



## Curriculum Matrix

- 1 Mental Health/Well Being
- 2 Emotional Intelligence/Quotient
- 3 Safety
- 4 Gender Equality/Equity/Parity
- 5 Child Rights
- 6 Health and hygiene
- 7 Morals/Constitutional Values/ Ethics

10 Universal  
Life Skills - WHO

21<sup>st</sup> Century  
Values

11 Key Aspects for  
CSA Prevention

# 7 Core Principles & their derivatives



## 1 Mental Health/Well Being

Self Esteem | Body Ownership | Pvt. Parts  
| Feelings | Peer/Exam Pressure | GOAL  
Setting – SWOT | Abuse – CSA/ Bullying  
(real/cyber) | Not your fault | OK to be  
scared | Body Shaming | Math Phobia |  
Adolescence Issues | Friends – Special  
Friends | Sibling Rivalry | ETC.

## 2 Emotional Intelligence/Quotient

Empathy | Resilience | Conflict Resolution |  
Apologising | Sibling Rivalry | Listening to  
& Expressing Feelings | Anger Management  
| Sibling Rivalry | Morals & Feelings | ETC.

## 3 Safety

Personal | Environmental **UNSD2030** |  
Natural | Accidents | **Safe Unsafe touches/**  
Behaviours | Complaint & redressal –  
Helplines | Cyber Safety | ETC.

## 4 Gender Equality/Equity/Parity

Gender Stereotype | Gender & emotions  
| Gender & Skills | Gender & body  
movements | Gender spectrum |  
**UNSD2030** | ETC.

## 5 Child Rights

Rights as morals | Rights & laws | Rights  
& Responsibilities | Constitution | ETC.

## 6 Health and hygiene

Nutrition | Eating Habits | Diseases &  
Medicine | Food Adulteration | Food  
Labels | Menstrual Hygiene | Sugar, the  
new tobacco | Advertisements | ETC.

## 7 Morals/Constitutional Values/ Ethics

Justice-Equality-Equity-Parity | Love for  
nature **UNSD2030** | Dignity of labour |  
Dilemmas | Civic Nationalism

# WHO 10 Life Skills + 11 Key Aspects for CSA Prevention



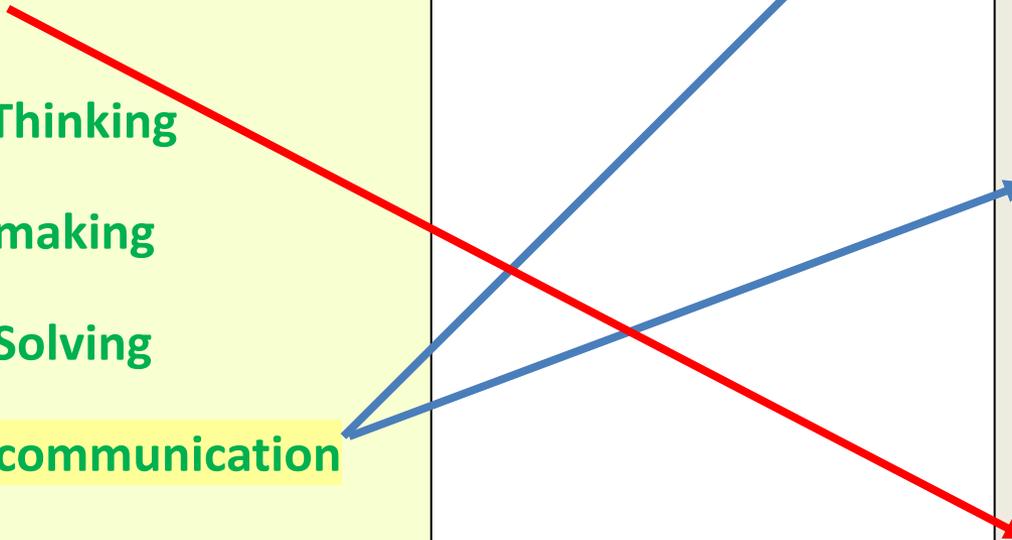
## 10 Universal Life Skills - WHO

1. Self-awareness
2. Empathy
3. Critical
4. Creative Thinking
5. Decision making
6. Problem Solving
7. Effective communication
8. Interpersonal Relationship
9. Coping with Stress
10. Emotions



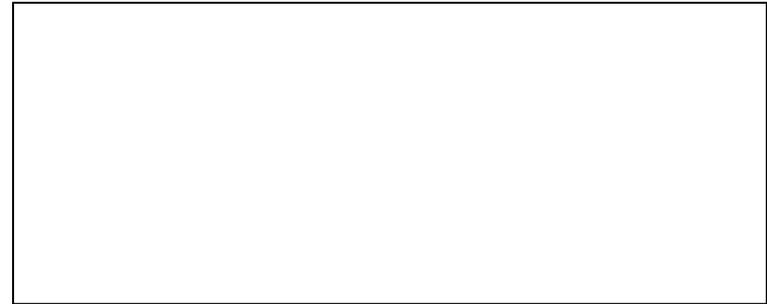
## 11 Key Aspects for CSA Prevention

1. Vocabulary -Pvt. Parts
2. Feelings/ Emotions
3. It is not your fault
4. It is okay to be scared
5. Being Assertive
6. Touches
7. Body Ownership
8. Self Esteem
9. Secrets
10. Strangers
11. Safety Circle





- a.** Child Rights
- b.** Gender Equality/Equity/Parity
- c.** Sex as a spectrum
- d.** Carbon footprint reduction
- e.** Water Preservation
- f.** Organ/Blood Donation
- g.** Euthanasia – *It is the practice of intentionally ending the vegetative state with medical assistance to eliminate pain and suffering.*



# Evaluation - Learning Outcomes - Key Messages



- **We cannot control our feelings, but we can control our actions.**
- **No relationship can exist without responsibilities.**
- **Rights cannot exist without responsibilities and duties.**
- **You must always think before you make a choice.**
- **I can always take the help of my loved and trusted ones when choosing becomes difficult.**
- **Always tell your loved ones about any secrets, surprises or gifts.**
- **Smokers don't grow old. They die young.**
- **Never share your personal information with strangers.**
- **Unsafe touches make us feel scared, sad, dirty, angry or guilty.**
- **Being different does not mean being unequal.**
- **It is okay to be scared and brave to tell what or who you are scared of.**

# Core Principles - 21st-century values + skills



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