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The three musketeers Sana, Arpit and tiger Pocso, are quite famous in their school. They have known each other since they were little. They live in the same neighbourhood and go to the same school. Pocso is the confidant of not only Sana and Arpit but all children. He teaches them how to be safe.

When they were little, Sana and Arpit thought that they would be grown-up by the time they were ten years old. But they are older than that now, and they are still growing. They are beginning to understand that growing up stops when they are about 18 years and become adults but learning never stops. They are in the first year of their teenage (teen+age) life.

When they were younger, they would play with each other every day, but now that they are teenagers, sometimes they prefer to be alone or be with other friends. Arpit and Sana are learning that as we grow, it is not only our body, but also our mind, emotions, behaviour, likes and dislikes that grow and change too. For example, Arpit does not like when he is alone in his room, deep in his thoughts, and someone enters without knocking the door, thus interrupting his thoughts. Sana does not like when her mother reads her messages that she has sent to her friends on the smartphone.

These new changes make them feel all sorts of emotions - happiness, anger, embarrassment and confusion. But they can always talk to their loved and trusted ones like parents, grandparents and teachers about how they feel and take their help. They know that their loved and trusted ones do their best to keep them happy, healthy and safe. They, too, do their best to make their loved and trusted ones feel proud of them.

Arpit was worried because all his classmates started shooting up and getting taller suddenly, and he remained the shortest in the class. Neither exercises nor eating helped. His science teacher, Lalitha ma'am helped him understand his situation better when she explained the science behind growing up in the class. She explained that all the drastic changes -physical, mental and behavioural -that they are going through are part of adolescence/puberty.

She told them that the physical changes like height, chest and hair growth, pimples, body odour, heaviness and depth in voice, and a lot of other things happening to them are normal. Since each person’s body is unique, the extent and pace at which these occur vary from person to person. The body grows at its own pace. So there is no need to worry if your friend has started growing taller, and you are still short, or if your friend’s skin has already started breaking out, and that is not the case for the rest of the boys in the class. Just as we

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Growing up is a natural process. Puberty and adolescence are part and parcel of it. During puberty, a child’s sexual and physical characteristics grow/mature so that they become capable of reproduction. Puberty starts with the production of a new hormone in the brain called gonadotropin (GnRH for short), which further leads to other hormone changes/formation. Adolescence is a period in a person’s life that occurs between the ages of about 11 to 19 years. During adolescence, a person attains puberty. An adolescent experiences pubertal (bodily) changes like physical growth/change and also emotional, psychological, social, and mental growth/change. In girls, adolescence/puberty may begin a year or two earlier than in boys. Also, the rate of change/growth varies from person to person.

Many times Sana and Arpit, just like other teenagers, find it difficult to choose. After all, choosing is not always an easy job, even for grown-ups. But life cannot progress without choosing. So we all have to choose, sometimes for ourselves and sometimes for others.

As teenagers, sometimes they have an uncontrolled outburst of anger and frustration called a tantrum. At times, they get angry for no reason. They often get confused about matters that may seem trivial to grown-ups like when they go with their loved ones to buy new clothes but can’t decide what clothes suit them the best. Sometimes they don’t understand what is the right thing for them to do like when someone who is cute, but a stranger, sends them a friend request on social media. That is why their loved and trusted ones have made safety rules for them for choosing so that they can be safe. Here are these rules for everyone to follow and be safe.

Whenever you need to make a decision, you should ask yourself these seven questions:

1. Am I obeying the rules made by my parents and teachers to keep me safe?
2. Does it make me uncomfortable?
3. Can I get hurt?
4. Can someone else get hurt?
5. If I do this, what good result can I get?
6. If I don’t do this, what good result can I get?
7. Will my family, friends, and I be proud (of me) for doing this?

To know myself, I will have to first understand the changes that I others and I are going through.
When Sana and Arpit were in kindergarten, she dreamt of being a firefighter and he a cook. By the time they reached class 2 she had dreamt of being a rail engine, (yes, you read it correctly, a rail engine) and he, a veterinarian, a doctor of animals. In class 5 she decided to be a footballer and he, a dancer. Since then, they have been planning and working hard with the support of their loved ones to achieve their goals. They also keep exploring various professional fields related to their goals like being a sports journalist, sports psychologist, a coach, a dance teacher, a fashion designer, writing computer software for music, etc.

A. Can you trace your journey of what all you dreamt of becoming as you grew up? Do you have a goal? If yes, what is it, and what are the professional fields related to it?

B. Would you like to share with your friends, the three musketeers, one change you have experienced and whether you like it or not?

C. What will you choose if your grownup cousin tells you that she/he can teach you how to drive a two/four wheeler automobile? What are the reasons for your decision?

I know the rules and my responsibilities.
It was Sunday, but Arpit woke up at four o’clock in the morning. Gautam Uncle was arriving from the USA. Arpit remembered that he had last met Uncle seven years ago, and they had a lot of fun. He was sure that Uncle’s visit would be even more enjoyable this time, because Arpit had grown from a child to a boy, and they could do many more things together.

When Arpit was talking to Pocso on the phone, he heard a lot of noise in the drawing room, which meant that Uncle must have reached home from the airport. He quickly finished his call, brushed his teeth and went outside eagerly.

“There you are, young man!” said Uncle with a big smile on his face, “How big you’ve grown from last time!” Suddenly, Arpit felt annoyed. Why was Uncle saying foolish things like everyone else? Of course, he grew up. And thirteen-year-olds are obviously bigger than six-year-olds. Uncle grabbed him in a hug. Arpit felt even more uncomfortable. He did not want to hug Uncle, and he wanted Uncle to stop hugging him.

Arpit noticed his mother was looking at him. She said, “Gautam, come to the kitchen and help me make some tea for all of us.”

After they all had tea, Uncle said that he was really tired and wanted to have a bath and go to sleep. After he left, Mummy asked Arpit, “What happened with Gautam Uncle?”

Arpit was upset. He said, “I don’t know, Ma. I was so excited to meet him because we had so much fun together the last time he came. I remember he played with my friends, Pocso and Sana, and me. He even taught me how to ride a bicycle.

But then he said that thing about how I’ve grown up and hugged me, and it all felt really strange. I don’t know why, but I felt like I don’t like Uncle as much as I expected to, and that is upsetting me.”

His mother said, “Don’t worry about not liking Uncle as much as you thought you would. It is a natural feeling, and it will go away.”

Arpit said, “How can it be natural? I have liked Uncle all my life and had so much fun with him. I did not feel good when I actually met him. It’s very strange.”

His mother said, “It is natural to feel uncomfortable when you meet someone after a very long time.”
To know others, we have to know ourselves first.

To know others, we have to know ourselves first. Secondly, we always remember people the way they were when we last saw them. Uncle saw you when you were little, and now you are big, and you must remember him as being so tall, but now that you have also gained height, he must seem smaller to you. Even that can be a bit strange at first.”

Arpit said, “Yes. He seems smaller, somehow.”

His mother continued, “But the biggest difference is that you are changing. At your age, when you are transforming from a child to an adult, the body changes, and the mind and emotions also change, accordingly. We think differently about ourselves. Our feelings and emotions also change. When there are so many changes going on, it is natural to be uncomfortable. But what you must remember is that with time, you will adjust to those changes. So, when Uncle wakes up, sit outside with everyone. Slowly, you will get to know the person that he is today, and he will get to know the person that you are today, and you will begin to feel comfortable with each other. Then, you can enjoy each other’s company again.”

Arpit was really happy to hear this. He had been thinking all kinds of things and feeling strange emotions and was worried that something was wrong with him. Now, he could relax.

Check with your parents/grandparents whether you are an uncle, aunt, grandpa or grandma to someone? If yes, write the name of one such person, his/her age and your relationship with her/him.
How to Build Self-Esteem

Self-esteem is self-respect, It is when you should expect That others will treat you well If they do not, you should tell.

Self-esteem is confidence Feeling good and using sense. Speaking clearly, hearing well Having friends, coming out of your shell.

Learn new skills and you will find That you love your body and mind. Self-esteem lives in that place Quietly sure and full of grace.

Self-esteem will keep us safe No sad thoughts to rub and chafe Inside us, making us feel bad. Self-esteem is joyous and glad.

Our evaluation of our own selves is called self-esteem. Feeling good about ourselves is called having high self-esteem. When we have high self-esteem:

1. We do things that make us feel good about ourselves and avoid doing things which make us feel bad about ourselves.
2. We think before we do something because we want to do things that keep our self-esteem high.
3. We say 'NO!' to things that are bad or harmful for us.
4. We think about how our choices affect the people we care for. This makes us thoughtful and loving.
5. Others find it easier to like us because we are happy people. So, we will have many friends.

Write about one thing that shows that you have high self-esteem.

___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
_________________________________________________________________________________

The medalists of the 2016 Summer Paralympics held in Brazil, with the Indian Prime Minister.
Image source: Press Information Bureau, Government of India

You're braver than you believe, stronger than you seem, and smarter than you think.
Arpit Helps Nancy

The school had reopened after the Durga Pooja break and the classroom was buzzing with excited murmuring of the students. But Nancy, the friendliest person in the class, was surprisingly quiet. Pocso asked if she was alright. She nodded, but Pocso had a gut feeling that something was wrong. “Are you sure you’re okay?” this time Arpit asked.

What happened next shocked the whole class. Nancy shouted, “Didn’t you hear what I said? Are you people deaf? I’m fine!” Priya ma’am came rushing from the class next door to see who shouted, for they would be sent to the Principal’s Office.

Sana said, “I can’t imagine what has happened to Nancy. She was so rude and mean to you. Leave her alone.” But Arpit refused to let things go so easily. He continued to sit with his friend Nancy. “At least don’t talk to her, or she’ll shout again, and we’ll all get punished,” Sana said.

Over the next few days, he observed Nancy carefully. She did not talk to him or anyone else. At recess, she did not take out her tiffin box. In fact, he did not see her eat or drink at all. Arpit thought hard about what could have happened. But he could not make out anything because Nancy wouldn’t talk.

On PTM - Parent-Teacher-Meeting day, Arpit thought that he would talk to Nancy’s parents to know what was wrong with her. He waited for them, but neither Nancy nor her parents turned up. Her mother was known for never missing a PTM. By now, Arpit was sure that something bad had happened to Nancy, but she refused to share it with anyone at school. He got worried. Next day, after the morning assembly, Arpit was determined to talk to Nancy, but, somehow, he could not as one or the other thing came up.

A few days later, during recess, Arpit offered his tiffin to Nancy and she refused it. “But you really like the fried potatoes that my mother makes,” Arpit insisted, “She knows that, and she sent some specially for you.” Nancy’s eyes welled up, and she looked away. Arpit said, “I know something is wrong. It makes me sad to see you so sad. We are good friends, and friends try to help each other. But how can I help you if you won’t tell me what’s wrong? I understand, if you don’t want to tell me, but at least tell somebody who can help you. You should tell your parents. I hate to see you so angry and sad.” Nancy said with tears in her eyes, “My parents know why I am sad but they cannot help me.”

Arpit consoled her, “Our loved ones do their best to keep us happy, healthy and safe. Why won’t they help you?” What Nancy said next shocked Arpit. “They are going to be separated.” “What do you mean they are getting separated?” Arpit exclaimed in
surprise. “They are getting a divorce in the court. They don’t want to live together, anymore.” Arpit asked, “Don’t they love you?” Nancy said, “Of course they do!”

This confused Arpit. So he asked, “Then why are they getting separated?” Nancy said taking a deep breath, “I don’t know. Grown-ups really do think differently from us. The judge asked me whether I wanted to live with my father or mother. How can I make such a cruel choice? I love them equally, I want to live with both of them. Mummy plays badminton with me whenever she has the time, and Papa used to try various hairstyles on my hair, and I used to look very pretty. Now I don’t even feel like combing my hair. They have both taken care of me equally whenever I was sick. Sometimes mummy, and other times papa would take a leave from office and make me hot sweet corn soup. It is my favourite and would make me better instantaneously or perhaps it was their love and care that did the healing. I don’t want to be a child of a single parent.”

Arpit’s eyes were teary; he was a confident boy but didn’t know how to handle such a situation. “All three of us used to have competitions of who made a rounder roti,” she continued. The bell rang and recess was over. Nancy went to the washroom to wash her face and Arpit went straight to counsellor ma’am Renu. He told her what was going on with Nancy and her parents. Ma’am was worried for her as she wanted Nancy to be happy again, just like Arpit did.

Upon being called in the counsellor’s room, Nancy spoke to Renu ma’am about her household situation and vented out her feelings in a healthy manner. She felt like she was thinking clearly again. She told ma’am that she needed her and everyone else’s help to come out of this problem. Renu ma’am and Prinicpal ma’am, after careful discussions and considerations, called Nancy’s parents to school. “What do you think is going to happen?” asked Sana. “I have a good feeling about this,” Nancy replied, while they all stared at the closed door of the Principal’s Office. Arpit wished that they could know what was going on but he knew that adults talk and think differently and the presence of a child might not be received well.

After waiting for a long time, Nancy’s parents came out smiling and holding hands. Nancy’s eyes lit up like the stars at night. She couldn’t believe this. Her parents looked like they used to be earlier, before the talks of separation began. “We have decided that all three of us will stay together, forever and happy,” said Nancy’s mother. Her father replied “Yes, we are sorry Nancy. Now who wants an ice-cream?” Nancy took the rest of the day off to celebrate with her parents. She learned that it is only through choosing to communicate with friends and trusted adults that one can come out of a fix.

A single parent is a person who lives with a child or children and who does not have a spouse. Reasons for becoming a single parent include divorce, break-up, abandonment, death of the other parent, childbirth by a single person or single-person adoption. A natural guardian is a child’s biological or adopted mother or father. In a divorce, either or both parents may be granted legal custody with guardian rights. A natural guardian is empowered to make a wide range of decisions for a minor.
In our country, there are various rules and laws in general and in particular that have been formulated and improved from time to time that directly or indirectly safeguard the interests and welfare of children. These laws work on the prevention of crime, protection of children, and prosecution of offenders. In other words, they are there to strengthen child rights like:

- **Mines Act, 1952.** This act protects children who work in mines like coal mines. However, the Child Labour (Prohibition and Regulation) Act, 1986 and its amendment in 2016 is more stringent as it totally debars children from working in mines.
- **Factories Act, 1948.** It regulates the working conditions in factories related to workers’ health, safety, welfare, leaves, and a lot more with special provision for young persons, women and children who work in the factories.
- **Children (Pledging of Labour) Act, 1933.** It discourages parents and caretakers from sending children to work.
- **Child Labour (Prohibition and Regulation) Act, 1986 and 2016.** This act functions more strictly and clearly than the factories and mines acts, and it discourages children to work unless it is necessary to support their families. In case children work, they should work only in places that are safe for them. Unsafe workplaces where children cannot work are defined in this act itself.
- **PCPNDTA Act, 1994.** Pre-Conception and Pre-Natal Diagnosis Techniques Act seeks to prevent female foeticides and arrest the declining sex ratio in India. The act banned prenatal sex determination.
• **Bonded Labour System (Abolition) Act, 1976.** A person keeping another person in perpetual bondage for his/her selfish and personal designs is a form of cruelty to humanity itself. This is not confined to a particular country, region, or culture but is found to be a global phenomenon for thousands of years, right from the dawn of the human civilisation to the present era. Its ways and forms have changed from time to time and place to place: slave, serf, bonded labour and debt labour. The term ‘bonded labour’ or *Bandhua Mazdoor* is of recent origin. ‘Debt bondage’ occurs when a person is forced to work to pay off a debt. People are tricked into working for little or no pay, with no control over their debt. This act protects everyone including children from bonded labour.

• **Right of Children to Free and Compulsory Education Act, 2009.** It ensures free and compulsory education for children in the age group of 6 to 14 years.

• **Protection of Children From Sexual Offences Act, 2012.** It punishes people who sexually abuse children.

• **The Juvenile Justice (Care and Protection of Children) Act, 2015.** It deals with children (*citizens below the age of 18*) who have broken a law and or are in need of care and protection. The law focuses on reform and rehabilitation of children.

• **National Food Security Act, 2013.** It is there to provide quality food security to poor people with special focus on women and children.

• **Guardians and Wards Act, 1890 and Hindu Minority and Guardians Act, 1956.** These two acts decide who can and cannot be the guardian of a child, keeping in mind the best interest of the child.

• **Young Persons (Harmful Publication) Act, 1956.** The act is there to protect young people including children from obscene and other harmful material that is printed, published or broadcasted.

• **Prohibition of Child Marriage Act, 2006.** The law prohibits marriages for girls below 18 years and boys below 21 years.

• **Immoral Traffic (Prevention) Act, 1956.** It prevents children from being trafficked. Trafficking exposes children to violence, abuse, and exploitation. According to UNICEF, a child victim of trafficking is "any person under 18 who is recruited, transported, transferred, harboured or received for the purpose of exploitation, either within or outside a country".

Rights cannot exist without responsibilities and duties.
A Message From the Father of the Nation

“Much as I wish that I had not to write this chapter, I know that I shall have to swallow many such bitter draughts in the course of this narrative. And I cannot do otherwise, if I claim to be a worshipper of Truth. It is my painful duty to have to record here my marriage at the age of thirteen. As I see the youngsters of the same age about me who are under my care, and think of my own marriage, I am inclined to pity myself and to congratulate them on having escaped my lot. I can see no moral argument in support of such a preposterously early marriage.”

Mahatma Gandhi in The Story Of My Experiments With Truth

We are humans or homo sapiens. We have been on the earth for about 200,000 years. Our ancestors used to get married when they were just children. Our body had hardly changed as compared to the times when we used to live in jungles, compete with other animals for food, shelter, water and survival, and die quite young. In today’s world, we don’t live in the jungles, don’t climb trees to pluck fruits, don’t hunt animals, don’t search for water, and predators do not eat us. We don’t have to do all this because we live in human-made cities and villages, and we live for quite long. We live in the safety and comfort of our homes with our loved ones, with various modern facilities. We have access to clean water and medical care. We go to school to learn, and our loved ones work in offices, factories and various other safe places to earn a livelihood.

We buy things and facilities like food, clothes, medicines, healthcare, smartphones, etc. with the money that we earn. The money we earn comes from various things like our education, skills, health condition, behaviour, and decision-making capabilities. We learn these things step by step as we grow up. Besides, the government also helps us to live a happy, healthy and safe life. After all, we are all citizens. So, even when our physical body is ready to reproduce when we reach puberty, we don’t have to because we have not learnt the skills to support our families that would include our partner, children and our old parents. Moreover, we still are going through various stages of mental (cognitive) development. Keeping all these facts in mind, the suitable period for reproduction for a woman, so that both the mother and her child remain healthy, happy and safe, is between 21 to 28 years. However, the law allows girls to marry once they become 18 years of age. This minimum legal age is currently under reconsideration for revision. It is likely to be raised to 21 years by the Government of India. The legal age for boys to marry is 21 years or more.

How many generations do you think pass by in 1,000 years?

Dear Parents/ Caregivers/ Teachers

It is true that parents, teachers and caregivers love children and are their well-wishers, yet they lean towards the idea - spare the rod, spoil the child. Corporal punishment (CP) is deep-rooted in the history of civilisations. The pretext of CP, whether at home, school or in the community, is to: discipline a child, act as a corrective measure to improve their efficiency or teach them a moral lesson. A wide range of punishments fall under the ambit of CP: hitting with a cane or ruler, slapping, twisting ears, making them stand on desks with hands raised high, etc. Other forms of physical distress, emotional battering and destruction of a child’s self-esteem are also part of CP. In schools, things like scoring poor marks, coming late, not doing homework, not wearing the proper school uniform, among other things give teachers an excuse to pick up the rod. Unfortunately, once the school becomes an alma mater, to most people CP received seems like medals of bravery to proudly boast about. Their arguments for accepting the CP are, sometimes one has to be cruel to be kind; we were beaten as children and we are better adults today; or we do take bitter medicine to get cured in the long run, don’t we? Once adults begin to see CP not as being inhuman but a way of control and demonstrating authority, they automatically start to justify crimes like ragging and domestic violence. Moreover, at times, perpetrators take the route of CP to abuse children sexually. A child conditioned to accept CP will find it very difficult to challenge or report the perpetrator. Breaking the cycle is the way forward. When you beat us, you show us that it is all right to beat others. When you beat us with the intent of teaching us a lesson, you tell us that we are failures and that we do not deserve your respect. So the next time you are about to hit us, think about this - will your legacy to your offspring and community be one of hate or one of love and non-violence?

The three musketeers and their classmates

In India, various laws, verdicts, guidelines, and advisories prohibit CP. The Juvenile Justice Act (JJA)- 2015 prescribes punishment for cruelty to a child. "Whenever a child is assaulted, abused, exposed or neglected in a manner to cause physical or mental suffering by any person employed by or managing an organisation, which is entrusted with the care and protection of the child, the punishment would be rigorous imprisonment up to five years and fine up to Rs five lakh. Furthermore, on account of the cruelty as described above, if the child is physically incapacitated or develops a mental illness or is rendered mentally unfit to perform regular tasks or has a risk to life or limb, then imprisonment may extend up to ten years."

If people are good because they fear punishment, and hope for reward, then we are a sorry lot indeed.
When science teacher Gayatri ma'am entered, Arpit was doing his favourite thing - decorating the classroom board, Gurpreet was crying inconsolably and everyone was laughing at him. She asked the class monitor Pocso what happened. Pocso said, “Ma’am, Payal has eaten Gurpreet’s lunch. And it is not the first time that this has happened.” Ma’am said sternly, “Payal, I have received many complaints about you in the past. Come and meet me in the staff room in the last period and bring your school diary.” Payal became nervous but she was responsible for her actions. After all, she was no longer a baby.

Ma’am began teaching her subject. First, she revised what she had taught last week to children about modes of reproduction: asexual and sexual. She showed them the diagrams of male and female reproductive organs. She briefly talked about test tube babies and cloning. She busted many myths regarding sexual reproduction and menstruation. All the scientific information that ma’am gave, made the children more aware about the changes that they were going through as teenagers. Now, they could take care of their bodies much better and stay healthy and safe.

Ma’am continued, “We know that nature has made our bodies in such a manner that we will either be called a male or a female. But, sometimes, a child is born who does not fit into either of the biological categories. Such people are called intersex people.” Arpit asked, “Ma’am, can we say that there are three types of people in terms of their private body parts or gender - male, female and intersex?”

Ma’am replied, “Yes, you can say so. But, gender has a different meaning. The private parts we are born with determine the sex of a baby like male, female or intersex. However, gender is related to various roles and behaviours that the society expects from people. They are not made by nature. For example, ‘men are physically stronger than women’ is nature made but ‘women should do the household chores and men should be bread winners’ is made by the society. Gender stereotypes refer to clichés which a man or woman is supposed to do or be like. There are some people who identify themselves with a gender different from the sex they were born with. These people are called transgenders.

You all know how important feelings are for us. Can you imagine a life without feelings? No! After all, we are not machines but humans. We have to respect the feelings and rights of everyone, be it a boy, a girl, an intersex, or a transgender. Child rights, as you know, are for children, and ‘Human Rights’ is an umbrella term for all of us. Activity A has some images for you that will help to understand how gender stereotypes are related to the clothes that we wear.”
A. Who do you think is wearing the dresses in the following images - male (M), female (F), both (B) or other (O) ? Write M, F, B or O accordingly in the circles.

B. Here is a list of emotions/feelings/attitudes/behaviours. Tick mark those that you think are common for both boys and girls.

- a. Love
- b. Sadness
- c. Hatred
- d. Anger
- e. Jealousy
- f. Greed
- g. Compassion
- h. Sincerity
- i. Discipline
- j. Courage

Levers (simple machine) can be used so that a small force can move a much bigger force. Bones, ligaments, and muscles form levers in our body to create movement. A joint (where two or more bones join together) forms the axis (fulcrum), and the muscles crossing the joint apply the force to move weight or resistance. Levers are labelled as 1st class, 2nd class, or 3rd class. All 3 types are found in our body, but most levers are 3rd class. All types of movements in the human body are gender-neutral. The adjacent diagrams are of a human arm movement: 3rd class lever - the effort is in the middle between the fulcrum and the load.
C. Here is a list of things. Strike out those which you think are society-made and not nature-made.

a. Boys don’t cry. b. Girls cannot whistle.
c. Girls are not good drivers. d. Men are taller than women. e. Men are physically stronger than women. f. Women are nurses and men are doctors. g. Women are caring and men are uncaring. h. Women are followers, while men are leaders. i. Women should look pretty and men should be good in sports. j. Women are usually better dancers than men. k. Women can give birth to children, men cannot. l. At times, girls and boys feel differently from each other due to certain differences in their hormones and brain chemistry.

Did you know, that if we calculate the average strength and height of men and women in the world, the average value of men will be bigger than that of women? This might also be true for your school or even your classroom! But does that mean that Arpit is necessarily stronger than Sana? Or that Gurpreet will surely be taller than Payal? Think about it and ask your parents, grandparents and teachers about the same. Some sports/games need physical strength as a prime factor whereas others don’t. Here is a list of some sports.

D. Which ones do you think can be gender-neutral and open for anyone to compete? Tick mark.

<table>
<thead>
<tr>
<th>Chess</th>
<th>Athletics</th>
<th>Table Tennis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Billiards</td>
<td>Weight lifting</td>
<td>Football</td>
</tr>
<tr>
<td>Archery</td>
<td>Horse Riding</td>
<td>Golf</td>
</tr>
</tbody>
</table>

The rights of the transgender persons are protected under the Transgender Persons (Protection of Rights) Act, 2019. Under the Act, transpersons can apply for an ID card/certificate based on their self-perceived identity. Ministry of Social Justice and Empowerment, Govt. of India launched a portal in 2020 to facilitate the certification process (transgender.dosje.gov.in). The National Council for Transgender Persons (NCTP) is the statutory body of the Government of India generally concerned with advising the government on all policy matters affecting transgender persons.

**Bechdel-Wallace test** is a measure of the representation of women in fiction. It asks whether a work features at least two women who talk to each other about something other than a man. The requirement that the two women must be named is sometimes added. Check for movies that fail the test and exhibit their names in your classroom.

**Suggested reading:** *A wet summer day*, ISBN 978-81-237-655-6

Qualities and feelings are universal and not restricted to gender.
Fingers v/s Thumbs

One day, the tongue sent a message to the brain, the boss of the body, to have some sweets. It decided to take some sweets from a narrow jar. So it passed on the message to the hands. But the thin fingers could not penetrate inside the narrow jar as the thumbs were too fat and could not bend like the fingers could. So there was a fight between the 8 fingers and the 2 thumbs about who was better. The 8 fingers decided that they were slim, flexible and beautiful, whereas the thumbs were fat, slow and ugly. So, they voted out the 2 thumbs, causing them to disappear from the hands. When the brain came to know about this, it said, "You fools! What have you done? Every body part has a role to play. If one part does not work as per its role, due to one or the other reason, then we have to help it or take help from others rather than criticising it." Fingers argued, "But, what good were those ugly looking fat thumbs?"

A. The brain put an end to their argument when he asked the following. (Write Y for Yes and N for No).

a. Will you be able play musical instruments like the guitar or flute? ___ b. Can you hold a pen or a pencil? ___ c. Can you tie a knot, your shoe lace or tie? ___ d. Can you button your skirt or shirt? ___ e. Will brushing your teeth be easier? ___ f. Will typing on a smartphone be easier? ___ g. Will playing sports like cricket, hockey be easier? ___ h. Can you count on your fingers without thumbs? ___

Pinky finger said, "You are right. We did a blunder by voting the thumbs out. We will also miss the thumbs-up sign that we all are so proud of." Middle finger said, "We will not be able to snap fingers. That was fun." All the fingers realised their mistake. They understood how difficult life will be without thumbs. They requested the boss of the body, the brain to bring back the thumbs. The thumbs happily agreed. After all, they knew that every body part has a role to play, and bullying someone for not being able to do everything that is expected from them is being mean and cruel.

“My advice to other disabled people would be, concentrate on things your disability doesn’t prevent you from doing well, and don’t regret the things it interferes with. Don’t be disabled in spirit as well as physically.”

Stephen Hawking

B. Are you aware of the difficulties that persons with disabilities have to face? Do you think they are more courageous?
Us v/s Them

A fight broke out in the school between the loyal cricket fans of the East House and the devoted fans of the West House. Luckily, sports sir David was around, and everything was resolved peacefully. Here is what he said and it made sense to everyone.

Belongingness is the human emotional need to be an accepted member of a group. Whether it is a sports club, a musical band, a company brand, friends, or something else, people tend to have an inherent desire to belong and be an important part of something greater than themselves. ‘Belonging’ is a strong and inevitable feeling that exists in human nature. It helps us in living a happy and purposeful life. However, to belong or not belong is a subjective experience. It is influenced by several factors like morals, peer pressure, common goals, gender, place, religion and social status we are born in among other determinants. We have to rationalise our need for belongingness or identity. For example, think of a teenager who wants to be part of a peer group where everyone smokes, but she/he does not want to smoke, as you know smoking is unsafe. Smoking can cause cancer - a disease that can become very painful and eventually fatal.

A. Do you think the teenager will be ultimately pushed into smoking?

B. Here is a thought experiment for you: You are a cricket lover, and you support your school’s house team - the Roaring Tigers. Whom will you support if there is a match between the following groups? Write U for us and T for Them.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a. The Roaring Tigers and the Gusty Bees, the other house team of your school</td>
<td>b. Your school and another school?</td>
</tr>
<tr>
<td>c. Your state v/s another</td>
<td>d. India v/s another country</td>
</tr>
<tr>
<td>e. Your continent Asia v/s another continent</td>
<td>f. Humans v/s some alien species from a far off planet</td>
</tr>
<tr>
<td>g. Human v/s horse (it is not a cricket match but a sprint)</td>
<td></td>
</tr>
</tbody>
</table>

Here is another thought experiment: Imagine a situation where the fans of two clubs A and B who play X game have strong arguments over a match that was held between the two clubs. There is a chance that a fight may break out. Meanwhile, you choose the names of the clubs and the sport that they played. Some choices for consideration are: For club names - Tornado, Lion, Pigeon, Ganga (river), Abdul Kalam, Banyan (tree), Mango. For sport - boxing, football, cricket, table tennis, athletics, chess, billiards, cards, ludo, horse riding.

C. What names did you choose?

D. Do you think the names that you choose can play a role in whether a fight between the fans will break out or not?
You have learnt about carbon footprint in the previous class. Now is the time to learn about digital footprint. It is the information about a particular person that exists on the Internet as a result of their online activities. In other words, wherever you go and whatever you do online leaves behind a digital footprint. One type of footprint you leave without knowing when you visit a website e.g., files called cookies on your computer/smartphone. The other you create yourself when you exchange or post data or files like images, messages, videos, etc., on social media. Social media or networking is an umbrella term for the use of web-based technologies (hardware and software) that enables its users to build or participate in social, educational, professional or commercial networks. Facebook, Instagram, Twitter, YouTube, Snapchat and LinkedIn are some examples of social media or networking sites.

Just like every book or place that exists in the real world is not meant for children, the same is true for social media sites. Before you participate in any of them, you have to take permission from your loved and trusted ones. Most sites have a clear policy about the minimum age of participants and it is usually 13 years.

Facebook and photo-sharing site Instagram both require users to be at least 13 years. Twitter, where users post messages and tweets in 280 characters, says you must be at least 13 years old. Snapchat, which allows people to post videos and photos for a limited period of time before they disappear, restricts anyone under the age of 13 from using their application. However, it has a particular version for children below 13 years of age called SnapKidz, which allows photos and drawing but not sending messages. The minimum age for the smartphone messaging app WhatsApp is 16 years. YouTube requires accounts holders to be aged 18 or above. However, it allows a 13-year-old to sign up with their parents’ permission.

A. Write the social site(s) that you are a member of and the ones that you want to join.

Member: __________________
_________________________
_________________________

To join: ____________________
_________________________
_________________________

Footprints Without Feet by HG Wells.
Fire is a combination of three elements - oxygen, heat, and fuel. If any of these elements is removed, a fire can be prevented or extinguished. A fire extinguisher uses its contents (agent) to eliminate one or more of these 3 elements. There are different types or classes of fires. No one fire extinguisher is suitable for all classes of fires. The fire classification is based on the types of materials that constitute the fire. There are six classifications from A to F.

**CLASS A**: Combustible solids – wood, plastic and paper.

**CLASS B**: Flammable liquid – oil, paraffin, and petrol.

**CLASS C**: Flammable gases – methane, butane and propane.

**CLASS D**: Metals – magnesium, titanium and aluminium.

**CLASS E**: Electrical fires – electric wires.

**CLASS F**: Cooking oil and fat – grease fires.

### WARNING

Using an extinguisher for the wrong fire class may cause the fire to spread, re-ignite or even explode.

All extinguishers (fire) are red in colour. They also have a small label on them for their colour codes. The colour code indicates the content or agent of a fire extinguisher and its suitability for a particular class or classes of fire. Some extinguishers have numerical rating that indicates the size of fire that they can extinguish. All extinguishers must be inspected, maintained, and hydrostatically tested, routinely. The test dates are mentioned on each extinguisher.

**Red colour**: Class A - Agent Water - These are the cheapest fire extinguishers you will find, and the most popular. They basically remove the heat element of a fire.

**Cream Colour**: Class A and B - Agent Foam - They are a little more expensive than a water extinguisher.

**Blue colour**: Class A, B and C - Agent Dry Powder - They are also commonly called multi-purpose or ABC extinguishers. They are quite common and are especially effective against Class B fires, but can be useful to help exterminate fires that fall under Classes A and C as well. They work by inhibiting chemical reactions involving heat, fuel and oxygen elements of a fire.

They effectively help put out fires resulting from gas. But, it is always important to turn off the gas supply prior to trying to put out the fire. If the gas supply is not isolated first, it can lead to a dangerous situation. For metal fires that fall into the Class D category, special powders are used for putting them out. Dry powder extinguishers while being effective can also leave behind quite a mess. They also have a tendency to damage machinery and other objects, and can blur your vision when being used indoors.

**Black colour**: Class B – Agent Carbon Dioxide - They are also commonly called Co₂ extinguishers. They basically remove the oxygen and the heat element of a fire.
However, they provide no security for after the fire is out, meaning that the fire could start again. A CO₂ extinguisher with a wet chemical is a special extinguisher that is made for putting out Class F fires. There is also a special fire extinguisher for use against Class D metal fires such as sodium, lithium, and manganese, when the metal is in the form of turnings or swarf.

**Green Colour:** Agent Halon – Halon is a toxic chemical. This type of extinguisher is used by the military or law enforcement agencies only.

Before using a fire extinguisher, sound the fire alarm, and identify a safe evacuation route. Extinguishers are placed in corridors like your school corridors, inside very large rooms like your school auditorium, in labs like your science lab, and in vehicles like your school bus. Portable fire extinguishers like the one in your school bus are used when the fire is confined to a small area. Once you have sounded the fire alarm and confirmed a safe escape route, you may use a fire extinguisher from a safe distance to douse the fire.

A good way to remember how to use a fire extinguisher is the acronym **PASS:**

1. **Pull** the pin in the handle
2. **Aim** the nozzle at the base of the fire
3. **Squeeze** the lever slowly
4. **Sweep** from side to side at the base of the fire

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**National Building Code of India** (Ministry of Home Affairs - Govt. of India) covers the detailed guidelines for construction, maintenance and fire and earth quake safety of structures. It is published by the Bureau of Indian Standards - BIS and is a recommendatory document. 14th April is observed as “MARTYR’S DAY” to pay homage to those brave firefighters who sacrificed their lives while discharging their duties.

**President’s Fire Service Medal for Gallantry** is awarded on Republic Day to those fire service officers who have displayed bravery while dealing with fire situations. Check for the people who received it this year and display their names on the classroom board.

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**Take help of your physical education and science teachers to check for the types of fire extinguishers that are there in your school premises and school bus. Write their types here.**

School premises: _____________________ _____________________

School Bus: ________________________________

**Suggested viewing:** YouTube search ‘How to use fire extinguishers, Kids’

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