

**Project CACA**

A safety programme for our children  
under the safety policy of the school

மோவ் சூர்யா கார்ய் பூங்கா

அகாஷ் சூர்யா கார்ய் பூங்கா

மாரி சலாமிதி கார்ய் பூங்கா

மேரி சூர்யா கார்ய் பூங்கா

நல்ல சூர்யா கார்ய் பூங்கா

மின்னை சூர்யா கார்ய் பூங்கா

அறிஞர் சூர்யா கார்ய் பூங்கா

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எனது பாதுகாப்பு பணிப்புத்தகம்

நா பத்திர கார்ய் பூங்கா

மின்னை சூர்யா கார்ய் பூங்கா

# My First Safety Workbook

Life Skills & Moral Science  
— Happy - Healthy - Safe —



### **A message from the school head**

#### **Dear Parents/Caregivers,**

Children are the most vulnerable to exploitation and abuse. Child protection refers to any effort or initiative that prevents children from situations of violence, abuse, neglect and exploitation. As a community and an institution, we are responsible for ensuring that every child is safe and feels safe. We must all strive toward protecting them and creating a world where they can grow happily, healthily and safely. Prevention is the best cure. Let us collaborate and empower our children against abuse and exploitation.

#### **Dear Children,**

Sana and Arpit will be your companions as you journey through this safety workbook. They are childhood friends and enjoy learning skills and values. Sometimes, they come across situations when they are not sure what to do. They talk to their friends, parents, grandparents and teachers, but their favourite advisor is their tiger friend, Pokso. He always helps them and everyone else to be happy, healthy and safe. You are in this story too, because the three friends might need your help with some of their problems. Enjoy their antics and those of their friends and classmates as you make your very own journey of growing up. Be safe!

**1st Edition** - 2016 (Pilot); **2nd** - 2017; **3rd** - 2018; **4th** - 2019; **5th** - 2019; **6th** - 2021; **7th** - 2022; **8th** - 2023

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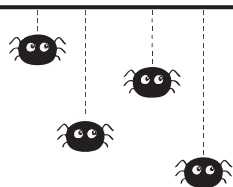
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**Listen, Read, Learn,  
Share & Perform**



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# Say Hello!

Picture  
Book



Hello! My name is Pokso.  
I am a baby tiger.



Sana and Arpit are my best friends.  
We go to school together.  
Would you **like** to be my best friend too?



Sana and Arpit live close by.  
They are neighbours.  
They live here.

They are naughty.  
They are like monkey see, monkey do.



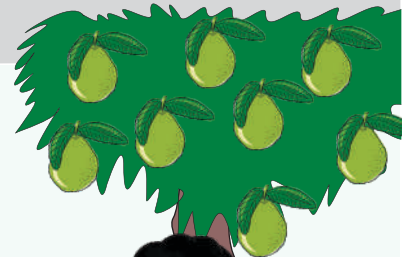




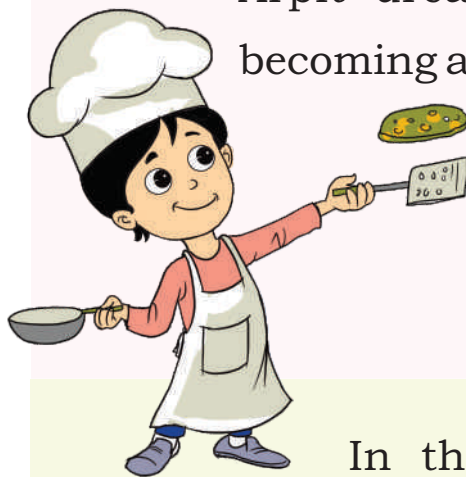
We go to the same school.  
We go on the same school bus.



Sana and Arpit love to eat guava.  
We play and learn together.



Arpit dreams of  
becoming a chef.



Sana dreams of  
becoming a firefighter.

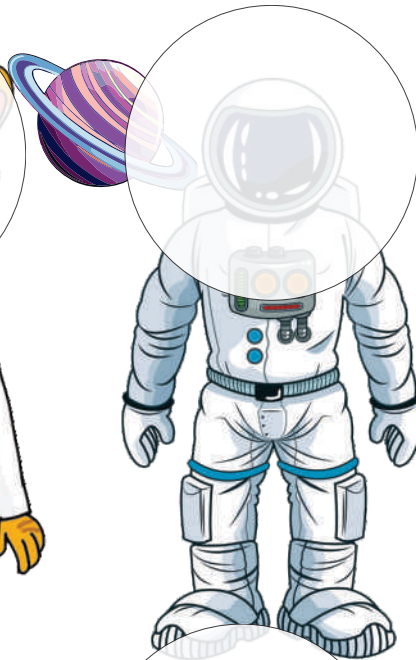


In the playground, Arpit  
likes playing on the slide.  
Sana likes riding her cycle.  
They are growing up.  
They are learning to be safe  
at home and outside.





1



**Draw/paste here**



# Sana Is a Good Girl



Sana lives with her parents and her mummy's mummy - her grandma. On a Tuesday morning, grandma showed Sana some pictures. The pictures were of Sana when she was a baby.



As we grow, our bodies become bigger and change too.

Sana said, “Grandma, I am big now and sometimes can take a bath by myself. I change my clothes privately.”

Grandma told Sana, “You grow big with your birthdays.”

Sana replied, “Yes! I know many things now.” Grandma asked, “Do you know about **your body**?”

Sana said, “Yes. I can name **parts** of my **body**. And I know I must keep **my body clean**.”

Grandma said, “Good! You are a very good girl.”





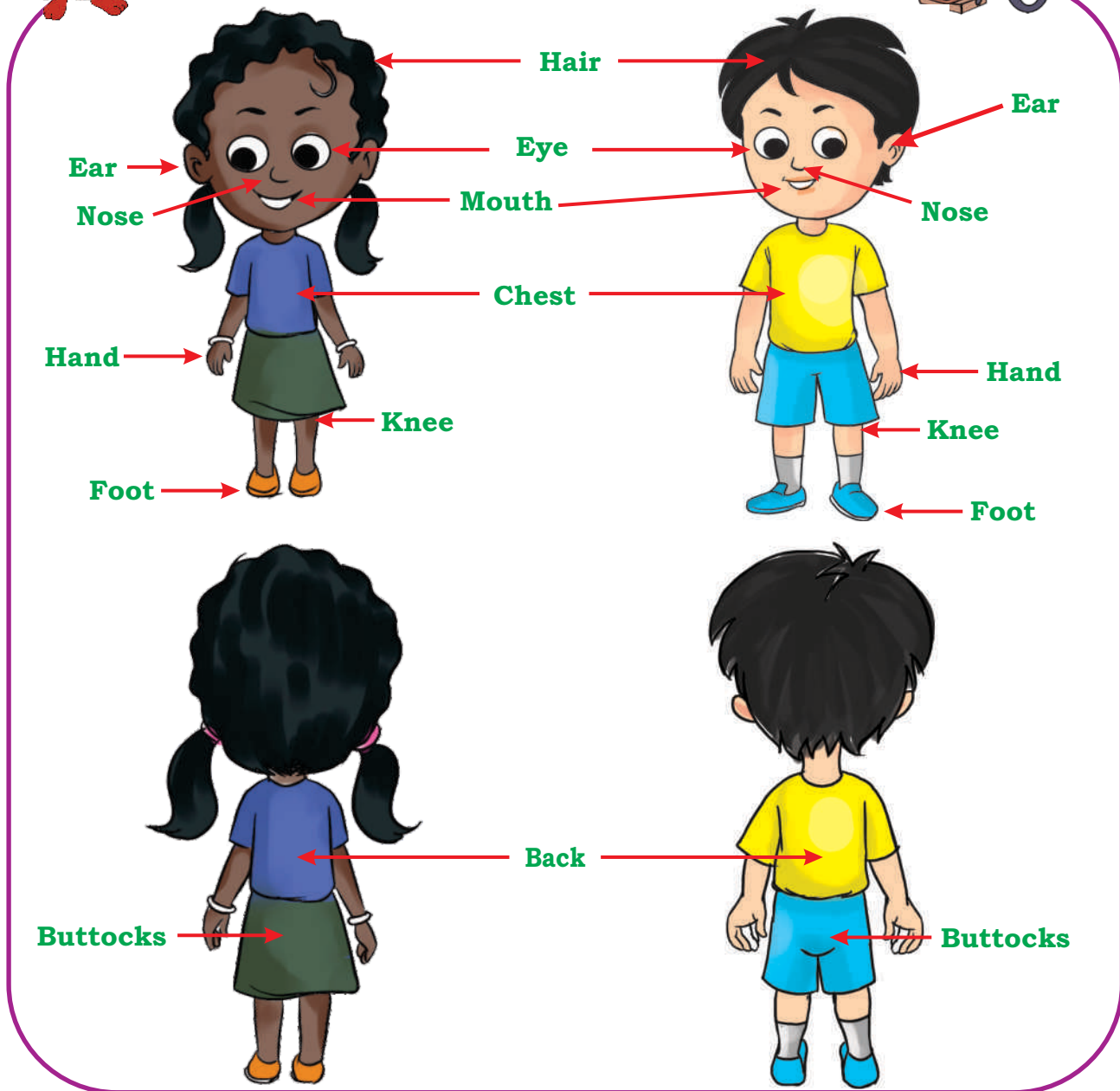
# Body Parts



I am sure you know your body parts.



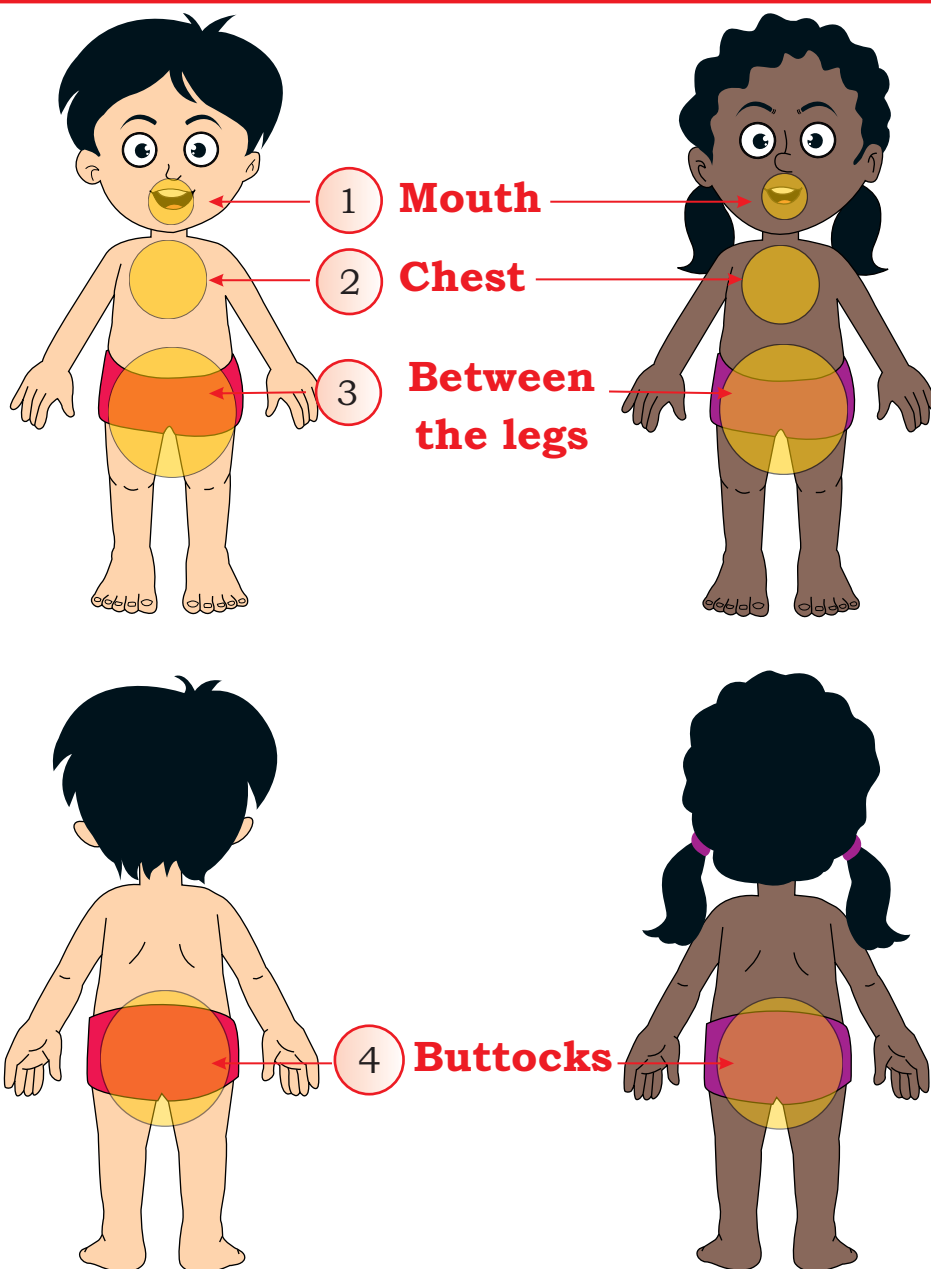
#Life Skills - Self Awareness: Body



Each body part has a role to play. The mouth eats, the teeth chew, the eyes see, the nose breathes, and the ears listen.

# Private Parts

Sana asked, “Grandma, what are **private parts**?”



Private means ours and only ours. Unlike our books or toys, private parts cannot be shared or touched by anyone.



**Sana counted 4 private parts. Can you name them?**

1. 

M		U		H
---	--	---	--	---

2. 

	H		S	
--	---	--	---	--

3. Between the 

L		G	
---	--	---	--

4. 

B		T		O		K	S
---	--	---	--	---	--	---	---



Sana saw that even the mouth was a private part.



Granny said, “Mouth is a special private part as you rarely cover it. Private parts are for you only. No one should **look** at or **touch** your private parts. Only your **loved ones** can touch them, and only when you need help or when you are sick.”



Sana said, “But I got an injection from the doctor in my private part. The doctor is not my loved one.”

Grandma said, “Smart girl! A doctor sometimes gives you an injection that hurts. But an injection is given to you so that you can stay healthy.”



## Loved Ones



A doctor or a nurse can look at or touch your private part only if your loved one is around.



Do you know who your loved ones are?" Sana said, "My loved ones are my family members. They are Mummy, Papa, you, Grandpa, and the auntie who looks after me."

Grandma said, "Do you not love your uncles and aunties, cousins and friends? What about your best friend?"

Sana said, "I do, but I do not want them to look at or touch my private parts."



Nobody, not even our best friends, should look at or touch our private parts!

Grandma asked, “And if you need help in school?” Sana said, “I can take help from my class teacher and the helper auntie who looks after us in the school.”



Grandma said, “So your loved ones are your parents, grandparents, class teacher and helpers, right?” Sana said, “Yes.”



Most grown-ups care for children and want to keep them happy, healthy and safe.





Paste the photos of your loved and trusted ones.



1

2

3

Mummy:  
Phone No:

Grandpa:

Grandma:

4

5

6

Papa:  
Phone No:

Sibling:

Sibling:

7

Class Teacher:

### A note for parents/teachers/caregivers

The labels of "good child" and "bad child" are commonplace, influencing children's self-perception with promises of reward or threats of punishment. This context may deter a child from reporting a "bad touch." Using terms like "safe" and "unsafe" touch can foster openness, as they carry lesser emotional weight. Also, a bad touch can sometimes feel good, thus confusing the child.



Our loved ones do their best to keep us happy, healthy and safe.



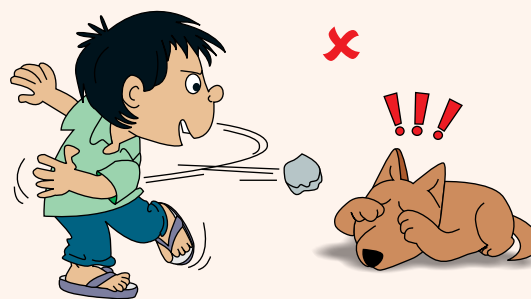
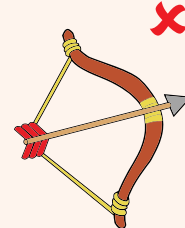
Grandma said, “It is a **body rule** that **no one** should look at or touch your private parts because it is **not safe** - it is **unsafe**.

There is another important thing about private parts. No one should ask you to look at or touch their private parts. Not even for fun or as a game. **Not even on top of their clothes** because it is **not safe** - it is **unsafe**.” ✕

Here are examples of some other **unsafe things**. ✕

Playing with:

- ✕ Fire or fireworks.
- ✕ Hammers or nails.
- ✕ Bow and arrow.
- ✕ Coins.
- ✕ Electric switches.
- ✕ Glass bottles.
- ✕ A slingshot.
- ✕ Running across a road.
- ✕ Going to water bodies alone.
- ✕ Throwing stones at dogs.



Rules are like good habits  
and are for our safety.



Grandma said, “Grown-ups care for children and want to keep them happy, healthy and safe. But only your loved and trusted ones may touch your private parts when you need help in the toilet or have to take a bath.

Remember how mummy gave you a thorough bath after you played Holi, a festival of colours, with your loved ones?



When you are sick, they may touch your private parts while helping you in the toilet, bathing or changing clothes.



They may also do so when you are sick and need to be given food or medicine."



# Let Us Play

The 3 friends, Arpit, Sana and Pokso, love to watch games on TV. They also love to play games with each other and their friends, parents and grandparents. It makes them happy and healthy.



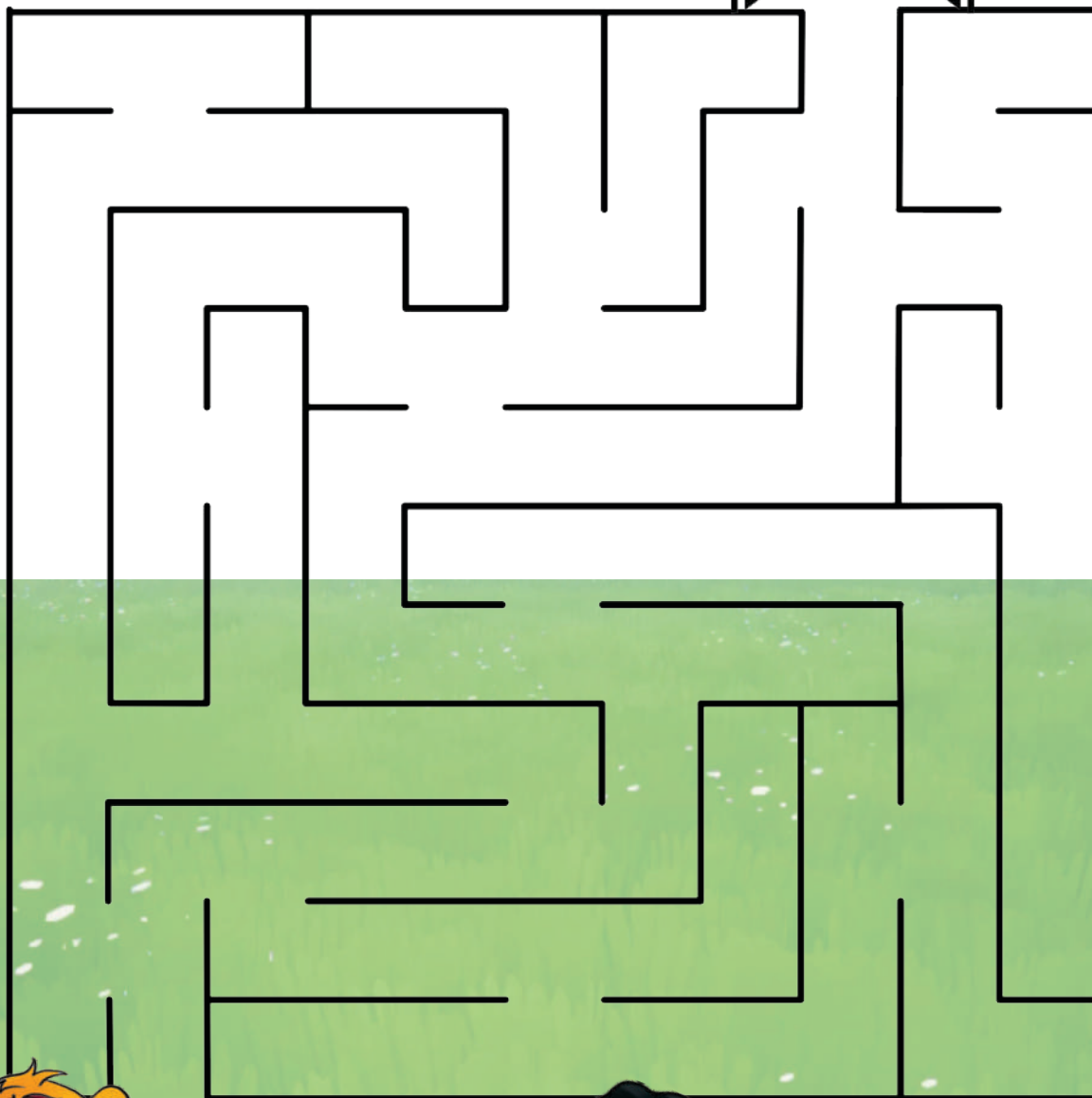
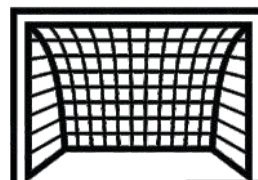
## A. Which games do you like to play? ✓



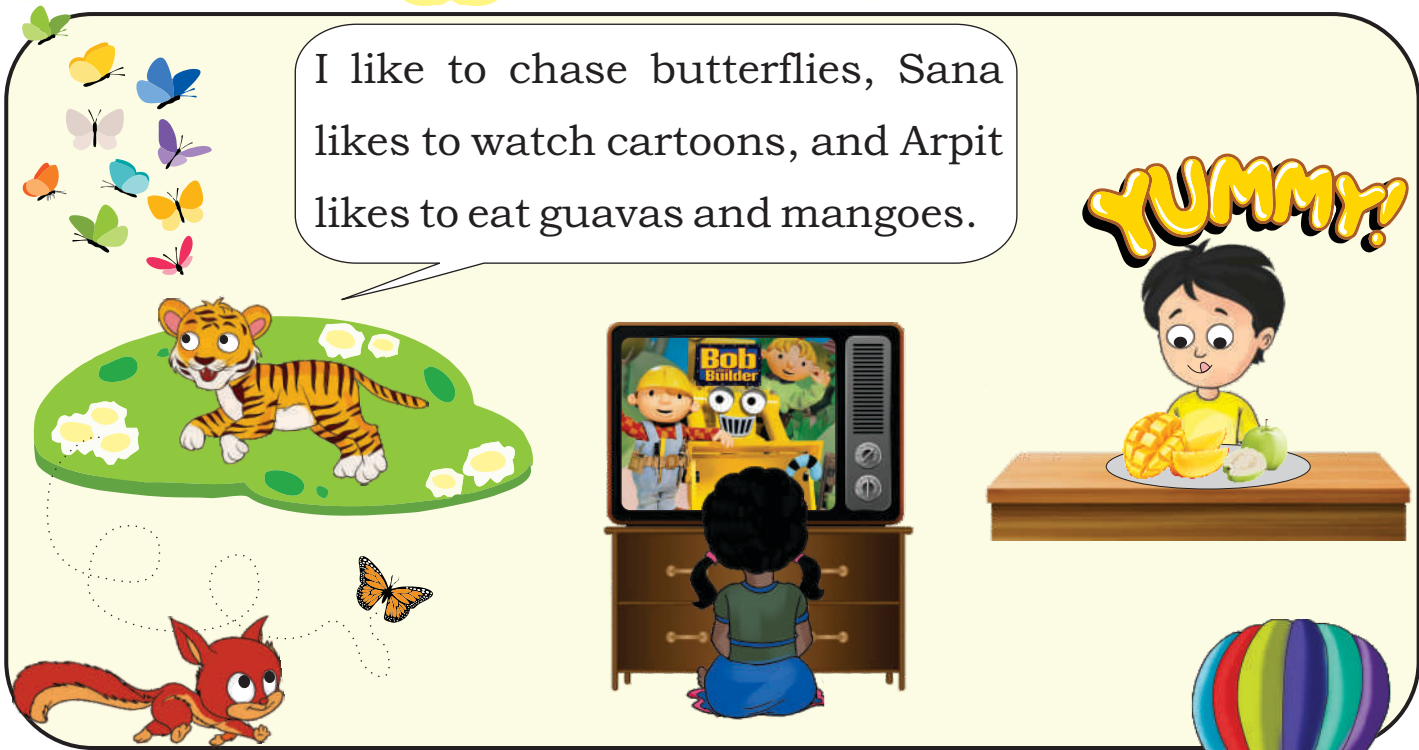
**Suggested Reading:** *Some Street Games of India* ISBN 978-81-237-1099-0

While playing, exercising, and otherwise, we keep our private parts covered in front of others. We do not touch them in front of others.

**B. Help Sana score a goal.**



# Do You Like Mangoes?



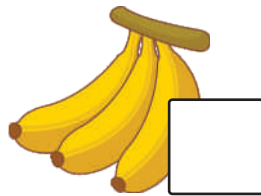
I like to chase butterflies, Sana likes to watch cartoons, and Arpit likes to eat guavas and mangoes.

Tell me what you like and what you do not like.

Mark ✓ | ✗ in the boxes.



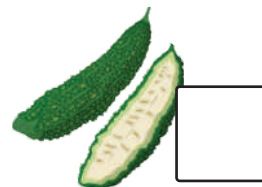
Riding a bicycle



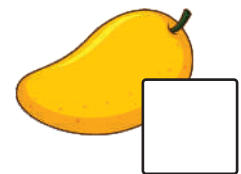
Bananas



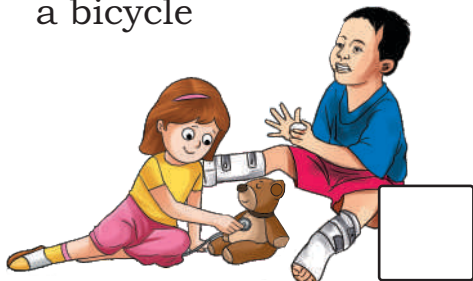
Injection



Bitter Gourd



Mangoes



Playing the Game  
**Doctor-Patient**



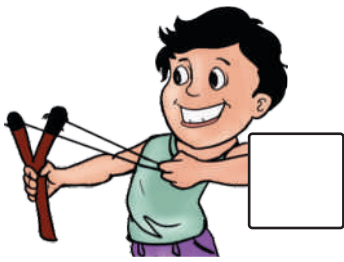
Playing  
**Hide and Seek**



Playing the Game  
**House-Husband-Wife**







Using a Slingshot



Doing My Home Work



Playing With Toys



Watching Cartoons



If Someone  
Pushes me



Swinging



Climbing on Trees



Drawing



**People Changing  
Clothes in Front of Me**



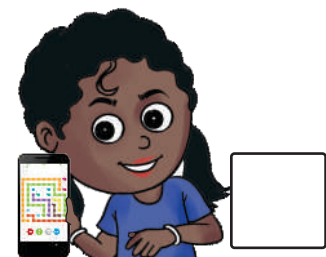
Playing With a Ball



If Someone  
Pulls My Hair



Listening to  
Bedtime Stories



Playing Games  
on the Smartphone

**A note for parents:** The word 'cartoon' doesn't always mean appropriate for children. We must keep an eye on what cartoon shows our kids watch. For example, cartoon shows like 'Shinchan' are unsafe for kids. Children are sometimes exposed to pornography in cartoon form through the internet.

# How Do You Feel?

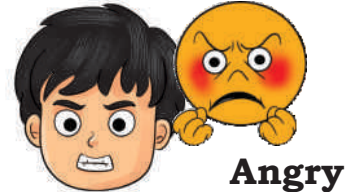


We have many different feelings. Sana feels happy when she is with her best friends. Sometimes, she also feels **sad, angry, scared, and confused**. Here are some feelings.

A. Circle the feelings you have felt with **green** colour.



Happy



Angry



Shameful



Scared/Afraid



Sad



Confused

Our feelings tell us right from wrong.

Feelings are our friends.

B. Match the feelings with their emojis.



We feel **confused** when we do not know how we feel or what to do.



Happy



Angry



Shame



Scared or  
Afraid



Sad



Confused



1.



2.



3.



4.



5.



6.





Here is a friend who is playing Doctor-Patient with you. Your friend wants to bathe you as part of the game. WAIT! Before you go ahead with the game, ask yourself:



- ✓ **How does it make me feel?**
- ✓ **Have my loved ones made rules about touches?**
- ✓ **If I choose this, will it be good and safe for me?**



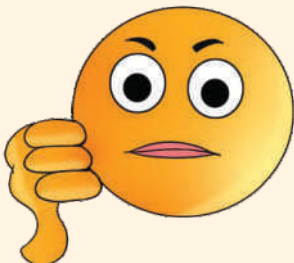
**C. Now, what will you say to your friend?**



**a.** “Yes, go ahead and give me a bath.”

☐

**or**



**b.** “NO! Keep your hands to yourself.  
I do not want to play this game.”

☐

# I Am Happy

Happy happy happy  
I feel happy like the Sun,  
When I play with my mum.



Happy happy happy  
When it rains, I feel glad,  
Splashing puddles with my dad.



Happy happy happy  
I feel joy counting the stars,  
Grandma's tales from lands afar.



Happy happy happy  
When I share, I feel so good,  
With our loved ones, we all should.

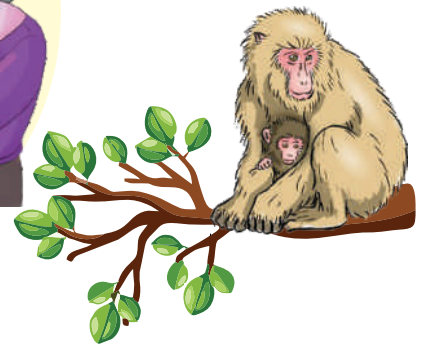


**A. Write the names of the people who make you feel happy.**



# Bedtime Stories

Arpit likes listening to bedtime stories from papa, mummy and grandparents. Sometimes, they read him stories from their smartphones. They often hug Arpit while telling stories.



We like some touches from some people. When our parents and grandparents pat, hug and kiss us, we feel good and happy. These touches come from our loved ones. These are known as **safe touches**.





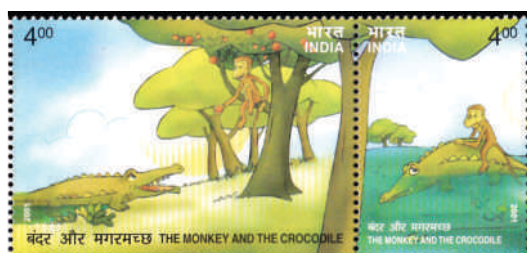
**A. Take the help of your loved ones to arrange the 4 pictures in order of 1 to 4 to form the famous story. One has been done for you.**



## The Hare and the Tortoise

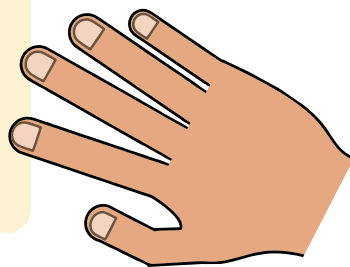


**B. Ask your loved ones to tell you these 2 picture stories.**





Sometimes, we do not like some touches from some people. They do not make us feel good. We do not want these touches.



### C. A touch by someone can make us feel:



sad,



scared,



uncomfortable,



shameful,



or confused



If a touch makes us feel any of these feelings, it is an **unsafe touch**.







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### Feedback Request

We hope you liked this Safety Workbook. Please feel free to give your feedback and suggestions at [contentcoordinator@projectcaca.org](mailto:contentcoordinator@projectcaca.org)



## RESOURCES

**Videos/Supplementary Worksheets/Posters/Picture Book/ 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



**Resources:** Parent /Teacher / Support- Staff Companion Booklets.

**Webinars:** Academic/ Legal/ Psychological for Parents, Teachers & Support-Staff

## Partners



### With Support From

- State Legal Services Authorities (**SLSA**) & District Legal Services Authorities (**DLSA**)
- State Commissions for Protection of Child Rights (**SCPCR**)

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**End the Stigma, Raise Awareness**