The immediate attention of all the District Educational Officers is invited to the subject cited. You might be aware of Kailash Satyarthi Children’s Foundation (KSCF) being run under the leadership of Sri Kailash Satyarthi, a child rights activist and Nobel Peace Prize winner 2014, for the safety of children. The foundation, in the reference read above, has alarmed us on the increasing cases of sexual abuse against children over the years with devastating effects on children.

Recognizing the urgent need to mobilize action against sexual abuse of children and thereby to Make India Safe Again for Children, Nobel Laureate Shri Kailash Satyarthi is currently undertaking Bharath Yatra covering 11.00 kms across 22 states of the country.

As a part of Bharath Yatra, Shri Kailash Satyarthi will conduct a class of 11,000 children to sensitize and educate them on sexual abuse and its prevention on 11 Oct’17. As a commitment towards children of our state, it is requested by the foundation to express solidarity towards the cause.

In this context, it is decided to conduct similar classes in our state on the same day i.e on 11 Oct’17 between 9.30 AM to 10.30 AM and strengthen their support towards the protection of children from sexual abuse and exploitation. Teaching material supplied by the foundation for schools is herewith enclosed with these progs.

Hence you are requested to issue the guidelines given below to all the Head Masters of Primary, Upper Primary and High Schools covering all types of managements (MP/ZP/Municipal/Govt/APSWRS/APTWRS/APMS/KBV/Pvt.Aided/Unaided etc)

1. Circulate the soft copies of Teaching material to all schools through MEOs, H.Ms, Complex H.Ms well in advance to ensure well preparation for the class to be conducted on 11.10.17
2. Instruct all the H.Ms concerned to conduct Child Safety Awareness classes in their schools from 9.30 AM to 10.30 AM as detailed below.
<table>
<thead>
<tr>
<th>TYPE OF SCHOOL</th>
<th>CLASSES TO CLUB</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Schools/High Schools with +2 classes</td>
<td>VI to VIII - One Group</td>
</tr>
<tr>
<td>Upper Primary Schools</td>
<td>I to V  - One Group</td>
</tr>
<tr>
<td>Primary School</td>
<td>I to V  - One Group</td>
</tr>
</tbody>
</table>

3. Teachers should go through contents of the KSCF material received well in advance and prepare for the class to bring awareness among the children.

4. Conduct classes as per the steps prescribed. Interact with children with the help of questions given and also conduct quiz as described.

5. HMs shall take the photographs of the event and preserve them for future communication purpose.

6. The regular class works can be carried out as per the time table after the Child Safety Awareness class is completed.

for COMMISSIONER OF SCHOOL EDUCATION

To
All the District Educational Officers in the State
All the Principals of APSWRS/AFTWRS/APMS Schools in the State
Copy to the State Project Director, SPD with request to communicate the same to the KGBV schools in the state
Copy to the Project Officers, SSA in the state
Copy to the Director, RMSA,
Copy to the Director, SCERT, AP

End: Rc. No. 1957/A22/2017, dated 04-10-2017

Copy Communicating to all the Principals of APR Schools in the State for necessary action

[Signature]

S. SECRETARY

To
All the Principals of APSWRS/ AFTWRS/ APMS Schools (APSCC)
BACKGROUND AND INTENT
Cases of sexual abuse against children have increased over the years with devastating effects on children. Children feel significant distress and display a wide range of psychological symptoms, both short- and long-term. They feel powerless, ashamed, and distrustful of others. Recognising the urgent need to mobilise action against sexual abuse of children and thereby to Make India Safe Again for Children, Nobel Peace Laureate Shri Kailash Satyarthi, the Satyarthi Movement and the Kailash Satyarthi Children’s Foundation is currently undertaking Bharat Yatra.

The Bharat Yatra (India March) is a clarion call to Make India Safe for Children by initiating a mass movement calling upon each citizen to take urgent action to break the unacceptable silence and aloofness that surrounds the sexual abuse, exploitation and trafficking of children every day. Flagged from southernmost tip of the country, Kanyakumari on September 11, 2017, the Yatra will cover 11,000 kms across 22 states with the aim to sensitize and engage more than one crore people to pledge against the menace of violence against children.

PURPOSE BEHIND THE LESSON
Acknowledging that there is great paucity of information, knowledge and understanding regarding child protection in India, there is an urgent need for children to become empowered, so that they can protect themselves and other children. Rooted in the idea that India needs a radical, social revolution so it can transform into a child-friendly country where every child is free, safe, educated and healthy, the Kailash Satyarthi Children’s Foundation has developed a thirty minutes module on child sexual abuse to be delivered to children across the country by their respective school teachers. The module is based on the primary tenets of child protection with a focus on sexual abuse and its prevention.

The Module has been developed for following three categories of classes:
- Classes I-V (Children between 6 to 10 years of age)
- Classes VI-VIII (Children between 11 to 13 years of age)
- Classes IX – XII (Children between 14 to 18 years of age)

The Module focuses on basic skills children should know in order to protect them from abuse. It also includes some key elements of the principal law in the country to address child sexual abuse – Protection of Children from Sexual Offences Act, 2012.

The Module for the three age groups is attached.
CONTENT:

- **Along with No Touch, Learning about Good Touch and Bad Touch**: Children are introduced to basic skills to protect themselves without explicitly introducing the concept of child sexual abuse. A child learns to identify good touch and bad touch and how to keep her/his body safe. *(My body is only mine, who can touch me in my safe zones? How to stay safe)*

- **Learning to say No**: A child has to be taught the importance of saying No, or expressing dissent without fear. Children are taught about what is always “wrong”, whosoever the doer of the wrong

LESSON

Our body is very precious. It’s very important to take care of our own body.

_Do you know how can we take care of our own body?_

We need to wash our face, brush our hair, wash our teeth and eat healthy food every day.

We also need to take care of our body’s safe zones.

_Do you know what your body’s safe zones are?_

*(Teacher’s note: the teacher can draw a child’s body on a blackboard as it is shown here below, highlight with a red mark the safe zones and write the names of these body parts).*

- Mouth
- Chest
- Part between legs
- Buttocks
- Thighs

These are our safe zones.

We cannot see or touch anyone in their safe zone.

We need to protect our safe zones.

_Remember: no one can see you or touch you in your safe zones without asking you!_

**Who can touch you in your safe zones?**

1. Your mother giving you a bath, helping you to wear clothes, checking you when you get hurt.
2. Doctor checking you in front of your mother
**Do you know why?** Because this touch can keep us clean and healthy!

How do you feel when your mother gives you a kiss?  
How do you feel when your grandmother hugs you?  
How do you feel when your father sits next to you and tells you a story?  
How do you feel when your teacher gives you a pat on your back if you do well in a test?  
When you feel loved and happy, it is called **good touch**!  
If you feel bad, unhappy, scared, angry or shy, it is called **bad touch**.  
When someone pulls your cheeks really hard, it is bad touch. When someone hits you it is bad touch.  
If someone touches you in your safe zone it is called **bad touch**!

If someone touches you in your safe zone, don’t keep the secret. Tell your safe adult.  
**Remember: it’s never your fault if anyone touches you in your safe zone!**  
**Remember, no matter what. Your body is only yours!**

**How can we stay safe?**  
Say no to any bad touch!  
Scream!  
Search for a safe place!  
Speak with your safe adult!  

Keep telling your safe adult.  
If your safe adult doesn’t listen, call child line (1098) or police (100).

**QUIZ:**  
- We spoke about body’s safe zones. Do you remember what your body safe zone is?  
- Can someone touch you in your safe zone?  
- Give an example of good touch?  
- What is a bad touch?  
- How can children stay safe from bad touch?

**TEACHER’S NOTE:**  
Make children feel safe during the class discussion. You may encourage students to reach out to you personally to share anything they like. However, remember that when the child is sharing about the abuse, remain calm and offer support keeping the emotional and physical well-being of the child as priority.
CHILD SAFE GUARDING LESSON

9:00 AM-10:00 AM
Wednesday, October 11, 2017

CLASS VI-VIII (CHILDREN 11 TO 13 YEARS OF AGE)

CONTENT

• Concept of No Touch and methods to stay safe: Children are introduced to basic rules they need to follow to protect themselves and keep their bodies safe.

• Child Sexual abuse: in a simple and age-appropriate way children are introduced to the concept of child sexual abuse which is presented as a punishable offence.

• POCSO Act, 2012: Children explore in a simple way the main aspects of the act: what is POCSO, why this law was required, why it is considered a special law, what the key features of the act are and what offences are covered under the act. A special attention is given to the importance of reporting the offence.

Title of the lesson: My Body and My Rights

LESSON

You’re a teenager now. This period of life is going to be wonderful and confusing. As you grow up, you will explore and understand your body more. It is very important that you understand how to keep your body safe and how to ask for help if you feel unsafe.

There are some rules that you need to follow to keep your body safe.

1. No one can touch your private parts.
2. No one can ask you to touch their private parts.
3. No one shall show you pictures of private parts.
4. No one shall show you movies or pictures that make you feel uncomfortable.

If one of these things happens to a child, it is called Child Sexual Abuse. It can happen to any child from 0 till 18 years of age.

If anyone touches you in a way that is uncomfortable, forces you into watching uncomfortable videos and pictures, or shows you their private parts, they are committing a crime and can be punished by law.

Children’s experience

✓ Have you read or heard cases of assault of children in media?
✓ Have you heard of such cases from your friends?
✓ Have you ever discussed this topic with your parents?
✓ How did you feel about such cases? Did you feel scared?

What is POCSO?
Do you know there is a special law to protect children from sexual abuse? It is called POCSO.
Do you know what is the full form of POCSO? It is called the Protection of Children from Sexual Offences Act. This Act came into being on Children’s day in 2012. It was like a gift to them to protect them from all kinds of sexual abuse.

What are the key features of POCSO?
- It covers all children below the age of 18 years
- It covers both boys and girls and makes no distinction between the two
- It is a Special law.

What kinds of offences are covered under POCSO? Do you have any idea?
Read the offences below:
- If someone touches your private parts
- If someone asks you to touch their private parts
- If someone shows you photographs or videos that make you feel uncomfortable
- If someone follows you that makes you uncomfortable and scared

If the offence is done by a person whom children trust like a doctor, a policeman, a teacher, a brother, etc. then it becomes a more serious offence. In such case, the POCSO Act provides stricter punishment and the person can be jailed for his full life.

What can you do if these incidents happen?
Speak up! If any of these things happens to you, do not keep it secret!
If someone asks me to keep these things secret, you must tell your safe adults!
It’s very important to report every abuse. Remember it is never your fault if someone abuses you. Do not be afraid. There is no need to keep a secret that hurts you!

We often think someone we know will not harm us. But did you know that in more than 90% of cases reported on child sexual abuse, the abuser was someone the child knew from before? This can be very confusing and make it harder to report the abuse.
This can happen to any child. Boys are equally vulnerable. Since boys are asked to be tough and strong, they are often more scared and shy to report the abuse.

Can you image what can happen if people do not report? The consequences can be:
- The offender becomes confident that nothing will happen to him and will keep abusing the child
- The abuser might abuse more children
That’s why reporting is mandatory reporting included in POCSO!
It means that anyone like a mother, father, uncle, neighbor, teacher or even a child knows that a child is being abused or is in the danger of being abused then they MUST report to police.
Mandatory reporting is necessary to put an end to abuse.

How can you report of any incident happens to you or another child?
- They can tell a person you trust like mother, father, teacher or doctor. Under mandatory reporting such person will have to report to police.
- You can also directly call the police helpline no 100 and inform the police
- You can call Childline no 1098 from either a mobile or fixed landline and ask the Childline to help

What happens when you report?
POCSO has especially been made for children; therefore, it has many child friendly procedures. Child friendly means the procedures which do not scare the child and instead make the child feel
comfortable. These procedures ensure that the child feels that he/she is not at fault and that they have made no mistake.

When you report:
1. A police officer or a Special Juvenile Police Officer (SJPO) will attend to your case. SJPO is a specially trained officer in police station to exclusively deal with children
2. Police or SJPO will record the complaint in simple language and also read out to you.
3. A medical examination is necessary for collecting evidence. Remember, that medical examination will have to be conducted by a woman doctor and in the presence of parents or someone you trust which could be your aunty, uncle, elder sister, teacher, etc.
4. A woman police officer will record your statement or what you know about the crime
5. Remember that the police officer cannot take you to the police station to record what you have to say. The police officer has to record your statement either in your house or any other place where you are comfortable like your grandparents house.
6. Remember that the police officer will not be in uniform while talking with you. He/she will be wearing plain clothes like your parents.
7. The police officer will also NOT ask you again and again to narrate the incident.

What happens when the reporting is completed?
✓ Tell them that once they have reported, they have nothing to worry or be sacred of
✓ Now only the accused has to worry, he has to prove in court if he was innocent or not
✓ POCSCO provides for special courts for children: children can go there freely and need not be scared
✓ The court will ensure that you don’t get to see the accused again
✓ The judge will not ask you questions in front of everyone, he will do so in the presence of your parents or anyone you trust in a closed room.
✓ The Special court is not like a court we see in movies, it is very different and has separate rooms for children
✓ The Act also says that the judge will finish the trial quickly within a year and the accused will be sent to jail

Teacher’s Note:
Make children feel safe during the class discussion. You may encourage students to reach out to you personally to share anything they like. However, remember that when the child is sharing about the abuse, remain calm and offer support keeping the emotional and physical well-being of the child as priority.

QUIZ
1. We saw together the rules you need to follow to keep your body safe.
2. Do you remember these rules?
3. What is child sexual abuse?
4. Should you keep the secret if anyone tries to make you feel uncomfortable?
5. What can you do if any of these things happens?
6. What is the full form of POCSCO?
7. Does it apply to person who is 18 years of age?
8. What is the number of Child helpline?
9. Can a police officer ask you to come to police station to narrate the incident?
10. Who is a SJPO?
CHILD SAFE GUARDING LESSON

9:00 AM-10:00 AM
Wednesday, October 11, 2017

CLASS IX-XII (CHILDREN BETWEEN 14 TO 18 YEARS OF AGE)

CONTENT

- Child Sexual Abuse: the students explore the topic starting from a story told by a survivor of child sexual abuse and though a few examples of common beliefs and myths related to child sexual abuse and real facts.
- POCSO Act, 2012: Students explore the most relevant aspects of the act: what is this special law, why this law was required, what are the key features of the act, what offences are covered under the act. A special attention is given to the importance of reporting the offence.

Title of the lesson: Child Sexual abuse, Prevention and Indian law

LEsson

Pooja (changed name) is 18 years old and she just completed the XII standard. Pooja is a survivor of Child Sexual Abuse. This is her story.

“\[I \text{ was } 7 \text{ when I was sexually abused for the first time by someone known to my family. It took me 10 years to tell anyone what I’d been through. I was scared about what had happened and didn’t know who to turn to.}
Looking back, it feels like I lost my childhood. As I grew older, I started isolating myself from my family and friends and I had problems sleeping with night terrors. I used to find it difficult to concentrate in school and had problems remembering things.
When I was 17 I finally told my mother what I’ve been through for years. After I told her, I had to have an interview with the police. I was scared to answer the questions and I was worried that no-one would believe me.
The police was nice to me. I finally told them my story. After a few days the man who abused for ten years was arrested. I finally got my life back\].”

Pooja is not an exception. Sexual abuse is a reality in India.

MYTHS AND FACTS: Let’s see together some of the popular myths related to child sexual abuse.

MYTH: Children are never abused or exploited.
FACTS: India has the largest number of sexually abused children.
Every hour 2 children are sexually abused in India.
15039 victims of child sexual abuse were registered in 2015 in India.

MYTH: The abuser is always a stranger.
FACT: in 2015, in 94.8% of recorded cases of child sexual abuse, the perpetrator was known by the child.

MYTH: Male children need no protection. Only girls are victims of child sexual abuse.
FACT: Boys are equally abused by older children and adults. Since boys are asked to be tough and strong, they are often more scared and shy to report the abuse.

MYTH: It does not happen in our school or community
FACT: Each one of us tends to believe that child abuse happens elsewhere. It affects ‘other’ children. Each one of us tends to think that child sexual abuse happens only among the poor or uneducated families. We also think that sexual abuse happens only the big cities and towns and not in the rural areas. The reality is just the opposite. Child sexual abuse can happen anywhere.

There are some rules that you need to follow to keep your body safe.
If anyone tries to touch you in your private parts
If anyone asks you to touch their private parts
If anyone forces you to watch pictures of private parts
If anyone forces you to watch pornographic movies or pictures
It is called Child Sexual Abuse. These are serious crimes and can be punished by law.

Let’s see some data on child sexual abuse in India:
The Government of India conducted a national study on child abuse in 2007. It was conducted in 13 states covering 12,447 children. The findings of the Study show that:

✓ 53% children had faced some kind of sexual abuse.
✓ Percentage of boys suffering from sexual abuse was greater than girls. It was 52.94% for boys and 47.06% for girls.
✓ 50% of the abusers were known to children. These were mostly cousins, uncles, friends and class fellows. This means that the abuser need not always be a stranger, he can be a known person as well.
✓ Most children do not report the matter to anyone.

Your experience
✓ Have you read or heard cases of assault of children in media?
✓ How did you feel about such cases?
✓ Have you heard of such cases from our friends? Have you ever discussed this topic with your parents?

What is POCSO?
Let’s discuss about POCSO. Have you ever heard the word POCSO?
POCSO is a special law to protect all children from 0 to 18 years old from sexual abuse.

Do you know what is the full form of POCSO?
It is the Protection of Children from Sexual Offences Act. This Act came into being on Children’s day in 2012. It was like a gift to them to protect them from all kinds of sexual abuse.

Why was POCSO needed?
Before POCSO came into being, there was no specific law in the country to exclusively deal with children. There was no law if the victim was a boy, the existing law which is IPC (Indian Penal Code) only dealt with girls. Further, there were no provisions in law to ensure that children are not treated as adults during trial.
Let’s see the key features of POCSO Act, 2012:
- It covers all children below the age of 18 years.
- It covers both boys and girls and makes no distinction between the two.

POCSO is a Special law. Why?
It is called a special law because it was especially made for children. It covers almost every known form of sexual abuse against them. It also means that POCSO Act overrules any other law.

What are the offences covered under POCSO?

<table>
<thead>
<tr>
<th>Offence</th>
<th>What it means?</th>
<th>Punishment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Penetrative Sexual Assault</td>
<td>Penetration or insertion of any part of body or an object, into any part of the body of the child</td>
<td>Minimum 7 years to maximum of imprisonment for life</td>
</tr>
<tr>
<td>Aggravated Penetrative Sexual Assault</td>
<td>The offence is aggravated when it is committed by a person in a position of trust or authority of child such as a family member, member of security forces, police officer, public servant, etc. The offence is also aggravated in certain circumstances, such as gang assault or sexual offences against a child who is mentally or physically ill or is below the age of 12 years, etc.</td>
<td>Minimum 10 years to maximum of imprisonment for life</td>
</tr>
<tr>
<td>Sexual Assault</td>
<td>Physical contact with the child with sexual intent</td>
<td>Minimum 3 years to maximum of 5 years</td>
</tr>
<tr>
<td>Aggravated Sexual Assault</td>
<td>The offence is aggravated when it is committed by a person in a position of trust or authority of child such as a member of family member, member of security forces, police officer, public servant, etc. The offence is also aggravated in certain circumstances, such as gang assault or sexual offences against a child who is mentally or physically ill or is below the age of 12 years, etc.</td>
<td>Minimum 5 years to maximum of 7 years</td>
</tr>
<tr>
<td>Sexual Harassment of the Child</td>
<td>Harassment to a child with sexual intent. Some examples include:</td>
<td>Maximum of 3 years</td>
</tr>
<tr>
<td></td>
<td>• Constantly following a child with sexual intent</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Constantly watching a child with sexual intent</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Showing parts of the body to the child</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Speaking any words or making sounds which are sexual in nature</td>
<td></td>
</tr>
</tbody>
</table>

What can someone do if these incidents happen?
Under POCSO Reporting is mandatory. What does mandatory reporting mean?
It means that under the POCSO Act, any person who knows that an abuse has been committed or knows that an abuse is likely to be committed MUST report the matter to the police.

**Why?** The purpose of mandatory reporting is to:
- Encourage reporting.
- Ensure sexual offences against children do not go unreported.
- Identify children who are victims of sexual abuse and prevent further abuse.

**Without case being reported, the child may remain victims for the rest of his life, carrying the scars of the abuse throughout his life.** The nature of sexual abuse, the shame that the child goes through especially when the abuser is a parent, family friend or other close person, makes it extremely difficult for the child to come forward to report sexual abuse. This is why the law provides for mandatory reporting, placing the responsibility to report not on the child but on a surrounding adult who may be in a better position to help.

**How can children report an abuse that happens to them or to another child?**
- They can tell a person they trust like mother, father, teacher or doctor. Under mandatory reporting such person will have to report to police
- They can also directly call the police helpline no 100 and inform the police
- They can call Childline no 1098 from either a mobile or fixed landline and ask the Childline to help

**What happens when you report to police**
1. A police officer or a Special Juvenile Police Officer (SJPO) will attend to your case. SJPO is a specially trained officer in every police station to exclusively deal with children.
2. Police or SJPO will record the complaint in simple language and also read out to you.
3. A medical examination is necessary for collecting evidence. Remember, that medical examination will have to be conducted by a woman doctor and in the presence of parents or someone you trust which could be your aunty, uncle, elder sister, teacher, etc.
4. A woman police officer will record your statement or what you know about the crime.
5. Remember that the police officer cannot take you to the police station to record what you have to say. The police officer has to record your statement either in your house or any other place where you are comfortable like your grandparents house.
6. Remember that the police officer will not be in uniform while talking with you. He/she will be wearing plain clothes like your parents.
7. The police officer will also **NOT ask you again and again** to narrate the incident.

**What happens when the reporting is completed?**
- Once reported, you have nothing to worry or be sacred of.
- Now only the accused has to worry, he has to prove in court if he was innocent or not.
- POCSO provides for special courts where children can go freely and need not be scared.
- The court will ensure that **you don’t get to see the accused again.**
- The judge will not ask you questions in front of everyone, he will do so in the presence of your parents or anyone you trust in a **closed room**.
- The Special court is not like a court we see in movies, it is very different and has **separate rooms for children.**
- The Act also says that the judge will finish the trial quickly within a year and the accused will be sent to jail

**POCSO has a very important feature:**
For all kinds of Sexual Assault such as rape, the burden of proof is shifted on the accused. In criminal law, the accused is presumed to be innocent until proven guilty and therefore the victim has to prove that the accused has committed the crime. An example can be: Mr X commits an offence against a child Y. Then in the court of law, the child Y has to prove that Mr. X committed the offence so Y has to find all the evidence and fight to bring Mr X behind the bars.

In POCSO Act, this burden of proof is revered! This means that the child is assumed to be innocent and **the accused is assumed to have committed the offence**. Therefore, the accused has to prove whether he has committed the offence or not. So in the above example, under POCSO Act, the child has nothing to do and now Mr X has to fight the case and gather evidence to prove he was innocent. The reason to make this provision in law is because children are innocent and vulnerable and therefore when the trial takes place, the focus is on the accused and not children.

**QUIZ**

1. Can you recall a myth and fact about Child Sexual Abuse?
2. What is the full form of POCSO?
3. Does it apply to person who is 18 years of age?
4. What is the number of Child helpline?
5. Can a police officer ask you to come to police station to narrate the incident?
6. Who is a SJPO?
7. Why is burden of proof shifted?