

**Project CACA**

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

মোব সুরক্ষা কার্য পুস্তিকা

ଆସାର ସୁରକ୍ଷା କାର୍ଯ୍ୟ ପୁସ୍ତିକା

મારી સલામતી કાર્ય પુસ્તક

मेरी सुरक्षा कार्यपुस्तिका

ನನ್ನ ಸುರಕ್ಷತಾ ಕಾರ್ಯ ಪುಸ್ತಕ

میںہ حفاظتی کتاب

എന്റെ സുരക്ഷാ വർക്ക്ബുക്ക്

માझી સુરક્ષિતતા કાર્યપુસ્તિકા

ମୋର ସୁରକ୍ଷା କାର୍ଯ୍ୟପୁସ୍ତିକା

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எனது பாதுகாப்பு பணிப்புத்தகம்

ನಾ ಭದ್ರತಾ ಕಾರ್ಯಪುಸ್ತಕ

میںہہ حفاظتی کتاب

# My 2econd 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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Posters and supplementary worksheets are available at the project's website [www.projectcaca.org](http://www.projectcaca.org)



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Share & Perform**



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# Say Hello!

## Picture Book



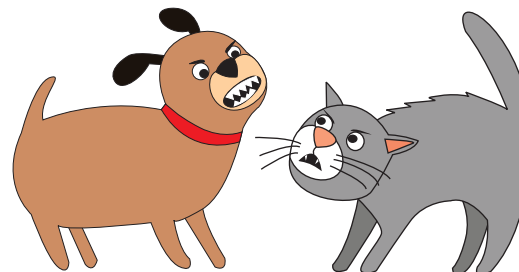
Hello, I am Pokso, the tiger.  
My parents work in a circus.  
Sana and Arpit are my best friends.  
We all go to the same school.  
You are my best friend too.  
We all like making friends, don't we?

Sana and Arpit like to fly kites.  
They love to play.  
They like to eat fruits and vegetables.



They love to wear their school uniforms.  
But they are different too.  
Sana's school uniform is a little different  
from Arpit's.

Sana likes dogs but Arpit likes cats.  
Sana likes sports.  
Her favourite festival is Pongal, the festival of harvest.



We are same, yet different.  
It is okay to be different.



Arpit likes to dance, and his favourite festival is Diwali.  
Diwali is a festival of lights.

Sana is a girl and goes to the girls' toilet in the school.

Arpit is a boy and goes to the boys' toilet in the school.



**A. Name the festivals that your best friend and you love to celebrate.**

My friend loves to celebrate.

I love to celebrate.

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**B. Are they the same? (Yes/No)** \_\_\_\_\_

**C. Paste pictures of your and your friend's favourite festival(s).**

# With Love From Your Lunch Box

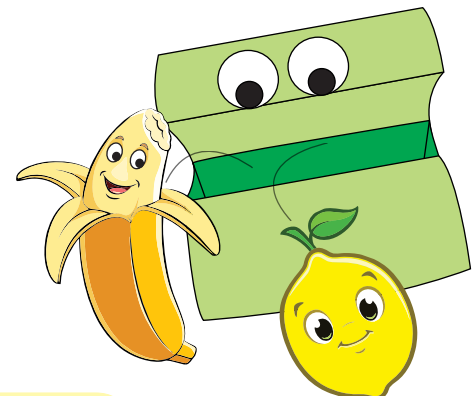
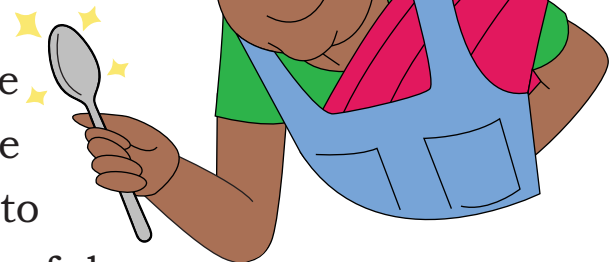


Arpit could not open his lunch box. He looked for Pokso, but he was not around. Sana tried but could not open it. Anganwadi, the canteen auntie, came to help him. First, she carefully washed her hands with soap. She then tried to open the lunch box. But it would not open, just like Arpit, who would not open his mouth to eat when he did not like the food.



The auntie took out her magic spoon and said, "Abracadabra." The lunch box smiled and said, "Ok, I'll open for Arpit, but only if he promises to eat what his mummy has cooked for him."

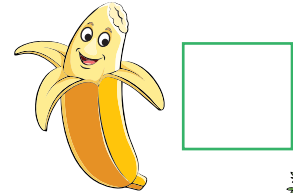
Arpit did not really like vegetables, but he was super hungry like a bear, so he promised. The lunch box opened, and to Arpit's surprise, many cute and colourful vegetables, fruits and more came out dancing. Arpit was amazed and happy to see so many fun and yummy things in his lunch! They presented and introduced themselves one by one to Arpit.



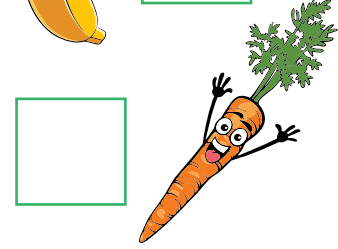
Eating vegetables and fruits  
is a good habit.



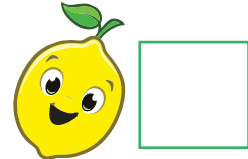
I am a yellow banana, tasty and nice,  
Eat me regularly; this is my advice.



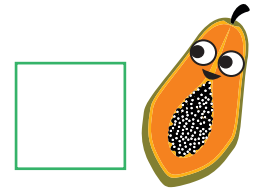
Meet me; I am a carrot, a crunchy treat,  
Good for your eyes. I'm very sweet.



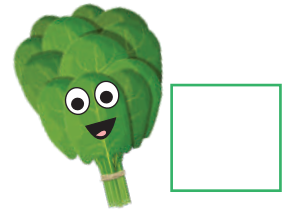
Lemon is here, sour if you bite,  
drink, lick, or squeeze me. I'm a delight.



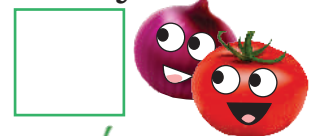
Give way; Papaya is here to stay,  
Good for your stomach. Eat me every day.



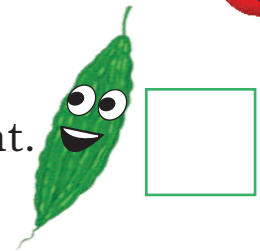
I am spinach, good for your blood,  
I make you strong, the queen of the leafy club.



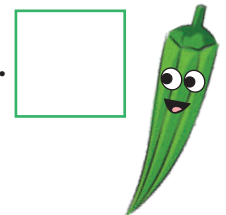
We are onion and tomato; we make your food yummy.  
Lots of benefits when we go in your tummy.



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, I am a lovely dame.



**A. Tick mark the items from above  
that you would like to eat.**





Anganwadi auntie told important things to Arpit and Sana about food.



Eating food means getting nutrients from them. We need nutrients to be healthy and grow properly. Nutrients are of five types – carbs, proteins, fats, vitamins and minerals. One food item can have one or more nutrients in it.

- ✓ We need carbs to work and play. We get them from grains, rice and sugar.
- ✓ We need proteins to grow and heal the little cuts we sometimes get while playing. We find proteins in eggs, fish, pulses and beans.
- ✓ We need fats to store energy in our bodies just like we save and store money in a piggy bank. We get them from oils and nuts.
- ✓ We need vitamins and minerals to fight and keep diseases away. They make us strong. Fruits, vegetables, milk and nuts have different vitamins and minerals that we need.



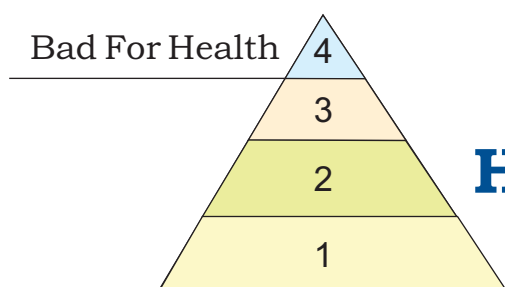
'The more colourful the food, the better'.  
It means eating lots of vegetables and fruits.



Some nutrients we need more, while others we need less. The pyramid below will help you to remember it. The items at the top are junk foods like candies and colas. They are bad for health. Eat them less and less. Eat more and more food like cereals, legumes, beans and dairy foods at the bottom of the pyramid. Vegetables and fruits are also to be eaten more. Drink plenty of water throughout the day.



**Teacher resources:**  
<https://fssai.gov.in/eatrightschool/>



## Healthy Food Pyramid

**Fat, oil, sugar, sweets**



**Meat, fish, milk, eggs**



**Fruits, vegetables**



**Bread, chapati, cereals**



**Suggested reading:** *Owl Ball*, ISBN 978-81-237-5440-6

Eat less, move more, eat lots of fruits and vegetables and go easy on junk foods.



**B. With your parent's help, prepare a list of food items you eat regularly.**



**List of food items**

\_\_\_\_\_

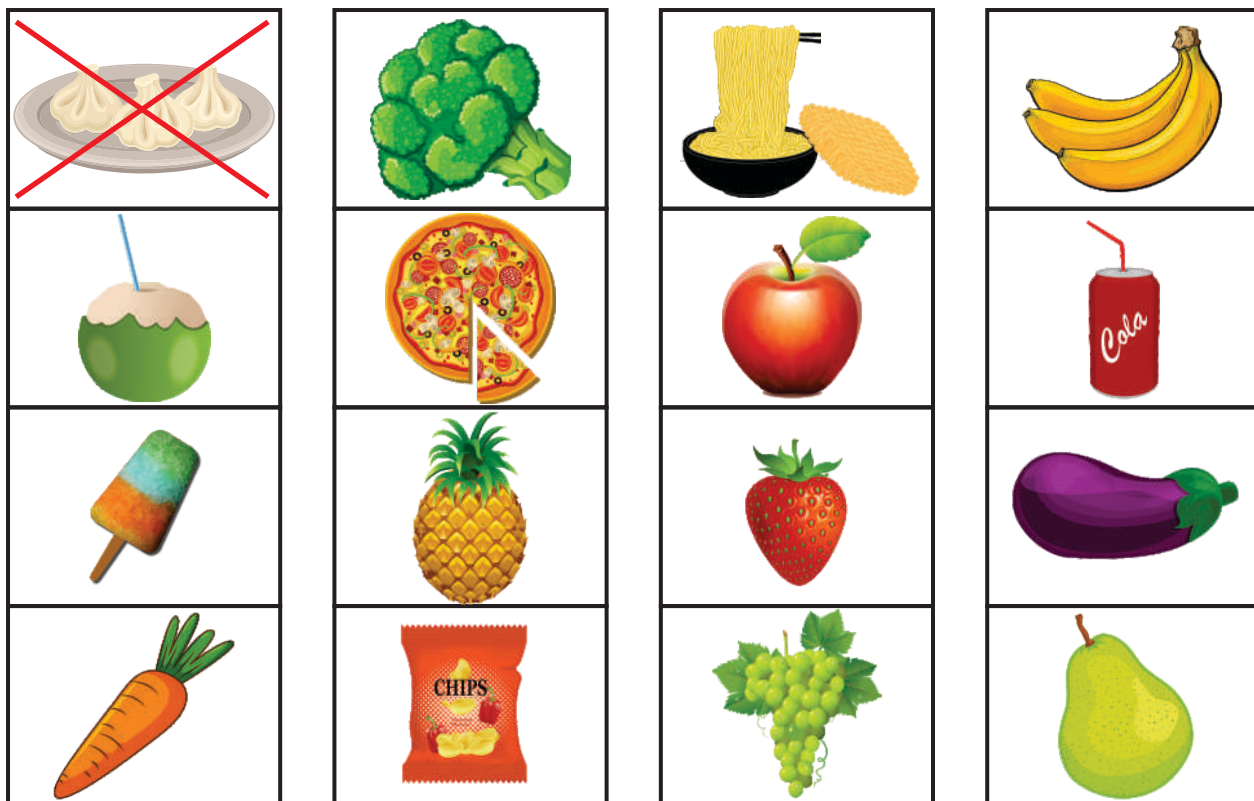
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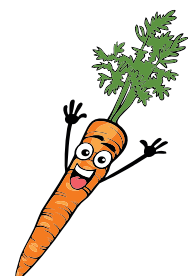
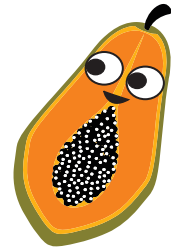
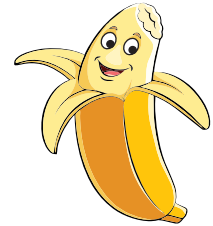
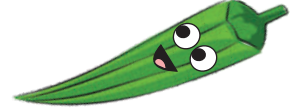
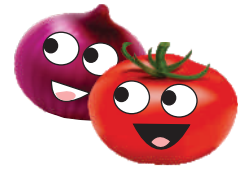
**C. Put a cross on the junk food images.**





### D. Match the following

1. I am yellow. I can make you very strong.
2. Good for your eyes. I'm really sweet.
3. Sour if you bite, drink, lick, or squeeze me. I'm a delight.
4. I am good for your digestion. Eat me every day.
5. We are two friends, and when cooked with any vegetable, we make it yummy.
6. I am lean and green. Full of minerals and vitamins.
7. I am bitter, but I am good for your health.
8. I am good for your blood. I make you strong. I am the queen of leafy club.



# A Letter From Grandma

One day, when I was playing with Arpit, he got a letter from his grandma. Arpit was excited. Nobody had ever written him a letter before.



Grandma was a special kind of teacher in a school. She was special, as any child could go to her and share their feelings. Such teachers are called *counsellors*. Arpit's school also had one such teacher.



**Dear Arpit,**

I hope you and your best friends Pokso and Sana are doing fine. I liked the drawings that you showed me last time. Today something important happened at my school. I want to tell you about it.



A girl in class 2 came to me and said, "Ma'am, today I made the best drawing in my class. My drawing sir liked it very much. He wanted to **hug me**. But I did not want him to hug me. Please tell him not to hug me."

Later in the day, I told the drawing sir not to hug her. He said, "Okay!"

If someone does something that makes you feel *uncomfortable* or *unpleasant*, *sad* or *angry*, you should always say, "No!" Nobody should force you if you do not want to hug or kiss someone.

So, if papa asks you to hug or kiss your uncle, and you do not want to, you must say, "**No!**" And you must tell your mummy, papa and grandparents about it.

I want you to read this letter many times, and tell your friends about it. Always be safe and say, "No!" if someone tries to touch you in an unsafe way.



**No! Don't touch me.**





Also, keep telling your trusted grown-ups, whom you love, about what happened until they believe you.

Lots of love,

**Grandma.**



**A. Ask your grandparents who a postman is and what a postal stamp and a postbox are.**

**B. Postman uncle wants you to colour the national flower of India on the stamp below.**



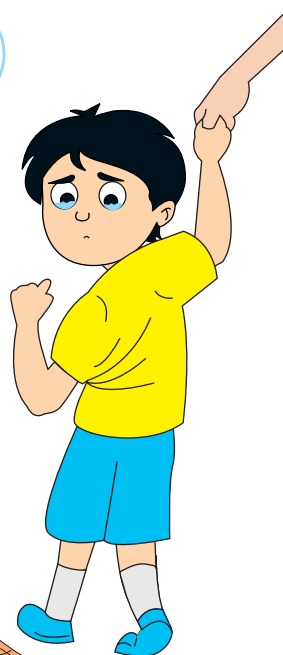
**LOTUS**



# How Do You Feel?



Sometimes I am **happy**,  
Sometimes I am **sad**,  
Some things make me **angry**,  
Some make me feel **bad**.



There are many **feelings**  
I feel at different times.

Sometimes I'm **scared** or **confused**,  
But **excitement** wins, at times.



When I feel **happy** and **good**,  
I know that I am **safe**.

But if I feel **unsure** or **scared**,  
I might just be **unsafe**.



We have many different feelings.  
Feelings are our friends.



**Match the feelings with the situations  
in which you might feel them.**



**Guilty**

● When someone  
takes our toys  
without asking us.



**Happy**

● When someone  
makes us believe  
that it is our fault.



**Angry**

● When we have no  
one to play with.



**Sad**

● When we do not  
know what we feel.



**Helpless**

● When someone  
claps for us.



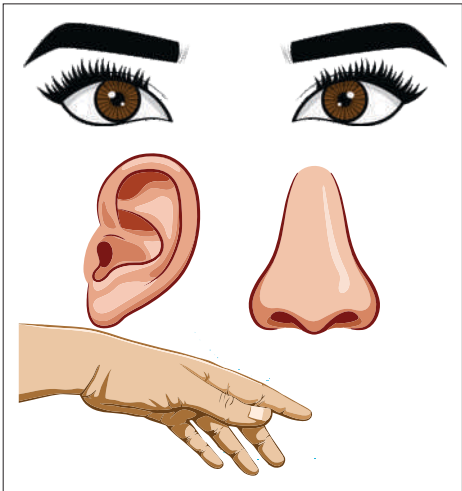
**Confused**

● When you cannot do  
anything to make  
yourself better.

Our feelings help us to know if something is safe  
or unsafe. Safe things make us feel happy and good.



# Your Body Is Yours



Sana is a girl, and Arpit is a boy. Sana has eyes to see, a nose to breathe, ears to hear, hands to pick, and legs to walk. These are Sana's body parts. Arpit also has eyes, nose, ears, hands and legs. These are Arpit's body parts. You have a body too. It also has different parts. Remember, your body is yours.

Pokso likes to hug his mummy.

Sana and Arpit, like everyone else, feel good when their loved ones, like their mummy, papa, grandparents, brothers and sisters, hug them. Sometimes our loved ones hug us, and sometimes we hug them. We hug them when we feel good, scared or alone.



Sometimes our loved ones hug us,  
and sometimes, we hug them.

# Doctor Auntie Tells



One day when I was playing snakes and ladders with Sana at her home, Tina auntie came. She is Sana's father's sister. She is a doctor.

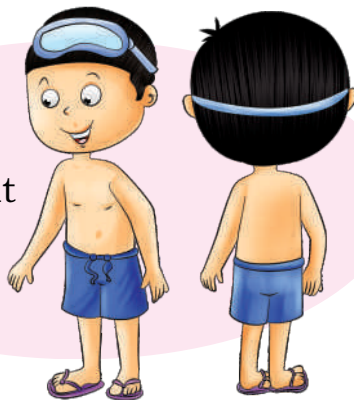


She said, "Dear Sana, How are you? And how are your best friends - Arpit and Pokso? Today, I want to tell you something important.

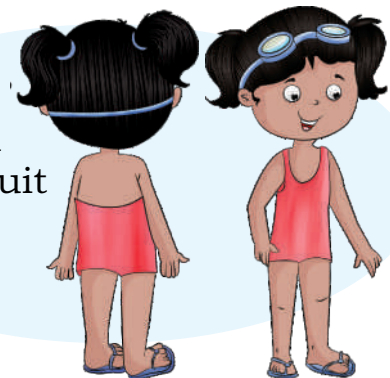
I want to **tell** you about **private body parts**.

Our private parts are the body parts that need to be covered, like in the pictures below."

A boy in his swimsuit

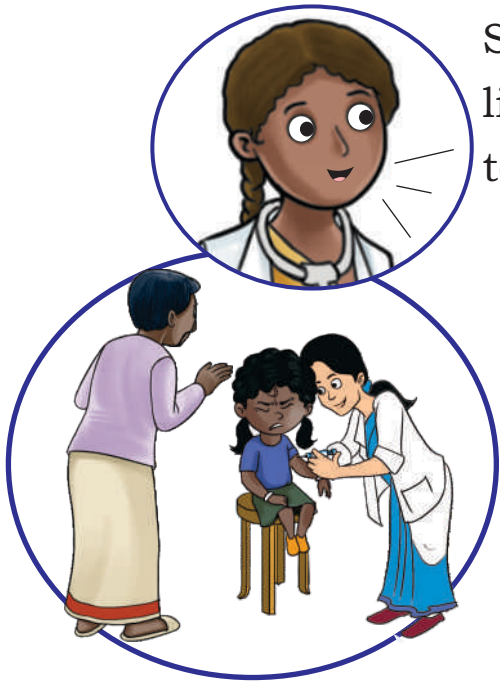


A girl in her swimsuit



**Suggested reading:** *My Life: The Tale of a Butterfly* ISBN 978-81-237-2333-4

Our body is ours. It has parts.  
Each part has a role to play.



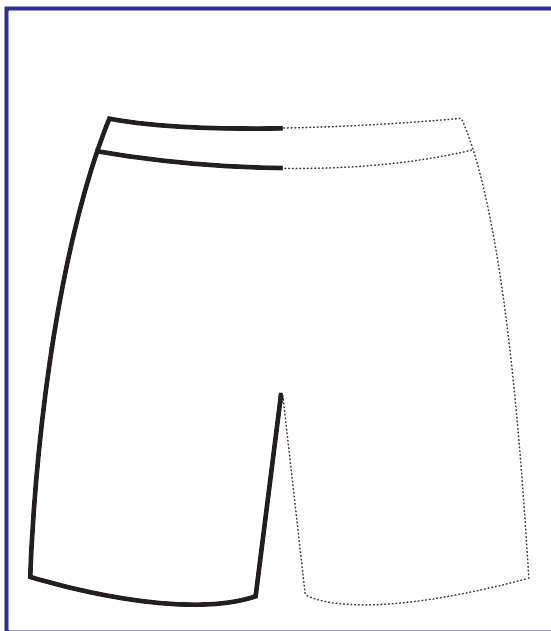
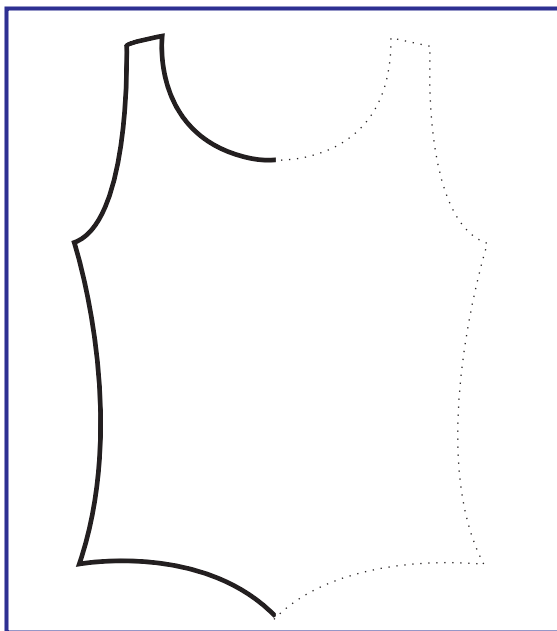
Sometimes, a grown-up you **love and trust**, like your family member, will need to look at or touch your private parts. This can be:

- ✓ to help you to go to the toilet or to take a bath OR
- ✓ to help you when you are sick.

A doctor or a nurse may touch or look at your private parts to help you get better but only in the presence of a trusted grown-up.

A trusted grown-up is like your mummy, papa, grandparents and class teacher. This person will do their best to help you to be safe, clean, healthy and feel good. You can tell anything to a trusted person. You can share your feelings with them.

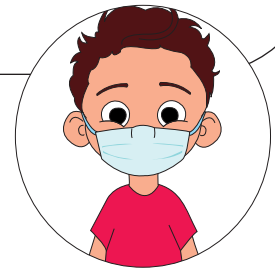
**Draw the other half of the girl and boy's swimsuits and colour them.**







You should not let anyone touch your private parts. Not even on top of your clothes. Not even if they love you. Not even if you love them. Not even when you are playing games. You can share all your things with others like your toys, books and colours but not your private parts. Your mouth is a special private part as you rarely cover it.



You should also never look at or touch anyone else's private parts because it is unsafe.

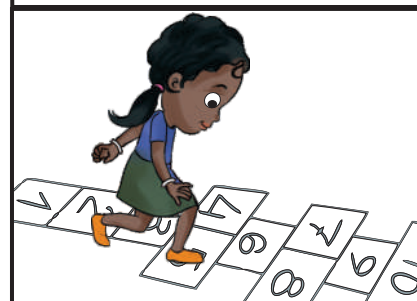
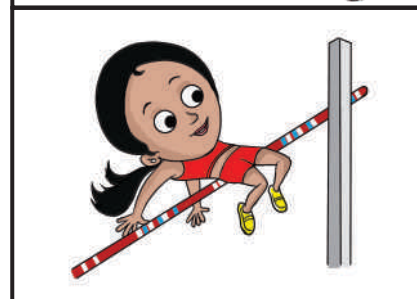
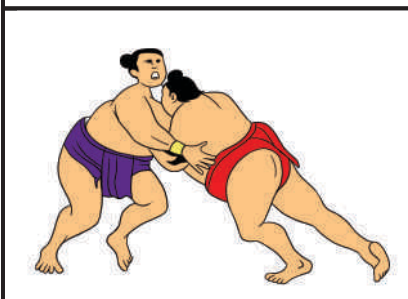
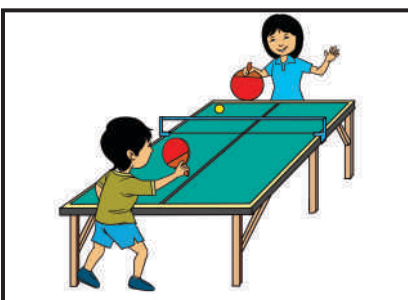
No one should touch or look at your private parts. No one should ask you to touch or look at their private parts.



# Let Us Play

The three 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.

**Which game(s) or sport(s) do you like playing?** ✓

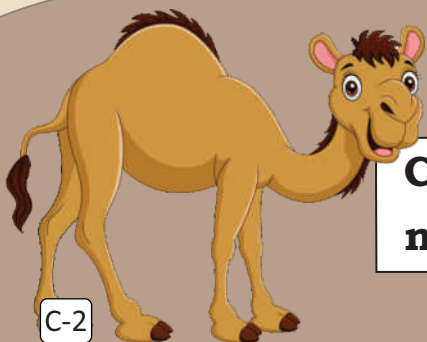


**Suggested reading:** *Mangu's Top*, ISBN 978-81-237-0310-7

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



## Maze Puzzle

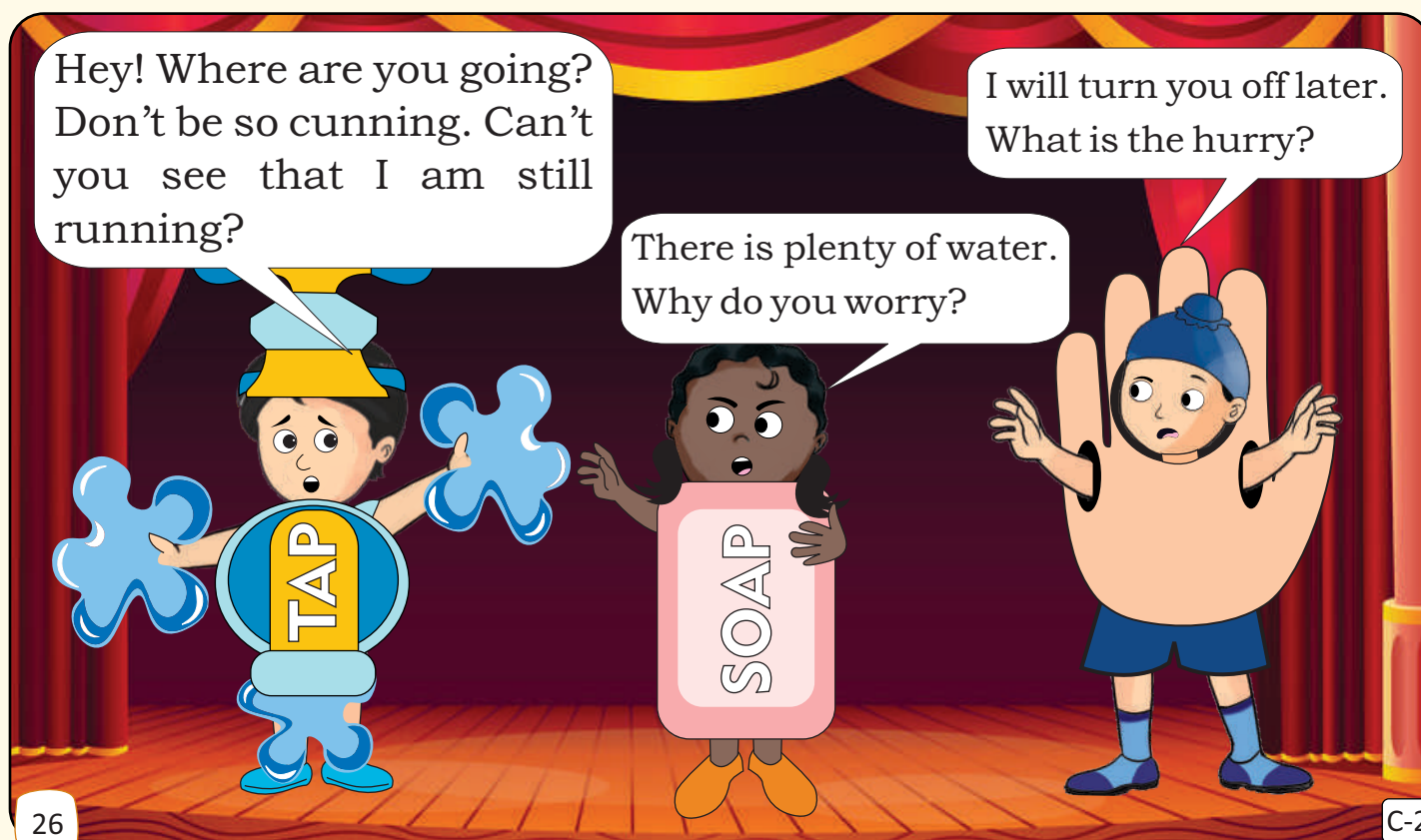


**Can you help Titli and her mother reach the water well?**



# Save Water

Today, there is a play in the school. Sana, Arpit, Pokso and Gurpreet are the participants. The topic of the play is 'Save Water'.





Next Day

There is no water, not a drop to wash or drink. You did not turn me off, so it all went down the sink.

I need to brush for a while. If the teeth rot, how will we smile?

I am covered in dirt, ink and glue.

Without any water. What will I do?

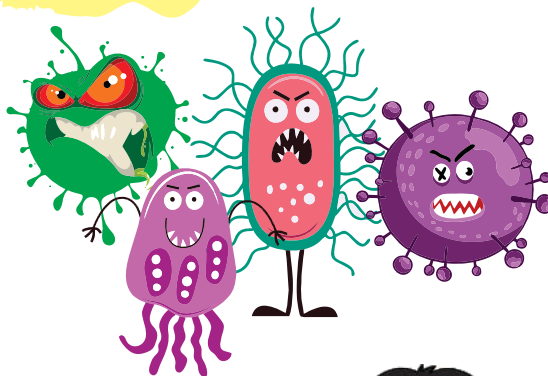
Water is precious. Water is life. Because of water, we are alive. Let us save every drop before it is too late. For me, for you and for our planet's sake.

You only know the worth of water once the well runs dry.



# Germs, the Tiny Monsters

No one wants to get close to anything dirty or stinky. But for germs, dirt is a friend. They are always together. Germs are not your friends, as they make you sick or ill.



They are tiny creatures that you cannot see with your eyes. When you fall sick, you know that they have sneaked into your body.



Hygiene means taking care of your body and keeping it neat and clean all the time. When we are neat and clean, germs cannot harm us, and we do not fall sick. So, take a pledge to be a hygiene champ! After all, you are the boss of your body and its first caretaker.



These tiny monsters are tough and can be found in all kinds of places, including water, air and your body parts. They can quickly move or spread from one place to another and from one person to another. When you touch your eyes, nose or mouth, the germs from your hands enter, spread into your body, and make you ill.



Write all the things that you do  
to keep yourself neat and clean.



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Children are given many injections or vaccines so that germs cannot harm them. Vaccines help children fight various diseases, illnesses and infections like *polio*, *chickenpox*, *measles*, *mumps*, *TB* and more. Vaccination of children is an ongoing process. It starts at birth.

I \_\_\_\_\_

*solemnly pledge to consider hygiene the most important thing in my life. I also promise to do my best to keep myself and my surroundings neat and clean.*



**Teacher resources:** <https://fssai.gov.in/eatrightschool/>





## Mentor/Advisors/Committee Members



**Late Shri. Puran Chand (Mentor):** Fr. General Secretary, Council of Boards of School Education in India (COBSE) | Fr. Joint Commissioner - Academics, Kendriya Vidyalaya Sangathan (KVS).

**Smt. Stuti Narain Kacker (Retired IAS officer):** Fr. Chairperson National Commission for the Protection of Child Rights – NCPCR. | Fr. Joint & Additional Secretary, Ministry of Information & Broadcasting and Director of the Indian Institute of Mass Communication (IIMC).

**Dr. Kiran Aggarwal:** Co-Chair, Indian Council of Medical Research (ICMR) - Committee on Children Under Difficult Circumstances | Fr. President, Indian Academy of Paediatrics (IAP), Delhi; EB Member CIAP | Ex-member Child Welfare Committee, Delhi.

**Dr. Dinesh Kumar:** Professor – Dean (Research) NCERT.

**Dr. Amit Sen:** Senior Child & Adolescent Psychiatrist, Children First, Safdarjung.

**Dr. Geeta Chopra:** Professor in Delhi University | Activist & Author in the field of Child Rights & Childhood Disability.

**Hemlata Suri:** Counsellor, Carmel Convent School, Chanakyapuri, Delhi.

**Tanuja Sharma:** School counsellor, The Indian School, Muscat.

**Dr. Jayanti Banerjee:** Faculty Psychology, The Mother's International School, Delhi.

**Neha Tyagi:** Advocate practising before the honourable Supreme Court, Delhi High Court and Chandigarh High Court.



### Feedback Request

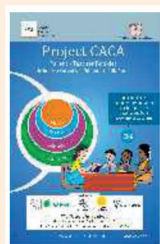
We hope you liked this Safety Workbook. Please feel free to give your feedback and suggestions at [contentcoordinator@projectcaca.org](mailto:contentcoordinator@projectcaca.org)



## 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**