

**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

مینه حفاظتی کتاب

എന്റെ സുരക്ഷാ വർക്ക്ബുക്ക്

માझी सुरक्षितता कर्णपुस्तिका

ମୋର ସୁରକ୍ଷା କାର୍ଯ୍ୟପୁସ୍ତିକା

મેરી સુરક્ષા કાર્યપુસ્તિકા

எனது பாதுகாப்பு பணிப்புத்தகம்

ನಾ ಭದ್ರತಾ ಕಾರ್ಯಪುಸ್ತಿಕ

مینه حفاظتی کتاب

My Fourth 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!

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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. I am a tiger. My favourite game is wrestling. Meet my best friends Sana and Arpit. We are classmates. We all like reading books. Reading is our hobby. Our librarian, Gargi ma'am, provides us with wonderful books and videos from time to time. Nowadays, I am reading - *The Day the River Spoke*, ISBN 978-81-237-2000-5. Sana is reading *Quakes and Flames*, ISBN 978-81-237-0769-3, and Arpit is reading *Neha, My Sister*, ISBN 978-81-37-4092-8.



Like your roll number, each book in a library has an ISBN.



CHILDREN'S FILM SOCIETY INDIA
Promoting Every Child's Right to Entertainment

Arpit likes to dance and is interested in pendulums because they always dance. He loves a dance form called Kuchipudi. Every year, on the day of *Krishna Janmashtami*, he plays the role of Krishna. He is working hard to join the school's junior dance troupe. It is the goal that he has set for himself this year.

Sana loves playing football and is interested in magnetic compasses because it always focuses on the North direction. Sana is always focused towards the goal in the playground.



All of us are born as a girl, a boy or another.
It's natural to be different from each other.



She, too, is practising hard to join the school's junior football team. It is the goal that she has set for herself for this year.

You see, Sana and Arpit are quite different. We all are different, and it is okay to be different. Being different does not mean being unequal.



Last week we participated in an awareness campaign organised by our school. The show was about creating awareness in the community about noise and air pollution caused by burning crackers during Diwali, the festival of lights.

We are growing and learning new things together, like keeping our bodies safe and healthy. We know that as we grow, our bodies change, and we become bigger. We are learning about personal health, hygiene and safety from our loved and trusted ones. Our loved and trusted ones are our parents, grandparents and teachers. We are also learning how to make good choices.



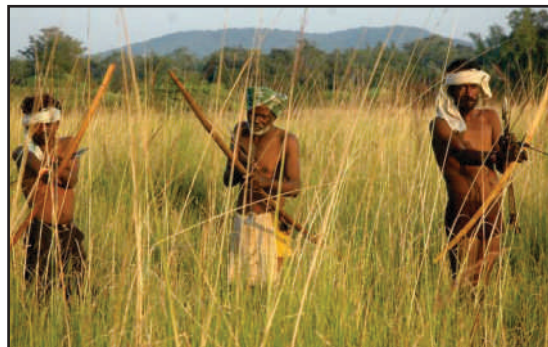
A. What goal have you set for yourself this year?

B. Have you ever participated in any awareness campaign/ road show? If yes, what was it about?

C. Are you reading any storybook nowadays? If yes, what is its title?

Sweet Home

The *Chenchu tribal* families with their pet foxes have been living in the deep and dense jungles of the *Nallamala hills*, next to the calm river Krishna. There also lived a young bird, Bulbul, with them. She had made her sweet home in the hollow of an old tree. She lived there happily, sharing the river and jungle bounties with the Chenchu people as season after season passed. She had a friend, Mynah, who lived far across the river Krishna, near a village that grew maize. But Bulbul had not met her for many seasons. She hardly left her sweet home because she knew many would like to move into it, making her homeless.



Chenchu tribals

Image source: Newspaper, the Hindu

Indigenous and tribal people are often known by national terms such as *Native People*, *Aboriginal People*, *First Nations*, *Adivasi*, *Janajati*, *Hunter-gatherers* or *Hill Tribes*.

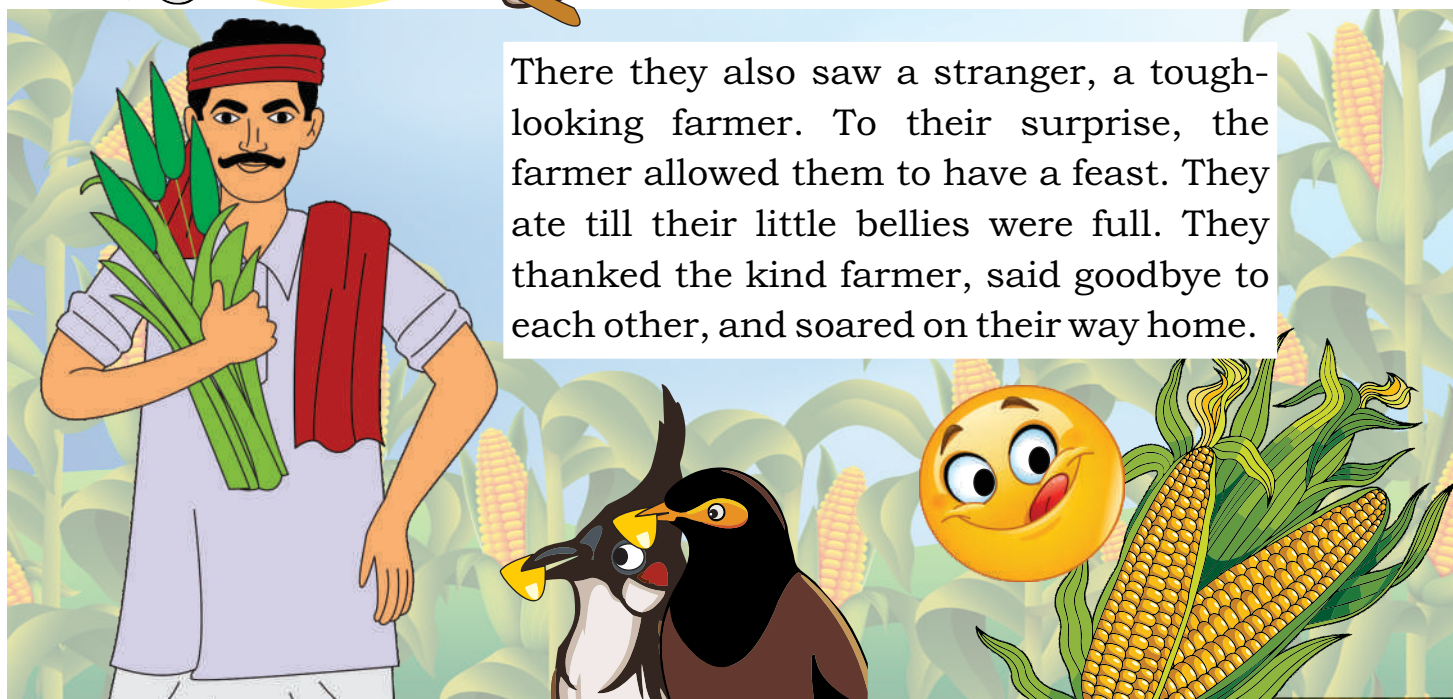
One day, a stranger came hopping under the tree. It was a white rabbit whose fur shone like a full moon. Bulbul had never seen a rabbit before, so he impressed her. Soon, they began to talk. Bulbul thought that she could entrust the rabbit to guard her home while she had a chance to visit the Mynah. "Will you take care of my home when I am gone?" "Of course I will. You don't have to worry about anything at all," replied the rabbit.



From which place (state) of India is this story?



Finally, Bulbul went to meet Mynah. Mynah was surprised to see her old friend. It was the maize season. They could smell it in the air. Both chatted for a little while and flew swiftly with their light bellies, giggling and flapping their wings to the nearby maize fields. Now, they could smell and see their favourite yummy maize.



There they also saw a stranger, a tough-looking farmer. To their surprise, the farmer allowed them to have a feast. They ate till their little bellies were full. They thanked the kind farmer, said goodbye to each other, and soared on their way home.

When Bulbul reached her home, she thanked the rabbit for his help. "No need to thank me", said the rabbit, "this home is mine now." The Bulbul was shocked. She did not know what to do. She asked for help from the old tree. The tree said, "you did not take my permission before leaving. I am helpless". Thus, the hollow now belonged to the rabbit, and the poor Bulbul became homeless. From that day onwards, Bulbuls began changing their homes every season.



Not all strangers are bad, but we have to be careful while dealing with strangers.

Strangers Around You



Follow these five safety rules with strangers:

Rule 1: ASK and DO! You must first ASK a trusted grown-up about the stranger, and then DO what they tell you.

Rule 2: Do not talk to or take anything from a stranger.

Rule 3: Do not go anywhere alone with strangers. Even if they tell you that your parents or loved and trusted grown-ups have sent them, do not go with a stranger unless your parents have said that it is okay for you to go with them.

Rule 4: If any stranger clicks your picture, always tell your loved ones.

Rule 5: Do not share personal information like your address, school name and class, parents' names, phone numbers with any stranger.



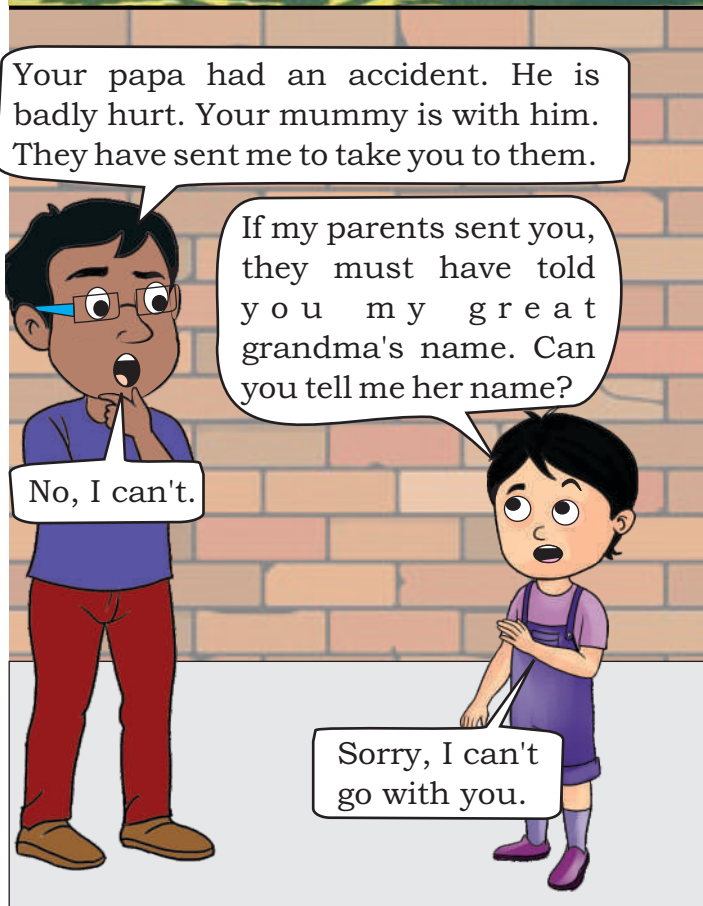
Should Arpit answer this call without asking his trusted grown ups?

A person you are talking with on the phone can also be a stranger. You can also come across a stranger on the Internet. So whenever you are on the Internet, your loved ones should be around. Ask your parents, grandparents and teachers who is a stranger to you. When we spend much time with someone, doing things together, we start to know the person. This way, a stranger stops being a stranger and becomes someone we know. This is how you make friends in school. But first, we need to ASK a grown-up we trust if it is safe to spend time with a particular stranger. Smartphones often show 'unknown' for calls made by strangers. You should not answer such calls.

Strangers can exist in the real world as well as on the Internet.

Sana and Aprit meet strangers.

Picture Story

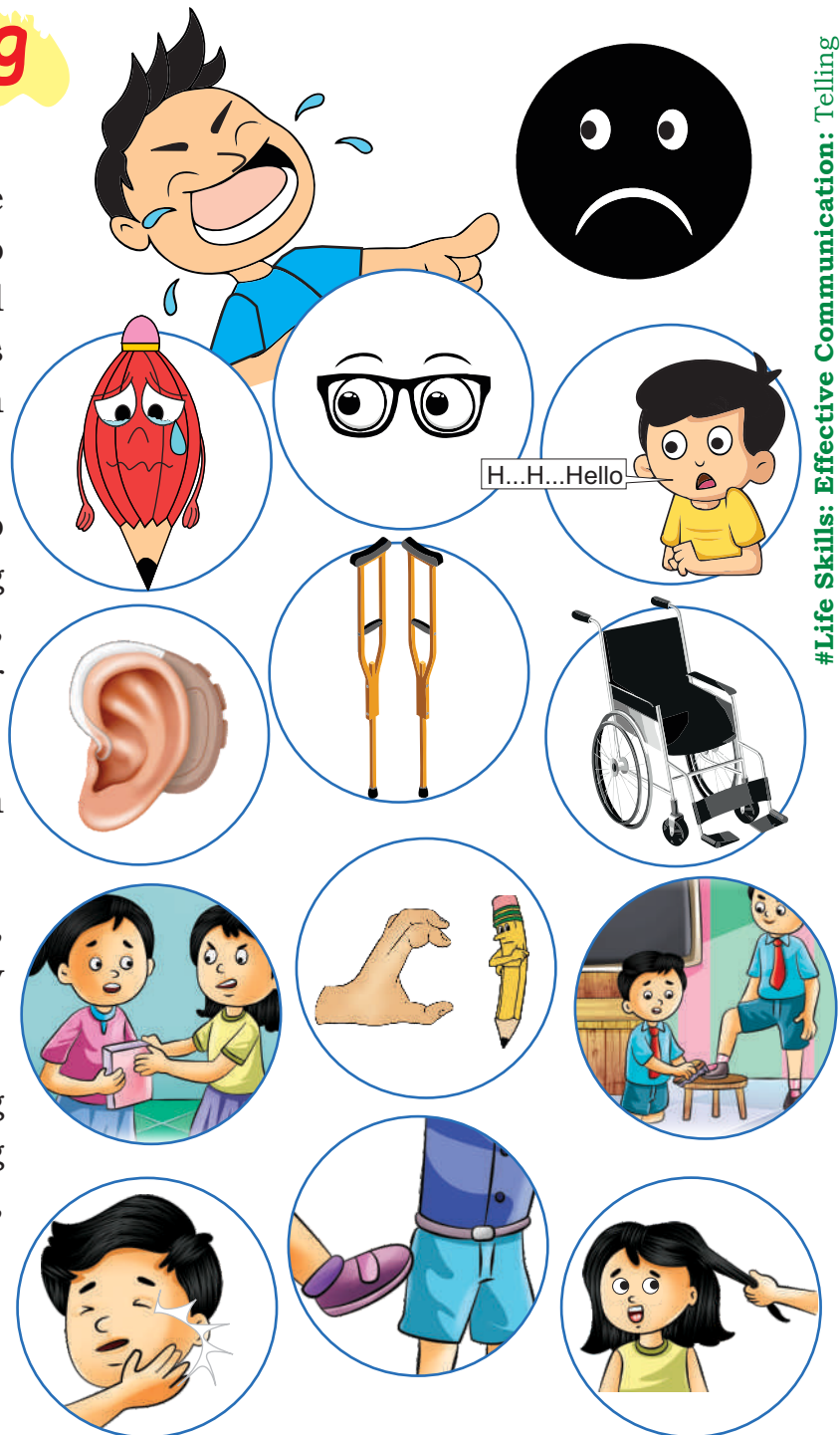


A stranger can be a boy or a girl, a man or a woman, young or old. A stranger can be in any dress or uniform.

All About Bullying

Bullying is when one or more people keep doing something to hurt someone or make them feel sad. The person who does this is called a bully. Bullying can include:

1. making fun of someone who stammers, has hearing difficulties, visual impairment, different skin colour or different body size.
2. taking someone's things even when they refuse to give them.
3. troubling someone by slapping, kicking, or pinching them or by pulling their clothes or hair.
4. forcing someone to do something they do not want to do. Being bullied can make you feel sad, afraid and helpless.



You should try to stay away from the person who bullies you and from the place where you are bullied. You can protect yourself from bullies by being with another person. The bully may not want to bully you when you are with someone else, and you must never feel alone.

Avoid fighting with or shouting at the bully. If someone is bullying you, it is not your fault. Practise telling. If you are scared, you can first tell a toy. Then, you can tell a friend. When you have practised as much as you can, you will feel brave enough to tell a grown-up you love and trust and that grown-up can help you. You can draw and tell if you feel shy or scared to talk.



Suggested Viewing:
YouTube search -
"Two, a Film Fable
by Satyajit Ray".
Language- Silent,
runtime - 12 min.

A. Ask your parents and grandparents did they ever play mischief and pranks when they were children.

B. Have you ever played a prank on someone? If yes, did they like it?

C. Has anyone ever played a prank on you? If yes, did you like it?

D. Do you feel that you have been bullied? _____

E. Have you ever bullied someone else? _____

F. Name, a bully, you know.



Take this pledge on paper. Sign and display it in your classroom.

I, _____, promise to...

Speak up when I see bullying.

Reach out to those who are bullied.

Not join in when others are bullying.

Be a friend to those who are being bullied.

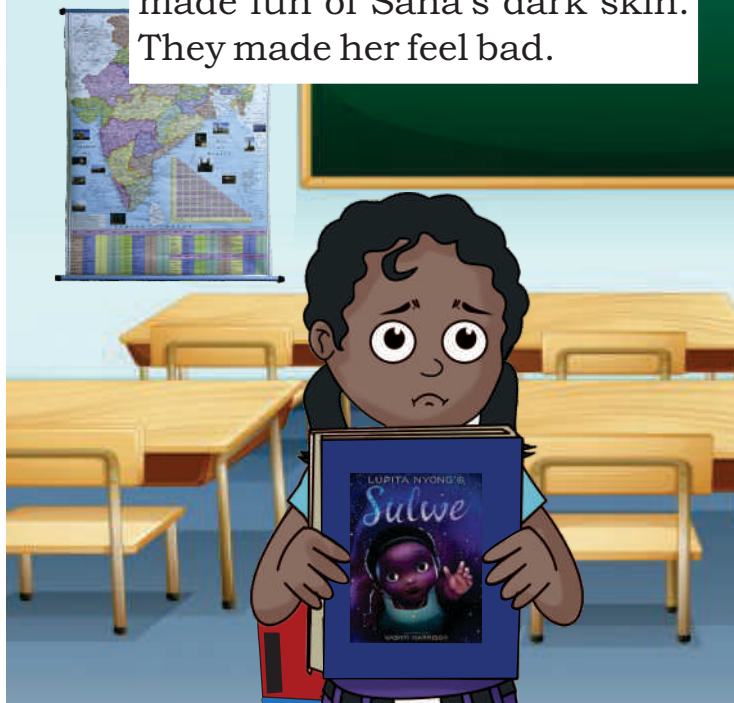


Pranks and mischief are not bullying, but we should be careful not to hurt anyone.

I will keep telling until someone listens.

Picture Story

1. Today, some children in school made fun of Sana's dark skin. They made her feel bad.



2. She was *upset* and told her dog. He listened but couldn't help...



3. She told her mom. Mom was too busy to listen...



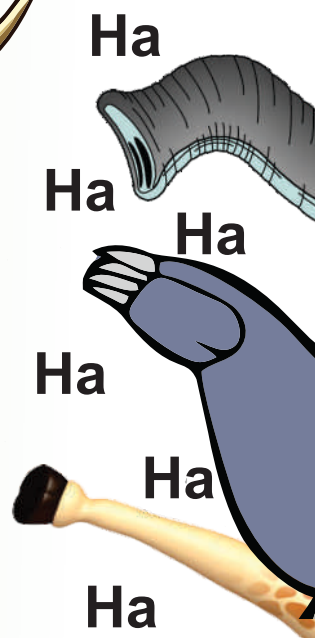
4. She told her mother again, who listened this time. The mother said...



If you are upset, tell a loved one.
Keep telling till they listen to you.

The Stag and His Magnificent Horns

Once there lived a stag in the deep and dark jungles near Doddabetta peak, the tallest peak of the Nilgiri mountains. He had magnificent horns. They were his crown. They were like the plant Star Jasmine, creeping up into the blue sky. The stag was known for his beautiful horns. Even the lion, the jungle king with a grand mane, praised the stag's curly horns. Animals from all across came to see his horns. The stag was, indeed, proud of his horns.



But everyone made fun of his pale and thin-looking legs, time and again. Even the tortoise, who hardly had any legs, made fun of them. One day, when the stag was drinking water from a pond, he noticed how ugly his legs were. They were no match for his other body parts, especially his magnificent horns. He was ashamed of his legs. He did not even want to look at them. He wanted to hide them from the world, but he could not. He would wash his horns with love and affection, but when it came to his legs, he neglected them.



The stag had become quite famous, thanks to his beautiful horns. Soon, a hunter from the Toda tribe heard about him. He decided to hunt him for his beautiful horns. One day, he came with his pack of hunting dogs searching for the stag. His fans surrounded the stag as usual. But when everyone heard the barking dogs, they knew it was time to run.

Thus began the mother of all chases. The fiery dogs ran after the stag. But the stag ran faster. Galloping like a horse and dodging them.



Image source/ credit: Richard Barron, 1837, *View in India, chiefly among the Nilgiri Hills - A Toda family - Their huts, called Dogles, are oval shaped built of bamboo.*



Every animal on the land below and every bird in the sky above held their breaths and watched this great chase. The dogs' speed could not match that of the pale and thin-looking legs of the stag. One by one, they were left behind until only one was left. But then there was a twist in the chase. As the stag was turning around a bush, his magnificent, beautiful and curly horns were caught in the bush, bringing him down to the ground. What a pity!



From which place (state) in India is this story?

We should not be ashamed of our body parts because nature has made our bodies. Every body part has a role to play.

A Secret Smartphone Game

Secrets and gifts are fun! We love to receive gifts and keep secrets, but sometimes, these can be unsafe for us. You and your friends may have many secrets about the games you play, some mischief you did, or some secret about a classmate you don't want to share with your parents or teachers. But to stay safe, we should tell someone we trust because some secrets are NOT good.



For example, if someone gives you a gift, you should TELL. Do not keep it a secret. Treats should not be secrets. No game should be a secret, whether in real life or on computers and smartphones.

It is good to have fun, but we should never keep unsafe secrets. Unsafe secrets make us feel bad, confused, guilty, sad, angry, dirty and embarrassed. Sana always tells her mother or grandmother about all her unsafe secrets. Arpit tells all his secrets to his elder cousin. You should always share secrets with someone you trust so they can help you to be safe.

Someone who bullies you, hurts you, or tries to touch or look at you in an unsafe way, may ask you to keep it a secret. That person may try to scare you or give you gifts, so you do not tell. These gifts are tricks to deceive you. So to keep yourself safe, it is always right to tell. Here's a poem about secrets:



"Let's have a secret – just us two."
"No. I don't want to. Not with you.
I will tell mummy. Grandpa too.
No secrets for me. Not with you!"

A surprise is a secret we
tell later, like a surprise birthday gift.



A cartoon character with spiky hair, large eyes, and a wide smile, wearing a white t-shirt and shorts, standing on a white background with a green border.

An uncle asks Sana to play a game secretly on his mobile phone and not to tell her mummy. Sana says she would like to play the game but will tell her mummy because her mummy helps her to be safe.

An illustration featuring a man in a light blue shirt and dark blue pants standing on the right. In the foreground, a young girl with dark hair in pigtails, wearing a green shirt and a blue skirt, is kneeling and hugging a large orange tiger with black stripes. The tiger is looking towards the viewer. The background is a solid light yellow color.

C-4

Internet, the Biggest Neighbourhood

The Internet is a system like the water pipes at your house or school that connects all the taps. However, instead of taps, it connects many computers (smartphones, desktops, laptops, and more) worldwide with or without wires. It allows users or people to talk, share, view and download data or files across great distances forming a world wide web - WWW.



When you go to or surf the Internet, the *browser* software in your computer translates or interprets the data and displays the results on the screen as text, image, video, sound, and more. Like you have a *unique* house address, each computer that uses the Internet has a unique number that acts as its address, called an *IP address*.

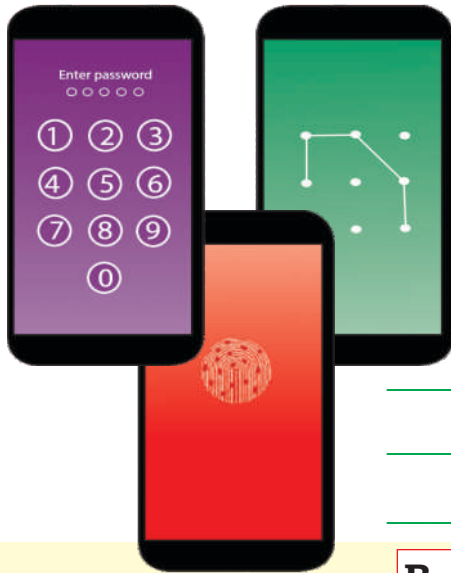
A website is like a book with one or more web pages on the WWW. Example: <https://wcd.nic.in/> These web pages can have text, images, videos, sounds, and more. They, too, have unique addresses called URLs. The Internet is like your neighbourhood, stretching worldwide with hundreds of thousands of people and all kinds of data.

Surfing the Internet makes you happy, but sometimes it can make you sad, angry, scared, shameful or confused. You don't go alone to a big marketplace. There, you don't buy anything on your own. Likewise, you should never surf the Internet or download anything if your loved and trusted ones are not around. Doing so may be unsafe.



Remember, data can be stolen, like your belongings. It can even be misused. So, data

You should never surf the Internet or download anything from it without the permission of your loved ones.

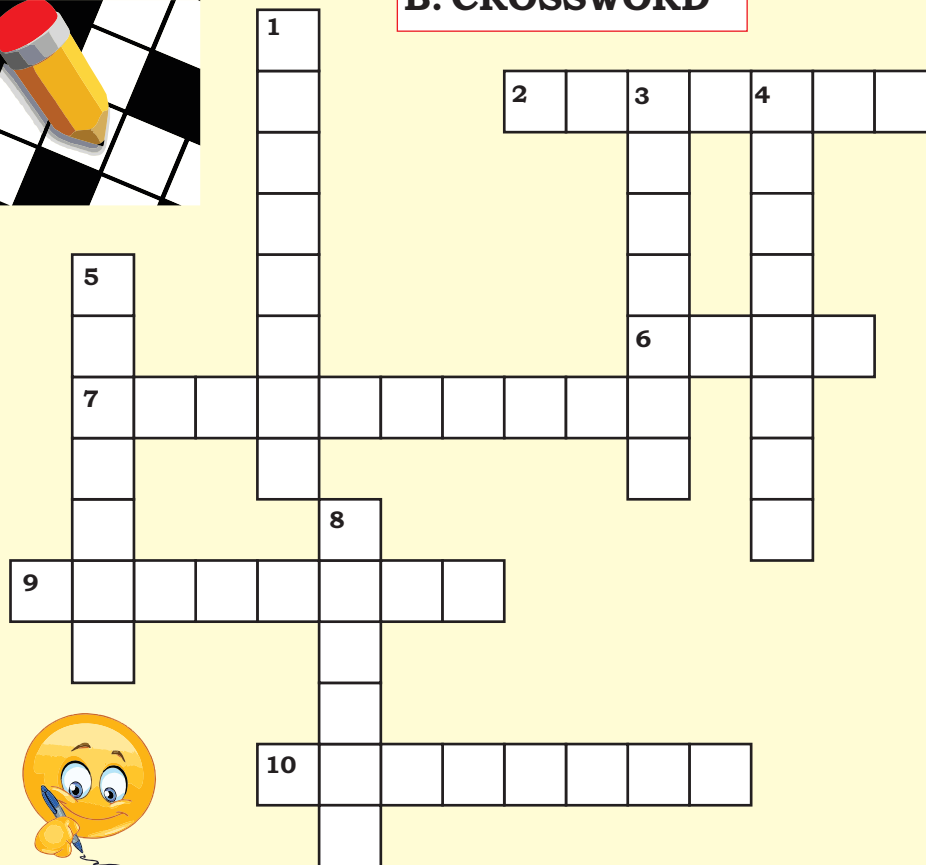


is protected by assigning passwords to computers and files. Passwords are like keys that can have numbers, letters and patterns. Passwords are for our safety.

A. Have you ever surfed the net? If yes, then for what purpose?



B. CROSSWORD



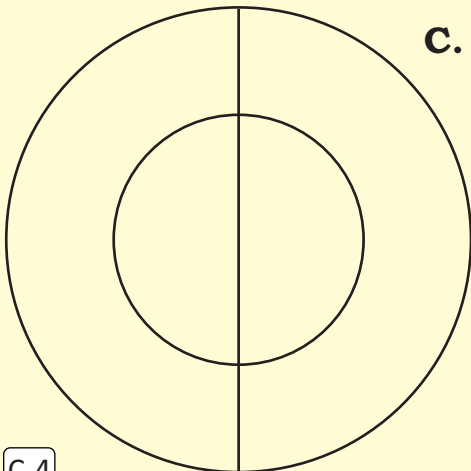
Across

- 2. it is like a book with one or more web pages.
- 6. you do it in the ocean, and you do it on the Internet.
- 7. an intelligent mobile phone.
- 9. it is the opposite of hardware.
- 10. it starts with the letter 'd', and you should ask your parents before you do it.

Down

- 1. we use it to protect our data from being stolen.
- 3. it is a kind of software which translates or interprets the data.
- 4. it connects a vast number of computers.
- 5. a kind of computer with the word 'desk' in it.
- 8. a kind of computer that you can keep on your lap. You can also carry it around.

C. Can you trace the pattern without lifting the pencil and without retracing?



Answers

- 1. password | 2. website | 3. download
- 4. Browser | 5. desktop | 6. surf | 7. smartphone | 8. laptop | 9. software | 10. download

When Mother Earth Shakes



The *namaz* from a nearby *masjid* just got over. It is

Friday afternoon. Every Friday, the last period is for sports. But today, sports sir Faizal said, "We won't be playing but learning about what to do if an earthquake strikes." Nancy asked, "What is an earthquake?" Faizal sir said, "Sometimes mother earth suddenly shakes. It is called an earthquake."

Earthquakes, like floods, bring havoc to places, people and their property. They are rare but can strike suddenly without any warning. Safety rules by the fire department must be followed when an earthquake strikes.

Rule 1. If you are inside a building, *Drop, Cover, and Hold On* - drop to the ground and take cover under something sturdy, like a desk or table and hold on to it.

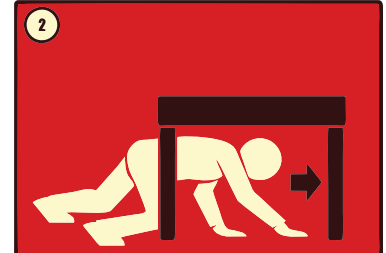
Rule 2. If outside, find an open spot. Find a clear spot away from buildings, trees, streetlights, power lines and towers. Drop to the ground and stay there until the shaking stops.

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

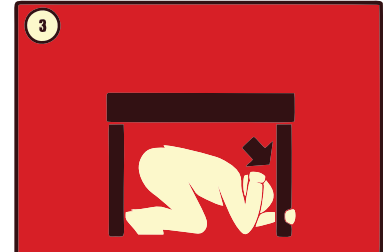
And then the school bell rang. Sir said, "Next Friday, we will practise, *Drop, Cover, Hold On*, and *evacuation* as an earthquake *safety drill*." "Sir, can I paste the evacuation plan on the classroom board?", asked Arpit. "Of course!", said sir. Everyone went home and waited eagerly for the next Friday.



DROP!



COVER!



HOLD ON!

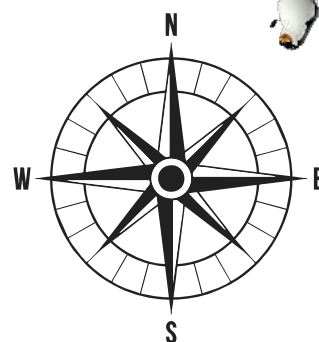
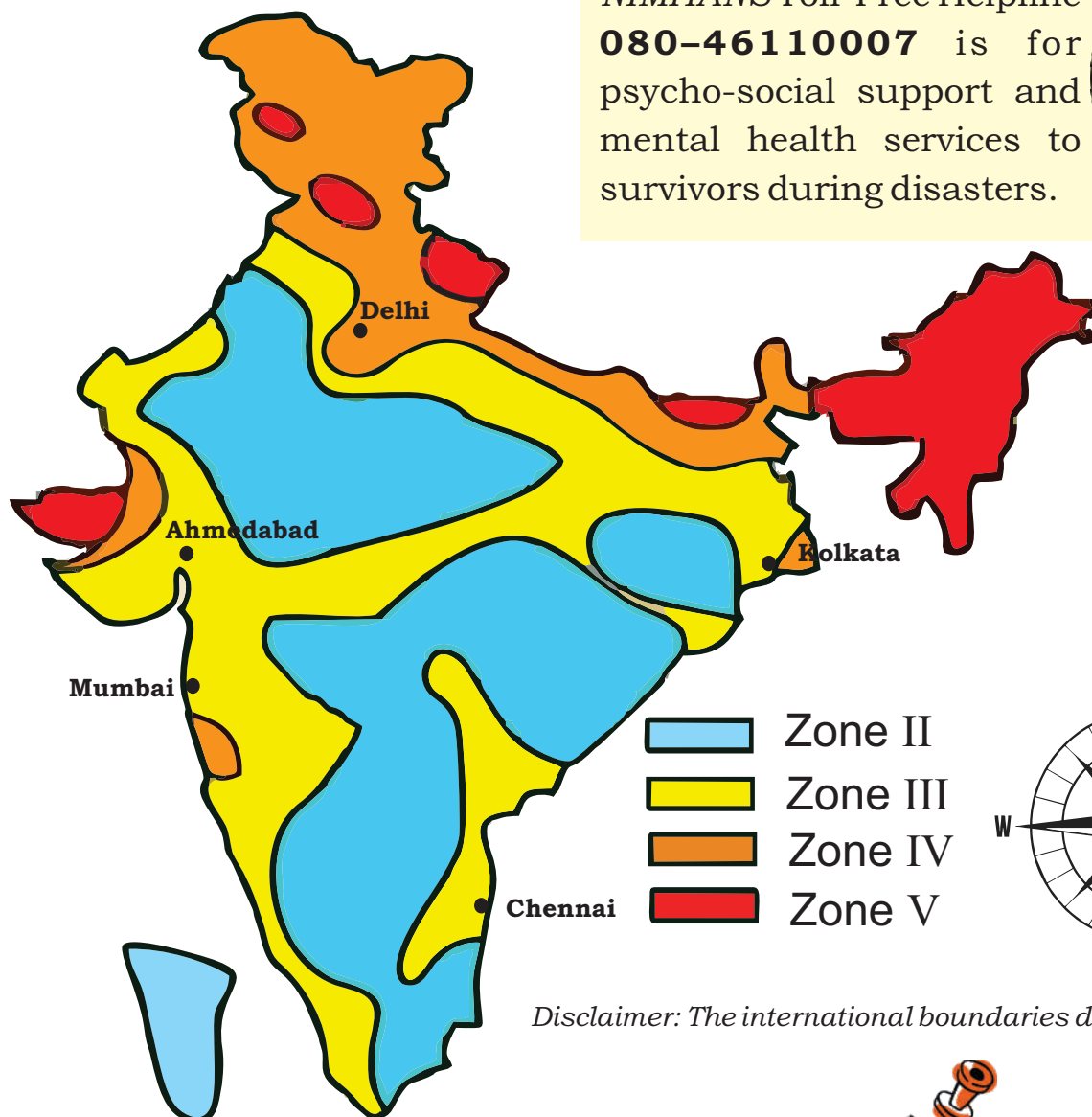


Rules are like good habits that keep everyone safe.

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.

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

NIMHANS Toll-Free Helpline **080-46110007** is for psycho-social support and mental health services to survivors during disasters.



Disclaimer: The international boundaries depicted are indicative.

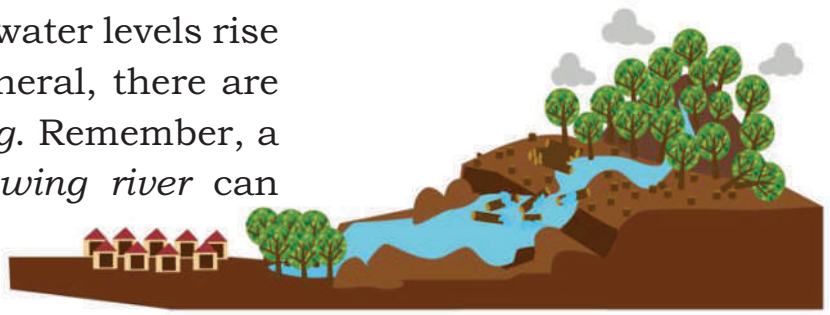
A. Mark your city on the map.

B. Which type of earthquake zone does it fall in? _____

C. Take your teacher's help to find danger zones for floods and cyclones.



Floods: A river flood occurs when water levels rise over the top of river banks. In general, there are two types: *Flash* and *River flooding*. Remember, a *hurricane*, *failed dam*, or *overflowing river* can move quickly and sometimes with little warning.

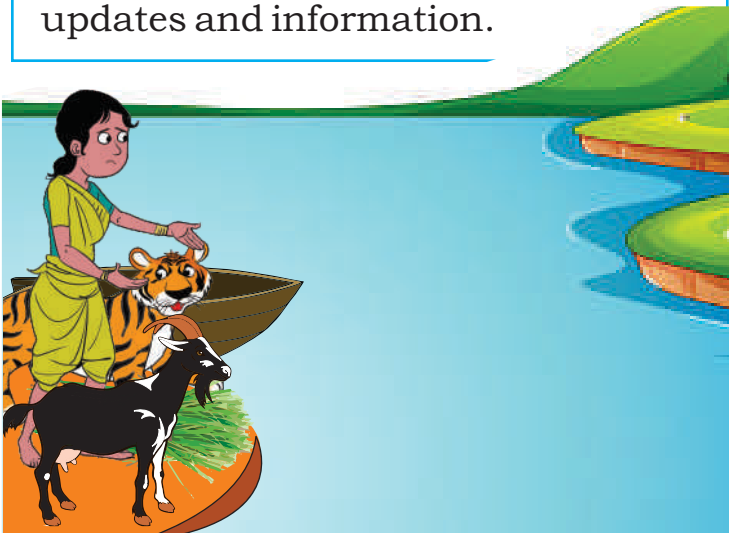


•Do's in a flood

- 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.

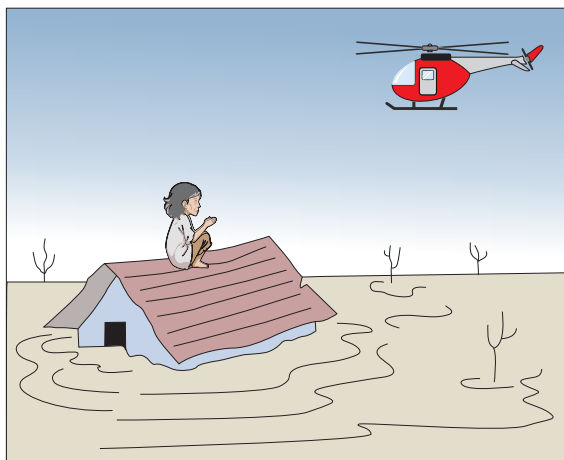


D. Riddle: A farmer walks down the village road with a tiger, a goat and a bundle of grass. Soon, she arrives at a riverbank where one tiny boat can carry her and another animal or grass at a time. But there is a problem: Without the farmer, the tiger will eat the goat. Likewise, the goat will eat the grass bundle. **How is she going to take all three across the river safely? Discuss with your teachers and classmates.**

Hint on page 67

E. Tick mark the things that you should do in case of a flood.

- i. Switch off all electrical and gas appliances.
- ii. Walk through fast-flowing water.
- iii. Drive through a flooded area.
- iv. Eat any food that has come into contact with floodwater.
- v. Drink floodwater.
- vi. Use candles, lanterns, or open flames.
- vii. Move to a higher floor or ground.
- viii. Use electrical equipment while standing on wet floors.



The 7-Step Safety Rule



Every year in the school, there is a Safety Week where children learn about general and personal safety. They practise safety rules like fire safety drills, road safety drills, earthquake safety drills and more. Today, on the 19th of November, it was *World Day for the Prevention of Child Abuse*. The teacher was going to tell us about the 7-Step Personal Safety Rules. Fire, road, and earthquake safety drills should be followed to be safe in case of fire while crossing or walking on the roads or when an earthquake strikes. But the 7-Step Personal Safety Rules must be followed at all places and at all times. For example, at school, while going to and coming back from school, while playing games, at the bus stop, at birthday parties, at wedding parties, while celebrating festivals and while going to religious places for worship.

Ma'am gave pamphlets to all the children to read and discuss. They were given to the school by the police. After all, the police are always there to help us.

Here is what the pamphlet looked like:



- Step 1:** Play the game “ASK and DO.”
- Step 2:** Listen to your feelings.
- Step 3:** Scream!
- Step 4:** Say “NO!” to the person doing an unsafe thing.
- Step 5:** Get away!
- Step 6:** Tell a grown-up you trust.
- Step 7:** Keep telling till someone believes you.



Ma'am said, “Let us learn about the safety steps one by one in more detail.”

Step 1: Play the game “ASK and DO.” - Always ASK your parents and grandparents before doing anything, talking to anyone, going anywhere, or eating, drinking or taking anything that others give you. ASK them, “Is this safe for me?” and DO these things only if your parents tell you they are safe for you.



Step 2: Listen to your feelings. Sometimes, certain people may make you feel scared, ashamed, guilty, uncomfortable, or confused. Listen to your feelings. If someone makes you feel this way, try to stay away from them. Also, there might be places that may NOT make you feel good. Again, listen to your feelings and avoid being in such places. For example, if you're at a friend's house and something doesn't feel right, it's okay to say that you're not feeling good and must go home immediately. Go home if you can or call your parents to come and take you home. Remember, our feelings tell us what is safe and unsafe for us. Trust and follow them.



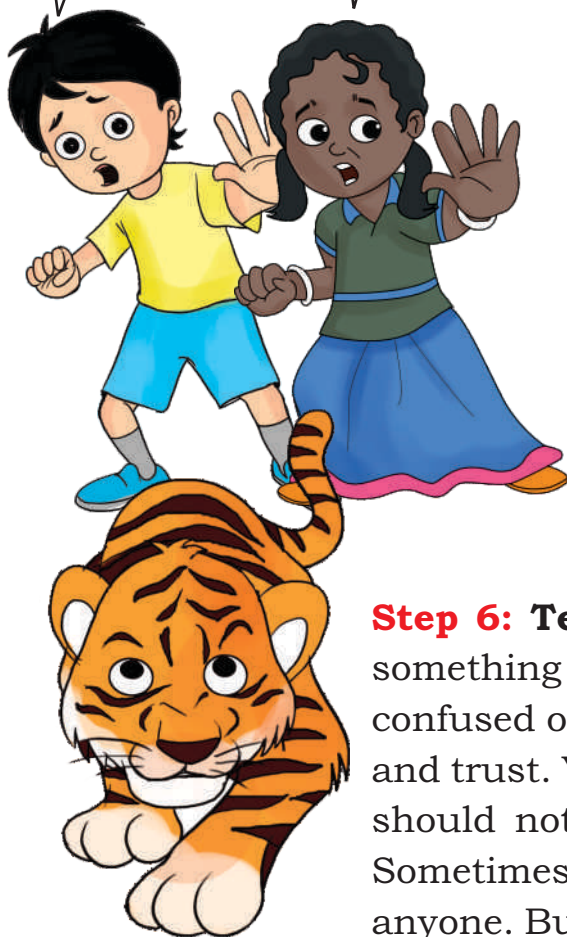
Step 3: Scream! - If someone gives you an unsafe touch or look, you can scream at that person. Screaming is like blowing a whistle loudly and alerting everyone. Screaming scares the person who is doing the unsafe thing to you.

When you scream, everyone knows you are not feeling safe. You draw everyone's attention, and they can help you be safe. If the person tries to pick you up forcibly, lie down on the floor and kick your legs in the air. Kick as fast and hard as possible and keep screaming at the person. When you do so, it becomes difficult for the person to pick you up. Remember, **SCREAMING** is a *self-defence technique*.



No! Keep your hands to yourself.

No! I will tell.

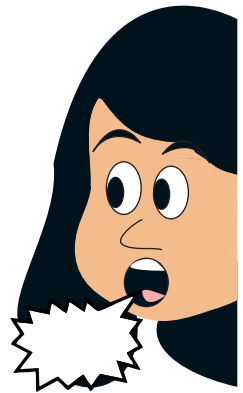


Step 4: Say, “NO!” – Say “NO!” to the person doing the unsafe thing. Say “NO!” to anyone who makes you feel unsafe. Remember, **SAYING No** is also a *self-defence technique*.

Step 5: Get away – Get away as soon as you can from the person doing the unsafe thing. If you have to run, run! Do not hesitate. For example, if you are with the person in the drawing room, you can say that you need to go to the toilet immediately. Then, you can go to another trusted grown-up in the house. If there is no one else in the house, you can go to another room or toilet, lock the door, and wait until someone else comes home. **GETTING AWAY**, too, is a self-defence technique.

Step 6: Tell a grown up you trust - If someone has done something that makes you feel bad, dirty, guilty, ashamed, confused or sad, you must immediately tell someone you love and trust. You must not hide it. You must not keep quiet. You should not think that keeping quiet will make it go away. Sometimes, we get so scared that we do not want to tell anyone. But not telling is also unsafe. The person behaving in an unsafe way should stop doing that. If you tell a trusted grown-up, they can help you. Tell as soon as possible!

Step 7: Keep telling till someone believes you! - Sometimes, when you tell a grown-up you trust, they may not believe you immediately. They may say: “Are you sure this happened?”, “Maybe you made a mistake,” “That person would never do that”, or “But that person loves you. Why would they do that to you?” You know that grown-ups think differently from children. You also know that you do not always believe everything your parents and other trusted grown-ups tell you, like when your parents and the doctor tell you that the injection won’t hurt. But you still love and trust them.



Like that, the grown-up you TELL may not believe you at first. They may even feel sad or angry when you tell but remember they still love and trust you. They always do their best to keep you safe and happy. After all, they are your loved and trusted ones. Most grown-ups are like that. So you must KEEP TELLING them.



If one person does not believe you, you should tell another. You must KEEP TELLING till someone listens to you and believes you. Even if the first grown-up believes you, you can still tell other trusted grown-ups about what happened. If you still find that no one believes you, you should call the *Child Helpline 1098*. The line may be busy, so you should keep calling till someone picks up. The person who picks up the phone will listen to you, believe you, and help you. You can also call 9868235077 OR 1800115455.



A. Add the vowels in the sentences to show Pokso you know what to do if someone is looking at you or touching you unsafely.

1. S__Y N__ T__ TH__ P__RS__N H__RT__NG Y__.
2. G__T __W__Y!
3. T__LL __ GR__WN-__P Y__ TR__ST.
4. T__LL __S S__N __S P__SS__BLE!
5. K__P T__LL__NG T__LL S__M__N__ L__ST__NS.



Answers: 1. SAY NO TO THE PERSON HURTING YOU. 2. GET AWAY! 3. TELL A GROWN-UP YOU TRUST. 4. TELL AS SOON AS POSSIBLE! 5. KEEP TELLING TILL SOMEONE LISTENS.

Rules are for our safety and,
we must follow them.

Know Your Tigers

Paste photos with the names of 6 grown ups whom you love and trust.



#Life Skills: Interpersonal Relationship: Safety Circle

1

Name:
Phone No:
Age:
Relationship:

2

Name:
Phone No:
Age:
Relationship:

3

Name:
Age:
Relationship:

4

Name:
Age:
Relationship:

5

Name:
Age:
Relationship:

6

Name:
Age:
Relationship:

These
Are
Your
Tigers



We must always tell our loved and trusted ones about what happened during the day.



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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