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10 life skills as per World Health Organisation (WHO)
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QR code-based resources for parents, teachers and non-teaching/support staff in English, Hindi and regional languages on the last detachable page. The children’s activities/questions have been classified as personal (in green colour) and general, depending upon whether they relate to a child’s personal behaviour, feelings, opinions, incidents, values, relationships and medical conditions or not.
Hello, I am Pocso the tiger. My parents work in a circus. They have taught me to walk and talk like humans. Sana and Arpit are my best friends. We all go to the same school. You are my best friend too. We all like making friends, don't we?

Sana and Arpit like to fly kites. They love to run and play on the swings in the park. They like to eat fruits and vegetables.

They love to wear their school uniforms. But they are different too. Sana's school uniform is a little different from Arpit's.

Sana likes dogs but Arpit likes cats. Sana likes sports and her favourite festival is Pongal, the festival of harvest.

We are same yet different. It is okay to be different.
Arpit likes to dance and his favourite festival is Diwali, the festival of lights. Sana is a girl and goes to the girls' toilet in the school. Arpit is a boy and goes to the boys' toilet in the school.

A. Name the festivals that your best friend and you love to celebrate.

My friend loves to celebrate. 

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

I love to celebrate.

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

B. Are they the same? (Yes/No) _____________

C. Paste pictures of your and your friend's most favourite festival(s).


The greatness of a culture can be found in its festivals.
It was sports day. Sana was nervous.

Gurpreet always won all the races, but Sana wanted to win this time. That is because Imran uncle, her favourite uncle, would be coming to school with her parents.

When the sports sir said, “Go!” Sana ran as fast as she could. But as always, Gurpreet got the first prize. Sana could not even come second or third. She was very sad.

When Sana’s parents and Imran uncle came to meet her, she was very upset.

Imran uncle clapped and said, “You ran very fast! Good girl.”

“But I did not win a prize!” said Sana. “You did your best, and that makes you special.” he said.

I am special because I do my best.
Mummy said, “We are **proud** of you.” Papa said, “If you keep doing your best and keep trying, you will win a prize someday. It may not be for running, but you will definitely win a prize for something.”

Sana **felt better**. Uncle said, “I will buy you a banana flavoured milk-shake. That is your prize because you did your best.”

**Write 2 ways in which you are special because you do your best.**

1. _______________________________________

2. _______________________________________

We all are different and good at one thing or another. Some are good at running, some at dancing while others in studies.
First Day in the Class

It was Sana and Arpit’s first day in Class 2. Their new class teacher made them play some fun games. Everyone knew that Salman was a champion at playing carrom board. Upon everybody’s request, he showed his carrom skills. Suddenly, Arpit wanted to go to the toilet. He turned to his new friend Salman and whispered, “I want to go to the toilet.” Salman whispered back, “Ask ma’am.” But Arpit felt shy. He did not know where the toilet was. But he had to go. So, he asked the teacher if he could go to the toilet.

Help Mangu the monkey to get his favourite meal.
Ma'am said, "Yes, you can go. I will send the helper Bhupin to show you where the boys' toilet is." When they reached the toilet, Bhupin said, "Let me come inside and help you." Arpit said, "No. I can go to the toilet by myself. Please wait outside till I am done."

Bhupin waited outside.

When he got back to the class, Salman asked, "Was it very far away? Will you show me at lunchtime?" At lunchtime, Arpit showed Salman the toilet. Salman said, "There is no helper here. Sometimes, I need a grown-up to help me." "Just wait. I will bring him," said Arpit. He went and brought the helper.

Salman thanked Arpit for helping him.

While coming back from the toilet, Arpit asked Salman, "Will you teach me how to play carrom board?"

Salman said, "Of course," with a twinkle in his eyes.

Most grown-ups care for children and want to keep them safe.
In the evening, at dinner time, Arpit told his mummy and papa about what had happened in the school and how he had helped his new friend Salman. Papa said, "It is good to do things by ourselves, and to help others. But at times we also need help from others."

A. Write about the time when you helped someone.

B. Write about the time when you took help from someone.

Growing up is about learning to help and taking help.
Doctor Auntie Tells

One day when I was playing ludo with Sana at her home, Tina auntie came. She is Sana’s father’s sister. She is a doctor.

She said, “Dear Sana, How are you? And how are your best friends - Arpit and Pocso? Today, I want to tell you something important.

I want to tell you about private body parts.

Our private parts are the parts of the body that need to be covered, like in the pictures below.”


Our body is ours. It has parts.
Each part has a role to play.
Sometimes, a grown-up you love and trust, like your family member, will need to look at or touch your private parts. This can be:

✓ To help you to go to the toilet or to take a bath OR
✓ To help you when you are sick.

A doctor or a nurse may also touch or look at your private parts to help you get better but only in the presence of a trusted grown-up.

A trusted grown-up is a person like your mummy, papa, grandparents and class teacher. This person will do their best to help you to be safe, clean, healthy and feel good. You can tell anything to a trusted person. You can share your feelings with them.

Colour the swimsuits of the boy and the girl in the pictures below.
You should not let anyone touch your private parts. **Not even on top of your clothes.** Not even if they love you. Not even if you love them. Not even when you are playing games. You can share all your things with others like your toys, books and colours but not your private parts. **Your mouth is a special private part because it is not covered.**

You should also **never look at or touch anyone else’s** private parts because it is **not safe.**

No one should touch or look at your private parts. No one should ask you to touch or look at their private parts.
Germs, the Tiny Monsters

No one wants to get close to anything dirty or stinky. But for germs, dirt is a friend. They love to hang out with it. Germs are not your friends as they make you sick or ill. They are extremely tiny creatures that you cannot see them with your eyes. It is when you fall sick, you get to know that they have sneaked into your body.

These tiny monsters are tough and can be found in all kinds of places, including water, air and your body parts. They can quickly move or spread from one place to another and from one person to another as well. When you touch your eyes, nose or mouth, the germs from your hands enter and spread into your body and make you ill.

Hygiene means taking care of your body and keeping it neat and clean all the time. When we are neat and clean, germs cannot harm us and we do not fall sick. So, take a pledge to be a hygiene champ! After all, you are the boss of your body and its first caretaker.
Write all the things that you do to keep yourself neat and clean.

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Children are given many types of injections or vaccines so that germs cannot harm them. Vaccines help children fight various diseases, illnesses and infections like polio, chickenpox, measles, mumps, tuberculosis and more. Vaccination or immunisation of children is an ongoing process which starts at birth.

I ________________________________

solemnly pledge that I will consider hygiene as the most important thing of my life. I also promise that I will do my best to keep myself and my surroundings neat and clean.

Teacher resources: https://fssai.gov.in/eatrightschool/
Safe touches make us feel happy and good. They come from people we love and trust like a parent, grandparent, brother, sister, friend or teacher. Remember, most touches are safe.
Unsafe touches make us feel as if something is wrong. They make us feel:

- Scared
- Sad
- Dirty
- Guilty (as if it is our fault)
- Bad, Helpless (You cannot do anything to make yourself feel better.)
- Uncomfortable (Uneasy, awkward, nervous, tense)
- Pained/hurt/wounded/injured
- Angry
Accidental Touches

An accidental touch happens by mistake like when Sana was playing with Arpit, she stumbled and fell on him. Accidental touches do not occur again and again with the same person.

A. Tell your friend Pocso:
   a. Whom do you like hugs and kisses from?

   __________________________________________
   __________________________________________
   __________________________________________

   b. Is there someone from whom you don't like hugs or kisses, or you don't want to hug or kiss?

   __________________________________________
   __________________________________________
   __________________________________________

   c. Write about an accidental touch that you got.

   __________________________________________
   __________________________________________
   __________________________________________
Loudly and Clearly

When I want someone
To listen to me,
I say things
Loudly and clearly.

I look at the person
I'm talking to.
I look in their eyes,
You should do it too.

My face is serious
And so is my voice,
I'm telling them that
TELLING is my choice.

You do this too,
And you will see.
They'll listen to you
Like they listen to me.
Let me take you home.

1. A stranger in a car offers a ride to Arpit.
   It is so hot. Let me take you home in the car.
   I am a family friend.
   No!

2. In the evening, when Arpit meets his mom, he tells her about what had happened.
   You did the right and safe thing by saying NO!

Don't you like treats?

1. A stranger offers chocolates and a cold drink to Sana when she is playing outside her home...
   Here, have some...
   No!
   They are very tasty. Take them.

2. Sana tells her Mom...
   I'm proud of you for saying "no!" and for telling me.
   I like following the safety steps!

A stranger can be a boy or a girl, a man or a woman, young or old. A stranger can be in any dress or uniform.
The Nest on the Tree

One day Arpit was alone in the park. There was no grown-up he knew around. He saw a bird’s nest on an old tree and became curious. He decided to climb and have a closer look. As he was climbing he slipped and fell. He got hurt and was in pain.

There was a balloon seller nearby. He remembered what his mummy had told him - “Sometimes we need help and there is no grown-up we know, near us. This is called an emergency. In an emergency, we have to take help of strangers.” So he asked for help from the balloon seller. Arpit gave him mummy’s phone number. The balloon seller called up his mummy. Mummy came and thanked the balloon seller.

Tell Pocso about an emergency that you have faced.

In an emergency, take the help of strangers to be safe and to contact your trusted grown-ups.