Life Skills and Personal Safety Program for Primary School Students

Life Skills enable the development of self-awareness, empathy, as well as the ability to communicate and manage emotions (based on World Health Organization definition). While these skills are not new, the earlier we expose children to these, the faster they learn to use them.

Enfold's program encourages students to apply life skills in their day to day interactions and unexpected contexts, especially those related to managing feelings, choosing healthy foods and activities, and being safe. Students learn how to build a positive body image, express their anger, sadness, and fears; as well as respond to bullying, taunting, and abuse.

The modules have been researched and refined by Dr Sangeeta Saksena and Dr Shaibya Saldanha over a decade, to be scientific, age-appropriate and value based.

Many schools have incorporated this program in their academic calendar as it enables children to not only recognize sexual abuse, but also feel confident about reporting it to trusted adults.
The program is available in English, Kannada, Tamil, Hindi, Telugu, Malayalam and Bengali.

1. Details and Values of the Program for Primary School Students
The modules for primary school students includes the following topics. We also customize the content to address specific concerns of the school.

Session 1: Self-esteem

Session 2: Body Image

Session 3: Feelings/ Body Facts

Session 4: Bullying and Anger

Session 5: Personal Safety Rules

Sessions 6: Personal Safety Guide

At the end of the Course, the student would be able to:

- Demonstrate an awareness of their qualities and capabilities; positive body image, and gender sensitivity.

- Take informed decisions about healthy food options, and actively participate in nurturing their body and mind.

- Communicate better with their friends and family members; share feelings and disturbing events.

- Recall Personal Safety Rules, recognize sexual abuse and know how to report perpetrators of the crime to trusted adults.