



Social
Axiom
Foundation



Project CACA



Happy, Healthy, and Safe

A Message for Teachers

The resource ‘posters’ depict values, messages, rules, habits, and characters of various chapters in the workbooks. These posters also connect to the physical spaces and situations in schools.

They are to be displayed in classrooms, corridors, canteen, staff room, dance room, games room, medical room, and more. The displayed posters build confidence among children as they see the workbooks’ content unfolding in the school’s physical spaces.

Teachers can download these posters and their catalogue from Project CACA’s official website. New posters are added from time to time.

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3. Being Assertive - <i>Being Assertive/Confident</i>	2#2
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50. Safety Circle - <i>Loved and trusted ones</i>	18#1
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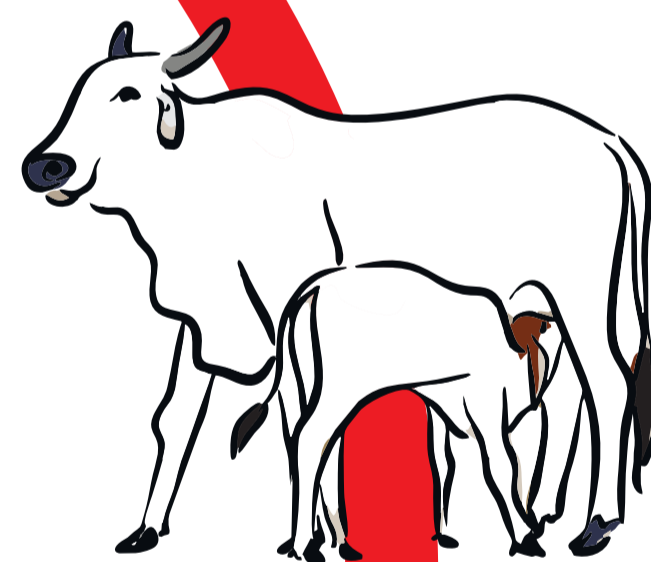
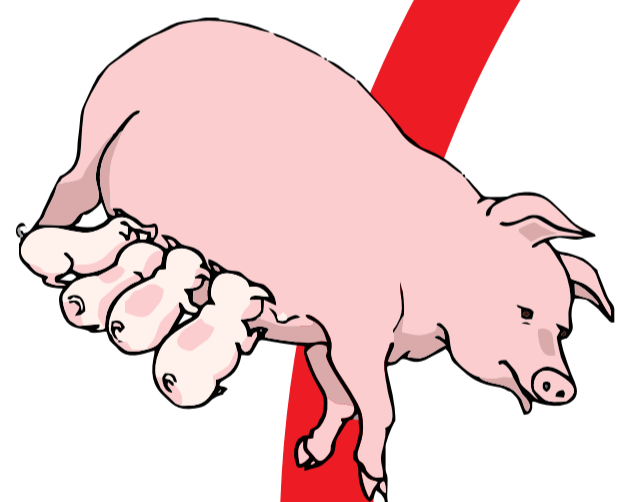
I N D E X

- 52. Safety Circle - *Police are there to help everyone be safe* 18#3
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- 54. Scared - *OK to be SCARED and BRAVE to tell* 19#1
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My Mummy and Me



We all are born
from the tummy
of our mummy.

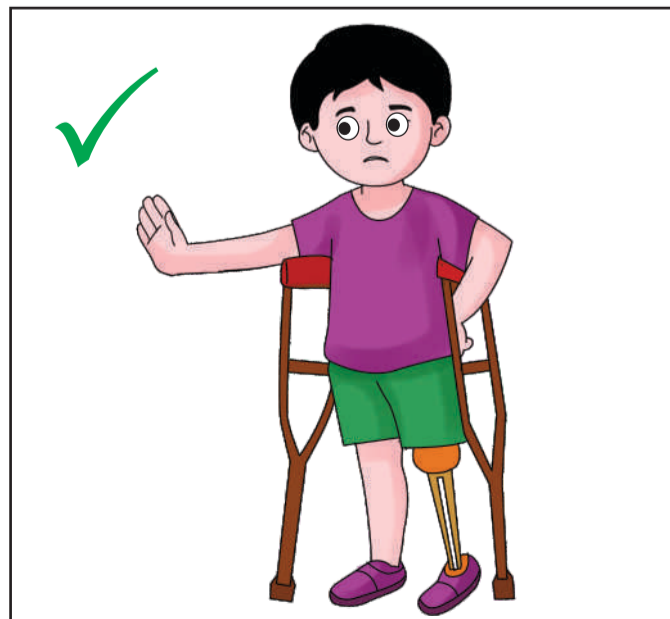
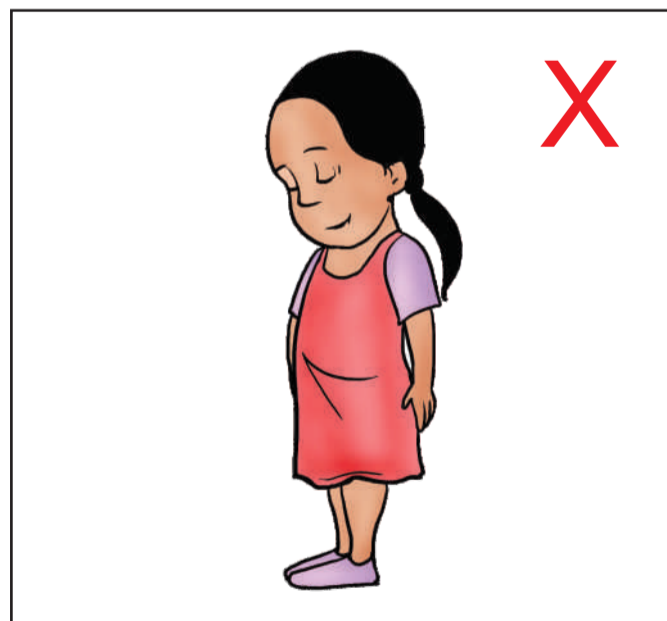
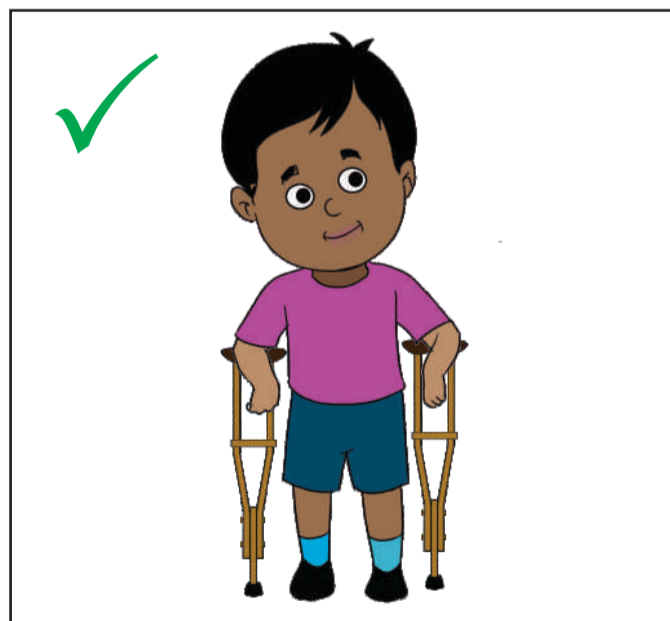
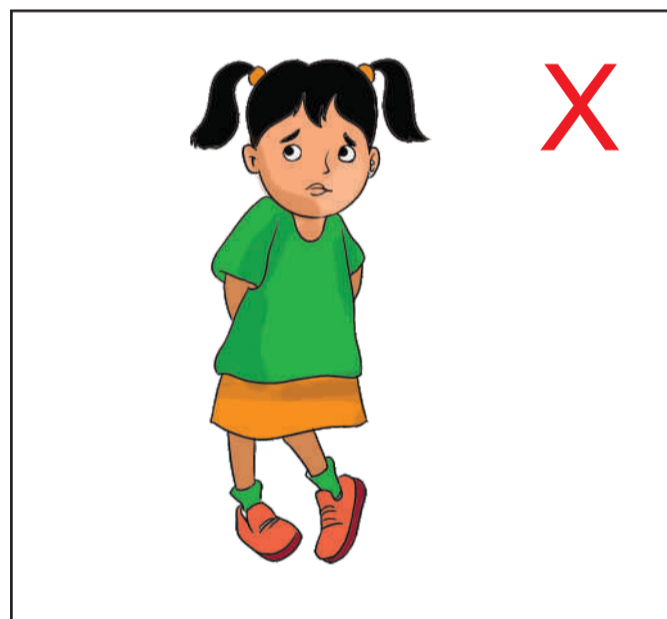
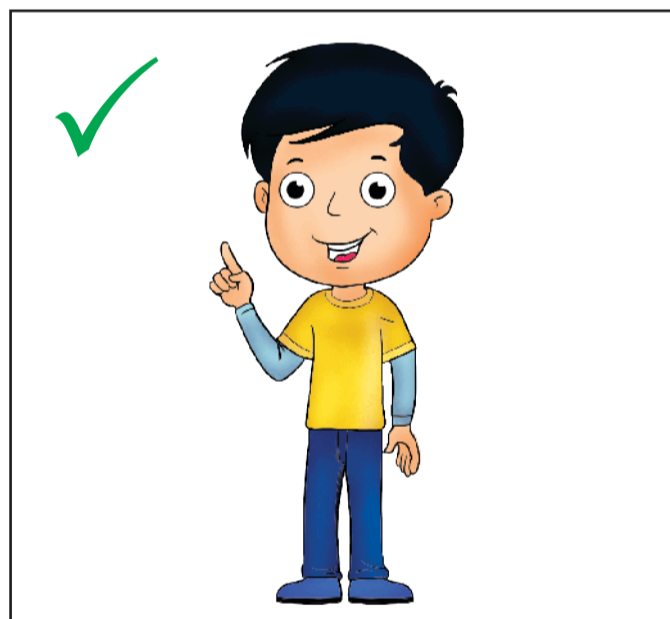
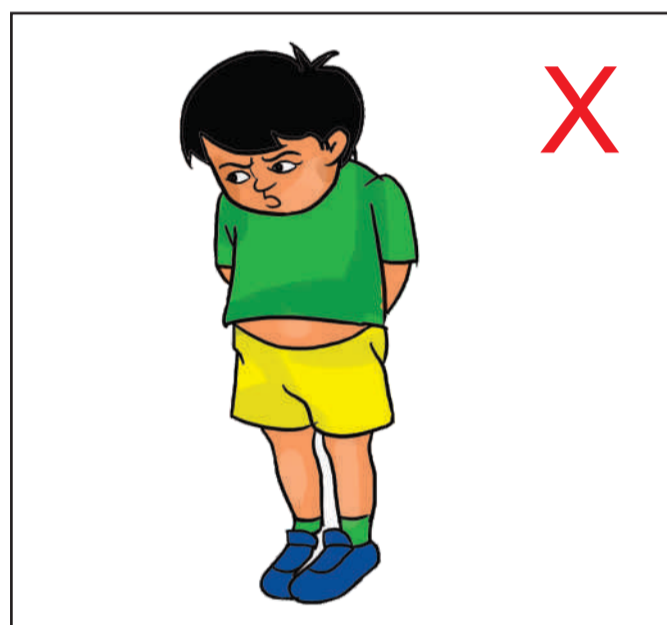
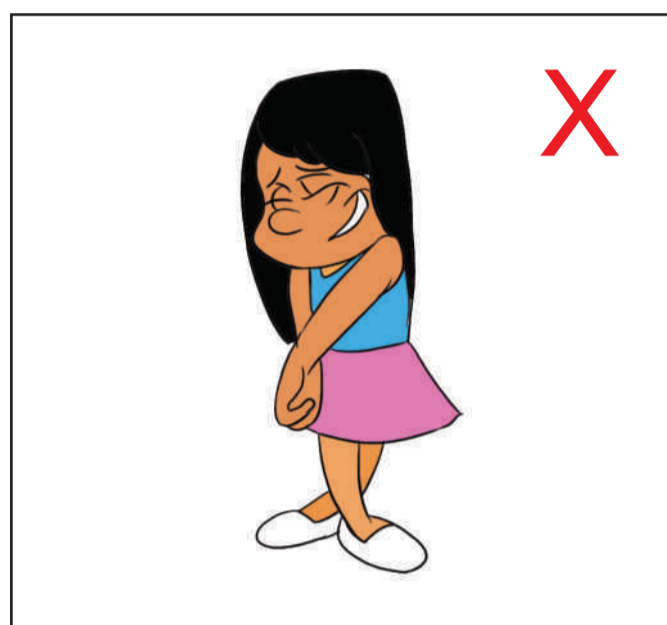
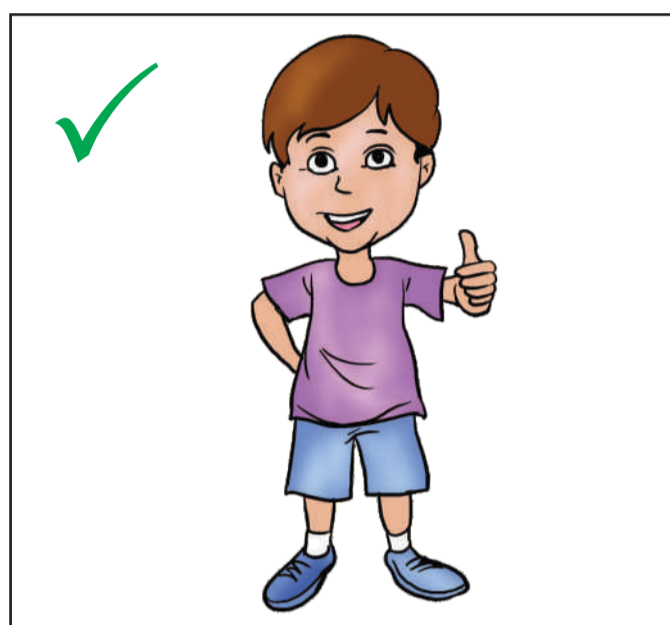
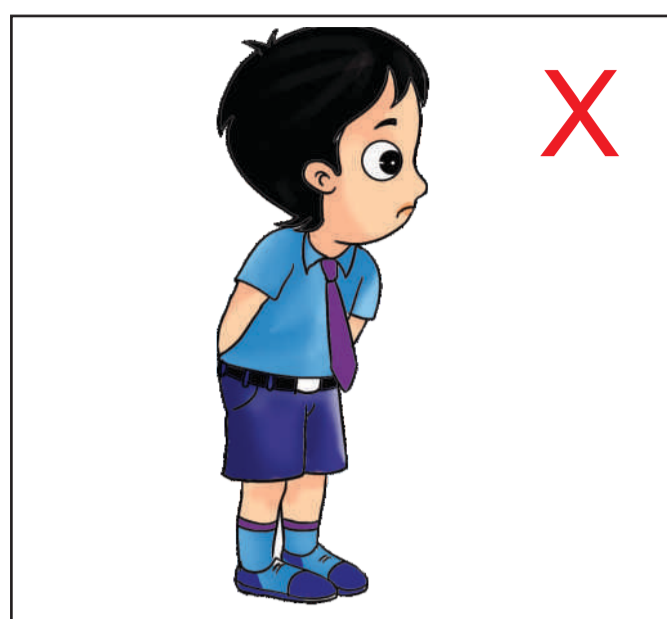


2#1

Say **No** to any
Unsafe Touch/Look/Behaviour



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'Assertive' means to express your feelings and views firmly and confidently without insulting the other person or becoming violent.



Being 'confident' means looking sound and sure of what you are saying and doing.

Correct body language helps us to be safe.



If we speak loudly and firmly, look directly at who we're talking to, and sit/stand straight, there is more chance that people will listen to us and believe us.

If we are confident, there is a lesser chance that we will get into trouble.

I am the boss of my body.

I am the owner of my body.
Taking care of my body
makes me happy.

- a. Who will always be with you from the day you are born? **Your body.**
- b. Who feels the pain if you get hurt?
- c. If I am hungry, can I ask your mouth to eat for me?
- d. If I feel tired, can your body rest for me?
- e. Can I tell your hand to do my homework?
- f. Can I tell your legs to play football for me?
- g. Who is with you all the time?
- h. Who will come to know that you are hungry, happy or hurt first?





BE A BUDDY, NOT A BULLY.



- Nobody likes bullying behaviour.
- We must treat others the same way we want them to treat us.





- Always flush the toilet after use and make sure everything goes down properly.
- Keep the toilet clean by not leaving any trash on the floor.
- Be mindful of your surroundings and avoid making a mess in the toilet area.
- Be a bathroom superhero - save water by turning off the tap when you're done washing your hands.
- Don't flush feminine hygiene products like pads, tampons, or wipes - they can clog the toilet and cause a major mess.
- Respect other people's privacy and personal space.
- If you see any leaky taps, inform your teachers.
- If you see someone being mistreated or bullied in the bathroom, tell a teacher or trusted adult immediately.
- If someone tries to enter your stall, yell "NO" loudly and tell a trusted adult immediately.
- Keep your writing on paper, not on the walls - the sweeper doesn't want to read your poetry!

We All Deserve Respect

Here is something to ponder upon.
Did you know that elephants grieve their dead?



Elephants are known for their remarkable **empathy** towards sick, dying, or dead elephants. They stay near or guard them and even revisit the carcass, covering it with dirt, leaves, or branches. If these magnificent creatures can respect their dead peers, shouldn't we show respect for the bodies of those who are still alive?

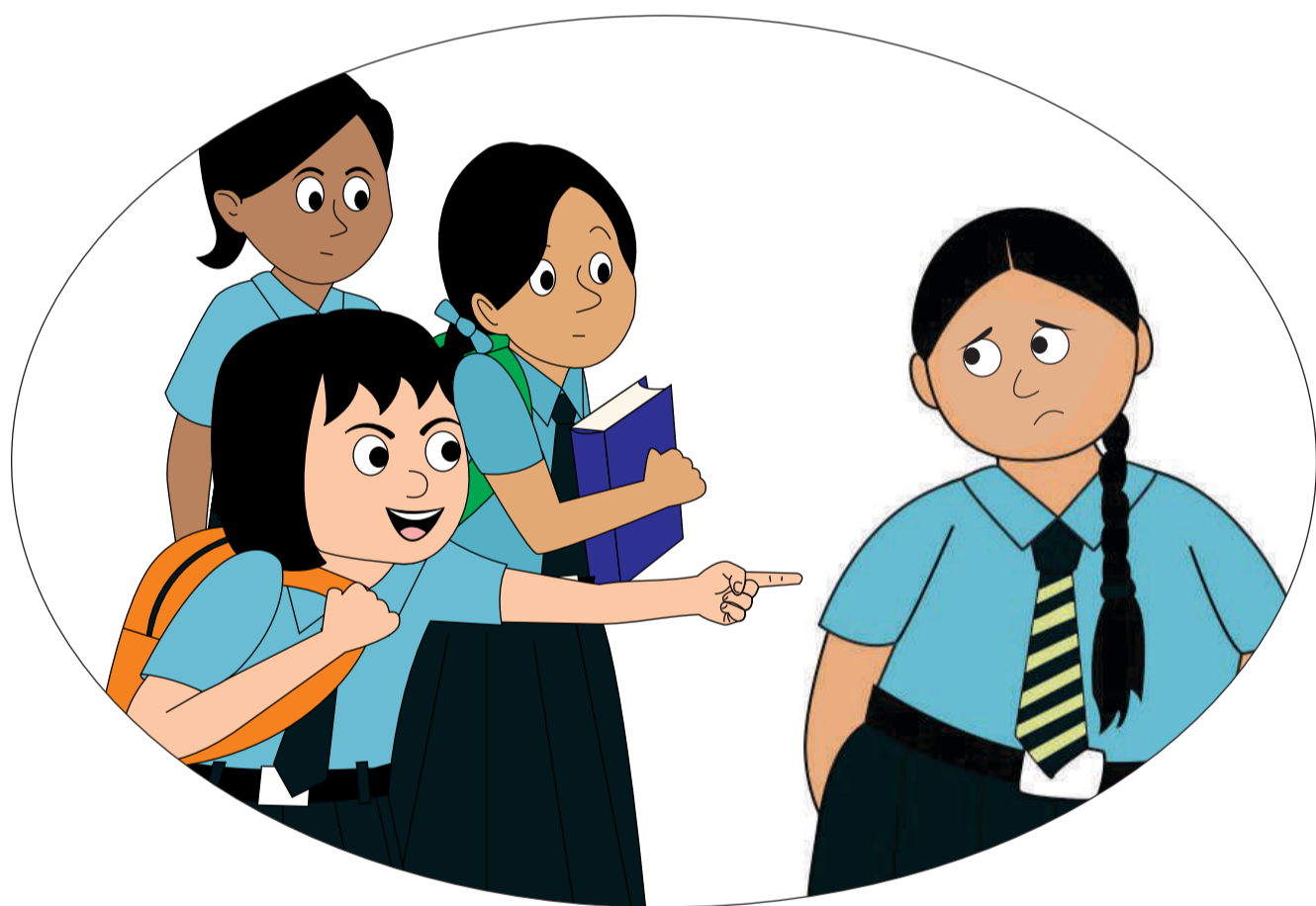
Let's create a culture of **respect** in our school. Writing vulgar or inappropriate messages on the toilet walls hurts everyone. Let's show respect for ourselves and our peers by using our words to build each other up, not tear each other down.

Remember, the things we write have a lasting impact on those who read them. Let's work together to make our school a **respectful and positive** place for everyone.

Pranks vs Bullying: Understanding the Difference

Learn to Identify and Stop Harmful Behavior

A **prank** is a harmless, playful act intended to make someone laugh, typically involving a surprise or trick that is meant to be funny, such as hiding a friend's phone or setting up a fake spider to scare them.



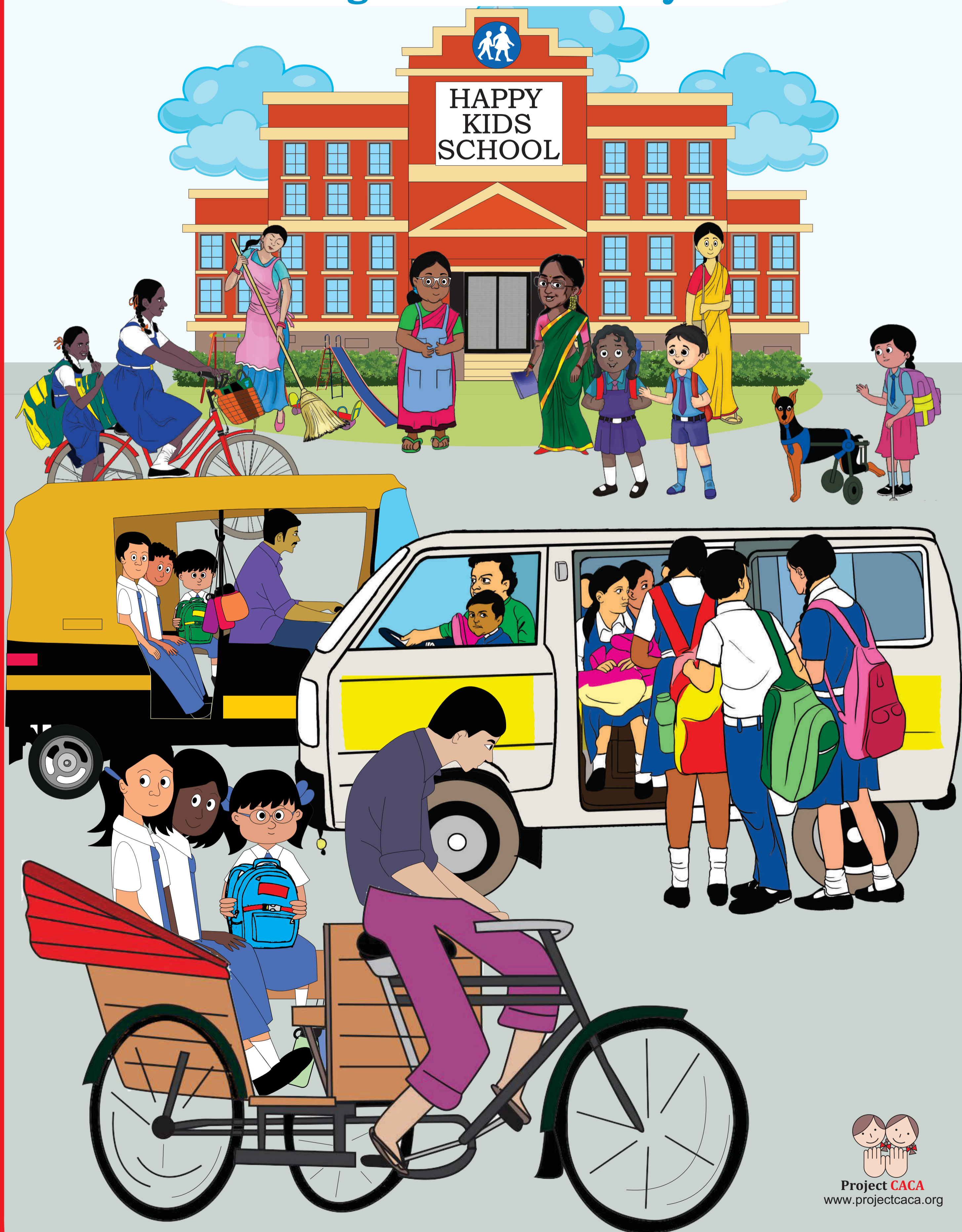
Bullying is intentional and repeated behaviour meant to harm, intimidate, or belittle someone. It can take physical, verbal, or emotional forms, and often involves a power imbalance between the bully and victim, causing significant psychological and emotional harm.

Pranks are meant to be harmless fun, while bullying is intended to cause harm and exert power over someone. The key difference is intent. It's important to **recognize the distinction and intervene** if necessary to prevent harm.

5#1



Samagra Shiksha Abhiyan



Physical Punishment Is Not Discipline: It's Abuse

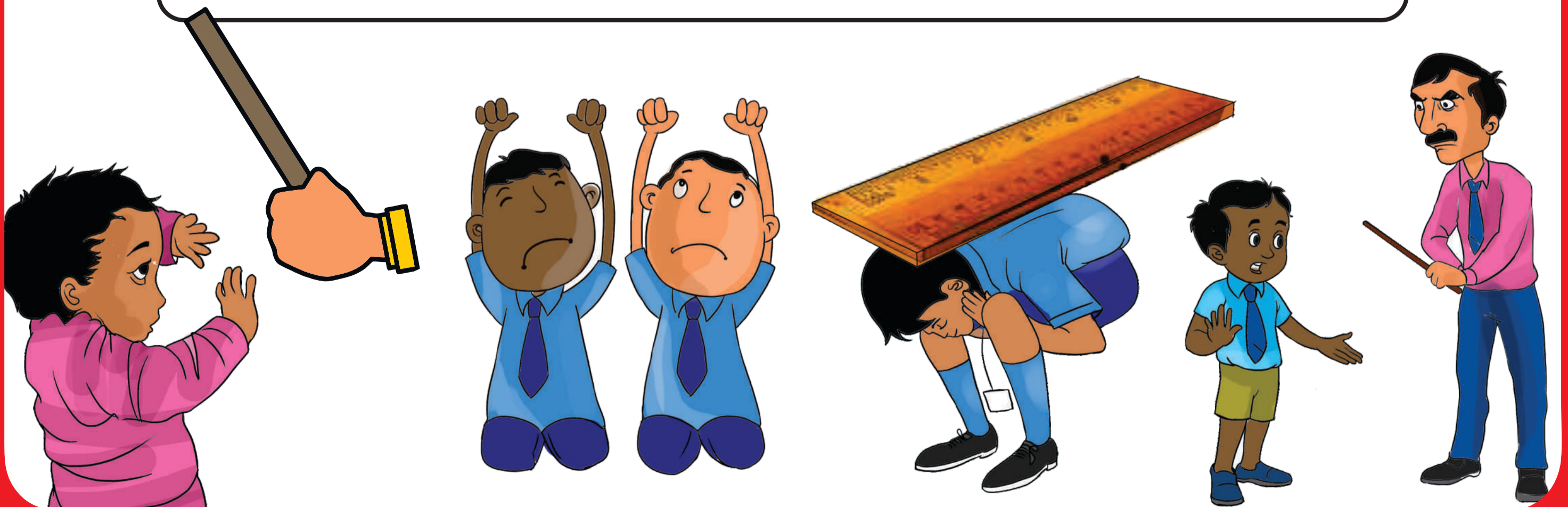
We hold the key to young hearts and minds,
A chance to shape the future of humankind.

But when we choose violence as a tool,
We send the message that aggression is cool.

Let's model love, empathy, and respect,
Towards the young ones, we aim to protect.
Creating a safe space for them to grow,
Where fear and violence will never show.

Corporal punishment, a harmful act,
Attacks a child's dignity, that's a fact.
Its effects can last a lifetime through,
Leading to violence towards others anew.

Love and gentleness are the way to go,
Rewards and fear are sad shows.
Let's break the cycle of violence and abuse,
Creating a world where love and respect infuse.



Child Rights

My Rights = Your Rights



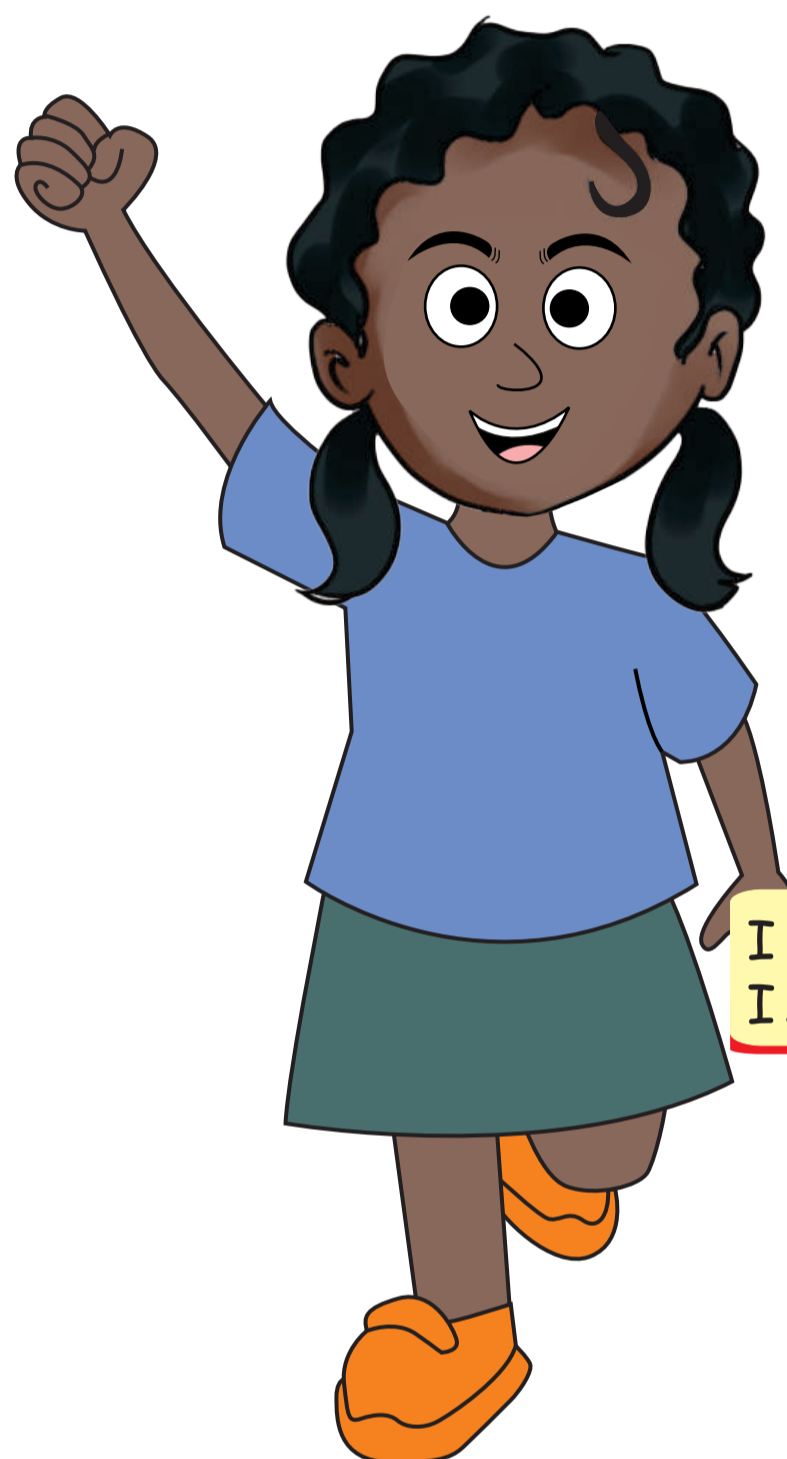
UNICEF

Children are also citizens. They, too, have rights called child rights.

Every child is born with child rights, and no one can take them away.

Rights cannot exist without responsibilities and duties.

Individuals below 18 are considered children/minors/juveniles, while those between 13 to 19 are teenagers, and those between 15 to 24 or 34 are youth.



I have the right to a good quality education that lets me learn, do my homework, read books, and participate in class.

I have the right to play, have fun, do sports and relax. I should include everybody in my activities and games.

I have the right to be cared for and protected, and I must respect others and show care for them.

I have the right to try new things and make mistakes, and I should learn from my mistakes and not repeat them.

I have the right to eat healthy and enough food, and I should ensure not to waste food.

I have the right to freedom of religion and thought, and I must respect the religions and thoughts of other people.

I have the right to good health care, and I can keep myself healthy by taking care of myself when I am old enough.



I have the right to a clean and safe environment and should find ways to keep my surroundings clean and safe.

I have the right to special care and support when I need it, and I should use every chance to be the best person I can be.

I have the right to be protected from abuse and harm, and I should show care for others and not bully others.

I have the right to be taken seriously and share views and ideas. I must also listen to others and respect their opinions.



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Child Rights and Our Constitution

Children are also citizens. They, too, have rights like other citizens. They also have special rights called child rights. Every child in the world has one thing in common - their rights.

The right to identity (Articles 7 and 8).

The right to equality (Article 14).

The right against discrimination (Article 15).

The right of minorities for protection of their interests (Article 29).

The right to education (Article 28).

The right to an opinion (Article 12 and 13).

The right to privacy.

The right to be protected from violence (Articles 19 and 34).

The right to be protected from armed conflict (Articles 38 and 39).

The right to be protected from exploitation (Articles 19, 32, 34, 36 and 39).

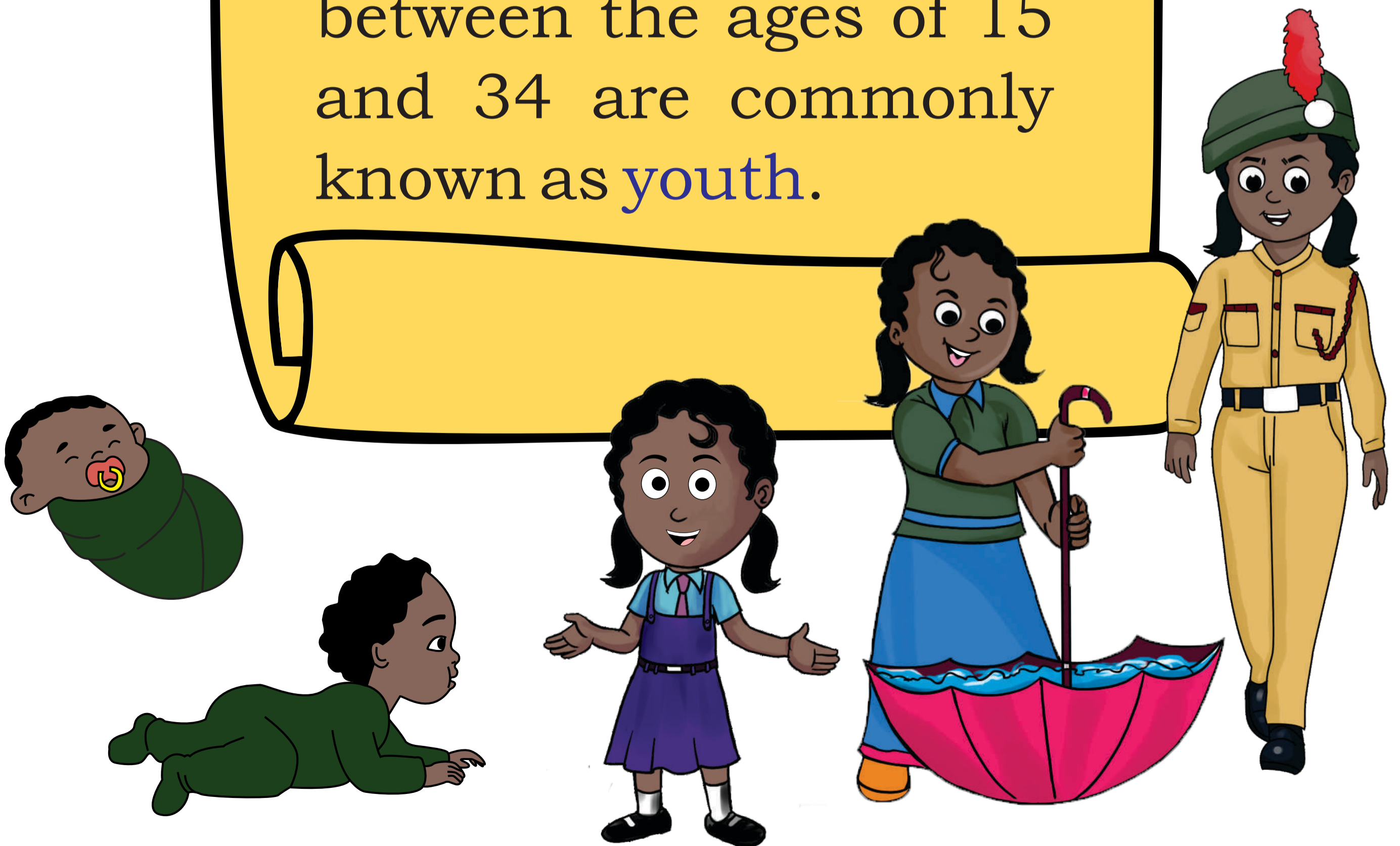
The right to be protected from any hazardous employment till the age of 14 years (Article 24).



Age of a child



Any person who has not yet reached the age of 18 is considered a **child**. The age range of 13 to 19 is typically referred to as the **teenage** years, while individuals between the ages of 15 and 34 are commonly known as **youth**.

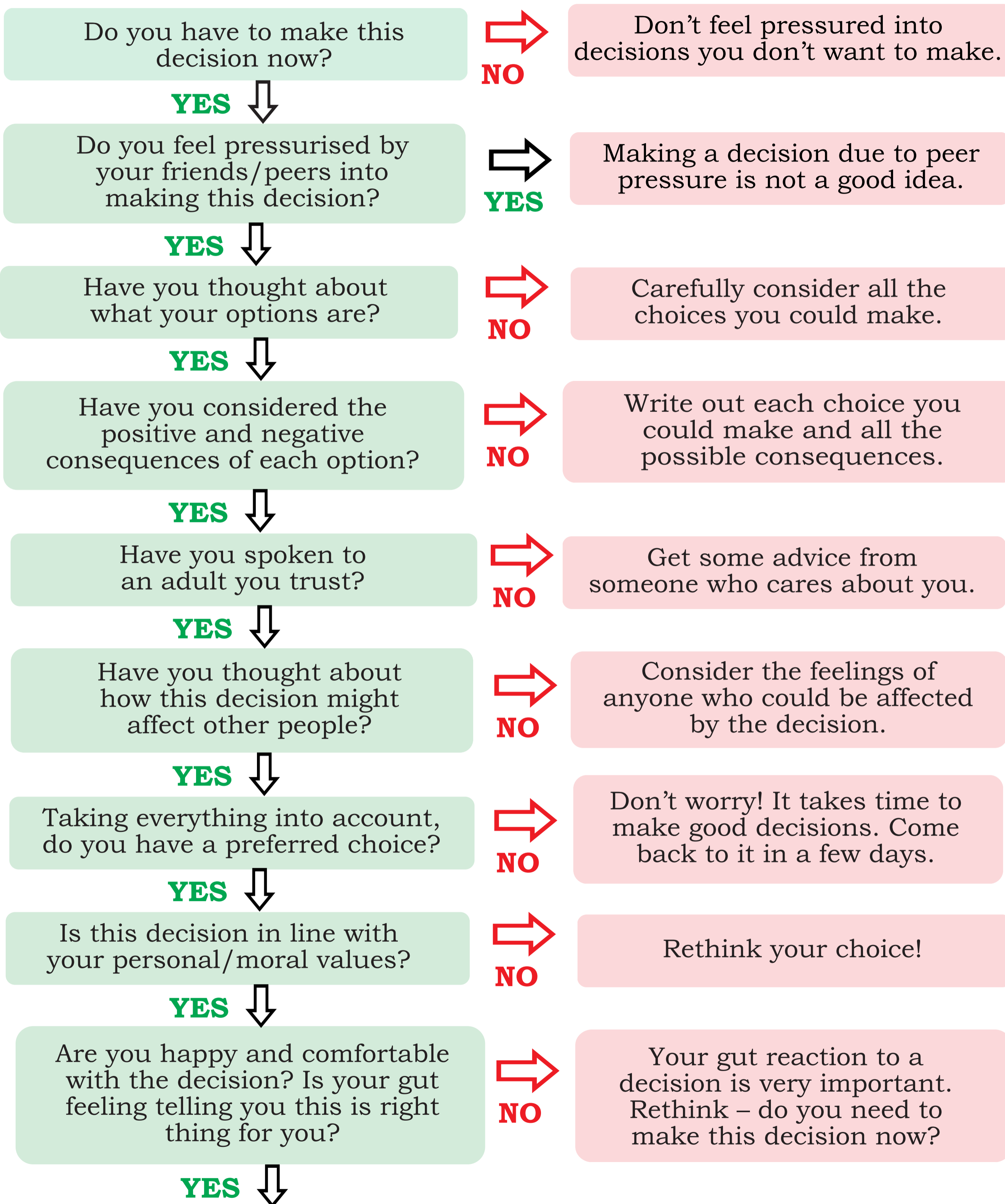


Decision Making



6#1

Here is a flowchart that shall help you in making decisions.



After following this chart, your decision may differ from what you initially wanted. But going through different options is a good idea. This way, you can make better decisions objectively and rationally.

7#1

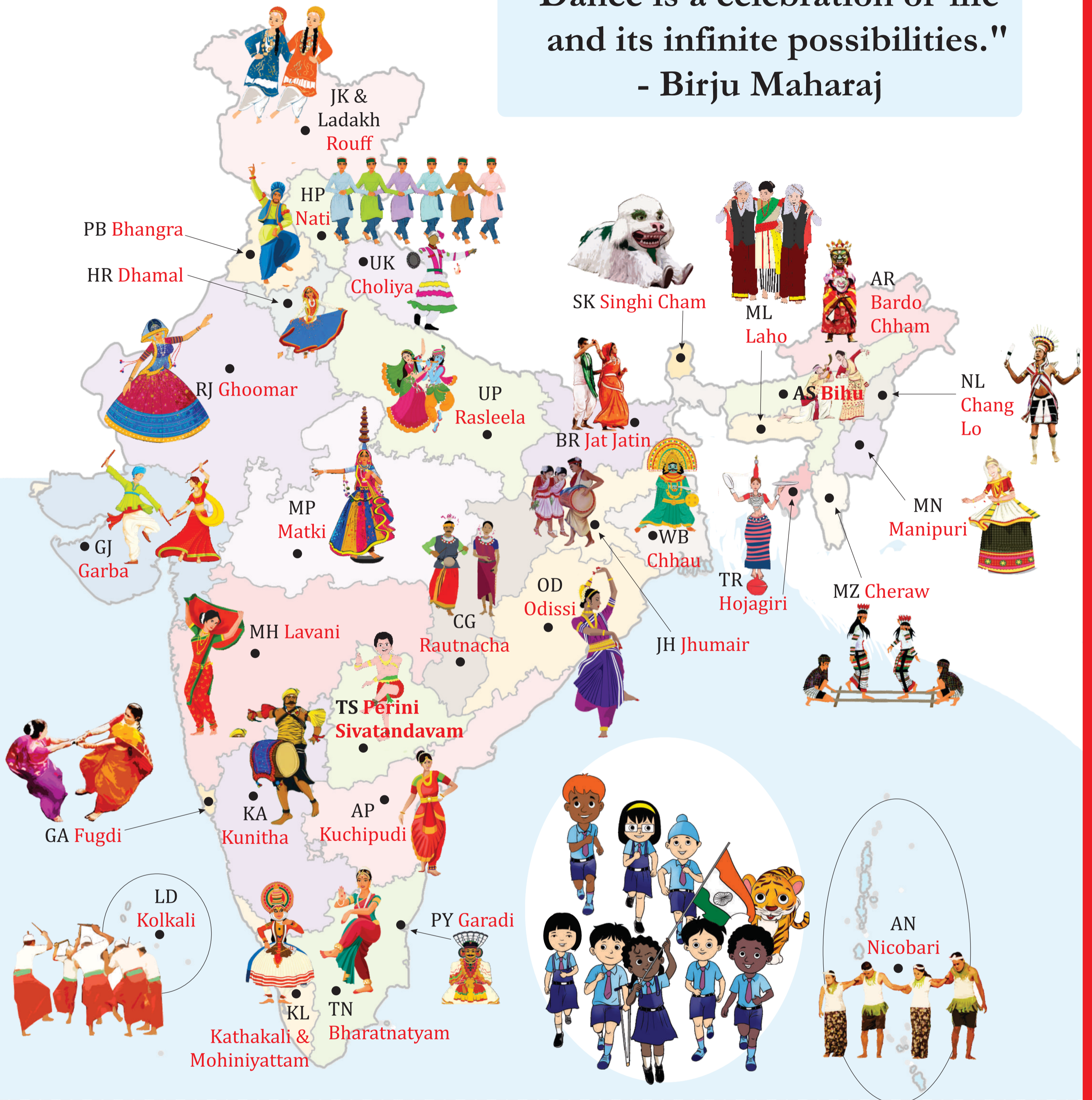


When everyone is included, everyone wins.



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“Dance is a celebration of life
and its infinite possibilities.”
- Birju Maharaj



Andhra Pradesh - AP
Arunachal Pradesh - AR
Assam - AS
Bihar - BR
Chattisgarh - CG
Delhi - DL
Goa - GA
Gujarat - GJ
Haryana - HR
Himachal Pradesh - HP
Jammu and Kashmir - JK

Jharkhand - JH
Karnataka - KA
Kerala - KL
Lakshadweep Islands - LD
Madhya Pradesh - MP
Maharashtra - MH
Manipur - MN
Meghalaya - ML
Mizoram - MZ
Nagaland - NL
Odisha - OD

Pondicherry - PY
Punjab - PB
Rajasthan - RJ
Sikkim - SK
Tamil Nadu - TN
Telangana - TS
Tripura - TR
Uttar Pradesh - UP
Uttarakhand - UK
West Bengal - WB

It Is Not Your Fault

When people do wrong, they are afraid,
Because from the right path, they have strayed.
They try to frighten the one they've abused,
The person whom they have used and bruised.

“You will lose love, and you will be blamed,
If someone finds out, you will be shamed.”
This is what they will say to fill you with guilt.
To break all the confidence that you have built.

“It must have been something you said or did,
That made me do the thing we hid.
You broke safety rules. You were careless,
That is why you have got into this mess.

So don't breathe a word, don't tell anyone.
Just come to me and let us both have fun.”
But they're wrong, no matter what they say
You must tell someone. You must try to find a way.

Because they did wrong and they are to blame;
You have only suffered, it is their shame.
It is all their fault, you have nothing to hide,
Do not add to your burden and shrivel up inside.

You break free. Don't listen to a word!
Tell someone you trust! Feel the joy of being heard.
If not the first or second, go on and tell a third.
'Cause then it will stop, and you'll be free as a bird.

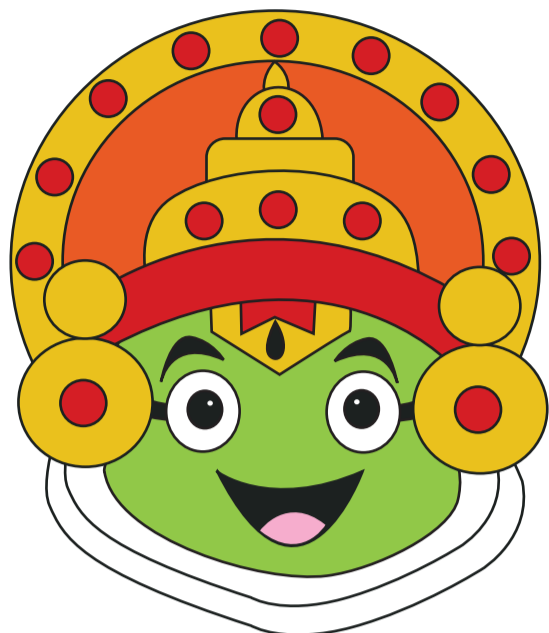


Silence is Golden, Except When It's Not

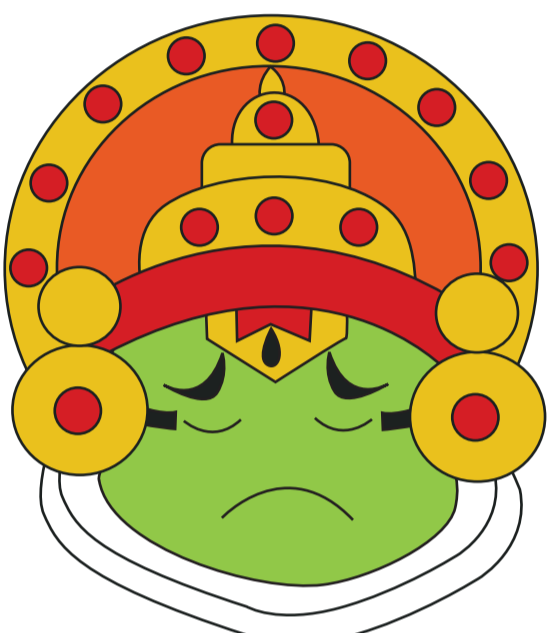
Silence is golden. But when it comes to staying safe from harm, **speaking up** is essential. If someone touches you in an **unsafe** manner, don't stay silent. Speak up and tell a trusted grown-up. Remember, it is **NOT** your fault."



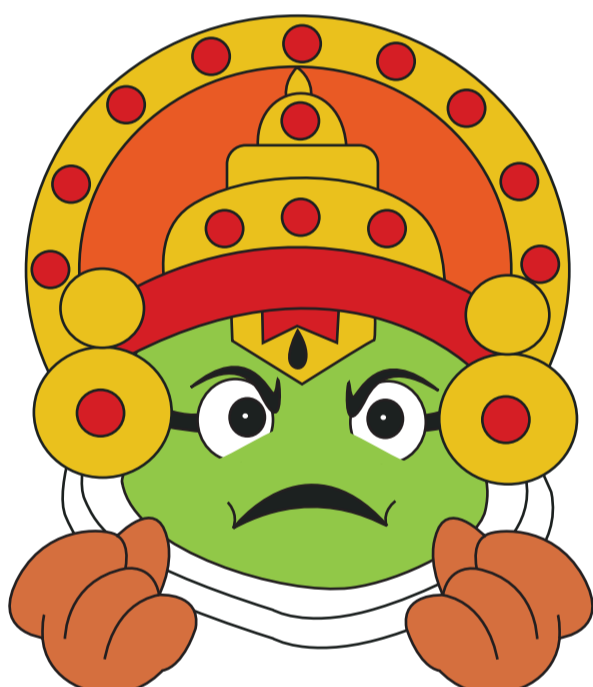
Happy



Sad



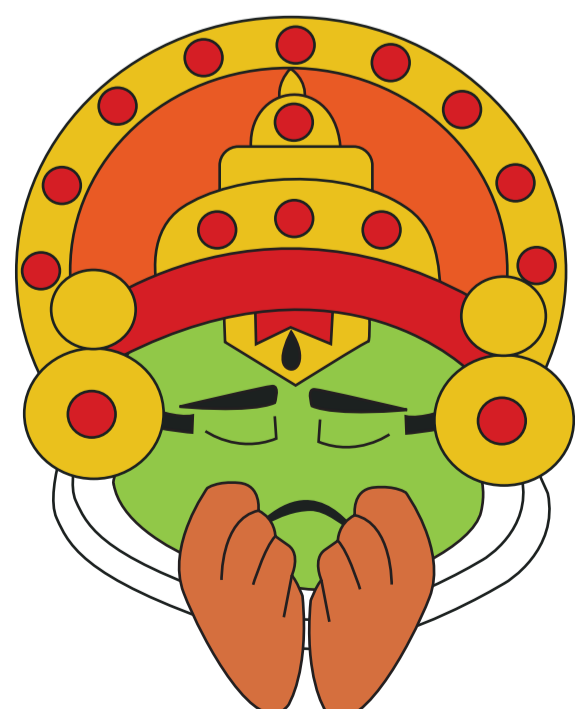
Angry



Afraid



Shame

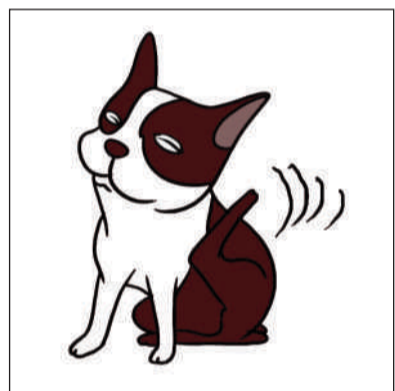


**I listen to my
feelings. They tell
me what is safe
and unsafe for me.**

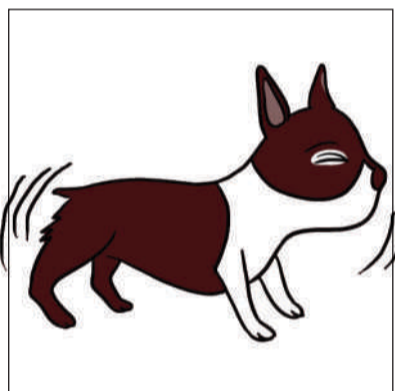


Whether it's a wagging tail, a contented purr, or a warning growl, animals use their bodies to convey their thoughts and feelings to those around them. Recognising and respecting their feelings and body language can deepen our relationships with them and create more meaningful connections with the natural world.

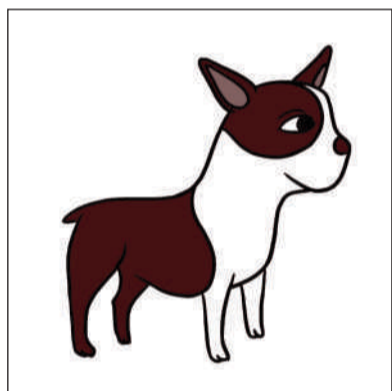
Even people with little experience with dogs can tell what a dog is most likely feeling.



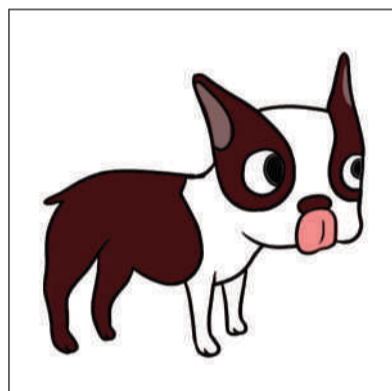
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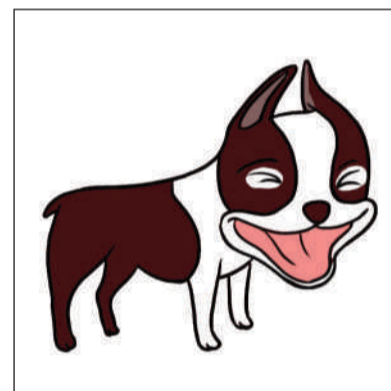
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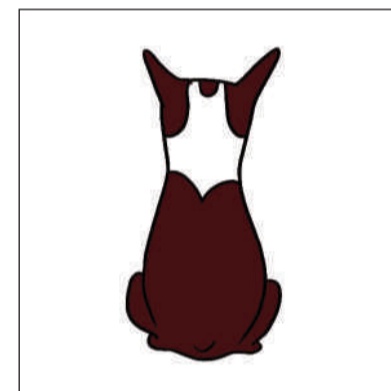
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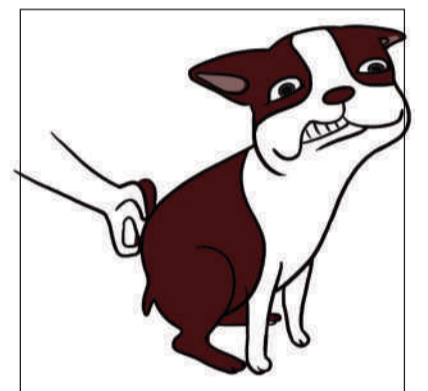
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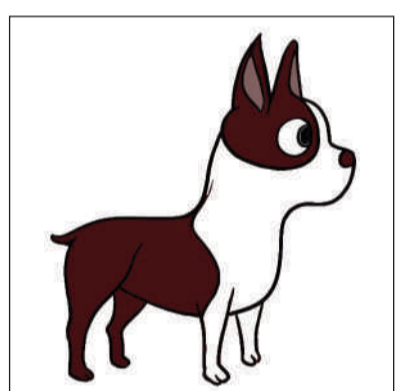
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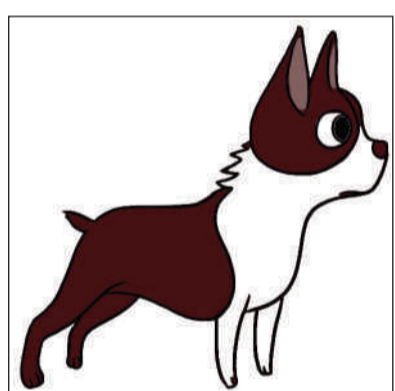
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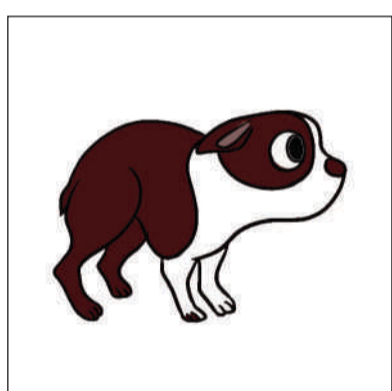
MMMM...



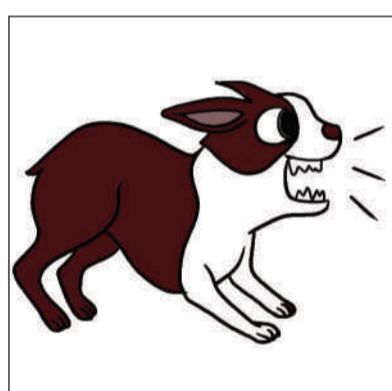
ALERT



SUSPICIOUS



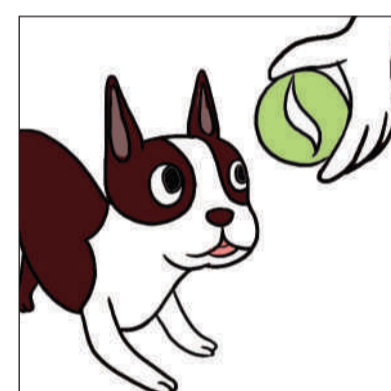
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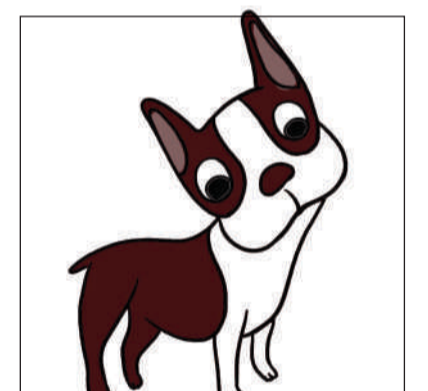
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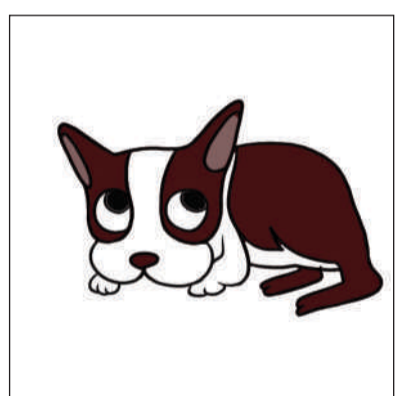
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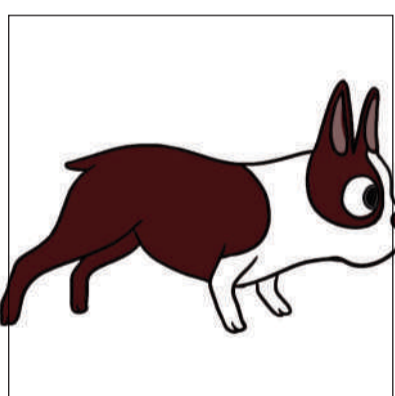
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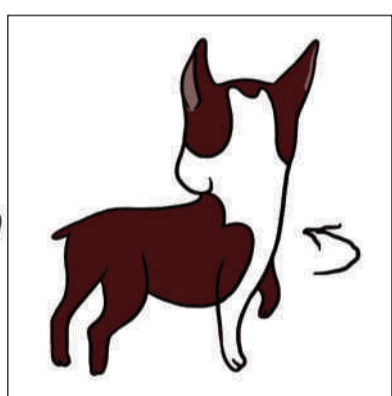
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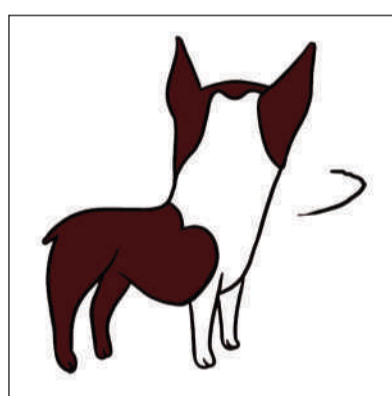
AFRAID



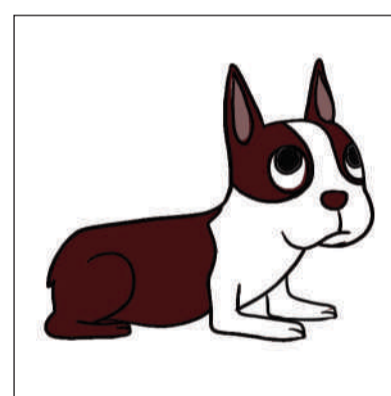
STALKING



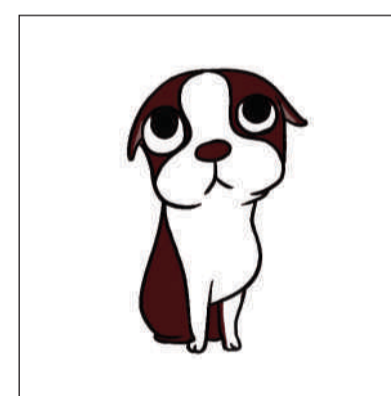
DISLIKE



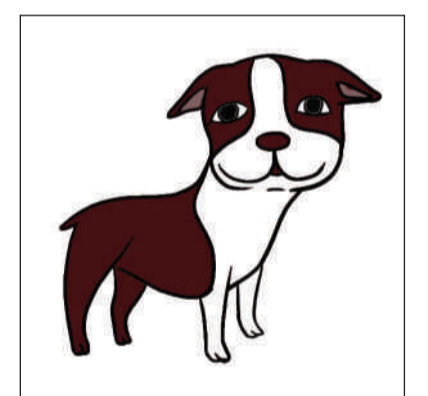
DISLIKE



THINKING



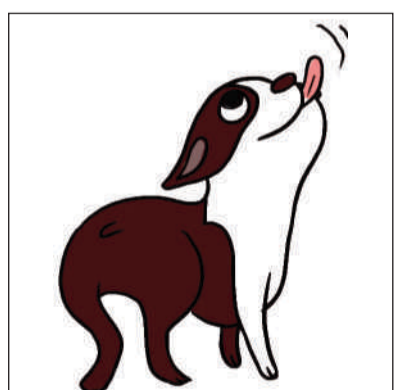
THINKING



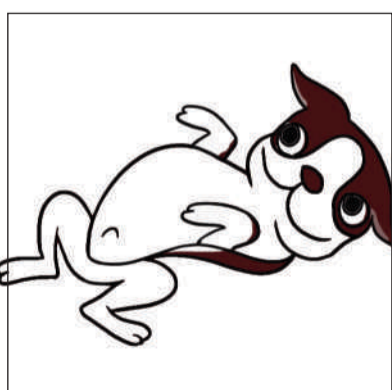
FRIENDLY



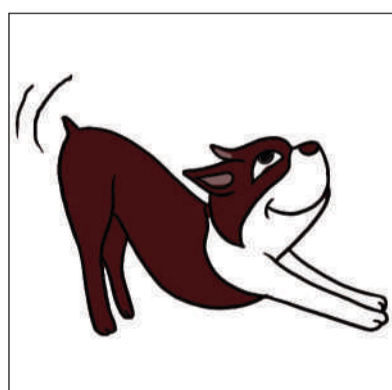
FRIENDLY



FRIENDLY &
POLITE



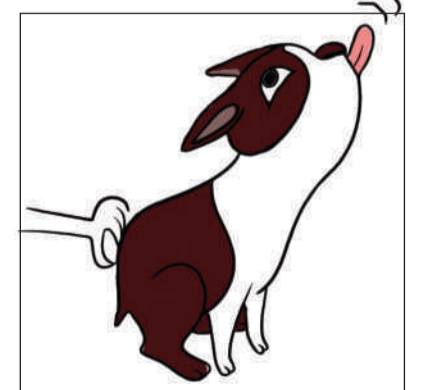
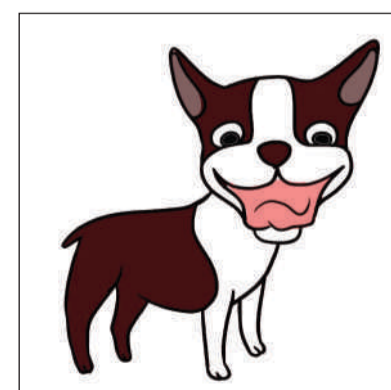
FUN/HAPPY



HELLO/GREETING



HAPPY



PLEASURE/FUN

Earth, The Only Home We Have Ever Known

9#1



"Hello there, friend! Do you know about the 17 United Nations Sustainable Development Goals (UNSDGs) to make the world a better place?"



"Sustainability is a mindset, not a destination."



Breaking Gender Stereotypes 10#1

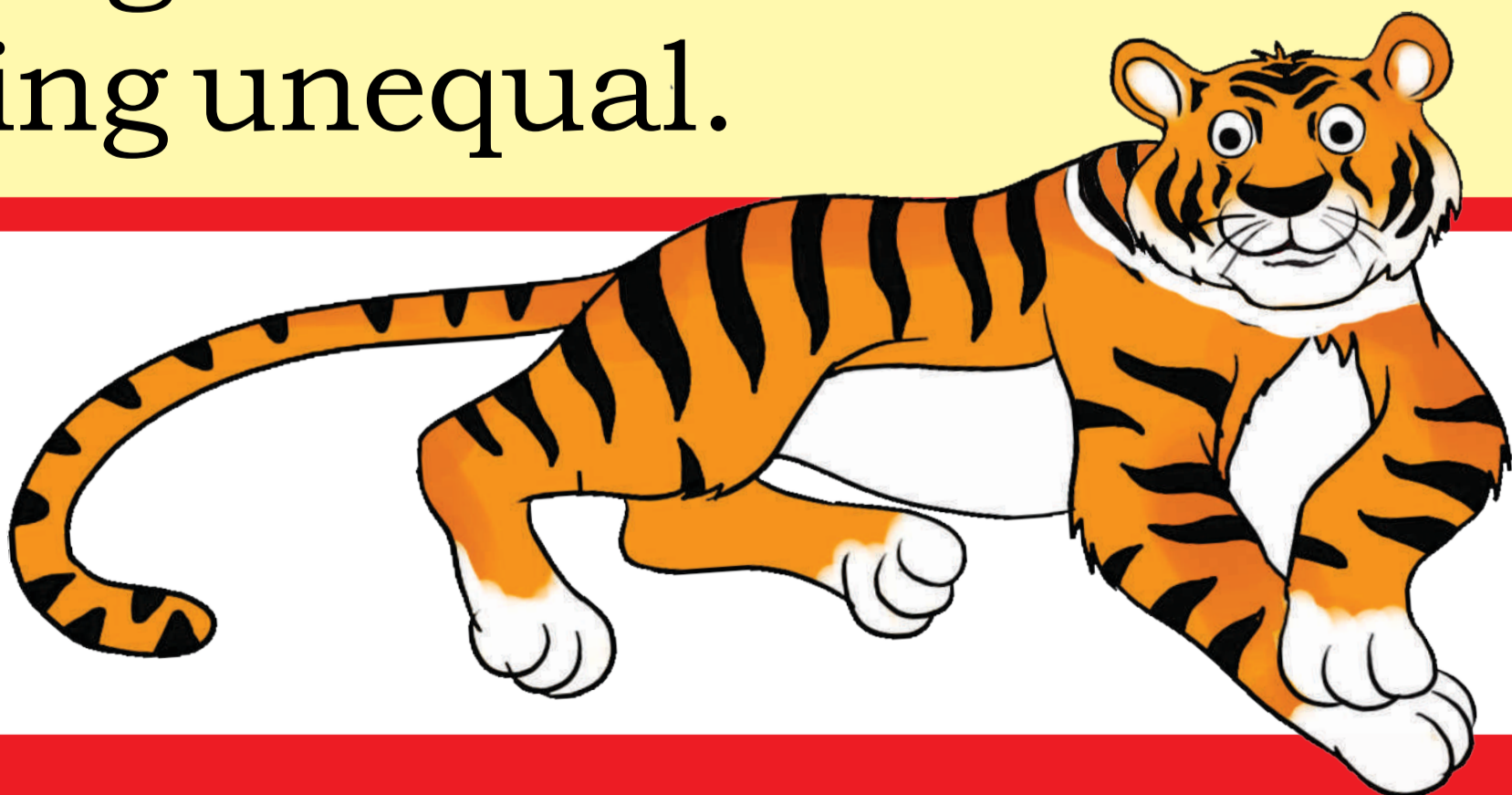


- Gender equality is a universal human issue, not just a women's issue, as it impacts us all.
- Emotions, intelligence, and qualities are not limited by gender, but are shared by all.





- Being born as a boy, girl, or other is not a choice. We are born that way.
- It's natural and okay to be different from each other.
- We do not choose our bodies. Nature has made our bodies.
- Being different does not mean being unequal.



Let us grow up, listen, read, learn,
share, and perform together.





किताबें करती हैं बातें
बीते जमानों की
दुनिया की, इंसानों की
आज की, कल की
एक-एक पल की।
खुशियों की, गमों की
फूलों की, बमों की
जीत की, हार की
प्यार की, मार की।
सुनोगे नहीं क्या
किताबों की बातें?
किताबें, कुछ तो कहना चाहती हैं
तुम्हारे पास रहना चाहती हैं।
किताबों में चिड़िया दीखे चहचहाती,
कि इनमें मिलें खेतियाँ लहलहाती।
किताबों में झरने मिलें गुनगुनाते,
बड़े खूब परियों के किस्से सुनाते।
किताबों में साईंस की आवाज़ है,
किताबों में रॉकेट का राज़ है।
हर इक इल्म की इनमें भरमार है,
किताबों का अपना ही संसार है।
क्या तुम इसमें जाना नहीं चाहोगे?
जो इनमें है, पाना नहीं चाहोगे?
किताबें कुछ तो कहना चाहती हैं,
तुम्हारे पास रहना चाहती हैं!

कवि: सफ़दर हाशमी

Books speak of times gone by,
Of human life, and the world outside,
Of today and tomorrow, each moment nigh,
Of joy and sorrow, of flowers and mines,
Of victories and losses, love and strife.

Will you not listen to what they say?
For books have stories to convey,
And they wish to stay by your side.

In books, birds chirp and dance with glee,
Fields sway in the breeze, endlessly,
In books, streams hum and sing,
Fairy tales of princesses and kings.

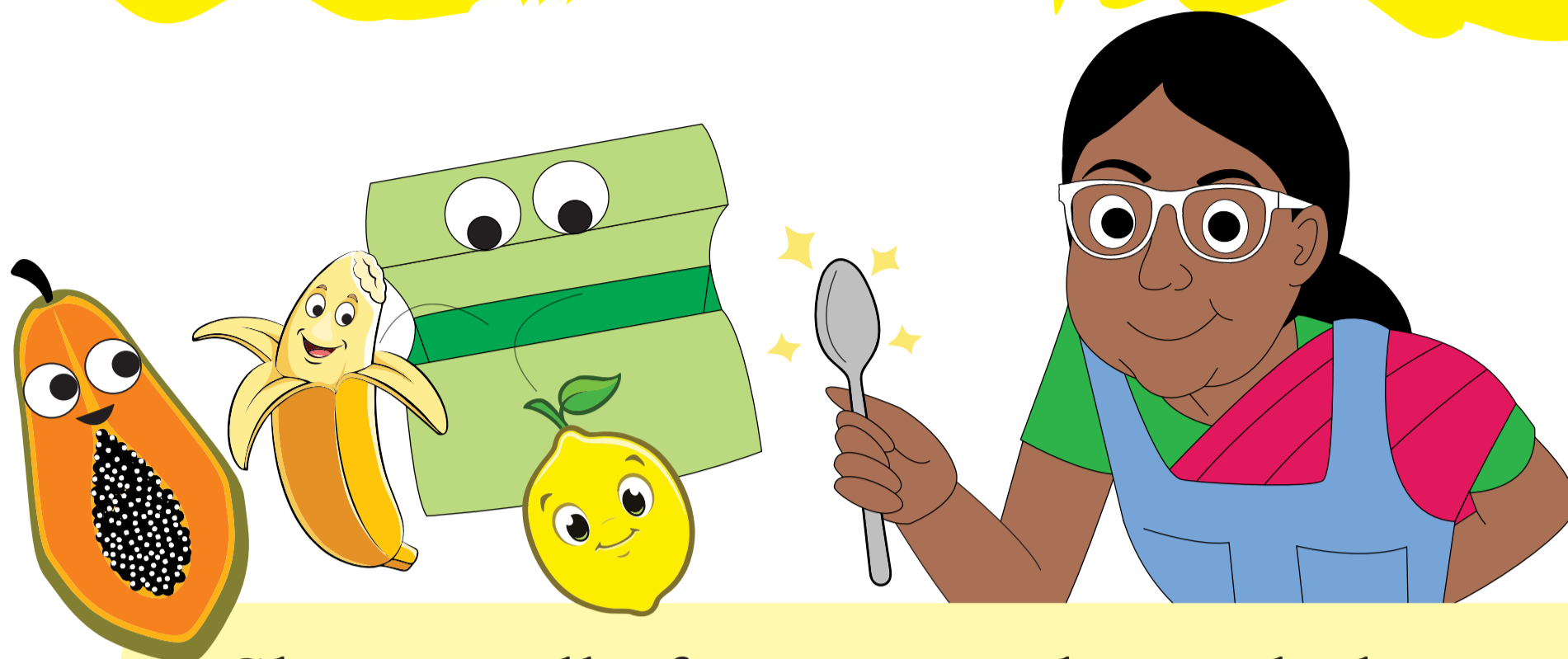
Books have science's voice and might,
And secrets of rockets' flight,
Every field of knowledge is there,
A world of its own, without compare.

Don't you wish to delve within,
Find what's in there, and begin,
For books have much to say,
And they wish to stay with you, day by day.

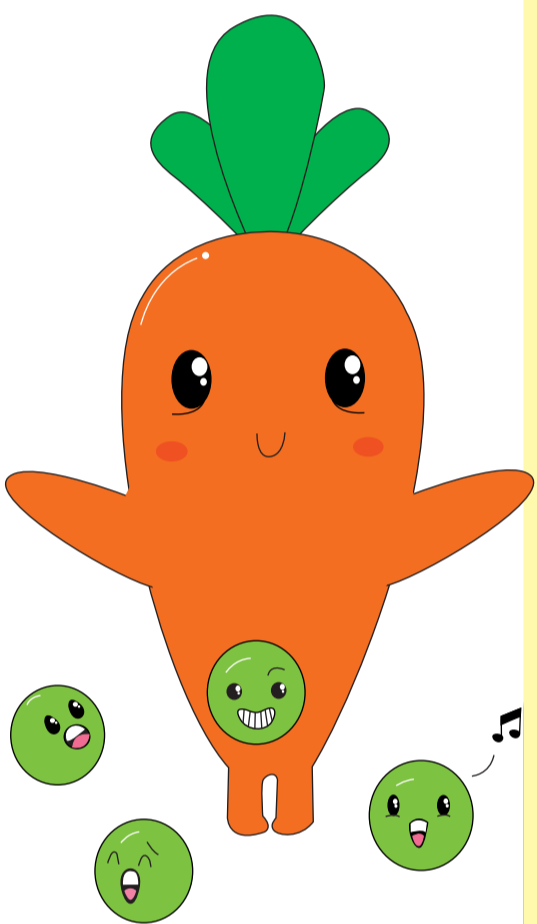
Poet: Safdar Hashmi



Health is real wealth



- Chew well for strength and better digestion.
- Chewing food thoroughly is a good habit.
- Eat fruits and veggies for a fulfilling life.
- Less junk food, more movement, fruits and veggies for a balanced diet.
- Finish breakfast, the most important meal of the day.
- Junk food is unhealthy.
- Your diet affects your health.
- Eat to fuel your body, not your emotions.

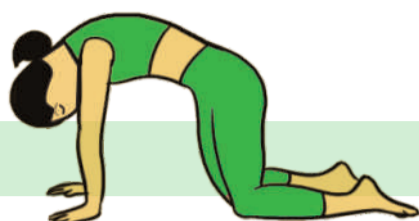


Life is more fun if you play games. | Games lubricate the body and the mind. | Games are nature's most beautiful creation. | Play, have fun and enjoy the game.

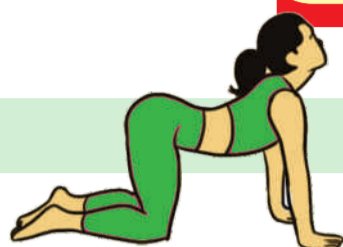


**Yoga is the journey of the self,
through the self, to the self.**

Warm-up



Cat
Marjariasana



Cow
Bitilasana



Melting Heart
Anahatasana



Child's Pose
Balasana



Standing Forward Bend
Uttanasana

Stretching



Pyramid
Parsvottanasana



Downward Facing Dog
Adho Mukha
Vanasana



Garland
Malasana



Seated Forward Bend
Paschimottanasana



Bound Angle
Baddha Konasana

Head to Knee
Forward Bend
Janu Sirsasana



Half Lord of
the Fishes
Ardha
Matsyendrasana



Hero
Virasana

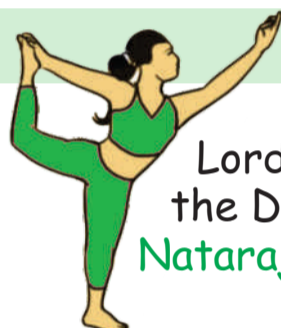


Wide-Angle Seated
Forward Bend
Upavistha Konasana

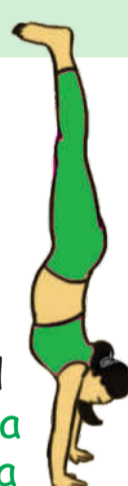
Balance



Tree
Vrikshasana



Lord of
the Dance
Natarajasana



Handstand
Adho Mukha
Vrikshasana



Eagle
Garudasana

Standing Split
Urdhva Prasarita
Eka Padasana



Half Moon
Ardha Chandrasana



Warrior III
Virabhadrasana III



Crow
Kakasana



Extended Hand-
to-Big-Toe
Utthita Hasta
Padangusthasana



Dancing Shiva
Porivrtta Utthira
Hasta Padangusthasana

Strength

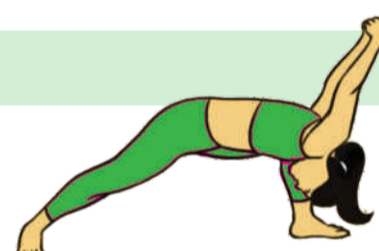


Warrior I
Virabhadrasana I

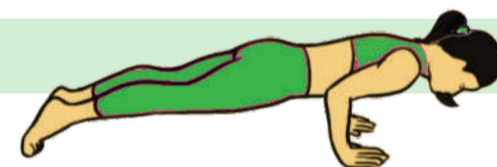
Warrior II
Virabhadrasana II



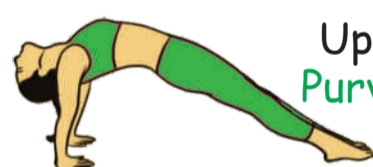
Goddess
Utkata Konasana



Humble Warrior
Baddha Virabhadrasana



Four-Limbed Staff
Chaturanga Dandasana



Upward Plank
Purvottanasana



Chair
Utkatasana



Dolphin
Ardha Pincha
Mayurasana

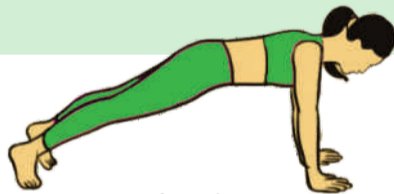


Triangle
Trikonasana



High Lunge
Utthita Ashwa
Sanchalanasana

Core



Plank
Kumbhakasana



Side Plank
Vasisthasana



Boat
Navasana

One-Legged
Downward Dog
Eka Pada Adho
Mukha Svanasana



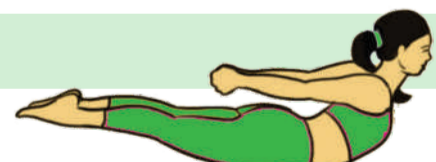
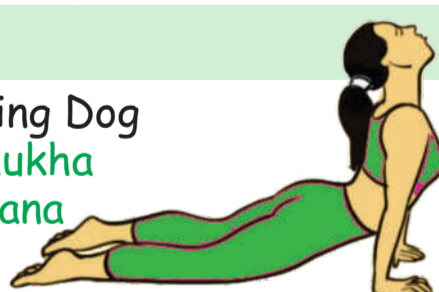
Scale
Tulasana

Backbending



Cobra
Bhujangasana

Upward Facing Dog
Urdhva Mukha
Shvanasana



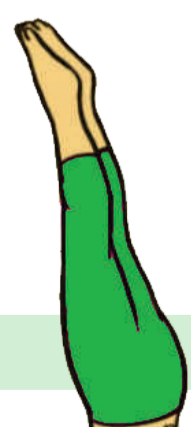
Locust
Sholobhasana



Bow
Dhanurasana



Camel
Ustrasana



Reclining Hero
Supta Virasana



One-Legged King Pigeon
Eka Pada Rajakapotasana



Upward Bow
Urdhva
Dhanurasana

Restorative / Warm Down

Legs Up the Wall
Viparita Karani



Shoulder Stand
Sarvangasana



Plough
Halasana

Easy
Sukhasana



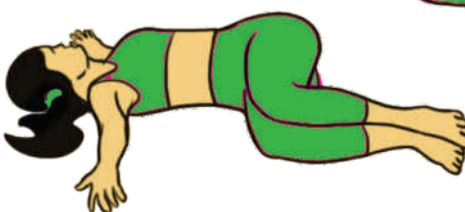
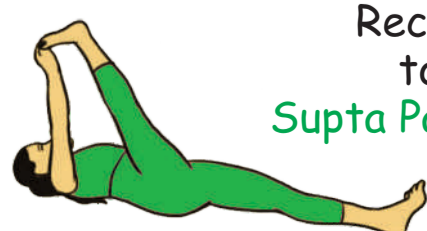
Happy Baby
Ananda Balasana



Reclining Bound Angle
Supta Baddha Konasana



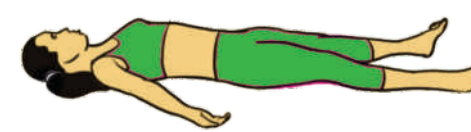
Reclining Hand
to Big Toe
Supta Padangusthasana



Supine Spinal Twist
Supta Matsyendrasana



Half Pigeon
Ardha Kapotasana



Corpse
Shavasana

12#4



Celebrating Diversity: The Paralympics



Boccia



Equestrian



Shooting



Canoe



Football 5-a-side



Sitting Volleyball



Basketball



Goalball



Wheelchair Rugby



Athletics



Judo



Swimming



Badminton



Powerlifting



Table Tennis



Archery



Cycling Road



Taekwondo



Cycling Track



Rowing



Triathlon



Wheelchair Fencing



Wheelchair Tennis





"The Nosebleed Woes!"

12#5



During the summer, the air is often drier due to the hot weather, which can cause the nasal passages to dry out and become more susceptible to nosebleeds.

Step 1: Sit upright and lean forward. This way, you reduce blood pressure in the veins of your nose, which stops further bleeding.



Step 2: Gently blow your nose and avoid foreign objects. Blow your nose to clear it of any blood clots. Tissues or handkerchiefs should not be used to stuff the nose because doing so may increase the bleeding.



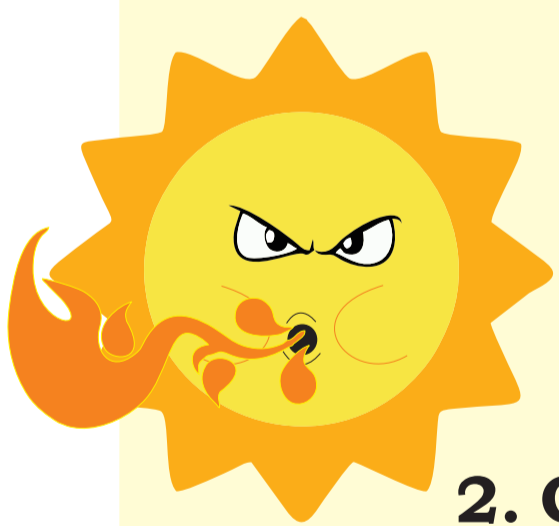
Step 3: Pinch your nose. Use your thumb and index finger to pinch your nostrils shut. Breathe through your mouth. Continue to pinch for 10 to 15 minutes.



Step 4: Take a rest. Rest after a nosebleed to avoid a recurrence. You should avoid sports, running, and other activities that cause your blood pressure to increase."



You can take steps to prevent nosebleeds during the summer:



1. You should **avoid being outdoors** when the heat is at its peak in the late morning and during the afternoon.
2. **Cover** your head with a cap or a stole when outdoors. Also, cover your nose with a handkerchief to avoid hot air drying the insides of the nose.
3. Drink **plenty of fluids and water** in summer to stay hydrated and prevent the nose from drying.
4. Keep the **inside of your nose moist**, as dryness can cause a nosebleed. Nasal saline sprays or gels like petroleum jelly moisten the nasal cavity.
5. **Don't** pick your nose too often, and don't blow or rub it too hard.
6. **Steam inhalation** prevents nose bleeding by moistening and protecting the nasal cavity.



Rabies



Rabies is a preventable viral infection that enters the body through bites and scratches from rabid animals, primarily dogs. It can lead to various symptoms, including hydrophobia, progressing rapidly and becoming fatal if untreated. Monkeys, bats, and other mammals can transmit this disease, but dogs are the primary carriers. Vaccinating dogs is crucial for rabies prevention and remains the most effective strategy.

Do not:

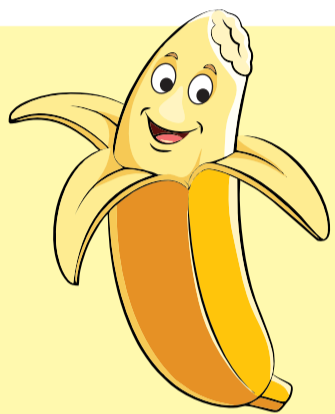
- Apply limestone, mustard oil, coffee powder, chillies or cow dung to the wound.
- Tie a cloth or bandage above the bite.

Do:

- Wash the wound with soap under running water for 15 minutes.
- Apply antiseptic solution.
- Consult a doctor immediately or rush to the nearest antirabies clinic.
- Complete the course of antirabies vaccination, as advised by the doctor.
- Vaccinate your pets against rabies every year.

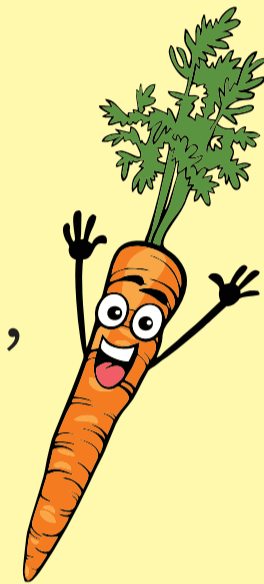
Yummy Friends

12#7



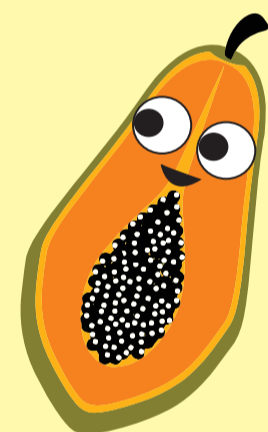
I am a yellow **banana**, tasty and nice,
Eat me regularly; this is my advice.

Meet me; I am a **carrot**, a crunchy treat,
Good for your eyes. I'm very sweet.



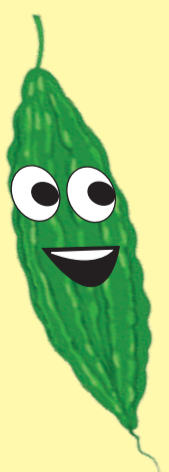
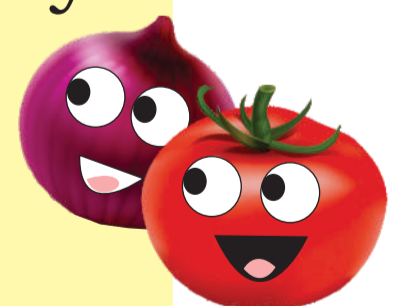
Lemon is here, sour if you bite,
drink, lick, or squeeze me. I'm a delight.

Give way; **Papaya** is here to stay,
Good for your stomach. Eat me every day.



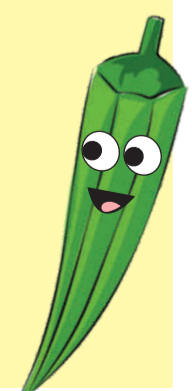
I am **spinach**, good for your blood,
I make you strong, the queen of the leafy club.

We are **onion and tomato**; we make your food yummy.
Lots of benefits when we go in your tummy.



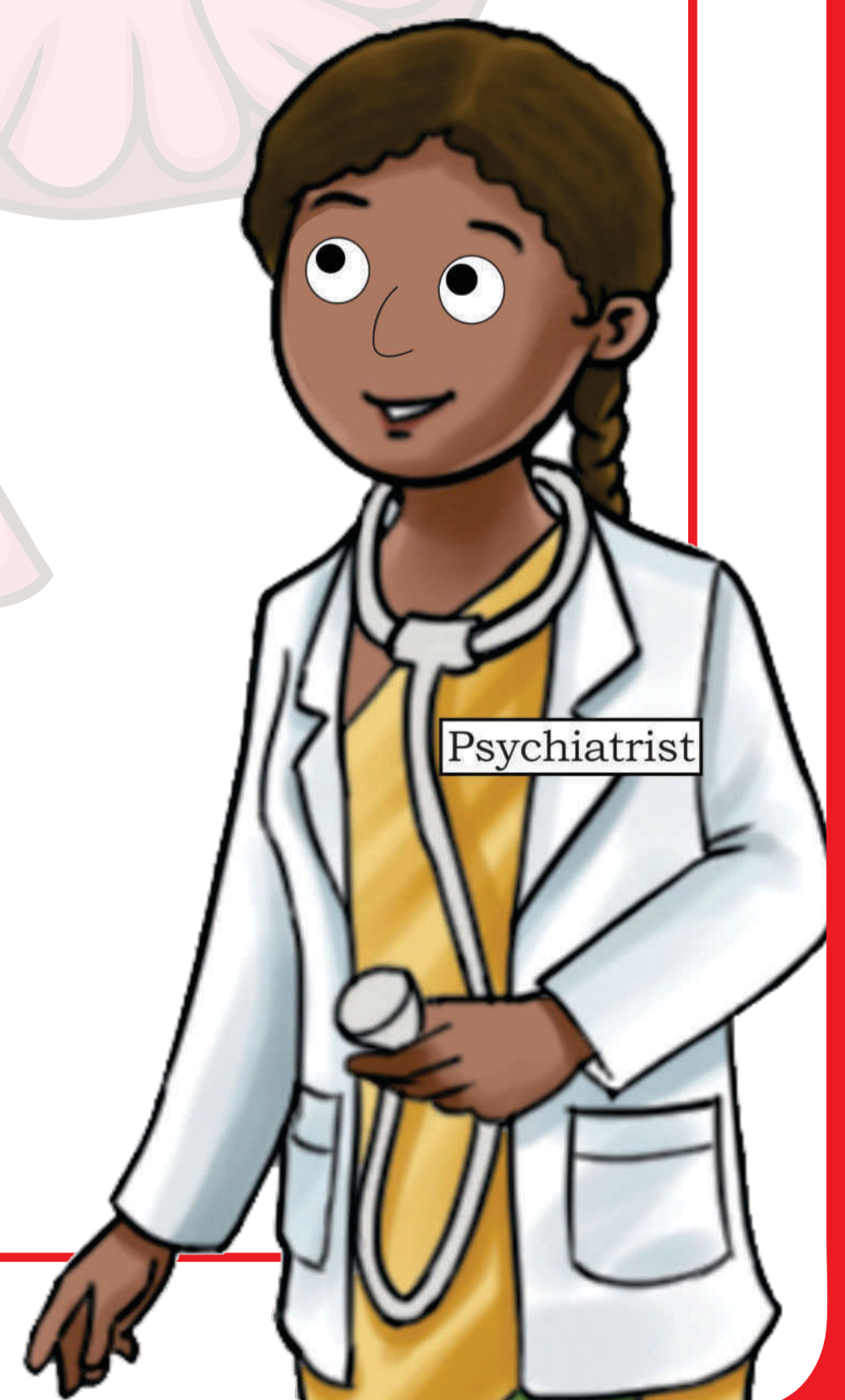
I am **bitter gourd**, oh so great!
Good for your health and I control your weight.

I am lean and green. **Ladyfinger** is my name,
Full of minerals and vitamins, a healthy dame.



- The brain is the **most important organ** of our body. Just because you can't see mental illness like you could see a broken bone doesn't mean it's not as detrimental or devastating to a family or an individual.
- Mental health **affects us all**. It's time to have an open and honest conversation about it.
- Let's **end the stigma** surrounding mental health by speaking up and reaching out for help when we need it.
- **No one should feel ashamed** or alone when dealing with mental health challenges.
- Let's create a culture of **compassion and understanding** for those who are struggling with mental health issues.
- You are **not weak** for seeking help. You are brave and strong for taking care of yourself and your mental health.
- Remember, **it's okay to not be okay**. Let's support each other and end the stigma surrounding mental health.

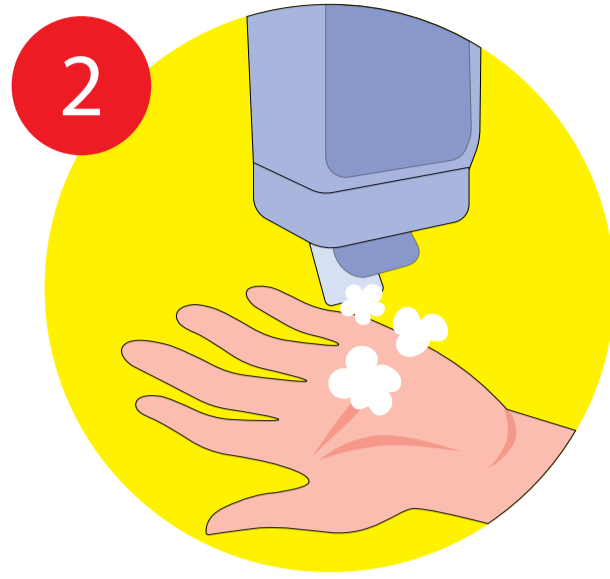
? *Do you know the difference between a psychologist and a psychiatrist?*



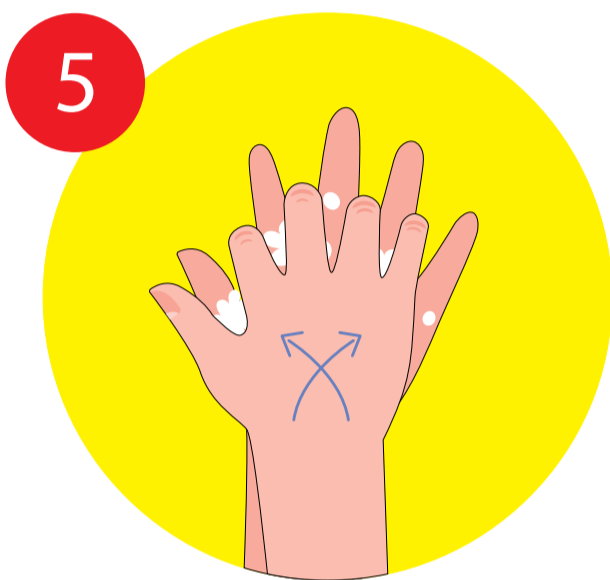
Wash Your Hands



Wet hands



Apply soap

Rub hands
palm to palmLather the back
of both handsScrub between
your fingersRub the back of fingers on
the opposing palm

Clean thumbs

Wash fingernails
and fingertips

Rinse hands

Dry with a
single use towelUse the towel
to turn off the faucet

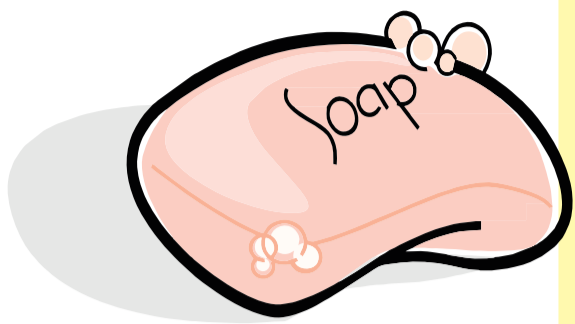
Your hands are clean



I always wash my hands with a soap:

- a.** After going to the toilet.
- b.** Before eating or serving food.
- c.** When I come back from playing.
- d.** After petting or touching an animal.





Hygiene means taking care of your body and keeping it neat and clean all the time.



Teeth smart!

You must brush your teeth twice a day - in the morning before breakfast and at night after dinner. Rinse your mouth after eating candy or chocolates.



Nail smart!

Keep your nails clean. Germs love to live in dirty nails!



Sneezing Smart!

Always cover your sneeze or cough. Use a handkerchief or tissue to cover your nose or mouth when you sneeze. If you do not have a handkerchief, sneeze or cough into your elbow. It is a good habit.



Friends



- A good friend shows respect and acts responsibly.
- A friend is a person who encourages you to do things that are safe and healthy.
- Make friends based on their qualities and behaviours.
- No friendship can exist without responsibilities.



Family

14#2



Family is not an important thing.
It's everything.

The memories we make with our
family are everything.

Family is like a tree; it grows roots
and branches that intertwine.

Family is the anchor that holds us
through life's storms.

The love and support of a family is
life's greatest blessing.



Equality, Equity and Parity

15#1



Equality means that everyone is given the same opportunities and rights. It applies regardless of race, gender, age, or social status.

Equity involves providing resources and support based on an individual's specific needs.



Parity means equal pay for equal work, regardless of gender.

This means that if two employees have the same job, experience, and duties, they should receive the same salary regardless of their gender.

United we stand, divided we fall

A flock of pigeons flew one fine day,
In search of grains, towards the bay.

"Hey, friends, look! So many grains!"
"Let's gather them all before it rains."

And so they spoke and quickly flew down,
They couldn't notice the trap on the ground.

A hunter had placed a net very cunningly.
He knew that pigeons would come willingly.

As soon as the pigeons landed on the net,
Their feet got stuck, and they started to fret.

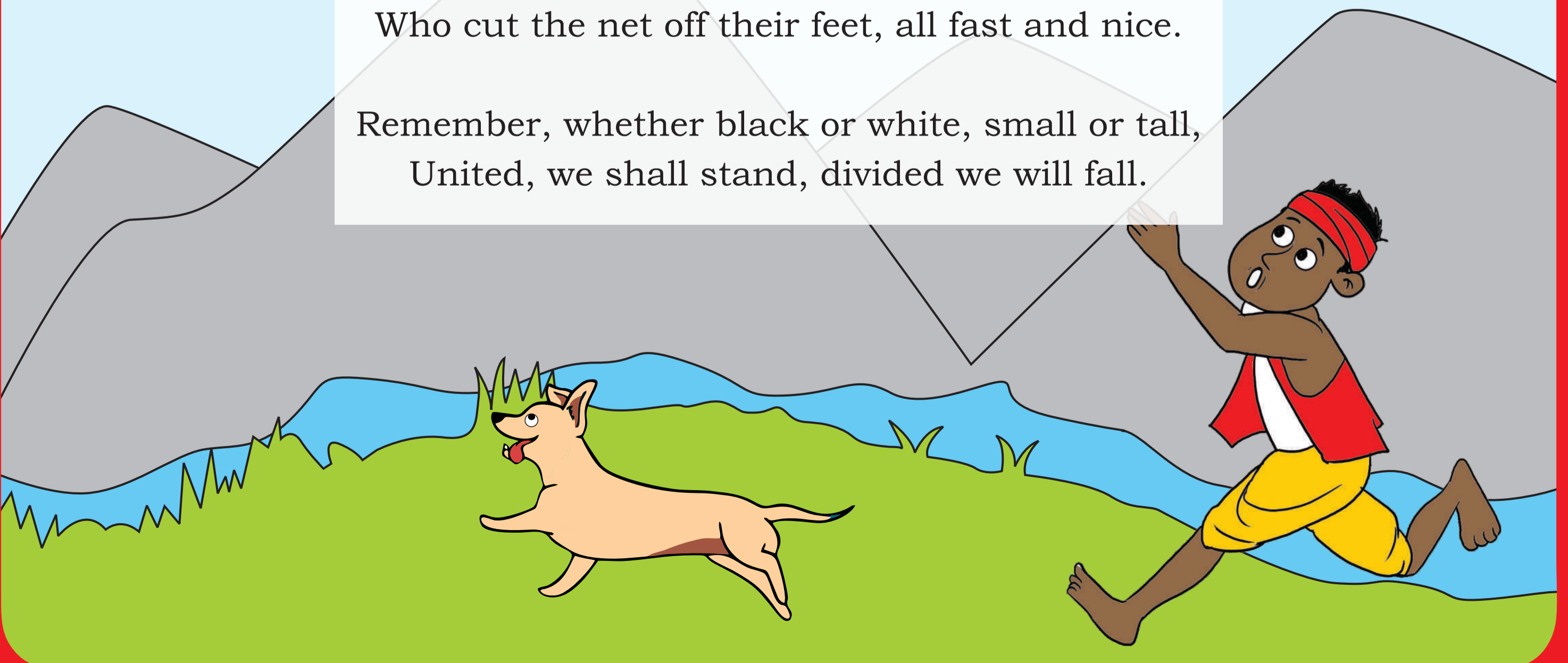
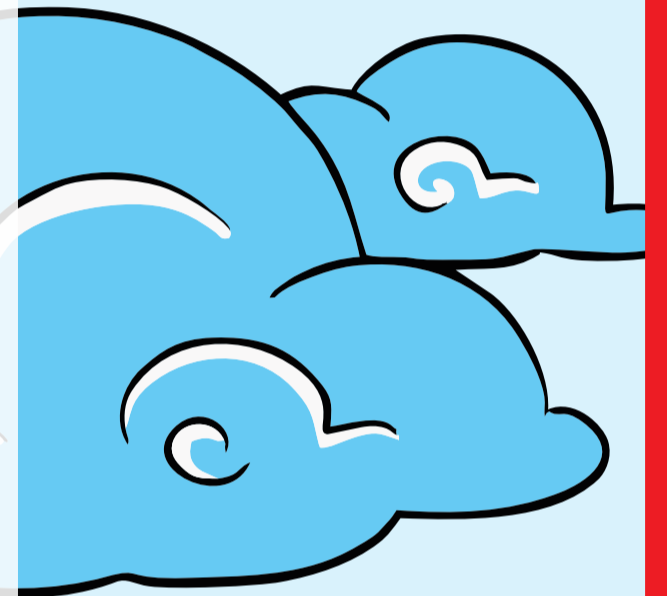
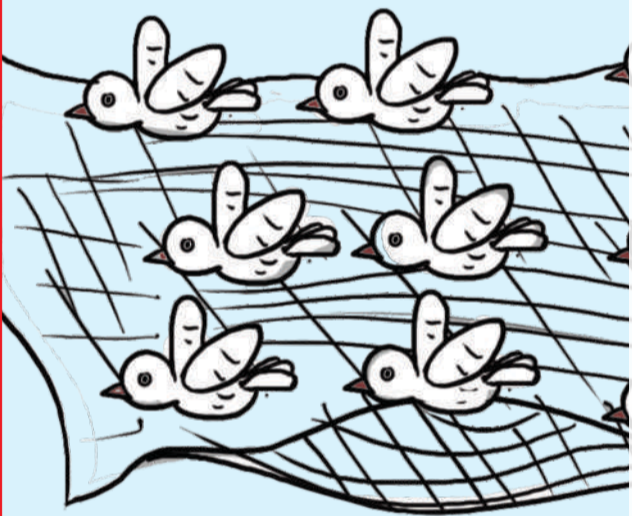
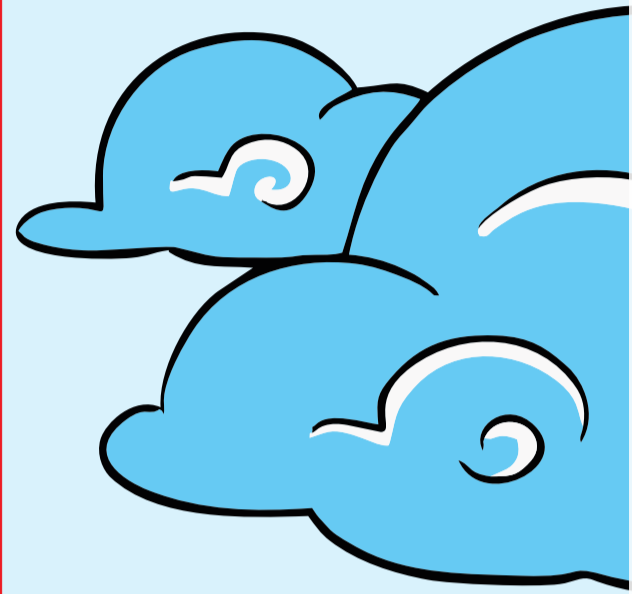
They all cooed and tried to break free,
But the net was strong as it could be.

The pigeon queen made a plan to be free,
"Let's fly together on the count of three."

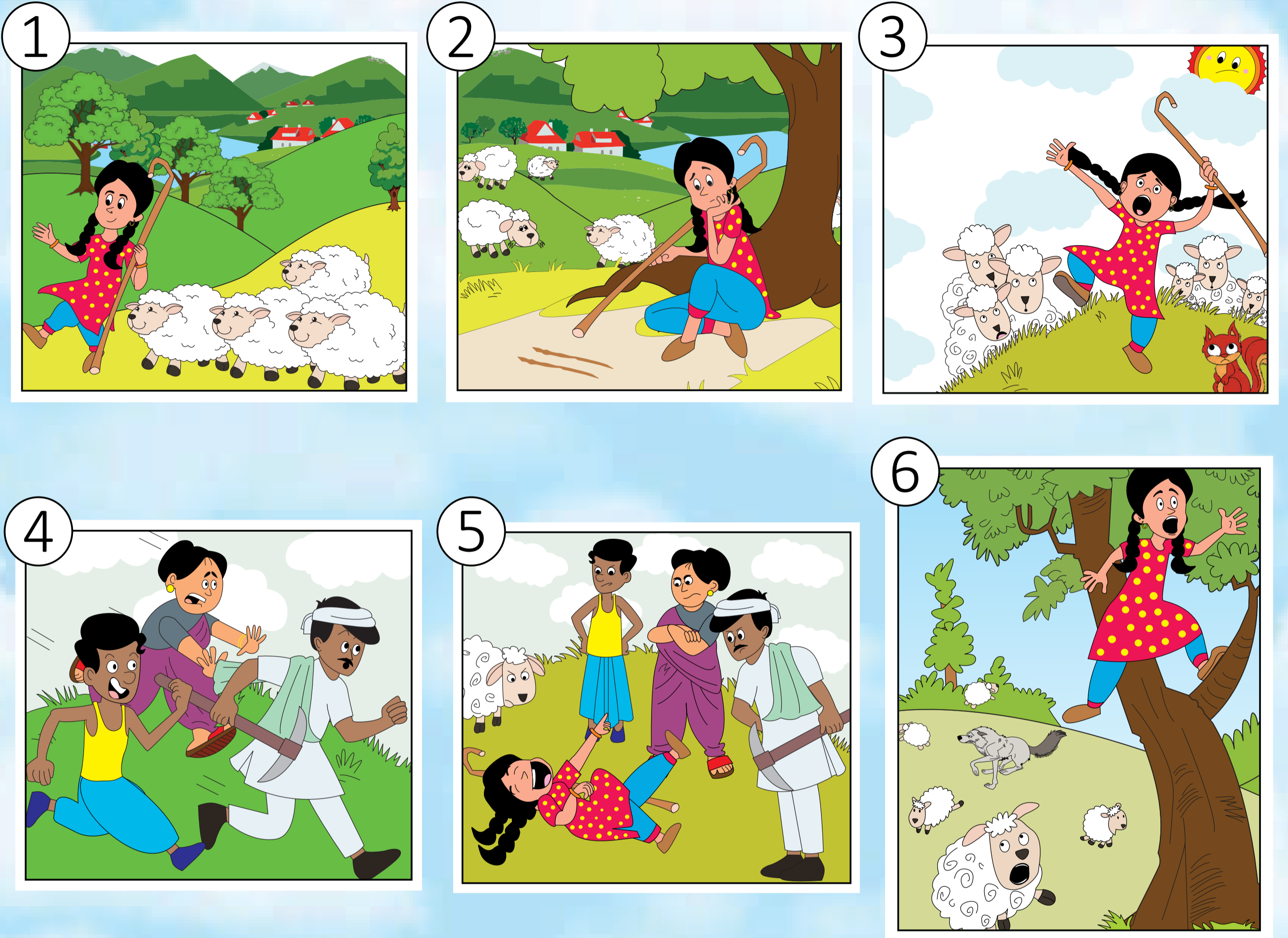
And off they flew into the big blue sky,
The hunter was shocked and started to cry.

They flew to their friends, a colony of mice.
Who cut the net off their feet, all fast and nice.

Remember, whether black or white, small or tall,
United, we shall stand, divided we will fall.

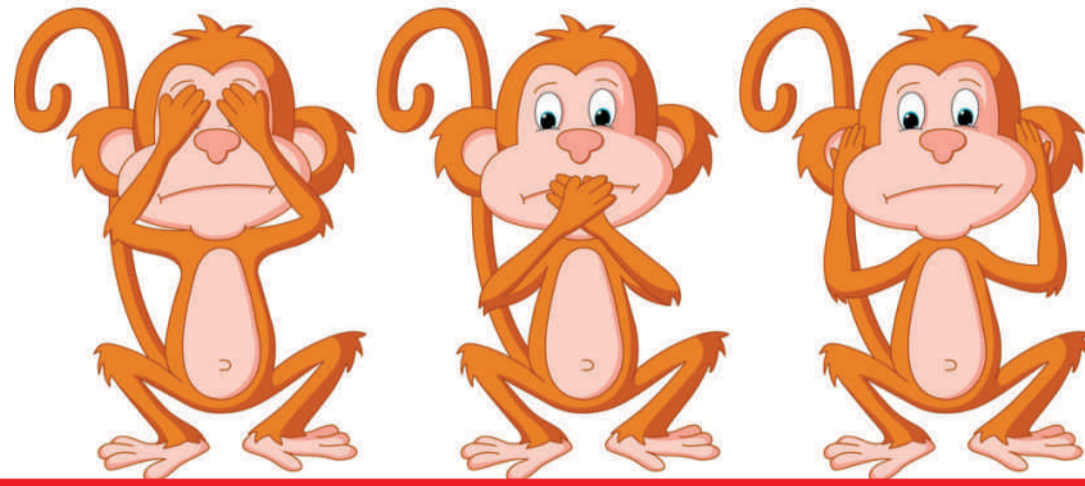


Lying is a bad habit

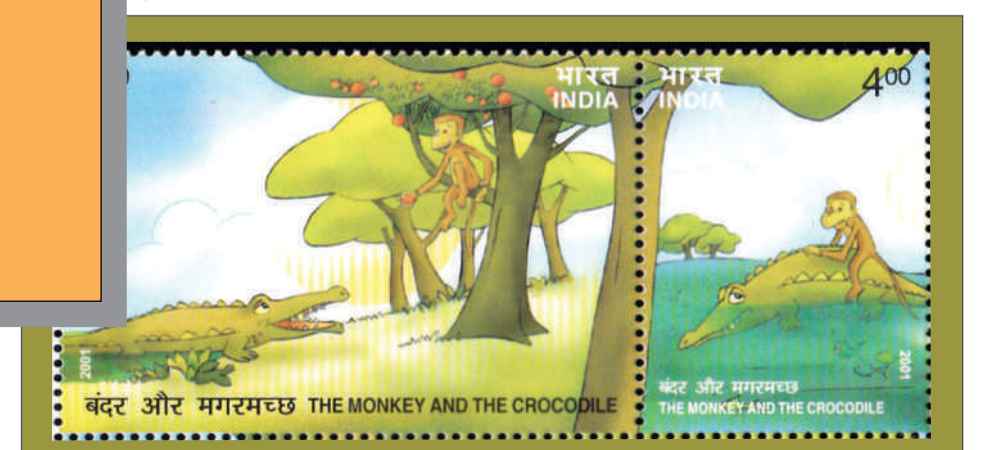
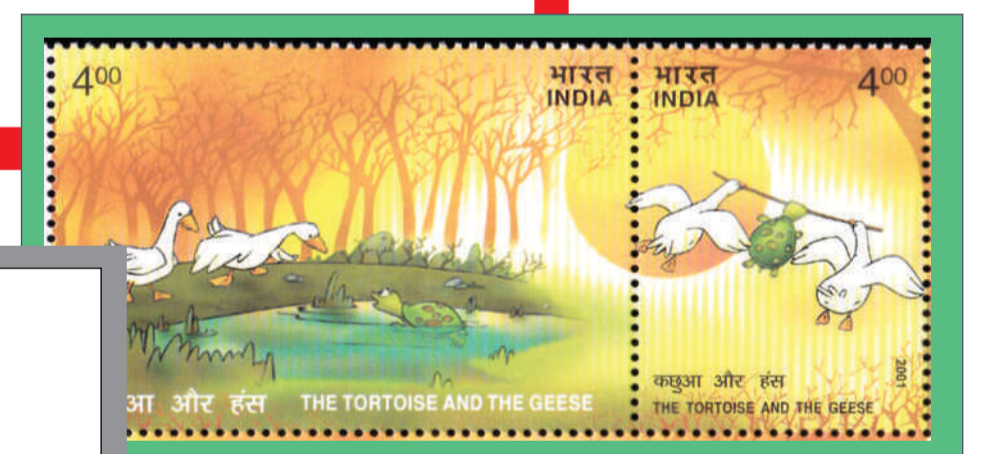


**No one can help you if you lie.
When you lie, no one believes you
and when no one believes you,
how can anyone help you?**





- We all are born as empty vessels that moral values can shape.
- Family and moral values are central to everything. What we learn becomes part of who we are.
- Moral education has to be an inherent part of the school system.
- Human rights are a moral thing.
- If people are good because they fear punishment and hope for reward, we are a sorry lot indeed.



Pale Blue Dot

“Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there-on a mote of dust suspended in a sunbeam.

The Earth is a very small stage in a vast cosmic arena. Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner, how frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds. Think of the rivers of blood spilled by all those generals and emperors so that, in glory and triumph, they could become the momentary masters of a fraction of a dot.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the Universe, are challenged by this point of pale light. Our planet is a lonely speck in the great enveloping cosmic dark. In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves.

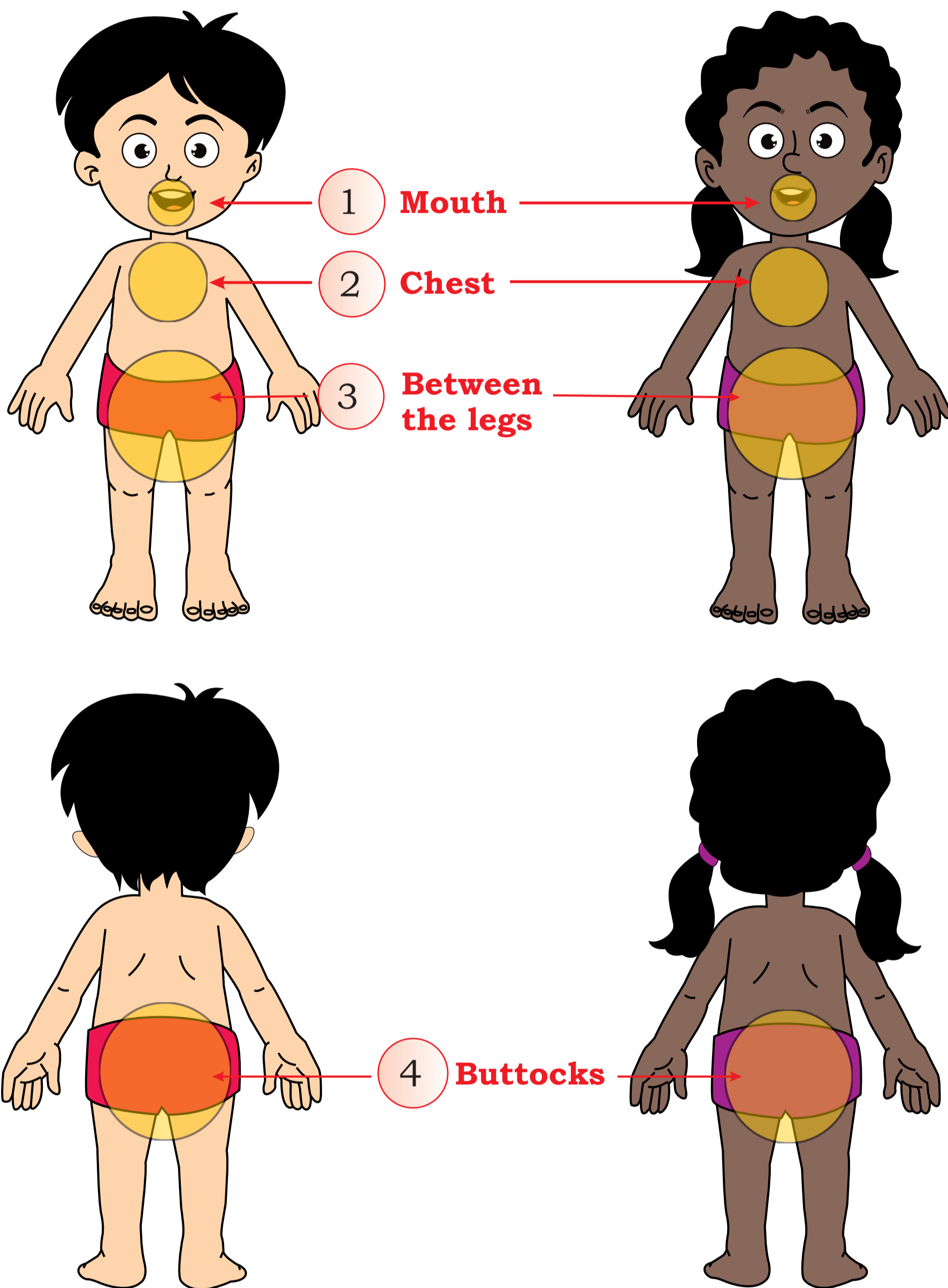
The Earth is the only world known so far to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment the Earth is where we make our stand.

It has been said that astronomy is a humbling and character-building experience. There is perhaps no better demonstration of the folly of human conceits than this distant image of our tiny world. To me, it underscores our responsibility to deal more kindly with one another, and to preserve and cherish the pale blue dot, the only home we've ever known.”

By, Carl Sagan,
Pale Blue Dot: A Vision of the Human Future in Space

Earth, as seen from about 6 billion kilometres away. This picture was captured by the Voyager 1 spacecraft in 1990.

Voyager 1 spacecraft



- ✓ Everyone has their **private parts**.
- ✓ **Private** means it is only for us.
- ✓ We keep our **private parts** *covered for *health, hygiene, dignity and safety*.
- * The mouth is the private part that we rarely cover.

Cyber Safety

To keep my things safe, I use piggy bank or cupboard,
Data I keep safe by using a password with a tricky word.

I never download anything or surf the Internet,
Unless permission to do so from my loved ones, I get.

Strangers exist in both worlds, whether virtual or real.
So, following the Safety Rules is always ideal.

Just like my toothbrush, which I keep changing and never share,
For the safety of my passwords, In a similar manner, I care.

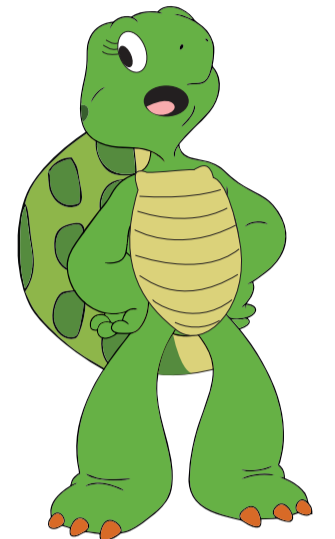
If you must play a game, decide upon three things at the start:
The rules, the stakes, and the quitting time. Be aware! Be smart!



Road Safety



"Driving faster doesn't make you a better driver, it just makes you a faster accident. If you don't wear a helmet, you're a melon waiting to be smashed."



No Entry



One Way



No Right Turn



No Left Turn



Horn Prohibited



Speed Limit



Cycle Prohibited

All Motor
Vehicles
ProhibitedPedestrian
Prohibited

No Parking



No Overtaking



School Ahead



Cattle Ahead

Pedestrian
Crossing

People at Work

Cycle
Crossing

Speed Breaker



Loose Gravel



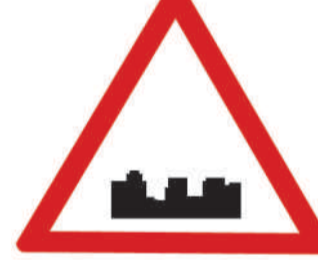
Barrier Ahead



Steep Ascent



Steep Descent



Hump Road



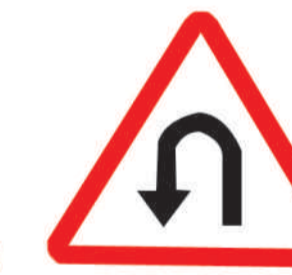
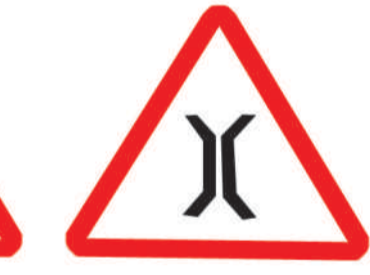
Dangerous Dip



Slippery Road



Falling Rocks

Right Hand
CurveLeft Hand
CurveRight Hand
Pin BendLeft Hand
Pin BendNarrow Road
Ahead

Narrow Bridge



Y Intersection



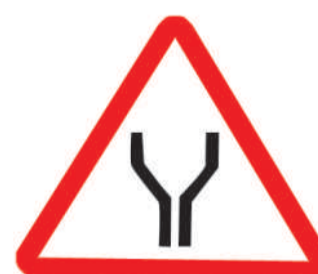
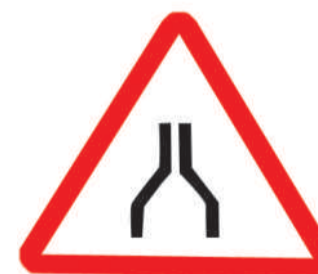
Y Intersection



Roundabout



T Intersection

Road Widens
AheadDual Carriageway
EndsUnguarded Rly
CrossingGuarded Rly
CrossingCompulsory
CycleTrackCompulsory Right
TurnCompulsory Left
TurnCompulsory Keep
leftCompulsory Sound
Horn

Petrol Pump



Hospital

Parking
This
SideScooter/
Motor
Cycle
StandCycle
StandCycle
Rikshaw
Stand

No Parking

The 5 Step Safety Rule

If someone touches or tries to touch you in an unsafe way, follow the 5 step safety rule.

Step 1

Scream!

When you scream, everyone gets to know that you are scared, and they will help you.



Step 2

Say, "NO!"

Say "NO!" to the person making you uncomfortable or doing an unsafe thing.



Step 3

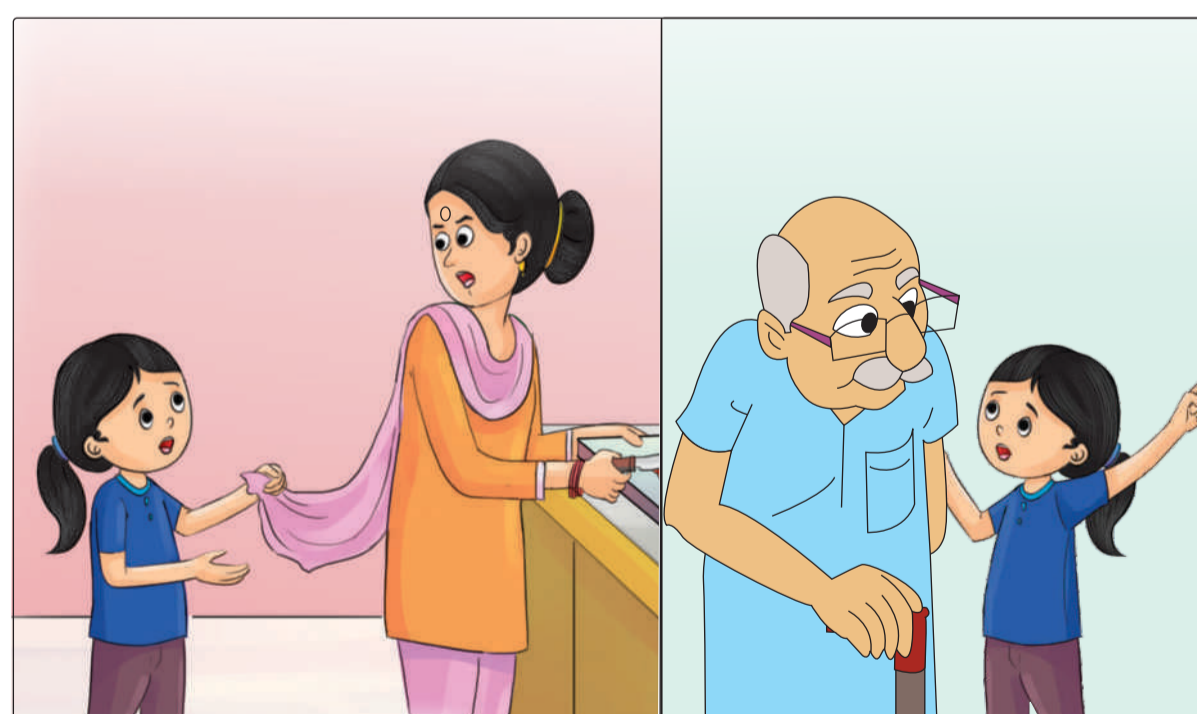
Run!

Run away or get away from the person doing the unsafe thing.

Step 4

Tell

Tell a grown-up whom you love and trust. Tell a loved one about the unsafe touch or look.



Step 5

Keep telling

Keep telling a loved one until they listen to you and believe you. You can tell as many loved ones as you want.

Project CACA is being implemented under the school's safety policy. The school strives towards an inclusive and child-sensitive learning environment. Effective measures are taken to establish and strengthen prevention and response mechanisms, support services and strategic partnerships with concerned government and non-government organisations on various issues related to children's safety and wellbeing. The school continuously builds its capacity and compliance toward a zero-tolerance attitude for child abuse and other safety-related matters on infrastructure, transportation, health, hygiene, personal safety, social and emotional safety, cybersafety, emergency preparedness and disaster management. Children's safety and child rights are inherent in the school syllabus. All the stakeholders, i.e., children, parents, teachers and support-staff, are regularly engaged, sensitised and trained on children's safety, wellbeing and various related laws.

Project CACA bibliography/rationale

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National Institute of Disaster Management (NIDM) and Vigyan Prasar: Activity
Book on Disaster Management for School Students ISBN: 978-93-82571-05-6

Book on Disaster Management for School Students ISBN: 978-93-82571-65-0
National Institute of Public Cooperation and Child Development (NIPCCD):
Handbook on Implementation of POCSO Act for School Management and Staff

Reserve Bank of India (RBI): Raju & the Forty Thieves, A booklet on modus-operandi for financial fraudsters

State Legal Services Authorities (SLSA): Legal literacy material on child rights-related laws

United Nations Sustainable Development Goals. 2030:

World Health Organisation (WHO): Life skills education - school handbook on prevention of non-communicable diseases ISBN 978-92-4-000485-6; Partners in Life Skills Education WHO/ MNH/ MHP/ 99.2

Helplines and related portals covered for children, parents, teachers and support staff

Police 100, Fire **101** | Ambulance **102** | Single emergency **112** | Railway Police **1052** | Childline **1098** | NALSA **15100** | **NDRF** 9711077372 | **NIMHANS** 080-46110007 | Food adulteration **9868686868** | Organ Donation/NOTTO **1800-11-4770** | Consumer Protection **1800114000/ 14404** | Generic Medicine 1800-180-8080 | Mental Health **8376804102** | Drug de-addiction **1800-11-0031** | POC SO E-Box **9868235077/ 1800115455** | www.ncpcr.gov.in | Air pollution (Delhi & NCR) www.cpcb.nic.in | Cybercrime - www.cybercrime.gov.in | Child Labour pencil.gov.in | Online complain under, POSH Act - www.shebox.nic.in | Transgenders Certification - www.transgender.dosje.gov.in

Pledges undertaken by children, parents, teachers and support staff

Abuse prevention | Anti-bullying | Blood/Organ donation | Climate change | Health | Hygiene | Road safety | Safe driving | Water preservation | Carbon footprint reduction and various pledges on **unified online pledge platform**

Box 1

क्या आपको कोई परेशान कर रहा है, बताएं, कौन और कैसे ?
Tell us how you are being harrassed ?

चित्र चुनें / Select Picture (S)

खेल मैदान / दुकान / सड़क
Playground / Shop / Road



स्कूल / ट्यूशन
School / Tuition



ब्लैकमेल
Blackmail



स्कूल बस / वैन इत्यादि
In School Bus / Van/ etc



परिवार सदस्य / रिश्तेदार / अन्य
Family Member/ Relative/ Others



इंटरनेट / फोन
Internet/ Phone



Box 2 1 नाम / Enter your name

Box 3 3 मोबाइल / Phone number

Box 4 4 ई – मेल / Your email

Box 5 घटना का संक्षिप्त विवरण दर्ज करें / Enter brief description of incident

यदि आप के पास मोबाईल नं. अथवा ई मेल आईडी नहीं है तो आप इन्हीं एक नंबर पर संपर्क कर सकते हैं :-
9868235077, 1098 (Childline)
1800115455

9519c

Please Enter The Security Code shown in the Text Box Provided.
[Case Sensitive] *

6 नीचे बटन दबाएं / Click on Submit

POCSO-E-Box

SUBMIT

POCSO E-Box हम आपके साथ हैं, हम NCPCR हैं





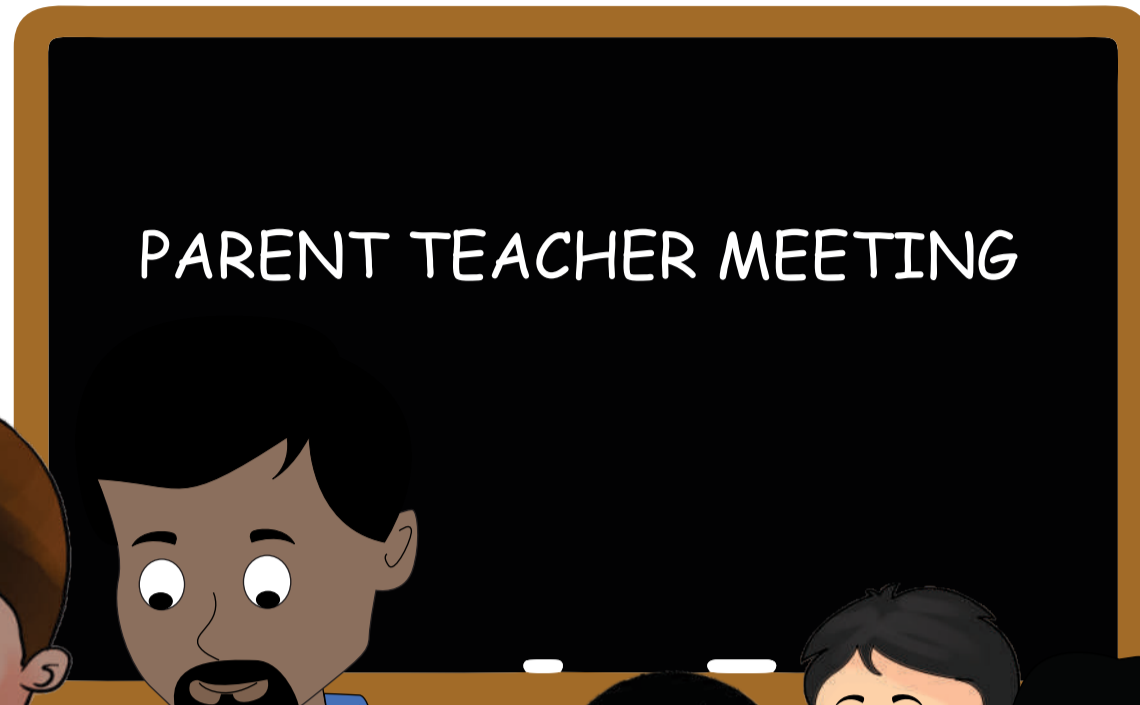
- A pet is not a toy; don't get one just because your friend has one.
- Cute pictures on social media don't show the hard work behind owning a pet.
- Pets need your time, including regular walks, training, and vet appointments.
- Get your pets vaccinated every year to keep them healthy.
- Keep pet dogs on a leash during morning and evening walks.
- Don't keep breeds from Siberia and Europe in India, as they may have health issues in a tropical climate.
- Adopt indie dogs instead of shopping for breeds.



"The question is not, 'Can they reason?' nor, 'Can they talk?' but rather, 'Can they suffer?'"

- Jeremy Bentham

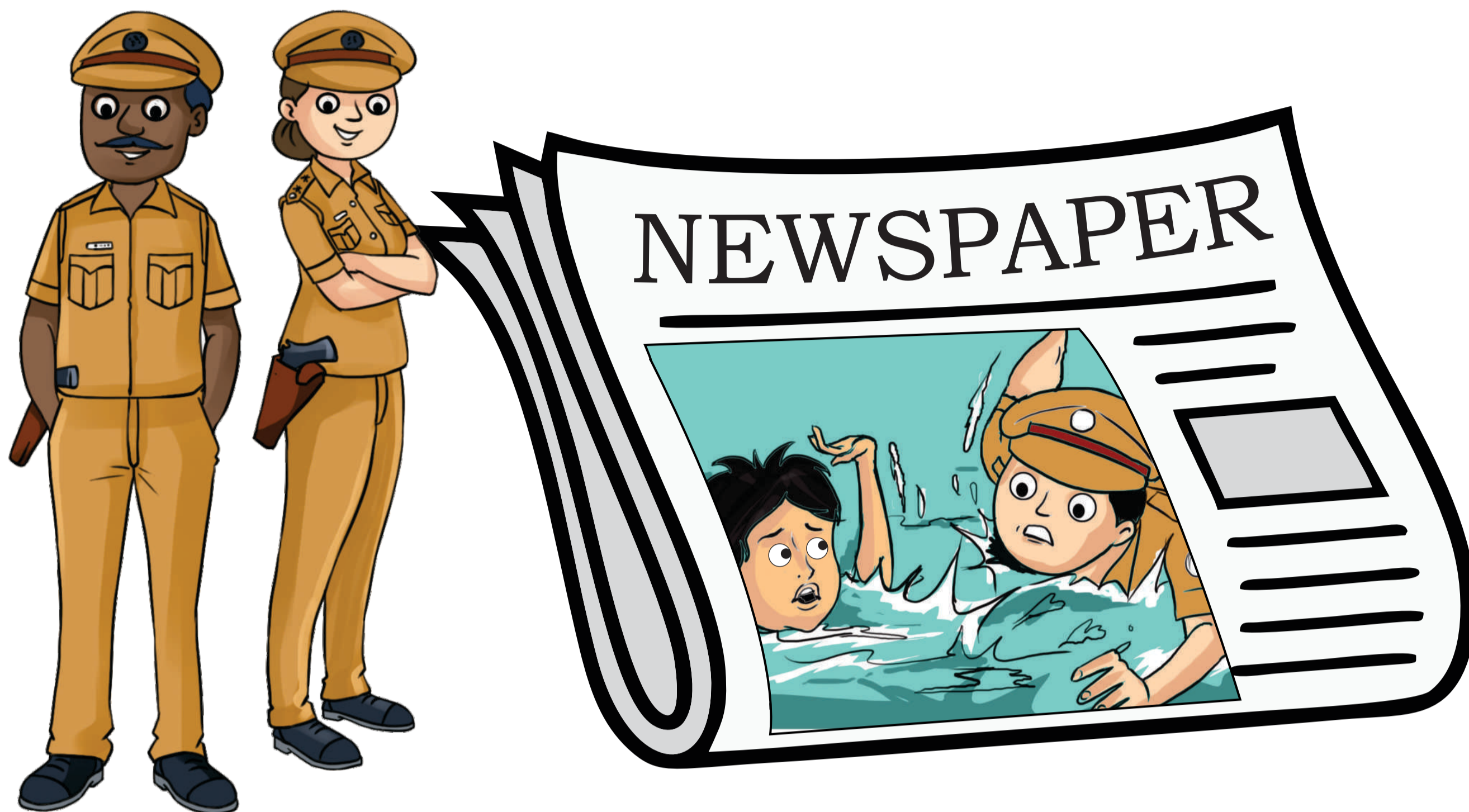
Our Safety Circle



Our loved and trusted ones are our **MUMMY, PAPA, GRANDPARENTS** and **TEACHERS**. They do their best to keep us happy, healthy and safe. We should always tell them if any touch or look makes us feel **SAD, ANGRY** or **SCARED**. We should never keep any secret from them.



Police are there to help us be safe



18#3

Police are there to help everyone be safe





Tring-tring

Tring-Tring, Tring-Tring, goes the phone.

Ten (10), Nine (9), Eight (8). You're not alone.

Ten (10) Ninety-Eight (98). Just dial it, dear.

Call them. You'll find that help is near.



It is okay to be SCARED and BRAVE to tell when you are scared of something or someone.

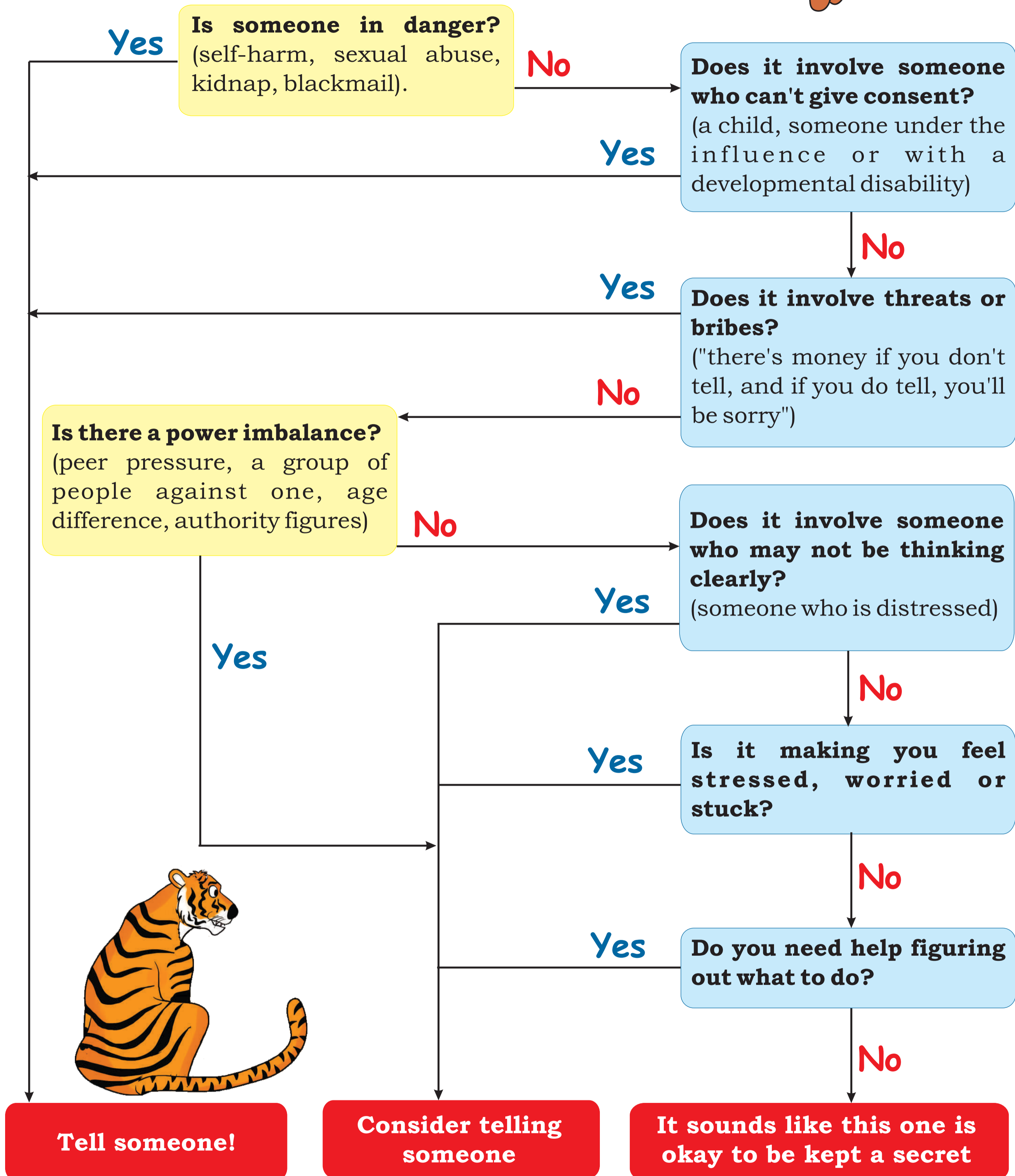


SECRETS



- A **SECRET** that makes us SAD, GUILTY or ASHAMED is an unsafe secret.
- A **SURPRISE** is a **SECRET** that we tell later, like a surprise birthday gift.
- Keeping secrets is not safe for children. It is not a good habit.

When to tell a secret?



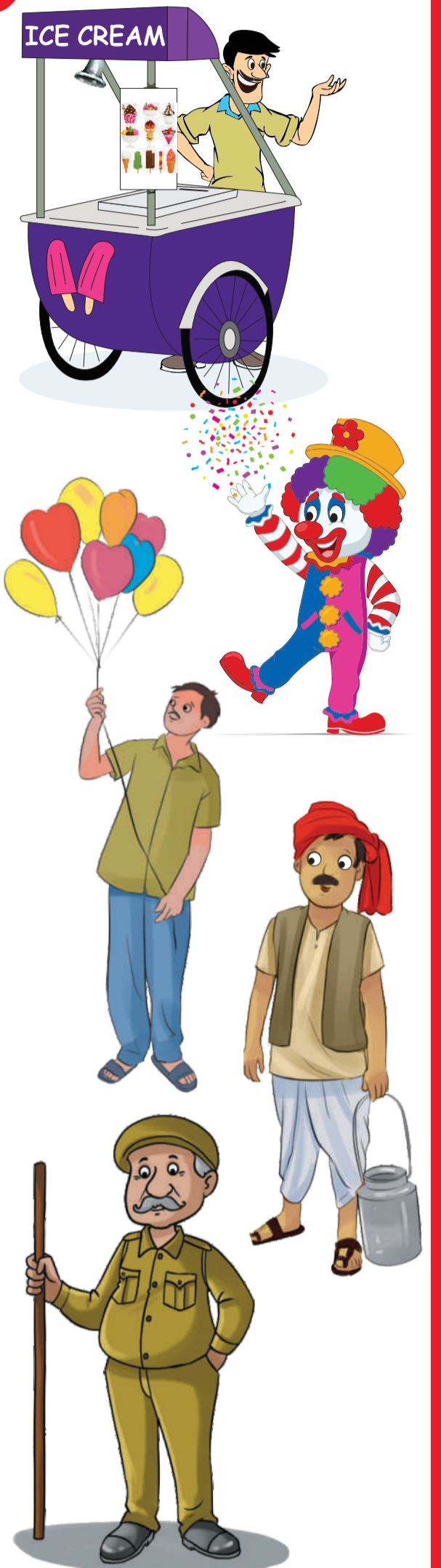
A Message From Santa



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A stranger can be a man or a woman, old or young. They can wear any dress or uniform. They are someone whom you do not know. They are a person you have not seen or met before. A person, like the ice-cream seller on the street - from whom your mummy buys ice-creams for you - is a stranger. The balloon seller who comes to your locality every Sunday is a stranger. The person who comes to your house to deliver food is a stranger. A person you are talking to on the phone may also be a stranger. Most strangers are good and want to keep children safe and happy. Still, there are safety rules that you have to follow with strangers.



Rule 1. You should not take any gifts from strangers.

Rule 2. You should not go anywhere or be alone with a stranger.

Rule 3. A stranger should not touch, hug or kiss you.

Rule 4. You should not play any secret games with a stranger.

Ask your parents, grandparents and teachers to let you know who is a stranger for you.



21#1

Smokers don't grow old... they die young.



You are a fool if you think smoking is cool.



Non-Smokers' Lungs



Smokers' Lungs



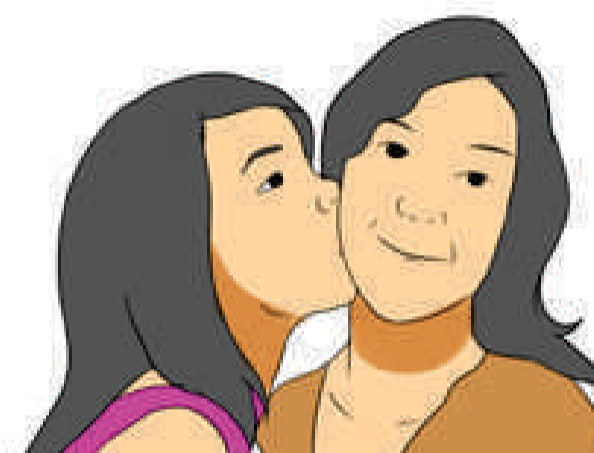
Hugs and Kisses



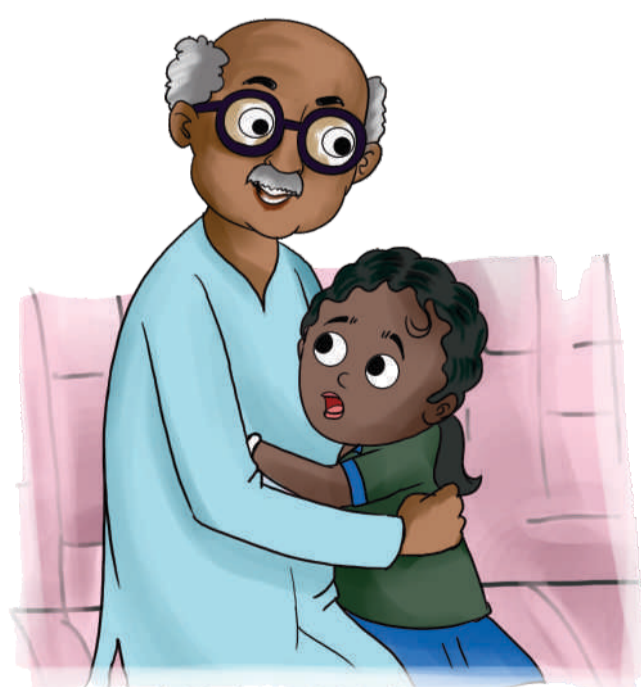
Sometimes when we are happy with our **loved and trusted grownups** like papa, mummy, grandparents and teachers, we kiss them on their cheeks or forehead.



Sometimes when our loved ones are happy for us, they kiss us on our cheeks or forehead.



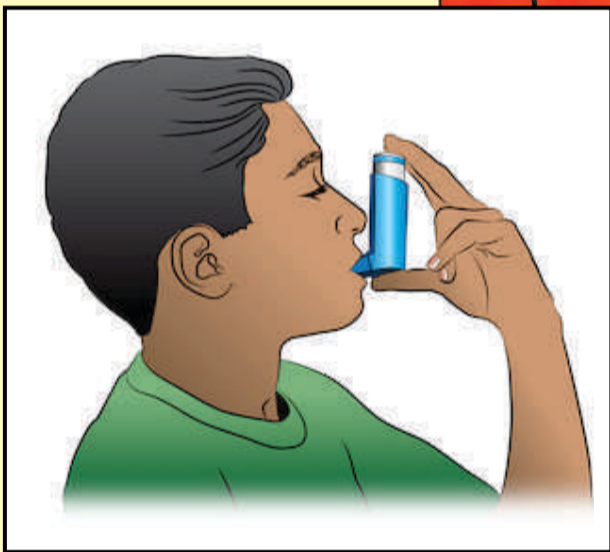
Your **mouth** is a special type of private part because you usually do not cover it. But no one, not even your loved ones or best friends, should kiss you on your mouth or any other private part. Also, you should not do the same. It is **unsafe**.



Sometimes, our loved ones hug us and sometimes, we hug them. We hug them when we are **happy, scared or sad**.



Emergency



It's important to remember that in **emergency** situations where there are no trusted adults around, we can ask strangers for help but should stay where there are lots of people around and not go anywhere alone with the person who is helping us. Additionally, there are special numbers we can call for different types of emergencies such as **100 for the police, 101 for firefighters, 102 for the ambulance, and 112 for any kind of emergency.**

Things you should remember to keep yourself safe and healthy:

- Your parent's phone numbers.
- Your blood group.
- Your allergies.
- Last tetanus shot.



Burns can cause symptoms such as blisters, pain, peeling skin, and redness.

There are three degrees of burns:

First-degree burns affect the outer layer of skin and cause pain and redness.

Second-degree burns affect the outer and lower layers of skin, causing pain, redness, swelling, and blistering.

Third-degree burns go through the skin and deeper tissues, resulting in charred skin that may be numb.

Treatment depends on the severity of the burn.

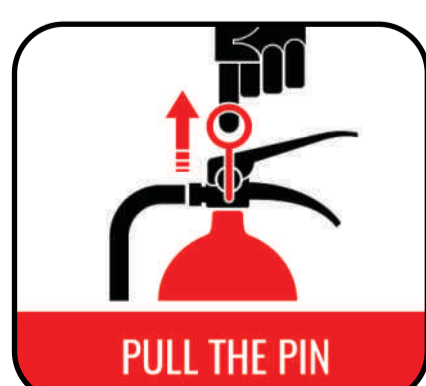
Mild burns can be treated with skincare products such as aloe vera cream.

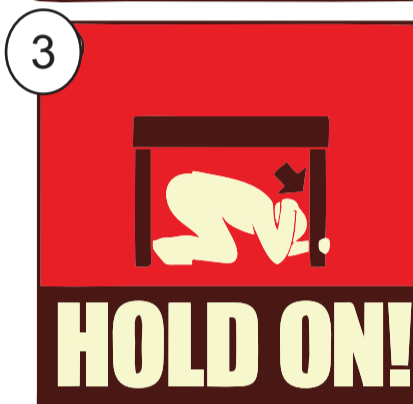
Action Plan:

1. Hold burned skin under cool (not cold) running water or immerse in cool water until the pain subsides.
2. Do not put any ointments, butter or other remedies on the burn.
3. Do not break any blisters that have formed.
4. Cover with a sterile, non-adhesive bandage or clean cloth.
5. For all other types of burns, a doctor's advice is a must.

Remember, second and third-degree burns are **emergencies**.

- Before using a fire extinguisher, sound the fire alarm and identify a safe evacuation route.
- Fire extinguishers are placed in corridors, large rooms, labs, and vehicles.
- Portable fire extinguishers are used when the fire is confined to a small area.
- Once the fire alarm is sounded and a safe escape route is confirmed, use the fire extinguisher from a safe distance to put out the fire.
- Remember to use the acronym PASS: Pull the pin, Aim at the base of the fire, Squeeze the handle, and Sweep back and forth until the fire is out.





Sometimes mother earth suddenly shakes. It is called an **EARTHQUAKE**. Earthquakes, just like floods, bring havoc to places, people and their property. Earthquakes are rare, but they can strike without any warning. The fire department makes safety rules on being safe when an earthquake strikes.

Rule 1. Drop, Cover, and Hold On if you are inside a building.

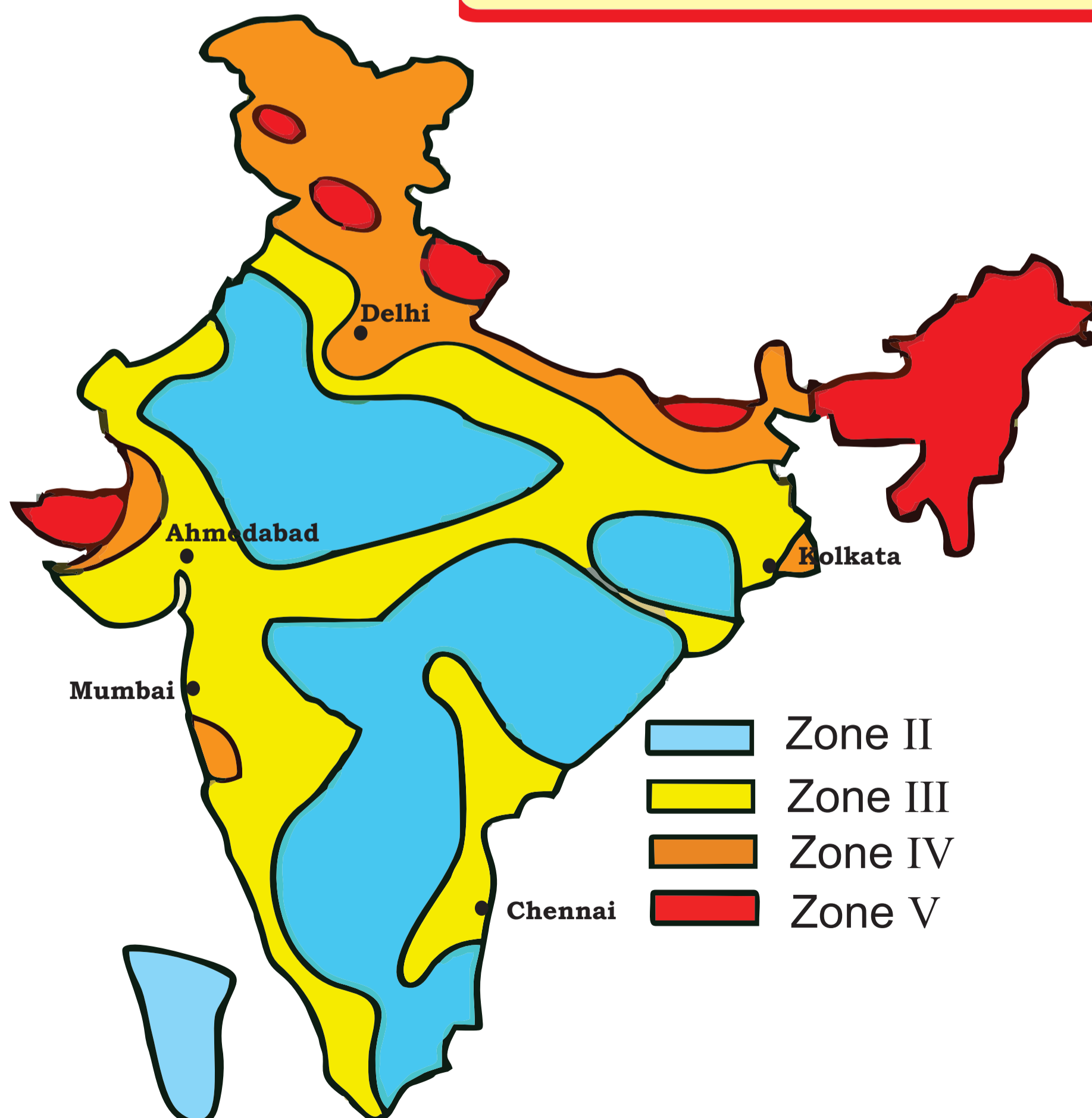
Drop to the ground, take cover under something sturdy, like a desk or table, and hold on to it.

Rule 2. If outside, find an open spot. Find a clear place away from buildings, trees, streetlights, power lines and towers. Drop to the ground and stay there until the shaking stops.

Rule 3. If in a car or a bus, the driver should stop and pull over the vehicle to a clear place.



Here is a map of India. It divides India into various earthquake zones II, III, IV and V. All places falling in zone II are prone to the least severe earthquakes and zone V to the most severe.



Disclaimer: The international boundaries depicted are indicative.

The National Disaster Response Force (**NDRF**) **Toll-Free Helpline 9711077372** is for natural calamities like earthquakes, floods, cyclones, tsunamis, etc.

NIMHANS Toll-Free Helpline 080-46110007 provides psychosocial support and mental health services to survivors during disasters.





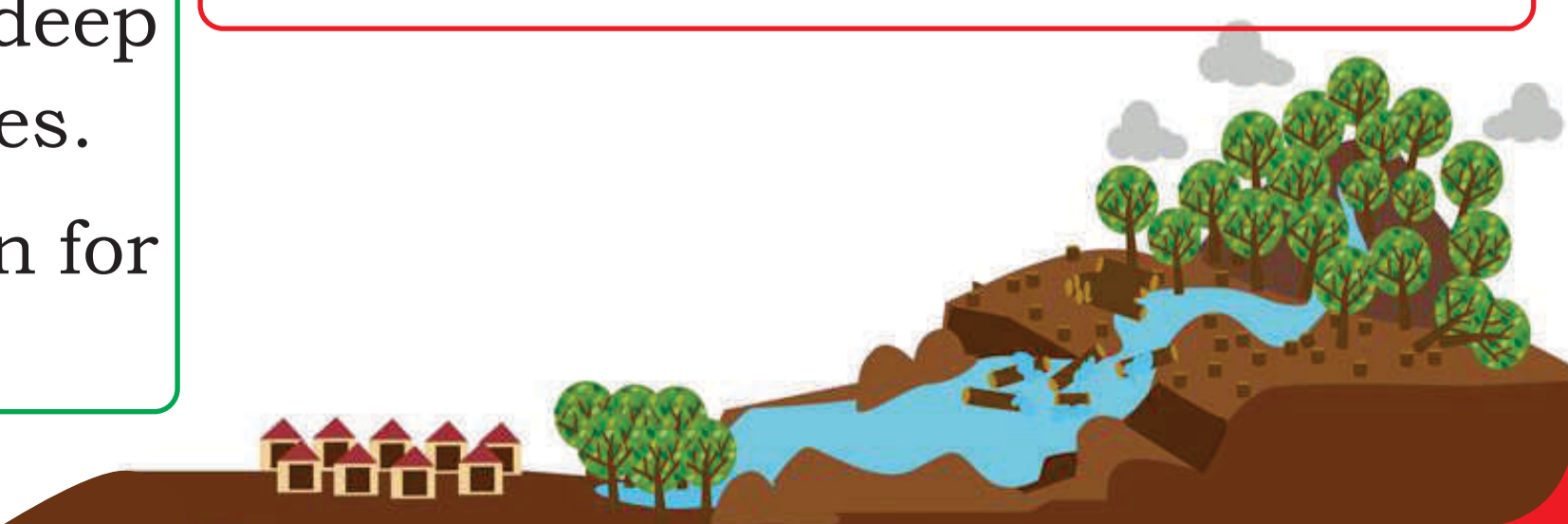
Floods happen when land that is normally dry becomes submerged in water due to heavy rain, rapid snowmelt, or overflowing rivers. Floods can cause damage to buildings, homes, and infrastructure and pose a risk to human life and safety.

Do's in a flood

- Switch off all electrical and gas appliances.
- Electrical current can travel through water, so stay away from power lines.
- Move to a higher floor or ground.
- Make an emergency kit and let your friends and family know where you are going.
- Avoid contact with floodwater as it may contain harmful sewage water and other substances.
- If you have to walk in standing water, use a pole or stick to ensure that you do not step into deep water, open manholes or ditches.
- Listen to the radio or television for updates and information.

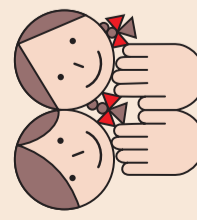
Don't's in a flood

- Don't walk through fast-flowing water. It can knock you off your feet.
- Don't drink floodwater.
- Don't swim through fast-flowing water, as you may get swept away or struck by an object in the water.
- Don't drive through a flooded area.
- Don't eat any food that has come into contact with floodwater.
- Do not use candles, lanterns, or open flames.
- Never use electrical equipment while standing on wet floors.





As teachers, we are responsible not only for educating our students but also for ensuring their safety and well-being.



Project CACA
www.projectcaca.org

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Feedback Request

We hope you liked this Posters Catalogue. Please feel free to give your feedback and suggestions at contentcoordinator@projectcaca.org

RESOURCES

Videos/Supplementary Worksheets/Posters/Booklets embedded as **QR Codes** in the chapters of the workbooks. Page 75 of each workbook is dedicated to the resources in English, Hindi and various regional languages for parents, teachers and support-staff.

CACA Safety Workbooks UKG to Class IX



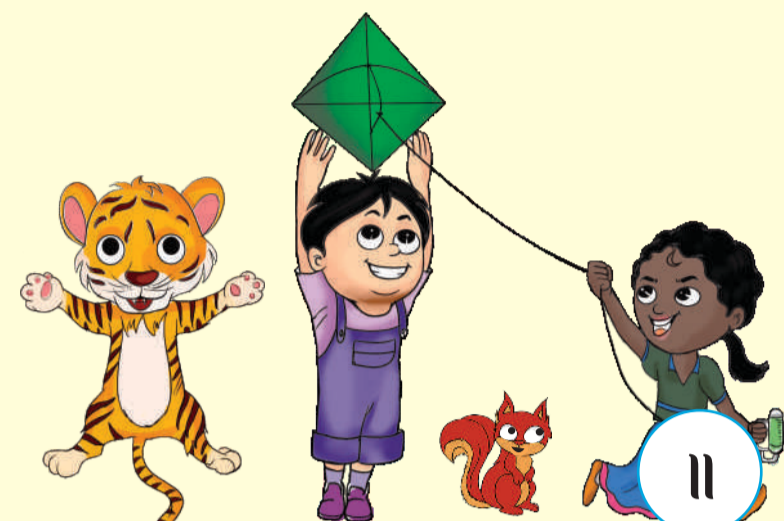
UKG

My Beginner's Safety Workbook



I

My First Safety Workbook



II

My Second Safety Workbook



III

My Third Safety Workbook



IV

My Fourth Safety Workbook



V

My Fifth Safety Workbook



VI

My Sixth Safety Workbook



VII

My Seventh Safety Workbook



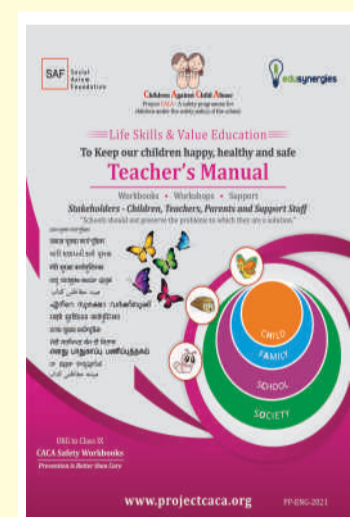
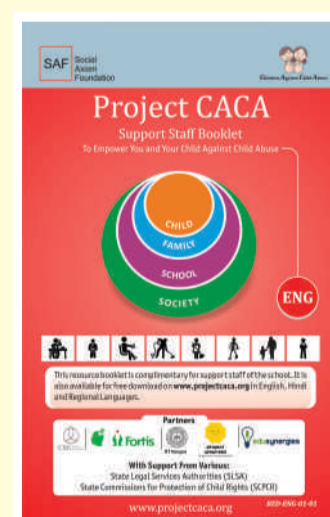
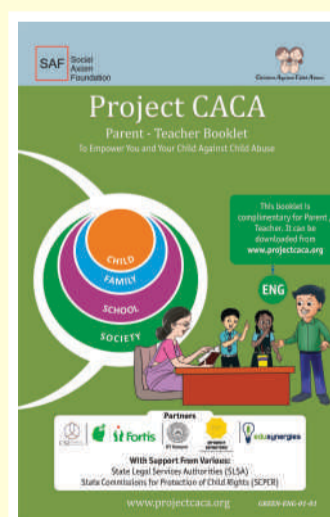
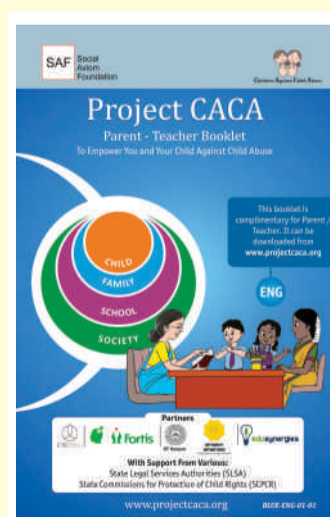
VIII

My Eighth Safety Workbook



IX

My Ninth Safety Workbook



Resources: Parent /Teacher / Support- Staff Companion Booklets.
Webinars: Academic/ Legal/ Psychological for Parents, Teachers & Support-Staff

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End the Stigma, Raise Awareness