

SAF

Social
Axiom
Foundation

Children Against Child Abuse



Project CACA

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

মোব সুরক্ষা কার্যপুস্তিকা

আমার সুরক্ষা কার্যপুস্তিকা

মারী সলামতী ধার্য পুস্তক

মেরী সুরক্ষা কার্যপুস্তিকা

ನನ್ನ ಸುರಕ್ಷತಾ ಕಾರ್ಯ ಪುಸ್ತಕ

مینه حفاظتی کتاب

എന്റെ സുരക്ഷാ വർക്ക്ബുക്ക്

माझी सुरक्षितता कार्यपुस्तिका

ମୋର ସୁରକ୍ଷା କାର୍ଯ୍ୟପୁସ୍ତିକା

ମେରୀ सुरक्षिआ कार्यपुस्तिका

எனது பாதுகாப்பு பணிப்புத்தகம்

ನಾ ಭದ್ರತಾ ಕಾರ್ಯಪುಸ್ತಕ

مینه حفاظتی کتاب

My Beginner's Safety Workbook

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



UKG

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

A message from the school head

Dear Parents/Caregivers,

Children are the most vulnerable to exploitation and abuse. Child protection refers to any effort or initiative that prevents children from situations of violence, abuse, neglect and exploitation. As a community and an institution, we are responsible for ensuring that every child is safe and feels safe. We must all strive toward protecting them and creating a world where they can grow happily, healthily and safely. Prevention is the best cure. Let us collaborate and empower our children against abuse and exploitation.

Dear Children,

Sana and Arpit will be your companions as you journey through this safety workbook. They are childhood friends and enjoy learning skills and values. Sometimes, they come across situations when they are not sure what to do. They talk to their friends, parents, grandparents and teachers, but their favourite advisor is their tiger friend, Pokso. He always helps them and everyone else to be happy, healthy and safe. You are in this story too, because the three friends might need your help with some of their problems. Enjoy their antics and those of their friends and classmates as you make your very own journey of growing up. Be safe!

1st Edition - 2016 (Pilot); **2nd** - 2017; **3rd** - 2018; **4th** - 2019; **5th** - 2019; **6th** - 2021; **7th** - 2022; **8th** - 2023

Published by: Edusynergies for Social Axiom Foundation

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Index

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

**Listen, Read, Learn,
Share & Perform**

1. Say Hello! | 1
2. 3 Best Friends | 5
3. Nicknames | 7
4. Our loved ones | 8
5. Pokso Likes Cartoons | 9
6. Pokso Does Not Like His
Cheeks Pinched | 10
7. Do You Like Playing
Hide and Seek? | 12
8. I Can Tie My Shoelaces | 15
9. Hand Wash | 21
10. Tipi Tap Tap | 22
11. I Do Not Do Unsafe Things | 23
12. Chewing Is My Habit | 24
13. Pokso's Favourite Toy Car | 26
14. My Things and Me | 28
15. My Clothes and Me | 29
16. My Body and Me | 31
17. Our Body Parts | 33
18. We Are Same Yet Different | 35
19. Going to Toilet | 40
20. Do You Take Care of
Your Toys? | 41
21. I Keep My Things Safe | 42
22. My Private Parts | 43
23. Let Us Play | 46
24. Taking Help | 47
25. Safety Rules for Private Parts | 49
26. Sharing Is Good but... | 51
27. How Do You Feel? | 52
28. Safe Touches | 54
29. Unsafe Touches | 56
30. Learning to Skate | 57
31. Scream, Run and Tell! | 58
32. The People Around You | 60
33. Are You Hiding Something? | 64
34. Pokso Gets Lost in the Jungle | 65
35. It Is Okay to Be Scared | 68
36. The Right Thing to Do | 69
37. When to Tell | 71
38. Pokso and Joey | 73



Say Hello!

Picture
Book



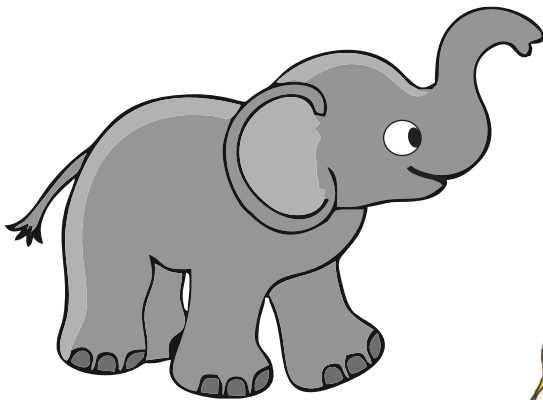
#Life Skills - Interpersonal Relationship: Friends-Special Friends



Hello,
I am Pokso.
I am a baby tiger.



I like to eat, sleep and
play with my friends.



Just like you, I am
growing up too.

I am learning
about my body.



Come, let us grow and
learn together.

A. Colour your best friend Pokso.

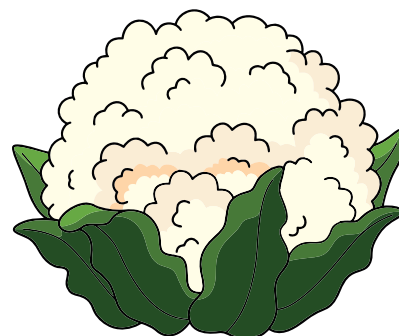


1





Hello,
I am Sana.

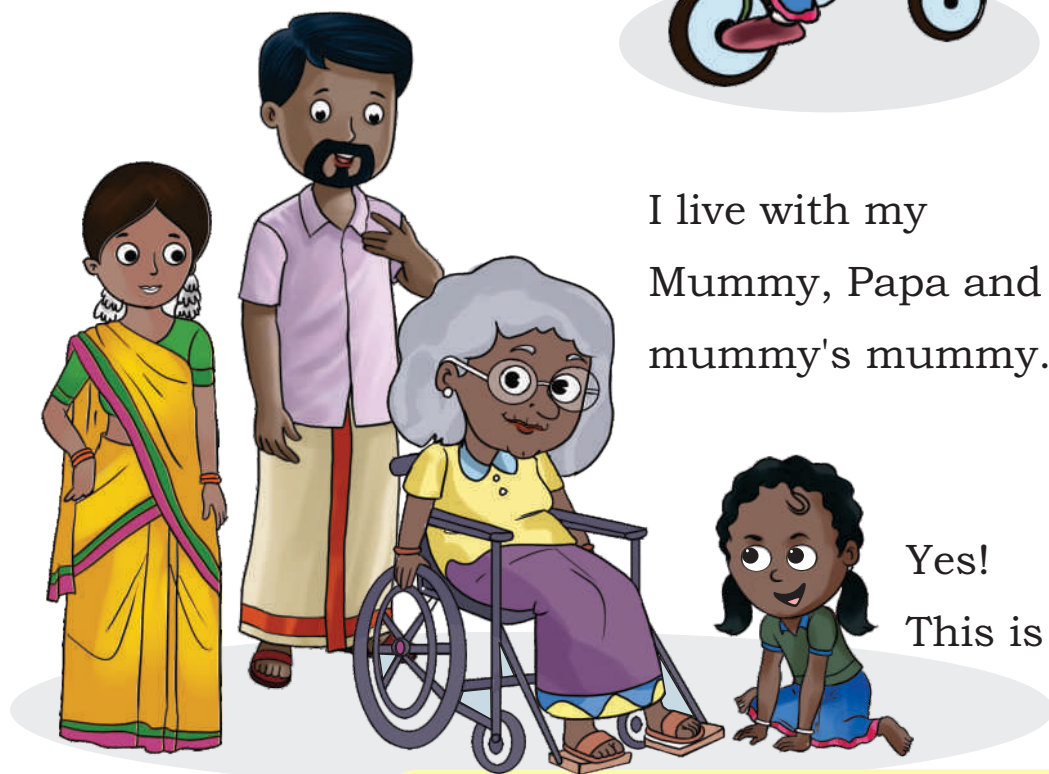


I like eating
Cauliflower.

I like riding my
new tricycle.



I live with my
Mummy, Papa and
mummy's mummy.

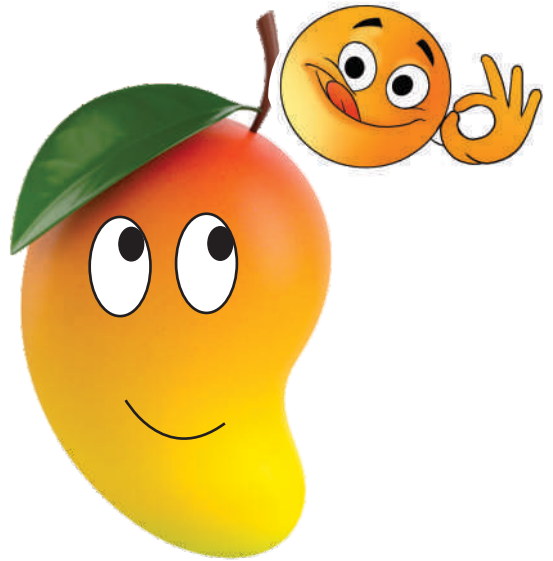


Yes!
This is my grandma.



Hello,
I am Arpit.

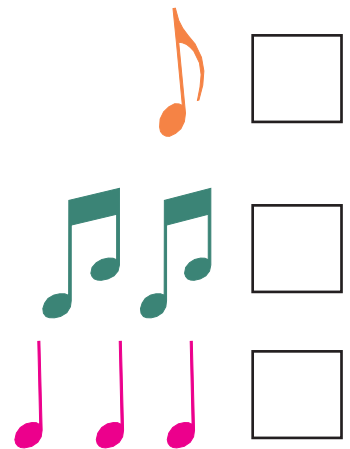
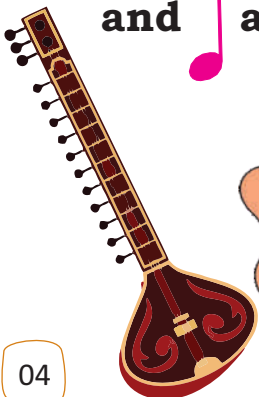
I like eating Mangoes.



I like playing my flute.
I am also learning to
dance with my friends.



B. I can count and write how many  , 
and  **are coming out of Arpit's flute.**



Nicknames



Sana has a nickname.
It is Sullu.
Sana likes her nickname.
Sana's grandma gave it to her.

Arpit also has a nickname.
It is Appu.
Arpit likes his nickname.
Arpit's grandpa gave it to him.



A. Do you have a nickname?

B. If yes, do you like your nickname?

C. Who gave you the nickname?



Nobody in your school should
call you by your nickname.

Our Loved Ones



The three friends, Sana, Arpit and Pokso, love their family members and class teacher. Paste photos of your loved and trusted ones.



1

Mummy

2

Grandma

3

Grandpa

4

Papa

5

Grandma

6

Grandpa

7

Sibling

8

Sibling

9

Class Teacher



Pokso Likes Cartoons

Pokso wants to share with you what he likes and does not like.



1. I **like** to play with my toys and share them with my friends.



2. I **like** playing with my elder brother.



3. I **like** watching cartoons, as you would, too.



4. I **like** keeping myself clean the way you do, too.



Pokso Does Not Like His Cheeks Pinched



I **do not like** when someone pulls or pinches my cheeks.



I **do not like** when someone pulls my hair.



I **do not like** when someone pulls my clothes.



I **do not like** people changing their clothes when I am around.





I **do not like** when someone makes me sit on their lap.



I **do not like** when a classmate eats my lunch.



I **do not like** when mummy does not let me see my favourite cartoon.

I **do not like** when someone breaks my toys.



I **do not like** when someone pushes me.

We should tell our mummy, papa, grandparents and teachers about what we like and do not like.

Do You Like Playing Hide and Seek?



Tell Pokso what you like
and what you do not like.



Playing ☐
hide and seek



Listening to stories ☐



Flying kites ☐



Dancing ☐


☐

Playing the game
doctor-patient



Watching
cartoons

☐


Playing in the rain

☐


Eating sweets

☐


Playing with toys

☐


Swinging on the swings

☐



Playing the game
house-husband-wife

☐


Playing on see-saw

☐


Climbing on trees

☐


Skating

☐


Riding a
bicycle

☐


Drawing

☐

I Can Tie My Shoelaces



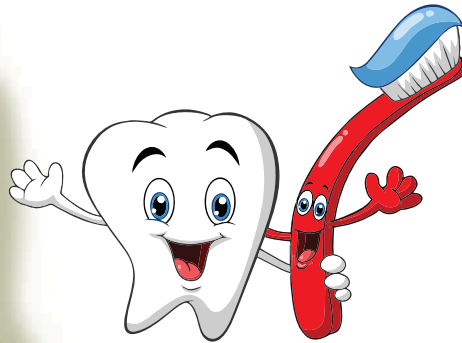
A. Draw a **green circle** around the things you know how to do.

B. Draw a **red circle** around the things you are learning.

1



Brushing teeth



2



Using the toilet

3



Taking a bath

4



Wearing underwear

5



Wearing
clothes

6



Buttoning up a shirt

7



Combing hair

8



Eating breakfast

9



Finishing milk



Wearing
shoes



Tying shoelaces



Polishing
shoes

13

Packing school
bag



14

Carrying school
bag



15



Finding the Classroom

16



Opening the lunch box and eating lunch

17



Filling the water bottle

18

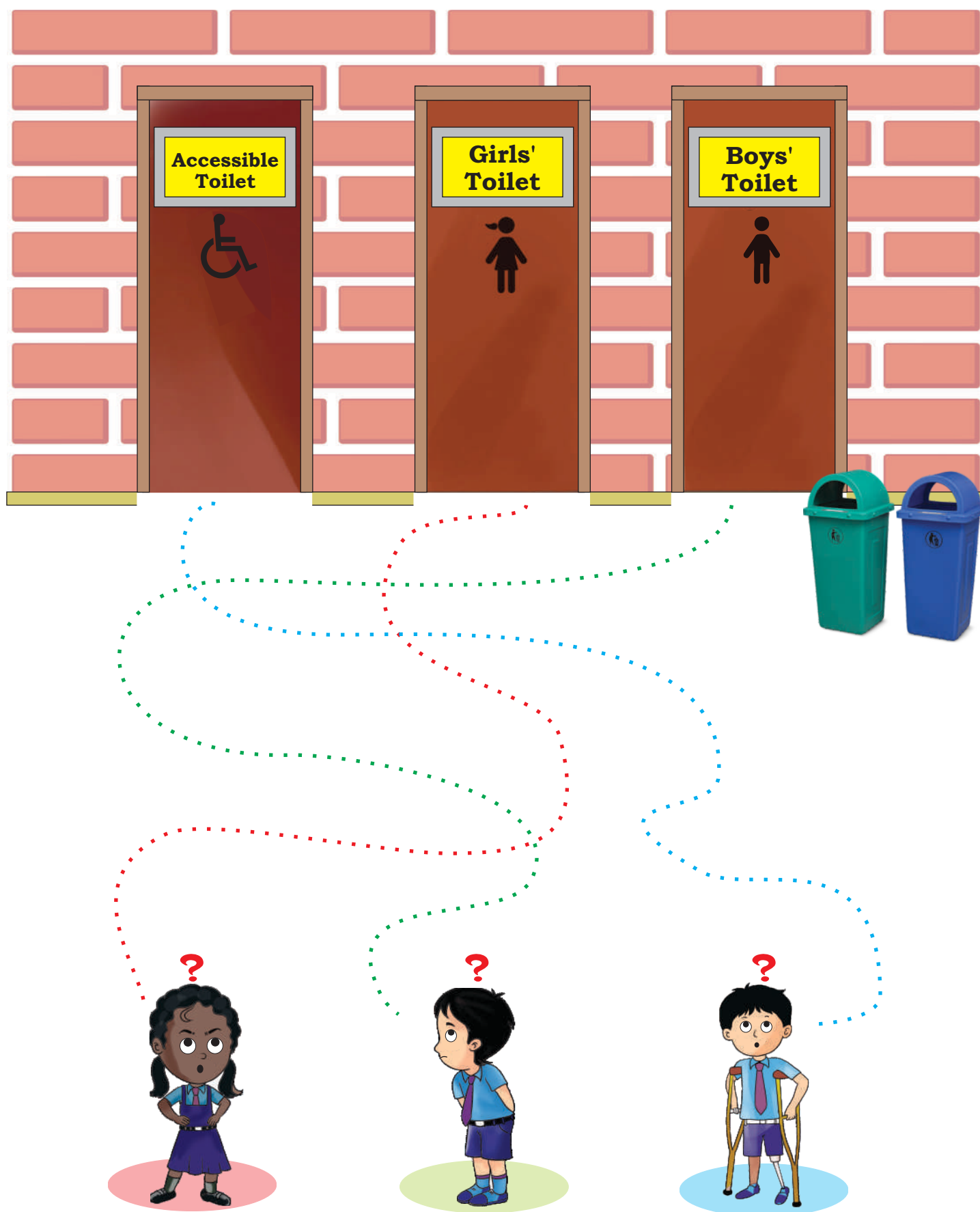


Telling your teacher that you have to go to the toilet

19



Finding the toilet in the school



C. I can help them find their toilets.

D. Help Arpit prepare his school bag.
Tick mark the items he needs to carry.



Hand Wash



#Hygiene



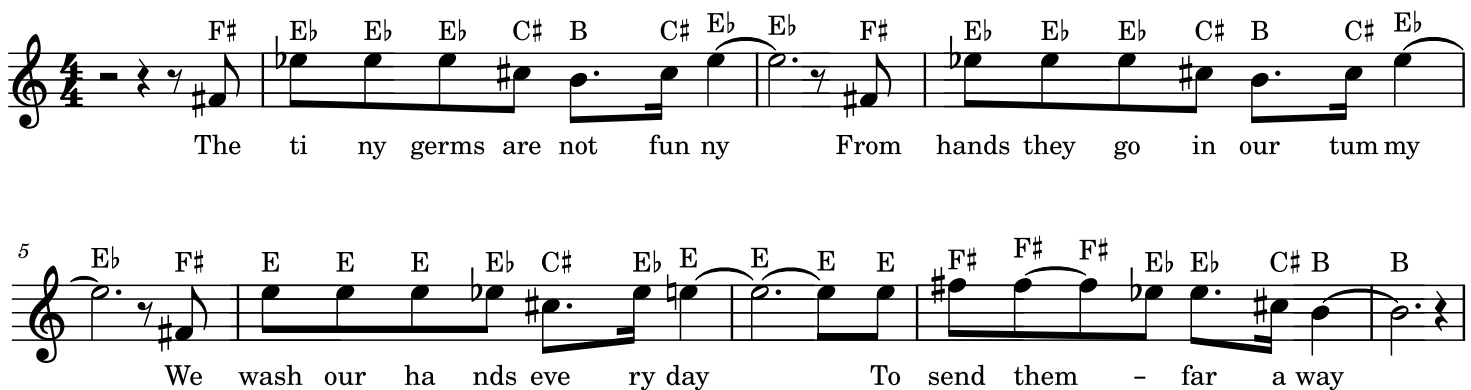
/ Cue for the Music Teacher

The tiny germs are not funny,
From hands, they go into our tummy.

We wash our hands every day,
To send them far away.

Soap and water, wash and scrub,
Front and back, rinse and rub.

Naughty germs run away and cry,
When our hands are clean and dry.



Credit: Yogesh Aditya

C-B

We wash our hands regularly so that we
do not fall sick. It is a good habit.

Tipi Tap Tap



Tipi tap tap water flows,
Wash your head and your toes.

Tipi tap tap when you brush,
Slowly slowly, do not rush.

Tipi tap tap, when it is hot,
Drink the water from the pot.

Tipi tap tap, water is dear,
Keep it safe and keep it clear.



Match the following steps.

1

2

3

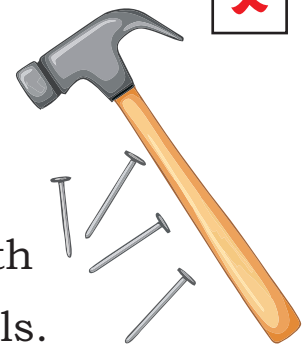


I Do Not Do Unsafe Things

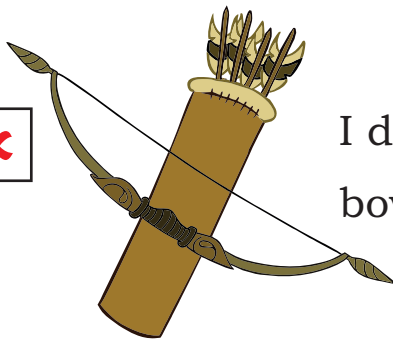
I do not do unsafe things.
Unsafe things can hurt me.
They can make me cry.



I do not play with
fire or fireworks.



I do not play with
hammers or nails.



I do not play with
bows and arrows.



I do not play with
glass bottles.

I do not play
on the road.



I do not go near water bodies
without my loved ones.



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Feedback Request

We hope you liked this Safety Workbook. Please feel free to give your feedback and suggestions at contentcoordinator@projectcaca.org



RESOURCES

Videos/Supplementary Worksheets/Posters/Picture Book/ Booklets embedded as **QR Codes** in the chapters of the workbooks. Page 75 of each workbook is dedicated to the resources in English, Hindi and various regional languages for parents, teachers and support-staff.

CACA Safety Workbooks UKG to Class IX



Resources: Parent /Teacher / Support- Staff Companion Booklets.

Webinars: Academic/ Legal/ Psychological for Parents, Teachers & Support-Staff

Partners



With Support From

- State Legal Services Authorities (**SLSA**) & District Legal Services Authorities (**DLSA**)
- State Commissions for Protection of Child Rights (**SCPCR**)

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MBSW-Peach-08-01-R

End the Stigma, Raise Awareness