

Programs for Parents

Positive Parenting This program is created to provide parents insights on how to support and enable their child to develop a positive body image, self- esteem and be healthy and safe. Parents are sensitized to interact with adolescents in a comfortable and non-judgmental manner on issues pertaining to gender, sexuality and violence. The sessions would foster stronger parent-child relationship and communication

This is a suit of 3 sessions, customized for parents of Primary School children and 4 sessions for parents of Middle and High School children. Duration of each session is 3 hours.

Details and Value of Program for Parents

For Parents of Children in Primary School

Session 1: Self Esteem

- Building a child's Self-esteem and positive self-image
- Empowering communication with children to enhance the child's self esteem
- Constructive anger and helping your child manage emotions

Session 2: Helping Your Child Learn

- Effect of appreciation and acknowledgement on motivation
- Managing criticism and comparison
- Effect of TV and computer games on the brain.

Session 3: Personal Safety

- Teaching children personal safety
- Answering children's questions
- Responding to child sexual abuse

Rationale: please see below

For Parents of Children in Middle and High School

Session 1: Self Esteem

- Building self- confidence and self- respect in children
- Helping your child explore the 'Self'
- Developing a positive body image and self-Image of the child

Session 2: Adolescent Sexuality and Parenting:

- Understanding evolutionary reasons for physical, emotional and mental changes in adolescents.
- Dynamics of parent- adolescent relationship, evolutionary imperatives and modern reality
- Understanding teen's moods and their affiliations with peers.
- Addressing teens' sexuality, crushes and infatuations.

Session 3: Responsibility and Accountability

- Developing self- discipline and self -motivation
- Encouraging decision making and setting goals
- Effect of TV on Brain Development.

Session 4: Gender Empowerment and Personal Safety

- Personal Space, Personal safety and child sexual abuse.
- Gender Equality and Empowerment
- Shame, blame and responsibility

Rationale for sessions for parents:

Children pick up life skills by watching others - especially how their parents and family members interact with them and each other. Hence it is important for parents to keep this in mind in their day to day interactions including casual remarks. These can impact the child's sense of self respect as well as self confidence. Families often face emotionally challenging situations at home. In such situations children need empathetic and skilled adults who demonstrate as well as help children communicate and manage their emotions without causing harm to self or others.

Parents want their children to do well in life. They want to help their children learn discipline, handle anger outbursts and motivate them to bring out their best in academic and non- academic pursuits. Age old method has been based on reward and punishment - both of which are not designed to inculcate self -discipline or self motivation. Learning what works best in such situations would help parents enormously in achieving their intentions.

Personal safety education could reduce child sexual abuse, which is rampant in India. Discussion on sexuality would help adolescents navigate puberty with dignity. However, due to social taboos, parents shy away from this. There is also a dearth of effective, indigenously developed, culturally appropriate educational material on sexuality and safety education for young children and adolescents. This program discussed sexuality as an everyday, lived experience of an individual, whatever his/her age. It talks about how to express and experience it as a natural, normal part of one's life, be responsible for one's actions and be aware of and respect one's and the other's right to safety and

dignity. Parents learn how to help children learn personal safety rules and what to do in case these rules are broken.

Upon completion of program, parents will :

- Understand how to use genuine appreciation and timely acknowledge to help build self esteem.
- Understand how to help children develop self discipline and self motivation, and what helps children learn best.
- Be able to answer children's questions about the body and self-image, gender and sexuality appropriately and with greater ease.
- Be able to enumerate Personal Safety Rules that need to be taught to children from a young age.
- Understand their roles and responsibilities under the POCSO Act.

Do call / mail us at info@enfoldindia.org to conduct these programs at your institution