My Seventh Safety Workbook

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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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.
The three musketeers Sana, Arpit and Pocso have recently graduated to the next class. Arpit is older than Sana by 8 months and has just become a teenager.

Teen + ager = Teenager. A teenager is a person in the age group of 13 (thirteen) to 19 (Nine-teen) years. An adolescent is a person roughly in the age group of 10 to 19 years. A youth is a person in the age group of 15 to 24 years. Sometimes, people in the age group of 24 to 34 years are also called youth.

They are neighbours as well as classmates. Pocso is their class monitor. Sana is in the school’s junior football team and plays centre forward. Arpit is in the school’s dance troupe and is very good at Kuchipudi dance. They have won many accolades last year in football and dancing, respectively, and have made everyone proud. Their achievements have been highlighted in their annual school magazine-Kaleidoscope.

They are growing fast and the shapes of their bodies are also changing. Their old clothes and shoes do not fit them anymore. Both of them have donated them to the church. The church passes them to people in need. As they are growing, they are also becoming more and more independent and responsible. But, they are also a little naughty, and they do play pranks. They are struggling to manage their time between classes, friends, hobbies, homework and helping loved ones.

Arpit often buys vegetables and milk for his family. He regularly takes care of the mango tree that he planted five years ago when his sister Joey was born. This season, mangoes have begun to appear for the first time and he is very excited. Sana helps her parents in preparing the monthly grocery list. Her mother and she often argue about how much junk food is to be added in the list. Sana loves junk food but also knows that it is not healthy or good for her.

The three friends now have more access to smartphones, computers and the Internet. They often help their grandparents learn how a smartphone works. Their grandparents have been teaching them things since they were babies and now it is their turn to help them learn new things. Sana learnt Spanish, and Arpit studied Sanskrit. They are also learning another language called body language. They are also learning about how morals, values and human rights are interconnected. They often feed animals and birds with their loved ones before going to school.

A. Have you ever planted a tree/ sapling? If yes, what is its name?
Arpit and Sana are learning to respect others and themselves. They speak clearly and confidently, and pay attention to their feelings, that tell them when people and things might be unsafe for them. Sana and Arpit know that when they behave according to what their family and teachers have taught them, they feel good. And it feels really good to feel good!

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<tr>
<th>Attributes</th>
<th>Sana</th>
<th>Arpit</th>
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<td>Not Good</td>
<td>Good</td>
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<tr>
<td>Maths</td>
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<td>Gracefulness</td>
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<td>Humour</td>
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<td>Independence</td>
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C. Design a report card.

Circle the attributes that you would like to have in your best friend’s report card from the above list. Go to page 27 to write the extra attributes that you would like to have. Ask her/him to do the same for you. Now compare the two report cards.

It is not only the core subjects that we learn but many other qualities we develop that matter in our lives.
Everyone could hear the whistle and the rattle of the train as it majestically passed by the nearby rail tracks. The train would pass during the fourth period every alternate day. Naughty Payal had not brought lunch so she would be buying it from the canteen. It was the last period before lunchtime and she was already hungry. Lopamudra ma'am was teaching maths to the children. Arpit was not good at maths, so he was always a little tense during the maths period. "Today we will talk about big numbers, and how these big numbers are related to children," said Lopamudra ma'am. "How many stars are there in our solar system? Only one! And how many stars are there in the Milky Way, our home galaxy? About 100 billion!" "That is too many," said Gurpreet. "But do you know how big is a billion?" asked ma'am. Kajal, the school chess champion, replied, "A thousand has 3 zeroes, a million 6, a billion 9 and a trillion 12." Ma'am responded, "Correct! Now imagine, you are a billionaire and you have a billion one rupee notes." "That is dream come true", said Pocso.

Ma'am questioned, "How long would it take you to count one billion rupees, one by one, at the rate of one rupee per second?" Everyone looked at Kajal and she yelled, "32 billion seconds." "Correct! That is about 32 years of nonstop counting" said ma'am. Kajal was surprised because this would mean 32,000 years to count a trillion rupees. Big numbers turned out to be much bigger than anything that Arpit could have ever imagined! Ma'am continued, "About 200 years ago, the human population on the planet was 1 billion. At the time India got its independence, the world's population grew to more than 2 billion. By the end of the last century, it was already 6 billion plus. In 2020 there were 7.8 billion (children 1.9 billion) people and India's population was 1.4 billion (more than 40% were children). Millions of children in India still live on the streets, work as bonded labourers, do not get enough food and lack access to safe drinking water and education. The conclusion is simple - a lot is to be done for children. After all, they are the future of the nation. Midday meal scheme under Sarva Shiksha Abhiyan is one such effort by the government which provides free hot, cooked and nutritious meals to 113 million children from classes 1 to 8 enrolled in 1 million government schools and madrasas." Ma'am asked, "Are children of India citizens of India? Yes. But can they vote and participate in government formation? No. But children can file an RTI. Right to Information Act (RTI)

Any person below the age of 18 years is a child and above 18 years an adult.
Pocso said, “But, we vote to choose our class monitor the way everyone in the class has chosen me. Then why can't we vote if we are considered to be the citizens of India?” Ma'am said with a smile on her face, “Because choosing a class monitor is much easier than choosing a government. A class monitor is responsible for a class but the government is responsible for all the citizens. Whereas, children are still learning how to choose and make the right decisions, and to be fully responsible for their actions. But that does not mean that we should not take children seriously. We must and that is why we have the Out of the Box Thinking Committee for school students that give ideas to teachers on improving the working of the school. Concerned grown-ups all over the world and in India want children to be healthy, happy and safe. They have formed rules for child safety. These rules are called ‘child rights’. A right is something that a person must have or be provided with, as it is essential for their survival, protection and development.

Every child should have access to their rights. All children have these rights and have the same rights, irrespective of who they are, where they live, what their parents do, what language they speak, or the religion they practise. It doesn’t matter what gender they belong to, what their culture is, whether they have a disability, or whether they are rich or poor. No child should be treated unfairly. Even governments cannot treat children in an unfair way. As recently as 3 decades ago in 1989, governments of various countries came together for the first time in history, at a convention under the UN - United Nations organisation - to discuss what children need and what is good for them. Eventually, almost all the countries agreed to the mandate/ruling that was laid down in the convention, for example, any person below 18 years is a child. They also agreed on 4 basic child rights.

1 Right to Survival: Children have the right to food, clothing, a safe place to live and to have their basic needs met.

2 Right to Protection: Children have the right to be protected from being hurt, mistreated, and exploited in body or mind.

Children are also citizens. They too have rights called child rights.
**3 Right to Participation**: Children have the right to find out things and share what they think with others by talking, drawing, writing or in any other way, unless it harms or offends people.

**4 Right to Development**: Children have the right to good quality education, as well as, rest and play.

Payal asked, "Ma'am, if we have a right to rest and play, why must we come to school?" Ma'am said, "Because you also have a right to education. All the rights that one has are not independent of each other. They are to be carefully and continuously balanced out." Gurpreet asked with a little authority, "Ma'am, why don't we have a right to drive a car or a motorbike? It will become easier for us to come to school. This will balance our right to education." Ma'am answered with a smile, "You don't have a right to drive or fly a plane to speak because it is not safe for you and others. Your safety is your right too. Likewise, others on the road or the air passengers, whom you are flying, also have a right to their safety." Pocso said, "So our rights are also to be carefully and continuously balanced with the rights of others, just like the equations of maths." Ma'am said, "You are right, Pocso." Everyone laughed.

Fatima asked, "Ma'am who provides us with these rights? And who makes sure that we get our rights?" Ma'am replied, "Governments and all adults. Some other child rights based on the four basic rights guaranteed by the Constitution are here."

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**Right** to free and compulsory elementary education for all children till the age of 14 years.
**Right** to be protected from any hazardous employment till the age of 14 years.
**Right** to be protected from being abused and forced by economic necessity to enter occupations unsuited to their age or strength.
**Right** to equal opportunities and facilities to develop in a healthy manner and in conditions of freedom and dignity, and guaranteed protection of childhood and youth against exploitation and against moral and material abandonment.
**Right** to early childhood care and education to all children until they complete the age of six years.

*Pin-up your rights in your classroom.*

A. How many siblings do you have? How many siblings do your parents have? How many siblings do your grandparents have/had? Do you think that the human population will go on increasing forever? Also see page 8.

Teacher Resources:
census.gov.in
https://www.worldometers.info/
https://population.un.org/wpp/

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Children are born with their rights, and no one can take these rights away.
Ma’am went on to say, “Children should go to school and not a work place. But it is easier said than done. Children work as labourers all over the world and get burdened with work because of poverty. They hardly have any choice but to work. So laws are to be made carefully so that even if they have to work, they are safe and get a chance to go to school. Therefore, laws like ‘Children below the age of 14 years cannot work in hazardous occupations identified in a list by the law, and children below the age of 18 years cannot work in mines’ condemn child labour. The hazardous occupation list has occupations like manufacturing and bagging of cement, manufacturing of matches, explosive and fireworks, building and construction industry jobs and stone breaking and stone crushing.”

**Point to ponder:** Children have been participating in films for the last hundred years, but their regular participation in TV shows like reality shows, dance shows, serials and advertisements is quite recent. They, at times, have to work for long hours with adults and, at times, against their wishes.

**B. Do you think that child artists are also to be protected under labour laws? ______.**

Following are some images that show how children from world over go to their schools. Look at the children in the last two images. **B. Do you think their rights to safety and education are balanced out?**

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**Suggested viewing** - YouTube search - Most dangerous ways to school

‘Chadar’ **Suggested reading:** Etoo Munda Won the Battle, ISBN 978-81-237-0171-4/ Oliver Twist (by Charles Dickens), Brendan P. Kelso

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Rights cannot exist without responsibilities and duties.
Everyday read the metal name plate of the house carefully.

Jyoti House
B-3/42-C
Home
Sweet Home

“Ding-Dong!” the doorbell chimed. Sana, along with her granny, Arpit and Pocso, had gone to visit their classmate Kartik, who had been discharged from the hospital. Granny had been explaining that Kartik was unwell because both of his kidneys were not functioning properly so they had to perform surgery to replace them.

“From where did he get the new kidney?” Sana asked. Granny replied, “Kartik’s mother donated one of her kidneys to him. Now both of them, Kartik and his mother, have one kidney each.” Pocso was curious so he inquired, “But can we survive with one kidney?” Granny answered, “Yes. We humans can survive with one kidney just like we can survive with one eye or ear.” Pocso made a strange face. “What about me? I am a tiger,” he asked. Granny laughed, “Even you, Pocso. You can also survive with one kidney but we have to take proper care of ourselves when that happens.”

Arpit nervously said, “I wonder if it hurt.” Sana rang the doorbell a second time and soon, Kartik’s papa opened the door. Granny replied to Arpit, “You can ask him that. I think he has been very courageous.”

The guests were led into Kartik’s room and when Kartik saw his friends, his face beamed with excitement. “Pocso, Arpit, Sana! And Sana’s granny too! Thank you so much for visiting!” he exclaimed. Kartik’s mother, Jyoti, joined them with some juice and Litti Chokha. Sana’s granny advised the kids not to make a mess.

The children sat beside the bed and bombarded the patient with lots of questions. “Did it hurt?” “Are you okay now?” “When will you be coming back to school?” Kartik replied, “I will be back after one week. I am fine now, but I have to go for regular check-ups and take special care so that I can be healthy just like you all.”

He continued, “It did hurt at first. And I was scared but Mummy and Papa took care of me and everything is fine now.”

A. Do you have a name plate at your house? If yes, whose name(s) are written on it?

____________________________________
____________________________________
____________________________________
____________________________________

11

B. Write about one incident when you stood by your beliefs even when it was difficult to do so.

_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________

4. Body Ownership

Our loved ones do their best to keep us happy, healthy and safe.
Then Arpit asked Kartik’s mummy, Jyoti, “What about you, Auntie? You gave one of your kidneys to Kartik. Wasn’t it scary?” Kartik’s mummy smiled and answered, “It was very scary. But I didn’t need to think twice about my son’s health.” “Wow,” the kids exclaimed together. “You are very brave, Auntie.” Kartik’s mummy said, “I think Kartik is braver than I am. He was scared but he told us about his feelings and overcame his fears with help.” Kartik blushed a little but it was true. He had been a very brave boy. Everyone agreed and as the conversation continued, the doorbell rang. Kartik’s mummy went out and returned with a nurse beside her.

The kids greeted the nurse, and Kartik’s mummy informed them that it was time to give Kartik his daily injection. “Where will he get the injection?” Pocso asked. She replied, “It will be on his buttocks. So…” But before she could finish her sentence, Sana said, “We will go outside and wait, Auntie.” Arpit added, “Yes. Buttocks are private parts so we should go out.” She thanked them and remained in the room with the nurse and her son. Granny led the children out and said that she was very proud of them.

While coming back from Kartik’s house, Granny told them about private body zones. She said, “Some parts of our body are private. Private means belonging to one particular person only and for the use of one particular person only. Our private parts are the ones we always keep covered with our undergarments (underwear) or swimsuit. No one should touch or look at our private parts.

The first successful blood transfusion recorded was performed by a British physician Richard Lower in 1665 on a dog. In 1954, the kidney was the first human organ to be transplanted successfully. Liver, heart and pancreas transplants were successfully performed by the late 1960s, while lung and intestinal organ transplant procedures began in the 1980s.

In the human body stem cells divide to form more cells called daughter cells. These daughter cells either become new stem cells or specialised cells with specific functions, such as blood cells, brain cells, heart muscle cells or bone cells. No other cell in the body has the natural ability to generate new cell types. Stem cells can also be grown in a laboratory through a process called stem culture. A bone marrow transplant is a medical procedure performed to replace bone marrow and involves transplanting blood stem cells. Stem-cell therapy is the use of stem cells to treat or prevent a disease or condition.
A boy has the private parts of a boy, and a girl has the private parts of a girl. Nonetheless, it is a private part and no one should touch it. But **mouth is a special type of private part** as it is not covered.”

She continued, “Sometimes, some trusted grown-ups may need to touch or look at your private parts. For example:

- If you are sick and need to be fed food or medicine
- If you are sick and need to be bathed or cleaned
- If the doctor needs to give you a check-up – you should make sure that the check-up only happens if there is a trusted grown-up with you and the doctor.

Private parts are found in the four **private zones** in our body. These are:

- **Mouth**
- **Chest**
- **Between the legs**
- **Buttocks**

Just like your private parts, no one is allowed to touch your private zones. Remember, private means for one particular person only, and that person is YOU! It is unsafe for us if anyone touches our private parts or private zones. Such a touch is called an unsafe touch. Even if we are wearing clothes and someone touches our private parts or private zones on top of our clothes, it is an unsafe touch. There are many safe ways to play and have fun with our friends. We should stay away from unsafe touches. If an unsafe touch happens, we must tell a trusted adult about it. Sometimes, even a look from someone may make us feel uncomfortable. Such looks are called unsafe looks. If we get unsafe looks from anyone, we should always pay attention to our feelings and stay away from those people. This is important because our senses pick up far more information than what our conscious brain is able to process. So a look that feels unsafe actually means that our brain has understood something, but we are not sure what. This comes to us as a feeling or gut feeling. So, we should listen to it, and pay attention to it. If you feel you are getting unsafe looks from someone, you should stay away from that person, whether you are alone with them or even if others are around. Also, you must tell a grown-up you trust that you are uncomfortable with these looks.”

**Teacher resources:** National Organ & Tissue Transplant Organisation (NOTTO) under the aegis of Directorate General of Health Services, Ministry of Health & Family Services (Government of India) maintains the waiting list of terminally ill patients requiring transplants. Helpline 1800 11 4770. There is an organ and tissue donor pledge for adults on - https://notto.gov.in/
I always thought it would be nice,
To get a wonderful surprise.
But now I know sometimes secrets can,
Be the beginning of an unsafe plan.

For a look or touch or gift you get,
Tell a trusted adult. Do not forget.
Keeping it a secret may harm you,
Make you feel bad, sad, and guilty too.

If you’ve problems you don’t want to tell,
That upset you and make you yell,
The thing that you should immediately do,
Is tell someone who cares for you.

It’s a very good way to be safe, you know.
To always tell uncomfortable secrets, although,
You may be afraid even to tell,
Thinking you could be blamed as well.

But tell, you should – in fact, you must.
Tell an adult you love and trust.
They’ll help you be safe and feel good.
If I could show you how good, I would.

Children must share their secrets with their
loved and trusted ones. It is a safety rule.
Once in the Himalayan mountains there lived a poor farmer. She lived in a village near Dal Lake. She had twin daughters. The younger was married to a farmer and the elder to a potter. One day she decided to visit them.

She journeyed for many days before she reached her elder daughter’s village. The daughter and her husband welcomed her, but she could make out that they were going through hard times.

The farmer asked what was wrong. They told her that unlike previous years this time they had good rain so they could not dry their pots in time. They could not sell as much as they usually did.

They asked her to pray to the rain gods not to make it rain heavily next time. The farmer left them with a heavy heart. She then travelled for many days before reaching her younger daughter’s village. There too, things were terrible. She asked her daughter what went wrong. The elder daughter told her mother that last year they did not have good rain, so the rice harvest, that needs lots of water, was poor. To make the matter worse, there was a locust infestation. She asked her mother to pray to the rain gods to shower heavily this time.

As the mother returned with a heavy heart to her village, she wondered what she should pray to the rain gods.

From which state of India is this story?

Have you ever faced a dilemma like the mother of the twin sisters? If yes, then share it here with your friend Pocso.
Nisha Is a Brave Girl

Nisha had become very quiet. Earlier, she was always up to some mischief, but for a few weeks now, she had stopped talking to anyone. Sana wondered what was wrong. She asked her, but Nisha went away without saying anything.

After trying for a few more days, she decided to ask Pocso what to do. Pocso said, “I have no idea what is wrong with her. But something has happened for sure. Is there some way to find out?” Sana said, “Everything seems fine at school. I mean, Nisha has become quiet, but no one seems to be troubling or bullying her.” Pocso said, “Why don’t you try talking to her again?”

Sana tried for two more days, but Nisha did not say anything. On Friday, during recess, Sana said to Nisha, “I know something is wrong. It’s okay if you don’t want to tell me, but you should at least think of telling someone else. Why don’t you talk to your parents or grandparents? Or any other adult you trust?” But, Nisha simply shook her head. This time, Sana did not let her walk away. She said, “Nisha if you don’t do something about it, I will.” Nisha was startled. “What do you mean you will do something about it?” she asked.

Sana said, “I’m tired of seeing you like this. I will tell ma’am that I think something is wrong, that you are not telling anyone, and it is not good for you. Then maybe you will tell ma’am, and she will be able to help you.” Nisha became very nervous. “Please don’t tell ma’am,” she said. “I promise I will think about it and then talk to you on Monday.” Sana agreed.

Sana eagerly waited for Monday. When Monday finally arrived, Nisha did not come to school. Sana became a little impatient and worried. She decided to tell ma’am, anyway. Ma’am said, “I’m glad you have been noticing how sad and alone Nisha seems these days. You are a caring friend. I have seen it too and tried to talk to her about it, but she does not say anything.”

Sana asked, “Ma’am, can’t you talk to her parents?” Ma’am said, “I don’t want to talk to them before talking to Nisha. Now here is what I want you to do. Don’t tell her that we have talked. When she comes to school next, simply give her a list of reasons why she should talk to me, and why she should not.”

On Wednesday, Nisha came to school. She looked much thinner, and seemed to be sick. After the morning assembly, she went to the medical room and sat there quietly. After the first period, Sana went straight to the medical room.
“If you’re not feeling well, why did you come to school?” asked Sana. But Nisha just smiled, tiredly. Sana took Nisha aside and drew two columns on a sheet of paper. “You must talk to someone. If you don’t, the problem will go on troubling you. Obviously, you cannot handle it on your own. If you had been able to, you would have solved it by now. If you don’t solve the problem, you are going to get sicker and sadder. And what is the point of being so sad?”

Nisha said, “But it is such a terrible thing. And I am scared to tell because I don’t know what will happen.” Sana said, “At least, something will happen. Something must happen to stop the problem. Please talk to ma’am.”

Finally, Nisha agreed. The next day, Nisha was absent again. Ma’am called Sana and said, “I cannot tell you what Nisha told me, but she really needs you to be a good friend to her. I am trying to solve the problem.”

In the science period, when Sana looked out of the window, she saw Nisha, with her parents, walking into the school. They all looked very upset. Sometime later when they left, it looked like Nisha had been crying. Sana wondered again what the matter could be.

When Nisha came to school, she said, “I told ma’am my problem, and it looks like soon the whole world will know it, so I want to tell you and Pocso, first. My uncle, who is staying with us, has been trying to touch me in an unsafe way. I have said, “NO!” to him, I have run away, I have told my trusted adults, and repeatedly so. I have even asked my uncle to stop. But nobody believes me. It is not that they don’t love me. They simply don’t believe that my uncle would try to do such a bad thing.”

Sana and Pocso were shocked and very sorry to hear this. “What can we do to help?” they asked. Nisha said, “I have to help myself. There’s nothing anyone else can do. You must have seen that the other day I came to school with my parents. Ma’am and Principal ma’am called my parents to school to discuss this with them, but they still refuse to believe that this happens.” Sana asked, “Then what will you do? How can you get out of this problem?” Nisha gulped. Slowly, she said, “I have listened to an advertisement on the radio by NCPCR – National Commission for Protection of Child Rights.

The advertisement said that if someone tries to give a child an unsafe touch, the child or anyone else on behalf of the child can call on toll free numbers

1098 / 9868235077 / 1800115455 or report it to the POCSO E-BOX on the Internet and help will come." (Have a look at POCSO-E Box on Page 55)
Pocso said, “You are a hundred percent right. There is a law called POCSO that protects children from sexual abuses. POCSO law stands for Protection of Children from Sexual Offenses, and NCPCR is the organisation that ensures that this law reaches out to each and every child as well as adult across the country so that children can be healthy, happy and safe.”

Over the next few weeks, Nisha missed a lot of school, and often she was quiet. But Sana sat with her, tried to keep her engaged in other things and was ready to listen whenever Nisha wanted to talk.

Then one day, Nisha said that the police and social workers from an organisation called Child Welfare Committee or CWC had suggested that she should stay with her granny. Her granny was very happy to look after Nisha, and in a few days, Nisha began to gain weight and look better. One day, she even laughed at a joke. That day, Sana felt that Nisha was finally beginning to get out of her problem.

But that was not true. Her parents refused to believe her, so the CWC decided that it would not be safe for Nisha to stay with them. So she continued living with her granny. One day, she told Sana that it was her mother’s birthday, and she really missed her but didn’t know what to do, because her parents did not believe it when she told them about the times her uncle had behaved in an unsafe way with her.

That evening, her parents took her out for dinner. Nisha enjoyed her favourite food.

After the dinner, they told her that they loved her, missed her and wanted her to come back home. She felt happy. But, when she found out that Uncle would also be living with them, she refused.

Often, she was sad about not being able to be with her parents. She really enjoyed spending time with them, but it was difficult to not be angry that they chose to believe her uncle and not her. “What reason would I have to lie? I am their daughter,” she asked Sana. Sana did not know what to say about all this. She was very troubled and sad that her friend was having such a difficult time.

Ma’am spoke to Nisha. “You are a brave girl, indeed. At a very young age, you have learned that your life can change in just one moment. There are always going to be things that worry you and make you sad. But don’t forget about the things that keep you safe, happy and healthy.” Nisha thought about her granny, who loved her so much, and looked after her so well. But most of all, Granny believed her when Nisha told her about her uncle’s behaviour.
The National Bravery Awards are a set of awards given annually to children in the age group 6 to 18 years. They are awarded for meritorious acts of bravery against all odds. They are given by the Government of India and the Indian Council for Child Welfare. [http://www.iccw.co.in/](http://www.iccw.co.in/). Checkout this year’s awards and display them in the classroom.

Nominations are received in the prescribed application form which can be downloaded from ICCW’s website. The application should be recommended by two of the listed Competent Authorities like your school principal/ head master/ head mistress/ head of Panchayat/ Zila Parishad. The form is to be accompanied by a write-up of about 250 words giving the details of the deed performed by the applicant, proof of date of birth, newspaper/magazine clippings and/or the First Information Report (FIR) or Police Diary filed with the Police Station. The account of the incident as well as the supporting documents should preferably be endorsed by two of the listed Competent Authorities.

Do you know any child who has done an act of bravery? If yes, what was it?

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There are 7 steps to safety:

**Step 1:** Make and follow safety plans

Your parents have told you many ways to be safe. For example, not to take any medicine without first checking its expiry date. Now that you are growing up, you need to make more safety plans. Talk to your parents about the situations you may face. For example, make safety rules about your private zones to know what kind of touches by what kind of people are safe and what kind of touches are unsafe. To be safe, you have to follow the safety plans you make.

**Step 2:** Be aware of your surroundings and your body language

There will be some people you see at the same time in the same place every day, like a vegetable seller, a tea stall owner or a shopkeeper, but that does not mean that they are not strangers. Try to identify the persons you might meet every day on your way but are strangers to you. Just because you see them every day, and they do not do anything unsafe with you, you should not think of them as trusted adults. Pay attention to how it feels when you pass by different places and people. If you feel anything is different on a particular day, pay attention to your feelings.

You also need to be aware of your body language. Make sure that you keep your shoulders and back straight and your head held high. Look into the eyes of the person you are talking or listening to, and speak loudly, clearly and firmly.

Let us understand each of these steps one by one.

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If we are confident, there is less chance that we will get into trouble.
Step 3: Listen to your feelings - Our feelings tell us what is right or wrong, good or bad and safe or unsafe for us. Feelings are our friends. Listen to your gut-feeling. It will guide you to do what is required at that moment.

Step 4: Say “NO!” - When someone or something makes you feel unsafe, uncomfortable or helpless, you should say “NO!” to them. Say “NO!” to anyone who crosses your physical or personal boundaries. If they still don’t stop the unsafe behaviour, you can shout “NO!” This can make them stop, because they may be afraid that someone else will find out that they are doing something unsafe.

Step 5: Get Away - After you have said “NO!” you must immediately get away to a safe place and get help. Do not stay to listen or talk to the person who is behaving in an unsafe manner. Even if they seem to be saying sorry for their behaviour, do not stay with them. You have to get away immediately to a safe place. Run, if you have to.

Step 6: Tell a trusted grown-up - If you are getting unsafe looks or touches from someone, it is very important to tell a trusted adult about it. This trusted grown-up can help you to be safe. But they can do that only if you tell.

Step 7: Keep telling until someone believes you - It may be that the person you are telling may not believe you at first. This does not mean that they do not love and trust you. Sometimes, it just happens that way. Like when your parents say that you should wear a sweater or you will fall sick because it is becoming cold, you may not believe them because you don’t feel cold. But you still love and trust them. The same way, when you tell a trusted grown-up that someone is giving you unsafe looks and touches, the grown-up may not believe you at first, but you should keep on telling them, till they believe you. If the person still doesn’t believe you, tell someone else. Keep telling till someone listens to you and believes you.

Lying is a bad habit but, in times of unsafe situations, it is okay to make up stories and even lie to escape. Just like it is not safe to talk to strangers, but in case of an emergency we can take their help.
We can always talk about anything with our loved and trusted ones.

Similar to the POCSO Act, there is a law that protects children from child labour called Child Labour (Prohibition and Regulation) Amendment Act. Just like the POCSO E-Box, one can register an online complaint against child labour on www.pencil.gov.in

**National Cyber Crime Reporting Portal**
https://cybercrime.gov.in/

It is an initiative of Government of India to facilitate victims/complainants to report cybercrime online. The focus is on cybercrimes against women and children. It is imperative to provide correct and accurate details while filing a complaint for prompt action. One can also contact the local police in case of an emergency.

The emergency phone number for **the police is 100, fire 101, ambulance 102 and National Disaster Response Force (NDRF) 9711077372. National centre emergency number 112** was launched in February. 2019 for immediate assistance services from the police, fire, health, etc. Refer https://112.gov.in/faq
A. What is the right thing for Sana and Arpit to say and do in each of the following situations? Pick from options i and ii.

a. An attendant at school tells Arpit that he has a medicine that makes people’s mind very sharp. It will help them get good marks in their studies. He will distribute this medicine to some boys in a corner of the sports field during recess.
   i. Arpit says, “I don’t want to take any medicines that my parents and doctor don’t know about.”
   ii. Arpit says, “I’m busy in recess, so I cannot come.”

b. A neighbouring uncle asks Arpit if he can click Arpit’s photo because he wants to use it for an advertisement. He will give Arpit a new t-shirt if he agrees to have the photo taken.
   i. Arpit says he will decide when he sees the t-shirt.
   ii. Arpit says, “No. It is not safe for me if people take photos of me.”

c. Sana has won a prize, and an uncle who wants to congratulate her is running his hand up and down her back. Sana’s father is there, but he cannot see what the uncle is doing.
   i. Sana gets away immediately and tells the uncle to stop.
   ii. Sana looks uncomfortable, and says, “Please let me go.”

d. Arpit’s friend likes a girl and wants to take a picture of her, secretly. He asks Arpit to help him. Arpit should say:
   i. It is not safe for me to do this. I won’t help you. You do this yourself.
   ii. It is unsafe and rude to click anybody’s picture without their permission. Ask for her permission.

e. A friend comes to Sana’s home, and tells her she knows a way to feel really good, but first they need to lock the door because they will need to take off their clothes. Sana says:
   i. My parents don’t like it if I lock the door.
   ii. I don’t want us to take off our clothes. It is unsafe for us. I don’t want to know the thing you are talking about.

f. Sana’s grandparents’ friend visits and wants her to sit in his lap. Sana should say:
   i. No. I don’t want to. I am grown-up now.
   ii. Let me ask my parents first.

Here are the right things to say and do for Sana and Arpit.

a. i: Option i is more correct because Arpit clearly tells the attendant that he does not want any such thing because they are unsafe. Saying that he is busy in recess will only make the attendant ask, “So when are you free? You can come later.” That is because the attendant will think Arpit wants the medicine but does not have the time to pick it up during recess. That is why option ii is not a good solution.

b. ii: Arpit knows that anyone trying to take pictures of him is unsafe for him. Saying that he will decide when he sees the t-shirt is a way to delay making the decision, which will not keep him safe.

c. i: When Sana tells the uncle to stop in front of her father, she is telling her father about the unsafe thing that the uncle is trying to do
to her. Just asking uncle to let her go shows that she is afraid to tell. This makes it more likely that the uncle will try to continue doing the unsafe thing to her.

d. ii: Option i is a better decision than option A because Arpit does not do the unsafe thing himself, and also tells his friend not to do it. In addition, he tells his friend the right way to get what he wants, without behaving in an unsafe way.

e. ii: Sana tells her friend clearly that she is not willing to do unsafe things, so the friend will not suggest such things to her again.

Saying that her parents don’t like her to lock the door sounds like an excuse, as if Sana would be willing to do the unsafe thing if only they did not have to lock doors. If Sana chooses option i, the friend would wait to come back when Sana’s parents are not at home, and there would be no need to lock the door because there would be no one else at home.

f. i: Sana says clearly that she does not want to sit in the person’s lap. Asking her parents is not a confident reply because she is too old to be sitting in anyone’s lap.

The Girl Who Cried Wolf

B. Look at the pictures. They depict a famous short story from ancient times. It is about a shepherd girl who lied repeatedly. Write the story.

[Blank space for written story]

No one can help you if you lie. When you lie no one believes you and when no one believes you how can anyone help you?