

SAFETY WORKSHOP GUIDE (TEENAGERS)

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Be careful around all kinds of water

Discussion

- What may happen if you play near open bore well or tube well?
- Safety precautions to follow while playing with colors during Holi festival.

Summary

- Mention that even if one knows how to swim never get into a water body without an adult watching over.

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

Discussion & Questions to ask

- 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 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.
- Discuss about the importance to listen to ones instincts in dangerous situations (i.e. run away, alert passes by)
- Discuss internet and phone safety in this section only and not in the end pls

Summary

- 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.

- Learn to listen to your own instincts. When you sense danger you will know it start to build these instincts
- Is it ok to chat with a stranger on the internet (Y/N)
- 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?
- 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.

SAFE AND UNSAFE TOUCH : IMPORTANT!!

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Your body belongs to you

SAFE TOUCH

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

Summary

- Make the children identify their private areas that no body 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.

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

- 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 or a trusted adult if drivers or transport staff in school or at home 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 should be 18 years or older.
- Learn to listen to your instinct or gut feeling.
- Believe in yourself. You did nothing wrong.
- Don't let threats scare into keeping you quiet.
- When a person touches you and asks you to keep it a secret then, 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 any unsafely. (Encourage the child to select a grownup person about 18 years, and not another child.)

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Say No to plastic, recycling is fantastic!

Discussion & Questions to ask

- Do you have any cloth or jute bag at home? If yes you can carry with you when you go for shopping.
- If you have a plastic cover keep reusing it instead of discarding each time?
- 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.

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Save water, do not waste....

Discussion & Questions to ask

- 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)

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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 & Questions to ask

- 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.

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Use dustbins, do not litter.....

Discussion & Questions to ask

- Do you use dustbins to throw trash?
- What will happen if you throw a banana peal 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 Swatch Bharat?
- Do we want a clean India?

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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? 1098, (ten nine eight)
- 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.

END THE WORKSHOP WITH AN OATH

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

And will always keep ourselves safe"

Tell the children – "Congratulations, you are now part of the safety club".

