

CACA Safety Workbooks Kindergarten to 12 (Prologue)

The CACA Safety Workbook series are life skills and value education books on prevention of Child Sexual Abuse. Age appropriate, progressive and in 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 further evolved 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. The workbooks cover the CACA core principals and various topics (mapped with the 10 life skills prescribed by WHO / CBSE) for preventing child abuses like Sexual Abuse, Bullying and Cyber Abuse; creating awareness about various child related laws and sensitising about gender equality.

The workbooks disseminate information mainly through stories, poems, plays, letters, cartoon strips and activities. These workbooks prompt its young readers to express their feelings and emotions through various open and close ended activities and quizzes. A look at these workbooks will be helpful for parents as well as teachers and may also provide them with an opportunity to have a dialogue with their child on certain sensitive issues which otherwise are difficult to talk about. These safety workbooks teach self-esteem, a paramount fundamental in child development, to its young readers, and keeping it at the centre it builds on their rights, gender equality and abuse prevention. The workbooks will prompt the students, their parents, teachers and non-teaching staff to adopt and inculcate the required behaviour changes in them which are imperative to prevent child abuse. For instance, not changing clothes of a child in the presence of adults or other children and vice versa, not to pull a child's cheek in affection, amongst a whole lot more.

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 classed 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 workplace- POSH Act, 2013 and the Motor Vehicle Act.

The workbooks evolve around three lead characters: A girl – Sana, a boy – Arpit, and a Tiger named Pocso in a way quite similar to the characters “Bhoojho” and “Paheli” of NCERT books. The tiger is consciously named after the POCSO law itself. The rationale behind naming the tiger “Pocso” is to familiarise the children, right from an early age, about the POCSO law as a safety net and as a friend. These characters and others in the stories often help break the age old gender roles and stereotypes prevalent in the Indian society. Sana is someone who loves to play football, be in the playground and toil in the sun. She wants to become a professional football player as she grows old. Arpit is someone who's first love is dancing and wants to become a dancer, a choreographer as he grows old. In the stories, it is not always a boy protecting a girl, but at times the other way around. These stories also feature policewomen, working mothers, fathers doing the household chores, amongst others.

It is important to note that the workbooks do not show any abuse occurring as it is stopped by one of the characters in the stories before a situation takes an ugly turn, an action that builds confidence in children to achieve the same. Besides, Pocso the tiger always acts as a confidant and a 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 class after class along with their readers, Pocso evolves into a law in conjunction with the civics books of NCERT. Likewise, the vocabulary of the private parts also evolves with the biology books of NCERT.

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 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.

S.No.	CACA Safety Workbook Title	Class Recommended
1.	My Beginner's Safety Workbook	Kindergarten
2.	My First Safety Workbook	I
3.	My Second Safety Workbook	II
4.	My Third Safety Workbook	III
5.	My Fourth Safety Workbook	IV
6.	My Fifth Safety Workbook	V
7.	My Sixth Safety Workbook	VI
8.	My Seventh Safety Workbook	VII
9.	My Eight Safety Workbook	VIII
10.	My Ninth Safety Workbook	IX & X
11.	My Tenth Safety Workbook	XI & XII

Each CACA safety workbook has a common companion Parent Teacher Resource Booklet.