

Enfold Proactive Health Trust

Creating Safe Spaces

Developing culturally appropriate materials in India, to help children with Intellectual Developmental Delay learn personal safety and sexuality etiquette.

Presented by Dr Sangeeta Saksena, Renu Singh
ISPCAN 2018, Prague

Working for child safety and gender empowerment since 2001

Rationale and the Need



- **Right to safety and dignity**
 - Personal safety education – to recognize, report abuse
 - Information - to navigate puberty with dignity
- **The need**
 - Child sexual abuse is rampant in India
 - Lack of vocabulary to discuss sexuality
 - Lack of culturally appropriate, effective teaching materials on sexuality and safety
 - Material for neuro-atypical children is almost non-existent, risk is 4-10 times greater

Objectives

Through the 'Suvidha' Toolkit:



Help adults develop comfort with the topic of sexuality, understand sexual development in children



Help children learn Personal Safety Rules



Help adolescents learn basics of reproductive health and sexuality etiquette

Methodology



1. Need Analysis
2. Develop Suvidha Tool Kit based on Enfold's core curriculum on Sexuality and Personal Safety Education, with input from Experts
3. Field Test
4. Revision of Suvidha Tool Kit
5. Make Suvidha Tool Kit available

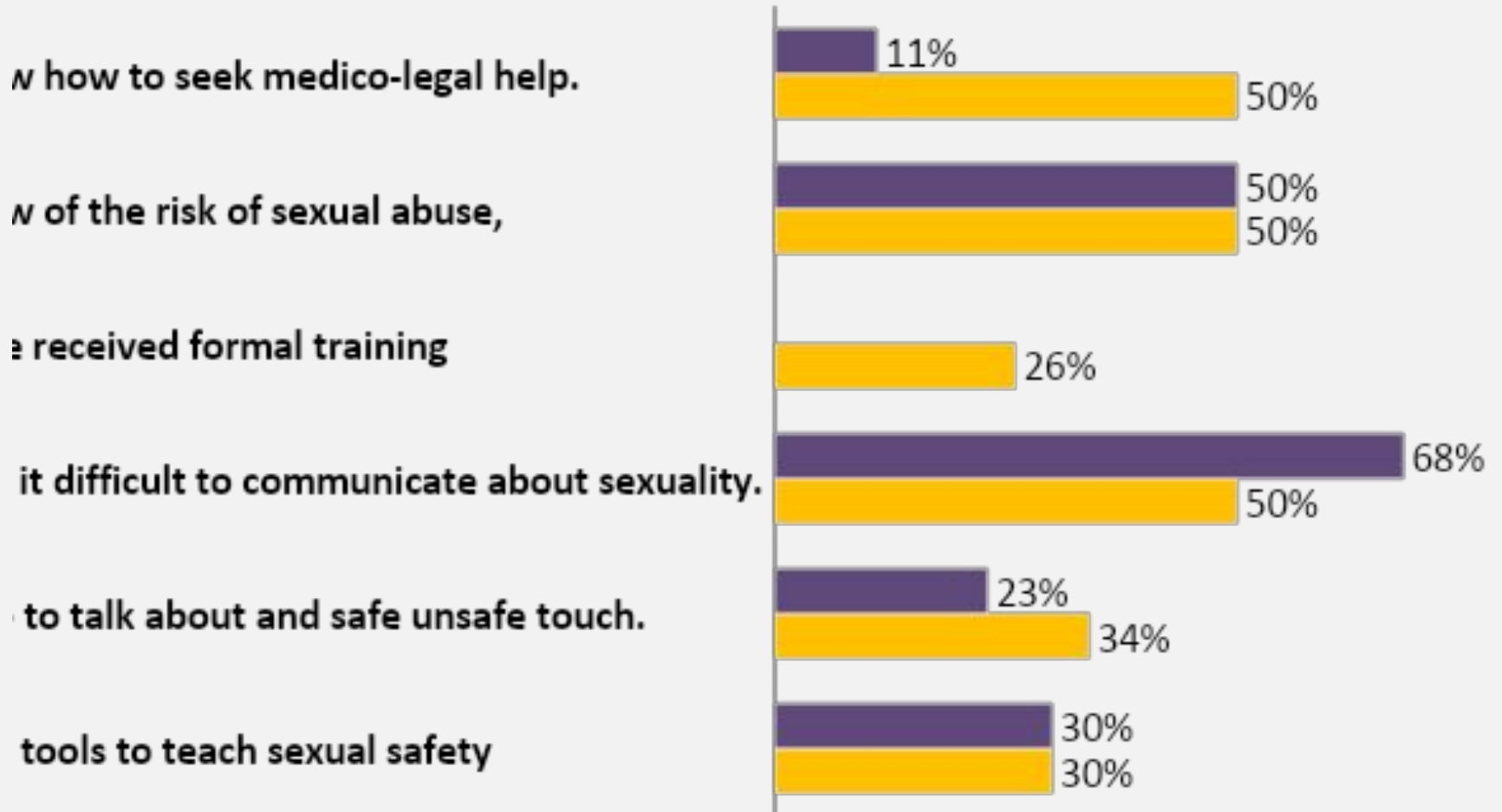
Contents of Suvidha Tool Kit



- **Five teaching – learning modules for children and adolescents**
 - My Abilities and Behaviour
 - Body Image
 - My Feelings
 - My Body and Body Safety Rules
 - Getting Help, Stopping the Rule Breaker
- **Manual for Caregivers/ Teachers**
 - Understanding human sexuality
 - Sexual development in children with intellectual development delay
 - Understanding sexual and reproductive health
 - Child sexual abuse – roles and responsibilities
 - Further reading
- **Activity Guide**

Need Analysis

Teachers N=65 Parents N=93



Issues Faced by Parents and Teachers



- Boys touching their genitals, masturbating in public
- Boys grabbing the teacher's breasts
- A teenage boys having a crush for a particular lady teacher.
- How do explain to girls about puberty and use of sanitary pads, disposal and hygiene?
- Girls spending too much time in the bath/toilet using the hose/faucet to stimulate their genitals
- Adolescents feeling the parent's private parts when sharing the same bed
- Found peeping into the sister's bedroom often while they are changing or sleeping
- Daughter/son is watching porn
- **"I have a friend who is doing masturbation for her son 16. She says he gets aggressive if she doesn't comply. How do I address it with her and how can she stop this?"**

Principles / Key Concepts



- **Personal Safety Education**

- World is inherently a safe place
- Most adults care for children and want to keep them safe.
- Rules are for our safety
- People who break rules for their benefit, at the expense of others, are at fault.
- Each person – adult or child - has a right to dignity and safety
- There is no shame in any part of our body
- Answer questions as and when asked – authentically, with ease.
- Innocence is absence of guilt. Ignorance can be exploited and prove harmful.

- **Sexuality Education**

- Humans – children and adults are sexual beings, sexuality is normal and natural
- Experience sexuality without guilt
- Express sexuality responsibly: without harm to self or the other
- Respect the body, its functions, and respect others.
- Respect boundaries and consent, learn to say “No”, and listen to “No”
- Encourage questioning and understanding
- Respect people for their qualities, skills, positive learning from experiences, ability to empower others.

What to Teach



- **Personal Safety Rules**

- **Clothing Rule:** We keep private areas covered in front of others.
- **Touching Rule:** We don't touch private areas in front of others.
- **Talking Rules:** We talk about these parts with Safe Adults/ Safe Persons for health, safety and clarification.

We follow these rules for ourselves and with others.

Safe Persons follow personal safety rules

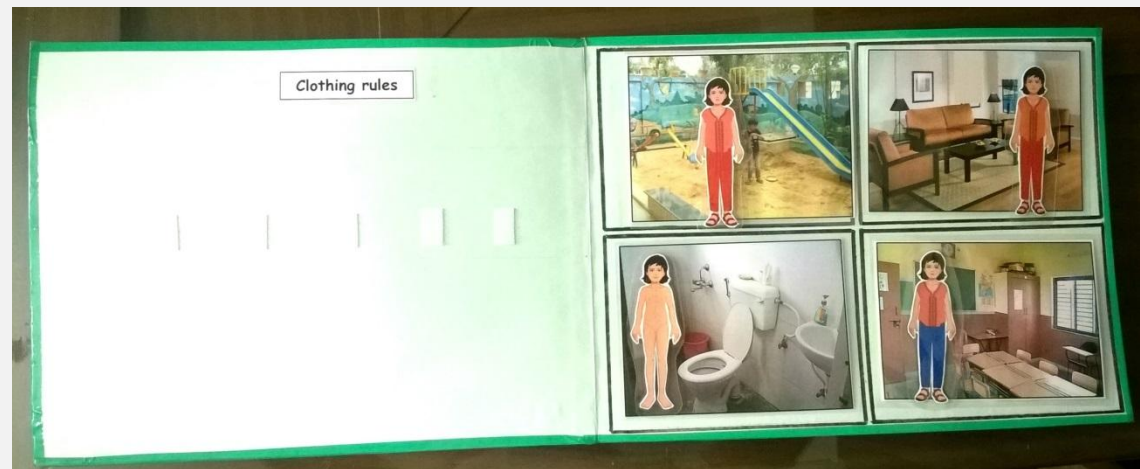
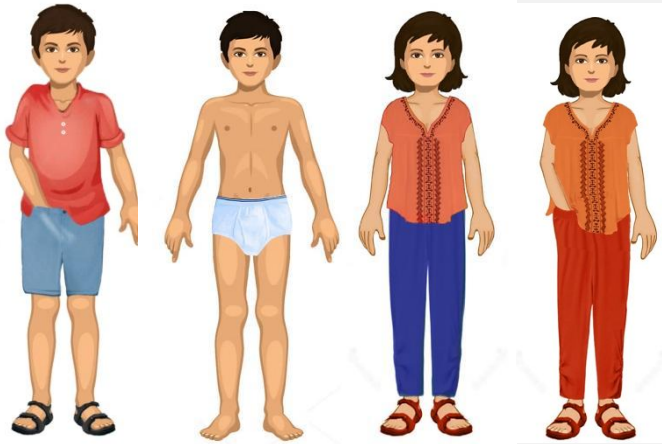
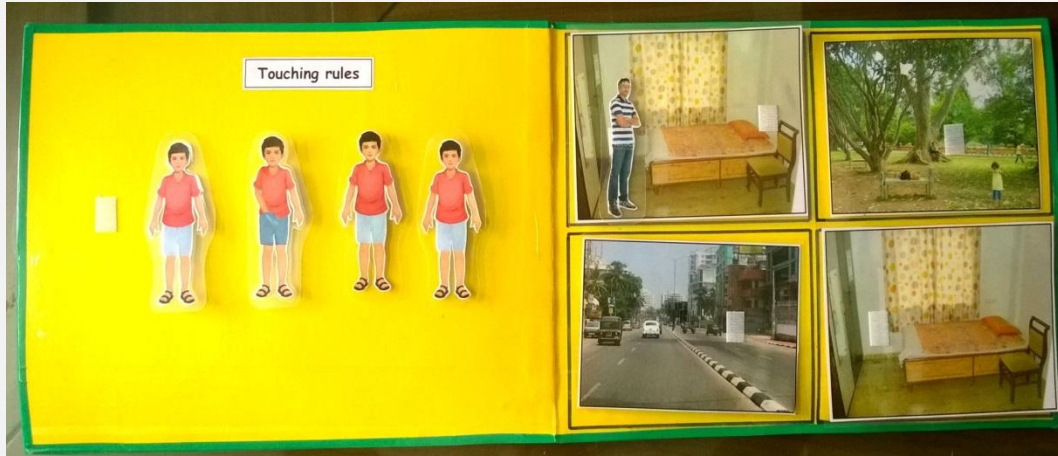
How to Teach Children/ Adolescents with IDD



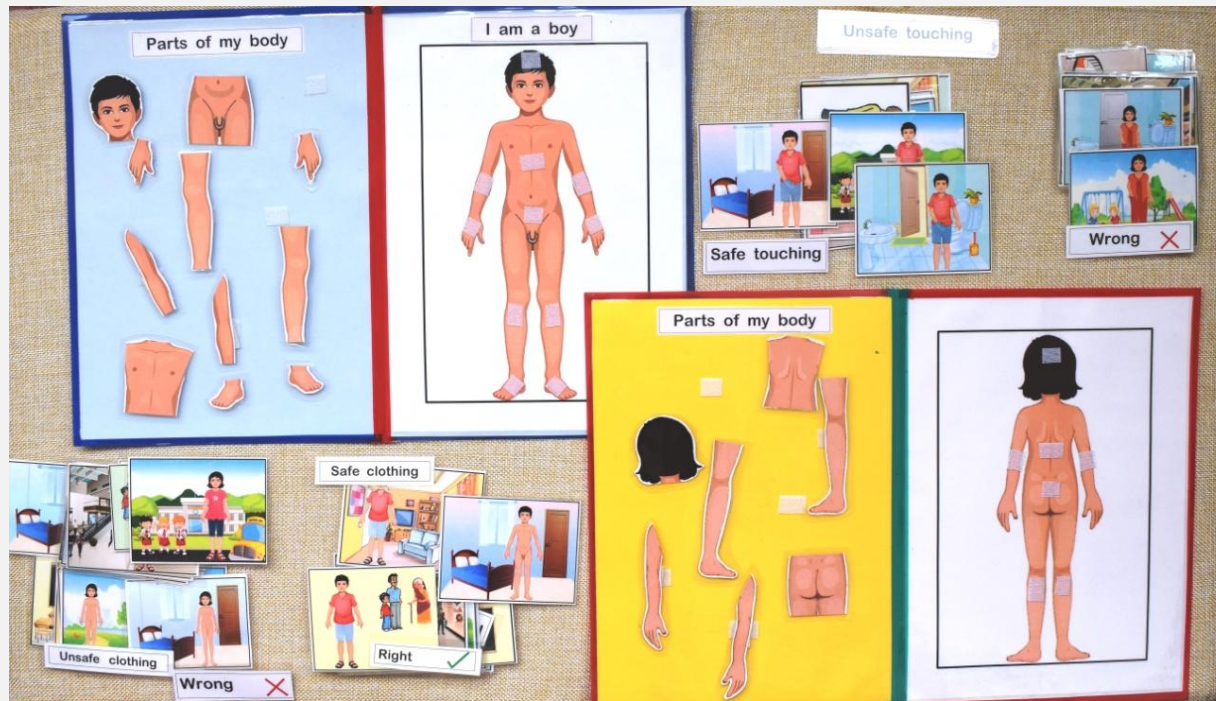
- Focus on ability
- Clear instructions rather than concepts
- Give clear, unambiguous rules, name Safe Adults
- Same rules need to apply for care givers
- Avoid being overprotecting or alarming.
- Discuss adolescent's desires.
- Discuss expression of feelings - rules about intimate needs of the adolescent
- Emphasize boundaries and respect for the other
- Teach consent

Sample Activities

Learning Clothing and Touching Rules



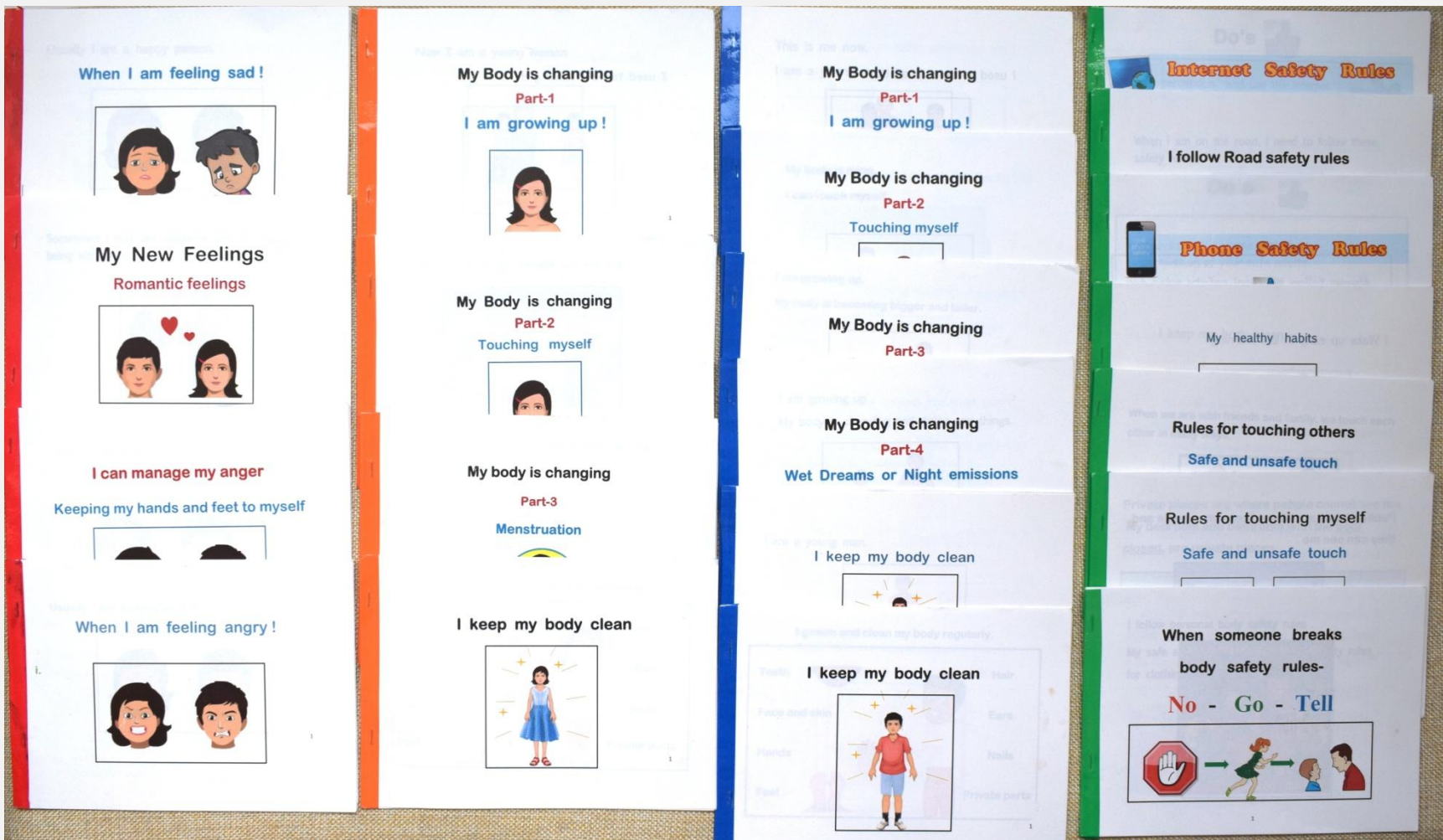
Naming Parts of the Body, Sexual Health




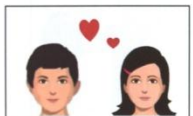
Sequence Cards / Social Scripts for


- changing sanitary napkins
- masturbation
- managing night emissions
- managing erections


Social Scripts





When I am feeling sad!



My New Feelings
Romantic feelings



I can manage my anger
Keeping my hands and feet to myself


When I am feeling angry!


My Body is changing
Part-1
I am growing up!


My Body is changing
Part-2
Touching myself


My body is changing
Part-3
Menstruation



I keep my body clean



My Body is changing
Part-1
I am growing up!

My Body is changing
Part-2
Touching myself


My Body is changing
Part-3

My Body is changing
Part-4
Wet Dreams or Night emissions

I keep my body clean


I keep my body clean



Internet Safety Rules
I follow Road safety rules

Phone Safety Rules


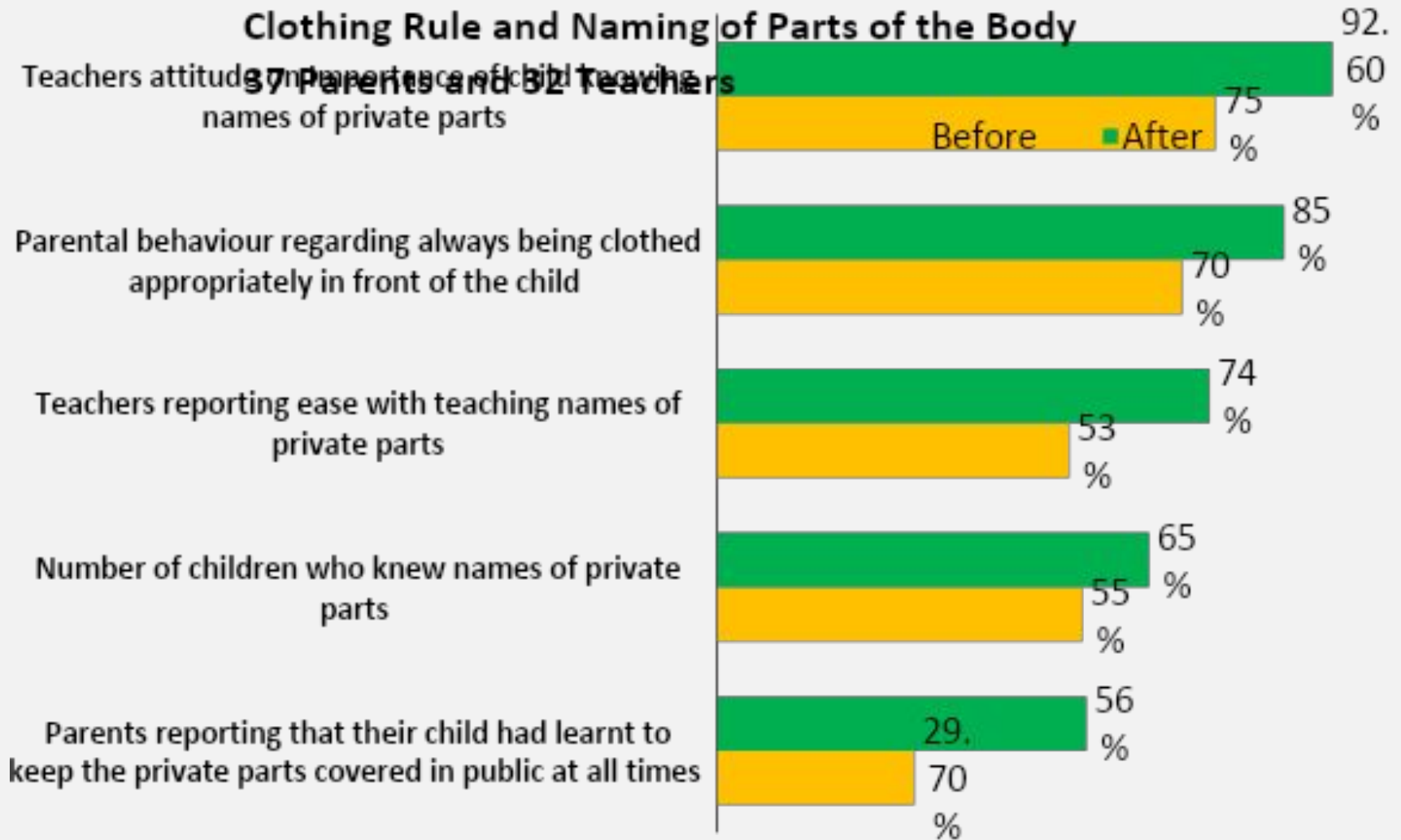
My healthy habits

Rules for touching others
Safe and unsafe touch

Rules for touching myself
Safe and unsafe touch

When someone breaks body safety rules-
No - Go - Tell


Field Test



Parents' Feedback



Parent 1 : (Boy 16 years) *The materials are very useful for my 16 year old son with Autism as **he is going through most of the issues being addressed in the materials.***

*I will be using the social story books with my younger son also, as I feel it will be **more convenient to communicate** and he can learn easily **all those concepts which are difficult to talk about freely.***

Parent 2 (also a special educator): (Boy 10 years) *The materials contain **appropriate visuals** that children can relate to. **They are written in a simple style using key words that are important for their comprehension. ..pictures make it more interesting for the child.** I plan to use the social stories with my 12 year old son along with my 10 year old son with Autism.*

Parents' Feedback



Parent 3- (girl 14 yrs) Finally I had some simple , practical and easy to use material in my hand . **I didn't have any more excuse to procrastinate, so I started.** Instead of using gestures and description which might leave the process upto to her imagination , I had a material in my hand which I feel is completely acceptable and easy for her to understand.
Menstrual cycle book and cards were most helpful, for step by step execution process .

Parent 4- (boy 17 yrs) it covered most of the sensitive issues we know but don't know how to teach them or the right ways to tackle those issues. The kit is very carefully made... I have been successfully able to teach him that **masturbation is a very private thing and where he should do it ...** thanks to the pictures provided in the kit and the simple yet very effective language used.

Educators' feedback



Special Educator 1 (in Kuwait): *The kit's activity based approach has made our job easier. It has equipped us and given us ideas on how to teach children in a **systematic manner. It has given us the confidence to guide parents to engage in a healthy discussion with their children on sexuality.***

Special Educator 2 : *The Suvidha kit has filled a void in the space of teaching sexuality and adolescent behaviour to Special Needs Individuals. The presentation and content of the **material are unique, specific and very meaningful.***

Special Educator 3: *Suvidha Kit covers the areas that people dread to tread. It removes the inhibitions of both the tutor and the child to talk about this **topic. It is indeed the need of the hour.***

Conclusion



- Positive response to field testing.
- Testing of other activities is underway.
- Suvidha Toolkit will be finalized and made available for use after incorporating changes as required.
- Core messages can be incorporated into **inclusive education** in schools.
- Teachers, parents and caregivers will learn how to help **any** child in their institution, school or family learn about personal safety and responsible sexuality.



Surakshith App:
Information, stories on personal safety
for children

Bal Suraksha App:
Information on answering children's questions, and
managing CSA



Stri Suraksha App:
On crimes against women,
laws, intervention and healing techniques

All Apps in 11 languages, free on android
Developed by Enfold in collaboration with UNICEF and
CDAC (Min of Electronics and Information Technology)

Thank You

Enfold Proactive Health Trust
enfoldindia.org
+91 99000 94251

399, second floor, 18th main road,
6th block Koramangala
Bengaluru 560 095
India