"Schools should not preserve the problems to which they are a solution."

Project CACA Profile

Workbooks • Workshops • Support

Life Skills & Value Education

Kindergarten to 12
CACA Safety Workbooks

Prevention is Better than Cure

www.projectcaca.org
Sample pages of the Safety Workbooks are available on our website & Parent Teachers Resource Booklet can be downloaded free: http://projectcaca.org/caca-safety-workbook-series/
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Project **CACA**
Children Against Child Abuse

**Modus Operandi**

**Institutional Driven**

- **Child Rights - Gender Equality - Child Abuse Prevention**

  - **Children Safety Workbooks**
  - **Parent Teacher Resource Booklet**
  - **Workshops**

  - **Sensitization**
  - **Awareness**
  - **Life Skill & Ethics**
  - **Behaviour Changes**

  - **Stakeholders**
    - **Schools**
    - **District Child Welfare Committees**
    - **District Legal Services Authorities**
    - **State Commissions for Protection of Child Rights**

  - **Students**
  - **Parents**
  - **Teachers**
  - **Non-teaching staff**
"Ethical Axioms are found and trusted not very differently from the axioms of science. Truth is what stands the test of experience."

Social Axiom Foundation (earlier known as SAI Social Axiom Insignia) is a not-for-profit organisation (NGO) formed to take up social causes for children and women. SAF is a small, but dedicated team of resourceful people from diverse backgrounds.

"One can spend a lifetime trying to forget a few moments of one's childhood."

We have made a foray against one of the biggest threats facing our society, i.e. Child Sexual Abuse with our initiative Project Children Against Child Abuse or simply, Project CACA. The Project is being run under the aegis of our advisors, members of the project committee and various partner and support organisations. It is an institutional driven project and a collective move towards creating a safer and healthier living environment for our children.

Our Advisors and Project CACA Committee Members.

- Sh. Puran Chand (General Secretary, Council of Boards of School Education in India - COBSE): **Chairperson**
  **Project CACA Committee**
- Dr. Amit Sen (Senior Child & Adolescent Psychiatrist, Children First, Safdarjung): **Advisor Child Psychology**
- Dr. Kiran Aggarwal (Fr. President Indian Academy of Pediatrics - Delhi): **Advisor Child Health**
- Dr. Dinesh Kumar (Fr. Head Publication and currently HOD Science - National Council of Educational Research and Training - NCERT): **Advisor Academic**
- Sh. Yashpal Singh Kalsi (Senior Self Defense Instructor): **Advisor Self Defence**
- Smt. Kala Anjan Dutta (Fr. Director, The American Library, US Embassy, American Center): **Advisor Academic**
- Dr. Geeta Chopra (Professor in Delhi University, Activist and Author in the field of Child Rights and Childhood Disability): **Advisor Child Rights**
- Smt. Hemlata Suri (Counsellor, Carmel Convent School, Chanakyapuri, Delhi): **Advisor School Counselling**
- Smt. Tanuja Sharma (School Counsellor, The Indian School Muscat, Oman): **Advisor School Counselling**
- Dr. Jayanti Banerjee (Faculty Psychology, The Mother’s International School, Delhi): **Advisor Teaching Psychology as a subject to school students.**
- Smt. Poonam Gautam (Special Educator & School Counsellor (Rtd.), Loreto Convent School, Delhi): **Advisor Special Education**
- Smt. Shweta Shrivastava (Special Educator, Presidium School): **Advisor Special Education**
- Smt. Rupa Chandra (Advocate, Jharkhand High Court): **Advisor Legal**
- Sh. Harsh Juneja (Vice President, Tata Teleservices Limited): **Advisor Advocacy**

**Our Partners**

Counsel to Secure Justice, I-Probono, IIT Kanpur - Project Umbrella, Endzone, Department of Mental Health and Behavioral Sciences, Fortis Healthcare

**Support From**

District Legal Service Authorities (DALSA); Child Welfare Committees (CWC); State Commissions for Protection of Child Rights (SCPCR); Kailash Satyarthi Children’s Foundation
Open Letter to School Principals

“Not all wounds are visible.”

In our country, every second child, be it a boy or a girl, faces one or more forms of sexual abuse. 

Our Children spend about fifteen years of formative learning in schools. It is hard to imagine a life without parents, teachers, and friends. Family and schools are the two most important institutions in our lives. The schools are called ALMA MATER meaning "nurturing mother". No doubt, we all have gathered vivid and unique experiences from our schooling life. In a school, one grows step by step, making friends and at times breaking a friendship; winning and at times losing; being rewarded and at times punished and a whole lot more. The experiences and memories that we carry throughout our lives about our school years are pleasant, but unfortunately, this is not true for all.

“One can spend a lifetime trying to forget a few moments of one’s childhood.”

In fact, there are a large number of children who for no fault of their face the problem of sexual abuse. Then there are other types of abuses that too are taking place; bullying, physical abuse, online (internet/Cyber) abuse are a few examples. Besides, gender inequality embedded in our society right from the birth of a child aggravates the situation. Remember! The abuse can be inflicted by an adult or a child itself.

The PROBLEM of child sexual abuse (CSA) that occurs during the schooling years need not necessarily happen in the school premise itself. The PROBLEM is not location specific, and it may happen to any child at any place like home, school and public spaces like a park, bus, pantheon, amongst others. The abusers look and behave quite normally (and are often someone is the position of trust and responsibility) until they get a chance to create a situation where they are not under anyone’s watchful eyes. The child becomes even more vulnerable when they have lack of knowledge or specific training for their safety. So, we, as stakeholders can stand up to the task of enabling them with the right kind of knowledge, value education and life skills through the most powerful and familiar medium - THEIR BOOKS.

“A good book is a good friend indeed.”

When the students in schools read all kinds of books ranging from hardcore subject books like Science, Mathematics, amongst others, to supplementary books on life skills, general knowledge, moral science, etc. then why should they not read or be taught life skills and value education based books that are centered about prevention of child abuse, and creating awareness about child rights and gender equality and about various laws related to child rights.

Remember! The PROBLEM of CSA is no fault of the child. It is the fault of the abuser and the failure of the society as a whole for being conspicuously silent about the PROBLEM. It is one of those acute problems that everyone acknowledges but unfortunately, it remains shrouded in silence. The reason for our “bury your head in the sand” approach to CSA is the social stigma attached to the child, their family and the school that faces the PROBLEM. So who will bell the cat?

“School should not preserve the problems to which they are a solution.”

The time has come to break the silence by initiating a series of institutional (school) driven dialogues and behavior changes required among the stakeholders, i.e. children, parents, teachers and non-teaching staff to solve the PROBLEM. It is the need of the hour.

“Prevention is better than cure.”

Project CACA, i.e. Children Against Child Abuse is such a project that has evolved under a democratic chain of events of opinion polls, Focus Group and Panel Discussions, Consensus Building Discussions and a Pilot programme run in 15 districts; 20 schools covering 21,000+ students; their parents, teachers and non-teaching staff in the academic year 2017-18.

Current Status of the Project (Academic Year 2018-19): 50+ Districts; 125+ Schools covering 1,25,000+ Students, their parents and teachers and non-teaching staff.
Project CACA is a child rights-based project. It follows a child-centric and holistic approach that creates a safety net for children against CSA through:

- **circulation of age-appropriate and progressive safety workbooks** based on life skills and value education (kindergarten to class 12),
- **companion Parent-Teacher Resource Booklet and**
- **various supportive sensitization cum awareness workshops** for teachers, parents and non-teaching staff on CSA, child rights, gender equality and various laws related to child rights like POCSO ACT AND JJ Act.

The empowering CACA Safety Workbooks under Project CACA in the hands of EVERYONE build confidence in them and at the same time demonstrate to the ABUSERS that EVERYONE has joined hands together against them. A school with CACA Safety Workbook Series makes it a CACA enabled school with zero tolerance towards abuse. The project can be made an inherent part of child rights policy/safety of schools. It is important to know that:-

- These safety workbooks are not on sex education.
- They are not reference books for the school library. In fact, they are to be embedded in students’ time table just like their science or mathematics or life skill books.

The project has been developed and is being run under a committee of experienced and subject matter experts. The content of the workbooks is in the form of age-appropriate stories, poems, plays, activities and a whole lot more. The safety workbooks have been judiciously mapped with an animated film “Komal” on CSA by Childline India Foundation and MWCD; Life Skills prescribed by CBSE/ WHO; Adolescence Education Programme (AEP) by NCERT and UNFPA (MHRD); Reader for teachers and parents on Raising Happy Children and providing Safe Childhoods by MWCD and various circulars/ guidelines/ notifications/ advisories issued from time to time on child rights, child safety and gender equality by various school boards like CBSE/ CISCE, Commissions for protections of child rights, Supreme Court and other related organisations.

The project creates a safety net for students by connecting schools to various related institutions/ NGOs like I-Probono, Counsel to Secure Justice, Department of Mental Health and Behavioral Sciences, Fortis Healthcare; District Legal Service Authorities; Child Welfare Committees; State Commissions for Protection of Child Rights; and more...

Remember! The essence of the project is not Authority, Accountability and Competition but Responsibility, Trust and Collaboration. The self-sustainability of the project is based on the paid circulation of CACA Safety Workbooks in the English language in private schools affiliated to state, centre and foreign boards. The companion Parent-Teacher Resource Booklet is being translated into Hindi and various Indian regional languages.

The National Policy for Children 1974, Government of India, declares that the children are the ‘supreme asset of the nation’ and we believe empowerment of children can be the single most impactful step that can be taken to challenge and face the issue.

We invite you to join hands with us to break the silence and fight against the menace of Child Abuse.

Thanking You!

Puran Chand
Chairperson Project CACA Committee
General Secretary - COBSE - Council of Boards of School Education | www.cobse.org

Sample pages of the Safety Workbooks are available on our website & Parent Teachers Resource Booklet can be downloaded free: http://projectcaca.org/caca-safety-workbook-series/
The Rationale of Project CACA

- Ministry of Woman and Child Development (Govt. of India) – Study on Child Abuse: India 2007
- Ministry of Woman and Child Development (Govt. of India) - Child-centric illustrative POCSO E-Box by MWCD and NCPCR, launched on 26 August 2016 for children, to file a complaint against sexual abuse. The first FIR through E-box was filled on 01 Sept 2016.
- **CBSE - Central Board of Secondary Education** - Circulars/ Advisories/ Notifications to its schools: POCSO Act, Advocacy and implementation; Pledge for an Abuse-Free World for Children; Self Defense Circular for girls; Notification on Exhibition of film KOMAL - A film for children and on Child Sexual Abuse; safe and effective use of internet and digital technologies in schools and school buses.
- **CISCE - Council for the Indian School Certificate Examinations** - Advisory to its schools on creating awareness regarding the POCSO E-Box.
- **NCERT** - National Council of Education Research and Training - Adolescence Education Programme,
- **COBSE - Council of Boards of School Education** - Qualitative Integration of Adolescence Education (QIAE)
- **DCPCR - Delhi Commission for Protection of Child Rights** - Guidelines for Prevention of Child Abuse in schools
- The **Government of Karnataka** - Child Protection Policy for schools by Department of Women and Child Development.
- Petition/ Campaign on 'Teach Kids & Teachers How to Fight Sexual Abuse; Make it part of the syllabus' by Ms. Pranadhiha Sinha Devburman;
- **National Legal Services Authority (NALSA)** and various states legal services authorities’ mandate - spreading legal literacy and awareness/ formation of legal literacy clubs in schools.
- **Operation Nirbheek** for schools by Delhi Police. Kudos to Police, however, as per our understanding teaching of safe/ unsafe touch to students by a law enforcing agency is an inappropriate step towards solving this problem. In fact, it depicts the failure of the school education system towards addressing this issue.
- **MWCD** - Reader for teachers and parents on Raising Happy Children and providing Safe Childhoods.

**Lead Characters of CACA Safety Workbooks**

- **Sana**
  - Sana loves to play football and wants to become a professional football player when she grows old.
- **Arpit**
  - Arpit is someone whose first love is dancing and wants to become a dancer, a choreographer as he grows old.
- **Pocso**
  - Pocso is a friend, guide, and confidant who is named after the POCSO law itself.
POCSO E-Box, the Paradigm Shift

POCSO E-Box is an online child-centric and illustrative complaint box for reporting child sexual abuse – CSA. The POCSO E-Box was launched by the (MWCD) Minister for Women and Child Development, Govt. of India http://www.wcd.nic.in/ and National Commission of Protection of Child Rights – NCPCR www.ncpcr.gov.in in 2016.

Protection of Children from Sexual Offences (POCSO) e-Box is an online complaint management system for easy and direct reporting of sexual offences against children and timely action against the offenders under the POCSO Act, 2012. http://wcd.nic.in/sites/default/files/childprotection31072012.pdf. The box can be used for reporting the abuse by anyone, i.e. a victim (minor) or an adult/minor on behalf of the victim. It is a paradigm shift as now a minor is no longer dependent on any adult to register a complaint of abuse. The E-Box and govt. child helpline phone numbers like 1098 are advocated and explained as a safety net in all the CACA Safety Workbook Series and Parent-Teacher Resource Booklet.

Further, it would be worth to mention here the illustrations in the box clearly reflect the fact findings of various surveys/researches that a perpetrator can be anybody from young to old; from any profession; religion; in a position of trust/authority; even a family member and the abuse can happen anywhere.
Chronology of Project CACA

Project CACA has evolved under the following democratic chain of events:

1. **OPINION POLL - (TEACHERS & PARENTS), JULY 2016 ONWARD**
   An opinion poll of parents and teachers from 80+ schools of 30+cities across India on the utility of safety workbooks on CSA for school students (Kindergarten to 12).

   **Outcome:** The Poll overwhelmingly reflected the children books as the need of the hour.

2. **FOCUS GROUP DISCUSSION (IIT DELHI) - ABUSE AGAINST CHILDREN & WAYS TO COMBAT THE ISSUE, 23rd JULY 2016**
   The FGD witnessed support and participation from key dignitaries, and saw a participation of around 50+ attendees comprising mainly of school counsellors, special educators, academicians, Lawyers and representatives of various voluntary organisations working on the issue of child abuse, law enforcement agencies like Special Police Unit for Women & Children, Delhi Police and group of schools like Kendriya Vidyalaya Sangathan amongst others. The discussion received an overwhelming response through qualitative participation and contribution from industry, academia, voluntary organisations and other stakeholders.

   **Outcome:** Age-appropriate child-centric safety workbooks based on core principles in a progressive way is the way forward.

3. **CONVENTION (IIT DELHI) - TO EMPOWER SCHOOLS AGAINST CHILD SEXUAL ABUSE, 12th NOVEMBER 2016**
   Project CACA brought together various stakeholders for an open discussion at the convention which saw a qualitative participation and contribution from 150+ schools, 20+ organisations, 10+ NGOs. The effectiveness of POCSO E-Box and implication of the POCSO Act on the school environment, school-related guidelines of various state commissions for protection of child rights and challenges pertaining to implementation of various board circulars like CBSE – POCSO and self-defence circulars were part of the talks and open discussion.

   **Outcome:** CACA Safety Workbooks are no doubt life skill and value education books, however, a consensus has to be built at the grassroot level with the teachers before implementation in the school education system.

4. **CONSENSUS BUILDING WITH TEACHERS & PRINCIPALS ON PROJECT CACA, DECEMBER 2016 ONWARD**
   Consensus Building Discussions was held with teachers and principals on the utility and implementation of Project CACA in companionship with various circulars/ guidelines/ advisories issued by various boards on the POCSO Act and abuse related matters and guidelines by various state commission for protection of child rights. The consensus is an ongoing process. Till date, more than 500 schools have participated in it. The discussions were held initially at various institutions at Delhi, Faridabad, Ghaziabad, Meerut, Chandigarh amongst others.

   **Outcome:** After valuable inputs from the participants, everyone agreed that the beginning has to be in the form of a pilot programme.

5. **Project CACA – Pilot Programme (The academic year 2017-18)**
   A Pilot programme run in 15 districts; 20 schools covering 21,000+ students; their parents, teachers and non-teaching staff.

   **Outcome:** The pilot reconfirmed the opinion poll result that children safety workbooks are the need of the hour.
Opinion Poll-Results

RESULT OF PARENTS/TEACHER SURVEY ON CHILD SEXUAL ABUSE AS ON 21/09/2016.

- Survey launch day: 23rd July 2016 at IIT Delhi
- Survey prime objective – Introduction of child-centric abuse preventive workbooks in the school education system
- Survey Mode – Hardcopy and Online
- Survey Status – Ongoing (www.projectcaca.org)
- Surveyor - SAI, Social Axiom Insignia
- Survey Partner - Edusynergies

1. Have you heard about the problem of child sexual abuse?

   **Parents**
   - Yes: 94.74%
   - No: 5.26%
   - Unanswered: 0.00%

   **Teachers**
   - Yes: 95.76%
   - No: 4.24%
   - Unanswered: 0.00%

2. Do you know that, in India, every second child (boy or girl) is reported to have faced one or more forms of sexual abuse?

   **Parents**
   - Yes: 69.08%
   - No: 30.92%
   - Unanswered: 0.00%

   **Teachers**
   - Yes: 76.97%
   - No: 23.03%
   - Unanswered: 0.00%

3. Do you know of any child or an adult who has been abused?

   **Parents**
   - Yes: 73.03%
   - No: 25.66%
   - Unanswered: 1.32%

   **Teachers**
   - Yes: 59.39%
   - No: 38.79%
   - Unanswered: 1.82%

4. Do you agree that child abuse can occur anywhere, even in the most trusted institutions like a school or a family?

   **Parents**
   - Yes: 88.16%
   - No: 11.84%
   - Cannot Say: 0.00%
   - Unanswered: 1.12%

   **Teachers**
   - Yes: 89.48%
   - No: 4.52%
   - Cannot Say: 6.00%
   - Unanswered: 0.00%

5. Do you agree that the problem of child sexual abuse is not well accepted in the society, and no one openly talks about it?

   **Parents**
   - Yes: 94.08%
   - No: 3.95%
   - Cant’ Say: 1.97%
   - Unanswered: 0.00%

   **Teachers**
   - Yes: 90.91%
   - No: 5.09%
   - Can’t Say: 1.80%
   - Unanswered: 0.00%

6. Are you aware of any child abuse law such as POCSO Act – Protection of Children from Sexual Offences Act introduced by Govt. of India in the year 2012?

   **Parents**
   - Yes: 73.03%
   - No: 26.97%
   - Unanswered: 1.21%

   **Teachers**
   - Yes: 62.42%
   - No: 36.36%
   - Unanswered: 1.22%

Sample pages of the Safety Workbooks are available on our website & Parent Teachers Resource Booklet can be downloaded free: http://projectcaca.org/caca-safety-workbook-series/
9. Do you agree that the school, as its social responsibility, should take proactive measures towards this problem by creating awareness amongst its stakeholders i.e. students, teachers (staff) and last but not the least parents?

Parents
- Yes: 94.08%
- No: 5.26%
- Cannot Say: 0.19%
- Unanswered: 0.61%

Teachers
- Yes: 95.76%
- No: 4.24%
- Cannot Say: 1.21%
- Unanswered: 0.61%

10. Do you agree that the introduction of age appropriate & progressive, awareness cum skill building books for the students as per the Indian ethos, on prevention of child abuse will be a small but revolutionary initiative by a school?

Parents
- Yes: 90.13%
- No: 5.26%
- Cannot Say: 4.61%
- Unanswered: 0.61%

Teachers
- Yes: 90.30%
- No: 7.27%
- Cannot Say: 2.73%
- Unanswered: 0.61%

11. Do you agree that the same awareness books should be introduced for boys as well as girls?

Parents
- Yes: 89.47%
- No: 5.92%
- Cannot Say: 4.61%
- Unanswered: 0.61%

Teachers
- Yes: 91.52%
- No: 4.24%
- Cannot Say: 3.64%
- Unanswered: 0.61%

12. Do you believe that talking to children about sexual abuse can harm or spoil them?

Parents
- Yes: 69.08%
- No: 10.53%
- Cannot Say: 1.21%
- Unanswered: 1.32%

Teachers
- Yes: 77.58%
- No: 22.42%
- Cannot Say: 1.21%
- Unanswered: 1.32%

13. Would you like to know more about child abuse and how your child can be protected from it?

Parents
- Yes: 91.45%
- No: 5.26%
- Cannot Say: 3.29%
- Unanswered: 0.19%

Teachers
- Yes: 95.15%
- No: 4.61%
- Cannot Say: 3.29%
- Unanswered: 0.61%

14. Do you agree that companion guideline books for teachers and parents along with students’ books will be helpful?

Parents
- Yes: 92.11%
- No: 4.61%
- Cannot Say: 3.29%
- Unanswered: 0.61%

Teachers
- Yes: 92.12%
- No: 4.09%
- Cannot Say: 3.29%
- Unanswered: 1.82%

15. Do you agree that the process of introduction of such books should be initiated through school teachers especially counsellors and physical education teachers?

Teachers
- Yes: 83.64%
- No: 4.24%
- Cannot Say: 1.09%
- Unanswered: 3.03%

16. Do you agree that a dedicated wall at a prominent place in the school like reception, main gate, amongst others, with suitable information about the issue, will be helpful in generating awareness amongst students, teachers (staff) & last but not the least parents?

Teachers
- Yes: 85.45%
- No: 3.03%
- Cannot Say: 3.64%
- Unanswered: 4.24%

17. From which classes do you think that the school should introduce such books?

Teachers
- KG: 43.03%
- Primary: 24.36%
- Secondary: 22.62%
- Sr. Secondary: 7.08%
- Unanswered: 4.24%
- Senior Secondary: 2.73%
With a focus on Child Sexual Abuse, a Focus Group Discussion (FGD) on “Abuse Against Children and Ways to Combat the Issue” was conducted on 23rd July, 2016 at IIT - Delhi.

The key objectives of the FGD were to:

✓ Develop a clear perspective about abuse/violence against children.
✓ Discuss the outcome of the opinion poll conducted by SAI Social Axiom Insignia.
✓ Develop a child rights-based child-centric module to be implemented in schools under Project CACA on prevention of Child abuse in general and child sexual abuse to be specific.
✓ Quantify mechanisms and methodologies like books, workshops, teaching aid, nukkad natak amongst others for the module for combating the issue.
✓ Develop guidelines for the content for various mechanisms to be delivered under Project CACA.

The discussion witnessed support and participation from key dignitaries including -

• Shri Puran Chand (General Secretary, Council of Boards of School Education – COBSE); **Chairperson Project CACA Committee**
• Prof. V. Ramgopal Rao (Director, IIT- Delhi)
• Dr. Dinesh Kumar (Fr. Head Publication, Presently HOD-Science - National Council of Educational Research and Training - NCERT); **Advisor Academics Project CACA**
• Shri Nagendra Goyal (Deputy Commissioner, Kendriya Vidyalaya Sangathan – KVS)
• Dr. Amit Sen (Senior Child & Adolescent Psychiatrist - Keynote Speaker); **Advisor Psychology Project CACA**
• Dr. Sandeep Chatterjee (Registrar, IIT Delhi)
• Dr. Nimmi Rastogi (Coordinator Health, Delhi Dialogue Commission, Ministry of Health & Family Welfare, Govt. of NCT of Delhi)

The discussions were moderated by Sh. Vikas Nautiyal (Founder and Director, Leo Planetaria) Director Advocacy, Project CACA

The FGD saw the participation of around 50 attendees comprising of school counsellors, special educators, Lawyers representatives of various voluntary organisations working on the issue of child abuse and law enforcement agencies like Special Police Unit for Women & Children, Delhi Police amongst others.
One of the key highlights of the programme was the senior delegation of IIT Kanpur, led by Prof. Jhumkeelyengar, who presented their flagship in-house tool, titled ‘Project Umbrella’, which inculcated how design and technology can bridge the communication gap between children and other stakeholders. The tool has been designed and developed for teachers and parents to educate children about sexual abuse and is now part of Project CACA.

The discussion received an overwhelming response through qualitative participation from industry, academia, voluntary organisations and other stakeholders.

The gist of ideas and remarks propounded by the participants:

Prof. V. RamgopalRao (Director, IIT- Delhi): Happy that the important discussion on child abuse has happened at IIT, and we extend our full support to contribute in the social sector of the country.

Shri Puran Chand (General Secretary, Council of Boards of School Education – COBSE): Our children are not well informed, and we urgently need to address the lack of awareness. The time has come for the Indian school to seriously address the problem of Child Sexual Abuse.

Dr. Dinesh Kumar (Fr. Head Publication, Presently HOD-Science - National Council of Educational Research and Training - NCERT): It is a matter of concern and children have to be protected. The students’ workbooks on child sexual abuse are an innovative and pragmatic approach towards creating awareness amongst the students on sexual abuse and will bring change in the existing approach towards the problem.

Shri Nagendra Goyal (Deputy Commissioner, Kendriya Vidyalaya Sangathan – KVS): Child sexual abuse is a reality and the time has come for the schools to take pro-active measures to curb the problem. These kinds of workbooks should be implemented for both, children and parents.

Dr. Nimmi Rastogi, Delhi Dialogue Commission: The Delhi government has proposed a telephone-based 24X7 suicide helpline number for children under stress and is ready to explore the feasibility of the extension of this helpline for children who face or have faced sexual abuse or harassment. The safety workbooks should advocate such child helplines.

Dr. Amit Sen (Senior Child & Adolescent Psychiatrist – Keynote Speaker): It is an urgent situation and prevention of child abuse can be achieved by building awareness and educating the stakeholders. Awareness workbook for children is a great idea and the time has come when the parents are open to having a dialogue towards finding a solution.

Dr. Sandeep Chatterjee (Registrar, IIT Delhi): The repercussions of trauma on a child is devastating and has a lasting effect. Enough talent is available to work on the issue but to bring them in one place and put the synergies together is difficult. We have achieved a big milestone by bringing in the informed audience to have a discussion on this unaddressed threat facing our children.

Delhi Police: Any awareness programme on prevention of CSA by the school system is an important and necessary step, and students should be made aware of laws like POCSO made especially for them.

School Counsellors: Progressive and age-appropriate workbooks on life skills and value education for school students and a parent-cum-teacher guide on the issue will definitely initiate a collective process between the school, parents and teachers towards finding a solution for the problem.

IIT Kanpur: A toolkit developed by IIT Kanpur under Project umbrella will be soon available for the schools for the implementation.

For Complete List of Participants visit our website www.projectcaca.org

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SAI Social Axiom Insignia brought together various stakeholders for an open discussion at the Convention to “Empower Schools Against Child Sexual Abuse” on 12 November 2016. The convention saw a qualitative participation and contribution from:

**150+ Schools (in alphabetical order)**


**20+ Organisations (in alphabetical order)**


**10+ NGO (in alphabetical order)**

Childline India Foundation, Counsel to Secure Justice, HAQ, Prayas, Red Dot Foundation (Safecity), Saksham, Umang Special Child Care Society, etc.

Besides having discussions on Project CACA’s implementation, feasibility and scalability, the effectiveness of POCSO E-Box and implication of the POCSO Act, 2012 on the school environment; School related guidelines of various State Commissions for Protection of Child Rights; Challenges pertaining to implementation of various school boards’ circulars/ advisories/ notifications/ guidelines like CBSE/CISCE - POCSO circulars to schools; were also apart of talks and the open discussion held.

A consensus was build at the end that CACA Safety Workbook Series would definitely require school driven behaviour changes of students, teachers, non-teaching staff and parents, to be specific, and society at large. It would require a paradigm shift in the existing school mechanism of Authority, Accountability and Competition to Responsibility, Trust and Collaboration.
The Nukkad Natak performed by the children of Saksham NGO was an eye-opener for the participants and showed that why behaviour changes for prevention of CSA are the need of the hour. The convention also saw the commencement of Project CACA as a pilot programme for the academic year 2017-18 through consensus building exercises with school teachers.

**Key Speakers (in alphabetical order)**

- Dr. A. K. Pandey - Chairperson, The National Progressive Schools' Conference (NPSC)
- Dr. Amit Sen - Eminent Child Psychiatrist, Children First
- Dr. Amrita Burman - Director, The Sunbeam Schools
- Dr. Dinesh Kumar (Fr. Head Publication & present HOD Science - NCERT)
- Ms. Hemlata Suri – Student Counsellor, Carmel Convent School
- Dr. Indu Khetrapal - Eminent Educationist – Principal/Secretary, Salwan Public School
- Adv. Michelle Mendonca - Project Director, Counsel to Secure Justice (CSJ)
- Mr. Priyank Kanoongo - Member - RTE and Education, NCPCR
- Mr. Ravi Bhatnagar - Manager External Affairs, Reckitt Benckiser
- Ms. Tanuja Sharma - Student Counsellor, The Indian School – Oman
- Mr. Yashpal Singh Kalsi - Eminent Self Defence Expert

*For a complete list of Participants from various Organisations and Schools, visit our website www.projectcaca.org*
Consensus Building (FAQs) Project CACA

We initially conducted the consensus building exercises on Project CACA with schools in January 2016 and subsequently it becomes a continuous process with us. More than 1,000+ schools from across India have participated in this exercise so far. The exercise is conducted at a particular host school (institution) where teachers from nearby schools participate. The key participants in the exercise are school society managers/ principals/ counsellors/ social science teachers/ Biology teachers/ Physical Education Teachers / Life Skills – Moral Science teachers/ English Language teachers. The consensus building is done on utility and implementation of Project CACA in companionship with various Circulars/ Notifications/ Guidelines/ Advisories issued by various boards like CBSE, CISCE, etc., and State Commissions for Protection of Child Rights on gender equality, children safety, laws related to children like POCSO act, corporal punishment ban, etc. from time to time.

Following is the list of institutions where we have conducted the consensus building.

IIT - Delhi, IISER - Mohali; FDRC - Army Public Schools, Delhi; Directorate of Education, Air Force - Subroto Park, Chennai; Sahodya School Complex - Bhavan’s Rajaji Vidyashram; KL International School - Meerut; CM International School - Pune; Vidyashilp Academy - Bangalore; Catholic Bishops’ Conference of India - Delhi; Bhartiya Vidya Bhavan Atmakuri Rama Rao School - Hyderabad; Manav Rachna International School - Faridabad; Salwan School - Gurgaon; St. Clare’s Sr. Sec. School - Agra; Bachpan School - Delhi.

Q1. CACA Safety Workbooks are for which classes? What are their Prices?

A1. One workbook for Kindergarten - UKG; One workbook each for classes 1 to 8; One common workbook for classes 9 & 10; One common workbook for classes 11 & 12. Total 11 workbooks in all (Refer Page no. 24). Each workbook has a companion Parent-Teacher Resource Booklet. Each workbook is priced at Rs 190/-. The self-sustainability of the project is based on the paid circulation of CACA Safety Workbooks in the English language in private schools affiliated to state, centre and foreign boards.

Q2. Why has Project CACA chosen to have safety workbooks for children as its prime component and not the workshops?

A2. These books are like safety drills that are to be practised on a regular basis and not once in a blue moon kind of exercise like a workshop. Moreover, the drill has to be conducted in accordance with age-appropriate learning abilities of students. If we try to achieve the objectives of Project CACA via workshops alone, it is simply not possible as the number of workshops and the qualified resource persons required to conduct them in schools across India is simply not achievable. Thus it boils down to school teachers to conduct these workshops which in other words mean implementing the safety workbooks in the school timetable as a life skill and/or moral science subject. These safety workbooks can be easily integrated with the existing ecosystem of schools where life skill and moral science (value Education) is being taught in one way or the other. Besides, the companion Parent-Teacher Resource Booklet and the one-time workshops for them and non-teaching staff provided by Project CACA orient, align, educate and sensitise them on the issue of child safety, child rights and gender equality. The workbooks can easily build on the existing age-appropriate reading and comprehension ability of students and thus can be implemented in a student’s familiar and trusted peer to peer and teacher student environment.

“Kitabein karti Hain Batein, Beete Jamon Ki, Duniya Ki, Insano Ki…”

Late Safdar Hazmi
Q3. What are the deliverables and Suggestions to a school (Kindergarten to 12) under Project CACA?
A3. Refer Page No. 19

Q4. What is the rationale behind Project CACA?
A4. Refer Page No. 05

Q5. How was Project CACA born?
A5. Refer Page No. 07

Q6. From where do you get your resource persons to conduct the various workshops?
A6. Our partner organisations/ NGOs/ Institutions provide us resource persons from various types of sensitization cum awareness workshops. These workshops cover topics related to child rights, child abuse, gender equality and various laws related to children like POCSO act and JJ Act. Our resource persons are psychologists, lawyers, child rights activists and academicians. We also take regular support from district legal service authorities, district child welfare committees, state commissions for protection of child rights to conduct workshops and at times workshops are conducted by judges.

Q7. Can we evaluate these safety workbooks for children just like any other life skill or moral science book?
A7. Yes, you can! However, the outcome of these workbooks is not based on the existing school system of Authority, Accountability and Competition BUT Responsibility, Trust and Collaboration among all the stakeholders.

Q8. How do you know that the information in the workbooks is age-appropriate?

OR

Who has written these workbooks?

OR

Does a school have to follow the age/class prescribed for these workbooks strictly?

A8. These workbooks are not author driven. They are a result of collective efforts of experienced school counsellors, academicians, child psychiatrists, Judges/ lawyers and representatives from various subject-related NGOs. The workbooks and the entire project is the result of a democratic chain of events from opinion poll to pilot programme. They have been developed under the committee chaired by Sh. Puran Chand, General Secretary, Council of Boards of School Education (COBSE), who played a pioneering role in the Qualitative Integration of Adolescent Education, and in the development of Adolescence Education Programme Training and Resource Materials for NCERT and then there are key advisors like Dr. Dinesh Kumar, Fr. Publication Head, NCERT and presently HOD, Science Department and Dr. Amit Sen (Senior Child & Adolescent Psychiatrist, Children First, Safdarjung). Moreover, these workbooks are judiciously mapped with various content that are available for students, teachers, parents and communities under the school education system. Refer Mapping Pages 26 to 29. The safety workbooks build on the existing age-appropriate reading and comprehension ability of students. The language of these workbooks is English. We understand that the age-appropriate reading and comprehension ability of students varies from school to school and city to city. Thus, the school has full freedom to change the prescribed age group to suit their student-teacher-parent environment.

Q9. What are the fundamentals covered in the workbooks?
A9. Refer to Page No. 22

Q10. “Do you have a teachers’ Manual/ Guidelines for these safety workbooks?”
Q11. What is the role of a parent/teacher/Principal in implementing Project CACA?

OR

Do these safety workbooks teach disrespect to elders?

A11. The prime role of parents/teachers/principals is to initiate a process of dialogues on the sensitive issue of child abuse among themselves by keeping the child at the center of this dialogue and follow the Parent-Teacher Resource Booklet. These workbooks do not teach any disrespect to anyone, but yes, they do promote the imperative behaviour changes required from all stakeholders - students, parents, teachers and non-teaching staff for prevention of child abuse. Here is a pertinent example - Some of us still believe that "spare the rod spoil the child" is OK under some situations because sometimes one has to be cruel to be kind for the overall benefit of the child. But remember! Corporal punishment is not only inhuman but it also conditions a child to take physical violence as a norm, and she would find it difficult to object or resist to it in any given situation.

“Be the change you want to see in the world” – Mahatma Gandhi.

Q12. Are these safety Books clinical, psychological, legal, martial arts or sex education workbooks?

OR

Do these workbooks have explicit images/graphics?

A12. No. not at all! The workbooks use stories, poems, cartoons, activities, etc. to teach children about their safety and rights.

Q13. Can we conduct only the workshops under Project CACA with your help for our school?

OR

Can we buy these workbooks as reference workbooks for our library?

A13. Yes, you can (however, refer the answer to question Q2) but It will not be a true solution to the problem that has reached epidemic proportions. Remember, Institutions should not preserve the problems to which they are a solution. Moreover, Social Axiom Foundation - the NGO has the copyrights for these workbooks. Your students buy books for life skills/value education/general knowledge, etc then why cannot they buy these workbooks which are the need of the hour.

Q14. Why do you need a coordinator from our (school) side for the project?

A14. In order to coordinate for the various workshops to be implemented in your school under the project.

Q15. How many periods (hours) per class are to be allotted for these workbooks in an academic year?

A15. Suggested: two periods per week for Kindergarten to 5 and, Two periods fortnightly for classes 6-12. However, a school can choose periods in accordance with its own teaching environment pertaining to life skills and moral science. The workbooks are to be read aloud in the classroom. Remember! These safety workbooks hinge on the age-appropriate reading and comprehension ability of students.
Q16. Can educating children on such a sensitive issue backfire?

OR

How will our teachers talk about such sensitive topics with children?

OR

What if, after reading these workbooks, children ask their teachers/parents embarrassing questions?

OR

Students learn how to use a compass to draw circles from their teachers, but then the same compass can be used as a weapon by the students. Should we teach the use of a compass to students?

A16. We believe that these safety workbooks are the need of the hour. It is the mandate of the schools to bring behavioural changes among its stakeholders in particular and society at large. Greek philosopher Plato wrote in The Republic that the “mark of an educated person is the willingness to use one's knowledge and skills to solve the problems of society. Education must imbue children with a proactive social conscience. Society is the empowering context for individuals.” Moreover, the NCERT has prescribed Human Sexual Reproduction from class VIII onwards, and it has not backfired. Also, read the answer to question Q13 and prologue on page no. 23. We suggest you rope in your English language, Biology, Social Science, Physical Education Teacher and School Counsellor to implement the project.

Q17. Don't you think these workbooks will be an overdose to children on abuse?

A17. No. These safety workbooks are based on life skill. They primarily teach students how to take right decisions under various situations that can otherwise take an ugly turn. The workbooks use stories, plays, poems, cartoons, activities, etc. to teach children safety, gender equality and child rights. Moreover, these workbooks are like safety drills that are to be practised on a regular basis. For example, whether you fly for the first time or you are a hardcore flyer (traveller), you are always told/ reminded of the safety rules of the airlines/ aeroplanes.

Q18. Are these workbooks available in Indian Regional Languages also?

OR

Can you develop/ modify these workbooks as per our requirement?

A18. At present these workbooks are available only in the English language. We can discuss the feasibility of development/ modification of them as per your requirement. Remember, these workbooks hinge on the age-appropriate reading and the comprehension ability of students in a school. Currently, the Parent Teacher Resource Booklet is being translated in Hindi and various regional languages.

Q19. Can we involve our existing booksellers for the purchase of these books in our school?

OR

Are these workbooks available online for purchase?

A19. Yes, you can involve your bookseller for the purchase of these workbooks. At present these workbooks cannot be bought online.
Q20. Is Project CACA / CACA safety Workbook Series relevant to a non-CBSE school also?

A20. Yes, it is relevant to any Indian School (Kindergarten to 12) that is affiliated to central, state or foreign board provided the students have age-appropriate reading and comprehension ability.

Q21. Can you provide with a sample parent’s circular for circulation of Project CACA Workbook Series in our school?


Q22. We are a CBSE/ CISCE affiliated school in Middle East Country. Can we circulate these workbooks in our school?

A22. Yes, you can, but you may have to take permission from your country's Govt.

Q23. Why do we have to pay for these workbooks when they are being propounded by you i.e. NGO, A not-for-profit organisation?

A23. Though we are an NGO and not-for-profit, we are not funded by any Govt. or Pvt. body (Indian or Foreign). Project CACA (safety workbooks) is designed to be self-sustainable just like your school (private/public school) which is also a self-sustainable project run by a not-for-profit charitable trust/ society/ company.

Q24. Are you looking for funds for Project CACA?

A24. Yes, we are, for the following categories

a. Digitalization of Project CACA
b. Conducting workshops
c. Conducting Surveys
d. R&D
e. Translation of Project CACA in various Indian regional languages
f. Implementation of Project CACA in Govt. and Budget Private Schools.

Q25. We are a teachers training institute.
Can you conduct workshops for our trainee teachers?

A25. Yes, we can. In fact, we keep doing these workshops for various teachers training institutes.

Sample pages of the Safety Workbooks are available on our website & Parent-Teachers Resource Booklet can be downloaded free:http://projectcaca.org/caca-safety-workbook-series/
### Project CACA Deliverables

<table>
<thead>
<tr>
<th>SN</th>
<th>Deliverables</th>
<th>Students</th>
<th>Teachers</th>
<th>Parents</th>
<th>Non-Teaching Staff</th>
<th>School</th>
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<tr>
<td>1</td>
<td>Safety Workbooks (Kindergarten to 12)</td>
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<td>2</td>
<td>Companion Parent-Teacher Resource Booklet*</td>
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<td>-</td>
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<td>3</td>
<td>Workshop - Sensitisation on CSA</td>
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<td>4</td>
<td>Workshop - Awareness on Child related laws like POCOSO act and JJA</td>
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<td>5</td>
<td>Facilitate in Legal and Counselling Aid &amp; compensation to survivors of CSA</td>
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<td>6</td>
<td>Certificates</td>
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<td>7</td>
<td>Forum Support</td>
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<td>Y</td>
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</table>

*For Parents and Non-teaching Staff, the resource booklet is also available in Hindi and other regional languages.

### Project CACA Suggestions

- Exhibition of "KOMAL" video to all the students & their parents, teachers and non-teaching staff.
- Exhibition of online POCOSO E-box complaint mechanism to students.
- Reading of all the CACA Safety Workbooks and Parent-Teacher Resource Booklet by all the school teachers.
- Mention of Web link of “Komal” / POCOSO E-box / Helpline 1098 on school’s website & Student Diary.
- Workshop - Orientation on Project CACA
- Visit of senior students to a nearby court.
- Workshop - Self Defence for students, especially for girls.
## Pilot Programme: Project CACA 2017-18

<table>
<thead>
<tr>
<th>No.</th>
<th>School Name</th>
<th>District</th>
<th>State</th>
<th>Students Enrolled through CACA</th>
<th>Class Covered</th>
<th>Board Type</th>
<th>Boarding Type</th>
<th>Govt.</th>
<th>Religious Minority Type</th>
<th>Gender Type</th>
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<th>Seminifcation Workshop on POCSO Act 2012</th>
<th>Awareness Workshop on POCSO Act 2012</th>
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<td>610</td>
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<td>SAI</td>
<td>Fortis</td>
<td>DLSA</td>
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<td>N</td>
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<td>SAI</td>
<td>Probono</td>
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<td>Hyderabad District</td>
<td>Telangana</td>
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<td>CBSE</td>
<td>Day</td>
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Total Students: 21098

*SAI - SAI Social Axiom Insinua | DLSA - District Legal Services Authority | CWC - Child Welfare Committee
## List of Resource Persons and Workshops Conducted under Pilot Programme 2017-18

<table>
<thead>
<tr>
<th>No.</th>
<th>School Name</th>
<th>District</th>
<th>Date</th>
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<th>Resource Person</th>
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<td>17th Feb 2017</td>
<td>Orientation on CACA Safety Workshops</td>
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<td>Shri Ashok Sharma</td>
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CACA Safety Workbooks Core Principles and Topics

Core Principles of CACA Safety Workbooks
1. Self-esteem
2. Body ownership
3. Nature has made our body
4. Gender equality
5. Feelings
6. Being independent
7. Privacy
8. Trusted adult(s)
9. Friends and special friend
10. Child rights

Topics covered in CACA Safety Workbooks
1. Your body belongs to you
2. Building self-esteem
3. Breaking gender stereotypes
4. Being independent
5. Paying attentions to feelings
6. Telling trusted adults
7. Friends and special friend
8. Private parts / private zones
9. Privacy
10. Boundaries – physical and personal
11. Safe and unsafe touches; Unsafe looks
12. Abuse / Types of abuse
13. Strangers
14. Secrets, gifts and surprises
15. It’s ok to be afraid
16. It’s not your fault
17. Anger; how to handle it.
18. Effective communication
20. Decision making
21. Safety guide, safety strategies and Self-defence
22. What to do in an emergency
23. Coping strategies and mechanisms to handle abuses
24. Child rights
25. Safety net – Child Helpline Numbers - POCSO E-Box

Note: Based on these principles one can derive hundreds of topics.

Note: The above-mentioned topics are covered in an age-appropriate and progressive manner in CACA Safety Workbooks (Kindergarten to class 12) and have been further divided into sub-topics for example for class 9th students the topic safety guide and safety strategies have sub-topics in the following way.

1. Step 1 : Make and follow safety plans
2. Step 2 : Be aware of your surroundings and your body language
3. Step 3 : Listen to your feelings
4. Step 4 : Say “NO!” to the person doing the unsafe thing
5. Step 5: Get Away
6. Step 6 : If physically overpowered, use self-defence techniques to Get Away
7. Step 7: Talk to a trusted adult
8. Step 8 : Keep telling till someone believes you
Growing up is all about learning to do things on your own.

For Class: K

When a touch or look makes you uncomfortable, tell your loved ones.

For Classes: K - 7

Always remember, it is not your fault if someone hurts you. Always tell a grown-up you trust.

For Classes: K - 12

Most adults care for children and want to keep them safe.

For Classes: 1 - 8

You have the right to special education and care if you have a disability.

For Classes: 9 - 12

As a bystander, I can help stop taunting/bullying.

For Classes: 5 - 12

You have the right to be protected from being hurt and mistreated, in body or mind.

For Class: 6

Call 1098 (Child Helpline Number) if you feel unsafe.

For Classes: 2 - 12

All children have child rights, no matter who they are, what language they speak, whether they are a boy or girl, whether they have a disability, or whether they are rich or poor.

For Classes: 7 - 8

Each one of us is unique and special. Even twins have different fingerprints. There is no one else exactly like you not only to look at but also in your abilities.

For Classes: 6 - 8

My qualities and abilities are more important than what people say about my looks.

For Classes: 6 - 8

Boys and girls are equally capable. Gender roles and stereotypes confine people and reduce their potential as human beings.

For Classes: 8 - 10

Abuse is always wrong. It is so wrong that there is a law protecting children against sexual abuse.

For Classes: 3 - 9

Every child is born with child rights that no one can take away. Rights for children, called child rights, are what you should have to be able to do to live, thrive, and meet your full potential.

For Classes: 6 - 12

Being a girl or a boy is not a choice. We are born that way. Some people are born as transgenders. Transgender is a person who is born with the physical anatomy of a boy or a girl, but deep inside they feel like the opposite gender.

For Classes: 6 - 12

The above takeaways are paraphrased and are for representational purposes only. The actual language of the takeaway may vary according to the classes. There are 100+ such takeaways in the CACA Safety Workbooks for children.
The CACA Safety Workbook Series are life skills and value education books on prevention of Child Abuse. Age-appropriate, progressive and in the Indian ethos, these judiciously designed workbooks are a result of a two-year long democratic chain of events and processes of Opinion Polls, Focus Group Discussions, Conventions and Consensus Building Discussions among the stakeholders. These workbooks have evolved further under the pilot project run in the academic year 2017-18 in 20 schools, covering 21,000+ students, their parents, teachers and non-teaching staff. These workbooks for children have been shaped by Psychiatrists / Psychologists / Pediatricians, School Counsellors / Special Educators, Judges / Lawyers, and last but not the least by Academicians. These workbooks cover certain core principles which are mapped with the 10 life skills of WHO / CBSE.

We are grateful to parents, teachers, schools, counsellors and various government and voluntary organisations like the National Commission for Protection of Child Rights (NCPCR), National Institute of Public Cooperation and Child Development (NIPCCD), various District Legal Services Authorities (DLSA) and Child Welfare Committees (CWC), Counsel to Secure Justice, iProbono, for their support, contribution and active participation in the democratic chain of events that have shaped Project CACA.

The workbooks disseminate information mainly through stories, poems, plays, letters, cartoon strips and activities. These workbooks prompt the young readers to express their feelings and emotions through various open-ended and close-ended activities and quizzes. A look at their answers will be helpful for parents as well as teachers and provide them with an opportunity to have a dialogue with the child on certain sensitive issues which are otherwise difficult to talk about.

The safety workbooks teach self-esteem, a core principle in child development, to its young readers. Keeping self-esteem and emotions at the centre it builds on their rights, gender equality and abuse prevention. The workbooks prompt the students, their parents, teachers and non-teaching staff to adopt and inculcate the required behaviour changes which are imperative to prevent child abuse. For instance, not changing a child’s clothes in the presence of adults or other children, adults not changing their clothes in front of children, not pulling a child’s cheek in affection, and so on.

The workbooks, in an age-appropriate manner, also share important information on child rights and various laws formulated for the protection of children like the POCSO Act 2012, the Juvenile Justice Act, child helpline numbers like 1098, e-portals like POCSO E-Box, and government organisations like Child Welfare Committees, among others. For students studying in classes 11th and 12th, who will soon be adults and attend college/university, or may start working part-time to support their education/family, the books also introduce laws on prevention of ragging in colleges, sexual harassment of women at the workplace - POSH Act, 2013 and Motor Vehicle Act.

The workbooks evolve around three lead characters: A girl Sana, a boy Arpit (similar to the characters Boojho and Paheli of NCERT books), and a tiger Pocso. The tiger is named after the POCSO law itself to familiarise children, from an early age, about the POCSO Act as a safety net and a friend. These and other characters break age-old gender roles and stereotypes prevalent in Indian society. Sana loves football and wants to become a professional footballer. Arpit’s first love is dance, and his chosen profession is dancer and choreographer. In the stories, it is not just boys who protect girls; sometimes it works the other way around. The stories also feature policewomen, working mothers, fathers doing household chores, and so on.

It is important to note that the workbooks do not show any abuse occurring. It is stopped by one of the characters in the stories before the situation takes an ugly turn. This builds confidence in children to achieve the same. Besides, Pocso the tiger always acts as a confidant and guiding figure in the stories, telling children right from wrong and helping them take the right decisions that help them stay safe. As the characters grow from class to class along with their readers, Pocso evolves into a law in conjunction with the NCERT civics books. Likewise, the vocabulary of the private parts also
evolves with the NCERT biology books. These workbooks are on prevention of child abuse but are centred and revolve around the feelings of a child, demanding that caregivers acknowledge, act and find reasons behind various emotions and feelings they experience.

"Every word has consequences. Every silence, too!"

Here is a note for students from their CACA Safety Workbooks.
Sana and Arpit will be your companions as you journey through this workbook. They are childhood friends and enjoy learning new skills. Sometimes, they come across situations when they are not sure what to do. At times, they talk to their friends, parents, and teachers, but their favourite advisor is their tiger friend, Pocso. He always helps them to be safe and feel good about themselves. But you are in this story too, because Sana, Arpit and Pocso might need your help with some of their problems. Enjoy their antics and those of their friends and classmates as you make your very own journey to becoming an adult. Be Safe!

These workbooks are on prevention of Child Sexual Abuse but are centred and revolve around the feelings of a child, demanding the caregivers to acknowledge, act and find reasons behind various emotions and feelings they experience.

Every word has consequences. Every silence, too!

Periods to be allotted to CACA Safety Workbooks
We suggest that two (2) period per week for Kindergarten to class five and two (2) periods fortnightly for classes six to twelve. However, a school can choose periods in accordance with its own teaching environment pertaining to life skills and value education. The workbooks are to be read aloud in the classroom. Remember! These Safety Workbooks hinge on the age-appropriate reading and comprehension ability of your students. The language of these Workbooks is English. We understand that the age-appropriate reading and the comprehensive ability of students varies from school to school and city to city. Thus, the school has full freedom to change the suggested age group to suit their student-teacher-parent environment.

<table>
<thead>
<tr>
<th>S.No.</th>
<th>CACA Safety Workbook Title</th>
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<tr>
<td>1.</td>
<td>My Beginner’s Safety Workbook</td>
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<td>My First Safety Workbook</td>
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<td>3.</td>
<td>My Second Safety Workbook</td>
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<td>My Fifth Safety Workbook</td>
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<td>VI</td>
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<td>IX &amp; X</td>
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<td>11.</td>
<td>My Tenth Safety Workbook</td>
<td>XI &amp; XII</td>
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Each CACA Safety Workbook has a common companion Parent-Teacher Resource Booklet. This booklet is available in English and various regional languages.

Sample pages of the Safety Workbooks are available on our website & Parent Teachers Resource Booklet can be downloaded free: http://projectcaca.org/caca-safety-workbook-series/
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<td>Section-II: Module 4: Psychosocial and Emotional Changes during Adolescence</td>
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<td>Tips for Parents to Support Children with Problematic Sexual Behaviour</td>
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<td>Build Students’ Resilience and Help them to Respond to Life’s Challenges Constructively</td>
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Mapping with animated film “Komal” on Safe and Unsafe Touches, made by Childline India Foundations & MWCD

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<td>Your body belongs to you</td>
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Teaching aid by IIT, Kanpur (Project Umbrella)

Project Umbrella is an academic project done by five students from the Design Programme of the Indian Institute of Technology, Kanpur, under Prof. Jhumkee Sengupta Iyengar, which aims at spreading awareness about child sexual abuse amongst children.

https://www.behance.net/gallery/29533141/Project-UmbrellaChild-sexual-abuse-awareness-workshop

The kit is a set of cards, poster, short animation clips and game cards that can be used by teachers or NGO volunteers to conduct an interactive workshop about sexual abuse awareness for children. The cards feature questions given to children which are taken up in a gameful manner by the workshop moderator. The kit also features few game-like cards in an attempt to reduce the gravity of a serious issue like this. This workshop kit can be used in classrooms for kids in the age group of 8-12 years, in a group of 30-35 students in one session. Through the workshop, children learn about personal safety, respecting their body and overcoming guilt. It also gets children to talk about this issue with their peers and understand that they need to speak up, which many kids do not. A key aspect of the kit is extensive video footage by 2 experts advising on how to speak about the issue.

It has been designed in a way such that it is playful, educative, interactive and helps the teacher tackle embarrassment and hesitation that comes with talking about such a taboo topic. The kit has manuals, reading and video material for the teacher/workshop facilitator to read, understand and train themselves to conduct the workshop. The content has been approved by subject experts and psychologists. The kit is currently in English and can be made available in Indian languages in future.

The workshop kit is self-sufficient and can be used by anyone with basic spoken skills and affinity to teach children and an interest in educating them about safeguarding themselves. The student team comprised Mitali Bhasin, Sneha Parhi, Sachin NP, Swayamsiddha Panigrahi and Apoorva Aggarwal. SAF has partnered with IIT Kanpur for Project Umbrella’s advocacy and outreach. The kit is under trial and not available for implementation at present.
Workshops Under Project CACA (Snippet)

**Participants:** Parents from various Army Public Schools  
**Workshop:** Sensitisation on CSA  
**Key Speaker:** Master Trainer, Ms. Salini Sharma

**Participants:** Teachers  
**Workshop:** Sensitisation on CSA/ Awareness on POCSO Act/ Orientation on CACA Safety Workbooks  
**Key Speaker:** Hon. Judge Vinod Yadav from DALSA

**Participants:** Teachers & Non Teaching Staff  
**Workshop:** Sensitisation on CSA/ Awareness on POCSO Act/ Orientation on CACA Safety Workbooks  
**Key Speaker:** Lawyers from I-PROBONO

**Participants:** Teachers  
**Workshop Type:** Sensitisation on CSA/ Awareness on POCSO Act/ Orientation on CACA Safety Workbooks  
**Key Speaker:** Hon. Judge Abhinitam Upadhyay - DALSA
Participants: Teachers from various Army Public Schools
Workshop: Sensitisation on CSA/ Awareness on POCSO Act/ Orientation on CACA Safety Workbooks
Key Speaker: Hon. Judge Shivani Chauhan from DALSA

Participants: Teachers from various Salwan Public Schools
Workshop: Sensitisation on CSA/ Awareness on POCSO Act/ Orientation on CACA Safety Workbooks
Key Speaker: Hon. Judge Navjeet Budhiraja from DALSA

Participants: B.Ed. Students
Workshop: Teaching Child Rights in Schools
Key Speaker: Vikas Nautiyal - Advisor Advocacy

Participants: Teachers
Workshop: Sensitisation on CSA/ Awareness on POCSO Act/ Orientation on CACA Safety Workbooks
Key Speaker: Clinical Psychologist - Fortis Healthcare

Participants: Teachers
Workshop: Sensitisation on CSA/ Awareness on POCSO Act/ Orientation on CACA Safety Workbooks
Key Speaker: Clinical Psychologist - Fortis Healthcare

Participants: Teachers
Workshop: Sensitisation on CSA/ Awareness on POCSO Act/ Orientation on CACA Safety Workbooks
Key Speaker: Hon. Judge Mahavir Singh - SALSA
Dear Parents,

We are pleased to inform you that the school as its responsibility towards the safety of children is implementing Project CACA - Children Against Child Abuse (www.projectcaca.org) from the academic year 2018-19 onwards. It is unfortunate that every second child in India, a boy or a girl is reported to have faced one or more forms of sexual abuse - CSA (Source, Survey on Child Abuse 2007, Ministry of Women and Child Development, Govt. of India). The time has come to break the silence thus the social stigma attached to the subject and start a dialogue between you, your child and us. Project CACA is the need of the hour.

The project is being implemented in association with NGO Social Axiom Foundation. It is a preventive and safety measure through

- awareness cum skill-building children workbooks (kindergarten to 12th) based on life skills and value education,
- companion resource booklet for parents and teachers and,

The Project creates a safety net for students and a warning mechanism to the abusers that all the stakeholders have joined hands against them. The essence of the project is not Authority, Accountability and Competition but Responsibility, Trust and Collaboration.

The project is being implemented under the umbrella of various circulars/ notifications/ advisories/ guidelines issued from time to time to schools on Child Safety, Child Sexual Abuse (CSA), POCSO Act 2012 - POCSO-E-Box, Gender-Equality, Self Defence by various school boards, State Commissions for Protection of Child Rights, Supreme Court, and other related organisations. In the academic year 2018-19 more than 100 schools from across India with 1,00,000 students and their parents, teachers and non-teaching staff participated in the project.

The entire project has been developed through a democratic chain of events, i.e. Opinion Poll, Focus Group Discussion, Convention, Consensus Building Exercises and Pilot Programme. It is a collaborative effort of Psychiatrists/ Psychologists, Lawyers, Schools’ Counsellors, Academicians and various NGOs. The project works on institutional driven behaviour changes among the stakeholders in particular and society at large that are required for the prevention of abuse. It connects schools with District Legal Services Authorities, Child Welfare Committees and Psychologists.

We have taken the first step towards the prevention of child abuse and look forward to joining hands together with you against the issue that has reached epidemic proportion in our society.

www.projectcaca.org

*This circular is also available in Hindi and various regional languages and can be downloaded from www.projectcaca.org/circulars.*
Implementation Form
For Circulation of CACA Safety Workbook Series (K12) in a School

Take image/ picture/ scan of the dully filled form and send it by email to: implementation@projectcaca.org OR or whatsapp to 09717392050 / 09205488401 OR send to our office address - Project CACA, Care of Edusynergies, B-20, 3rd Floor, Shubham Enclave, Paschim Vihar, New Delhi - 110063

School Details

School Name: .......................................................... School Strength: ..........................................................

School Short Name, if any: .................................. Website: ..........................................................

Official E-mail ID: ..........................................................

Affiliated Board: CBSE ☐ CISCE ☐ State ☐ Foreign ☐ Other ☐

School Type, Gender Wise: Boys ☐ Girls ☐ Co-Ed ☐

School Type, Boarding Wise: Day ☐ Residential ☐ Day cum Residential ☐

School Address: ..........................................................

District .......................................................... State ..........................................................

Pin Code: ☐☐☐☐☐☐☐

Principal Name: ..........................................................

E-mail ID: ..........................................................

Mobile: ..........................................................

School Coordinator (for Project CACA) Name: ..........................................................

Designation: Counsellor ☐ Social Science Teacher ☐ Biology Teacher ☐ Head Mistress ☐ English Teacher ☐ Life Skills / Value education Teacher ☐ Physical Education Teacher ☐ Other: (Specify) ☐

Mobile: ..........................................................

Billing and delivery recommended by the school

a. Billing to: School Itself ☐ Third Party ☐
b. Delivery to: School Itself ☐ Third Party ☐ (For third party details fill Form B )

Authorized Signature: ..........................................................

Name: ..........................................................

Date: ..........................................................

*Order No.: .......................................................... (For Office Purpose only)
CACA Workbooks Series K12-Required by the School

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No. of Parents  
No. of Teachers  
No. of Non-Teaching Staff  
Remarks:  
Payment Schedule, if third party is not applicable:  
Mode of Payment, if third party is not applicable  
Cash  
Cheque  
DD  
Electronic Transfer  
All Payments to be made in favour of “Edusynergies”  
Authorized Signature:  
Name:  
Date:  

*Order No.: ........................................... (For Office Purpose only)

Note: Specimen copy for teachers @ one per section (40 Students) of each class.
There are 11 different books in all. My Ninth Safety Workbook is common for classes 9 and 10. Likewise, My Tenth Safety Workbook is common for classes 11 and 12. Each workbook is accompanied by a common Parent-Teacher Resource Booklet.
Third Party Recommended By the School

Individual Name ....................................................................................................................................................
Designation ......................................................................................................................................................
E-mail ID ............................................................................................................................................................
Address ................................................................................................................................................................
........................................................................................................................................................................
District ............................................................................................................................................................... State ........................................................................................................................................ Pin Code ........................................................................................................................................

Company / Firm / Other

Name ........................................................................................................................................................................................
Mobile ..............................................................................................................................................................................
E-mail ID ........................................................................................................................................................................
Address ........................................................................................................................................................................................
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District ............................................................................................................................................................... State ........................................................................................................................................ Pin Code ........................................................................................................................................

GST Number ............................................................................................................................................................
Authorized Signature ......................................................................................................................................................
Name ........................................................................................................................................................................................
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For office Purpose Only ......................................................................................................................................................

School Stamp

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Payment Schedule ......................................................................................................................................................

Book Title | Code | SPCM Qty
---|------|--------
Beginners |
First      |
Second     |
Third      |
Fourth     |
Fifth      |
Sixth      |
Seventh    |
Eighth     |
Ninth      |
Tenth      |
PTRB-ENG/Reg |
Primer     |

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Edusynergies
B-20, 3rd Floor, Shubham Enclave, PaschimVihar, New Delhi - 110063 (India)
Mob: +91 9717392050, +91 9953622674  Website: www.projectcaca.org
Testimonials

Safety workbooks are an excellent set of books. They are very informative and deal with the real-life situation of a child at different stages of life. They are a source of valuable information as not all children get such guidance from home. All sensitive issues for the well-being and proper development of the child are explained with the help of good illustrations and stories. It will make clear the difference between a good and a bad touch.

Continuous study of the content will make children aware conscious and prepared to meet any unforeseen abuse in their future.

Registrar Education (S),
Director School Education, Chandigarh Administration

The students are comfortable in expressing their feelings and incidents with teachers which they were not able to express earlier.

Teachers of KDB School, Ghaziabad (Pilot School)

The CACA Safety life skills books have been appreciated by our teaching fraternity as well as parents. The beautiful stories and poems in the books that teach about the safe and unsafe touch are liked by children. The characters of the books especially POCSO have become quite famous in our school.

Bro. Monchan, K.K.
Principal, Montfort School, Ashok Vihar (Pilot School)

The content in the books has helped teachers to transact the subject in classrooms more confidently.

Mrs. G.F. Sampson
Principal, Victoria Girls Sr. Sec. School (Pilot School)

Army Public School Kalimpong has been using and following the Safety Workbook issued to the School. The book is found to be very useful to the children, the book indeed helps children understand the concept of abuse, how to prevent it and how to communicate it. I would like to thank you for the same and look for your future reference.

Mrs. Shova Pradhan
Principal, Army Public School, Kalimpong (Pilot School)

By embedding CACA safety workbooks for all the students of our school timetable, we have taken the first step towards making our school a ZERO tolerance school against Child Sexual Abuse.

Rev. Fr. Dennis D’souza,
Principal, St. Clare’s Sr. Sec. School, Agra (Pilot School)

CACA Safety Workbooks have initiated an unprecedented dialogue among Students/ Teachers/ Parents in our school on prevention of Child Sexual Abuse.

Mrs. Sajilekha Pillai
Principal, Shah International School (Pilot School)
CACA Safety Workbooks are Life Skills and value education books on prevention of Child Sexual Abuse. They are, no doubt, the need of the hour.

Ms. Poonam Lekha
Principal Adriel High School (Pilot School)

Safety Workbooks are good and topics are logically arranged as per the need of the particular age-group. Vital information given systematically.

Ms. S. V. Vijayalakshmi
Principal, The Air Force School, Yelahanka, Bangalore

Safety workbooks are very minutely and intricately worked upon and touch on the grave topic of child abuse. The workbooks make the topic light and easy to understand. Kudos to the team.

Mrs. Shree Nair,
Principal, Air Force School ASTE, Marathahalli, Bengaluru

Useful in breaking grounds as far as the safety of the children is concerned.

Ms. Rakhi Dandriyal
Headmistress, Army Public School No. 2 Roorkee

Great effort for a Great Cause.
Really Appreciate, God Bless and Wish you all the best.

Ashish Srivastava
Group Captain (VN) Air Force Station Ambala Cant. (Air Force Schools)

Fully appreciate the efforts (of the team members of Project CACA).
Look forward to conduct POCSO Workshops in various schools on regular basis with Project CACA.

Honorable Sh. Amarinder Sharma
CJM Cum Secretary, District Legal Services Authority – Chandigarh UT

Appreciate great efforts being made (by Project CACA) towards creating awareness among all the stakeholders i.e., Students, Parents, Teachers & Non Teaching Staff in schools of Chandigarh.

Ms. Niti Mohan
POCSO Consultant, Chandigarh Commission for Protection of Child Rights.

A brilliantly executed project, very educative & informative.
We wish them all the very best in this excellent social service.

Mrs. Manoj Bal
School Advisor, Sumeet Rahul Goel Memorial Sr. Sec. School.

A sincere effort.
CACA Safety Workbooks should be implemented in all schools.

Honorable Sh. Shreegopal Sharma
Chairperson, Child Welfare Committee (CWC), Agra.

Excellent experience.
We request CACA to arrange one more session for children also.

Honorable Sh. Nitendra Kumar
Secretary, District Legal Services Authority, Agra
### Abridged List of schools empowered by CACA Safety Workbooks

1. **Activity School, Mumbai**
2. **Alchemy Public School, Coimbatore, Tamil Nadu**
3. **Adriel High School, Rohini, Delhi**
4. **Ananda Academy, Haldwani, Uttarakhand**
5. **Angel Mat Sr. Sec. School, Thiruvalur, Tamil Nadu**
6. **Army Pre Primary School, Khadki, Pune**
7. **Army Public School PTRC, Bangalore, Karnataka**
8. **Army Public School, Agra, Uttar Pradesh**
9. **Army Public School, Ahmednagar, Maharashtra**
10. **Army Public School, Almora, Uttarakhand**
11. **Army Public School, Babina Cantt, Jhansi**
12. **Army Public School, Dighi, Pune, Maharashtra**
13. **Army Public School, Jorhat, Assam**
14. **Army Public School, Kalimpong, West Bengal**
15. **Army Public School, Kamptee, Nagpur, Maharashtra**
16. **Army Public School, Kannur, Kerala**
17. **Army Public School, Khadakwasla, Pune, Maharashtra**
18. **Army Public School, Kirkee, Pune, Maharashtra**
19. **Army Public School, Rakh Muthi, Jammu & Kashmir**
20. **Awadh Public School, Lucknow, U.P.**
21. **Bal Bharti Public School, Dwarka-Delhi and Noida (NCR)**
22. **Bal Bharti Public School, Jhajjar and Manesar, Haryana**
23. **Bal Bharti Public School, Navi Mumbai**
24. **Basava International School, Dwarka, Delhi**
25. **Bedi International School, Bareilly, Uttar Pradesh**
26. **Ben Hur College, Pilibhit, Uttar Pradesh**
27. **Ben Hur School, Kanpur, Uttar Pradesh**
28. **Ben Hur College, Pilibhit, Uttar Pradesh**
29. **Ben Hur School, Kanpur, Uttar Pradesh**
30. **Bhartiya Vidya Bhavan’s Public School, Hyderabad**
31. **Bhartiya Vidya Bhavan’s Public School, Hyderabad**
32. **Blue Bird Senior Secondary School, Aligarh, U.P.**
33. **Campion School, Mumbai**
34. **Carpe Diem International School, Patiala, Punjab**
35. **Charkula Global Public School, Mathura**
36. **Christ Church School, Mumbai**
37. **Darbari Lala D.A.V Model School, Delhi**
38. **Dayawati Dharamvira Public School, Bijapur**
39. **Deeksha Vidya Mandir Nursery & Primary School, Coimbatore**
40. **DPS Haldwani, Uttarakhand**
41. **Delhi Public School, North, South, Bangalore**
42. **Delhi Public School, Vasundhara, Ghaziabad (NCR)**
43. **Dewan Public School International, Meerut**
44. **Geetanjali Senior School, Hyderabad**
45. **GKD Matriculation Sr. Sec. School, Coimbatore**
46. **Godson Public School, Thirumal Nagar, Chennai**
47. **Halim Muslim School, Lucknow**
48. **Holy Child School, Ghaziabad, Ghaziabad (NCR)**
49. **Jaypee Hr. Sec. School, Coimbatore, Tamil Nadu**
50. **JD Tytler School, Munirka, Rajendra Nagar, Delhi**
51. **Karan Public School, Meerut**
52. **Kids World, Nagpur**
53. **KL International School, Meerut**
54. **Lalaji Memorial Omega International School, Chennai**
55. **Little Flower School, Hyderabad**
56. **Marygiri Senior Secondary School, Kannur, Kerala**
57. **Montfort School, Ashok Vihar, Delhi**
58. **Mount Hill Academy, Mathura**
59. **Modern School & Jr College, Thane, Mumbai**
60. **New Apostolic English Primary & High School, Nagpur**
61. **New Ideal Public School, Mathura**
62. **New Kingston Public School, Kanpur**
63. **New Standard Public School, Raebareli, Uttar Pradesh**
64. **Padamshree School, Chennai**
65. **Pinewood School, Saharanpur, Uttar Pradesh**
66. **R.G Academy, Kanpur, Uttar Pradesh**
67. **RAN Public School Rudrapur, Bilaspur, Uttar Pradesh**
68. **Real Public School & Real Coaching Classes, Mathura**
69. **Romex International School, Mathura**
70. **S.D Public School, Patel Nagar, Delhi**
71. **Sangam School Of Excellence, Bhiwada, Rajasthan**
72. **Scholars Rosary, Rohtak, Haryana**
73. **Shah International Public School, Delhi**
74. **Shri B S. Mootha Girls Sr. Sec. School, Chennai**
75. **Sri Aravindar Mat. School, Thiruvalur**
76. **Sri Ramakrishna Matriculation Sr. Sec. School, Coimbatore**
77. **St. Clare’s Sr. Sec. School, Agra, Uttar Pradesh**
78. **St. Francis Convent School, Bareilly, Uttar Pradesh**
79. **St. Francis School, Mathura, Uttar Pradesh**
80. **St. Stephen’s School, Chandigarh**
81. **St. Xavier’s High School, Mumbai**
82. **Subhham Vidhyalaya, Kancheepuram, Tamil Nadu**
83. **Sudharsanam Vidyaashram, Chennai**
84. **Sumeet Rahul Memorial Senior Sec. School, Agra, U.P.**
85. **Sunshine Public School, Lucknow**
86. **Tagore International School, Jaipur, Rajasthan**
87. **The Velammal International School, Tamil Nadu**
88. **Uttam School for Girls, Ghaziabad (NCR)**
89. **Vidya Patrishthan’s Dr Cyrus Poonawalla, Baramati, Pune**
90. **Vidya Patrishthan’s English Medium School Indapur, Pune**
91. **Vidya Patrishthan’s New Bal Vikas Mandir, Baramati, Pune**
92. **Vidya Patrishthan’s Bhor English Medium School, Bholawade**
93. **Vidya Patrishthan’s New English Medium School, Baramati**
94. **Vidya Patrishthan’s Bilt English Medium School, Baramati**
95. **Vidya Patrishthan’s English Medium School, Baramati, Pune**
96. **Vishwadeepti Matric Hr. Sec. School, Coimbatore, Tamil Nadu**

And many more........
PROTECTION OF CHILDREN FROM SEXUAL OFFENCES ACT

Personified, POCSO gets new avatar in books of 2 schools

HINA ROHTAKI
CHANDIGARH, AUGUST 1

"Hello, I am POCSO. I'd like to be friends with you.
POCSO is the new friend students in two city schools are reading about in their curriculum where he (POCSO) tells them they need to face every situation while growing up.

In a first-of-its-kind attempt, POCSO, or the Protection of Children from Sexual Offences Act, has been personified and is being discussed as a character in short stories and poems with students, junior and senior both.
The Gurukul in Sector 20, Panchkula, and St Stephens School in Sector 45, Chandigarh, have introduced books on POCSO on a pilot basis. The books are taught in a designated period on children against child abuse. The idea has been conceptualised by a Delhi-based NGO, Social Asiam Insignia, which got together counselors, lawyers and psychologists to personify the Act under "Project CACA — Children Against Child Abuse." The text revolves around three friends:

POCSO, Apin and Sana who deal with different situations as they grow up from Class I to Class X, and POCSO guides them in every situation. The number of chapters in these books varies according to class; there are around 30 chapters in each book on average.

Among the topics covered is "your body belongs to you," wherein the child is taught not to allow anyone to touch private zones which are covered and not let anyone take their pictures. The stories also give an insight into how to deal with situations like when the child is alone at home and a cousin or uncle in the family or father's friend drops in. The students are told to differentiate between safe and unsafe situations.

Harshimran Kaur, principal of The Gurukul, Sector 20, said, "Children usually quote what they have learnt from books in schools. Giving general information on basic things about safe and unsafe touch is not sufficient these days. So it was really imperative to teach this topic in an interactive story form. I feel school is the best platform to create awareness about child abuse."

In two stories, "It is not your fault" and "Safety rules and strategies for certain situations", wherein POCSO is seen putting up a poster at the entrance of the park. The safety rules suggest what one should do while travelling in public transport, when out alone or out with friends. "Stand at a distance even on escalator. Never be afraid of asking anyone to maintain distance from you. Always walk on the opposite side of the traffic movement," some of the guidelines state.

"If something or somebody is troubling you, tell your friend POCSO. It will make you feel better. You might find it easier to tell a trusted adult as well," a worksheet notes.

Louis Lopez, principal of St Stephens School, said, "We held a 30-minute class for seniors and a 45-minute period for juniors. This period is held once a week. Usually children have fear psychosis about this Act. Sometimes we have an all-boys class or an all-girls class or a mix of both, depending on various chapters."

Vikas Nautiyal, advisor advocacy for Project CACA, said, "On a pilot basis, we have given these books in some schools in 15 districts of Delhi, Haryana, Punjab and Chandigarh as well under our project."

Taking a cue from the two private schools, the UT Administration is also considering introducing these books in government schools. "Yes, this kind of information is really important for students and we will call for samples of these books first. Then we would see how to incorporate the stuff in regular classes later. Students tend to understand quickly when such information comes in interactive/story form," said UT Secretary Education B L Sharma.
Project CACA
www.projectcaca.org
Impact of Project CACA

Children Empowered 1,25,000+

Families Empowered 1,00,000+

Teachers Empowered 7,500+

Schools Empowered 125+

Workshops Conducted 150+

Districts Reached 50+

With Support From Various:
District Legal Services Authorities (DLSA) | Child Welfare Committees (CWC)
State Commissions for Protection of Child Rights (SCPCR)

Address: B-20, 3rd Floor, Shubham Enclave, Paschim Vihar, New Delhi - 110063
Contact No: 097173 92050, 099536 22674, 099107 05101
E-mail Id: info@projectcaca.org, admin@projectcaca.org
Website: www.projectcaca.org

End the Stigma, Raise Awareness

For circulation of CACA Safety Workbook Series in your school, call 09717392050

PP-ENG-2018-01-01