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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.
Say Hello!

Sana and Arpit are both children. They are children because people below the age of 18 years are defined as children, and those above 18 years as adults. (This definition comes from medical science, the law of the land, and the United Nations Convention for Child Rights.) They are in their early teens and are good friends. As part of their school’s community outreach, every Saturday turn-wise, they, along with their classmates and teachers, go to a nearby Anganwadi centre to teach children and assist the Anganwadi workers. Sana is known for her extraordinary football talent in the entire school and has won many medals. Arpit is famous for his dancing skills. He too has won many accolades and just like Sana, made everyone proud. Nature is responsible for how they look, but they can work upon and improve their skills with practice, sincerity and guidance. And so they do! It is their skills and their qualities like courtesy, humour, patience among others, that makes them likeable in their peer group.

They have known each other since they were in kindergarten. They live in the same neighbourhood and go to the same school. Pocso, their tiger friend, spends time with them and helps them and other children stay safe as they go through the most exciting and confusing phase of their lives called adolescence.

As they are growing, their bodies, minds, and behaviour are also changing, and they are becoming more and more independent. They know very well that with independence comes responsibilities and growing up also means learning about responsibilities. Unlike when they were younger, they now like to spend more time with their friends rather than their loved ones - parents and grandparents. Sana and Arpit often disagree with their advice about the kind of dresses they should wear, the kind of friends they should have, the kind of movies they should watch, etc.

There is a generation gap between their loved ones and them. There was, is and always will be a generation gap between parents and their children because adults and children think and behave differently. But who can deny the fact that parents have much more experience in life than children and that they do their best to keep their children happy, healthy and safe? After all, they are our loved and trusted ones, and they too were children at some point of time. Children should also do their best to make their loved ones proud. Parents of Sana and Arpit, like everyone else’s parents, are quite busy, but they still manage to spend time with them. Sana and Arpit, are often together with their parents and grandparents, at the dinner table, sharing their experiences.

Researchers and popular media, by and large, categorise people in terms of their date of birth and their understanding and usage of digital technology. Baby Boomers: They were born between 1946 and 1964. Gen X: 1965 and 1979/80, Gen Y or Millennials: 1981 and 1994/6. Gen Z: It is the newest generation to be named and were born between 1997 and 2012/15.

Their science teacher, Hina ma’am, has explained to them that they are living in a time where science and technology are changing the lifestyles and the basic fabric of human society at a superfast pace. Families are becoming

Any person below the age of 18 years is a child/minor, in the age group of 15 to 24 or 34 years is a youth and in the age group of 13 to 19 years is a teenager.
Women also work to earn their livelihood. There are test tube babies and many other significant changes in the way people live now. Sana and Arpit often mesmerise their grandparents by telling them about the wonders of technology in the 21st century which include smartphones, robots and artificial intelligence. Recently, they have learnt in their school how the human body works and how babies are born. Learning about the human reproductive system has helped them to take better care of their bodies and be healthy and safe. Like any other teenager, both of them like making new friends, but friendships and relationships are never one sided. Friendship is no doubt fun, but they are careful when it comes to choosing friends.

This is how Sana and Arpit feel as teenagers:

a. When others don’t understand me, I lose my temper.

b. As I am growing, I can notice some new changes in my body which make me feel uncomfortable.

c. I sometimes feel confused about things, and don’t know whom to talk to.

d. At times, I wish I looked more attractive – thinner, taller or better than I do now.

e. I sometimes find it difficult to say no to my friends, even if I don’t agree with them.

f. Sometimes, I feel pressured to do things because my friends/peers are doing them.

g. It feels nice to dress up and be complimented on how I look.

h. I am influenced by television, movies, celebrities and advertisements.

A. Tick mark the above items you can relate with.

If you also feel the same, it is perfectly normal. It happens with all the children when they are adolescents.

B. Write the generations to which your parents, grandparents, class teacher and principal belong.

Adrenaline rush: Various situations that cause fear, anxiety, stress or excitement create a response mechanism in us. This mechanism creates an immediate and big impact. The impact stays for at least an hour after the situation has been resolved. The mechanism is quite easily triggered in adolescents, and the response produced is also quite fast. Adrenal glands trigger this mechanism by pouring the hormone adrenaline (adrenaline rush) into the bloodstream. Within a few minutes, the hormone orchestrates a rush of signals to vital organs like the heart, muscles and the brain. The heart rate goes up, blood pressure increases, pupils enlarge, and there is an increase in the supply of blood to vital organs. The metabolism also gears up and increases the glucose (energy) levels in the bloodstream. The extra energy is to perform to the fullest against the stressful situation, for example, running away when attacked by a lion. Adolescents are no longer running away from lions. However, they are under stress; while playing video games, from their peers, due to examinations and at times due to conflict with their parents and teachers. The adrenaline rush is designed to give us the energy to run away from the stress. If this stress is not released out, our body will have all of this extra energy with no place to go. The extra energy can lead to anxiety and irritability, thus affecting our mental health. It is constructive for adolescents to be involved in outdoor activities, sports, exercises and yoga.

Be careful about the friends you keep because a person is known by the company she/he keeps.
Your body is constantly changing, and I’m sure that’s not breaking news,  
It’s a whole lot to deal with – so sit back, relax and grab some tissues.
A 13 year old boy is afraid of his skinny arms and body so frail,  
He wonders if he can’t be muscular or tall, is he even a male? 
Little girls growing up, when they look at their Barbies -  
They wonder when and what went wrong with their own bodies? 
They look in awe at the striking models on the runway,  
But it’s their own reflection from which they run away.  
I used to watch girls in my school walking by,  
Those perfect arms and skinny waists would catch my eye, 
Then I would look down at my big, fat thighs,  
And realize that I’m surrounded by big, fat lies.

Billboard girls, front cover, Photoshopped bodies on magazines:  
Are “perfect” but, show me something that I haven’t seen.  
Some stretch marks, or scars on your colourful skin,  
Freckles that are fierce, maybe a double chin.

I was thirteen once and so in rage,  
At my body being uglier than those of my age.  
I was fifteen next and two years later,  
I looked at the girl in the mirror and did not hate her.  
I repeated the words everyday:  
“I might be flawed but I’m beautiful in every way!”

Sixteen and free, I tell my peers -  
Your silver lining is just beyond your fears.  
I’m seventeen now and quite afraid for our inquisitive youth,  
Growing into a world where stereotypes are more compelling than the truth.  
Being a teenager can be difficult and trying,  
Be honest, express yourself and stop shying.  
True beauty lies, not in the eyes of the beholder,  
But in the heart of the one who truly wishes to accept her.

Write a suitable title for the poem.
Pay Attention to Your Feelings

It was a lazy sunny afternoon on a Sunday during winters. Everyone was relaxing, even the animals and birds. The children and adults had all gathered in the colony’s park to soak up the sunlight and have the sunshine vitamin.

The natural way of getting vitamin D is through sunlight. Your body must have vitamin D to absorb calcium and promote bone growth. It is good for our teeth and immune system. Too little vitamin D results in soft bones in children (Rickets) and fragile, misshapen bones in adults (Osteomalacia).

Sana, Pocso, Arpit and the others were chatting in the park, while some others were strolling around. Raju and Ganesh had been having an argument about something, and some of the children were trying to calm them down.

“What does he think of himself?” asked Ganesh. “He’s rude when he feels like it, and nice when he wants to be. It’s bad manners, and insulting to others to behave this way.”

Sana and Arpit told him not to pay so much attention to Raju’s behaviour. After all, Ganesh could spend time with so many other people.

Pocso said, “But it’s not easy to ignore one’s emotions. Do you know that babies have feelings even before they can speak? Before they can even understand language? Feelings are part of what makes us human, and they are instinctive. So it is very difficult to ignore them. In fact, it can be outright dangerous to ignore one’s feelings. Our feelings are one of the ways in which our body alerts us that something is going on. We should pay attention to our feelings.”

Arpit said, “Pay attention? What do you mean by that? It is almost impossible to ignore our feelings. Look at Ganesh. He can’t get over feeling angry and insulted at Raju’s rude behaviour even though he agrees that he likes and can spend time with enough number of people apart from Raju.”

Pocso said, “I mean that we should pay attention to what we feel when we are with different people and in various situations. At times, we must negotiate with our feelings before we act upon them.”

Ganesh said, “I’m angry, and I want to shout even more at Raju. Should I do it?”

Pocso asked, “Will shouting at Raju help? If you shout at him more, you may feel better for a moment, but do you think Raju will be quiet? He will shout back, which will make you more angry. There is no end to this vicious cycle. This is where your mind comes in. You may feel like shouting, but you know no good result will come from it. Should you still do it? But remember, there are many situations where your reactions based on your feelings keep you...”
Feelings are my friends. They help me know what is safe and unsafe for me.

safe. For example, if someone tries to touch your private parts, you will feel uncomfortable, sad, angry or scary. This discomfort will make you want to stay away from them or react instantly. This keeps you safe. You see!

All of them started thinking about how their emotions had kept them safe.

Emotional quotient (EQ) is the measure of one's emotional intelligence. Empathy relates to an individual connecting their personal experiences with those of others. It is an essential ingredient for a strong EQ; the others being self-awareness, self-regulation, motivation and social skills. Emotional intelligence can also be summed up as the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.

Have you ever been in a situation like Ganesh has? Did you react like him? Can you give one example of when your emotions kept you safe?

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In Pursuit of Happiness

A lion in a circus: While writing stories or telling tales, we often use the words “emotions” and “feelings” as if they mean the same but they are not. Psychologically speaking, they are quite different, but at times it becomes difficult to differentiate between them. We all are born with a brain that has the same set of emotions wired into it, but we acquire feelings with time as we grow up, just like we learn languages from our surroundings. Feelings are reactions to emotions. Psychologists have defined about a dozen core emotions like joy, anger, disgust, surprise, fear, etc., that are associated with our brain.

In contrast, there are thousands of feelings like happiness, panic, peaceful, energetic, etc., that occur in our mind as we go on living our lives. Feelings are connected to our mind, whereas emotions are associated with our brain. Feelings are personal and stored as memories in our brains. Unlike emotions, feelings are difficult to understand at times. Feelings always follow emotions but the kind of feelings vary from person to person and situation to situation. They are shaped by individual experiences, beliefs, values, upbringing (conditioning) and various other factors. For example, in a circus, we see a roaring tiger performing under a ringmaster. Our emotion should be of fear, but instead we may feel admiration for the majestic lion or even pity if we are a wildlife conservationist.

A lion in a jungle: When we accidentally touch something hot or cold, our hand or finger instinctively, automatically or in a reflex withdraws itself. We do not have to think about withdrawing it. Emotions are instinctive too. We have no control over them. They are related to our immediate survival. For example, when we meet a roaring tiger, not in a circus or a zoo but, deep in a jungle where somehow we got lost, we will be filled with fear and we will run. After all, our ancestors in the jungles did not survive by negotiating with the lions (predators). Those who did not run did not survive, and today we all are the successors of those who survived. Unlike emotions, feelings are not instinctive, and we can control them. Since we can control how we feel, we can also control our actions based on our feelings. Actions can be safe or unsafe, healthy or unhealthy, and they can have consequences that can be short or long term. We have to learn to express as well as control our feelings appropriately. Feelings are learned behaviours that are usually in hibernation until triggered by an external event.

A. Do you think our ancestors were cowards because they ran away when predators attacked them?
Measuring happiness: Unlike happiness (a feeling), joy (an emotion) involves little cognitive awareness. We feel joy without consciously deciding to and it is long-lasting. While happiness is usually induced by and dependent on external conditions, joy is something we experience more deeply. Joy is a state of being that is not necessarily tied to external situations. While happiness is a state of mind based on circumstances, joy is an internal feeling that disregards circumstances. To understand happiness, let us do a thought experiment. Imagine, we take an image (CT scan) of the brain of a poor farmer who is unhappy. She is unhappy because she is poor and to make matters worse, she has lost all her crop to bad monsoon. Her CT scan records her brain’s electric, magnetic and chemical signatures in the form of a sine wave, i.e. valleys and peaks. It shows 8 valleys and 2 peaks. We compare it with that of a happy person who is rich and has just won an enormous amount of money in a lottery. She has 10 peaks and 0 valleys.

B. Do you think that just like blood pressure, pulse rate and temperature, we can also measure happiness?

The chemistry of happiness: Now, a psychiatrist administers medicine that has dopamine in it to the poor unhappy farmer. Soon, she begins to feel good, and after a few more doses, she feels happy. Dopamine, just like adrenaline, is a hormone produced by the organs of our body. It keeps us motivated and makes us feel good among other functions, provided it exists in the right quantity in our body.

C. Do you think the farmer is really happy after having the medicine? Why do you think so?

D. Drinking alcohol or smoking drugs like cannabis makes us feel happy by altering our hormone levels in one way or the other. Do you think they really make us happy?

A tricky world called advertisements: Most advertisements or ads for various items or products like junk food, cars, motorbikes, clothes, etc., that we see or read in newspapers, magazines, TV, internet, etc., try to exploit or manipulate our feelings. These products are sold based on how they would make us feel rather than their utility or productivity values. The visuals (images or videos) in the ads also have people or actors emoting or performing to the script to convince us that we will feel the same as they do. Most ads deceive us by playing tricks on our feelings. For example, ads for junk foods tell us that we will feel good or happy if we eat them and the more we eat, the happier we feel. However, they do not tell us the nutrition value of the food item being sold to us. It is the nutritious value of the food that keeps our body healthy. How can we be happy if we do not have a healthy body? Ads also use statistics, a branch of maths, to deceive us.

E. Analyse the statements of an advertiser trying to sell an item - Bed: Most people (> 99%) die in beds and only very few (<1%) on roads (road accidents). Beds are the most dangerous places so use this particular bed. It has many safety features. What is wrong with the underlined statement in the ad?
that makes happiness. | The real secret of happiness lies in taking a genuine interest in all the details of daily life. | People should find happiness in the little things, like family and friends. | There is no happiness like that of being loved by your fellow creatures, and feeling that your presence is an addition to their comfort. | Happiness is not something readymade. It comes from your own actions. | Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

The Consumer Protection Act, 2019 and the National consumer helplines 1800114000 or 14404 protect and strengthens the rights of the consumers.

F. Discuss some ads with your classmates. Try to figure out the tricks in them. Write down the tricks that you and your classmates could identify.

H. We all are in pursuit of happiness. What makes you happy? Share it with your friends, the three musketeers.

I. What do you think 'Beauty lies in the eyes of the beholder' means?

G. Here are a few sayings about happiness. Underline 3 sayings that you think are most appropriate.

Happiness is a direction, not a place. | Happiness depends upon ourselves. | It is not how much we have, but how much we enjoy.

Suggested viewing: Movie 'Inside Out' by Disney and Pixar (runtime 94 minutes)
Good morning ma’am,” the children wished as principal ma’am walked into the classroom, escorting a man with vision impairment. “Good morning, students. Please sit down,” the principal replied and the children took their seats. “I want to introduce you to someone today,” she said and the man faced the class. “Everyone, this is Imran sir. He is your new English teacher. As you all know, Rohini ma’am is in the family way*. She is on leave and at times, will work from home. So, Imran sir will be taking your English classes for a while, until she comes back. I hope you will get yourselves acquainted with him as he will with you.” The students answered “Yes, ma’am” in a sing-song voice and with that, she left the room.

“We should be aware of our and other’s feelings.

To Sir, With Love

The Maternity Benefit (Amendment) Act, 2017 protects the employment of women during the time of their maternity and entitles them to maternity benefits.

The students’ attention shifted to the new teacher, Imran sir, and they waited for him to speak. After folding his white cane and tucking it into his bag, he introduced himself confidently, “Hello students. My name is Imran Ahmad. Since today is the first day, I want to get to know you. Now, can anyone tell me how many students are there in your class?” Pocso, the class monitor, answered, “There are 45 students in the class, sir.” “Okay,” Imran sir said. “Now from the back, can each one of you tell me your name and one thing you like doing the most?” After the small introduction session he said, “Well, let’s do something now, alright? Everyone, I want you to imagine that you have been blindfolded. Now when that happens, if your friend traces out an alphabet in your palm with their finger, would you be able to make out that alphabet?” Every one tried it and said, “Yes, sir.” Imran sir explained, “Well, I read the alphabets and numbers by touching them. There is a written language called Braille. It is a writing system that consists of characters that have rectangular blocks called cells. These cells have tiny bumps called raised dots. These raised dots form patterns that represent the alphabets, which I can feel and with the help of which, I can read.” All of the students peered attentively at their teacher. He continued, “The Braille system was created by a man called Louis Braille, who lost his sight as a result of a childhood accident. He originally developed a code for the French alphabet in 1824. Later on, the Braille system for other languages was introduced. Did you know that we learn the language in a similar way that you learn the alphabets? Using the Braille system, I studied literature. And I also have higher linguistic intelligence. But nowadays, the use of Braille has decreased, thanks to screen reader softwares.”
Here is a book for you to read. It is by Helen Keller and is her autobiography. She was an American author, a political activist, and a lecturer. She was a deaf-blind person. In order to read it you will first have to decode its title. Here is the primer for decoding it.

Kajal, the chess champion asked, “Excuse me, sir. Could you explain what a screen reader software is?” Imran sir was happy to clear the doubt and said, “To put it simply, it is a form of assistive technology that helps people who are visually impaired, illiterate or have a learning disability. It works through non-visual means. The most common one would be through the text-to-speech method.” The new teacher continued to talk more about disabilities. He said, “Did you know there is a law which helps and assists people with disabilities? Of course, the laws of the constitution apply to us too. But, there is an Act called the Rights of Persons with Disabilities Act of 2016 in India. It comes under one of UN’s international human rights treaty called the Convention on the Rights of Persons with Disabilities. This act includes definitions of disabilities based on a dynamic and evolving concept. It also increased the types of disabilities from the original 7 to 21 including rights for acid attack victims, speech and language disability, and specific learning disabilities. Thanks to this right, we are ensured inclusive education (some even free) and reservation in higher education institutions, government jobs, allocation of land, poverty alleviation schemes, etc. I’m sure you must have come across something known as the Paralympics or Paralympic games. Well, if you haven’t, it is an international multi-sport event for athletes with disabilities. In 2016 at the Rio de Janeiro Summer Paralympic games, India was privileged to be represented by the hardworking Mariyappan Thangavelu in the men’s high jump category. He won a gold medal. There are personalities like Arunima Sinha of India (the first female amputee to scale Mount Everest in 2014), Erik Weihenmayer (the first person with vision impairment to reach the summit of Mount Everest in 2001) and many others who have accomplished extraordinary tasks in spite of being differently abled.

People with disabilities are being more accurately represented even in movies and TV shows nowadays. Some people get surgery to replace their deformed body parts. This happens through prosthetics and the donation of organs, which is overseen by the legislation called Transplantation of Human Organ Act (THO) of 1994 in India.

We all are different. It is okay to be different. Being different doesn’t mean being unequal.
More common organ transplants include liver, heart, lungs and pancreas but people can also donate body parts like eyes after their death. This is, of course, regulated. No one can take your body parts by force or without your knowledge. This is because you are the sole owner of your body and its first caretaker.

“Wow! We can exchange our organs?” Arpit thought out loud echoing the entire class’s amazement. “Yes, because every body part has a role to play,” sir responded. “Yes sir, we also read about private parts in ‘My Eighth Safety Workbook’ and how they are to be kept clean and covered at all times, for health, hygiene, safety and self-esteem,” said Sana. Sir responded, “Very good! And mouth is a special private part because it is the only private part that we do not cover. Remember, private means only for us.

There are body safety rules like the ‘8-step safety rule’ on page 62, that are to be followed by us so that we can keep ourselves happy, healthy and safe. In order to implement these rules we will have to understand further about abuse and boundaries. Abuse is the harm caused by a person onto another person, whether they are adults or children. The person who abuses can be an acquaintance or a stranger. Someone who abuses is called an abuser. An abuser is a person who is in a position of superiority. The superiority can be in terms of age, physical power, money power, etc. Abuse, irrespective of the abuser, is always wrong. There are various types of abuses like:

1. **Physical:** These are actions done on purpose to physically hurt, harm or injure someone. For example, a teacher beats a student with a ruler on the knuckles for not doing homework.

2. **Emotional:** This is also called psychological or mental abuse. It means doing something on purpose that we know will emotionally or psychologically harm someone.

3. **Sexual:** It includes any unwanted verbal or physical contact or behaviour of a sexual nature. When verbal, it is also called sexual harassment, and when physical, it is known as molestation. Touching anyone inappropriately, touching someone’s private parts, taking pictures of their private parts, making them see or touch your or others’ private parts, and groping are a few examples of sexual abuse. Sexual abuse can be physically, mentally and emotionally detrimental for a child. Stalking is characterised by unwanted visits, phone calls, texts, emails, or letters; giving unwanted presents; watching someone at their home or school and following and staring at someone. It is another example of emotional abuse and can take the form of sexual abuse.”

“Sir, can there be cyberstalking?” asked Fatima. “Yes kids, cyberstalking is when one compulsively stalks someone’s social media over all platforms, so much so that they breach their personal boundary,” he answered. “What is a personal boundary, sir?” asked Birsa, whom everyone lovingly called Tenali Rama.

“A boundary is a stop sign! Physical boundaries are invisible boundaries for our bodies, but we know that they are there. Our physical boundary is how close to us we let someone come before we start feeling uncomfortable or unsafe. No one likes it if their physical boundaries are crossed. Different people have different physical boundaries. We may like it when our mummy hugs us but not when an auntie hugs us. Personal boundaries are about how we let others treat us. It is very important
Just like our body, our personal space too belongs to us. When we set personal boundaries, we tell others how to treat us. This helps them to be respectful towards our body, our feelings and our things. So, if our friend has done something that hurts us, we must tell them how it made us feel and to not do it again. Telling your friends how you feel is the right thing to do. If they care about you, they will stop doing the hurtful thing. If they continue to say or do hurtful things, they are not your friends. Just like our body, our physical and personal boundaries belong to us. Everyone has personal and physical boundaries. Just as we want others to respect our boundaries, we should also respect others’ boundaries. People need permission to cross our boundaries unless it is accidental or necessary. For example, when we are standing in a line for the morning school assembly, and someone falls on us, or when a doctor asks us, in the presence of our loved ones, about the colour of our urine for medical purposes. Our loved and trusted ones are our parents, teachers, grandparents and our good friends. Boundaries are different for different people. Some like kissing, others don’t. Some like holding hands while walking, others don’t.

Some like to sit or stand very close to whomsoever they are with, others don’t. Just as boundaries are different for different people, the same person can have different boundaries for different people in their life. We have smaller boundaries with our loved and trusted ones, and our boundaries change as we grow older or as situations change.”

Salman, the carrom champ, asked, “Sir, is it true that persons with disabilities can be easily targeted by abusers?” “Unfortunately, that is true. That is why when the victim is a person with disability, the punishment for the abuser is always more stringent,” replied sir. Finally, he concluded, “Most people are good at heart and helpful, but we have to be careful when it comes to our safety. Let us now come back to our subject, English literature. Next week we will be reading Shakespeare’s plays Romeo and Juliet and The Comedy of Errors.”

Privacy is the ability of an individual or group to seclude themselves or information about themselves, and thereby express themselves selectively. When something is private to a person, it usually means that something is inherently special or sensitive to them. In a landmark judgment delivered in August 2017, the Supreme Court of India has recognised the right to privacy as a fundamental right under Article 21 of the Constitution as a part of the right to “life” and “personal liberty”. The Information Technology (Amendment) Act 2008 covers e-commerce and privacy related matters of users including various types of cyber abuses. Sexual abuses, harassment, stalking, molesting, etc., are punishable crimes under various criminal laws like Indian Penal Code (IPC), POCSO Act, POSH Act, etc.

Suggested viewing: Movie ‘My left foot’, the Story of Christy Brown (Universal viewing by Central Board of Film Certification, https://www.cbfcindia.gov.in/main/)

Teacher resources: National Organ & Tissue Transplant Organisation 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 organ and tissue donor pledge for adults on NOTTO - https://notto.gov.in/
Comedy of Genders

Following is a story consisting of various gender stereotypes and for the purpose of satire and comedy, we have exchanged the gender pronouns of the two protagonists. Arjun is the brother and is referred to with she/her pronouns and for Chitra, who is the sister, he/his/him are being used.

Arjun woke up to the sound of her alarm clock. She rubbed her eyes as she yawned till she was satisfied. Groggily, she climbed down her bed and walked past her rather messy room into the toilet. It was Friday which meant that she had to go to school. But there was something else which filled her with enthusiasm – it was her best friend Debarishi’s birthday. Arjun and Debarishi had been best friends since they met in class 5 and as the years passed, they became as close as siblings. Speaking of siblings, “I wonder if Chitra has woken up,” Arjun thought to herself as she brushed her teeth rhythmically. Chitra was her sister, younger to her by 2 years. They were in the same school and since Arjun was the elder sibling, she had to be a little responsible for her younger sister. After washing up and running her fingers through her short hair, Arjun quickly dressed into her white shirt and navy blue trousers, a maroon coloured necktie, white socks and black shoes. She took one look into the body length mirror in her room and dashed downstairs. Chitra was up before Arjun. Every day, he wakes up and prepares bed tea for Mummy, Papa and Grandma. On receiving the bed tea, proud Grandma said to Papa, “Look at how much he contributes to the household work. He will make us proud at his in-laws’ place.” Chitra then went upstairs to get ready. Today was hair-washing day so he had to manage time accordingly. He combed his long wavy hair and fashioned it into a french braid. After getting ready, he took a long look in the mirror to check whether he is looking graceful or not and then he came downstairs to help Mummy pack everyone’s lunch boxes. Arjun was constantly amazed at how her sister always managed to wake up early. She also saw that his skirt was always perfectly worn and his hair braided neatly. But, every time she asked him how he managed to wake up so early, he would reply that he was simply “used to it”.

Chitra helped his mother set the table for breakfast. And like clockwork, as soon as the warm food was placed on the table, their father walked into the dining hall with the newspaper in his hands. He wished everyone a good morning, and they all sat down to eat. While Grandma was pestering Arjun to eat more to be healthier, Chitra never got any such appeals served on his plate.

Before Arjun could go back upstairs to re-check her backpack for school, Mother reminded her to keep her dirty dishes in the kitchen sink. Arjun groaned in protest but seeing Chitra do so without any complaints or even a reminder, she completed the chores and then went up. Chitra, on the other hand, was worried about his menstrual cycle coming up. He asked Mother to buy more sanitary pads as his supplies had run out. Arjun had learnt about menstruation, thanks to a special talk held in school the previous year, so she didn’t disturb them.

As both the siblings headed out of the house, they wished Mother goodbye and walked towards the bus stop. On the way, Chitra asked Arjun what she had gotten for Debarishi. “A
poster of his favourite cricketer,” Arjun answered, seeming very pleased with herself. Chitra was also friends with Debarishi, but he wasn’t allowed to go to the party as the party was in the evening. Arjun had no such restrictions; she was free to go without even asking.

As the children stepped off the bus, Chitra reminded Arjun that the next day was laundry day back home. Given that he was always doing her laundry, Chitra asked Arjun to help him this time. Arjun only half listened to him. She ran off towards the school building, excited to wish her best friend a happy birthday. While Chitra and Yasmin prepared for art class, Yasmin was amazed at how Chitra had a lot of shades of pink pencil colours. Just then Aadarshini said, “He is crazy about the colour pink, don’t you know?” They all burst out laughing.

When Arjun and Chitra came back home from school, they were surprised to see their father in the garage, lying under the car bonnet, checking for something. Chitra asked curiously, “Papa, what are you doing back home so early?” Their father replied, “Oh, I took a half day because there wasn’t much work. I also wanted to replace the radiator water of the car.” He then turned to Arjun and said, “Be a sport and help me after you’ve changed your clothes, Arjun.” Chitra said, “I’ll prepare some tea, then?” He thanked his daughter saying, “That would be lovely, Chitra.”

Arjun ran up to her room and quickly changed her clothes. Amidst the rush, she didn’t forget Chitra’s reminder, so she tossed her uniform and other dirty clothes into the laundry basket. She then ran back down and joined her father in the garage where she learned a lot about the car’s engine. Her father also asked her to accompany him to the car servicing centre the next day, while Chitra and their mother were washing clothes and cleaning. As Arjun agreed to tag along, they heard Chitra call them from the kitchen. “Papa, Arjun bhaiya, tea and samosas are ready!” Arjun and her father shouted back like excited children, “Okay. We’re coming!”

The one who fights for equality of genders is a feminist. Fighting or demanding equality of genders is feminism.

Most Sikh names are gender-neutral. Sikh girls are given the last name Kaur and boys Singh. For example, Gurpreet is gender-neutral whereas Gurpreet Singh is a boy and Gurpreet Kaur is a girl.

Which of the following words/terms do you think are gender neutral? Circle them.

1. Humankind - Mankind
2. Chairman - Chairperson
3. Policeman - Police officer
4. Stewardess - Flight attendant
5. Salesman - Sales person
6. Fireman - Firefighter
7. Waiter - Waitron
8. Businessman - Business person

The dowry system is prevalent in India since ancient times. It refers to the goods, jewellery and cash that the bride’s family gives to the bridegroom, his parents and his relatives as a condition of the marriage. It is a deep-rooted evil custom and causes countless sufferings, including dowry deaths every year across India. The dowry system is unlawful under the Dowry Prohibition Act, 1961.
A secret that you hide because you don’t want a trusted adult to get upset is an unsafe secret. Even if your parents or other trusted adults are upset at first, you must share these secrets with them. Talking to them about your plans and problems increases their trust and your safety. You should always share information about relationships and friendships. If you can’t share these with trusted adults, share them with friends you can depend on. Similarly, any kind of touch from another person should not be kept a secret. In fact, you should not allow anyone to touch you inappropriately. You should always tell your trusted adults about unsafe touches. It doesn’t matter if it’s a little touch, if it makes you uncomfortable, you should always tell because that little touch can be the beginning of even more unsafe practices. This is exactly how unsafe activities and abuse start out – as little things that were not taken seriously. Whenever you are in doubt, check your feelings. If it makes you uncomfortable, you must share.

Do not keep it a secret. You should tell trusted adults about any gifts that you get from others. Just like touches, gifts can begin as little things and then suddenly create big problems for you.

Activities that need you to go out of your house, and do not include your parents in any role, should also never be a secret. Problems should never be kept a secret. Share your worries and problems with your parents so that they can guide and protect you if there are any consequences. Understand that even if your parents are angry with you for a while, they have a right to know, and this will help keep you safe.

Would you like to share with your friend Pocso a secret that you are uncomfortable with?
When should a secret stop being a secret?

- Does it involve someone who can't give consent? (a child, someone under the influence or with a developmental disability)
- Does it involve threats or bribes? ("there's money if you don't tell, and if you do tell, you'll be sorry")
- Does it involve someone who may not be thinking clearly? (someone who is distressed)
- Is it making you feel stressed, worried or stuck?
- Do you need help figuring out what to do?
- Is there a power imbalance? (peer pressure, a group of people against one, age difference, authority figures)

Tell someone!  Consider telling someone  It sounds like this one is okay to be kept a secret

It is important not to keep unsafe secrets.
What Is Self-Defence?

Arpit and Sana were coming back from the market when they saw a body-builder-type thug come towards them, threateningly. Just then, Sana looked at someone behind the thug and shouted loudly. The ruffian turned, and Sana and Arpit ran home safely. When Pocso met them in the park, they told him what had happened.

Arpit said, “Why did you shout, Sana? I was just about to practise my karate technique on him. After all, I am a big fan of Bruce Lee.”

Sana smiled and said, “Hey, I used a self-defence technique, too!” Arpit could not believe what he was hearing. He said, “No, you shouted to distract him and we ran. Where is the self-defence in that?”

Pocso said, “Anything that allows you to be safe is self-defence. Most people feel that it is about physical techniques to hit, harm or injure the person trying to do unsafe things, but actually, anything you do that lets you get away from them is self-defence. This means anything that makes you more aware, more assertive, and more able to distract the wrong-doer, and keeps you safe is self-defence. It also includes physical techniques that let you escape and resist violent attack.” Arpit said, “I had no idea!” Sana smiled happily.

Pocso explained, “Self-defence training provides psychological awareness and verbal skills, not just physical training. Self-defence means protecting oneself and one’s loved ones from harm. It does not necessarily mean fighting. It is much better if you can protect yourself and your loved ones without using any physical force. Actually, most self-defence situations don’t even involve physical contact. Also, physical self-defence is not about strength, but technique and presence of mind.

That is why it can be learnt by anyone, no matter their age, size or fitness level. Self-defence techniques also include how to identify potential threats, how to remain calm in unfavourable situations, and why and how to fight using words. Remember, there is no guarantee that we can protect ourselves. What self-defence training does is that it gives us more choices of how to act and helps us prepare our response. You might be surprised to know that the best response for someone faced with an attacker is to slow down the attacker, try to calm things down as much as possible, and prevent the attack. Self-defence is a tool. Like any other tool, the more you know about it, the better will be your decision to use it or avoid using it, in a given situation.

It is important for you to understand that physical self-defence is a need, not a want. No one asks for, causes, invites, or deserves to be assaulted or abused. Sometimes, people make poor choices about their safety, but that does not mean that they are responsible for the attack. Attackers are responsible for their attacks and their use of violence. A good self-defence programme does not “tell” someone what they “should” or “should not” do. Instead, it offers options, techniques, and a way of analysing situations to help the person make a good decision. A good self-defence programme empowers us to make good decisions when faced with unfavourable situations.”
Remember!

✓ Self-defence techniques are for protection and not for revenge or to settle personal disputes.

✓ They should only be used as a last resort. If such a situation can be avoided, avoid it. For example, if you sense trouble, walk away. Don't stand there and wait for something to happen.

✓ You must also understand that these techniques can cause serious injury, so be very careful. These techniques are not to be used to bully or frighten others, or for fun.

Studies have shown that obeying the attacker does not guarantee that you will not be brutally attacked and injured. That is why it is absolutely vital that you use self-defence to make the situation less dangerous, and get away as soon as possible. You don't want a situation where your attacker has the chance to call for backup or reinforcements.

Safety Tips

✓ If you feel unsafe or uncomfortable in a situation, act on it. Don’t hesitate to ask for help.

✓ Keep calm, think straight - Even the best martial artist will not be able to defend themselves if they panicked.

✓ Set clear boundaries - If you feel that someone is invading your ‘private space’, tell them clearly to back off. Make direct eye contact – don’t look down/look away.

✓ Better safe than sorry - If you feel that you are in trouble or that someone is stalking or eyeing you, try to avoid walking alone or walking in an isolated area.

✓ Even if you’re alone, you can walk close to another group. If you cannot do that, stay very alert. Keep the exit points in mind – that is, areas by which you can escape. If you feel uneasy, you can also shout or make a loud noise to startle the other person.

✓ If possible, try varying your routine. It becomes easy for a potential perpetrator to plan something if they know your regular time and route. At the very least, you should know an alternate route in case of an emergency.

✓ Walk and talk confidently - People who appear confident are much less likely to be targeted as compared to someone who looks timid.

✓ Be aware of your surroundings - Try to avoid places with low visibility and lighting.

✓ Walk in the opposite direction of traffic – This way, you can look at oncoming traffic. Also, walk on the footpath, not the road. It makes it harder for others to snatch your valuables or to kidnap you.

✓ When taking a public bus, avoid one that has few or no passengers, and avoid taking roadside cabs and autos.

✓ You should have your parents’ and other trusted adults’ phone numbers on speed dial on your phone so that you can call them instantly in an emergency. If you have a smart phone, install emergency apps that can send SMS to known people and can even dial the police’s number with a single click in case of an emergency.
More than a hundred thousand people die in road accidents in India every year. Many of them are children who often meet with road accidents while going to and/or coming back from schools. That is why the new stringent Motor Vehicles Act - MVA (2019) came into existence.

India is a signatory to the Brasilia Declaration on Road Safety 2015, a declaration supported by the World Health Organisation (WHO). India has committed to reducing the number of road crash fatalities and serious injuries in a time bound manner.

The Motor Vehicles (Amendment) Act, 2019 prioritises the protection of children and vulnerable road users like pedestrians and others. Here are its salient features:

- The fines for violations like drunk driving/rash driving/driving without a licence/over speeding/not wearing a seatbelt or a helmet/jumping a red light/talking on the phone while driving etc., have been substantially increased.
- The driver licensing system in India controls and filters the number and quality of drivers on the road. The system is being digitalised and made uniform for the entire country.
- For deaths in hit-and-run cases, the government provides a higher compensation.
- The act has provisions for the protection of Good Samaritans. Those who come forward to help accident victims will be protected from civil or criminal liability. It is optional for them to disclose their identity to the police or medical personnel.
- It is mandatory to alter vehicles to make them suitable for persons with disabilities.

- Contractors, consultants and civic agencies are liable for fine for faulty design, construction or poor maintenance of roads leading to accidents.
- A time limit of six months has been specified for an application of compensation to the Claims Tribunal with regard to road accidents.
- The government can recall vehicles whose engines or other components do not meet the required safety standards.
- Manufacturers can be fined upto Rs. 500 crore in case of sub-standard components or engines.
- Various improvement schemes have been introduced in the areas of road safety, rural transport, last mile connectivity, public transport automation, passenger convenience, online learning licences, and increasing validity period for driving license.

A driving licence is an official document certifying that the holder is suitably qualified to drive a motor vehicle or vehicles. No person can drive a motor vehicle in any public place, unless they hold a valid driving licence issued to them by the government, authorising them to drive a vehicle of that particular category. In India, two kinds of driving licences are issued: Learner’s and Permanent. Learner’s Licence is valid for several months. For obtaining a Permanent Licence, you must have a valid Learner’s Licence.
The minimum age to apply for a permanent licence to drive a private motor vehicle is 18 years.

In traffic violations by children or minors, the guardians or owner of the vehicle will be held responsible, unless they manage to prove that the offence was committed without their knowledge or that they had tried to prevent it. The registration of the motor vehicle in question will be cancelled. The child will be tried under the Juvenile Justice Act.

The eligibility for obtaining a Learner’s Licence for a private motor vehicle of 50 CC engine capacity and without any gear, is 16 years (if the applicant’s parents or guardians give their consent).

Why is the colour of your school bus yellow?

The wavelength and frequency of a particular colour (light) define its characteristics such as whether it will scatter more or less. For example, the wavelength for the colour blue (light) is lower so it scatters more, thus making it difficult to be visible from a distance. Red colour (light), on the other hand, has a higher wavelength so it scatters less, making it visible even from far away. That is why we use red and not blue for danger and stop signs or signals. Yellow light scatters more than red but less than blue. Since we have already used red for danger/stop signs, yellow is a good choice to distinguish an object like your school bus in a crowd.

A. Do you, your loved ones, teachers or friends know someone who, unfortunately, died in a road accident?

B. Here is what you can do to keep everyone safe on the road.

a. If you go to your school by a bus/van/auto-rickshaw, whether by your school’s transport or private transport, ask your parents/guardians to check the validity of the driving licence of the driver.

b. If the driver jumps a traffic light or a railway signal or talks on a mobile phone while driving, report it to your parents/guardians/teachers.

c. Ask your loved ones, teachers, non-teaching/support staff who drive to take a safe driving pledge.

Major causes of road accidents are over speeding, alcohol, poor visibility and avoiding safety gear like seat belts and helmets.

Safety checklist for school buses

✓ Bus must have a first-aid-box.
✓ It must have a fire extinguisher.
✓ It must have a speed governor to limit the speed of the bus to 40 kph.
✓ It must have the school’s name and telephone numbers written on it.
✓ There must be an attendant from the school in the Bus.

Teacher resource - Road safety symbols

http://delhitrafficpolice.nic.in