



## A List of Interactive Webinars Delivered Under the Implementation of Project CACA.

Project **CACA**

Dear Parents/ Teachers/ Caregivers, for children, the project unfolds year after year in their school timetable periods of life skills and moral science in the form of my safety workbooks. Many workbooks' chapters blend with the periods of science, computer science, social science, English language, EVS and physical education. Some chapters are to be taught at home by parents/ grandparents, afterall, our children's health and well-being is a collective responsibility. For parents, teachers and non-teaching staff, the project unfolds year after year in the form of training, capacity building and sensitisation webinars. The webinars cover psychological, legal and academic aspects of children's safety and well-being. Our partner, supportive organisations, and team members comprise a resource-person pool of subject matter experts, like judges, panel advocates, psychologists, and academicians, who conduct these webinars. The project regularly updates these webinars and also introduces new topics. In the 1st year, \*three webinars are provided. Every consecutive year, two webinars are provided. The duration of these webinars range from 40 mins to 2 hrs. The webinars are provided in English, Hindi and Regional languages, wherever possible, on school wise basis.

Code	Webinar Title	Participants	Duration	Description
1	CACA Safety Workbook - Pedagogy	Teachers	2 hrs	Pedagogy of CACA Safety Workbook Series.
2	PoSH Act	Teachers	1 hr	Understanding the PoSH Act + Formulation of PoSH Committee.
*3	Children's Safety and Well-being	Teachers/ Parents	1.5 hr	Child rights' related laws (POCSO and JJA)+ Required behaviour changes for preventing child abuse +Pedagogy of CACA Safety Workbooks.
4	Mental Health and Well-being	Teachers/ Parents	1 hr	Understanding mental health, distress, its impact and management.
5	Child Sexual Abuse	Teachers/ Parents	1 hr	Psychological first aid to a child going through sexual abuse.
6	Bullying	Teachers/ Parents	1 hr	Understanding psychological factors behind bullying and how to prevent it.
7	Substance Abuse	Teachers/ Parents	1 hr	Understanding psychological aspects of substance abuse and its prevention.
8	Peer Pressure	Teachers/ Parents	1 hr	Understanding psychological aspects of peer pressure and how to help children deal with it.
9	Supporting Children through Exam Season	Teachers/ Parents	1 hr	Tips on catering to a child's stress during exam season as a teacher.
10	Building Resilience and Optimism	Teachers/ Parents	1 hr	Understanding resilience and everyday practices to build an optimistic perspective towards life.
11	Stress Management	Teachers/ Parents	1 hr	Understanding stress, its warning signs and symptoms, impact and management.
12	Mindful Lifestyle	Teachers/ Parents	1 hr	Understanding mindfulness and lifestyle practices that promote mindful living.
13	Parenting Skills	Teachers/ Parents	1 hr	Developing an understanding of healthy parenting approaches and practices.
14	Cybersafety	Teachers/ Parents	1 hr	Understanding cyber hygiene and safe practices of cyber space including cybercrimes and cyber laws.
*15	POCSO Act and JJA	Teachers/ Non-Teaching Staff	1.5 hr/ 40 Min	POCSO and JJA + Behaviour changes required for preventing child abuse.

To book a webinar, contact: [workshopcoordinator\\_01@gmail.com](mailto:workshopcoordinator_01@gmail.com) / +91 9205488404