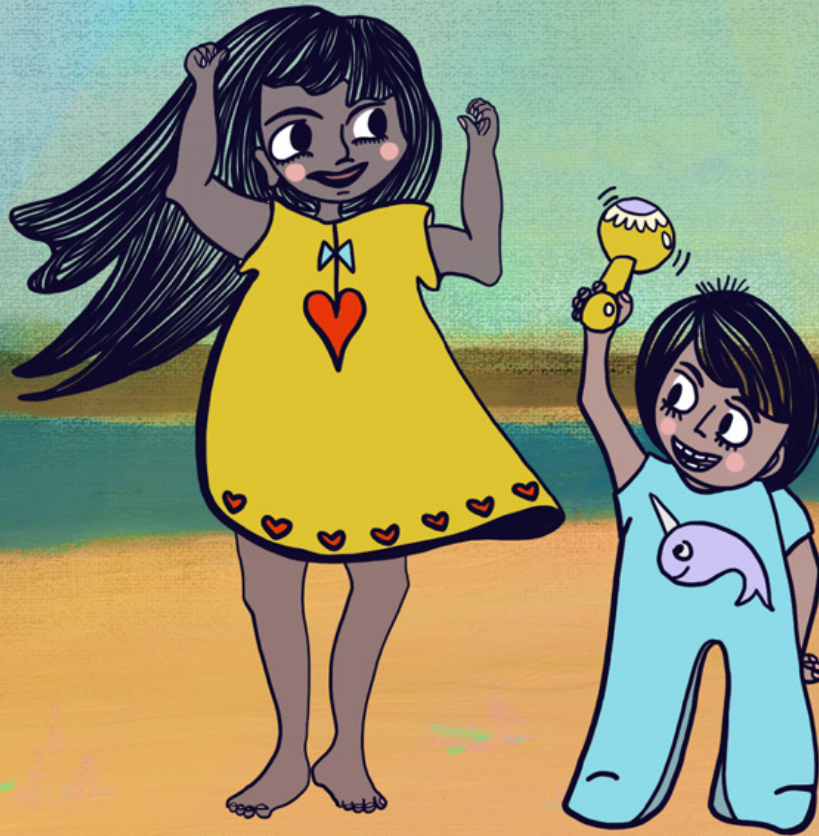


# I stand up for me



An active book by  
**Tahira Karim**



# **I stand up for me**

An active book for children  
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**Visit our Website for activities and curriculum**  
**[www.tauska.com](http://www.tauska.com)**

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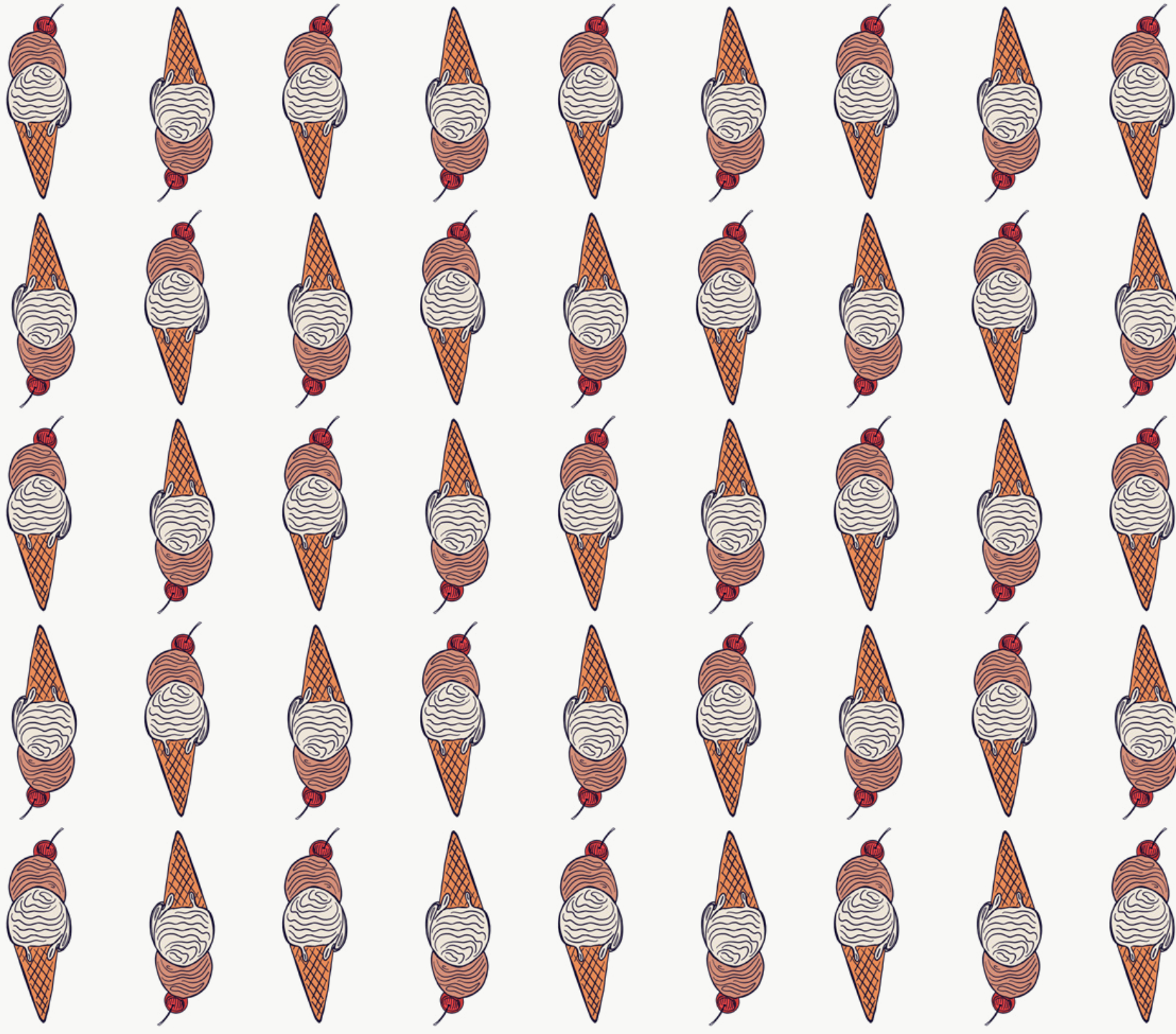
Book design, writing and illustration by Tahira Karim

The text for this book is set in Charter.

The illustrations for this book are rendered in pencil and subsequently scanned for use into Adobe Photoshop and Fresco with use of an Apple Pen and Cintiq.









I can say no.





# No thanks, nope...





**no, nuh-uh, No, NO !!!!!!!!!!!!!!!!!!!!!!!**





***I can tell people  
when something  
bothers me !***

***I can be firm !  
AND strong !!***



I express myself how I want. And...





I march to the beat of my own drum.



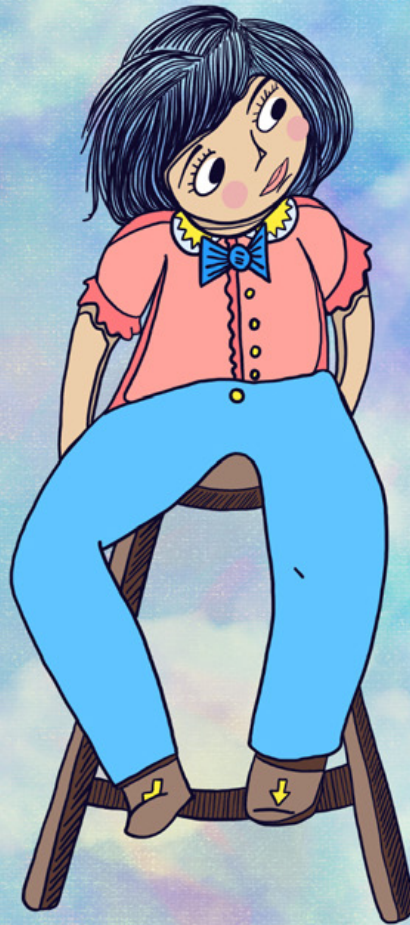


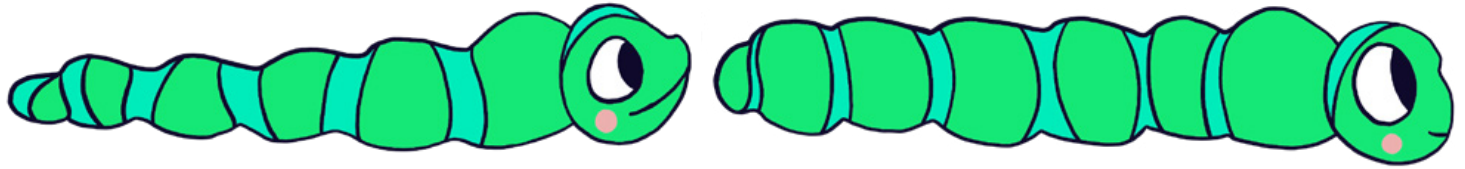
***Because I  
CHOOSE  
to listen to  
myself !***

***And be ME !!***



**I am not perfect; none of us are.**

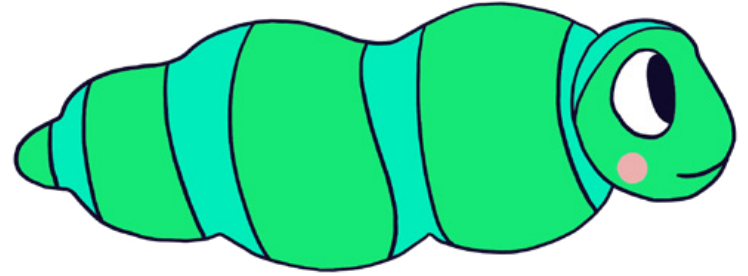
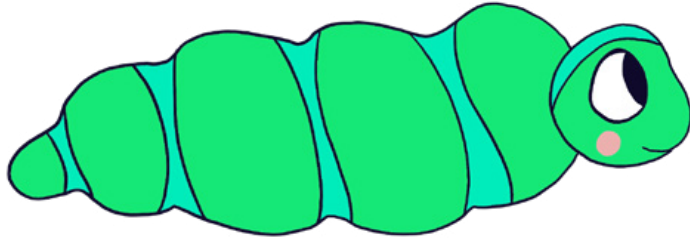




**I will progress at my own time.**

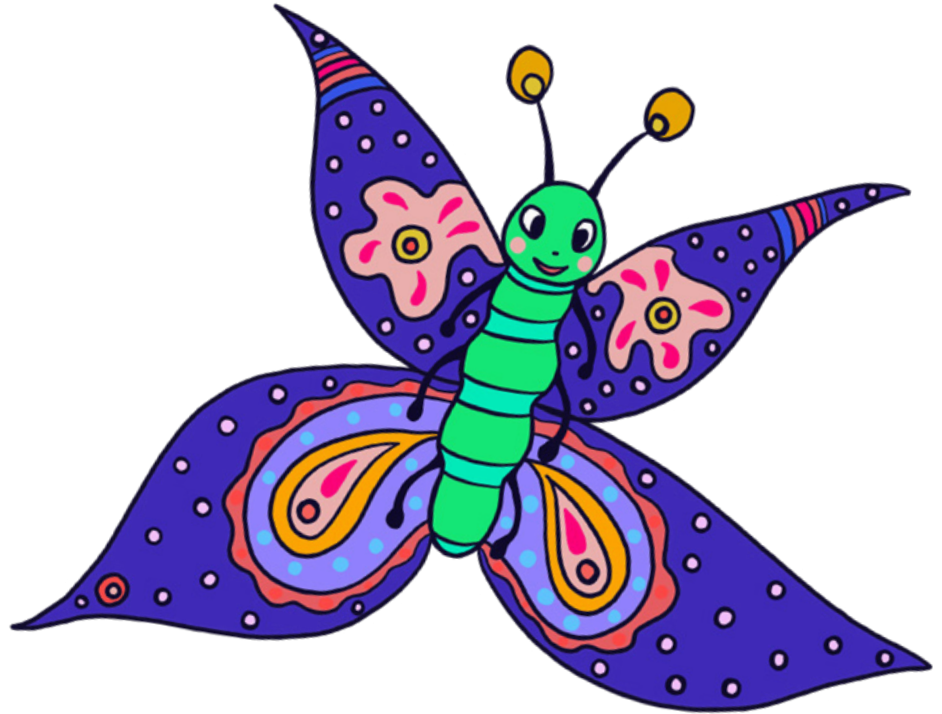






**and...**

**That is  
perfectly  
fine.**



# I am who I am !!!

**Draw yourself or write about yourself in the space below. Or paste in pictures of you!!**

A large rectangular area defined by a dotted line, intended for drawing or writing. The background of the entire page is a soft, abstract watercolor wash in shades of teal, green, and purple.



# I like what I like !!!

Draw or write about what you like in the space below. Or paste in pictures of things you like.



**And I like me.**

**I am fine just as I am.**



**Draw you or someone as they are.**



***I love me !***



**I like my  
personal  
space.**





# On setting boundaries;

**Boundaries are rules I set for my limits of what makes me comfortable.**

**I can set rules about how people treat me and how I treat others.**


**I can set rules about my personal space.**

**I can set rules about what I want to try and to stop when I choose.**

**If I don't feel safe or comfortable it is important for me to tell someone I trust.  
I can talk to someone.**



**Try to think of some rules or boundaries for yourself and write them down in the space below.**

A large rectangular area defined by a dotted line, intended for writing. The background features stylized, painterly illustrations of green hills and two large, soft-focus flowers in shades of red and pink. The overall aesthetic is calm and artistic.



**I set boundaries.**



**I need my  
personal  
space.**

# **On setting goals;**

**Goals are aims I make for myself based on what I want to do.**

**I make my goals to help me do what I want.**

**If my big goal is to make a movie, I can ask a friend, parent or someone else to sit with me.**

**Together we can figure out small goals that I can do now, to reach the big goal.**

**Once I have small goals I can begin to work on them and practice.**



**Try to think of a big goal for yourself and write it down in the space below.**

**Then think about small goals you can do on the journey for the big goal.**

**Ask for help if you need some !!**

A large rectangular area defined by a dotted line, intended for writing goals.

**I ask for what I need.**





I ask for help when I need some.



# **I set my own goals.**

**Think about something you want to get better at.** (example - drawing)

**Think about how you can get better at it.**  
(look at something different every day and try to draw it)

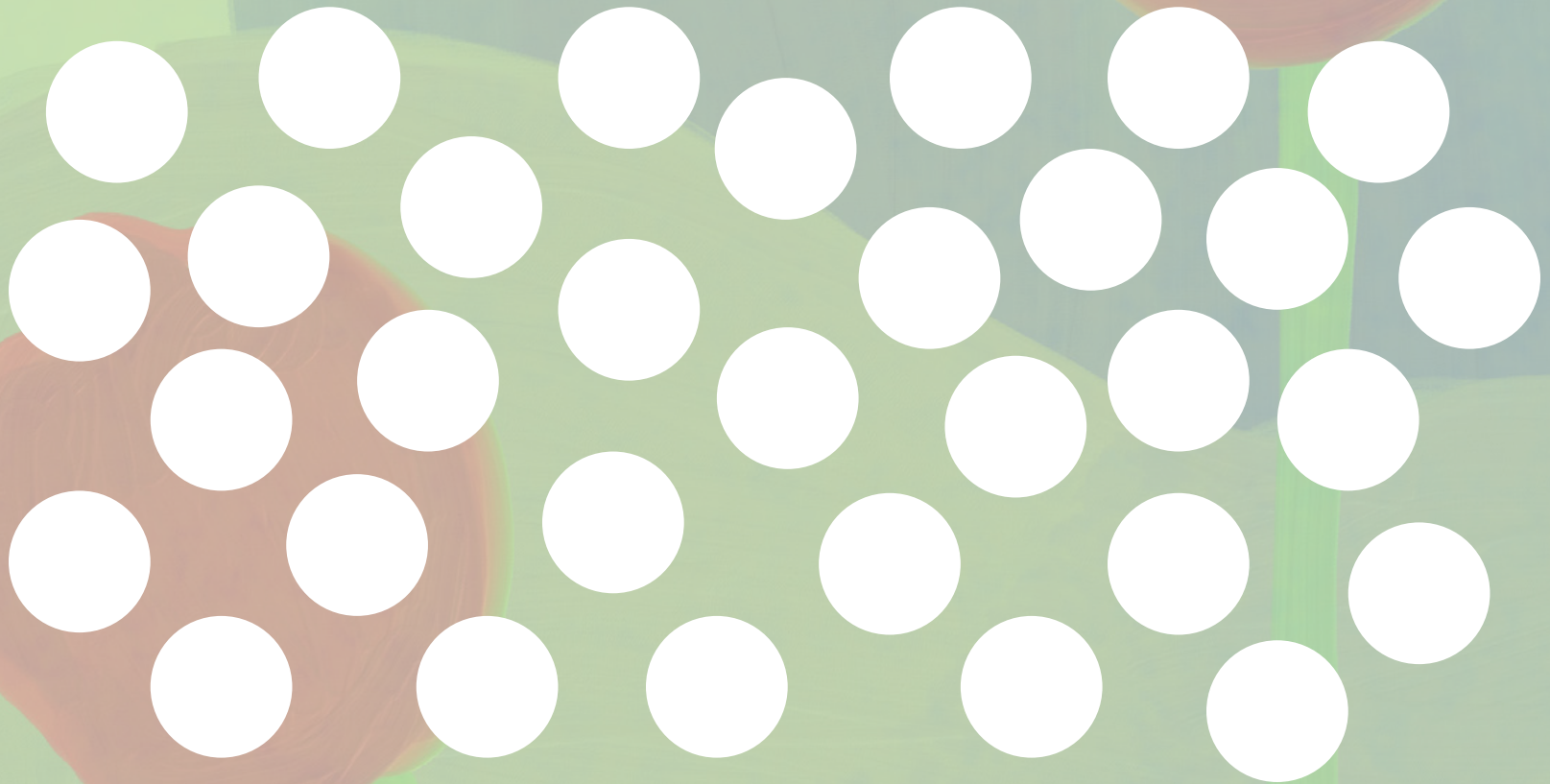
**Now do that thing for at least 20 minutes every day.**

**Do it every day for two months and build a habit!!**



**On these next two pages are two months' worth of circles.**

**Every time you complete one day of practice (20 minutes) towards your goal, fill in a circle with your favourite colour.**



**Write your goal in the box below.**

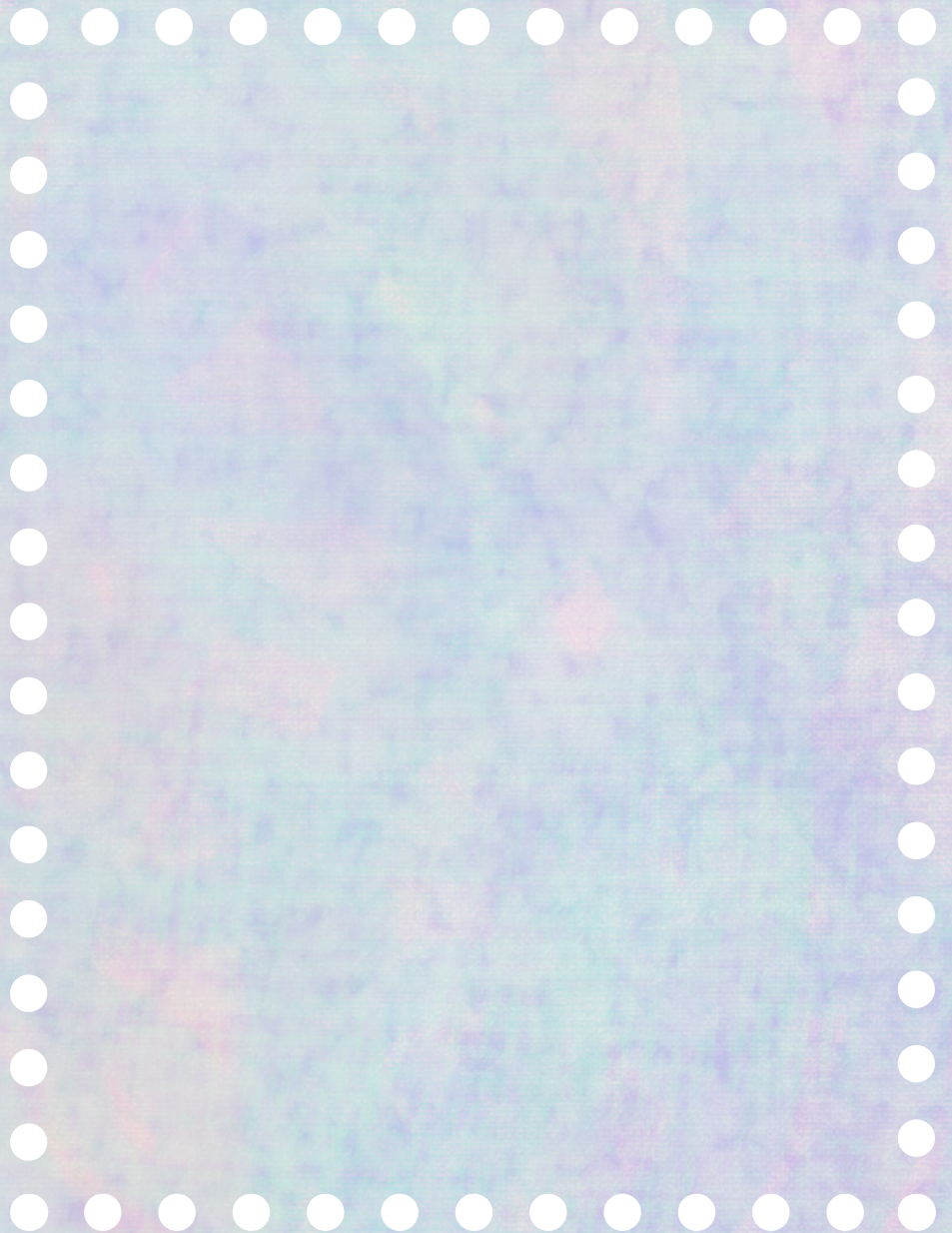
A rectangular box defined by a dotted line, intended for writing a goal.





**Draw yourself  
getting ready  
to reach your  
goal.**

**I stick  
to my  
goals.**



***I try to do what  
is right for me.***

***I am my best !!***







**I stand up for me**

**because**

**I am strong**

**because**

**I ask for help**

**because**

**I can**

**because**

**I am me !**



## ABOUT THE BOOK AND THE AUTHOR



**I stand up for me** is an active book that encourages children, especially girls, to build language that boosts self-confidence, confidence in being who they are, setting boundaries, and saying NO.

**THIS FREE BOOK** can be downloaded at [www.tauska.com](http://www.tauska.com) .

Readers are more than encouraged to share the book with others so that as many children as possible may benefit from the book.

The book contains pages that allow children, from a young age, to begin setting goals and boundaries in language that they can understand. Drawing and critical thinking exercises in goal setting and boundary-creation encourage children to visualize and follow through with thoughts and ideas around these issues.

Parents are encouraged to work with their children in using this book especially concerning the activities. Supplemental activities related to the themes of this book will become available for teachers, parents and children to use within the coming months at [www.tauska.com](http://www.tauska.com).

About the author and illustrator: Tahira Karim is a Canadian born citizen of the world whom holds bachelor's degrees in Media Arts and Animation and in Teaching. She has spent a great deal of her life working with children in various capacities and in helping them to build life skills.

Volunteerism is an integral part of her life. She believes that one way in which she can help children and their parents at large is by creating books that deal with critical subject matter, and in releasing them for free, into the world, so that many children may be able to access the books; their ideas and language, to help them realize successful lives.

It is her initiative to begin putting out one free book biennially.

**Words from the author:** Hello! I hope you enjoyed the book. I know I enjoyed writing it and illustrating the pictures. It's a book I wish I could have had as a kid, so I hope it helps a bit. If you want to say hello, you are welcome to send me an e-mail @ [www.tauska.com](http://www.tauska.com) (contact) - I would love to see a picture of the things you like ! (Page 15)