



Educate | Empower | Prevent Child Sexual Abuse

Guidelines for Conducting a Safety Club workshop

Guidelines & tips for Conducting a Safety Club workshop	1
Target Age Group	1
Duration of the workshop	1
Frequency of the workshop	1
Preparation for the workshop	2
Introducing the Safety Workshop to the children	2
Engaging the children / Ensuring that they learn the concepts	3
Sample questions, discussion points to facilitate workshop	4

Target Age Group

The workshop is recommended for children of ages 2 to 7 years.

The safe touch and unsafe touch section can be discussed with children of ages 2 to 18 years.

Duration of the workshop

Set aside 30 minutes to conduct the workshop.

Frequency of the workshop

Conduct the workshop once in 6 months at schools to reiterate and remind children of the safety concepts.

Preparation for the workshop

1. Visit the '[Resources for Teachers](#)' Section at safetyclub.org.
2. Watch the [Teacher Training Video](#)
3. Review the [SafetyClub book](#).
 - a. You can print the book and read it aloud to children in the classroom while conducting the workshop.
4. Read the Safety workshop guide.
5. If the classroom has a computer & projector
 - a. The [Safety Club book](#) can be shared via the projector and used to review the concepts with the children.
6. If the classroom has a computer, projector & internet
 - a. The [Safety Club book](#) can be shared via the projector
 - b. You can also play the [animated film](#) to the children in the classroom.
7. If the classroom does not have a computer, projector or internet
 - a. The [Safety Club book](#) can be printed and read out to children.
 - b. As you read each page to the children, ask questions shared in the teacher-training guide to check the understanding of children and encourage class participation.
8. Be prepared to give out 4-5 prizes during the class (something as simple as 5 pencils or erasers or chocolates) to engage the students.

Introducing the Safety Workshop to the children

1. Inform the children that they will be doing a safety workshop.
2. Let the children know that there will be prizes for class participation and encourage them to participate in the discussion. Reward children who bring up a safety precaution that will benefit the class. (the rewards can be simple eg. a toffee, a pencil or some other simple stationary item)
3. Ask the students to raise their hands when they want to answer any questions so that the program can be conducted in a structured manner.
4. Be positive and enthusiastic about the workshop. If you are positive and enthusiastic, the children will be positive and enthusiastic as well. When a child

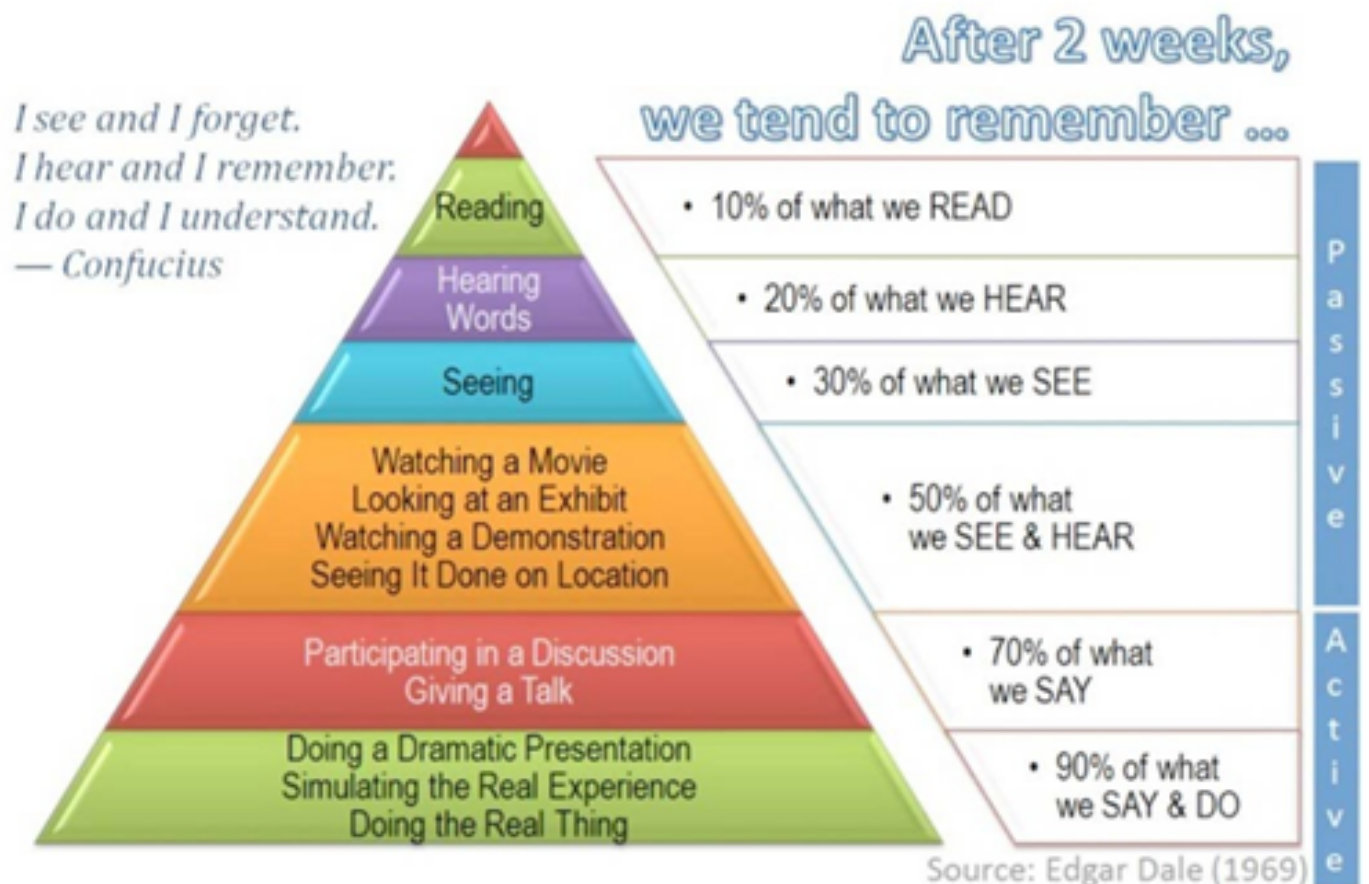
responds with an answer that is appropriate, validate with a positive response or encouraging comments such as “Good Answer” or “Good Thought” or “That is correct”.

5. If their answer is wrong or inappropriate, get them back on track positively while still validating their attempt to participate in the discussion. Reframe their answer appropriately for the benefit of the class.

Engaging the children / Ensuring that they learn the concepts

The Cone of Learning

sparkinsight.com



As per the cone of learning, we remember 90% of what we say and do. That is why it is so important to engage children in the training.

The best way to get the children to imbibe the safety skills is to go over each concept and ask questions. A list of questions have been shared with you as part of the 'Training Guide' to check children's understanding of the concepts. Additional questions have been shared to encourage discussion and expand childrens' understanding of the benefits of taking safety precautions and the consequences of not taking them.

At the end of each topic summarize all the important takeaways.

Here are a few sample questions, discussion points to facilitate the workshop

TEACHER: "Children we are going to be doing a safety workshop today, which will help you all, be safe each and every day"

TEACHER : "Who all want to learn about how you can be safe, each and every day? raise your hands?"

(This helps to get the attention of the children and fosters participation in the class.)

Page 1 (read page one in the book)

Raj and Ria are here..... you play.

- Tell the children Raj and Ria are going to teach them how to be safe today.

Page 2

Sharp things like scissors, knives can be really harmful to our lives.

Question to test Understanding

- Is it safe to play with a knife? (Yes/ No)

Discussion

- What might happen if you play with a knife?

- Name 5 sharp objects: Blades, screw drivers, etc.

Summary

- Tell children they should never play with sharp objects, and be very careful while handling sharp objects, and make sure they don't hurt themselves or others by mistake.

Page 3

- Fire is burning hot! Never touch a cooker, pan or pot.

Question to test understanding

- Is it ok to touch a hot cooker? or play around in a kitchen?
- Is it okay to climb and pull out things from cabinets in the kitchen?

Discussion

- What can happen if you touch a hot cooker?
- Never turn on a gas knob in the kitchen
- What may happen if you play with a matchbox, fire, candle and gas cylinder?
- What are possible ways a fire can start?
- Discuss about Diwali crackers and how to be safe while bursting them (sand, water, cotton clothes, etc.)

Summary

- Teach kids that kitchens are not safe areas for play, instead they need to play either in their backyards or parks or their own room which is safe.

Page 4

- Stay away from electricity, wires and sockets....

Question to test understanding

- Is it ok to put your finger in an electric socket? (Y/ N)

Discussion

- What could happen if you touch an electric socket?
- Iron box, table fan.
- The connection between water & electricity.

Summary

- Teach kids to never use wet hands to turn a switch on or when handling wires. Teach them not to put fingers, pencils or other objects into the electric sockets.

Page 5

Never climb parapets or high walls when flying kites or bouncing balls! Be careful on stairs, always hold onto the railing.

Question to test understanding

- Is it ok to walk down the stairs without holding a railing? (Yes/ No)

Discussion

- What may happen if you climb up a high wall and lose balance?
- What may happen if you are walking down the staircase without holding onto a railing?
- What may happen if you play on the staircase or run down the stairs?
- Can flying kites on terraces be dangerous? How?

Summary

- Teach kids that walking on terrace or walls or flying kites on the terraces can be dangerous, therefore refrain from doing so. Instead ask them to fly kites in an open area or playground.

Page 6

Medicines are not for you to touch, cleaning products keep houses clean and slick, touching or drinking them can be dangerous.

Question to test understanding

- Is it ok to touch cleaning products? (Y/ N)

Discussion

- What might happen if you take a medicine without your parents' permission?
- Why are cleaning products dangerous if consumed?

Summary

- Teach kids that cleaning agents have acids in them, which can burn their eyes or make them sick if one drinks them.
- Self-medication is dangerous.
- Tell kids not to take medicines more than what is prescribed by a doctor or told by parents and not to touch medicines in the racks or cabinets meant for other family members like grandma, grandpa, etc. or self administer medicines (consult doctor always).

Page 7

Never play on roads.....

Question to test understanding

- Is it ok to play ball on the road? (Y/ N)
- Is it ok to run across the road?

Discussion with kids

- What can happen if you play on road?
- What can happen if you meet with an accident on the road?
- What are the possible ways one can get into an accident?
- Where can kids play safely?

Summary

- Teach that parks and house compounds are safe to play otherwise play in parks or playgrounds.
- Avoiding open pits on the road, jumping over drainage canals, small rivers etc., especially during the rainy season when they are overflowing and we can not spot them.
- Ask children to inform parents when going out to play.
- Never go anywhere by yourself to play or shop in carnivals, melas, exhibitions, parks, or playgrounds.

Page 8

Look to your right and then to your left before you cross any road....

Question to test understanding

- Is it ok to cross the road without checking if there's any vehicle coming towards you from the right and left?

Discussion

- What might happen if you do not pay attention to the traffic while crossing a road?
 - What might happen if you open a car door on the wrong side when getting out?
 - What is the best way to cross the road?
 - Will you start a bike or scooter when parents park it on the road or at home?
 - Ask what precautions you take while travelling in a school van or bus. Never put hands or head out, never throw waste out of the window. Never disturb the driver by screaming or yelling etc.
- Be careful while you climb and get down the bus or van.

Summary

Teach kids to wait for the traffic signal to turn red and then cross the road safely. Tell them they can take the help of an adult or policeman to cross a road when they find it difficult to cross any road or cross in a group.

Page 9

Be careful around all kinds of water

Question to test understanding

- Is it ok to get into a river or water body with your friends without any adults around?
(Y/N)
- What are the various ways a person can drown?

Discussion

- What may happen if you get into a pool/river by yourself?
- What may happen if you lean over a well?
- What may happen if you play near open borewell or tubewell
- Safety precautions to follow while playing with colours during Holi festival.

Summary

- Mention that even if one knows how to swim never get into a water body with out an adult watching over.

Page-10

Do not talk or take gifts from any stranger....

Questions to check understanding

- Is it ok to take gifts from strangers? (Y/ N)
- If a stranger asks you to come with him or her; is it ok to go with them? (Y/N)

Discussion

- Mention to the kids they should not believe a stranger when he says “I know your parents”, or “they are waiting for you”, or “I will drop you at your house”. Tell them not to believe anyone who asks for an address or comes with an address slip and asks them to take them there.
- What might happen if you take gifts from strangers?
- How do people kidnap kids?
- Never ask for a lift from strangers on the road to school or back home.

Summary

- Do not talk or take gifts from strangers or believe anything they say. In fact runaway if any stranger is trying to talk or is following you.
- Never open the door if a stranger knocks at the door.
- Never go and play with strangers who try to offer toys etc.
- Never go to lonely places to play or old abandoned houses.

Page 11 -12

SAFE AND UNSAFE TOUCH - IMPORTANT!!

Your body belongs to you

After reading page 11 and 12, explain to the kids what their private parts are as illustrated in the book, in the absence of the book, you can simply also teach the children that the parts covered by their undergarments or swim suits are their private parts. And tell them that nobody is allowed to touch them in those body parts, also tell them that today they all will be learning about a very important topic called ‘safe touch’ and ‘unsafe touch’

SAFE TOUCH

QUESTION

- Does it feel good to be hugged and kissed by the people you love?
- Give examples to the children and encourage their participation
- Do you like it when mommy gives you a hug and kiss after you wake up?
- When Daddy gives you a good-night hug and kiss?
- When Grandma and Grandpa come to visit and everyone gets hugs and kisses?
- Teach them that when we feel good, it is a safe touch!

UNSAFE TOUCH

A touch that makes you feel uncomfortable is usually an unsafe touch. You don't have to keep it a secret when someone gives you an unsafe touch. Don't feel that you are bad. Remember, whoever gives you an unsafe touch is the one who is bad. Your body belongs to you.

Do you know what an unsafe touch is?

It is an unsafe touch if it hurts you or disturbs you.

It is an unsafe touch if a person asks you not to tell anyone or keep it a secret.

It is an unsafe touch if someone touches you on your body where you don't want to be touched. Usually those body parts which are covered by your swimsuit or undergarments.

It is an unsafe touch if a person touches you in a way that makes you feel uncomfortable.

It is an unsafe touch if that touch makes you feel scared and nervous.

It is an unsafe touch if a person forces you to touch his or her private parts.

It is an unsafe touch if a person threatens to hurt you if you tell someone.

Tell the children that they should always remember that they

- Can decide who can touch them
- Who can kiss them, or who can give them a hug.
- They have the right to say, "No." to anybody

Questions to test understanding

- Is it ok for others to touch you in your private areas (Y/N)
- What are your private parts?
- Is it ok for you to touch others in their private areas (Y/N)

Discussion

- Do you love and respect your body?

Summary

- Make the children identify their private areas that nobody is allowed to touch, these parts include the mouth as well.
- (If a child is unable to identify, explain by pointing to the 'No touch' areas of the body in the book or chart.)
- Teach the child that their body is theirs' alone, and no one is allowed to touch their body.
- Tell them there is a safe touch and unsafe touch. Anything that makes them uncomfortable or is painful, or if asked to be kept a secret, is an unsafe touch.

Page 13 and 14

If someone touches you in a way you don't like, shout loudly and say 'No' or shout "I don't like that."

Discussion and questions

- What will you do if someone touches you in a way you do not like?
- How will you express your dislike?
- Encourage all the kids to shout loudly together to build their confidence.
- If the child says 'No' in a low voice, encourage them to show you how they can shout loudly to defend themselves. Encourage them to run away from any person or place where they feel unsafe.
- Encourage them to avoid going to dark places or lonely places if someone asks them to come.
- Ask them to tell parents if drivers or transport staff misbehaves with them.

Summary

- What do you do when someone touches you inappropriately or when there is an unsafe touch? Tell the children they can do one or all the mentioned points below.
- Say no! You can scream loudly. Tell the person that you don't like it and you don't want to be touched.
- Get away fast! Run away from the person whose touch you don't like.
- Call for help. Talk to a person whom you trust and also be safe with.
- Believe in yourself. You did nothing wrong.
- Don't let threats scare into keeping quiet.
- When a person touches you and asks you to keep it a secret between two of you, ask yourself, "Do I feel comfortable about keeping this secret? Does the secret bother me?"
- Don't keep secrets that make you feel uncomfortable.
- Go to a person you trust a parent, a relative, a teacher, or your doctor, police. If the people you go to don't believe you, go to someone else you are safe with until someone believes you and helps you.
- Do everything you can to stay away from the threatening and intimidating person.

- Don't stay alone with a person who touches you in a way that makes you uncomfortable or makes you feel unsafe
- Ask each of the students to name a person in their life who is a safe adult that is someone they trust and someone safe to go to in case of an unsafe situation.
(Encourage the child to select a grownup person about 18 years, and not another child.)

Page15

Say No to plastic, Recycling is fantastic!

Discussion

- Do you have a cloth or jute bag at home? If yes, you can carry it with you when you go shopping.
- Reuse it so you use less plastic or paper.
- What happens to earth when there is plastic everywhere?
- What happens when street animals, birds end up consuming plastic?

Summary

- Reduce the usage of plastic as it is bad for the environment.
- Reduce usage of paper and save trees.
- Instead carry your own cloth bags to supermarkets, which can be reused again and again.

Page-16

Save water, do not waste....

Discussion

- How can you save water when you are taking a bath?
- What might happen to the earth if there is no water?
- If a tap is dripping, what can you do to collect water before it is repaired?

Summary

- Discuss how not to leave water running while brushing or doing other work and to use water sparingly.
- Also discuss concepts of recycling, rainwater harvesting (for older kids)

Page17

- Do not destroy parks, buses, walls and our city. We need to keep our spaces neat, clean and pretty.

Question to test understanding

- Is it ok to pluck plants in a public park?
- Is it ok to draw on the walls or park benches?

Discussion

- What can you do to make your space look beautiful and clean?
- Respect public property

Summary

- Teach kids the importance of planting trees, not to cut down trees, and keeping their surroundings clean.

Page18

Use dustbins, do not litter.....

Discussion

- Do you use dustbins to throw trash?
- What will happen if you throw a banana peel in the middle of a road and walk away?
- Ask how many kids are going to go home and clean their house today?
- What is Swachh Bharat?
- Do we want a clean India?

Page 19 - 20

Numbers to remember

Questions to test understanding

- What is the phone number for Police?
- What is the number for an Ambulance?
- What is the number for child services?

- Do you know your parents or guardians numbers? (Y/ N)

Summary

- If they do not know any of the answers, ask them to learn the numbers.

Page 21

- Internet and phone safety tips

Question to test understanding

- Is it ok to chat with a stranger on the internet (Y/N)

Discussion

- What might happen if you give a stranger you meet online your home address?
- What might happen if you tell a stranger on the phone or online that you are home alone?
- Will you share photos with strangers? What may happen?

Summary

- Teach kids that everything a person says on the net or phone need not be true, most of the time they lie to talk to kids and get them into trouble.
- Last but not the least we encourage the teachers to teach the kids any other safety tips that they think of that have not been covered in the book that might be relevant to the child's immediate environment.

At the end of the workshop get the children to stand up, raise their hand and take an oath:

TEACHER : "We will always practice the safety skills that we've learnt today

And will always keep ourselves safe"

TEACHER: "Congratulations, you are now part of the safety club".

Thank you and Be Safe.