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**10 life skills as per World Health Organisation (WHO)**
- Self-awareness & Empathy
- Critical thinking & Creative thinking
- Decision making & Problem Solving
- Effective communication & Interpersonal relationship
- Coping with stress & Emotions
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Hello!
My name is Pocso.
I am a baby tiger.
Sana and Arpit are my best friends.
Would you like to be my best friend too?

We are neighbours. We live here.

Sana and Arpit are a little naughty. They are like 'monkey see monkey do'.

We go to the same school in the same bus.
Sana, Arpit and I love to eat mangoes. We play and learn together.

Sana dreams to become a firefighter.

Arpit dreams to become a cook.

**What do you dream of becoming when you grow up?**

In the playground, Arpit likes playing on the slide. Sana likes riding her cycle. They are growing up. They are learning to be safe at home and outside.

We all dream to become someone or something.
Do You Like Mangoes?

I like to chase butterflies, Sana likes to watch cartoons and Arpit likes to eat Mangoes.

Tell me what you like and what you do not like.
Mark ✓ 🍌 | ✗ 🍌 on the image.

Mangoes
Bananas
Injection

Playing the Game Doctor-Patient
Playing Hide and Seek
Playing the Game House and Husband-Wife

Swinging
Using a Slingshot
Playing With a Ball

We feel good and happy doing things we like.
Breakfast Time

It was breakfast time.
But mummy was in a hurry.
She had to take Arpit to the bus stop.
Then she had to go to the office.
Arpit wanted to help mummy.
He thought for some time.
Then he knew what to do.

When mummy came to help him drink his milk, she saw an empty glass.
She said, “Good boy, Arpit!”.
Arpit felt good.
He had helped mummy.
He would tell Pocso and Sana about it in the evening.

Growing up is all about learning to do things on our own.
Chew Chew Chew

Chew chew chew
goes the teeth train.
Chew chew chew
that bread, cereal and grain.

Chew chew chew
before it goes in the belly.
Chew chew chew
that toffee and the jelly.

Chew chew chew
apple, carrots and peas.
Chew chew chew
gulp it all down with ease.

Chew chew chew
you must chew everything slow.
Chew chew chew
down the throat they go.

Chew chew chew
with a closed mouth.
Chew chew chew
is what eating is all about.

We should chew our food well to be strong.
Chewing food thoroughly is a good habit.
Sana asked, “Grandma, what are private parts?”

Private means ours and only ours. Private parts, unlike our books or toys, cannot be shared or touched by anyone.
Sana counted 4 private parts. Can you name them?

1. M __ U __ H

2. H __ S __

3. Between the L __ G __

4. B __ T __ O __ K __ S

Sana saw that even the **mouth** was a private part.

Granny said, “Private parts are for you only. No one should **look** at or **touch** your private parts. Only your **loved ones** can touch them, and only when you need help or when you are sick.”

Sana said, “But I got an injection from the doctor in my private part. The doctor is not my loved one.”

Grandma said, “**Smart** girl! A doctor sometimes gives you an injection that hurts. But an injection is given to you so that you can stay healthy.”
A doctor or a nurse can look at or touch your private part only if your loved one is around.

Do you know who your loved ones are?” Sana said, “My loved ones are my family members. They are Mummy, Papa, you, Grandpa, and the auntie who looks after me.”

Grandma said, “Do you not love your uncles and aunties, cousins and friends? What about your best friend?”

Sana said, “I do, but I do not want them to look at or touch my private parts.”

Nobody, not even our best friends should look at or touch our private parts!
Grandma asked, “And if you need help in school?” Sana said, “I can take help from my class teacher and the helper auntie who looks after us in the school.”

Grandma said, “So your loved ones are your parents, your grandparents, your class teacher and your helpers, right?” Sana said, “Yes.”

Most grown-ups care for children and want to keep them happy, healthy and safe.
Paste the photos of your loved and trusted ones.

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<table>
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<tbody>
<tr>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
</tr>
<tr>
<td>Mummy:</td>
<td>Grandpa:</td>
<td>Grandma:</td>
</tr>
<tr>
<td>Phone No:</td>
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<td><strong>4</strong></td>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
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<td>Papa:</td>
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<td><strong>7</strong></td>
<td><strong>8</strong></td>
<td><strong>9</strong></td>
</tr>
<tr>
<td>Sibling:</td>
<td>Sibling:</td>
<td>Class Teacher:</td>
</tr>
</tbody>
</table>

Our loved ones do their best to keep us happy, healthy and safe.
Let Us Play

The 3 friends Arpit, Sana and Pocso, love to watch games on TV. They also love to play games with each other, their friends, parents and grandparents. It makes them happy and healthy. **Which games do you like to play?**

*Suggested Reading: Some Street Games of India ISBN 978-81-237-1099-0*

While playing, exercising and otherwise also, we keep our private parts covered in front of others. We do not touch them in front of others.
How Do You Feel?

We have many different feelings. Sana feels happy when she is with her best friends. At times, she also feels **sad, angry, scared, and confused**. Here are some feelings.

A. Circle the feelings you have felt with **green** colour.

- **Happy**
- **Angry**
- **Shameful**
- **Scared/Afraid**
- **Sad**
- **Confused**

*Our feelings tell us right from wrong.*
B. Feelings are our friends.  
Match the feelings with their emojis.

Happy

Angry

Shame

Scared or Afraid

Sad

Confused

We feel **confused** when we do not know how we feel or what to do.

Our feelings are our friends. They tell us what is safe and unsafe for us.
I Am Happy

Happy happy happy
I am happy when I am warm
on a cold day of winter,
when I am playing with my mom.

It makes me feel happy
hands spread bothways
sitting on my dad’s shoulder
With a big smile on my face.

Happy happy happy
I am happy when I brush
my teeth everyday
and a bath to feel fresh.

When Grandma tells a story
during sleep time;
She shows me a lot of pictures
and teaches me the words that rhyme.

Happy happy happy
I feel happy when I share.
I like to spend time with my loved ones
and show them that I care.
Helpful Police

One day Pocso, Sana and Arpit - the three best friends - watched a cartoon show on TV. They liked it. In the cartoon show, the friendly and helpful police rescued a kitten.

Can you find the helpful police in the following pictures?

Note for teachers/parents: Uniforms of state and local police vary by grade, region and type of duty. The main service uniform for police is khaki. Some cities, such as Kolkata, have white uniforms. Headgear differs by rank and state; officers usually wear a peaked cap, and constables wear berets or side caps.

Police are there to help us be safe.
Telling Your Loved Ones

I listen to my loved ones,
I listen to them well.
If something is wrong,
I always tell.

Tell a loved one
As soon as you can.
That is the very best
Safety plan.

Always follow safety rules and tell a loved one if you are not feeling safe.
Papa and Arpit bake a cake for mummy’s birthday. Papa wants to keep it a secret from mummy. Arpit tells his grandparents about the secret.

On her birthday, mummy gets a surprise. And everyone eats the cake.

She loves the cake baked by Arpit and everyone eats it.

Always tell your loved and trusted ones about any secrets, surprises and gifts.