcher and holder of an LL.M

Editor:

Walters Shashan Birghan MBINLGO, Esq.

Barrister and Solicitor of the Supreme Court of Cameroon, Notary Public of the North West Region, Dignity Law Chambers, Bamenda;

Head of Communications, legal and data management - MDDT Cameroon



Disclaimer

The publisher makes no representation, express or implied, with regard to the accuracy of the information contained in this book and cannot accept any legal responsibility or liability for errors or omissions that may be made.

The information provided and the opinions given in this publication are not necessarily those of MDDT or NED and should not be acted upon without independent consideration and professional advice. MDDT, NED and the Editor and contributors shall not accept responsibility for any loss or damage suffered by any person acting or refraining from acting upon any material contained in this publication.

Contents

Acknowledgements	iii
Abbreviations	iv
Definition of key terms	v
Preface	vi
PART 1: General Introduction	1
1.1 Executive Summary	1
1.2 Institutional and Legal Instruments on Teen Security in Cameroon	3
PART 2: Common Insecurity Issues faced by Teens	6
2.1 Arbitrary arrest	6
2.2 Abduction	8
2.3 Invasion of privacy	10
2.4 Harassment	12
2.5 Manipulation	13
2.6 Torture	15
2.7 Misinformation	17
PART 3: Addressing Teen Insecurities.	19
3.1 Who to Meet?	19
3.2 The Role of Teens in Reducing their Insecurities	20
Part 4: Important Teen Security Information	21
4.1 Security Contacts	21
4.2 DOs and DON'Ts for Teens	21
4.3 Security slogans for teens	23
4.4 Puzzle	24

Acknowledgements

The Directorate of MDDT Cameroon greatly acknowledges, with gratitude, the contribution of the National Endowment for Democracy, U.S.A in the funding of this initiative.

Acknowledgment and thanks also go to the dynamic MDDT Cameroon program and project teams for putting in place an apt research methodology and ensuring timely execution at all phases in the development of this toolkit.

We further acknowledge all the contributors for their critical comments, useful contributions and suggestions.

We also recognize the editor for his commendable reviews and contributions, for overseeing the collection, design, organization and presentation of all the information contained in this toolkit.

Abbreviations

CHRDA	Centre For Human Rights and Democracy in Africa
CSO	Civil Society Organization
CPC	Criminal Procedure Code
ICCPR	International Covenant on Civil and Political Rights
ID	Identity Card
IDP	Internally Displaced Persons
MDDT	Movement for Democracy, Development and Transparency
NCHRF	National Commission on Human Right and Freedoms
NGO	Non-Governmental Organization
OCHA	United Nations Office for the Coordination of Humanitarian Affairs
PC	Penal Code
UDHR	Universal Declaration of Human Rights
UN	United Nations
UNCRC	Convention on the Rights of the Child
UNICEF	United Nations International Emergency Fund

Definition of key terms

Security: The state of being free from danger or threat

Teens: A teen is someone aged between the ages of thirteen and nineteen years inclusive.

Toolkit: A toolkit is a practical advice and guidance of adaptable resources, abilities or skills for frontline youths which enables them to learn about an issue and identify approaches for addressing them typically targeting one issue or one audience.

Safety Measures: These are actions taken to ensure safety or protection from danger or to reduce the frequency of occurrence of a hazard mitigating its consequences in order achieve and or maintain an acceptable level of risk.

State: A state is a centralized political organization that imposes and enforces rules over a population within a territory.

State actors: A state actor is a person who is acting on behalf of a governmental body and is therefore subject to the regulations of the state.

Non-state actors: These are individuals or organizations that are not affiliated with, directed by or funded through any sovereign government but often exercise significant political influence and territorial control.

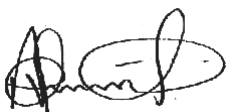
Child: A child is a human being below the age of 18 years and as such, is considered a minor. Children, like teens, fall under the category of persons who have not attained the prescribed age of majority.

Preface

This Toolkit is a component of a collaborative grant for a project themes, “**Promoting Youth Advocacy and Reducing Youth Radicalization in the Anglophone Regions of Cameroon**” that is being executed by the Movement for Democracy, Development and Transparency (MDDT) Cameroon (*which is a human rights, peace and democracy non-governmental organization*) in partnership with the National Endowment for Democracy (*a non-profit organization based in the United States that supports democratic initiatives around the world*). The project is an initiative aimed at mobilizing youths to advocate for a ceasefire, continuous inclusive dialogue and a peaceful resolution of the Anglophone Crisis.

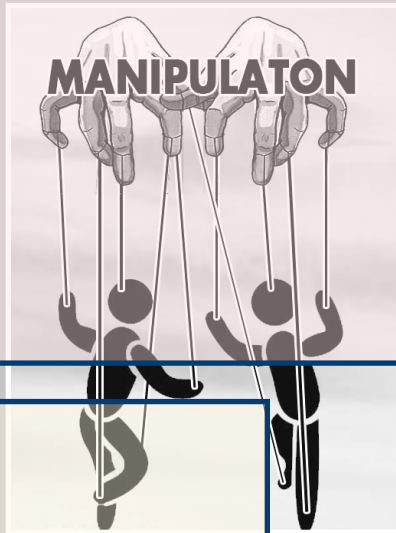
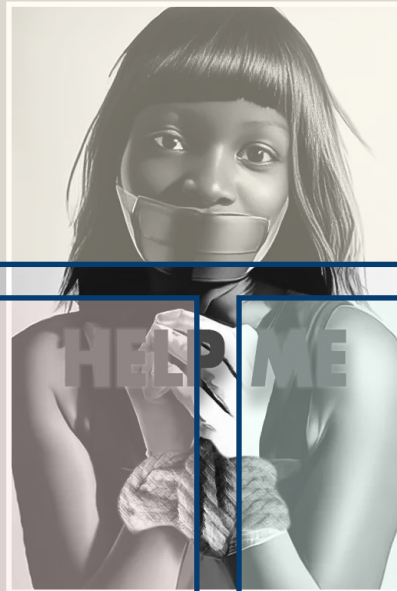
Over the last seven years, the North West and South West regions of Cameroon have been engulfed by a conflict that has exposed these regions to gross insecurity marked by indiscriminate killings, kidnappings, arbitrary arrests, hate campaigns and recruitment of children and youths into armed groups. The youths, constituting over 70% of the Cameroonian population, are the most affected, both as perpetrators and victims. There is therefore an urgent need to promote, protect and guarantee the right to security of youths in these conflict infested regions.

It is in line with the above narrative, that MDDT Cameroon with NED funding has developed and proposed this safety toolkit and practical guide for teens, with the objective being to educate youths on possible security threats, and to sensitize them on some moral and legal measures to enable them evade victimization. It provides teens at risk with the contacts of rescue agencies and security toll numbers towards guaranteeing their safety at any point in time. It is time to engage in building synergies that can foster a safe environment, especially for youth, where peace, justice, unity and development can reign for a prosperous Cameroon.



Akonteh Clifford Niba, Esq.

*National Coordinator, MDDT Cameroon
Mandela Washington Fellow, 2018*



PART 1

GENERAL INTRODUCTION

1.1 Executive Summary

The current conflict in the North West and South West Regions of Cameroon, better known as the *Anglophone Crisis*, has aggravated the security crisis situation within these two Regions, particularly amongst teenagers. The crisis began in October 2016, when peaceful protests, related to sectoral demands, by Anglophone lawyers and teachers were met with a disproportionate reaction from the government, thereby escalating the situation into a crisis over the systemic socio-economic and political marginalization of the Anglophone minority. The persistent repressive approach adopted by the government to address the crisis further aggravated the crisis and before long, it morphed into an armed conflict. Consequentially, this resulted to the existing political, economic and social instability within these two Regions.

Violations of human rights such as the rights to life, education, security, and wellbeing are now rife, with no exception to the violations of the rule of law, which have given way to strong calls on the urgent need for the respect of legal norms and procedures. The Ngarbuh (2020) and Kumba school massacres (2020), for example, both of which led to the loss of lives of several children (teens) are amongst some of the worst consequences of the conflict which has commonly witnessed teenagers as victims of rape, arbitrary arrest, torture, manipulation etc.. More so, non-state armed groups such as the *Ghost Warriors* of Mamfe, *Seven Karta* of Bafut, and the *Red dragons* of Lebialem, the *Jaguar* of Bamessing, and *Warriors* of Nso are mostly composed of teens.

According to OCHA's report on Cameroon of April 14, 2023, the institution holds that there have been 14 cases of arbitrary arrest, 53 cases of physical assault, 34 cases of torture, degrading and inhumane treatment between January and February 2023 (and the statistics is as per a month's report). This report further states that, there was a mass raid and temporal arrest at Ekona of 44 persons and 218 victims of gender-based violence, many teens inclusive.

It is unarguable that the hostilities and effects of the crisis have seriously affected teens in many ways that their security is at stake. Due to the crisis and afflicted by their socio-economic and political insecurities, some teens have been (radicalized and) forced to take up arms to express their disgruntlement against the state. Hundreds of schools have

been shutdown (lack of education), crime wave (drugs) has spiked, unemployment is constantly on the rise, as well as prostitution, poverty, food insecurity, immorality and social degradation etc. The prevalence of these ills, specifically among teens, have triggered a galvanization of efforts by the state through its relevant agencies, to redress the problem of teen insecurities in the North West and South West Regions.

The question therefore, is, *“Can the security of our teens be guaranteed in the North West and South West Regions, and Cameroon in general?”* This relates to the purpose for which this toolkit has been produced. It examines, principally from a teen-centered perspective, possible safeguard measures to enhance (or supplement other existing initiatives geared towards assuring) the security of teens; for example, teens should always appear modest and neat, should always be in possession of an identification document and be in the right company etc.

This toolkit starts by presenting relevant definitions to key terms towards simplifying the reader’s understanding of youth insecurities from a precise contextual setting. It then proceeds to present some existing safeguard measures for teens established and promoted by the government, followed by an examination of rampant insecurities faced by teens with accompanying safeguard measures. It equally identifies **‘who’** teens can turn to when faced with whatever form of insecurity as well as educative materials such as the **‘DOs and DON’Ts’** list for teens, an emergency contact list and a security puzzle to test teens’ understanding of their insecurities.

We therefore boldly state that safeguarding teen security is a fundamental priority. This toolkit which represents a safety guide for teens, is undoubtedly relevant as it has been created within the context of the conflict and crisis in the North West and South West Regions of Cameroon and constitutes a comprehensive panacea to help teens foster their security and live peacefully.

Goal, Vision and Mission

The driving force behind this toolkit is to improve and efficiently promote the security of Cameroonian teens, especially those within the North West and South West regions of Cameroon. The vision is to assist teens pull themselves out of the hostile environment and destitution in which they find themselves, and which expose them to the varied insecurities that they face. This is possible with the mission of providing a safety guide for teens as exemplified by this toolkit towards providing practical recommendations for improved security and hence, the achievement of sustainable peace and development.

1.2 Institutional and Legal Instruments on Teen Security in Cameroon

Under this section, we are looking at the various national institutions and initiatives in Cameroon that seek to ensure the security of teens prior to and even with the prevalence of the Anglophone crisis. There are various ministries and state agencies at the national level that ensure the security of teens like the Ministry of social Affairs, Ministry of Youth Affairs and Civic Education, Defense and Security, the Courts, the National Commission on Human Rights and Freedoms, and the role of NGOs in promoting the security of teens in Cameroon. We shall also look at the various laws in place, both national and international, that touch on the security of teens and some examples.

	LEGAL INTERVENTIONS	INSTITUTIONAL MEASURES
1.	<p>The Declaration on the Rights of the Child (1959) Forms the basis of the Convention on the Rights of the Child adopted by UN General Assembly Resolution 1386 (XIV).</p> <p>As per Principle 1: The child shall enjoy all rights prescribed in the Declaration without any exception and without discrimination on account as to race, colour, sex, language, religion or other opinion.</p> <p>Principle 2: The child shall enjoy special protection and shall be given opportunities and facilities by law.</p> <p>Principle 8: The child in all circumstances is among the first to receive protection and relief.</p>	<p>The Ministry of Social Affairs is responsible for the development and implementation of government policy through its regional, divisional and sub-divisional delegations. It operates a technical unit (Social Center) and the Social Welfare Service and provides assistance to socially vulnerable teens in Cameroon. It carries out sensitization in prisons, for example, especially as teens are faced with increased levels of arbitrary arrests and secures the release of teens arbitrarily arrested. It has also facilitated school fee exonerations for IDPs in government secondary, high schools and universities. It has facilitated interventions of social action services in courts, prisons, and schools to promote and protect the rights of teens. It provides civil status documents to persons and teens who lost documents as a result of the crisis; it provides support with donations from UNICEF and the National Civil Status Registration such as food, sanitary pads etc.</p>
2.	<p>The Convention on the Rights of the Child (UNCRC): This is an International instrument which articulates who children are, highlighting their rights and the responsibilities of states in safeguarding those rights. Article 29 of the UNCRC essentially provides that the education of the child is to foster the physical, intellectual, moral and cultural development of the child, as well as the development of his personality. Article 9 is to the effect that states parties, shall take necessary legislative, administrative, social and educational measures to protect the child (teens particularly) from all forms of physical or mental violence. Article 7(a) contends that no child shall be subjected to torture or other cruel inhumane treatment or punishment. No child shall be deprived of his or her liberty unlawfully or arbitrarily.</p>	<p>The National Commission on Human Rights and Freedoms (NCHRF): The Commission denounces human rights violations, conducts inquiries and inspects penitentiary establishments while connecting with Civil Society Organizations. The Commission intervened, for example, in many cases concerning the security of teens prior to and within the context of the Anglophone crisis. In an interview with the rapporteur (July 2023), he highlighted a case study of a teen aged 19, who was arbitrarily arrested and illegally detained by elements of Gendarmerie Legion in the South West Region of Buea under the pretext of having unkempt hair. As a result, they extorted the sum of fifty thousand francs (50.000) CFA from him as bail bond but he was immediately released with the judicious intervention of the NCHRF.</p>

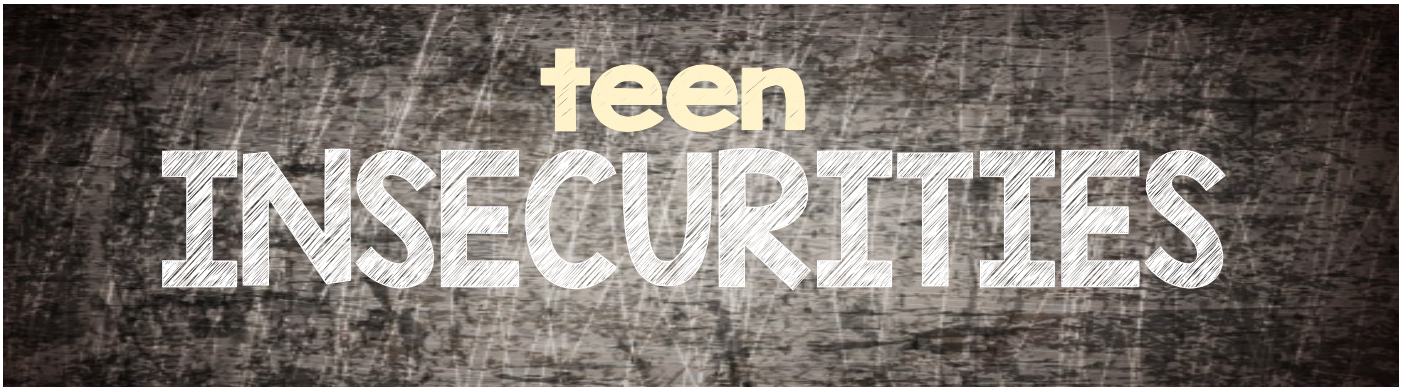
<p>3. The Universal Declaration of Human Rights (UDHR) (1948): This is an International document adopted by the UN General Assembly which enshrines the rights and freedoms of all human beings as seen under the following examples: all of which are applicable to teens: According to Article 3, everyone has the right to life, liberty and security of person while Article 5 prohibits persons from perpetuating torture, cruel, degrading and inhuman treatment or punishment. Article 7 provides that all are equal before the law and entitled without any discrimination to equal protection of the law. Article 12 on its part states that no one shall be subjected to arbitrary interference with his privacy, family, home or correspondence nor to attacks upon his reputation while Article 26 prescribes that everyone has the right to education and education shall be free especially in the elementary and fundamental stages.</p>	<p>The Ministry of Youth Affairs and Civic Education: This is an Institution that is responsible for the preparation and implementation of government policy in the area of youth affairs, civic education and the promotion of national integration. The Youth Empowerment Centre under the Ministry has been an active player in helping to curb insecurities faced by youths in the Anglophone regions of Cameroon. The center reinforces the capacity development of teens to render them socio-economically independent. It provides free training to youths affected by the crisis, offering diverse skill-building and training programs such as motor mechanics, sewing, agriculture, information and communication technology, catering and welding. In 2022, for example, it trained 70 young people in livestock farming, seed multiplication, and agro-transformation. It works closely with its partners such as NEPAD (New Partnership for Africa's Development), to make sure its goals are achieved.</p>
<p>4. The International Covenant on Civil and Political Rights (ICCPR 1966):</p> <p>Like the UDHR, the ICCPR also safeguards certain human rights that relate to children, teens inclusive. Article 7 states that no one shall be subjected to torture or cruel inhuman and degrading treatment. Article 6: Every human being has the inherent right to life and no one shall be arbitrarily deprived of his life; on its part, Article 12 guarantees freedom of movement and freedom to choice of residence; Article 17 provides that no one shall be subjected to arbitrary or unlawful interference with his privacy, family or home while Article 24(1) states that, every child shall have, without any discrimination as to race, colour, sex, language, religion, national or social origin, property or birth, the right to such measures of protection as are required by his status as a minor on the part of his family, society, and the state.</p>	<p>Non-Governmental Organizations:</p> <p>Most NGOs that target teens are focused on the promotion and respect for the human rights of teens as well as the inclusion and participation of youths in governance and democratic processes. An NGO like Movement for Democracy, Development and Transparency (MDDT) promotes human rights, equality and democracy for individuals, and teens inclusive. It executes several programs, geared at securing peace through sensitization, capacity-building, and peace advocacy via social media platforms; at creating peace clubs in schools, organizing radio and television programs to provide security guides for citizens, and also training programs for law enforcement officers on the respect for the rule of law and accountability.</p>
<p>5. The African Charter on the Rights and Welfare of the Child (ACRWC), also referred to as the African Children's Charter adopted in 1990 and entered into force in November 1999.</p> <p>Going by Article 11, every child has the right to an education, to develop his or her personality, talents, mental and physical abilities to their full potential. Children have a right to play and to participate fully in cultural and artistic life as per Article 12.</p> <p>Article 16 states that Children should be protected from all forms of torture, inhuman or degrading treatment and especially physical or mental injury or abuse, neglect or maltreatment including sexual abuse. The security of teens is further guaranteed in Article 22 which stipulates that children should not be recruited as soldiers, nor should they take a direct part in fighting wars.</p>	<p>The Ministry of Justice and the Courts:</p> <p>Security is something that everyone should be entitled to as a fundamental human right, particularly teens, given their vulnerability. These Institutions both work in synergy to ensure the security of teens in Cameroon. One of the role of the courts is to handle issues that touch on the security of teens. Public and private actors of the judicial sector such as magistrates and lawyers, ensure the interpretation and application of the law, likewise the security officers like the gendarmes, and police, who also assist in the enforcement of the law. The courts ensure the implementation of the law and its goal of rendering justice to victimized individuals, especially the teens, and ensures the respect of human rights and the rule of law.</p>

	LEGAL INTERVENTIONS	LEGAL INTERVENTIONS
6.	<p>The Constitution of the Republic of Cameroon, Law N°. 96/06 of December 18, 1996, to amend the Constitution of June 2, 1972: This is considered the national instrument of human rights protection and the security of teens.</p> <p>The preamble to the Constitution of Cameroon affirms, for example, that “the State shall guarantee the child’s right to education and that Primary education shall be compulsory.”</p>	<p>The Cameroon Penal Code (PC): It deals with the fundamental rules governing Criminal Law and is very enriching in ensuring the security of teens in Cameroon.</p> <p>Section 291, for example, deals with false arrest to the effect that whoever, in any way, deprives another of his liberty, shall be punished with imprisonment from five to ten years and with a fine from twenty thousand to one million francs CFA.</p> <p>Section 346 of the PC frowns at indecency to children under sixteen; whoever commits an indecent act in the presence of a child under the age of sixteen shall be punished with imprisonment from two to five years with a fine from twenty thousand to two hundred thousand.</p> <p>Section 346 (4) is to the effect that in case of rape, the imprisonment shall be from fifteen to twenty five years or for life where the offender has authority over the victim or custody by law, is a public servant or religious minister.</p> <p>As per Section 352 (1), whoever, without force or fraud, entices away any person under eighteen years of age against the will of those to whom custody was given, the offences shall be punished with imprisonment from one to five years with a fine from twenty thousand to two hundred thousand.</p>



PART 2

INSECURITY ISSUES FACED BY TEENS



2.1 Arbitrary Arrest

According to **Resolution 1997/50** of the **United Nations Commission on Human Rights**, **arbitrary arrest or detention** advocates that any particular form of deprivation of liberty be taken in accordance with the applicable law and procedure, and such legislation must be in conformity with the relevant international standards and the relevant international legal instruments applicable to states concerned; that such deprivation of liberty be proportional to the aim sought, reasonable and necessary. Arbitrary arrest is broadly interpreted to include elements of inappropriateness, injustice, lack of predictability and due process of the law.

Causes

- a. **Conflicts and crises:** The current socio-political atmosphere in the North West and South West Regions in Cameroon poses a constant threat to the lives of teens. In times of war, safety should be the priority.
- b. **Unnecessary movements and keeping late nights:** In the present context, unnecessary movements and keeping late nights, after 7 pm, for example, should be avoided.
- c. **Physical appearance:** There is a need for teens to always look organized in order to avoid unnecessary attention from people or suspicions from law enforcement officers. They must avoid shabby looks and inappropriate dresses, because it is one of the causes for arbitrary arrest.
- d. **Unlawful gatherings:** Teens must avoid unlawful gatherings or events that are void of government authorization. In most cases, this leads to arbitrary arrests and detentions.
- e. **Induced Violence:** Violent behavior is any behavior by an individual that threatens or actually harms or injures an individual or others or destroys property. Violent behavior often begins with verbal threats but over time escalates to involve physical harm.
- f. **Illegal possession of drugs or arms:** Teens should not be found in possession of drugs or arms for it is illegal and punishable in Cameroon.
- g. **Non-possession of Identity (ID) cards:** Non-possession of ID card is an offense by law and teens are expected to have their ID cards on them at all times.

Effects

- ◆ **Violation of the rule of law:** There is no respect of legal procedures such as obtaining a warrant of arrest prior to an arbitrary arrest especially when there is no evidence of a crime being committed.
- ◆ **Psychological trauma:** It increases anxiety, pre and post-traumatic stress and depression in teens.
- ◆ **Loss of liberty:** It leads to deprivation such as restrictions in movement and access to some facilities.
- ◆ **Enforced disappearance:** An enforced disappearance is considered to be the arrest, detention, abduction or any other form of deprivation of liberty by agents of the state or by persons or groups of persons acting under authorization.

Short Story

On a Tuesday, John and his friends are taking a walk around 6:00 pm, looking for something to eat. While doing so, they are intercepted by state forces, who during questioning, asked them to present their identity cards; some are in possession of their identity cards whereas others are not. They are all arrested without a warrant, molested and forced into a police vehicle, and are taken to the station where they have to pay a sum of 25,000 francs per person in order to secure their release. Those who do not have money, are forced to sleep in detention.



Legal Position

- ◆ The right to freedom of movement of John and his friends was violated, considering that they were not doing anything wrong but only out looking for something to eat.
- ◆ The right to liberty and security of John and his friends was violated, considering they were arrested arbitrarily without a warrant (the Preamble of the Cameroon Constitution).
- ◆ The Judicial Police officer has the legal capacity to arrest John and his friends without a warrant where it is a case of flagrante delicto, that is, if they were at the centre of a crime scene or were in the act of committing an offense or had just committed an offense. (Section 30 (2) and (3) of the Criminal Procedure Code 2006).
- ◆ Those who were in possession of their IDs are in tandem with the law and cannot be punished but those who did not have their IDs on them, would be found wanting for non-possession of ID cards which is in violation of Section 1(2) of Law No 90-42 of 19 December, 1990 (Cameroon).
- ◆ The Law on National Identity Cards punishes anyone who does not move or carry their ID cards with them regardless of whether they may have it at home or may have kept it somewhere for whatever purposes.
- ◆ The Police Officers violated the rule of law by molesting John and his friends in the course of arresting them, mindful of the fact that they did not put up any resistance in the course of their arrest. (Section 30 (4) of the Criminal Procedure Code 2006).
- ◆ Bail as of practice, is free and John and his friends could have called the National Human Right Commission or a lawyer to ensure that they do not pay for bail in order to be released, and in respect of their human rights.
- ◆ John and his friends ought to have been informed of the offense they committed that warranted their

arbitrary arrest.

- ◆ John and his friends ought not to have been subjected to arbitrary arrest or molestation even if it was a police investigation.

Safety Measures

- Stay calm at all times.
 - Do not try to implement self-defense in a wrong way, avoid brutal exchanges or the implementation of any type or form of violence.
 - You should calmly explain your point, and plead for understanding with the party or parties involved.
 - You should get a phone and immediately call out for help when faced with such situations.
 - In case of emergency, call your security number; it could be your parents, a guardian or lawyer.
 - You should avoid public upheavals.
 - You should avoid unnecessary public gatherings.
 - You should not be in possession of drugs and or arms.
-

2.2 Abduction

As per the **UNICEF Guidance Note on Abduction**, abduction is the removal, seizure, capture, apprehension, taking or enforced disappearance of a child either temporarily or permanently, including for the purpose of any form of exploitation of the child. The abduction must be perpetrated by a party to conflict in the context of and be associated with an armed conflict.

Causes

- Conflicts and wartimes:** The current socio-political atmosphere in the North West and South West Regions in Cameroon poses a constant threat to the lives of teens. Under such circumstances, keeping safe should be the priority.
- An Immoderate political activist:** An activist is someone who is active in campaigning for a change, on political or social issues. Immoderate is not being sensible or restrained. So an immoderate activist is someone who is not sensible in his or her actions or what he says.
- Keeping late nights and exposing yourself to insecurity:** Being outdoors at inappropriate hours, especially in a crisis zone exposes you to insecurity and puts you at risk of abduction.
- Bad company:** Bad company is being around people who cannot make moral and upright decisions.
- Vengeance:** This is defined as punishment inflicted on someone or people for an act or a wrong he/she or they committed or contributed to.
- To create fear, panic and public disorder:** This is an unpleasant emotional reaction caused by threat or danger, pain or harm, which can arise through abduction. Abduction increases the outbreak of lawlessness amongst citizens of a state.

Effects

- ◆ **Depression and post-traumatic disorder:** Abduction can lead to depression, which is a chronic mood disorder that causes intense feelings of sadness and hopelessness and also, post-traumatic stress disorder which is brought about by the terrible scene experienced.
- ◆ **Loss of life:** This implies death. Abduction of an individual, can lead to the person's loss of life, particularly in a hostile context or situation of armed conflict.
- ◆ **Extortion and exploitation:** Exploitation is the unfair use of someone by another while extortion is the practice of taking money or other property from someone by the use of force or threats.
- ◆ **Rape:** A consequence of abduction, especially for female teens, can be rape which is a type of sexual assault involving sexual intercourse or other forms of sexual penetration carried out on a person without his or her consent.
- ◆ **Torture:** As an effect of abduction, this is the act of inflicting severe pain or suffering on someone.

Short Story

Mary, a 15 year old girl, leaves mile 17 to Ekona in the South West Region of Cameroon on a Friday, and along the course of the journey, the driver stops the bus to pick up some unidentified men. After covering a certain distance, the driver diverts the bus into a bush with all the other passengers including Mary, are kept there and their relatives are contacted to pay ransoms for their releases. After all efforts made by Mary's parents, she is later found dead along the Ekona road.



Legal Position

- ◆ Mary possesses the fundamental right to freedom of movement.
- ◆ It is Mary's obligation to ensure that the transport vehicle is registered at the park before she boards it, and to inform her parents or guardian(s) of her movement.
- ◆ Mary's right to life was violated when she was killed and the offenders' committed aggravated murder under (Section 276 of the penal code).
- ◆ Mary was also deprived of her right to family and good wellbeing by the offenders .
- ◆ The unidentified gun men are guilty of kidnapping (as per section 353 of the Cameroon Penal code) and should be prosecuted for it.
- ◆ Kidnapping of minor children under 18 is punishable (under section 352 of the Cameroon Penal Code 2016) and it is aggravated when the child is below 13 (see section 354 of the Cameroon Penal Code 2016).

Safety Measures

- Teens should ensure that they are in the right place, at the right time, and doing the right thing.
- Teens should always pay keen attention and take note of the number plate of the vehicle before boarding.
- Teens should ensure that they are accompanied by much older persons if for one reason or another, they are out of the house after 6:00 pm.
- If you are running an errand, make sure your parents or guardians know your whereabouts.

- Teens should be conscious and careful with strangers.
 - Do not follow people you do not know who try to get your attention.
 - Immediately alert anyone if you notice suspicious movements around you.
 - Make sure you are not alone after 6:00 pm in an isolated area.
 - Run and scream if someone tries to force you to go with them.
 - If your friends force you to go to a suspicious or isolated place, refuse and run away.
 - Avoid bad company.
-

2.3 Invasion of Privacy

As per the Legal Information Institute-Cornell, invasion of privacy involves the infringement upon an individual's protected right to privacy through a variety of intrusive or unwanted actions. Invasion of privacy includes physical encroachments, private property invasion and wrongful disclosure of confidential information or images.

Causes

- Conflicts and times of crises:** During such times, anything can happen at any time and invasion of one's privacy is not excluded, for example, during raids. So, it is important for teens to exercise a lot of caution in order that their privacy is not invaded without their consent.
- Ignorance of the law:** Teens ignorantly permit the invasion of their privacy because they are ignorant of the law and the procedures that should be followed to have access to their privacy by third parties.
- Social media:** It is imperative for teens to exercise a certain degree of caution, when sharing their personal information or other information of others on social media. This is so because it could lead to invasion of privacy.
- Negligence:** this refers to the failure to exercise the degree of care expected of a person of ordinary prudence. Under the context motivating this toolkit, teens are supposed to be prudent at all times.

Effects

- ◆ **Embarrassment or humiliation:** The act of reducing someone to a lower position in one's own eyes or another's eye.
- ◆ **Physical harm:** Invasion of privacy often leads to physical harm which could take any form such as hitting, slapping, pushing or even to a greater extent death of an individual.
- ◆ **Intimidation:** It causes fear or fright in a person which is always the after-effect of invasion of privacy.
- ◆ **Emotional distress:** It can lead to a highly unpleasant emotional reaction such as anguish, humiliation or fury.
- ◆ **Non respect of the rule of law;** the privacy of persons are often invaded in violation of the rule of law.

Short Story

Mason and his friends are strolling on a Saturday afternoon when they are stopped by armed uniform men (state actors). After questioning them and asking them to identify themselves, which they do, they are ordered to unlock their phones and hand them over for a search. They try resisting resulting in the use of force on them. After that, they are harassed, forced into a police vehicle, and asked to take the officers to their individual houses for a search. Mason and his friends are accompanied home by the armed officers and their houses are searched.



Legal Position

- ◆ It is the responsibility of the Government to ensure the safety or security of its citizens, teens inclusive. As such, law enforcement officers have the right to intercept Mason and his friends in order that they identify themselves, especially in the context of the crisis in the North West and South West Regions.
- ◆ Law enforcement officers have the duty to search premises with a duly issued search warrant (as per section 16 of the CPC, 2006) and mobile phones with the consent of the owner. Mason and his friends have the obligation to cooperate with law enforcement officers in the exercise of their functions, if not they would be obstructing justice by resisting.
- ◆ The fact that the law enforcement officers may not have had a search warrant during the search, does not exonerate Mason and his friends if incriminating information was found in their phones or articles in their houses.
- ◆ Legally, regardless of form, unauthorized invasion of privacy and residence, be it from either state or non-state actors, is prohibited by law (see the Preamble of the Cameroon Constitution 2008).

Safety Measures

- Teens should stay calm and be cooperative during any encounter with the forces of law and order.
- Teens should not try to implement any form of self-defense in a wrong way, by exchanging words.
- Teens should try to calmly explain their points and plead for understanding with the involved parties.
- Teens should get a phone and immediately call out for help
- In case of emergency, call a security number which can be the National Commission for Human Rights and Freedom, NGOs, CSO, Lawyers, Police force (in case it is a situation involving non-state armed men) and others.
- Teens should immediately delete sensitive content they receive on their phones, which can implicate and expose them to danger or any form of risk.

2.4 Harassment

UN Secretary General's Bulletin ST/SGB/2008/5 defines harassment as any improper and unwelcomed conduct that might reasonably be expected or be perceived to cause offence or humiliation to another person. There are different types of harassment such as sexual harassment, verbal and physical harassment

Causes

- a. **Conflicts:** During conflicts, harassments of persons are very common.
- b. **Keeping late nights:** In the state of hostility and insecurity as with the present context, it is very important to be careful, to avoid late nights especially by oneself.
- c. **Moving without an ID:** Non-possession of ID can lead to harassment.
- d. **Indecent dresses:** Avoid the kind of dressing that exposes you to suspicion such as trousers hanging under the waist or hair coverings. Teens must look neat and act orderly at all times, as an irresponsible outlook is often an open invitation for harassment.
- e. **Being at the wrong place at the wrong time:** Always be cautious of the places you go to and the time you spend in certain places. Ensure that it safe before you embark on a journey or movement.
- f. **Unhealthy company:** Make sure to keep the right friends or the right company at all times. Being in the wrong company can lead to harassment, whether by state or non-State armed groups.
- g. **Power imbalance:** When someone or people are in a position of perceived power and authority, they may tend to take an advantage of it to harass others.

Effects

Trauma: This is an emotional response or state caused to an individual due to a terrible event or situation that he/she experienced.

Early death: Harassment is associated with an increased risk of anxiety, depression, and in many cases, victims of sexual harassment have lost their lives.

Trust issues: The ability to trust others can be negatively impacted and individuals tend to withdraw themselves from others in society.

Diseases (illnesses): Due to harassment, like sexual harassment, one is open to illnesses such as HIV/AIDS, genital herpes, chlamydia, etc.

Assault: This is the wrong act of causing someone to reasonably fear imminent harm.

Battery: Due to harassment, physical harm can be caused in the process such as slapping and beating.

Short Story

Nancy lives in Ediki village in the South West Region of Cameroon. Due to the socio-political instability plaguing the village, she can no longer go to school and diverts to farming as a means of livelihood. One day, while she is working on a farm, she is assaulted by some unidentified gunmen, who harass her by touching her sexually. In an attempt to defend herself she is seriously beaten, molested, raped and subsequently killed by these men. Her body is later discovered by some villagers who happen to pass by the area.



Legal Position

- ◆ The unidentified gun men violated the dignity of human life and their duty to act towards one another in the spirit of brotherhood (see the Preamble of the Cameroon Constitution 2008). They ought not to have violated Nancy sexually.
- ◆ Nancy's right to education was interfered with due to the political instability in Ediki village (see the Preamble of the Cameroon Constitution 2008)
- ◆ Its Nancy's fundamental right to be protected by the law and the government in order to ensure her security within her country Cameroon (see the Preamble of the Cameroon Constitution 2008)
- ◆ The right to life of Nancy was violated by the unidentified men who killed (Preamble of the Cameroon Constitution 2008)
- ◆ The unidentified gunmen could be tried for Murder (as per section 275 or Capital Murder (section 276) and Rape (section 296), all of the Cameroon Penal Code, 2016)
- ◆ If the sexual harassment on Nancy was done by an authority that is someone in government, or in a position of leadership then such a person would be prosecuted (under section 302 -1 of the Cameroon penal code for sexual Harassment)

Safety Measures

- Teens should avoid environments that portray violence or tension
- Teens should avoid late nights
- Teens should avoid dressing indecently. This can increase the risk of you being sexually harassed or molested.
- Teens should get a phone and immediately call out for help when faced with whatever unpleasant situation.
- Before boarding a bus teens should take note of the plate numbers and people inside the vehicle.
- If you notice any suspicious movements, get out.
- Teens should always ensure that you have your ID card with you at all times.

2.5 Manipulation

Manipulation is the exercise of harmful influence over others that may create an imbalance of power. Manipulation could take several forms such as brainwashing, intimidation, coercion, gas-lighting etc.

Causes

- The existence of conflicts:** During crisis situations and instabilities, manipulation is at its highest.
- Personal gain:** Individuals can be manipulated by other individuals or persons such as the government, non-state armed groups for their personal benefits.

- c. **Control or influence:** Teens can be manipulated in order to gain control or influence over them.
- d. **Imbalance of power:** When there is an imbalance of power, manipulation is inevitable as it is the situation for many teens in the South West and North West Regions of Cameroon who have been manipulated into radicalization.
- e. **To create fear:** Most often, teens are manipulated to create fear in them.

Effects

- ◆ **Psychological imbalance:** Manipulation leaves the victims such as teens anxious, worried, confused, which affects their mental health.
- ◆ **Trust issues:** Teens have been left wanting and no longer rely or believe in the state for guidance and protection from manipulation, especially in the face of social media exposure.
- ◆ **Exploitation:** Manipulation leads to intellectual exploitation for teens.
- ◆ **Takes away one's independent will:** Manipulation takes away an individual's independent will and leaves the individual with no mind of his own.
- ◆ **Unhealthy Behavioral Patterns:** It leads to unhealthy changes in the behavior of teens which can lead them into detrimental and dangerous situations.

Short Story

It is May 19, and the students of Government Secondary School-Mamfe are excited about the forth coming obligatory public march-past, that is celebrated every year on May 20, in commemoration of Cameroon's reunification day. The students, through their teachers, hear of some information circulating on social media about a lockdown on the same May 20. Fear, confusion, worry, and anxiety grip them as they are confused as to whether they should march publicly the following day, or not. They have been promised protection like many other students in other government schools, but recall that many who marched the previous year were later identified by non-state actors and violently assaulted. Some were even killed. What shall be their fate after the celebration is over, especially when such promised protection is no longer available?



Legal Position

- ◆ The state of Cameroon has the obligation to ensure the freedom and security of all persons within its territory, teens inclusive, as enshrined in the preamble of the Constitution (2008).
- ◆ Every citizen has the right to freedom of movement and this includes the students of Government School Mamfe
- ◆ Celebrating the 20th May Reunification Day is the right and obligation of all Cameroonians. However, this should be done in a safe environment that should be ensured by the government.
- ◆ The students of Government School Mamfe are being psychologically manipulated as they are caught up between the information gotten from state and non-state actors which are conflicting. In such a situation, safety should be their priority.
- ◆ Anyone, whether in speech or in writing, who revolts by giving contrary or defamatory information against the Government or Institutions of the Republic is guilty of contempt (see sections 154 (2), 152 and 153 all of the Cameroon Penal Code).

Safety Measures

- Teens should verify all information they receive before sharing and acting on it.
 - Teens should avoid peer pressure, bad friends and keeping bad companies.
 - Teens should follow genuine and truthful opinions and leaders.
 - When in a state of confusion of information from the state and non-state actors, as a teen your security should be your priority.
 - As a teen, when you find yourself in a state of panic or anxiety, endeavour to stay calm.
 - Teens should avoid leaders on the path of personal gain, rather than public interest.
 - Teens should be quick to identify and runaway from fraudsters or defrauders who are manipulative.
 - Teens should stay informed, keep their ears open to information updates and always take precaution.
-

2.6 Torture

According to **Part 1 Article 1** of the **Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment** (1984), torture briefly means any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person. It occurs when someone deliberately causes very serious and cruel suffering (physical or mental) to another person in order to punish, intimidate or obtain information. Torture can be inflicted by both state and non-state armed groups.

Causes

- Conflicts:** An unstable political atmosphere breathes room for violence.
- Violent confrontations:** Violent encounters could often lead to someone being tortured.
- Wrong companies:** Being with the wrong company and at the wrong place can expose you to risk and harm which could lead to you being tortured.
- Non possession of identity cards:** Your ID cards should be with you at all times to avoid harassment and possible confrontation that can lead to torture.
- Kept in detention:** Detention is one of the situations whereby teens could easily be tortured.
- Noncompliance with stay-at-home and safety measures:** Prioritize your safety at all times and keep to instructions on your safety. Make sure you verify any information before you take action.
- Abduction:** Taking someone away by force or under coercion can lead to their torture once they exercise any form resistance.

Effects

- ◆ **Loss of life:** Torture can lead to death.
- ◆ **Anxiety:** A feeling of uneasiness such as worry or fear which can be mild or severe.
- ◆ **Post-traumatic stress disorder:** It leads to feelings of isolation, irritability and guilt. Most often insomnia and lack of focus due to the traumatic events during torture can occur.

- ◆ **Anger and pain:** Anger is a response to pain which could either be physical or emotional
- ◆ **Suicidal tendencies:** This is an act of intentionally taking your own life due to the traumatic experience you have encountered or you are in.
- ◆ **Incapacitated:** Torture can lead to incapacitation, that is, someone deprived of strength or power.

Short Story

Andy and her friends are on their way home at 7:00 pm after studying at a friend's place on a Monday (ghost town). As they walk back home, they are approached by unidentified gun men who threaten them into following them. They are taken into the bush, where they are asked to naked themselves. They are beaten severely with cutlass under their feet and they are made to sit on the ground. Added to this, the men threaten to rape Andy and her friends while questioning them "na who ask you for comot for ghost town day?"



A few of Andy and her friends who were tortured, sustained injuries and pains while some lost their lives in the course of the torture. Videos were made of them and uploaded online, then those who were alive were later released.

Legal Position

- ◆ Dully ratified International conventions by Cameroon prohibit any form of torture and inhumane treatment of an individual.
- ◆ The right to freedom of movement by Andy and her friends were violated by these unidentified gunmen.
- ◆ Some of Andy's friends lost their lives in the course of torture, which goes against their right to life
- ◆ Andy and her friends' right to physical integrity were violated by these unidentified men.
- ◆ The Government has the obligation to ensure the freedom and security of its citizens as in this case of Andy and her friends (as enshrines in the Preamble of the Cameroon Constitution 2008)
- ◆ Andy and her friends had the obligation to inform their parents or guardians of their movements after 6 pm.
- ◆ The unidentified gun men should be prosecuted for murder (section 275), grievous harm (section 277), assault occasioning to grievous harm (279), assault occasioning to death (section 278) and torture (section 277-3) all of the Cameroon Penal Code 2016.
- ◆ The unidentified gun men can be prosecuted for simple threats as per section 301 of the Cameroon penal code (2006) for threatening to rape Andy and her friends.

Safety Measures

- Teens should avoid unsafe places and they should only engage themselves with movements that are necessary.
- Teens should avoid incriminating situations that can lead to their detention and possible torture
- Teens should be of good behavior at all times
- Teens should avoid bad relationships or company that exposes them to violence

- Teens should avoid late nights
 - Teens should avoid any form of confrontations or fights
 - Teens should call out for help or your emergency contacts when faced with any in secured or unpleasant situation.
-

2.7 Misinformation

The American Psychological Association defines misinformation as false or inaccurate information that causes you to get the facts wrong while disinformation is false information which is deliberately intended to mislead as the informant intentionally misstates the facts. The United Nations sees misinformation as the accidental spread of inaccurate information and disinformation is not only inaccurate, but intends to deceive and is spread in order to do serious harm.

Causes

- Manipulation:** This refers, in context, to the release of false information especially in the North West and South West regions which is intended to manipulate people, especially teens.
- Fear:** Often, the essence of misinformation is to create fear.
- Attributes of conflict war times:** In conflicts and war times, there is often a lot of misinformation as state actors, non-state actors, individuals are consistently publishing conflicting information which in everyday transmission, leads to misinformation.
- Weaken Existing authority:** To gain control, misinformation is released to weaken existing authority, especially in cases of power tussle.
- Mislead population:** Teens should avoid releasing unverified information that can mislead others.
- Personal gains:** Parties to conflicts and sympathizers sometimes issue false claims and rumors such as social media propaganda for personal gain. Teens should avoid acting on or spreading such information.

Effects

- ◆ **Worry, panic, anxiety and fear:** The effects of misinformation can create emotional sufferings that, in turn, can lead to unusual unrest of persons and most especially teens.
- ◆ **Insecurity:** Misinformation increases insecurity. Conflicting information from both state actors and non-state actors leads to high levels of insecurity and exposes youths to danger.
- ◆ **Influence/ Control:** Misleading or unverified information, can be used to influence a gullible population, particularly the younger generation.
- ◆ **Distrust of social media sources:** Misinformation leads to bridge of confidence on social media, as people use the media to send out wrong information.

- ◆ **Tension and wars:** Unverified and false information, can lead to fighting, confrontations, enmity between teens, peers, families, communities and nations at large.

Short Story

John and his friends are students from Government School Mamfe and one day, they decide to take advantage of the political situation in the North West and South West Regions to create confusion in school by spreading false information thus, “Schools shall be on lockdown for two days and anyone found on any campus shall be shot! #Manyu warriors of Mamfe”, In the same period, students are busy preparing for their end-of-term exams. So this false information creates fear and panic in the students who are caught up between going for their exams or staying home for safety.



Legal Position

- ◆ The students of Government School Mamfe were exercising their human rights to education.
- ◆ Worthy of note is the fact that, all humans are endowed with reason and conscience and should act towards one another in the spirit of brotherhood. John and his friends owe the responsibility to their fellow schoolmates to act towards them in the spirit of brotherhood and not to act in such a manner that should expose their schoolmates to fear and panic.
- ◆ John and his friends could be persecuted under Section 240 of the Cameroon Penal Code (2016) for spreading false news. As per section 240 of the Penal Code, Whoever publishes or propagates by any means whatever any news without being able to prove its truth or that he had good reason to believe it to be true shall be punished. Thus John and his friends shall be punished for publishing false and unreliable information.
- ◆ John and his friends shall equally be punished under Section 113 of the Cameroon Penal Code for propagation of false information.
- ◆ Going by Section 74 of the Penal Cod, John and his friends intentionally committed a criminal offence against the State as well as intentionally violated the right to education of the students of Government School Mamfe by sending out false information to prevent the students from attending school for two days.

Safety Measures

- Teens should verify every information before acting on it.
- Teens should not spread false information.
- In a situation of conflicting messages, between State actors and Non-State actors, your safety should be your priority.
- Maintain a critical mindset.
- Follow sincere and good opinion leaders.
- Stay constantly updated.

PART 3:

Addressing Teen Insecurities

3.1 Who to Meet?

As teenagers go through the process of growing up and finding their place in the world, they may experience feelings of insecurity and self-doubt. These insecurities can arise from a variety of sources, including social pressures, academic challenges, and personal relationships. When faced with such insecurities, it can be helpful for teens to reach out to certain people for support and guidance. Here are some of the people that teens should meet when faced with insecurities:

1. Parents or Guardians

Parents or guardians are often the first line of support for teenagers who are struggling with insecurities. They can provide a listening ear, offer validation, guidance and advice. Parents or guardians can also help teenagers put their insecurities into perspective as well as provide a safe and supportive environment for them to express themselves.

2. Teachers and Counsellors

Teachers and counsellors can be valuable resources for teens who are struggling with insecurities related to academics or social life. They can offer academic support, help students develop coping skills, and provide guidance on how to navigate difficult social situations such as peer pressure. Teachers and counsellors can also connect students with other resources, such as support groups or therapy services.

3. Mentors

Mentors too can be positive role models who offer guidance and support to teenagers who are struggling with insecurities. Mentors can provide a listening ear, offer advice, and share their own experiences of overcoming insecurities with teens. They can also help teenagers set goals and provide accountability to help them achieve those goals.

4. Peers

Teenagers may also find support and guidance by talking to their peers. Talking to friends who are going through similar struggles can help teenagers feel less alone and provides a sense of validation. Peers can also provide helpful advice and share their own experiences of overcoming insecurities.

5. Mental Health Professionals

For teens who are struggling with more severe or persistent insecurities, it may be helpful to seek the assistance of a mental health professional. A therapist or counsellor can provide a safe and supportive environment for teens to express their feelings and work through their insecurities. They can also provide coping skills and strategies for managing anxiety and depression related to insecurities.

Conclusively, when faced with insecurities, it is important for teenagers to reach out for guidance and support. Parents or guardians, teachers and counsellors, mentors, peers, and mental health professionals can all be valuable resources for teens who are struggling with insecurities. By seeking support and guidance from these individuals, teenagers can learn to manage their insecurities and develop the confidence and resilience they need to succeed.

3.2 THE ROLE OF TEENS IN REDUCING THEIR INSECURITIES

Under the current sociopolitical environment in the Anglophone regions, there are no doubts that youths are suffering and are greatly affected by all that is happening around them. The effects are obviously serious and devastating on them, both physically and psychologically. As such, it is important that even if measures have been put in place to ensure their safety, be it by the Government, NGO's or other initiatives, youths too have a vital role to play when it comes to their safety and security at all times. Therefore, it is recommended that teens should always try to do the following:

- Practice being cautious.
- Carry their identification documents, be it their school or National ID cards at all times.
- Always inform parents and friends of their whereabouts.
- Avoid keeping late nights and unnecessary movements.
- Be at the right place at the right time.
- Delete contents in their phones which could put them in trouble.
- Learn to verify information before you publish.
- Report suspicious activities.
- Stay away from places which are suspicious or dangerous.
- Avoid shabby and dubious looks that could draw unnecessary attention.
- Have emergency numbers in case of trouble.

PART 4

Important Teen Security Information

4.1 Contacts in Situations of Insecurity

MINJEC (Ministry of Youth Affairs and Civic Education)

Tel: (+237) 222 238 005 / 222 222 292 | Email: contact@spm.gov.cm

MINESEC (Ministry of Secondary Education)

Tel: (+237) 222 223 843 | Email: celcom@minsec.gov.cm

MINESUP (Ministry of Higher Education)

Tel: (+237) 222 221 907 | Email: sdac@minsec.gov.cm

CONAC (National Commission for the fight Against Corruption)

Tel: 1517 (toll-free number), (+237) 698675627, 222 203 732 / 222 203 730 / 658262682

MINDEF (Ministry of Defense)

Tel: 1501 (toll-free number), +237 222 226 497

MINAS (Ministry of Social Affairs)

Tel: (+237) 222 222 958 / 222 231 107 / 222 232 483 | Email: info@minas.cm

4.2 THE DOs and DON'Ts for TEENS

Objective: The ongoing conflict in the Anglophone regions of Cameroon has created a challenging environment for teenagers to navigate. Here are 30 DOs and DON'Ts for teens to familiarize themselves with and enhance their security in the afflicted regions.

DOs:

1. Be aware of your surroundings at all times.
2. Stay informed about the latest news and developments in your area.
3. Avoid participating in or supporting any violent or illegal activities.
4. Speak up if you see or hear something that could pose a threat to your safety or the safety of others.
5. Keep a low profile and avoid drawing attention to yourself.
6. Stay in contact with your family and friends to let them know you are safe.
7. Carry identification documents such as a national identity card or passport with you at all times.
8. Stay away from large crowds or gatherings, especially those that are politically charged.
9. Avoid traveling alone, especially at night.
10. Keep emergency contact information with you at all times.

11. Obey curfews if they are in place in your area.
12. Be respectful of others, regardless of their political or ethnic affiliations.
13. Stay away from military or police operations and checkpoints.
14. Stay away from areas that are known to be hotspots of violence or unrest.
15. Stay away from any areas where there have been reports of explosions or gunfire.
16. Stay away from any buildings or structures that have been damaged or destroyed.
17. Stay away from any roads or bridges that have been blocked or destroyed.
18. Report any suspicious activity to the authorities.
19. Follow any instructions given by the authorities, such as evacuation orders.
20. Stay indoors during periods of heightened tension or violence.
21. Stay calm and avoid panick
22. Learn basic first aid skills.
23. Keep a supply of food and water in case of emergency.
24. Have a plan in place in case you need to evacuate quickly.
25. Keep your mobile phone charged and with you at all times.
26. Stay away from social media or online platforms that promote hate speech or violence.
27. Seek help if you are experiencing trauma or emotional distress.
28. Work with others in your community to promote peace and understanding.
29. Participate in peaceful demonstrations or activities that promote positive change.
30. Listen to the perspectives of others and try to build bridges between different groups.

DON'Ts

1. Don't carry weapons or participate in any violent activities.
2. Don't engage in hate speech or discriminatory behaviours.
3. Don't use social media or online platforms to spread lies, rumours or incite violence.
4. Don't travel to areas that are known to be dangerous or unstable.
5. Don't approach without good reason, military or police operations or checkpoints.
6. Don't resist authority or refuse to follow instructions from the authorities.
7. Don't get involved in any disputes or arguments that could escalate into violence.
8. Don't take unnecessary risks or put yourself in harm's way.
9. Don't use drugs or alcohol, as they can impair your judgment and put you at risk.
10. Don't let fear or anxiety control your actions.

4.3 Security Slogans for Teens

AIM: These slogans aim to remind teens to be vigilant and take necessary precautions to protect themselves and their belongings from potential harm or threats. These slogans can also be used to promote awareness and encourage responsible behaviours among teens in Cameroon and most especially amongst teens in the Northwest and Southwest regions of Cameroon. By following these practices and staying informed about the latest security trends, teens can better protect themselves:

- "Safety starts with you."
- "Safety is not just a slogan, it's a way of life."
- "Be alert, don't get hurt."
- "Stay safe, stay secure."
- "Think before you act."
- "Don't be a victim of your own carelessness."
- "Be aware of your surroundings."
- "Prevention is better than cure."
- "Stay vigilant, stay safe."
- "Safety is a habit, not an act."
- "Stay safe, stay informed."
- "Be proactive about your safety."
- "Stay safe, stay protected."
- "Don't compromise on safety."
- "Stay alert, stay alive."
- "Stay one step ahead of danger."
- "Safety is not a choice, it's a responsibility."
- "Stay safe, stay smart."
- "Don't let your guard down."
- "Safety first, always."
- "Be prepared for the unexpected."
- "Stay calm and stay safe."
- "Your safety is in your hands."
- "Stay safe, stay alive."
- "Don't take risks with your safety."
- "Stay safe, stay strong."
- "Be cautious and be safe."
- "Safety is everyone's responsibility."
- "Stay aware, stay safe."
- "Don't let safety take a backseat."
- "Safety first, security always."
- "Protect your password like your toothbrush."
- "Think before you click."
- "Lock it up when you leave."
- "Report suspicious activity."

4.4 Security Puzzle for Teens

Objective:

This puzzle is meant for your entertainment while getting acquainted with security terminologies.

Instructions: From the security puzzle below, **FIND** and **CIRCLE** the security-related words listed on the next page.

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

Puzzle Words

- 1) SECURITY
- 2) PEACE
- 3) HUMAN
- 4) PEERS
- 5) SECURE
- 6) SELF ESTEEM
- 7) ADVOCACY
- 8) RIGHTS
- 9) HUMANE
- 10) TORTURE
- 11) LANGUAGE
- 12) MISINFORMATION
- 13) LAWYER
- 14) TEENS
- 15) RESPECT
- 16) SAFETY
- 17) INSTILL
- 18) PROGRESS
- 19) PIECE
- 20) PARENT
- 21) LOVE
- 22) TEACH
- 23) GOD
- 24) MANUAL
- 25) ADHERENCE
- 26) LIES
- 27) TEAM
- 28) PRAISE
- 29) STOP
- 30) CALM
- 31) YOUTH
- 32) LAWS
- 33) STATUS
- 34) SEEK
- 35) POSITIVE
- 36) READ
- 37) SORT
- 38) NEAT
- 39) SAFE
- 40) OBEY
- 41) TALKOUT
- 42) POLITE
- 43) HOPE
- 44) GROWTH
- 45) UNITY



**National Endowment
for Democracy**

Supporting freedom around the world



Date Issued



CONTACT MDDT CAMEROON

Top Floor - Express Exchange Building, Molyko, P.O. Box 540 Buea, South West Region, Cameroon

Tel: +237 651 430 669, info@mddtcameroon.org, www.mddtcameroon.org