



## **Work done by Enfold Proactive Health Trust with Govt of Telangana State to further Personal Safety and Gender Equality.**

### **Part A:**

**Enfold worked with SCERT Telangana State and UNICEF to include Gender Sensitivity, Child Safety and Life Skills in Telangana State School Text Books (std 1-10) in 2016 -2017**

As per the order issued by Govt of Telangana School Education (Prog II) Department dated 6<sup>th</sup> June 2016, Memo No 852/ProgII/A1/2016 Enfold undertook the work of inclusion of topics identified by SCERT **into the existing English, Social Science, EVS and local Language textbooks for 1<sup>st</sup> to 10<sup>th</sup> class students**. The topics related to children's physical and emotional well-being and personal safety were grouped into:

1. Self Esteem (including Gender Sensitivity)
2. Body Image
3. Managing Emotions and Effective Communication
4. Nurturing Relationships
5. Personal Safety in Public Spaces
6. Personal Safety in Private Spaces

Enfold identified **core values and messages for each of the six topics listed above** from its internally developed curriculum on life skills, sexuality, and personal safety education for school students, which it had followed and refined since 2002.

We introduced **age-appropriate, culturally relevant, value-based messages, questions, and exercises** that could help students imbibe the core messages through reflection, internalisation, and application to daily life and opportunities to practice the learning.

Space was created for each insertion by replacing specific exercises with new messages/ exercises while maintaining the core learning intended in that lesson. Opportunities to introduce **gender sensitivity and gender equity** in each book's entire text and pictures were noted. Lessons or activities focused on marriage, especially in primary and middle school textbooks, were replaced with alternative activities to help focus students' attention on developing their qualities, skills, and intelligence.

Reference to television watching/ activities that were contrary to core messages was replaced with alternative **activities that would help develop the student's brain, body, and social skills**.

### **Enfold Proactive Health Trust :: Creating Safe Spaces**

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### **Core messages introduced from classes 1-10:**

- 1. Self-Esteem** - Each of us is unique and special, with many qualities and abilities. Each person has a unique mix of multiple intelligences. I can develop my Intelligence. People can do many different activities (irrespective of their gender)
- 2. Body Image**—Our bodies are made by nature. We do not make or choose our bodies. I respect my body, care for it, and keep my brain and body healthy and active. I neither take pride in nor feel ashamed of my body's structure. How we use our body is important, rather than focusing on how the body looks. There is no shame in any part of the body. How we use our body brings us shame or respect.
- 3. Emotions, Communication, Relationships** - We have many different feelings. Feelings are our friends. We can express them clearly.
- 4. Managing teasing/bullying:** Words and actions show a person's character and personality. We can intervene and help each other be safe. Expressing feelings to people who care for us helps us feel better and get help.
- 5. Safety in Public Spaces**  
Rules are made for safety. We often touch each other while talking/ playing. If I feel uncomfortable with how a person behaves with me, I can tell them to stop. People's behaviour (including how they touch others) may be safe, unsafe or confusing. I can report unsafe and confusing behaviour to a safe adult who cares for me.
- 6. Personal Safety in Private Spaces**  
A safety guide to follow when someone breaks a safety rule: NO. GO. TELL. There is no shame in any part of our body. It is not my fault if someone troubles me; the troublemaker is at fault and should take responsibility for their actions and should be held accountable. I can tell until I get help. It is never too late to tell. Most adults care for children and want to keep them safe. I know people I can go to for help.

### **Part B**

- 1. Designing and making a Facilitator Guide for Teachers** of English, Social Science, EVS, and local Language textbooks of Std 1 -10, on the messages inserted in the textbooks.
- 2. Writing chapters on Life Skills on topics** of Self Esteem, Body Image, and Personal Safety – these were inserted into the Life Skills Book for Teachers
- 3. Being Safe posters** were submitted for printing on the back cover of the textbooks for students from classes 1-10.

### **Some examples of the insertions made in the textbooks are listed below:**

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## Class 6: Personal Safety Rules and Personal Safety Guide No – Go – Tell – page 108

While playing a game of Cricket, there are many rules. Similarly, we have rules to keep us safe and they are called Personal Body Safety rules. The three rules are:

1. Clothing rules - We keep private parts covered in front of others. Though we don't cover our mouth, it is private too.
2. Touching rules - We don't touch private parts in front of others.
3. Talking rules - We talk about private parts with Safe Adults.

If someone breaks 'Personal Body Safety Rules', I can say 'NO' to that person; GO away from that person as and when I can; TELL a safe adult about this person because he/she is doing something unsafe and has to be stopped. There is no shame in any part of the body. The person who breaks the Personal Body Safety Rules needs to be blamed and he/she needs to feel ashamed of their behaviour.

I am a safe person if I follow Personal Body Safety Rules for myself and for others.

108 Free distribution by T.S. Government

## Class 8: Information on personal body safety rules and POCSO, Page 122

Our qualities and intelligences help us live well. 'Personal Body Safety' Rules help us be safe. These are:

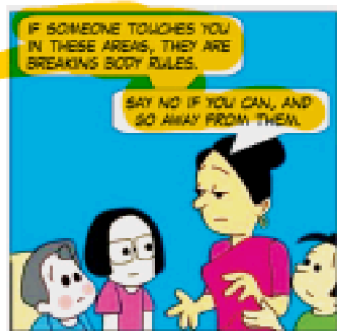
1. Clothing rules- We keep private parts covered in front of others. Though we don't cover our mouth, it is private too.
2. Touching rules – We don't touch private parts in front of others.
3. Talking rules – We talk about private parts with Safe Adults.

If someone breaks 'Personal Body safety Rules', I can say 'No' to that person; GO away from that person as and when I can; TELL a safe adult about this person because he/she is doing something unsafe and has to be stopped.

I am a safe person if I follow Personal Body Safety Rules for myself and for others.

Sometimes people may trouble us by breaking these rules. We may feel ashamed and find it difficult to speak about it to others. Remember that shame and blame are not in the body. Those who trouble us are the ones to be blamed and need to feel ashamed of their behaviour. Our laws (example POCSO Act 2012) prescribe punishment for such offenders.

**Std 5 EVS 'Breaking body rules; Do not feel ashamed or guilty, it is not your fault; Do not keep it a secret. Tell someone and get help' Page 181**



**Information on POCSO Act, 2012. page 183**

**16.6.2. Child Rights Protection Club**

Child Rights Protection Clubs should be started in each and every school. Children should become the members of this club. They should help in the protection of Child Rights. They should meet every month and review the proceedings. The important activities of this club are to ensure that Child Rights are not violated and to fulfil the needs of the children.

- Always be happy. Play games. Ask and find out about things without fear. Remember, asking questions is your right and we can progress only by asking questions. Participate in every thing. Follow your likes. Honour the rights of other children. Act freely.

**16.6.3. Special help centre for children - Child Line**

**To Whom?**

It is centre for child labourers, street children, children subjected to discrimination, children habituated to drugs, victims of child marriages, H.I.V. / AIDS infected children.

**How does it function?**

The children or the persons who want to help such children can dial the toll number 1098. Then the information is passed to the officials on Child Line. They respond immediately and take proper action to protect the children. They unite the children with their parents when it is needed; otherwise, send the children to children's rehabilitation centres and provide free accommodation and education.

To protect children from sexual abuse and exploitation in 2012, the Government of India made Protection of Children from Sexual Offences Act-2012 (POCSO). Government also developed a toll free number 1098 to help children from atrocities and exploitation sexually.

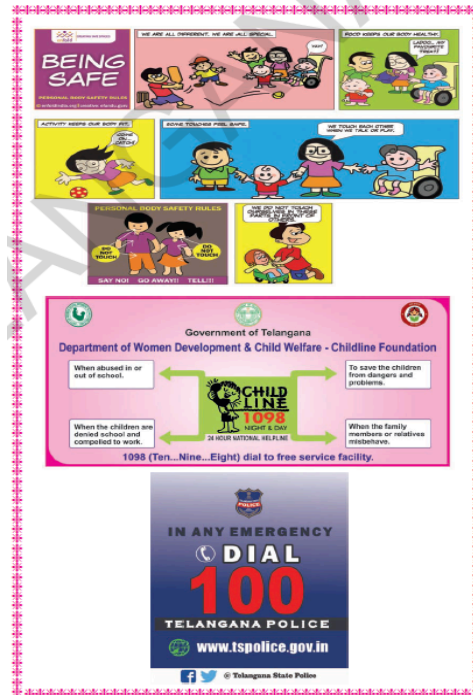


**Some examples of Being Safe poster content printed on the cover/ in the textbooks are listed below:**

**1st standard - Text Book**



**2nd standard - Text Book**



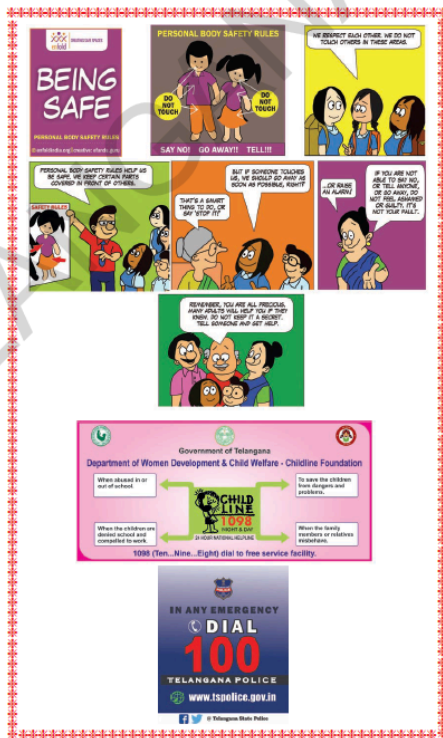
**3rd standard - Text Book**



**4th standard - Text Book**



### 5th standard - Text Book



**BEING SAFE**

PERSONAL BODY SAFETY RULES

DO NOT TOUCH

DO NOT TOUCH

SAY NO! GO AWAY! TELL!!

WE RESPECT EACH OTHER. WE DO NOT TOUCH OTHERS IN THESE AREAS.

PERSONAL BODY SAFETY RULES HELP US BE SAFE. WE KEEP CERTAIN PARTS COVERED BY CLOTHES OR SHOES.

IF YOU ARE NOT ABLE TO RUN AWAY OR TO TELL ANYONE, DO NOT FEEL SHAME OR BLAME. IT'S NOT YOUR FAULT.

IF SOMEONE TOUCHES US, WE SHOULD DO IT AS SOON AS POSSIBLE, RIGHT?

IF YOU ARE IN A DANGER, CALL 1098.

REMEMBER, YOU ARE ALL PROUD. MANY PEOPLE WILL HELP YOU IF YOU KNOW DO NOT STOP IT A SECRET. TELL SOMEONE WHO CAN HELP.

Government of Telangana  
Department of Women Development & Child Welfare - Childline Foundation

**CHILD LINE 1098**

When abused in or out of school.

When the children are denied school and compelled to work.

To save the children from dangers and problems.

When the family members or relatives resist.

1098 (Ten...Nine...Eight) dial to free service facility.

**IN ANY EMERGENCY DIAL 100**

TELANGANA POLICE

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### 6th standard - Text Book



**BEING SAFE**

PERSONAL BODY SAFETY RULES

DO NOT TOUCH

SAY NO! GO AWAY! TELL!!

WE RESPECT EACH OTHER. WE DO NOT TOUCH OTHERS IN THESE AREAS.

PERSONAL BODY SAFETY RULES HELP US BE SAFE. WE KEEP CERTAIN PARTS COVERED BY CLOTHES OR SHOES.

REMEMBER, OUR BODY BELONGS TO US. WE TAKE CARE OF OUR BODY.

YOU'RE SAFE!

WE RESPECT EACH OTHER. WE DO NOT TOUCH OTHERS IN THESE AREAS.

PERSONAL BODY SAFETY RULES HELP US BE SAFE. WE KEEP CERTAIN PARTS COVERED BY CLOTHES OR SHOES.

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SAY NO! GO AWAY! TELL!!

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### 7th standard - Text Book



**BEING SAFE**

PERSONAL BODY SAFETY RULES

DO NOT TOUCH

DO NOT TOUCH

SAY NO! DON'T TOUCH!

WE RESPECT EACH OTHER. WE DO NOT TOUCH OTHERS IN THESE AREAS.

PERSONAL BODY SAFETY RULES HELP US BE SAFE. WE KEEP CERTAIN PARTS COVERED BY CLOTHES OR SHOES.

TEACHERS SHOULD NOT TOUCH STUDENTS IN THESE AREAS.

IF YOU ARE NOT ABLE TO RUN AWAY OR TO TELL ANYONE, DO NOT FEEL SHAME OR BLAME. IT'S NOT YOUR FAULT.

IF SOMEONE TOUCHES US, WE SHOULD DO IT AS SOON AS POSSIBLE, RIGHT?

IF YOU ARE IN A DANGER, CALL 1098.

IF YOU ARE NOT ABLE TO RUN AWAY OR TO TELL ANYONE, DO NOT FEEL SHAME OR BLAME. IT'S NOT YOUR FAULT.

IF SOMEONE TOUCHES YOU IN THESE AREAS, THEY ARE BREAKING BODY RULES.

GO UP IF YOU CAN, AND GO AWAY FROM THEM.

REMEMBER, IT'S YOUR BODY. DO NOT FEEL SHAME OR BLAME. TALK ABOUT IT. TELL SOMEONE WHO CAN HELP YOU & TAKE ACTION!

GO! COME! I WANT TO TELL YOU SOMETHING!

WELL, COME! IF YOU CAN, AND GO AWAY FROM THEM.

DO NOT FEEL SHAME OR BLAME. TALK ABOUT IT. TELL SOMEONE WHO CAN HELP YOU & TAKE ACTION!

Government of Telangana  
Department of Women Development & Child Welfare - Childline Foundation

**CHILD LINE 1098**

When abused in or out of school.

When the children are denied school and compelled to work.

To save the children from dangers and problems.

When the family members or relatives resist.

1098 (Ten...Nine...Eight) dial to free service facility.

**IN ANY EMERGENCY DIAL 100**

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### 8th standard - Text Book



**BEING SAFE**

PERSONAL BODY SAFETY RULES

DO NOT TOUCH

DO NOT TOUCH

SAY NO! DON'T TOUCH!

WE RESPECT EACH OTHER. WE DO NOT TOUCH OTHERS IN THESE AREAS.

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