

**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

मेरी सुरक्षा कार्यपुस्तिका

ನನ್ನ ಸುರಕ್ಷತಾ ಕಾರ್ಯ ಪುಸ್ತಕ

مینه حفاظتی کتاب

എന്റെ സുരക്ഷാ വർക്ക്ബുക്ക്

માझी सुरक्षितता कार्यपुस्तिका

ମୋର ସୁରକ୍ଷା କାର୍ଯ୍ୟପୁସ୍ତିକା

मेरी सुरक्षा कार्यपुस्तिका

எனது பாதுகாப்பு பணிப்புத்தகம்

ನಾ ಭದ್ರತಾ ಕಾರ್ಯಪುಸ್ತಕ

مینه حفاظتی کتاب

My 2eventh 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!

The three musketeers, Sana, Arpit and Pokso, have recently graduated to the next class. Arpit is older than Sana by eight months and has just become a *teenager*.

Teen + ager = Teenager. A teenager is in the age group of 13 (thir-teen) to 19 (Nine-teen) years. An adolescent is a person roughly in the age group of 10 to 19 years. Youth is a person in the age group of 15 to 24 years. Sometimes, people in the age group of 24 to 34 years are also called youth.

They are neighbours as well as classmates. Pokso is their class monitor. Sana is in the school's junior football team and plays centre forward. Arpit is in the school's dance troupe and is very good at Kuchipudi dance. They won many accolades last year in football and dancing, respectively, and have made everyone proud. Their achievements have been highlighted in their annual school magazine-*Kaleidoscope*.

They are growing fast, and the shapes of their bodies are also changing. Their old clothes and shoes do not fit them anymore, and they have donated them to church. The church passes them to people in need. As they grow, they become more and more independent and responsible. But, they are also a little naughty and play pranks. They struggle to manage their time between classes, friends, hobbies, homework and helping loved ones.

Arpit often buys vegetables and milk for his family. He regularly takes care of the mango tree he planted five years ago when his sister Joey was born. This season, mangoes have begun to appear for the first time, and he is very excited. Sana helps her parents in



preparing the monthly grocery list. She and her mother often argue about how much junk food should be added to the list. Sana loves junk food but knows that it is not healthy or good for her.

The three friends now have more access to smartphones, computers and the Internet. They often help their grandparents learn how a smartphone works. Since they were babies, their grandparents have been teaching them things, and now it is their turn to help them learn new things. Sana learnt Spanish, and Arpit studied Sanskrit. They are also learning another language called *body language*. They are also learning how *morals*, *values* and *human rights* are interconnected and how the Indian constitution defines them. They often feed animals and birds with their loved ones before school. They are also learning about animal rights.

A. Have you ever planted a tree/sapling? If yes, what is its name?



As we grow, we become more independent and more responsible towards ourselves and others.

**B. Have you ever fed a stray animal/ bird?
If yes, name them.**

Arpit and Sana are learning to respect others and themselves. They speak clearly and confidently and pay attention to their feelings, telling them when people and things might be unsafe. Sana and Arpit know they feel good when they behave according to what their family and teachers taught them. Moreover, it feels really good to feel good!

They are enjoying growing up. They also know that it is not only the core subjects (attributes) - science, maths and social science - but also various other attributes and *SWOT Analyses* that matter to be successful and happy in life. Sana carefully sets her short-term and long-term goals. The three musketeers understand that not only do their teachers prepare their report cards yearly, but others do so too. Here is their final report card of the previous class, which was made by their teachers, parents, grandparents and friends for you to analyse.

SWOT Analysis is all about your Strength - Weaknesses - Opportunities - Threats.



C. Apply SWOT analysis to achieve a goal in the coming 100 days. Write about it on page 25.

Attributes	Sana	Arpit
Maths	Excellent	Not Good
Science	Good	Not Good
Social Science	Not Good	Excellent
Language	Not Good	Good
Dance	Not Good	Excellent
Sports	Excellent	Not Good
Assertiveness	Excellent	Not Good
Carefulness	Not Good	Good
Communication	Good	Good
Confidence	Excellent	Good
Encouraging	Good	Excellent
Focus	Excellent	Excellent
Friendliness	Good	Excellent
Gracefulness	Not Good	Excellent
Honesty	Good	Good
Humour	Good	Not Good
Independence	Good	Good
Mindfulness	Good	Excellent
Patience	Excellent	Good
Peaceful	Good	Good
Sincerity	Excellent	Good
Trustworthiness	Excellent	Excellent

D. Design a report card for your best friend. Circle the above attributes you would like to have in the report card. Write the extra attributes you would like to have for your best friend in the space below. Ask your best friend to do the same for you. Now compare the two report cards.

Riya and Rescue

Here is the story of Riya. Find out the emotions/ feelings like happiness, sadness, anger, disgust, fear, guilt, calm, excitement, compassion, heartbreak, hopelessness, loneliness, and more that you think Riya must have felt while going through various situations in the story.



A. You have to write these emotions/ feelings in the space provided at the end of the story. You can write more than one feeling in a given space. Check and discuss your answers with your classmates.

It had been four months since Riya's road accident. Every part of her body had responded well to recovery except her legs. Going to *physiotherapy* and coming back disappointed had become an everyday routine - **1**. On top of that, she was worried that the more days she had to stay away from school, the more she would fall behind in class. - **2**. By and by, this *stress* started building up into frustration - **3**. Everyone, especially Riya's parents, knew that *anger* directed towards self wouldn't take Riya very far. So, one day, Riya's parents took her on a trip. It was almost like the old days when they would share snacks and stories along the way - **4**. Little did she know, she was in for a real surprise.

Soon they reached their destination. Riya was BLINDFOLDED and helped out of the car into her wheelchair. As she was led into the shelter, she could hear dogs barking. Slowly, a smile grew on her face. Her eyes began to

well up. As soon as Riya's father opened her blindfold, Riya saw a young dog, wagging his tail, standing in a wheelchair just like her - **5**. As he came running toward her, Riya was awestruck at how he could move around despite his hind legs not working correctly. He hopped around her excitedly for a while. Then he came and gave her his paw. Riya reached out as well. The moment they hugged each other, they bonded forever - **6**.

Riya named him Rescue. After that, Riya and Rescue did everything together. He was by her side when Riya got up to brush her teeth till she would be tucked into bed. Rescue was a trained *therapy* dog, and he would help Riya train every day. Not only did he physically inspire her to get back on her feet, but his presence also made her more optimistic about her recovery - **7**. She, too, learned to take care of Rescue.

She would feed him, bathe him and take him out for walks. Now and then, Rescue would go out in the garden to gorge on leaves, which he would inevitably vomit in the house. Even though Riya did not like it, she insisted on cleaning it - **8**.

Before long, Riya was able to walk with the help of a walking stick. It was time to go back to school. But she didn't want to go without Rescue. Her parents asked for special permission from the school authorities for the same. After careful consideration, the school agreed - **9**.

Both of them were extremely excited on the first day of school. Riya had even fashioned a school tie for Rescue - **10**.



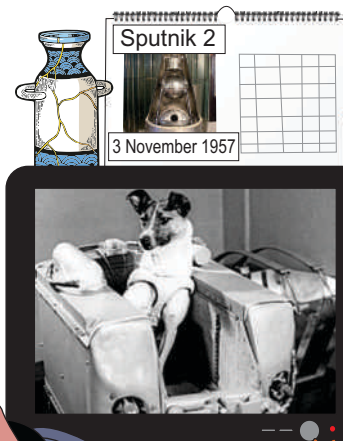
Her classmates were happy to see her, but more than that, they were thrilled to meet Rescue. However, when they started petting and playing with him, Riya had to stop them - **11**. It was against the rules for other people to play with therapy dogs. Riya's classmates were disappointed and even a little jealous. One of them even went to the extent of saying, "Poor Rescue. Despite being disabled, he has to take care of Riya. She should be ashamed of herself." This made Riya feel very guilty. But, she could see reason in what was being said. So, the next day, Riya was extra careful with Rescue. She *self-regulated*. She did not move around much the entire day, thinking it would be difficult for Rescue to follow her.

However, she had to use the washroom urgently by the fourth period. But, she did not want her classmates to make fun of her. Moreover, she didn't want to strain Rescue - **12**. In her confusion, she thought of helping Rescue. She tried to pick him up with one hand and support herself with another. Rescue did not take to this very well and tried to wriggle out of Riya's grasp. As a result, both of them fell to the floor. Looking at this, some of her classmates began to laugh, while others started to help her off the floor. One of them even said, "Poor Riya. What's the point of having a therapy dog when he only causes her more harm?" - **13**. The next day, Riya refused to go to school. She said she hadn't recovered fully. But her mother could sense that her happy-go-lucky girl was making excuses. Upon her insistence, Riya told her what had happened - **14**. She understood what Riya was going through and said, "When we got Rescue, we knew he had the skills to help you grow.

As far as his illness from his hind legs is concerned, we got him not despite his condition but because of it so that you could

relate to him. - **15**. Just like you are slowly learning to take care of yourself in new and innovative ways, he, too, has learned to take care of himself. Because you are both differently-abled does not mean you can't live independent lives. Not only can you learn to support yourself, but you can also learn to support each other. It's just that it'll take a little time, and you need to be patient with yourself."

Laika, a dog, was the first living creature to be launched into Earth's orbit. Unfortunately, she couldn't survive the space mission - Sputnik 2.

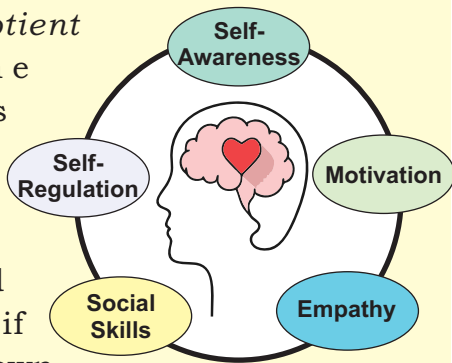


Riya finally realised in the end that believing in herself meant pushing herself to do better and managing her emotions, and negotiating with the emotions of others so that she could take decisions that were right for everyone. The next day, when Riya and Rescue reached the school gate, they entered with newfound confidence and motivation, knowing that they had to make their journey to recovery and that no one had the right to influence them otherwise. **16**.

1. _____
2. _____
3. _____
4. _____

We should be aware of our
and other's feelings.

Emotional Intelligence (EI): What Riya developed, in the end, is called EI. The *emotional quotient* (EQ) is the measure of one's EI. *Empathy* refers to feeling other people's experiences and emotions as if they were your own.









It is an essential ingredient for a strong EQ, others being *self-awareness*, *self-regulation*, *motivation* and *social skills*. Emotional intelligence can also be summed up as the capacity to be aware of, control, and express one's emotions and handle interpersonal relationships judiciously and empathetically.

Animal rights: Animal rights supporters believe that animals have an inherent worth - a value separate from their usefulness to humans. There are many laws and rules in India, like *the Prevention of Cruelty to Animals Act 1960*, *the Wildlife (Protection) Act 1972*, and *the Prevention of Cruelty to Animals (Slaughter House) Rules 2001*, that bar cruelty to animals. However, these laws don't prohibit the use of animals for scientific experiments. Cruelty to animals is a criminal offence, meaning a person can be sent to jail. Per the Constitution of India, it is the fundamental duty of every citizen (g) *to protect and improve the natural environment, including forests, lakes, rivers and wildlife, and to have compassion for living creatures.*

Point to ponder: One can quickly identify animals' emotions like dogs. Like us, dogs' faces, eyes, postures and how they carry themselves depict their feelings. People with little experience with dogs usually agree with one another on what a dog is most likely feeling. Besides dogs, elephants, dolphins,

monkeys, cats and many more animals also show emotions.

E. Match the dog's postures/ gestures.

- | | | |
|--|----|--------------|
|  | a. | i Angry |
|  | b. | ii Happy |
|  | c. | iii Anxious |
|  | d. | iv Alert |
|  | e. | v Suspicious |
|  | f. | vi Curious |

a-iv; b-i; c-v; d-iii; e-ii; f-vi
Answers (E)

F. Who said the following words?

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."

Answer (F) Mahatma Gandhi!

Suggested reading: *Raju and Jimmi*, ISBN 978-81-237-4538-1

Suggested viewing - Movie - *Hachi: A Dog's Tale* (2009)



Woes of Nose



It was a sweltering summer day with hot and dry winds blowing. Sun's scorching heat made everyone's throat dry. The lime juice and ice lollies selling on the roadside gave little relief. As the three musketeers bid goodbye to each other after their van driver dropped them at the milk booth near their houses, Sana ran towards her home. Sana's mother saw her pressing her nose with a handkerchief from the window. She closed her laptop and rushed to open the main door before Sana could ring the bell.

"What happened to your nose?" she asked as Sana took off her shoes and socks, threw her bag on the sofa and sat in front of the cooler. "My nose is bleeding", said Sana in a tearful nasal voice while pressing her nose with her handkerchief. "Oh! How did that happen? Did you get hurt?" asked mother. "No, we were playing football during the sports period, which was the last period today. The school got over, and when we were in the school van, suddenly Pokso noticed that blood was dripping from my nose," said Sana.

"Summer nosebleeds are pretty common because of the hot weather. The dry air can make our nose dry and cause it to bleed. Let me show you what to do if it happens," explained the mother.

Step 1: Sit upright and lean forward. This way, you reduce blood pressure in the veins of your nose, which stops further bleeding.

Step 2: Gently blow your nose and avoid foreign objects. Blow your nose to clear it of any blood clots. Tissues or handkerchiefs should not be used to stuff the nose because doing so may increase the bleeding.

Step 3: Pinch your nose. Use your thumb and index finger to pinch your nostrils shut. Breathe through your mouth. Continue to pinch for 10 to 15 minutes.

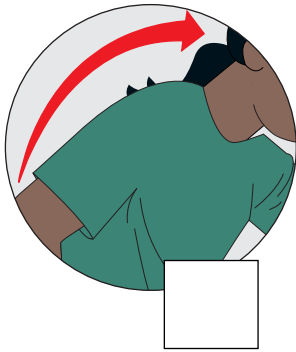
Step 4: Take a rest. Rest after a nosebleed to avoid a recurrence. You should avoid sports, running, and other activities that cause your blood pressure to increase."

Sana followed all the steps told by her mother. The bleeding stopped, and she started feeling better. "Today, I have realised that my mother is also a doctor", giggled Sana. "And I have realised how fast my little Sullu is growing up", laughed mother. Sana finished her orange juice without making a face.

Moby, Sana's pet dog, came running with a toy in his mouth as it was his time to play with Sana. "Look at him! He is so punctual," laughed mother. "Moby, Sana is not feeling well today. She cannot play with you right now. She will take you for an evening walk in the park, and then you can play," said mother. Moby started to wiggle his tail as if he understood what Sana's mummy said.

Sana snuggled with Moby for an afternoon nap. "Hey! Keep your wet nose to yourself," said Sana to Moby and shut her eyes. The whirring sound of the cooler was like a lullaby to her ears.

A. Write the order of the four steps to handle nose bleeding.



Here is how you can avoid a nosebleed in the summer season.

1. You should avoid being outdoors when the heat is at its peak in the late morning and during the afternoon.
2. Cover your head with a cap or a stole when outdoors. Also, cover your nose with a handkerchief to avoid hot air drying the insides of the nose.
3. Drink plenty of fluids and water in summer to stay hydrated and prevent the nose from drying.
4. Keep the inside of your nose moist, as dryness can cause a nosebleed. Nasal saline sprays or gels like petroleum jelly moisten the nasal cavity.
5. Don't pick your nose too often, and don't blow or rub it too hard.
6. Steam inhalation prevents nose bleeding by moistening and protecting the nasal cavity.



If re-bleeding occurs, go through these steps again.

Note: Call a doctor if the bleeding continues.

(Continued from page 2) SWOT analysis

a. Do you have a goal for the coming 100 days?

b. What are the main obstacles to achieving your goal?

c. What are your strengths?

d. What are your weaknesses?

A Letter From Doctor Auntie (Part 1)



Arpit received a letter from his favourite auntie, Dr Krupa. She works in an organisation called *Doctors Without Borders*.

Let us read the letter together with Arpit.

Dear Arpit,

The last time I came, you, Sana and Pokso talked about how you could tell someone something important by writing them a letter. That is what I have decided to do because what I will say to you is so important that I want you to have it in writing to keep reading it till you know it well. As you know, I am a psychiatrist. But, do you know who a psychiatrist is? A psychiatrist treats emotional and behavioural problems through a combination of personal counselling, hospitalisation and medication. They are the doctors of the brain and the mind. The brain is an organ, a physical object. The mind is connected to the brain but is not a physical object. The mind is related to our thoughts and feelings; in other words, consciousness. Nature has made our body, and each part plays a role. Our responsibility is to do our best to keep our bodies healthy, happy and safe. We must follow health, hygiene and body safety rules.

But the most important thing I want to tell you is not about doctors but about abuse. I want to tell you about abuse because knowing about it will help you be safe. What is abuse? Abuse is treating somebody badly or hurting them. The person who does the abuse is called an abuser. Abuse can make us feel *hurt, confused, ashamed, sad, scared and guilty*.

There are different doctors for different body parts and organs, just like you have different teachers for different subjects. Being a doctor, just like a teacher, is a noble profession. Every doctor formally takes an oath called the *Hippocratic oath*. The oath states the obligations and proper conduct of doctors.

Here is a list of types of doctors:

Cardiologist: Takes care of our heart.

Dentist: Looks after our teeth.

Dermatologist: A doctor of skin.

Endocrinologist: Takes care of glands that produce hormones.

Gastroenterologist: Takes care of our digestive system.

Nephrologist: Looks after the well-being of our kidneys.

Neurologist: Takes care of patients with medical conditions that affect the brain, spine or nerves.

Obstetrician/Gynecologist: Looks after women's reproductive health.

Ophthalmologist: Looks after the health of our eyes.

Orthopaedics: Looks after our bones.

Otolaryngologist or ENT Doctor: Takes care of E-Ear, N-Nose and T-Throat. *Surgeon:* Performs operations.

A doctor is a clown at heart, a scientist at the brain and a mother at the conscience. A big round of applause goes to all the doctors, nurses, and medical staff working around the clock at hospitals and medical centres around the globe. They are the true sheroes/ heroes of the world as they, leading from the front, battle all kinds of diseases and pandemics.

Abusers indulge in many types of abuses.

Physical: It is when a person physically hurts or causes harm to another person. Whether or not the person harmed has been injured is still considered physical abuse. So, someone may not be injured by a pinch or a slap, but it is still physical abuse. Physical abuse crosses a person's physical boundaries.



Verbal: Screaming, saying bad words, swearing or saying hurtful things to someone is called verbal abuse. Many people swear, but it is a kind of verbal abuse that should not become a habit. It is wrong to hurt someone with words. We should not do it.



Emotional: It hurts our feelings. Some examples of emotional abuse are:

- *Name-calling* or saying things to hurt someone's feelings on purpose.
- Telling someone that they're bad and deserve to be punished.
- Locking someone in a room, closet, or other places.
- Scaring someone by saying bad things will happen to them or their loved ones if they don't listen to or do what the abuser wants.



Familial: It is when a parent, family member, or caregiver abuses or neglects a child. This can happen in different ways, like when a family member fails to care properly for their child. For example, when parents do not give their



children enough warm clothes for winter or when they do not look after their child when they are sick. This is *physical neglect*. Just like this, there can be emotional neglect. For example, when a family member does not care when their child is going through a difficult time or does not make them feel loved and supported.

Sexual: When someone looks at or touches our private zones without a medical or hygiene-related reason, it is called sexual abuse. Sexual abuse may or may not involve touch. It happens when someone:

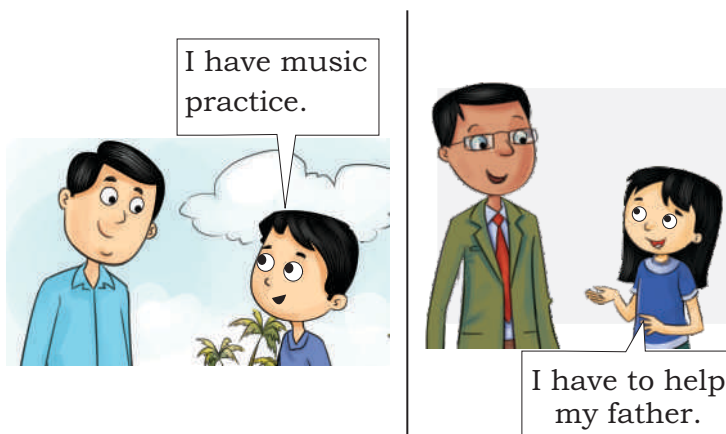
- Asks us to look at or touch our own or others' private parts on top of or without clothes.
- Shows us pictures or videos of naked people.
- Takes pictures or videos of us naked or in our undergarments (underwear).
- Passes any comments about our private zones.

Sometimes, we may not be sure if what has happened to us is sexual abuse. That's why it is important to pay attention to our feelings. If we feel uncomfortable, dirty, helpless, scared, angry, ashamed, guilty or upset, it may be sexual abuse. It is wrong of the abuser to abuse us. Whenever abuse happens, it is the fault of the abuser and the abuser alone. If we feel we have been abused, we should tell someone we trust as soon as possible to get help, be safe, and feel safe.

We should always try to protect ourselves from abuse. Maybe the abuse happened or is still happening, and we are too scared, worried or confused to tell anyone about it. Still, we must stay safe. Here are some tips:

1. Make and follow safety plans like 'The 7-Step Safety Rule' on page 59.
2. Try not to be alone with the person who abused you - have someone with you or avoid being there.

3. Make excuses: It's all right to make excuses to be safe. For example, you could say: "I must go because my grandmother is waiting for me."



4. Plan where you can go or hide where your abuser won't find you. If you are forced to be with the abuser alone, you can lock yourself in the bathroom or a room until someone else comes or the abuser goes away.
5. Ask a friend to be with you when the abuser usually tries to be abusive.

Arpit, the best way to protect yourself is to tell someone you trust as soon as possible!

Watch out for what abusers say!

Abusers are very clever at twisting words and confusing us, Arpit. They want to scare us so we do not tell anyone about the abuse. They say many things. Some of the things they say are what we usually hear from grown-ups we love and trust, who also love and care for us, which can confuse us.

For example, someone trying to do something unsafe may say, "I do it because I love you so much." The way to make out the difference is simple. When those we love and trust say these things, we feel good inside and about ourselves. We do not feel as if there is anything we need to hide. But when someone trying to abuse us says these things, we feel bad, guilty, angry, helpless, trapped, confused, sad, or other difficult and

troublesome feelings. We always feel as if something is wrong, and we are usually afraid that someone will find out what has happened.

Here are some other things that abusers may say:

"You like it - It is normal." | "I have to do it." | "I do it because I love you so much." | "You'll be in trouble if you tell." | "If you love me, you will let me do it." | "This is good for you." | "It means you are my special person." | "It will make you tall/strong/powerful/beautiful."

When we hear these things and feel uncomfortable, it might be abuse, and we should tell not 'one', but at least two trusted adults immediately. Remember, Arpit, feeling sad, dirty, angry, ashamed, and guilty is not wrong. However, you should never listen to or believe things that an abuser says. Even if the abuser is someone we know well. If someone we know or love abuses us, it may be difficult and scary to tell. We may feel shocked, helpless, betrayed, scared, ashamed or guilty. But no matter who they are, no one has the right to abuse you – in any way. And you must always tell. Abusers may say many things to scare us so that we do not tell anyone about the abuse. It can be confusing because even the adults we love and trust may say these things. But still, we must tell. I will write again very soon. Also, you can write to me and share your views on what I have discussed in this letter with you. I would love to hear from you. Stay safe.

Dr Krupa Auntie

Arpit took a deep breath. Auntie had told him so many things. He would read the letter many times to understand and remember everything.



A Letter From Doctor Auntie (Part 2)



Arpit had read the letter sent to him by Dr Krupa auntie repeatedly. He liked it so much that he decided to take it to his school the next day and share it with his friends, Sana and Pokso.

The three musketeers read the letter on the school bus. As they walked towards their classroom, their teacher caught up with them in the corridor. “Good morning, students. You all seem to be having a very intense debate in the morning. What is the topic?” asked ma’am.

Arpit gave the letter to his class teacher. The ma’am read the letter. “This is a significant letter, Arpit. Let’s share it with all the students,” she suggested. “That is a wonderful idea, ma’am”, Arpit exclaimed.

After reading the letter in class, Ma’am asked, “Does anyone have any questions? Please raise your hand.”

A hand in the third row slowly rose. “Ma’am, how to tell a trusted adult about the abuse?” a student asked. The ma’am explained, “It is good that you have adults you love and trust, but it is still hard to tell them about abuse. You need to be brave and talk about it because that is the only way to stop the abuse and help you feel safe. Here are some ways

you can tell a trusted grown-up:

1. Go to the trusted adult when no one else is around. Say, “I need to talk to you.”
2. Go where you will not be disturbed and say, “Something has happened. I need your help.”
3. Say, “Someone has hurt me/touched me/abused me, and I want it to stop.”

The person you tell might be surprised, upset, sad, or shocked to hear what happened to you. They may become angry or may say that they don’t believe you. This does not mean that the adult thinks you are lying. It is just that they are shocked and will take some time to get used to the fact that someone has tried to do something unsafe to you. It may also be because they may feel that the abuser could not have done this type of abuse to you. Don’t be scared if the person you tell becomes very angry. They are not mad at you. They are not blaming you. They are angry that the abuse happened and may be extremely angry with the abuser. This does not mean that their anger is meant for you.

It is okay to be scared. When we are scared, we come to know that something is wrong. But, being scared does not mean that we cannot tell. It is brave to tell when we are scared.

If the person you tell doesn’t help you immediately, tell someone else. Keep telling till someone believes you. Even if the person you tell believes you, you can always tell another person. If you are not ready to speak to someone, you can try telling in a letter, as Arpit’s auntie, Dr Krupa, has done. Give the letter to a grown-up you trust. Even if you are not ready to give the letter to someone,

writing it all down will help. And when you feel ready, you can give the letter to a trusted adult who can help you.”

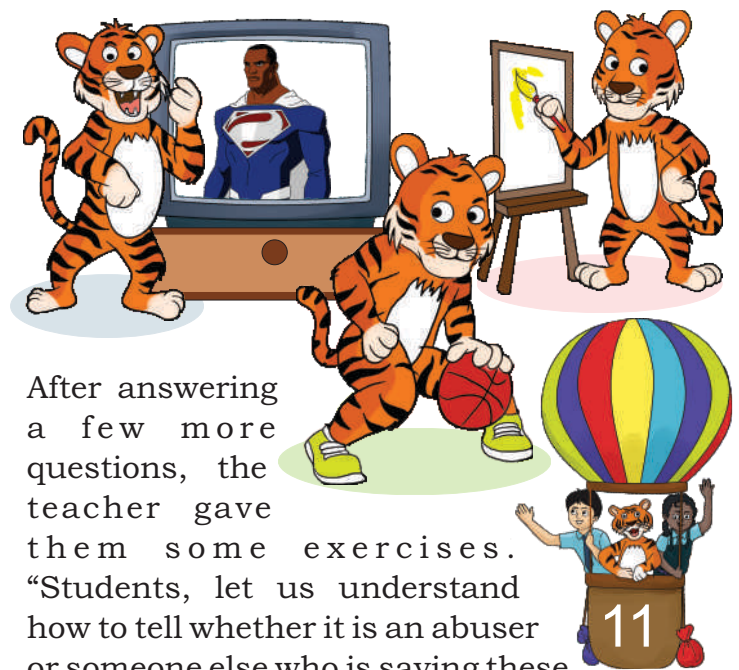
The abuse, no matter what, is the fault of the abuser and the abuser alone. How can it ever be your fault when you have done no wrong? No matter what the abuser says, it is not your fault.”

Another student asked, “Ma’am, what will happen after I tell about the abuse?” “Good question, said ma’am, “If you have been brave enough to tell about the abuse and the person you told believed you, you may think that everything will be all right immediately. You may think that the abuser will be caught and punished and will never be able to come near you again. But it might take some time before you feel safe again. This is because responsible people need to meet to decide what action to take. Then they will have to take that action. You will also need some time to get used to the changes. As these changes take place, you can help yourself feel better and safe by:

1. *Talking to someone* – It is important to share your feelings with an adult you trust. It’s okay to ask for help because you will need help. It is good to ask for help.
2. *Keep busy* – Do things you like to do.

You may want to:

- Spend time with your friends.
- Watch funny, superhuman movies and TV shows. Laughing is good and will always help you feel better.
- Join a team. Playing sports is a great way to make new friends and stay busy, and the exercise makes you feel happy.
- Journal: Write a diary every day. Feelings are private. You don’t have to share them if you don’t want to. Your journal is a safe place to write down what you feel.”



After answering a few more questions, the teacher gave them some exercises. “Students, let us understand how to tell whether it is an abuser or someone else who is saying these things.” said ma’am and started writing on the blackboard. The students took out their notebooks and started writing.

A. Each of the following sentences is said by a person who may be an abuser or a trusted adult. Mark **A if you think an abuser has said this, or **T** if you think a trusted adult has.**

- a. “It’s our secret.” – Your elder brother tells you this while he helps you make a gift for your grandfather for his birthday. ____
- b. “You like it.” – Your neighbouring uncle keeps trying to massage you or touch you in a way that makes you uncomfortable. ____
- c. “It is normal.” – Your friends want to look at and compare each other’s private parts. ____
- d. “I do it because I love you so much.” – Your mother makes you drink a bitter-tasting medicine so that you get better. ____
- e. “You’ll be in trouble if you tell.” – Your elder sister has broken a special decoration piece, and you saw how it happened. ____
- f. “It means you are my special person.” – Your father makes you kiss one of his hankies and keeps it in his pocket always when he goes to the office. ____

g. “It will make you tall/ strong/ powerful/ beautiful” – Your grandmother insists you do yoga with her for one hour every day. ____

h. “If you love me, you will let me do it.” – Someone visiting your house wants to take pictures of you when you are not wearing any clothes. ____

i. “This is good for you.” – A family friend wants to rub her hands and cheeks all over your face. ____

B. Here are some things some children do to be safe from abuse. Do you think these strategies work? Write Y for yes and N for no against each sentence.

1. Kamal goes to his friend’s house only if he is sure that a trusted adult will be there because his friend’s elder cousin once tried to show them some pictures of naked people. ____

2. Preeti ensures she is not alone at home with any stranger. ____

3. Harpreet speaks clearly, confidently and politely with everyone he meets. ____

4. Anna is always lost in listening to music or playing games on the phone. She feels that having a phone will help her be safe because she can call a trusted adult immediately if she needs help. ____

5. When someone told Faisal that they could tell him a way to help him avoid all problems if he kept it a secret, he said he would not tell anyone. He thinks the secret way will help him to stay safe. ____

6. Neeti closes her eyes when she is in the same room with someone who is changing their clothes. ____

Pokso’s answers to strategies to be safe from abuse for the above situations are:

1. Yes, Kamal can ask a trusted adult for help if such a thing happens again.

2. Yes, Preeti should avoid being alone with strangers.

3. Yes, Harpreet is confident.

4. No, Anna should be alert and aware of her surroundings whenever she is not with a trusted adult. First, she needs to realise that she needs help. Only then can she call for help using the phone.

5. No, Faisal should say he wants to know how to solve all problems only if he can tell his parents because adults also have problems.

6. No, closing her eyes is not enough for Neeti to be safe. She should go out of the room if someone is changing their clothes.

Lewd comments and obscene images of male and female private parts can be often seen in toilets, especially gents’ or boys’ toilets. This is a kind of *body shaming* - an abuse. Nature has made our body, and it is nothing to be ashamed of or made fun of. The human body, alive or dead, is not an object of gratification but dignity. After all, we bid farewell to a dead body as per our religion or value system. We gently close the eyes of people who had died with their eyes open and then cover them with a clean cloth. So why shame the bodies of people who are alive. Do you know that elephants are the only animals other than humans that respect their dead?



Crossing the Line



The three musketeers watched India and Pakistan's women's cricket match. They are big fans of the Indian women's cricket team captain. Suddenly, Sana's father rushed in. He was furious, and Arpit and Pokso were so nervous that they wanted to go home. Sana's father was shouting, "How shameless people have become! They have crossed all limits! They don't have manners!"

Sana's mother said, "Stop shouting. Calm down. Why don't you tell us the reason for your anger? It will teach us something important. But first, follow those steps we learned last week to control anger."

Sana's father took a couple of deep breaths. Then he clenched his fist and tightened the entire arm, then let it drop and relax. And finally, he closed his eyes and visualised a quiet place. He then opened his eyes and smiled. The three musketeers could see that he was feeling calm now.

He said, "A new person joined work at my office today. He is

supposed to work with me. I welcomed him, and he hugged me instead of shaking my hand. I was so shocked that I didn't know what to do. Then he took the pen from my shirt pocket, made a list of what we should order for lunch and walked off. I was so shaken that I didn't even realise he hadn't returned my pen." Sana inquired, "The pen grandfather gave you when you started working?"

Her father nodded and said, "Yes, I really value that pen. When I asked him to return it, he told me it was in his pants pocket and that I'd have to get it myself. Disgusting!"

Sana said, "I would hate to put my hand in someone's pocket. He is a badly behaved person."

Her father said, "I had to do something to stop him from saying and doing these things to me. He crossed my physical boundaries. 'A limit is a line we should not cross. If we cross it, it is unsafe for us. When we wait on the platform for a train, there is a line, and we should stand behind it. If we cross it, we might be too close to the train when it comes onto the platform and hurt ourselves or someone else. Do you understand?' The others nodded.

"He came so close to me that I became uncomfortable. Also, he had met me for the first time, and it is not the right thing either to hug those you don't know or to hug them in the office." Sana said, "I love to hug you, but sometimes you don't like it when I hug you, Daddy." Her father said, "If I am working, and you come and hug me, it disturbs me. It crosses my physical boundary at that time." Arpit said, "You mean we can have different physical boundaries for the same people?"

Sana's father said, "Of course. I'm sure you



hug your mother sometimes. But you would not like to hug her in front of all your friends at school because you think you are a bit too old to show your affection in public. Am I right?” Arpit said, “Ma doesn’t force me to hug her in public, but she doesn’t like that I don’t want her to do it.”

Sana’s mother said, “Different people have different physical boundaries in different places and times. When you were younger, you loved sitting on your father’s lap. Now you don’t.” Sana said, “Yes. I never thought about it, but it’s true.” Her mother continued, “Physical boundaries are boundaries for our body. We cannot see them, but they are there. If someone comes too close to us, they cross our physical boundaries, and we feel uncomfortable or unsafe. We should say, “Please stop! I don’t like that.” We should speak loudly, clearly, firmly and confidently. We must also respect other people’s physical boundaries, just as we want them to respect ours.” Sana said, “But Papa, he also took your pen.” Her father said, “When he did that, he also crossed a *personal boundary*. Personal boundaries tell people how you want to be treated. So if people are rude to you, make hurtful comments, tease you, or take your things without asking you, they are crossing a personal boundary. Your friends may tease you sometimes, but if they do it all the time and you don’t like it, then they have crossed a personal boundary, and you must tell them that you don’t like it and that they should stop. It is the same if someone makes hurtful comments or takes your things. You should tell them that you don’t like it and that they should stop doing it.

When we draw personal boundaries, we tell people how we like to be treated. Always treat yourself and others with respect. Try not to cross anyone’s physical or personal

boundaries. However, if you do cross them by mistake, apologise immediately and be careful never to do it again.”

Arpit asked, “Did he give your pen back?” Sana’s mother and father started laughing. Sana’s father said, “He did. The ink in the pen leaked because the pen could not be kept straight in his pants pocket. He had a big ink stain on his pants, and when the boss came, he asked the man why he was wearing stained clothes on his first day at work.

The man had to tell the whole story. The boss was very upset to hear of his behaviour. He was given the day off to go and learn about physical and personal boundaries. Also, he was told that if he did not change his behaviour soon, he would have to look for another job.”

Sana asked, “Do you think he learned his lesson about boundaries?” Her father said, “I think so. Don’t you?”

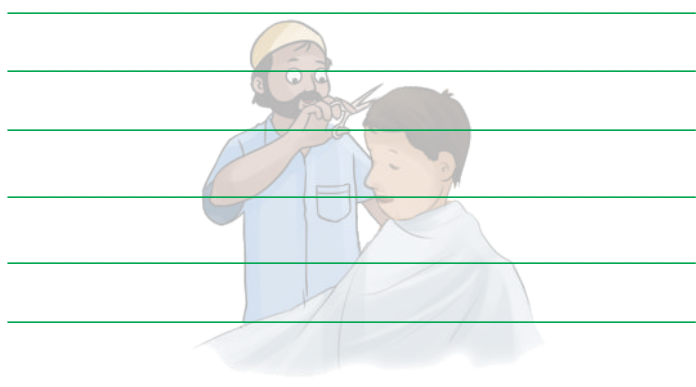
A. Write one example of how you have different physical boundaries for different people.



B. Write one example of how you have different physical boundaries for the same person at different times or places.

C. Write one example of how you have different personal boundaries for different people.

D. When your best friend sees your new haircut, they make fun of you. They have crossed your personal boundary and hurt your feelings. What will you tell them?



Women in Sports: Women have fought for their participation in sports since the early days of organized modern sports. While less common in many cultures, some ancient women participated in sports. Homer's *Odyssey* tells the story of Odysseus waking up to the sound of Princess Nausicaa and her handmaidens playing ball with one another on a river bank. *Ramayana*, *Mahabharata* and *Odyssey* are great ancient works of literature. They were written more than 2000 years ago.

Here is a timeline for women's first participation/achievements in modern organized sports and other domains. These sports/domains were believed to be meant only for men.

1745 – First ever women's cricket match - England | 1811 - Golf tournament, Scotland | 1892 - Football Match, Scotland | 1896 - Inter-collegiate basketball championship - the United States | 1920 - International Football Match | 1921 - International women's sports event (Women's Olympiad) | 1927 - Boat Race - England | 1939 - Junko Tabei (Japan) - Climbed Mount Everest | 1963 - Valentina Tereshkova - Cosmonaut | 2016 - Flight Lieutenant Avani Chaturvedi, Indian combat pilot

E. Match the following

- | | |
|----------------|-------------------------|
| 1. Cricket | a. Mt. Everest |
| 2. Golf | b. Fighter Pilot |
| 3. Football | c. 1745 |
| 4. Basketball | d. United States |
| 5. Olympiad | e. Cosmonaut |
| 6. Junko Tabei | f. 1920 |
| 7. Valentina | g. 1921 |
| 8. Avani | h. 1811 |

War and Peace

The last bell of the school rang. The school compound became a sea of students. Streams of heads poured in from all directions. Hustling, nudging and jostling, the free birds rushed towards the main gate. All for one, and one for all, the three musketeers boarded their school bus. Pokso sat on the seat at the bus's rear, where he could see everyone. Sana and Arpit noticed that only two seats were empty. "Window seat is mine," said Arpit. "No, it is not! You always get to sit near the window. Today, it is my turn!" said Sana. "That is not true!" shouted Arpit. "*Lies, Lies. Stinky Flies!*" sang Sana. "*Stealer, Stealer, Potato Peeler!*" sang Arpit. The heated argument between the two became a spectacle for the rest of the students.

Pokso came to them. "What is going on here? Why are you both fighting?" he asked. Sana and Arpit started blaming each other. "She always keeps fighting!" Arpit said angrily. Before Sana could reply, Pokso began to speak, "When people are together at home, schools, playgrounds and more, quarrels or conflicts are bound to happen. No matter how strong a friendship is, disagreements will arise. It is important to talk about how they must be addressed. There are healthy and unhealthy ways to deal with a conflict. In a conflict, you would like to have a solution you want because it suits you, but you also need to consider what the other person wants. Remember, different people have different needs and points of view. Considering different points of view is a collaborating approach. So, tell me how you wish to resolve this conflict?" Pokso asked while looking at



both Sana and Arpit, who now stood in silence.

Here are some approaches to resolving a conflict.

Fight for it: Winner takes it all. For example, the one who grabs the seat first will get to sit on it.

Walk away: To avoid arguments, you move out. For example, Arpit says he will move to some other seat.

Toss a coin: Everybody has an equal chance to win.

The middle path: Nobody takes it all. For example, they decide to sit turn-wise every day.

One day in the hostel mess, when the children were about to have dinner, Sandhya ma'am, the hostel warden, made an announcement. "Today, all of you will eat without bending your elbows." The hostlers ate their dinner precisely as told. They did so by *collaborating*.

A. How did they eat?



Dialogue is the most effective way of resolving conflict.



D. Write about a conflict you faced with your best friend or sibling. How was it resolved?

[illegible]

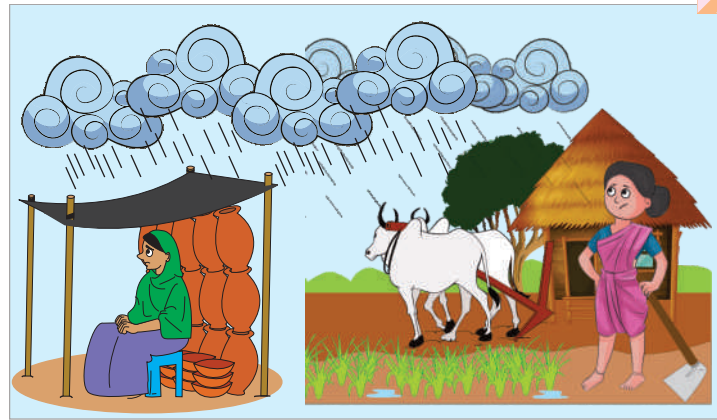
B. What does the above picture represent?

[illegible]

C. How should Sana and Arpit resolve the conflict?

Critical thinking is the ability to make informed decisions by objectively evaluating several different sources of information. Critical thinkers possess many essential skills, including analysis, creativity, problem-solving, conflict management and empathy.

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Have you ever faced a dilemma like the mother of the twin sisters? If yes, then share it here with your friend Pokso.



The Virtual World

It was the computer period. Chetna ma'am, the computer teacher, said, "Today we'll learn more about bullying." Everyone was taken by surprise. They wondered what computers had got to do with bullying. Ma'am said, "Bullying, as you know, is when someone keeps doing or saying something on purpose to make someone else feel hurt, sad or embarrassed. One can say that bullying is a



'Internet,
our biggest
neighbourhood.'



form of abuse. Bullies can be boys or girls. Bullies want to trouble and harm the person they are bullying. The bully bullies people for no reason at all. But sometimes, people argue because they really feel differently about something. So let's see what bullying is and what it is not."

A. Match the following:

a. Having fun: Having fun is when everyone enjoys themselves and no one gets hurt.



i. Leshini tries to pull Aditi's cheeks every morning before class. Though Aditi repeatedly tells her she does not like it, Leshini continues.

b. One-time thing: A one-time thing is when someone is being mean on purpose for a special reason. It happens one time and then stops.

ii. Vanshika lost Ashish's favourite paintbrush by mistake, and he broke her special eraser. "Because you lost my paintbrush," he said to her.

c. Conflict or quarrel: A conflict is when two people always disagree about something.



iii. Everyone gathers around Murali and says, "Mr Dolphin, did you come by road or swim to school?" Murali laughs with them because he knows they admire his swimming talent.

d. Bullying: Making the other person feel sad and scared makes the bully feel good.



iv. Yasmin and Puruvi always fight about the main boundary while playing kho-kho. Finally, they asked ma'am for help. She suggested that they draw boundaries on the ground with chalk every time before they play. It's fair play now.

Ma'am continued, "Bullying someone is cruel. It hurts and is painful to the person being bullied. You should never join in if others are bullying, even if the bully is your good friend. If the bully is your friend, you should try to make them stop bullying others. If you keep telling them to stop, and they still don't listen, you should consider whether you want to be friends with someone who behaves like this. You should be assertive and not submissive to the bully."



Being Assertive: It means expressing your feelings and views firmly and confidently without being submissive or aggressive. For example, Orgoh says, "This is unfair. Stop it!" every time Nishtha pushes him while playing football, even if everyone has to stop playing for a while.

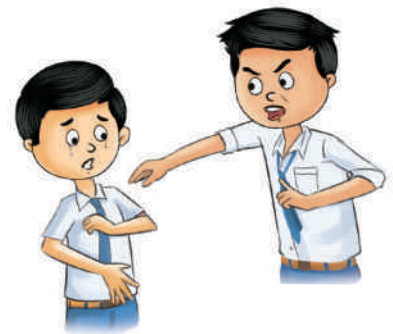
Being Submissive or Passive: Being passive is when you do not express your feelings or views, even though you actually want to. This

can be out of fear or feeling that your views and feelings are not as important as the other person's. If you are submissive, it is more likely that you will be bullied.



Being Aggressive:

When you harm someone physically, say cruel things, threaten or ridicule them through gestures. This is what a bully does.



B. Match the following

a. Physical Bullying

i. When the bully uses words (comments and threats) to bully.

b. Verbal Bullying

ii. When the bully physically harms someone.

c. Social Bullying

iii. When bullying occurs on the Internet (phone or computer), like making prank calls or saying rude things on the phone, sharing unwanted pictures, sending rude messages or making hurtful comments on WhatsApp, Facebook and other social networking sites.

d. Cyber Bullying

iv. When the bully spreads lies and rumours about someone and tells others not to be friends with them or when someone writes bad things or uses abusive language about someone in the school / public toilet.

There are four kinds of bullying – physical, verbal, social and cyber. I am sure you have a fair idea about them. Verbal and social bullying can happen in the cyber world also. In order to handle cyberbullying, we must know the following terms:

Cyber: Relating to information technology/ the Internet and virtual reality. Virtual means something that does not exist physically.

IP Address: A unique string of numbers separated by full stops that identifies each computer/ phone using the Internet to communicate.

Chat Rooms: A website that allows people to send instant messages to each other. For example, Google Hangouts.

Fake News: False stories that appear to be accurate or true news are spread on the Internet or using other media. For example, fake forwarded messages on WhatsApp spread many rumours.

Rumour Spreading: Circulating gossip through email, text messages, pictures or other means.

Hacking: Using a computer to steal your private information like your name, address, data, and more.

Happy Slapping: Using a smartphone or camera to record an incident where a person is being cyber-bullied and then circulating it on the Internet.

IT Act: An Indian law applicable to people and organisations using the Internet, smartphones and computer-related things.

MMS: Multimedia Messaging Service.

Phishing: A fake email or message sent to a person to verify an account that leads to disclosing of their personal information, such as passwords and credit card numbers.

Sexting: Sending sexually explicit content to another person via the Internet or using MMS.

Trolling: Cyber-bullying a person online by making repeated and persistent harassing comments or threatening remarks about him or her.”

Remember! Strangers exist in the real and virtual worlds, so rules for safety with strangers are applicable in both worlds. Whenever you plan to go out with your friends, keep a check on them. Watch out for each other – for instance, while crossing the road, be in a group or at least in pairs (buddy). Avoid hanging out in a new place. Keep your eyes open! Observe your surroundings. Be Alert. Look out the window if you are travelling in a vehicle and see where you are going. Keep your ears open! Remove earplugs.





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End the Stigma, Raise Awareness