

**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

مینه حفاظتی کتاب

എന്റെ സുരക്ഷാ വർക്ക്ബുക്ക്

માझી सुरक्षितता कार्यपुस्तिका

ମୋର ସୁରକ୍ଷା କାର୍ଯ୍ୟପୁସ୍ତିକା

मेरी सुरक्षा कार्यपुस्तिका

எனது பாதுகாப்பு பணிப்புத்தகம்

ನಾ ಭದ್ರತಾ ಕಾರ್ಯಪುಸ್ತಕ

مینه حفاظتی کتاب

My Sixth 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,

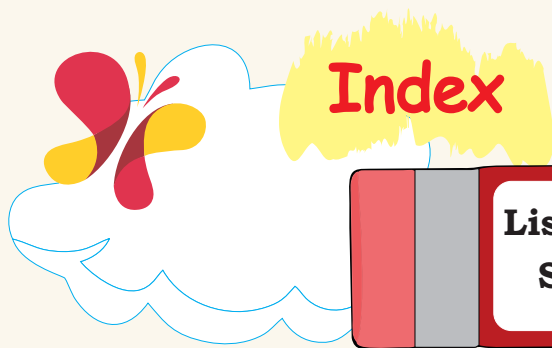
Sana and Arpit will be your companions as you journey through this safety workbook. They are childhood friends and enjoy learning skills and values. Sometimes, they come across situations when they are not sure what to do. They talk to their friends, parents, grandparents and teachers, but their favourite 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!

Sana, Arpit and Pokso are good friends. They are proud of the names given to them by their grandparents. But they are known among their classmates as the three musketeers. Sana speaks Tamil, Telugu and English. She has a nickname, Sullu, given by her grandma. Arpit speaks Hindi, Bengali and English. He, too, has a nickname, Appu, given by his grandpa. In school, they do not like to be called by the nicknames given to them by their grandparents. When they were younger, they saved money in their piggy banks. Now, they have opened savings accounts in a bank that they manage, and if they have doubts, they ask their loved and trusted ones.

They play together and share their feelings. Pokso, the tiger, helps them and the other children learn to be happy, healthy and safe. His parents work in the city's circus, and he is an active member of the school's Anti-Bullying Squad. Last year, they were the senior most students in their primary school. Now they are junior most students in middle school. Over time they are becoming more and more independent. When they were younger, they would have to wait for someone to take them to the neighbourhood park, but now they are big enough to go by themselves. Arpit loves going to his dance class, and Sana enjoys playing football. They go for practice sessions in the neighbourhood all by themselves. They are taking some time to settle into the middle school as many new changes have taken place like:



- They sit in a different part of the school building.
- Sections of many students have been shuffled.
- Their roll numbers have changed.
- Their uniform has changed.
- Their lunch timings have changed.
- They have to study more subjects, and many new teachers teach them.
- Their school timings have changed.
- Girls and boys now compete separately in sports.
- They now attend the middle school morning assembly.
- Some new students have joined their class while some old ones have left.
- They now use pen and not pencil.

A. Tick mark the above changes that have happened in your school too.

B. Has there been any other change that you would like to mention?



The three musketeers are now part of the School House System. Their school has four houses called South, North, West and East. For the first time in their schooling, they regularly interact with senior students during house periods of their timetable. They are learning to respect others as well as themselves. When we have self-respect, i.e. respect for ourselves, we behave well and treat ourselves well. We also expect others to behave well with us and treat us well. They have also recently learnt to be assertive. Being assertive means that they tell people clearly and firmly what they feel. Being confident, staying positive, knowing our feelings, and speaking up can help us be safe and keep others around us safe. Sana and Arpit know the importance of being aware of our surroundings (who and what is around us).

They are also learning the importance of body language. Body language is what we communicate by sitting, standing, and moving. Our body language can tell a lot about us. They are keen observers of nature. They know how much a butterfly changes as it matures from a baby to a grown-up.



C. Write one thing that has changed in you that you like.

D. Write one thing that has changed in you that you dislike.

E. Do you have a nickname? If yes, who gave it to you? Do you like it?

Similarly, they are growing up, and their bodies are going through changes. Their bodies, feelings, behaviour, likes, and dislikes are also changing. For example, they do not like it when people force affection on them and treat them like babies, when an uncle keeps talking about when they were little and sucked their thumbs, or when someone watches them while they are looking into a mirror talking to themselves.

There are times when changes make them feel happy. Other times, it leaves them embarrassed and confused. But they can always talk to



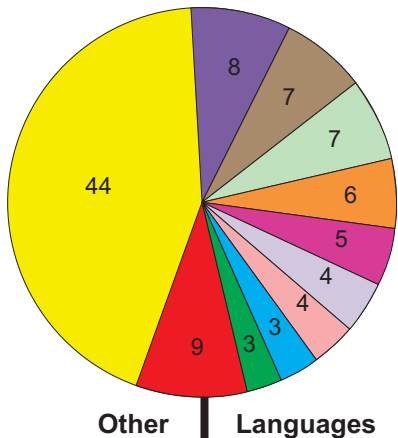
their loved and trusted ones about their feelings and take their help.

They know that their loved and trusted ones, like their parents, grandparents and teachers, do their best to keep them happy, healthy and safe. They, too, do their best to make their loved and trusted ones feel proud of them.

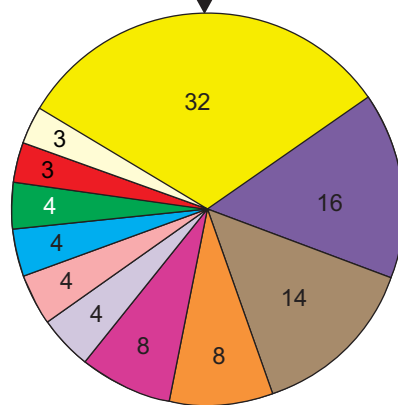
*Languages, languages everywhere

Languages spoken in India in %.

- | | |
|--------------|-----------|
| 1. Bengali | 7. Odia |
| 2. Gujarati | 8. Tamil |
| 3. Hindi | 9. Telugu |
| 4. Kannada | 10. Urdu |
| 5. Malayalam | 11. Other |
| 6. Marathi | |

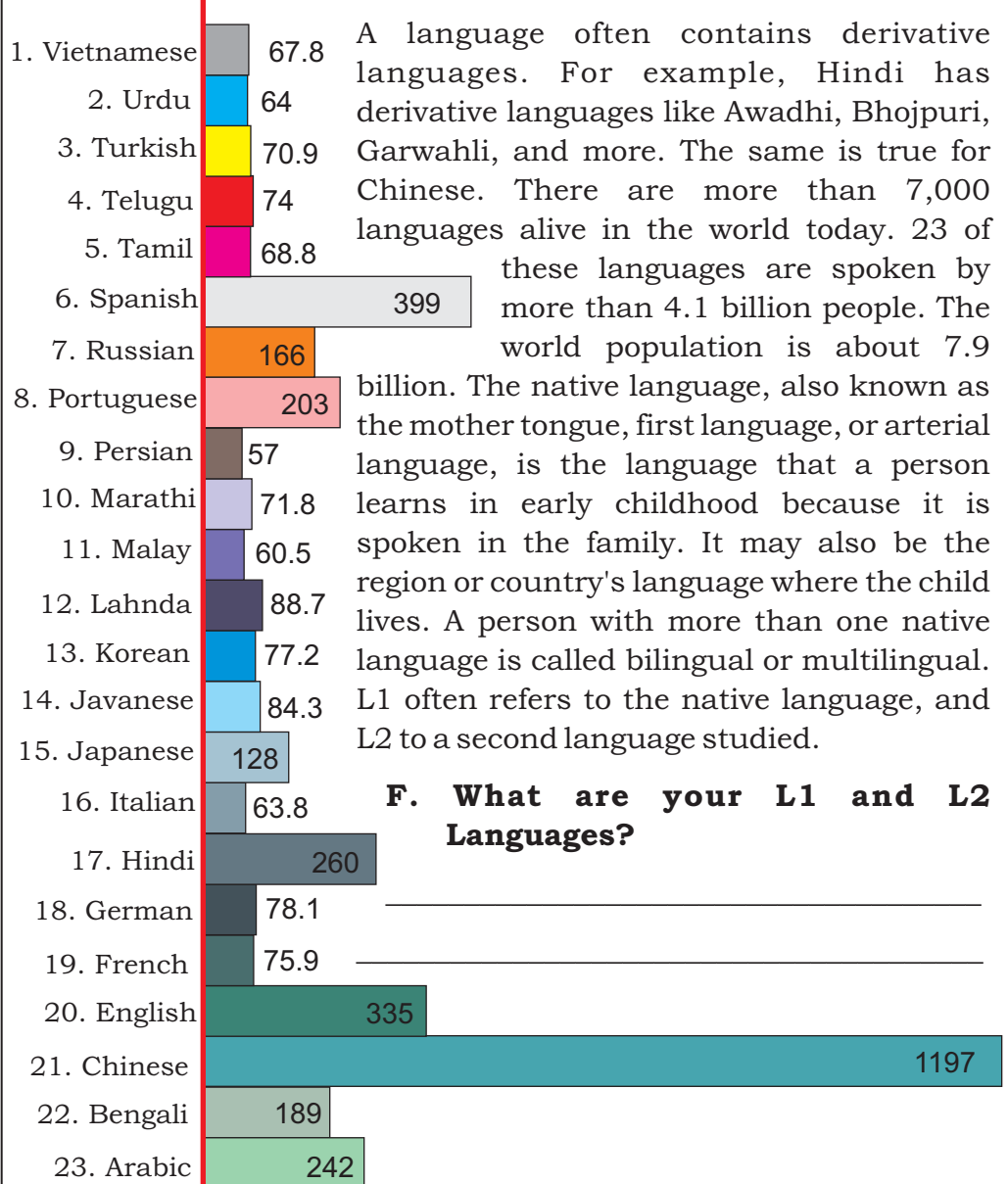


Other Languages



- | | |
|-------------|--------------|
| 1. Assamese | 7. Manipuri |
| 2. Bodo | 8. Nepali |
| 3. Dogri | 9. Punjabi |
| 4. Kashmiri | 10. Santhali |
| 5. Konkani | 11. Sindhi |
| 6. Maithali | |

Top 23 Languages spoken in the world.



In Millions (a million has 6 zeroes - 1,000,000 →)

*Truncated/rounded percentages and values have been used in pie/bar charts throughout the workbook. The data for Indian languages is based on the 2011 census. The objective of the pie charts is to make children analyse data through critical thinking.

A language often contains derivative languages. For example, Hindi has derivative languages like Awadhi, Bhojpuri, Garwahli, and more. The same is true for Chinese. There are more than 7,000 languages alive in the world today. 23 of these languages are spoken by more than 4.1 billion people. The world population is about 7.9 billion. The native language, also known as the mother tongue, first language, or arterial language, is the language that a person learns in early childhood because it is spoken in the family. It may also be the region or country's language where the child lives. A person with more than one native language is called bilingual or multilingual. L1 often refers to the native language, and L2 to a second language studied.

F. What are your L1 and L2 Languages?

G. What are the 3 most spoken languages in India and the world? India: 1.

_____ 2. _____ 3. _____ / _____ World: 1. _____

2. _____ 3. _____

H. In India, which are the 3 most spoken languages in the category of others? 1. _____ 2. _____ 3. _____

I. Which 2 Indian languages are among the top 7 world languages? 1. _____ 2. _____

Answer keys on page 18

Your Body Talks Too



Sports ma'am told us that we like to tell people what we think and feel about the things around us. We do this in many ways: talking, writing letters, drawing pictures, and more. Sometimes, we also use signs to let others know how we feel. For example, we nod to say 'yes' when we agree. When we don't like something, we shake our heads to indicate that. We talk with our words and also with our actions. The way we sit, stand and walk is called our physical posture. Our physical posture and how we move our head, hands and eyes while speaking tell others many things about us. That is why it is called body language.



When we play sports, do yoga or dance at a party, our body posture (body language) plays a crucial role and is noticed by

everyone around us. You must have experienced this yourself. The way we shake hands with others is also a part of our body language.



What is the correct body language?

To show you are confident and aware, you need to do the following while sitting, standing, walking around and talking to people:

1. Keep your head up.
2. Keep your shoulders and back straight.
3. Look into a person's eyes when you talk or listen to them. This is called meeting their eyes or making eye contact.
4. Be steady in your physical posture instead of fidgeting and shifting weight on your legs. Sometimes, it may be difficult for you to do this. But you should be steady when you say something important that you want others to listen to.



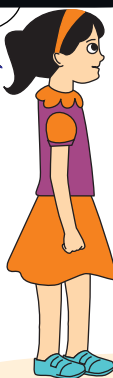
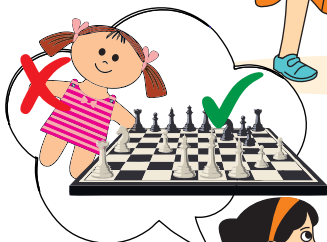
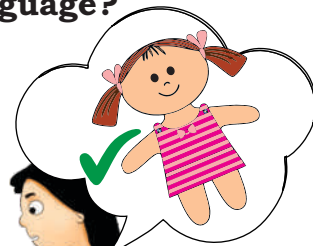
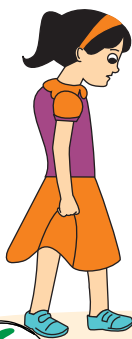
We are growing up, so we should learn how to manage our bodies to send the right messages to those around us. This will help you avoid many problems you

may face with people. Being in control of your body will make others listen to you when you speak. Always be AWARE, CALM, RESPECTFUL AND CONFIDENT. Such body language will make others listen to you more and bother you less.



A. Find four differences in the girl's body language in the images below. Which picture shows the correct body language?

1



2



Yoga: Sage Patanjali compiled the Yoga Sutras more than 2000 years ago, taking materials about yoga from older traditions. Yoga is a way of life that has evolved. It is a Sanskrit word meaning to join or unite, but it also has many meanings. Yoga has many forms or styles. Among many other things, it comprises exercises or poses called asanas. Yoga aims to achieve good health, peace of mind, harmony, and joy. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga. The **World Health Organization (WHO)** mentions yoga to improve health in its Global action plan on physical activity 2018–2030: more active people for a healthier world.



Posture is how you hold your body while standing, sitting or lying down. Whenever you sit at computers, watch TV, read, or write at school or home, you sit up with your back straight and your shoulders back. Your buttocks should touch the back of your chair.

B. Can you tick mark the correct posture from the images given below?



Answer keys

3. In Picture 1, the girl's back is hunched, but it is straight in Picture 2.
4. In Picture 1, the girl's hands fidget with her clothes, but her hands are relaxed and calm in Picture 2.
- Picture 2 shows the correct body language.

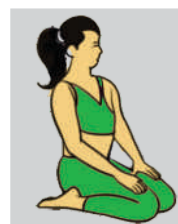
1. In Picture 1, the girl's head and eyes look down. In Picture 2, her head is straight, looking into the woman's eyes.
2. In picture 1, the girl's shoulders are hunched, but they are straight in Picture 2.

Being confident means looking and sounding sure of what you are saying.

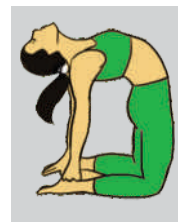
C. Here are some yoga asanas. Tick mark the ones that you can perform.



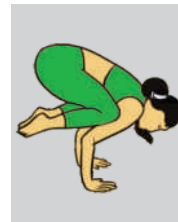
D. Match the following



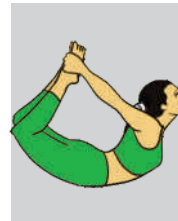
Eagle



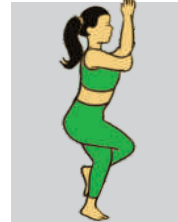
Tree



Hero



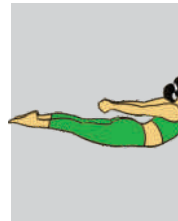
Plough



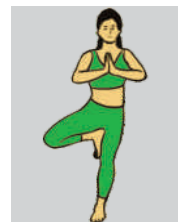
Camel



Locust



Crow



Bow

Picture Story

1 One day at school, Sakshi's friend Kirti came to her desk and said...

Hello Sakshi, Can I copy your English assignment? I couldn't write yesterday.

Mmmm... actually... I...okay.

You are my best friend!

2 During lunch break

Sudha, let us go to the market after the tuition class. You can tell your mother that the tuition teacher took a surprise test, so you got late.

I never keep secrets from my trusted loved ones, Madhu. You must also never do so.

3 Sudha, how do you make people listen to you so easily? Don't you feel scared that Madhu may decide not to be friends with you anymore since you said no to her?

Sakshi, we should always speak politely but firmly. We must also make eye contact while talking to someone. Besides, a true friend will not force us to keep any secrets or make us do anything which makes us feel bad.

4 Psst, Sakshi, give me your science notebook. I forgot to do my homework yesterday.

I worked very hard on it. I cannot let you copy it, Kirti. We all must do our homework.

Tick mark the assertive poses. One has been done for you.



Ganpati's Presence of Mind

Ganpati, the mouse, and his friends often came to the Unakoti hills to play. One day, they heard the bushes near them rustle. A sudden chill ran down their spines. All at once, a lion sprang upon them. The mice screamed and ran helter-skelter. Most hid behind the small sculptures of Shiva that were strewn about on the hills; some of them were caught by the lion.

He was in a mood for having some fun and said, "If all of you come together, I will not harm you." As scared Ganpati prepared to exit the situation, Bhima, the strongest amongst them, decided to go up to the lion and challenge him to a duel so that the other mice could run for their lives. Ganpati tried to dissuade Bhima from becoming a martyr, but Bhima said, "I'm not a coward like you," and he took the bait.

Scared, Ganpati ran to Dharmanagar, where he met his elephant friend, Hasna. Upon hearing what had happened, Hasna gathered her herd of elephants and charged towards the Unakoti hills.

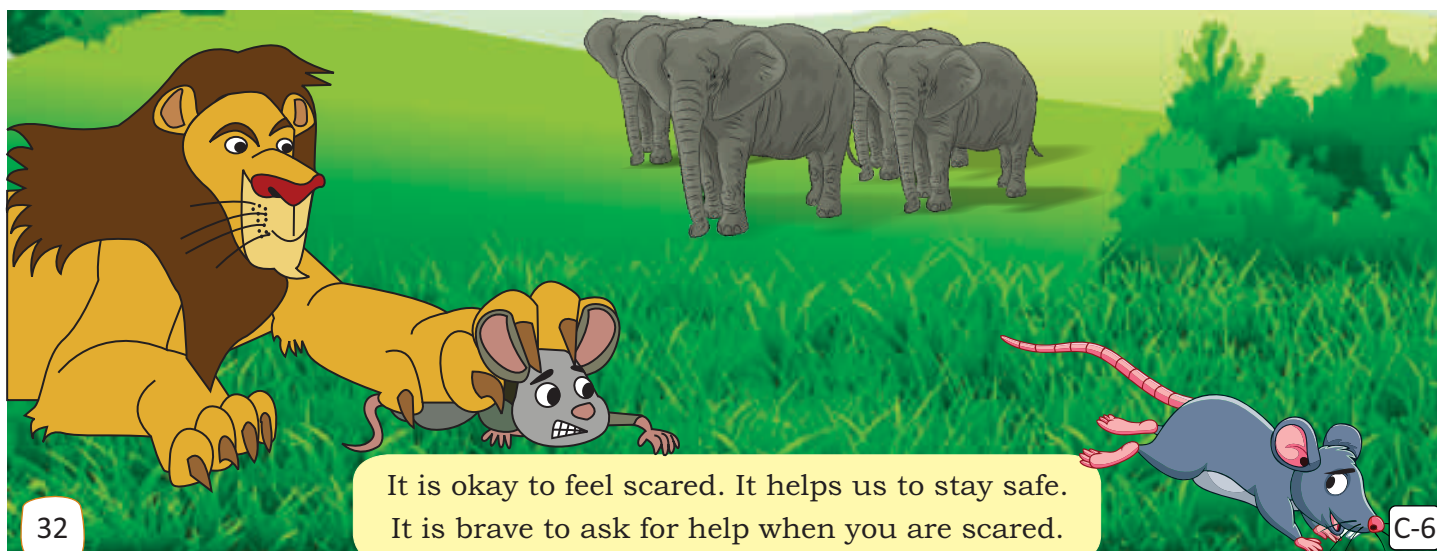
Meanwhile, Bhima was barely able to hold the fort. The lion had defeated him. As Hasna and her friends approached, they

gave out a battle cry. The lion became fearful and ran for his life. Once Hasna started tending to Bhima's injuries, she explained that it isn't brave not to be scared. Instead, despite being scared, acting and asking for help makes you brave. Bhima understood his mistake and thus became wiser that day.

Can you name the place (state) of the story?



The famous rock-carved figure and stone image at the Unakoti hills.



Father's Day

On Father's Day, Arpit and Pokso were playing when Arpit got a postal letter from his father.

The letter had a *postal stamp* on it. This is what the letter said:

Dear Arpit,



My son, I wish I could spend some time with you on Father's Day. However, I have to travel a lot because of my job. I want to tell you something important, so I am writing to you. It is about being scared and brave. You

should never forget what I'm going to share with you. Read the letter as many times as you want.

Some things make us feel bad about ourselves. They can be bullying, an unsafe touch or look, or something else. Whatever it is, the most important thing is to get help. It means telling someone you trust about what is going on. You may worry that you will get into trouble if you tell. If you tell, you might also worry about what will happen to the person who has hurt you. However, you have done nothing wrong, and you deserve to be safe and feel secure. That is why you must ALWAYS TELL, even if you are scared. It is understandable and perfectly okay to be scared when someone hurts us. This does not mean that you are not brave. Sometimes it is wise to be scared.

.....Papa



United Nations has declared November 20 as Universal Children's Day.

A. Find out and write about the following days and pin-up on your classroom board.

Father's Day _____

Mother's Day _____

Siblings Day _____

Grandparents Day _____

Guru Purnima _____

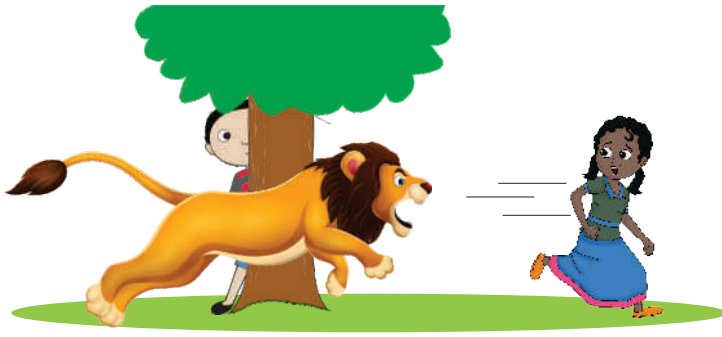


Postal Stamp: One buys a small piece of gummed paper from the post office and sticks it on an envelope or package before posting it in the post/mailbox. This small piece of paper is called a stamp. The images on stamps are based on various themes and people. However, in the times of the internet and smartphones, stamps are hardly used. Many people like Sana's granny collect and study stamps as a hobby. Such a hobby is called *philately*.



B. Can you name the woman on the stamp?

C. Have you ever seen or used a postal stamp? Have you ever seen a postbox? Ask your parents/grandparents about stamps/postboxes.



Imagine you are lost in a jungle, and a lion roars at you. Will you try to be brave and fight with the lion? Of course not! You are intelligent. You know you cannot fight it, so you will immediately try to save yourself by running away, hiding, or getting help. In the same way, if someone gives you an unsafe touch, it is very frightening, but telling about it is smart and brave. In such cases getting away, hiding, and getting help are intelligent and brave things.

Sometimes things may happen for which we have no safety plans at all. For example, if an adult you trust tries something unsafe with you, you may be very shocked and extremely desperate to be safe that you may bite their arm to make them let you go. Maybe they did the unsafe thing by mistake without intending to hurt you. Perhaps they were not well. Maybe they will never try to do the unsafe thing again after this. But you still must tell.

D. Write about an incident when you got scared.

Phobias: Most children fear the dark, insects, heights and water bodies. Arpit is scared of lizards, but Sana has a phobia of heights. Fear can be managed through reason, and one can overcome it. It does not take over our lives. On the other hand, a phobia twists the normal fear response into something persistent that is difficult or impossible to control. Phobias are intense, irrational fears that can be hard to control and often lead to excessive anxiety. *It's important not to use these terms casually, as they represent real medical conditions.* Fortunately, almost all phobias can be successfully treated, often through gradual exposure to the feared object or situation.

Here is a list of some phobias:

a. **Acrophobia:** fear of heights

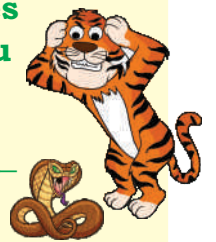
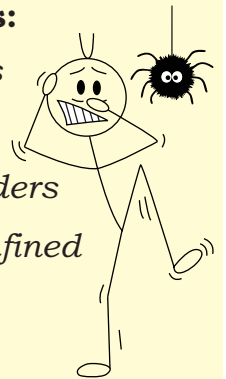
b. **Aerophobia:** fear of flying

c. **Arachnophobia:** fear of spiders

d. **Claustrophobia:** fear of confined or crowded spaces

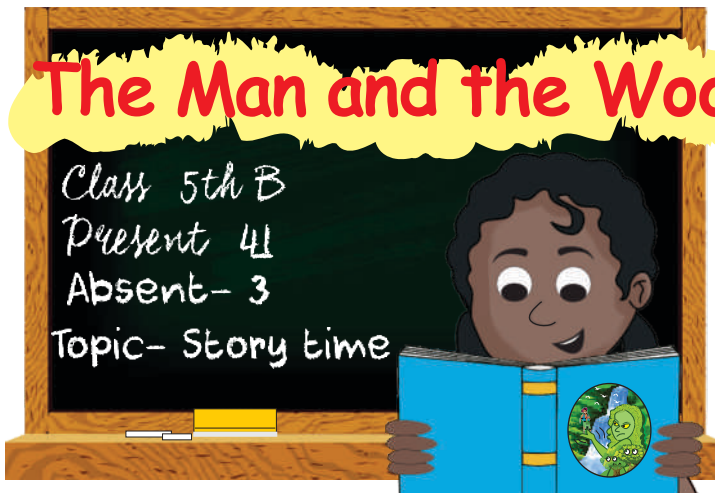
e. **Hydrophobia:** fear of water

E. Pokso has a phobia of snakes called Ophidiophobia. Do you have a phobia? What is it?



F. Match the following Phobias

- | | |
|-------------------|-------------------|
| a. Acrophobia | i. Flying |
| b. Aerophobia | ii. Closed spaces |
| c. Arachnophobia | iii. Water |
| d. Claustrophobia | iv. Heights |
| e. Hydrophobia | v. Snakes |
| f. Ophidiophobia | vi. Spiders |



It was Sana's turn to go to Class 5 and teach. She had carefully planned the topic given to her by a Class 5 teacher in the form of a story. Here is the story that she taught.

Once upon a time, mother Earth gave birth to a bountiful forest. It was home to all kinds of animals. Anyone who'd come to live or rest here would be welcomed, except human beings who were strangers. Mother Earth had made this rule against them. One day Adam, the woodcutter, entered the forest. The trees were on guard immediately. Some of them were about to wake mother Earth, but before that could happen, Adam spoke, "Dear Woods, I've heard highly of you. They say you are generous with your food and shelter, and that's why they call you the 'Trusting Woods'." The trees bent down with humility and shook with happiness. Seeing this, Adam spoke again, "I wonder if you all could provide me with a few branches?" The trees liberally shook again and down came the branches. He thanked them and left.

The next afternoon, Adam came back with some friends. They held newly shined axes in their hands. The trees were shocked to notice that the generously given branches were fashioned into axe handles to harm the forest. They woke up their mother at once.



Having realized what was happening, mother Earth shook with ferocity. She cracked underneath the approaching men. They panicked and ran away.

The Trusting Woods sighed, "We should have followed the rule against humans, the strangers. Sorry, Ma."

In the end, Sana discussed the moral of the story.

What do you think is the moral of the story?



At the Dinner Table

It was Saturday night, and everyone was together at the dinner table. Granny, the wise woman of the house, was watching the news. After dinner, Granny told Sana she had to tell her something important. Many unsafe things have happened to children in the city, so she wanted Sana and every child to be careful around strangers.

She began, "Every day, we all come across strangers. A stranger is someone you have not met, do not know at all, or do not know well. A stranger can also be someone whose name you know, even though you do not know them well. Most, but not all, strangers want to keep children happy, healthy and safe. Yet, one has to be careful when strangers are around, as some strangers can try to cross our personal or physical boundaries and hurt us. That's why we should always check with our parents or a trusted grown-up before talking to, being with or going somewhere with a stranger.

When we spend much time with someone and interact face-to-face, we start to know them. This turns the stranger into someone we know. It can be challenging to decide whether someone is a stranger or not. If you are unsure, behave as if they are strangers until you can check with your parents about them.



I'm sure you use the computer for project work and other purposes. You should be careful when you go online. Meeting someone in real life is different from meeting them online. People you only meet online are strangers, even if you exchange lots of messages and are very friendly with them. When online, you cannot be sure that people are telling the truth about themselves. So, it is always better to be safe. Never share your personal information with anyone in chat rooms, gaming forums, social networking sites, etc. Personal information includes your name, address, phone number, parent's name, school name, class, or anything else about yourself. Promise me that you'll be careful!"

Safe behaviour is when people follow each other's body safety rules, respect each other's boundaries and keep each other safe. Unsafe behaviour is when someone deliberately breaks body safety rules and boundaries and hurts or harms another person. Be careful with anyone who does so, whether a stranger or not. Remember, safe and unsafe behaviour applies to both worlds, online and offline.



You must always be careful
around strangers.



The Cub and the Hare

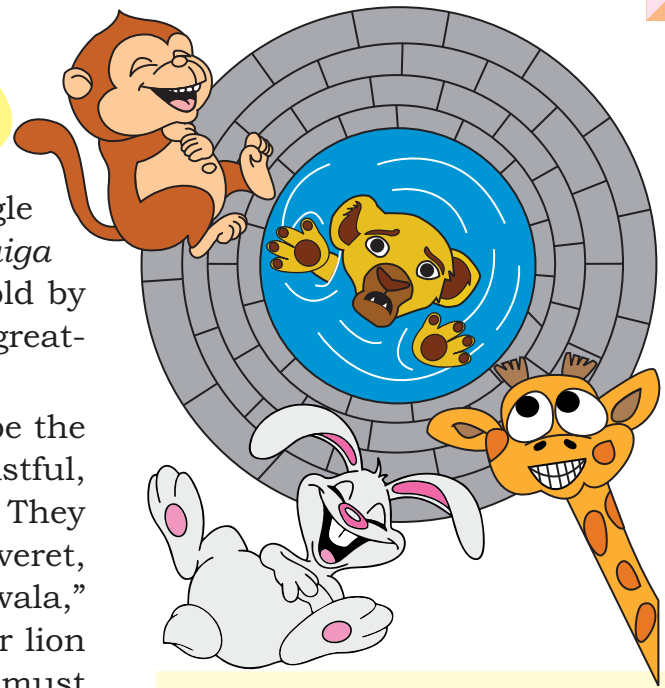
The animals of *Kanha* have shared their jungle and the *Banjar* river peacefully with the *Baiga* tribals since time immemorial. This story is told by the wise old man of the tribe to his great-granddaughter.

Once there was a lion cub, Jwala. Set out to be the next queen of the Kanha jungle, she was boastful, which would annoy all the baby animals. They wanted to teach her a lesson, so they sent Leveret, the baby hare, on a mission. "Oh mighty Jwala," prayed Leveret, "I will tell you about this other lion cub Baagi that has come to our jungle, but you must first promise to keep it a secret." "Of course," Jwala was all ears. Leveret told Jwala of another pride that had come to take over the jungle from Jwala's mother and that Jwala might have to duel with Baagi to become the queen.

Furious, Jwala wanted to confront Baagi. Leveret took her to a well where, he claimed, Baagi lived. Jwala looked closely and found Baagi imitating her every move. Livid, she jumped into the well to combat Baagi. Splash! All the baby animals laughed as they tricked Jwala and left her alone.

Suddenly, scared, Jwala remembered her mother's secret roar that would caution any family member in an emergency. She roared with all her might. Jwala's pride came running and pulled her out of the well. As Jwala told her mother about what had happened, her mother asked, "Why didn't you tell me?" Jwala said, "Because it was a secret, like our secret roar." Her mother explained, "Secrets you keep with loved and trusted ones are **safe**, while secrets you keep with untrustworthy friends or strangers are **unsafe**. Understood?"

Jwala agreed never to keep unsafe secrets.



Some tribal faces of India.

A Bhil boy
(Gujarat,
Madhya Pradesh,
Chhattisgarh,
Maharashtra,
Rajasthan, Tripura)



A Baiga woman
(Madhya Pradesh)



A Munda woman
(Jharkhand)



A Kokna man
(Maharashtra)



Teacher resources:

<https://bit.ly/2N7gd93>

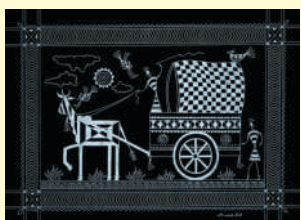


From which place (state) of India is this story?

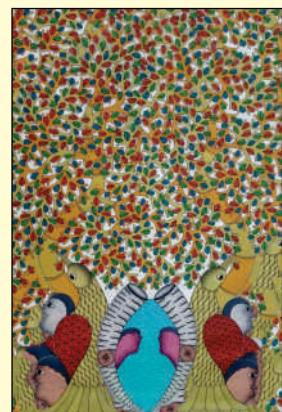
Folk art: India's folk art is diverse and rich in *ethnic* and traditional beauty. The rural and tribal folk paintings of India bear distinctive colourful designs. Folk art is not limited to paintings. They also include other art forms such as pottery, home decorations, ornaments, and cloth-making.



Warli painting is a form of tribal art created mainly by the tribal people from Maharashtra.



Saura paintings: It is a wall painting style associated with Odisha's Saura tribals.



Gonda paintings: Gonda tribes mainly live in central India. Their language is related to Tamil.

Bhil paintings: Madhya Pradesh has the largest Bhil tribal population in India.



Mithila Paintings: Mithila, a region that falls in Bihar, northern India, and parts of Nepal, has a tradition in the form of Madhubani or Mithila paintings. The women of the region have practised them through the centuries.



Warli painting on a wall in Mysore

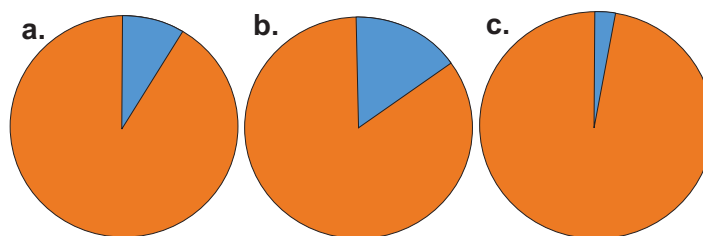


A. Match the following

- | | |
|---------------------------------------|-----------|
| a. Madhya Pradesh | i. Saurya |
| b. Wall Painting | ii. Baiga |
| c. Their language is related to Tamil | iii. Bhil |
| d. Kanha Jungle | iv. Bihar |
| e. Mithila Paintings | v. Gonda |

B. Many of the tribal groups rebelled against British colonial rule. People like Birsa Munda, Sidhu Murmu and Kanhu Murmu were their torchbearers. The tribal population of India is about *8%. Which of the following pie charts represents the correct Indian tribal population?

*the data is based on the 2011 census.



A - a-iii; b-i; c-v; d-ii; e-iv B - a.

Answers

C-6

Safe and Unsafe Secrets

A surprise is a secret we tell later; it can be fun. It is a safe secret when your father plans a surprise birthday party for your mother. But bad or unsafe secrets should always be shared with an adult you trust. There's a simple way to tell the difference between a safe secret and an unsafe secret. You are always happy to share a good secret with everyone at the end – like your mother's surprise birthday party.

On the other hand, a bad or unsafe secret makes you feel ashamed, uncomfortable, guilty, confused, scared, helpless, or unpleasant. You are hesitant and never happy to share a bad secret. Gifts, photos, videos, unsafe looks, touches, and problems should not be secrets.

Now that you know the difference, make sure you share all your secrets with a grown-up you love and trust, such as your parents, grandparents and teachers. It may be difficult to tell someone about an unsafe secret, but you must tell so that you can be happy, healthy and safe.

Would you like to share a secret with your friend Pokso? Share it here.



It is important not to keep unsafe secrets.

The Yakshi Challenge



During recess, Chetna asked Murali, the swimming champion, “Do you want to play a game? It will give you fame on the Internet.” Murali was all ears.

Chetna continued to explain, “It’s called the Yakshi Challenge, where you have to do whatever the Yakshi asks of you for 50 days. It could be anything, such as - not sleeping for three days or eating five chocolates daily. You get 5 points for completing each challenge. Once you’ve got 250 points, you ascend and meet the great Yakshi in person. After that, you become a part of her community. You get special powers. You can hack into various systems without getting detected. You become a part of some great secret societies on the darknet. All you’ve got to do is complete the day’s challenge, make a video, and upload it on the app. Do you want to play?”

Murali said yes with excitement and followed Chetna to the end of the corridor. He saw that the big window, usually shut tight, was wide open. There were no bars on this window.

Dheeraj said, “We’re going to jump out of this window into the balcony on the floor below. It’s not too far down and has a big balcony so that you will fall into it. Do you want to play with us?”

Murali looked out of the window. The

ground looked very far from the second floor, and even the first-floor balcony looked far. This was not a jump into a swimming pool but a rock-solid balcony floor. He did not want to jump out of the window.

Chetna said, “Even I am scared, but I will jump. I am sure it will be all right.”

Dheeraj said, “I jump from the compound wall of my colony to the ground every day. It is not difficult or dangerous. But you have to be brave. I’ll go first.” And he began to climb.

Pokso said, “Stop, Dheeraj! This is not a good idea. The ground at home must be soft because it is made of mud. But the balcony floor is hard. It will hurt you. You may even break an arm or a leg. It’s not safe for us. Let’s not play this game. Let’s close this window.”

Chetna began to shout at him. “You scared-cat! Don’t jump if you don’t want to, but you have no right to spoil our game! Go, but don’t you dare tell anyone about our game, or else.” She was too **ANGRY** to say anything more.

Murali said, “Pokso is right. I don’t think it is brave to jump out of this window. I think it’s foolish.”

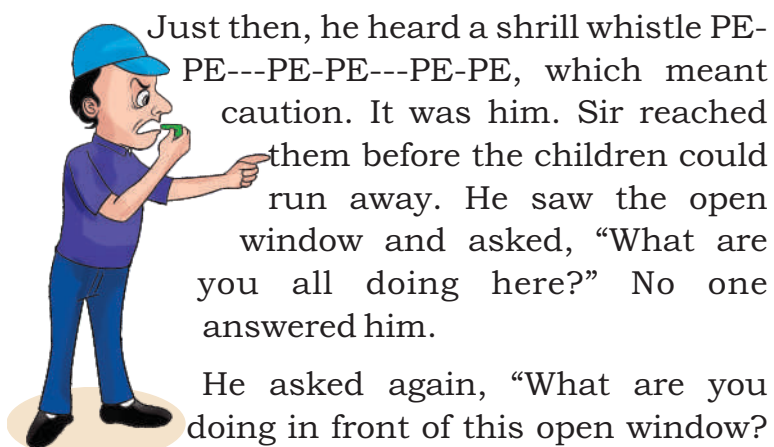
Dheeraj said, “You, too, are a coward. You are a trembling coward. I don’t want to play with you!”

Murali did not like being



called a coward, but he thought it was a bad idea to jump out of the window. However, he continued to argue with them to buy some time because he knew that sports sir, who patrolled the school every day during recess, would notice them sooner or later. He wished he had a whistle to raise the alarm for an emergency - SOS. He clearly remembered what sports sir had taught children the other day about SOS whistling.

Three loud but short blasts of whistle and each blast lasting about 3 seconds. While you blow hard, count to 3 in your mind during each blast, so the blast can last for 3 seconds. Take a breath or two between each blast. Count to 6 in your mind after the third blast and repeat the pattern.



Just then, he heard a shrill whistle PE-PE---PE-PE---PE-PE, which meant caution. It was him. Sir reached them before the children could run away. He saw the open window and asked, "What are you all doing here?" No one answered him.

He asked again, "What are you doing in front of this open window? Are you getting any unsafe ideas about climbing or jumping out of this window?" He did not speak loudly, but the children could see that he was furious.

Quickly, they said, "No." Sir did not say anything but kept looking at them. He closed the window tight and asked them to go back. Murali was happy that sir had caught them before someone got hurt.

Request your physical education teachers to demonstrate how they can communicate with children with whistles.



Peer pressure occurs when peers like your friends or classmates put direct or indirect pressure on you to do specific actions that may not be safe. It can change behaviour, thoughts, opinions, and feelings.



Difficulties in saying no (Peer Pressure)

- a If I say no, they will feel bad.
- b If I say no, they may not like me.
- c If I say no, they will stop asking me.
- d They won't listen to me if I say no.
- e They say yes to me, so I should also say yes.

A. Do you also face the same pressure mentioned in the above box when you have to say 'no' to your friends? Tick mark.

B. Is there some other pressure you feel while saying 'no' to your friends? Write it here.



To make a decision that is good and safe for you, ask yourself these 7 questions a to g based on critical thinking:

- Am I obeying the rules made by my parents and teachers to keep me safe?
- Does it make me uncomfortable?
- Can I get hurt?
- Can someone else get hurt?
- If I do this, what good result can I get?
- If I don't do this, what good result can I get?
- Will my family, friends, and I be proud if I do this?

C. If Dheeraj had asked himself these 7 questions, what would his answers be? Write them below.

a _____ b _____ c _____ d _____

e _____

f _____

g _____

Critical thinking: It is the ability to think clearly about what to do or believe, as Pokso and Murali did, but Dheeraj did not.



Be careful! Some online games have been floating on the internet for quite some time and are unsuitable for children. They are not safe, and some are even violent. We should not play them. Games on the internet can be super interactive. They sometimes use the tiny cameras and microphones of your smartphones (mobile phones), and some even know your location. These games collect personal information that can be misused.

D. Have you ever played an online game that was violent or not safe? If yes, what was its name?

Sportspersonship



Here are two situations Arpit faced while playing cricket matches for his house.

Situation-1

Arpit's team needs 4 runs to win, but only 2 balls of the final over are left. He is a spin bowler and a tailender batsman. He is quite tense. He concentrates and swings his bat with full force but misses the first ball with a hair's margin. The equally nervous wicketkeeper swiftly catches the ball. Well! Arpit gets a fine edge on the ball, but nobody notices it, apart from him. So, no one appeals to Pokso, the umpire. Arpit is confused and does not know what to do. Moreover, the cricket rule book does not say anything about such a situation. The next ball is bowled, and Arpit can hammer it for a six this time. Arpit's team wins, and everyone applauds him.

A. What would you have done if you were in Arpit's place? Why would you do so?



Situation-2

With 1 wicket in hand, the team needs only 2 runs, and 6 balls are remaining. It is Arpit's turn to bowl. He bowls a googly, his favourite ball. The batsman hits the ball, propelling it high above Arpit's head for a catch. As Arpit positions himself to catch the ball, the batsmen complete the first run and go for the second. Oops! Arpit drops the catch but rushes with the ball towards the wicket to attempt a run-out. While doing so, he accidentally hits the batsman, who falls and cannot finish the run, and Arpit can run him out. Arpit's team wins, and he is applauded.



B. Do you think or feel Arpit's team is the rightful winner?

C. Do you think our feelings sometimes tell us what is moral or immoral? If yes, give an example of when you felt something or someone was immoral.

An Incident in the Toilet



Sana, Arpit and Pokso enjoyed being most junior students in the middle school. They can do many things by themselves, making them feel good. One day, when Arpit went to the bathroom, he saw a group of boys standing in a circle in the middle of the bathroom. The attendant who cleaned the bathroom was in the middle of the circle. Arpit went closer and saw the attendant fiddling with his belt. He was talking about how a man's private parts differed from those of little boys like them.

“I can tell which of you will become big men and who may not, especially you, Salman,” he said, “but if you want to know, you must show me your private parts.” Salman, the carrom champ, said, “No, that is unsafe. No one should see anyone else’s private parts. I don’t want to be here. I’m leaving.” He went away swinging on his crutches. Arpit was shocked by the obscene behaviour of the attendant. The other boys stood there confused and in a fix. Gurpreet said, “This is unsafe. Nobody should show you their private parts, and nobody should look at or touch your private parts.” Arpit said, “Stop this immediately, and let’s go and tell ma’am.” The attendant replied, “Look! He is afraid. He will take a very long time to become a man.”

Meanwhile, Salman, swinging on his crutches and at times jumping like a kangaroo, went straight to the Staff Room, the safest place in the school. It was recess, so the teachers were surprised to see him. He sought permission to enter and went to Sulekha ma’am, his class teacher. He told her everything. She was very displeased to hear what the attendant had done. She immediately sent Ravi to call Deepak Sir, the games teacher. When he came, they all went to the boys’ bathroom.

Deepak Sir entered and told the boys still there to come out. Some looked guilty, others worried, and others were confused. It was clear to the teachers that something had happened in the boys’ bathroom, making them uncomfortable.



The boys were taken to the Library, which was empty except for Pokso, who looked for books on *Internet vocabulary*.



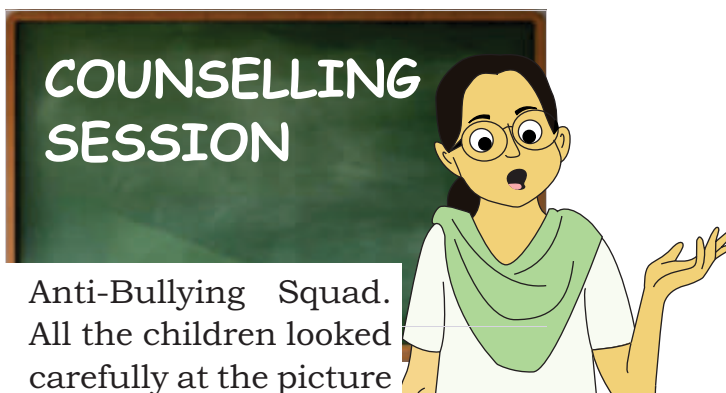
There, Sunita ma'am, the *School Counsellor*, said, "What the attendant did was wrong. You should remember what you have learned about unsafe touches. A law says anyone who does unsafe things to children can be punished. Go to your classroom. I will tell you about the law there because all the children need to know about it." Pokso smiled as he already knew about the law. The teachers praised Salman for telling them about the unsafe incident.

In class, Sunita ma'am told them all about the law that said that any person who behaved unsafely with any child would be punished. They can even be sent to jail.

She said, "The law is called **POCSO** - *Protection of Children from Sexual Offences Act*." Ma'am continued, "The POCSO law states that if a person touches a child in an unsafe way, or forces the child to be with them while they or the child are naked, or shows the child pictures of people not wearing clothes, they are doing a wrong thing, and are punishable by the law!"

Sunita ma'am, the school counsellor, also talked about the abusive and obscene language and drawings written and drawn on the walls of the school toilets by some children. She said that psychologically speaking, humans have an aptitude and craving for drawing, painting and other art forms, but the obscene writings and drawings on toilet walls fall under bullying and body shaming. They are unacceptable. If any student comes to know about such an incident, they should immediately discuss it with the *Anti-Bullying Squad* of the school.

Everyone looked at Pokso with confidence. After all, he was an active member of the



Anti-Bullying Squad. All the children looked carefully at the picture ma'am was showing them (Refer to the *POCSO E-Box* image on the next page). Ma'am explained how to file a complaint against someone touching them unsafely or showing them obscene pictures. "Go to the Internet and type www.ncpcr.gov.in. You will find a link for the *POCSO E-box* on the website's homepage.

Click on the red button inside it. This will open a page with a video. Below the video is a purple arrow to the right of the page. Press the arrow. Now, the POCSO E-box will show up on the screen. This page has pictures of people touching children in unsafe ways. This is called the POCSO E-box.

Click the picture that tells how someone is troubling you or forcing upon you an unsafe touch. In Boxes 2-5, fill in your name, phone number and email, and tell what happened. Then go to No. 6 and press the round red button. You can also dial the *Child Helpline number 1098 or 9868235077, or 1800115455* to complain about any unsafe touches you are getting. Calling on these numbers is free."

Sana thought of the POCSO law and remembered their friend Pokso. He also helped them to be safe. She had also heard of the POCSO law earlier, but knowing more about it made her feel good.

Box 1**POCSO E-Box**

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

चित्र चुनें / Select Picture (S)

खेल मैदान / दुकान / सड़क
Playground / Shop / Road



स्कूल / ट्यूशन
School / Tuition



ब्लैकमेल
Blackmail



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



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



इंटरनेट / फोन
Internet/ Phone

**Box 2**

2. नाम / Enter your name

Box 3

3. मोबाइल / Phone number

* अथवा / और OR / AND

Box 4

4. ई - मेल / Your email

Box 5

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

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

95t9c

Please Enter The Security Code shown in the Text Box Provided.

[Case Sensitive] *

6 नीचे बटन दबाएं / Click on Submit



NCPDR

NATIONAL COMMISSION FOR PROTECTION OF
CHILD RIGHTS

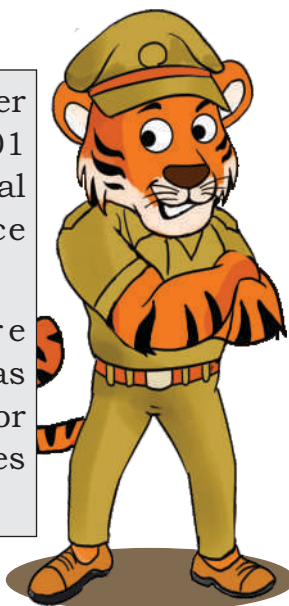


Red Button

POCSO E-Box हम आपके साथ है, हम NCPDR है

The emergency phone number for the police is 100, fire 101 and ambulance 102, National Disaster Response Force (NDRF) 9711077372.

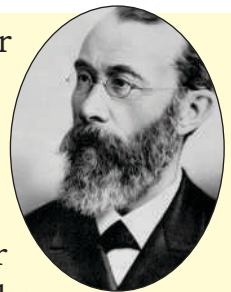
Note: National centre emergency number 112 was launched in Feb. 2019 for immediate assistance services from police, fire, health, etc.



Salman imagined the POCSO law to be like a strong, brave person who would always help children be safe and help catch those who did unsafe things to them. Now that he knew about POCSO, he felt safer. He whispered this to Arpit, who turned around and smiled. He was also thinking of their friend Pokso and felt safe and protected by the POCSO law.

Ma'am told the class that an attendant had done an unsafe thing in the boys' toilet. He has been asked to leave the school, and a complaint against him has been lodged at the police station. Ma'am once again applauded Salman for his bravery and for doing the right thing. "I will tell Mummy and Daddy how I did the right thing," thought Salman proudly.

Psychology: Just like your Maths teacher has studied Maths, English teacher - English, Science teacher - Science and Sports teacher - Physical Education after schooling, a counsellor like Sunita ma'am has studied Psychology. Psychology is the study of the mind and behaviour. It is the study of the mind, how it works, and how it affects behaviour. A professional practitioner or researcher involved in this discipline is called a psychologist. Wilhelm Wundt was a German psychologist who established the very first psychology laboratory in Leipzig, Germany, in 1879. This event is widely recognized as the formal establishment of psychology as a science.

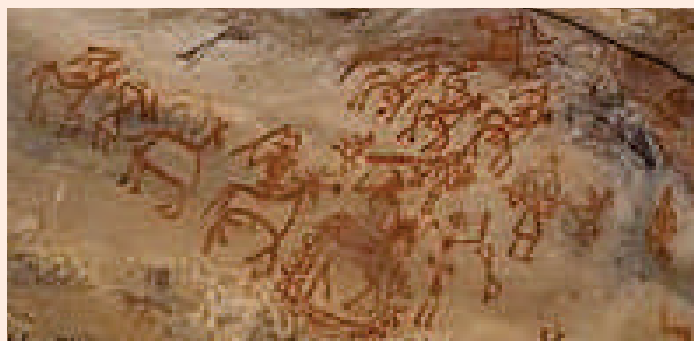


There is a law to punish people who touch children in an unsafe way. This law is called POCSO.

Cave paintings:

Psychologically speaking, humans have an aptitude and craving for drawing, painting and other art forms. Various arts are ways to express ourselves and register our existence in history. Multiple paintings on the walls and ceilings of caves have been found worldwide. Some are 40,000 years old. At that time, we used to live in caves like other animals.

Graffiti is writing or drawings made on a wall or other surface for passers-by to see. Graffiti ranges from simple written words to elaborate wall paintings. Graffiti on public walls made without the permission of concerned authorities is illegal.



Bhimbetka rock shelters - India



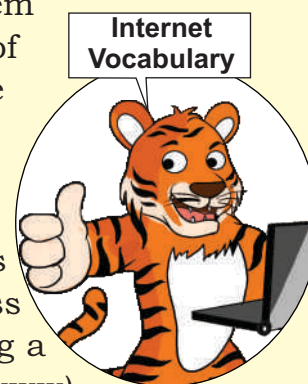
Caves of Monte Castillo - Spain



A graffiti on a school wall in Chennai

Internet: It is a system that connects millions of computer/smartphone networks, allowing users to communicate with one another and share DATA (resources and information) across great distances forming a world wide web (www).

Server: A server is a computer connected to a network of other workstations (computers) called clients with or without wires. Client computers request information from the server over the network. So servers store data and have more storage, memory and processing power than a standard workstation. **Data:** It means information like words, numbers, images, sounds, videos, etc. or any combination of these things. When you surf the Internet, your BROWSER interprets the data and displays the results for you on your computer/smartphone screen. **Database:** It is a collection of data that is organised in a way that makes it easy for anyone to access the information inside in various ways. **Browser:** A software program that allows users to surf the Internet. A browser interprets multiple codes and displays websites, images, videos and other data on your screen. **Bandwidth:** It measures how much data you can move through an Internet connection in a given amount of time. **Download:** It refers to accessing digital information. Every time someone visits a website on the Internet, they download a file using their browser. **Backup:** It is a copy of a particular data item that can be accessed if the original gets lost or destroyed. **Homepage:** The website's main page serves to welcome visitors and aid



them in navigating the other pages on the site.

Hacking: It refers to using a computer to STEAL your private information like your name, address, and more.

Dark Web: The portion of the Internet that is intentionally hidden and is not safe.

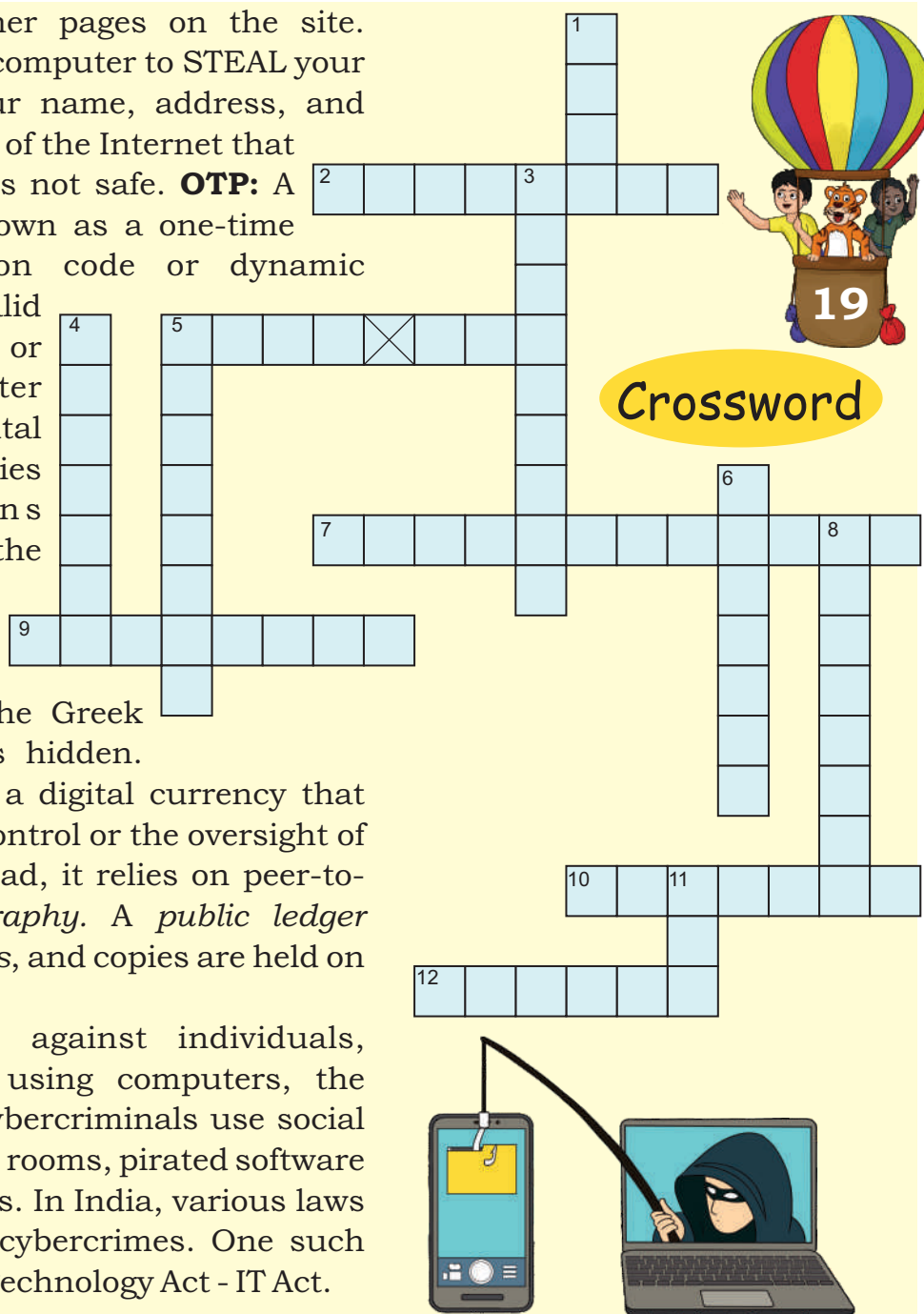
OTP: A one-time password, also known as a one-time PIN, one-time authorisation code or dynamic

password, is a password valid for only one login session or transaction on a computer system or any other digital device. **Cryptography** studies secure communications techniques that allow only the sender and intended recipient of a message on the Internet to view its contents.

The term is derived from the Greek word *kryptos*, which means hidden.

Digital currency: *Bitcoin* is a digital currency that operates free of any central control or the oversight of banks or governments. Instead, it relies on peer-to-peer software and *cryptography*. A *public ledger* records all *bitcoin transactions*, and copies are held on servers worldwide.

Cybercrimes are offences against individuals, companies, or institutions using computers, the Internet, or smartphones. Cybercriminals use social networking sites, emails, chat rooms, pirated software and websites to attack victims. In India, various laws punish people who commit cybercrimes. One such law is called the Information Technology Act - IT Act.



Crossword

Crossword

Across

2. Has the word 'base' in it.
5. Has the word 'load' in it.
7. A kind of study.
9. Connects millions of computers
10. Used to surf the internet.
12. If the original gets lost or destroyed.

Down

1. Words, numbers, images, sounds, videos, etc.
3. Tells about how much data can be moved on the internet in a given time.
4. A digital currency.
5. A portion of the internet that is intentionally hidden and not safe.
6. Stealing information from computers.
8. A kind of page on the internet.
11. One-time password.



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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



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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Website: www.projectcaca.org

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End the Stigma, Raise Awareness