

**Guru Tegh Bahadur
3rd Centenary Public School**

47 years of excellence

CHILD SAFETY

AND

POCSO AWARENESS

**ROLE OF PARENTS
& GUARDIANS**

PARENTS PLAY A CRUCIAL **ROLE IN THIS REGARD**

The safety, security & well being of children is our prime responsibility. As part of this commitment, we have to create a safe and nurturing environment for the children.

GUIDELINES

TEACH YOUR CHILD THE CORRECT NAMES FOR ALL THE PARTS OF THE BODY

- It sets the tone for free and open conversations in the future. You earn the trust and respect of your child. You will be surprised to see how positively your children react to this information.

TEACH YOUR CHILD ABOUT BOUNDARIES

- As a parent, you need to tell your child to take ownership for their entire body.

GUIDELINES

KINDS OF TOUCH

- Educate your children on safe, unsafe and confusing touch. Some touches (like mother hugging a child) are clearly safe; some (like an uncomfortable hug or kiss or touching private parts) are clearly unsafe.

TEACH YOUR CHILD TO SAY 'NO'

- Also, teach your child to say 'NO'. Teach them that if someone tries to touch their body in a way that they are not comfortable with or asks them to touch others in an uncomfortable way or wants to take a picture, or violates their personal space - to say "NO". Also, teach the kid to run away from the uncomfortable scenario and tell a trusted adult about the incident.

GUIDELINES

THE TRUST CIRCLE

- Ask your child to draw or name or write the names of the people they trust the most. This is the child's trust circle, the individuals who are closest to them.

NEVER KEEP A SECRET ABOUT BREAKING THE TOUCHING RULES

- Teach your child that keeping secrets if a Touching Rule is broken is a strict 'no-no. You are also to tell the child that it is not their fault if a touching rule is violated. And that if it ever comes to pass, they have to tell it to you at once.

GUIDELINES

WORK ON
BUILDING YOUR
CHILD'S
SELF ESTEEM

EDUCATE NOT
JUST YOURSELF
BUT EVERYONE IN
THE FAMILY

GUIDELINES

**DO NOT BE JUDGEMENTAL
ABOUT WHAT YOUR CHILD
TELLS YOU (ESPECIALLY IF ITS
ABOUT THEIR FEELINGS)**

- Reacting with shock, anger or disbelief to your child's questions about body or sexuality will only turn them away from you. You need to be empathetic, trusting and capable of seeing the issue from your child's point of view. You need to learn to listen to your child's questions and value their opinion.

GUIDELINES

WHAT TO DO WHEN YOUR CHILD TELLS YOU ABOUT ABUSE

- It is natural for parents to feel shock or denial or confusion, when a child tells you that they were abused. But remember that when your child discloses about abuse, your first reaction is key to your child's recovery.

SOME SYMPTOMS OF

SEXUAL ABUSE

- Child has frequent unexplained injuries especially in private body parts.
- The child walks and sits with difficulty.
- Fatigue and sleeping difficulties.
- Poor attendance of child in school.
- Unexpected behavioural changes in a child such as social withdrawal or unjustified/inappropriate aggression.

SOME SYMPTOMS OF

SEXUAL ABUSE

- Regressive behaviour such as bed wetting and thumb sucking.
- Sudden dislike/withdrawal from certain specific people or places he/she was comfortable with earlier.
- Sudden accumulation of money or gifts.
- The child starts paying too much or too little to his/her appearance.

IMPORTANT

LISTEN TO
CHILDREN
REPORTING
SEXUAL ABUSE.

BELIEVE THE
CHILD.

TELL THE CHILD
THAT HE/SHE IS
BRAVE.

TELL THE CHILD IT
IS NOT HIS/HER
FAULT THAT
HE/SHE HAS BEEN
ABUSED.

Do's

- Listen to the case with patience when the child complains about a person or an incident or a physical discomfort.
- Raise your concern with people close to the child.
- Call **CHILDLINE** at **1098**.

Do's

- Ensure the child has undergone medical examination immediately after reporting the incident.
- Report incident of abuse at the nearest Police Station.
- Be sensitive while discussing the incident or its details with the child.

Do Not

- Blaming the child.
- Ignoring when the child complains about a person or an incident or a physical discomfort.
- Reacting in extremes when the incident is reported.

Do Not

- Sending the child back to the person/place where the abuse happened.
- Asking the child not to seek help from others.
- Disclosing the child's identity to other people or to the media.

Do Not

- Not providing medical attention to the child.
- Not taking action even when one is aware of the abuse being taking place.
- Not reporting the incident at the Police Station.

HOW TO REPORT

- Keep the child safe first - remove them from immediate danger.
- Listen without judgment - don't interrogate or push for details.
- Record what was said or seen, in the child's own words where possible.
- Report promptly to your institution's Child Protection Officer, the local Child Welfare Committee, or the police.
- Keep it confidential - share only with those who need to know to act.

CHILDLINE
1098

DCPCR HELPLINE
9311551393

OUR MOTTO



CHARDIKALA

**Guru Tegh Bahadur
3rd Centenary Public School**