

SAF

Social
Axiom
Foundation

Children Against Child Abuse



Project CACA

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

মোব সুরক্ষা কার্য পুস্তিকা

ଆଗାର ସୁରକ୍ଷା କାର୍ଯ୍ୟ ପୁସ୍ତିକା

મારી સલામતી કાર્ય પુસ્તક

મેરી સુરક્ષા કાર્યપુસ્તિકા

ನನ್ನ ಸುರಕ್ಷತಾ ಕಾರ್ಯ ಪುಸ್ತಕ

میںہ حفاظتی کتاب

എന്റെ സുരക്ഷാ വർക്ക്ബുക്ക്

માझી સુરક્ષિતતા કાર્યપુસ્તિકા

ମୋର ସୁରକ୍ଷା କାର୍ଯ୍ୟପୁସ୍ତିକା

મેરી સુરક્ષિત કાર્યપુસ્તિકા

எனது பாதுகாப்பு பணிப்புத்தகம்

ನಾ ಭದ್ರತಾ ಕಾರ್ಯಪುಸ್ತಕ

میںہہ حفاظتی کتاب

My Third Safety Workbook

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



Resources: Embedded as QR Codes in the workbooks. M3SW-Peach-08-01-R

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!

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Posters and supplementary worksheets are available at the project's website www.projectcaca.org

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Share & Perform**

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Say Hello!

Hello, my name is Pokso. Sana, Arpit and I are best friends. We go to the same school. We love to play hide and seek and celebrate festivals. Would you like to be my best friend too? I guess you would. We all like making friends, don't we?



Sana and Arpit are alike. They like being with each other. They have been drawing together since they were in kindergarten. They love sharing their things. But they don't share everything between them. For example, they don't share their clothes.

They are different too, like:

- Sana is *left-handed*, while Arpit is *right-handed*.
- Arpit's favourite colour is green, but Sana likes red.
- Arpit loves dancing, but Sana likes football.
- On his birthday, Arpit got a flute. Now, it is his flute.
- On her birthday, Sana got a football. Now, it is her football.

Out of 35 children in their class, 4 students are like Sana.

They, too, are left-handed.

Do you think Sana and Arpit share their football and flute between them? _____



The Squirrel and the Fox

Once there lived a cute little squirrel, Nimki. She lived with her mummy on a wise banyan tree. They lived peacefully with other animals and birds on the jungle's edge. She was proud of herself because she followed the rules and respected her parents. Nimki's mother had made some rules for her.

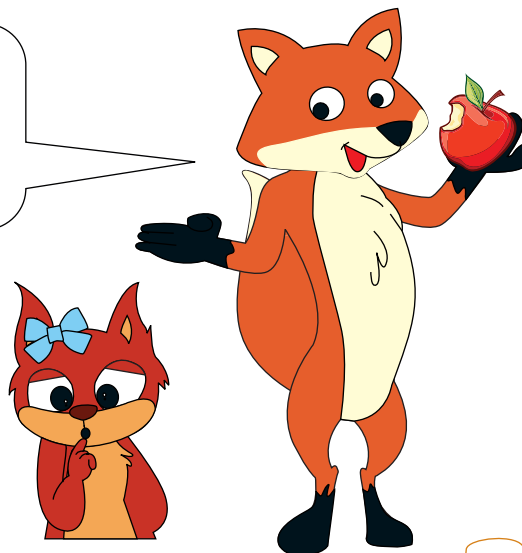
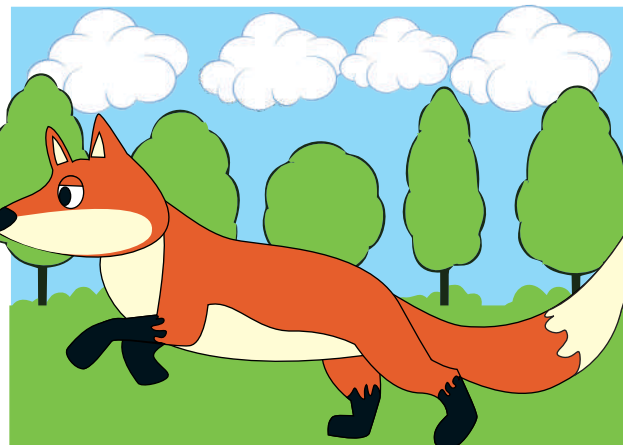
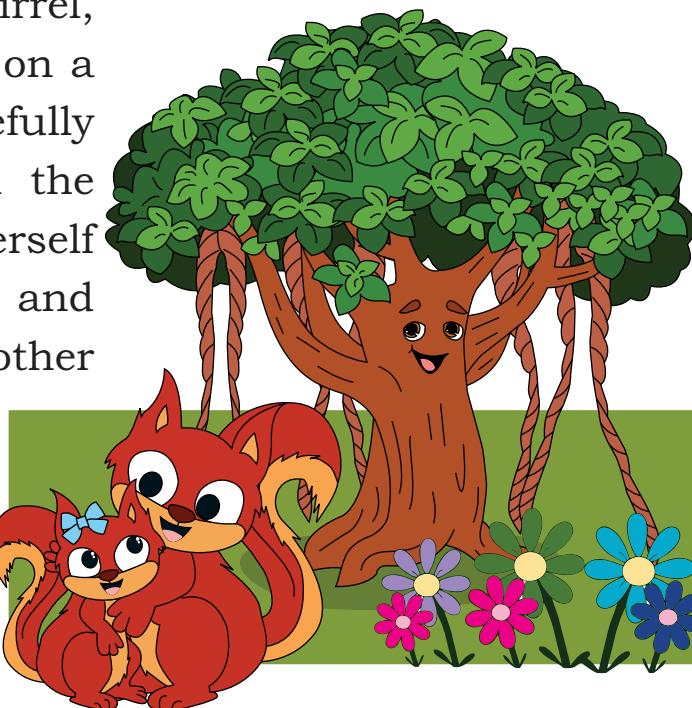
The rules were:

- *Always stay near the **banyan tree**.*
- *Never pluck flowers.*
- *Never talk to strangers.*
- *Never steal anything.*

One winter day, when Nimki was alone, Funtoosh, the fox, came. Everyone in the jungle knew him as the boastful fox. He was eating a yummy apple. Nimki asked him where he got the apple from. Funtoosh replied:

I have a friend who is a gardener. He gave me the apple. Would you like to come with me to the garden and eat an apple?

Nimki got tempted. But her mother had made a rule for her safety. She was not supposed to leave the wise banyan tree. She was confused. She decided to break the rule and go with Funtoosh.



After reaching the garden, Funtoosh said, "Hushh... Be careful. The gardener should not see us."



"But isn't he a friend of yours? Why does he have a gun?" Nimki asked. Funtoosh said, "He should not know that we are here for the apples." "But that is stealing, and I will not steal. Stealing is wrong and shameful," Nimki said. She was angry with Funtoosh and ran away to her home. Nimki had now realised her mistake. She did not want to tell her mummy what had happened.

She felt guilty but then remembered what her mummy had told her. She had said, "Never hide anything from your parents." Nimki told everything to her mummy.



Mummy said, "Though you broke a rule, you finally did the right thing by not stealing the apples and telling me all that had happened."

Nimki did not feel guilty anymore. She was happy and relieved that she had told everything to mummy.

Tell your loved ones what happened during the day. Do not hide anything from them because hiding is a bad habit.

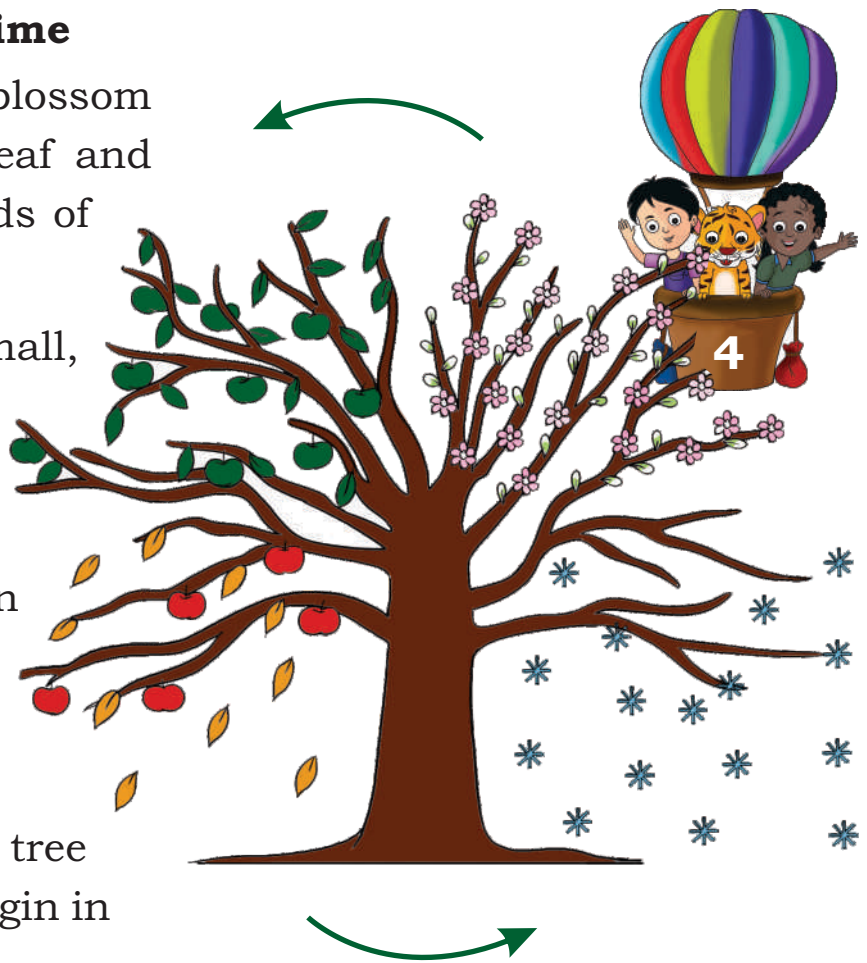
Seasons of time

Spring The flower begins to blossom as the days get warmer. Leaf and flower buds grow on the ends of branches.

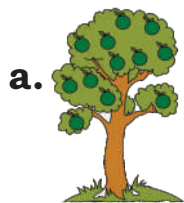
Summer Apples start small, growing more and more by soaking in the sun all summer.

Fall Apples ripen in September and October. They change colour and become sweet.

Winter After a long year, the tree rests up for a new cycle to begin in the spring.



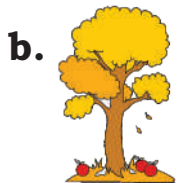
Match the following



Apples start small



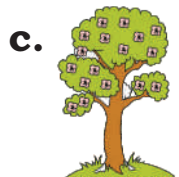
I. Spring



Apples ripen, change colour, become sweet



II. Summer



Flowers begin to blossom



III. Fall



Apple tree rests



IV. Winter

Toss a Coin!

We all, like Nimki in the previous story, make many choices. These choices can be like - should we study, play, help our family, watch TV, play with this friend or that? Your choices will always have some results. Here are some questions you can ask yourself to make good and safe choices.



1. Do you want something very badly?
2. How does it make you feel?
3. Have your parents, teachers, or other trusted grown-ups made any rules for you to follow?
4. If you make a choice, what is likely to happen? Will it be good or safe for you?

Let us see how Arpit decides.

Pokso, Arpit and Sana were playing outside Sana's house. An auntie came to them and said, "I have some candies in my purse. I gave these candies to lovely children like you. You can have them too." Arpit went towards the auntie, but Pokso pulled him back. Sana said, "We don't know her. We should not take anything from her. It is not safe."



Growing-up is about doing things by ourselves. It is also about making choices that make us happy and safe.

"Our parents, grandparents and teachers have told us not to take things from people we don't know." Arpit said, "But I want to. I like toffees. Let us toss a coin." Pokso had a one-rupee coin.



Arpit said, "Tails," but the coin showed heads. "Let us toss again," he said. Pokso said, "Forget about the coin. You will keep making me toss it until you get what you want." Sana said, "Let us think of another way to decide. If the toffees are good and we do not take them, we will miss out on eating yummy candies." Arpit made a face.

Pokso said, "But if something is wrong with the candy, we can get sick. Or it may make us unconscious, and someone may take us somewhere. So which is better: to miss the yummy candy or maybe get sick or be taken away from our family?"



Arpit said, "I think I should not accept the candies from this stranger, auntie. It is safe to say 'no'." Pokso said, "Also, remember what our sport's ma'am had told us. Junk food is not good for us and our health. It is not nutritious. Toffees, burgers, pizzas and cold drinks are junk food. You have taken a very good decision by saying 'no'. Give me a high five!"

Do you think Arpit made the right choice?



ABCDE and K

Nutrients in our foods are of 5 types – *carbs*, *proteins*, *fats*, *vitamins* and *minerals*. One food item can have more than one nutrient in it. We need carbs to work and play. We get them from grains, rice, sugar and starchy foods. We need proteins to grow. They also help us heal the cuts we sometimes get while playing. We get proteins from eggs, fish, pulses and beans. We need fats to store energy in our body - just like we save and store money in a piggy bank. We get fats from oils and nuts. Too much fat, like in *junk food*, is not good for us.

We require vitamins and minerals sparingly. But they are important too. They are good for *immunity*. Immunity is the ability of our bodies to fight harmful *germs* and *diseases*. Vitamins and minerals also convert food into *energy*. They also repair damaged *cells*. Our body is made up of tiny cells so small that we cannot see them with our eyes directly. We need a *microscope* to see them.

Vitamins and minerals are a must for our bodies. Doctors call these vitamins A, B, C, D, E and K. The minerals have names like calcium and iron. But can we eat an iron nail? We cannot eat iron or minerals directly. They have to reach our bodies through the food that we eat.



Cells' Types



Some people, like those who are sick, old, or do not eat proper food, may not get enough vitamins and minerals from their meals. That's when doctors give them medicines or tablets with vitamins and minerals to help them stay healthy.

Vitamin A - Makes your eyes, teeth and skin strong. Helps to fight diseases - Milk, eggs, cereals, green vegetables and fruits like spinach, carrot, mango, papaya, and guava.

Vitamin B - Turns food into energy - Eggs, fish, meat, apple, cauliflower, beans, milk.

Vitamin C - Strong gums and helps fight infection - Lemons, oranges, guavas, strawberries, potatoes.

Vitamin D - Strong Teeth and bones - Sunshine, fish, milk, yoghurt, cheese.

Vitamin E - Good for your skin and heart - Nuts, pumpkin, watermelon, spinach.

Vitamin K - Good for blood - Eggs, spinach, tomato, cabbage, grains.

Calcium - Strong bones and teeth - Milk, yoghurt, cheese, spinach, beans, almonds.

Iron - Good for blood and also required for growth and development - Meat, fish, beans, spinach, lady's finger, walnuts, oranges.



A. Do you know what a microscope is? Have you ever seen anything through it? If yes, what was it?

B. Ask your loved ones if any of your family members take medicine or tablet for vitamins or minerals.



C. How many nutritious things can you see in this picture? Circle or tick mark them. One has been done for you.



Answers: (1) Orange (2) Watermelon (3) Banana (4) Cauliflower (5) Egg (6) Tomato (7) Spinach (8) Fish (9) Milk (10) Sunlight

Arm Wrestling



Sana and Arpit had a special assembly at school. They saw a play. The play had four characters: a seven-year-old child, his father, another man, and a female nurse.

Scene 1:

Boy: Hello, Uncle! How are you?

Man: Hello! I am seeing you after such a long time, but I am glad you still remember me! That's great!

Boy: Yes, Uncle. I remember the time spent with you and how you defeated me in a play fight.

Man *(touching the boy's muscles)*: Aha! I can see that you have not only grown big, but you have also become much stronger. I'm sure it will be much harder for me to defeat you now.

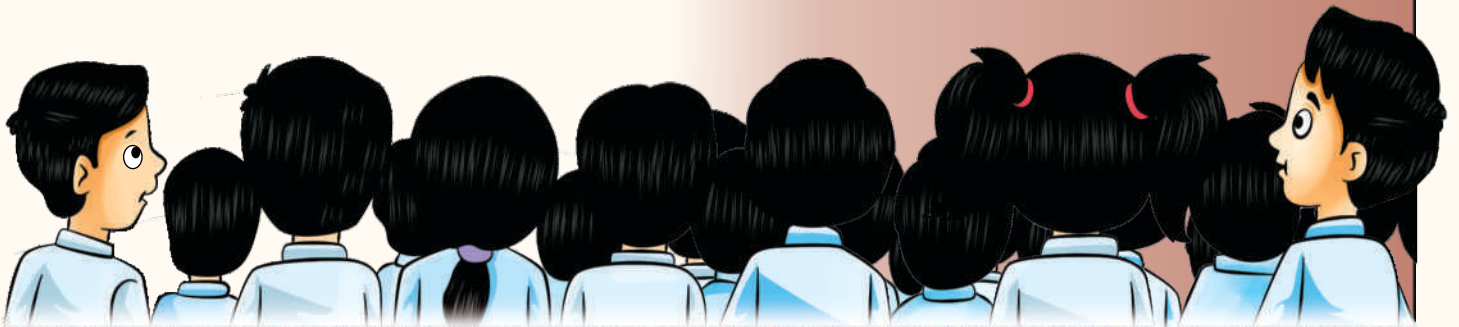
Boy: Uncle, will you play with me?

Man: Of course!

Boy: Let us play arm wrestling.

(The boy and the man lock their hands and push them against each other. They struggle to see who can push the other one's hand down. Soon, the man's hand drops.)

Man: You won!



Man: Can you call your papa now? I have to talk to him.

Boy: Okay. *(The boy goes to call his father but stumbles and falls. The man puts his hand on the boy's bottom and shakes him.)*

Man: Get up, child. Are you okay? *(The boy gets up immediately.)*

Boy: Yes, I am okay, but you should not touch my **private part!**

Man: What do you mean? You know me. You were just playing with me. And now you are saying this.

Boy: Uncle, I know you, and I like you. Still, you must not touch my private parts. This is what my parents, grandparents and teachers have told me. It is not safe for me.

Man: Do you even know what your private parts are?

Boy: Yes, I know. Private parts are the parts of our body that are always covered in front of others. Moreover, nobody should touch our private parts, not even people who love us.

Father *(walking in):* Very good, son! I heard what you said to uncle. You are right.

(Just then, the doorbell rings. The boy opens the door, and the nurse walks in.)

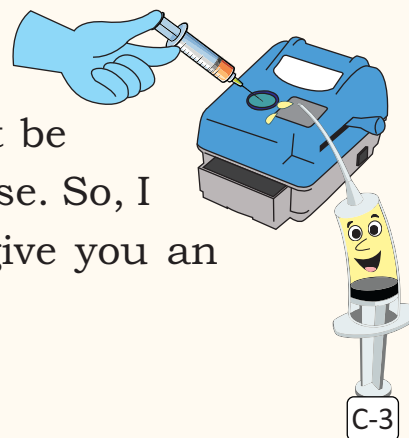
Father *(to the boy):* You must take an injection from the nurse. So that you do not get any fever from mosquito bites, go with the nurse, and I am coming.

(The boy and the nurse walk out.)

(The nurse starts preparing the injection.)

Boy: What is in that box?

Nurse: This is a needle and syringe destroyer. We should never reuse a needle or syringe. Once used, they must be destroyed safely to avoid spreading disease. So, I will use a fresh needle and syringe to give you an injection and destroy it afterwards.



Boy: Wow! You are indeed a hero! No, wait, a **SHERO**.

Nurse (*laughing*): Thank you.

Father (*to the man*): I need to go so my son can have the injection. After that, we will have our meeting.

Man: But we can always talk while the nurse gives your son an injection.

Father: I have to be with them. It is **unsafe** for anyone to look at or touch a child's private part. A doctor or nurse should also not do so unless some trusted grown-up is there. Also, my child will feel better if I am standing beside him. Please wait. (*He goes to his son and the nurse. After some time, he walks in.*)

Father (*to the man*): Sorry! You had to wait for so long.

(*The two leave the stage and the play gets over.*)

All the children *clapped after the play. They went back to the classroom and talked about what they had seen.



Match the following rhyming words.

- | | |
|------------|-----------|
| 1. Nurse | a. Mumble |
| 2. Heard | b. Hero |
| 3. Shero | c. Much |
| 4. Stumble | d. Purse |
| 5. Touch | e. Bird |
| 6. Health | f. Letter |
| 7. Better | g. Wealth |

Answer keys on page 53

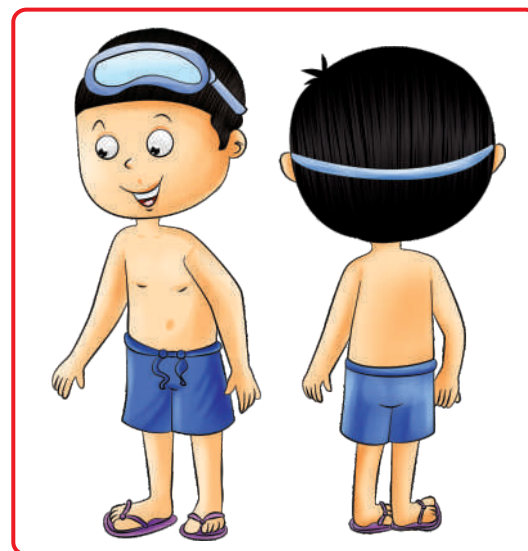
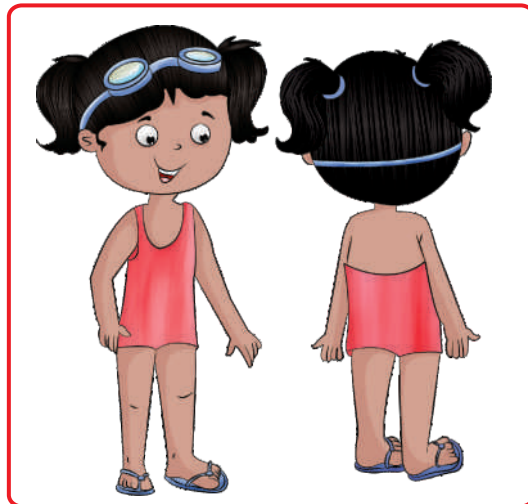
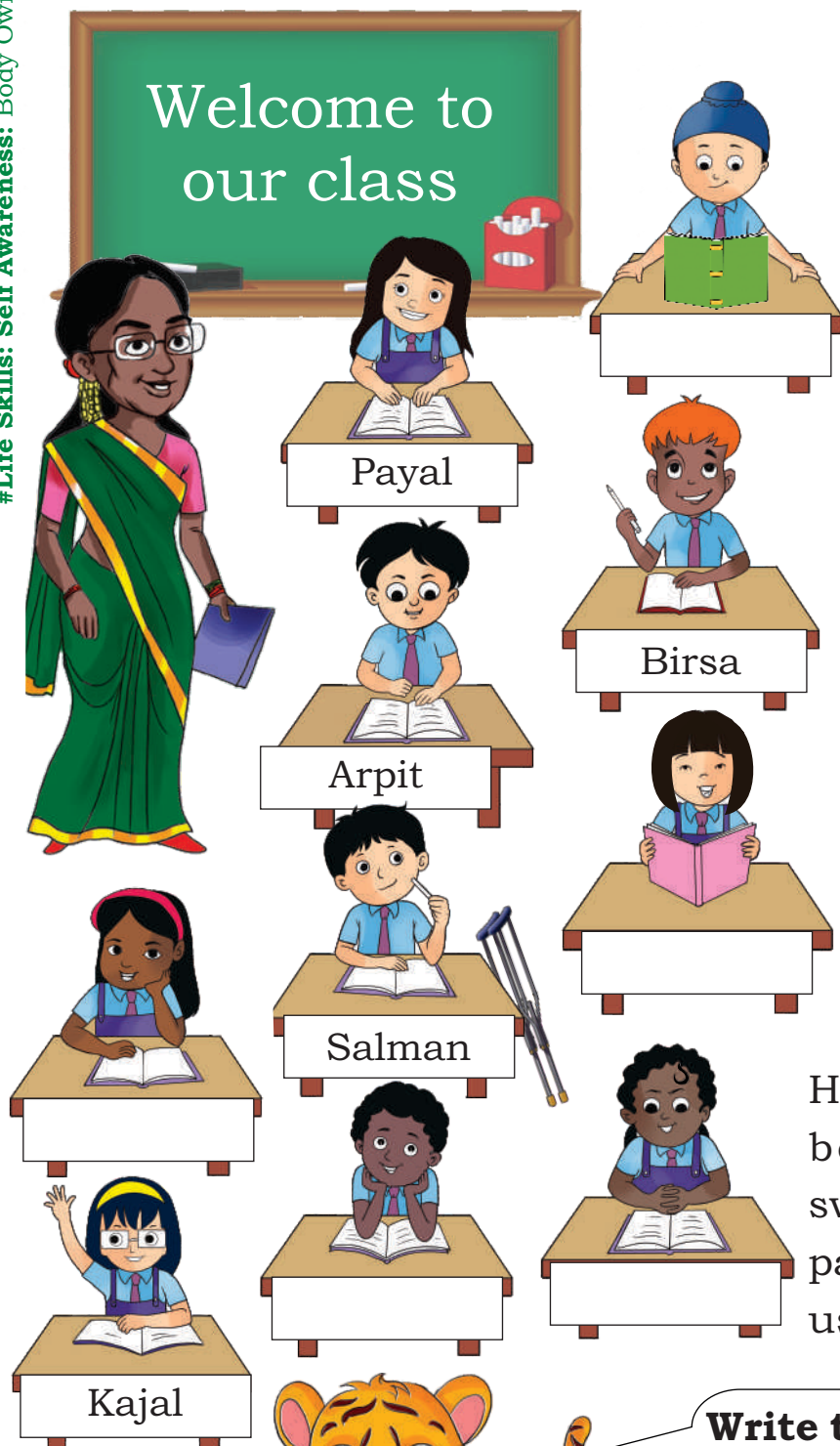
*Following is the rhythm in which the children clapped.



Credit: Yogesh Aditya

Private Parts

In class, ma'am showed them some pictures to tell them about private parts.



His swimming shorts cover a boy's private parts. Her swimsuit covers a girl's private parts. Private means only for us.

Write the names of the famous 5 'left handers' in the white boxes.



You are the boss of your body and its first caretaker.



It Is Good to Share but...



Ma'am said, "Boys and girls have different private parts. You should not let anyone look at or touch your private parts. Not even if they love you or you love them. Not even when you are playing games or having fun. You should also not look at or touch anyone else's private parts. This is because they are someone else's, not yours. At times we share things like books, toys, and T-shirts with our brothers, sisters and friends. But there is no sharing or touching of private parts. That is a safety rule."

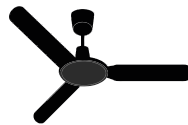


A. Write the first letter of each thing.























B. Complete the following sentence by writing the first letter of each thing.

We must always follow the _____

Answer (B) : Safety Rules

Rules, like good habits, are to be followed as they are made for our health, hygiene and safety.

Taking Help



Sometimes, a loved and trusted grown-up would need to look at or touch your private parts when you are not well.

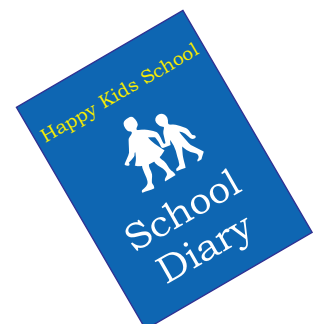
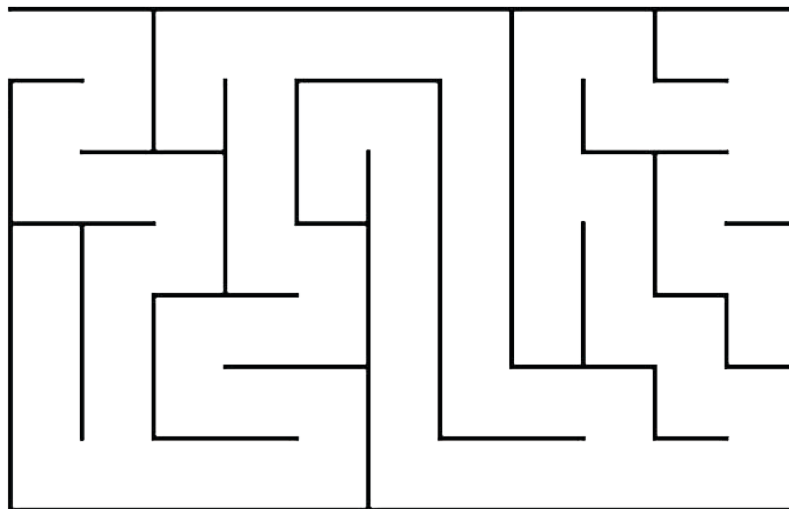


They may help you to:

- ✓ Go to the toilet
- ✓ Take a bath
- ✓ Take medicine
- ✓ Eat food
- ✓ Brush your teeth
- ✓ Rinse your mouth
- ✓ Wash your face

If a grown-up you love and trust is with you, you should let the doctor or nurse look at or touch your private parts to help you get better. You must learn to go to the toilet, take a bath and get dressed by yourself. After all, growing up is about learning to do things on our own and helping others.

Sana seems to have forgotten where she had kept her school diary. Can you help her find it?



Kisses



Sometimes when we are happy with our trusted grown-ups like papa, mummy, grandparents and teachers, we kiss them on their cheeks. Sometimes when our loved ones are happy for us, they kiss us on our cheeks or forehead.

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

The children felt very good after learning so much about their bodies and how to be clean, healthy and safe. The school bell rang, and the period was over. Ma'am hurriedly said, "Note down your homework in your school diary. You have to write a new school song. We will sing it together in the morning assembly tomorrow."

A. Can you help Sana, Arpit, Pokso and their classmates to finish writing their school song?



Homework School Song

Happy kids' school

We go to the happy kids' school.
Studying here is so much fun,
We shine brightly like the Sun.

Happy kids' school

We go to the happy kids' school.
Telling right from wrong,
Our teachers make us strong.

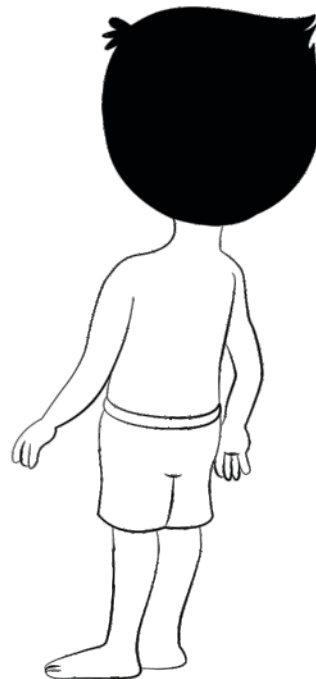
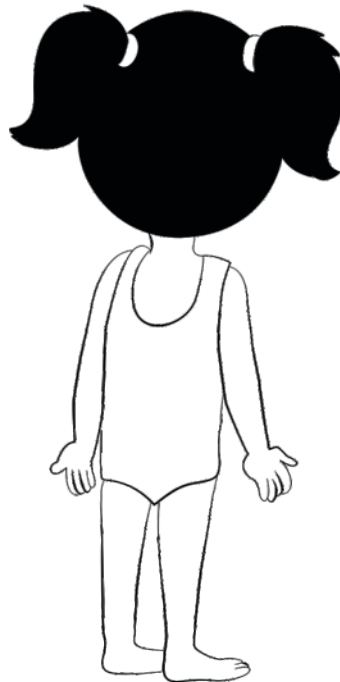
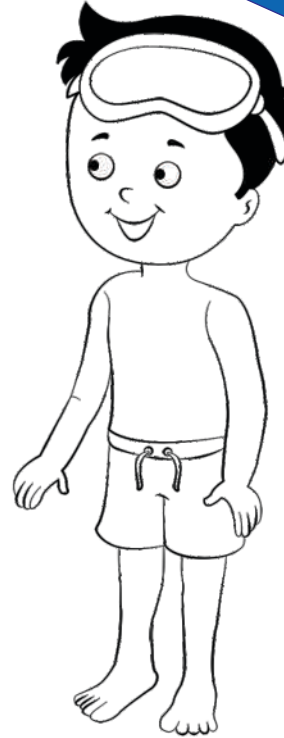
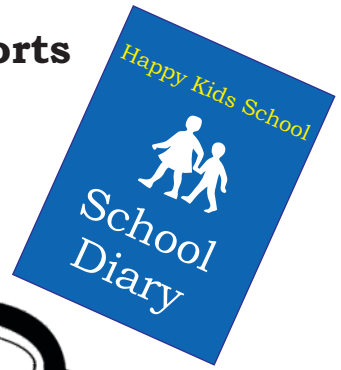
Happy kids' school

We go to the happy kids' school.
Marching ahead, one, two, three,
Always together, you and me.

Answer keys on next page.

We talk about private parts only with our trusted adults - people we love and feel safe with.

B. Colour the boy's swimming shorts and the girl's swimsuit in red.



Me
Answers (A). Fun, Sun, Wrong, Teachers, Strong,

Private parts are only for us. They unlike our books or toys cannot be shared or touched by anyone.

C. Birsa Munda, a classmate of Pokso, has a cow named Gauri and a calf. He often helps his mummy in milking the cow. **Do you think Gauri the cow and her calf are pet animals?**



Yes

☐

No

☐

D. In the following images match the babies with their mummies.



a. Calf



1. Cat



b. Kitten



2. Kangaroo



c. Joey



3. Dog



d. Piglet



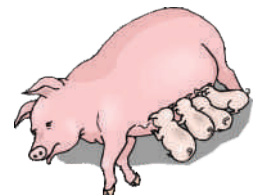
4. Cow



e. Puppy



5. Sow



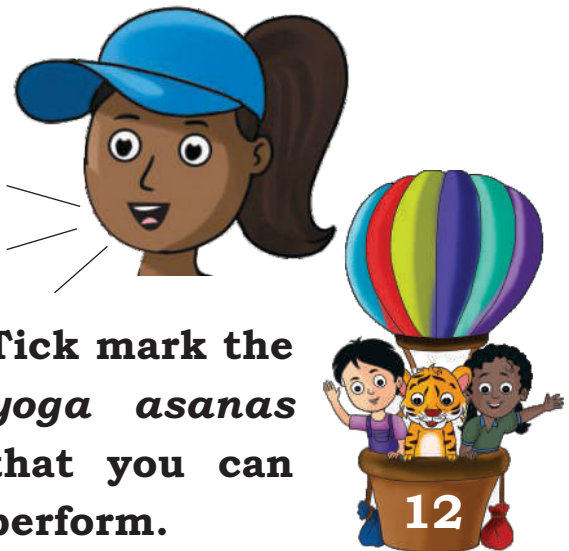
E. Sana has a pet dog called Moby. Circle the animal in the above image if you have it as a pet.

Yoga Is Good for Health



The school had just opened after Christmas vacation. Christmas, as you know, is a festival that celebrates the birth of Jesus Christ. It was the games' period, and everyone was excited, but it was raining outside. Nobody could play outdoors. What a pity! The games' teacher, Bala ma'am came to the class.

She said, "Today I will show you some images of various exercises and *yoga-asanas*. From today onwards, we will practise yoga. Yoga is good for our body and mind. It keeps us happy and healthy."



Tick mark the *yoga asanas* that you can perform.



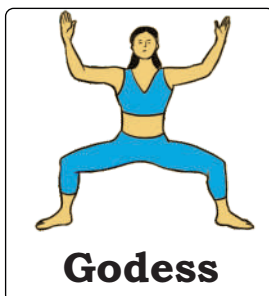
Cat



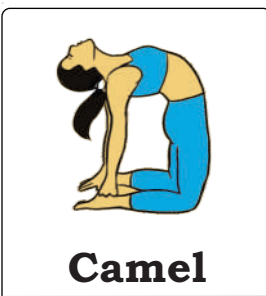
Tree



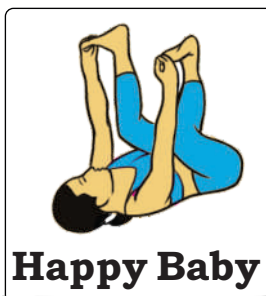
Garland



Goddess



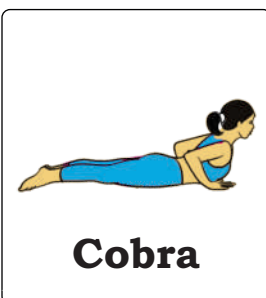
Camel



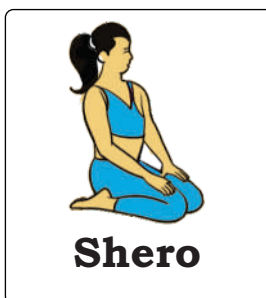
Happy Baby



Bow

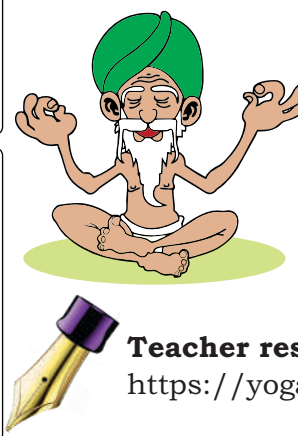


Cobra



Shero

21 June is celebrated as International Yoga Day.



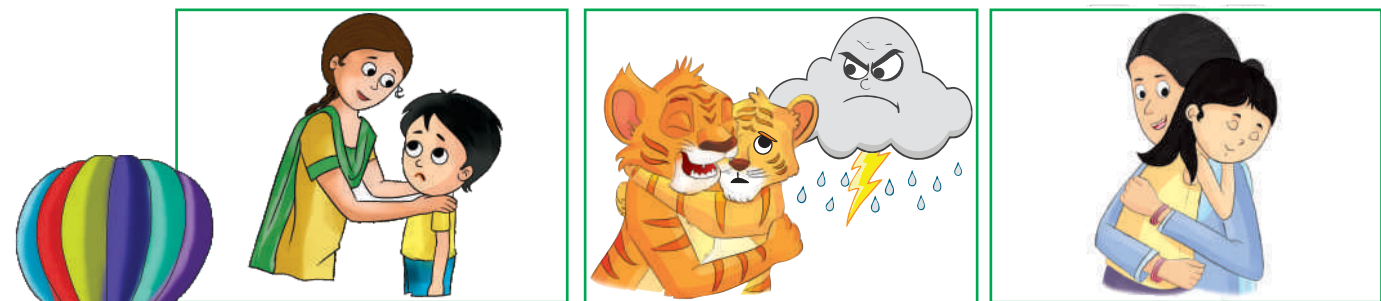
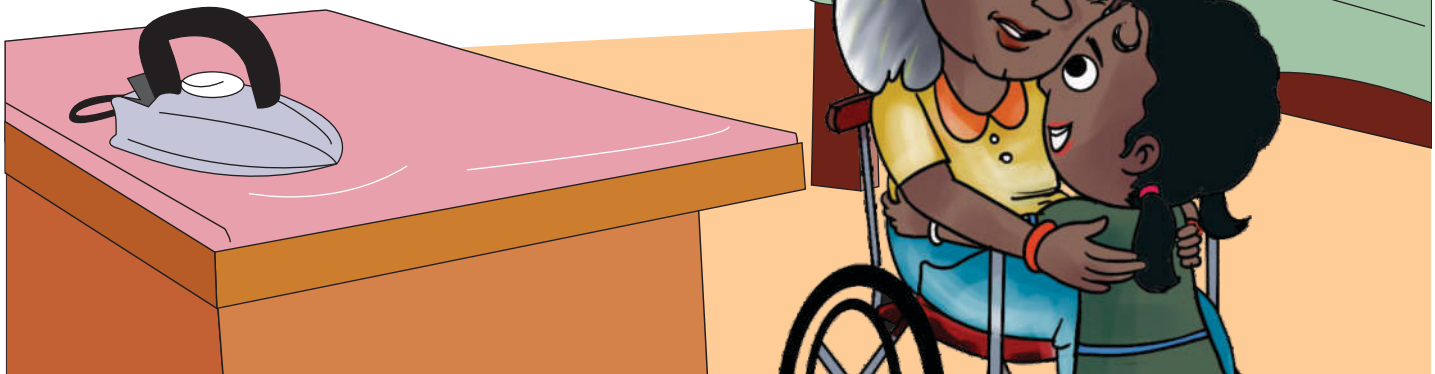
Teacher resources:

<https://yoga.ayush.gov.in/yoga/>

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

Sana Loves to Hug Her Grandma

Trusted grown-ups are those we love and will do everything they can to help us be happy, healthy and safe. We feel good when our trusted grown-ups hug us. They do so when we have done something good, like when we have won a race, completed our homework or finished our breakfast. We hug or kiss them in return. We also hug them when we feel good, are scared of something, or are confused or lonely.



Tick mark the weather outside the window of Sana's house. ☒

Sunny

☐

Rainy

☐

Snowy

☐


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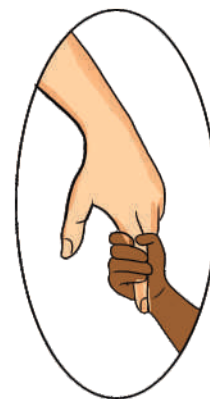
Types of Touches



We cannot live without touches, can we? There are many types of touches like *safe*, *unsafe* and *accidental*.

Safe touches: They make us feel happy and good. They come from people we love and trust, like a parent, grandparent, brother, sister, class teacher and friend..

A. Can you name some people from whom you get safe touches?



Accidental touches: They occur by mistake. For example, when Arpit slipped and fell on Sana. Accidental touches do not happen again and again with the same people.





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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

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



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