



## Children's Workshop on Safe & Unsafe Touch

### Introduction

In India, 53.2% children experience sexual abuse<sup>1</sup>. In a study done by The Ministry of Women and Child Development, Government Of India, it was found that one in five participants do not feel safe because of the fear of being sexually abused. What's worse is, families of abused children do not come forward to report the abuse.

From 2012- 2016, the number of child rapes reported to the authorities have doubled. Sexual offence and kidnapping accounts for 81% of the crimes committed under minors.

A report by Human Rights Watch titled "Breaking the Silence: Child Sexual Abuse in India" stated that "While great awareness has been raised about sexual violence against women in India, much less is known about the problem of sexual abuse of children. Studies suggest that more than 7,200 children, including infants, are raped every year; experts believe that many more cases go unreported."

### Rationale

Everyday in the news we read of child rape cases. The recent one being that of a 11 year old girl in Chennai. Many parents feel that it is an unpleasant experience to talk about sexual abuse and harassment with their children as it is akin to stripping away the purity of their innocence. But with several cases being reported from schools and posh building communities, it has become imperative to broach this topic with kids and their parents. The only way to ensure the safety of our children is to create awareness about this subject.

It's important to teach children early on what are the different parts of their body. What is a safe touch and an unsafe touch. What should the child do if someone touches them inappropriately? Helping children identify their trusted circle of family members and caregivers allows them to be confident about sharing any unpleasant incidences.

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<sup>1</sup> <https://www.childlineindia.org.in/pdf/MWCD-Child-Abuse-Report.pdf>

## Goals of the workshop

1. To engage with children and parents on a serious topic like safe and unsafe touch
2. To educate and raise awareness on the private parts of a child's body and what safe and unsafe touch is
3. To engage the community at large to start having important conversations like these with their children to prevent future abuse.

**Target group:** Children aged 5-12 years

**City:** Hyderabad, Telangana

**Duration:** 60 minutes

## Nature of workshop



A. Presentation: The presentation teaches kids in a tasteful and age appropriate way:

1. The difference between safe, unfriendly, and unsafe touches
2. Examples of safe/unsafe secrets
3. Private parts of our body
4. Friendly touches turning unfriendly
5. Identifying who is in our circle of trust and who to tell

6. That kids have ownership of their own bodies
7. No, go, tell strategy
8. Short two minute cartoon video for the children to reinforce the information

- B. Worksheets for children
- C. Q & A with Parents
- D. Feedback forms

**Date:** July 22 and September 2, 2018

**Venue:** Kydz Hangout, Hyderabad, India

## Event Details



For both events, 45 children aged 5-12 years and 27 parents attended the workshop. The workshop kicked off with a brief introduction of Sayfty and the presenters. During the 30 minute presentation the following concepts were covered:

- **Our bodies are unique** - to make the kids comfortable about discussing about their bodies
- **Private parts of our body** - introducing (by name) and highlighting what are our private parts
- **Safe and unsafe touch**- discussing various safe and unsafe touches and how they can make us feel

- **Trusted circle** - identifying trusted grown ups a child can reach out to report about an unsafe touch, that can be from their family and one trusted person outside the family like teacher/doctor
- **Reinforcing the rules** - A recap of the rules of all kinds of safe and unsafe touches.

During the presentation, the children were very enthusiastic and interactive. They answered questions and were eager to learn. The parents were observing the session with minimal interaction at this stage. After the presentation we handed out 4 worksheets to each child. The goal of the worksheets was to further reinforce the concepts and engage the children in an activity. Details of the worksheets can be found in the Appendix.



After the worksheet session, the children left the room and went to the play area. The facilitators held a Q&A session with the parents. Some questions we asked parents were:

- 1) Have they actively ever had a conversation with their kids about this subject?
- 2) Do we actively tell our kids that they have ownership of their own bodies?
- 3) These conversations can be had during day to day activities - like bathing, etc. Have they tried it?
- 4) Have they ever tried to use books as a medium for broaching this subject with their kids?



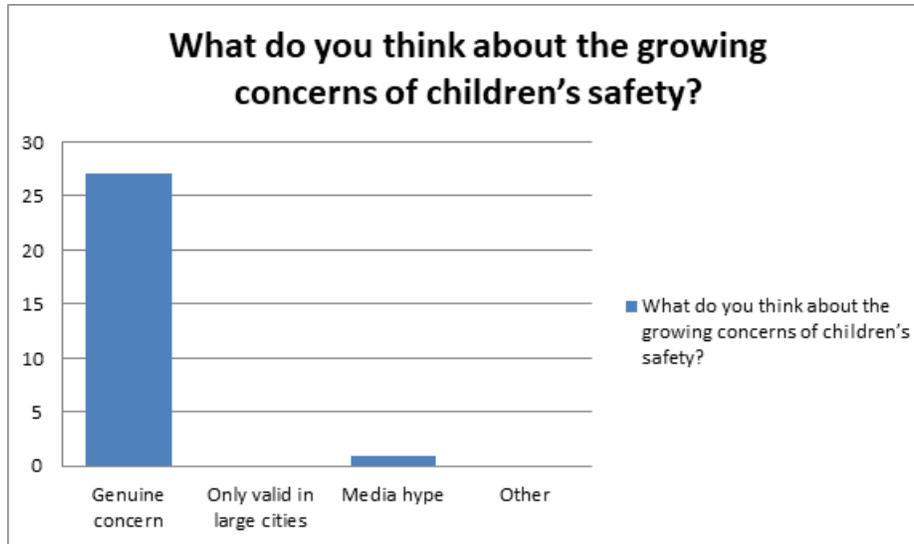
We found the parents to be highly engaged during the Q&A. Some parents opened up to share personal experiences of how their child had encouraged unsafe touch. Additional questions that came up during the Q&A included recommendations on books and videos that parents can use for continued discussion with their children. Recommendations included:

- Amazing You! Getting Smart About Your Private Parts by Gail Saltz
- Watch Out! No Touch by K.Krishna
- My Body! What I Say Goes! by Jayneen Sanders
- My Body Is Private by Linda Walvoord Girard

## Feedback

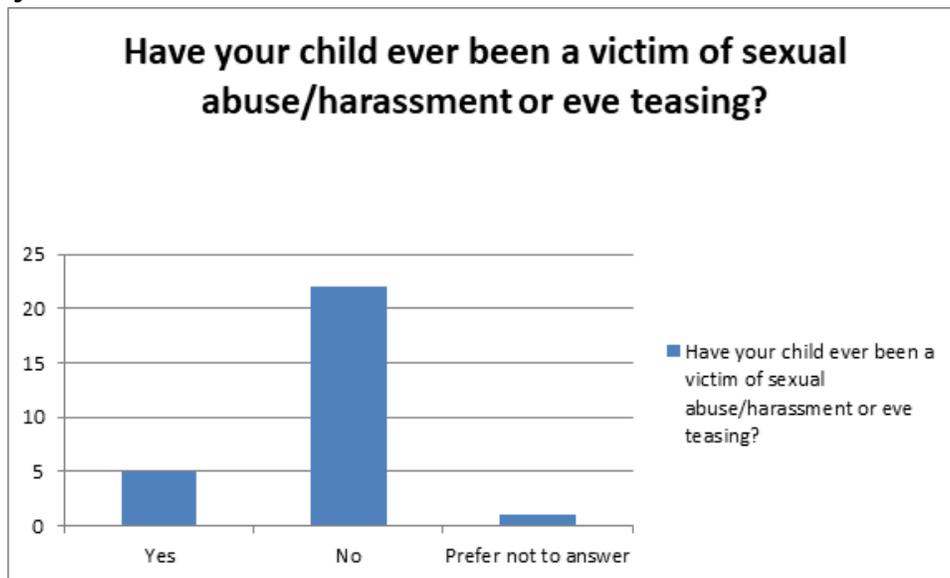
To improve our future workshops, we asked the parents to fill out feedback forms. (attached in the appendix). 100% of the participants said they would recommend the workshop to a friend. All participants said they would be interested in learning more about how to keep their children safe from abuse. The results of the feedback form were:

What do you think about the growing concerns of children's safety? Pick one



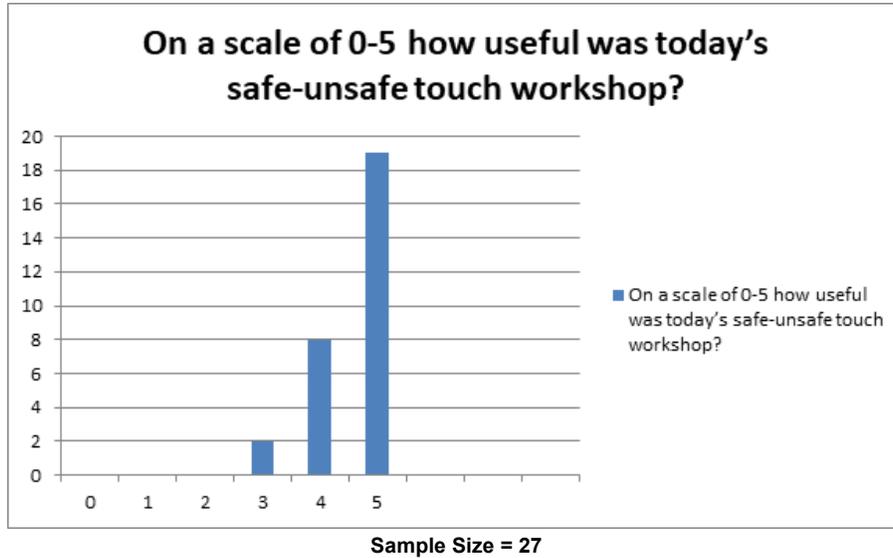
Sample Size = 27

Have your child ever been a victim of sexual abuse/harassment or eve teasing?



Sample Size = 27

**On a scale of 0-5 how useful was today's safe-unsafe touch workshop?**



Parents in particular like the way the workshop was presented. The content was child friendly and the presenters were successful in keeping the children engaged in the conversation. The content was age appropriate and very easy to understand. The use of worksheets helped reinforce the message. Furthermore, the presenters handled the questions and comments by kids very well.



What aspect of the workshop did you like the best?

The recap part which actually made the children register in their minds what was explained.

What did you not like about the workshop?

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How can we improve the workshop? Your feedback

It was perfect

How will you put today's information to use in your day-to-day life?

I would educate the children in my locality and those who are in contact with me

What are some other concrete ways in which one can address child sexual abuse?

Through workshops, presentations, audio videos and talks.

What aspect of the workshop did you like the best?

The message was explained in a very child friendly manner.

What did you not like about the workshop?

It was all wonderful.

How can we improve the workshop? Your feedback

Again, i think it covered almost everything.

How will you put today's information to use in your day-to-day life?

Will keep telling <sup>about</sup> the major learnings every three months.

What are some other concrete ways in which one can address child sexual abuse?

I think we should make sure that our kids trust us and can tell us <sup>feel like</sup> about anything they want to ~~talk~~

[www.sayfty.com](http://www.sayfty.com)

In terms of improving the workshops, one important feedback we received was to keep the age groups tighter. 5-12 years was a large age group for this workshop. Other suggestions included using puppets in future workshops, looking at self-defense for kids and covering other topics related to child safety. The parents reinsured that they will continue having these conversation with their children. Some parents said "after attending this workshop, I feel I can talk in more ways with my child"

**SAYFTY**

What aspect of the workshop did you like the best?  
 Interactive concepts well explained

What did you not like about the workshop?

How can we improve the workshop? Your feedback  
 May be include real life case studies and what actions / decisions were taken. It would be helpful to relate

How will you put today's information to use in your day-to-day life?  
 Include in our daily conversations  
 Talk to my kids about it

What are some other concrete ways in which one can address child sexual abuse?  
 Include in school curriculum as a subject

Finally, we asked parents what are some other concrete ways in which one can address child sexual abuse? Some of the feedback we received included:

- Making kids aware of what is happening in the world
- Discuss this openly in schools, school and social gatherings
- Through Books. Regular conversations. Workshops like these. School led training. Giving our children the space and confidence to approach us without any fear and guilt.

## Next Steps

In the month of October we will be conducting 3 workshops for children aged 3-6 years from Anthea Montessori School. Through these workshops we will raise awareness for a total of 75 children.

# Appendix

## **Workshop Resources**

[Safe and Unsafe Touch Video](#)

## **Post Presentation Children's Activity Worksheets**

- [Worksheet 1](#)
- [Worksheet 2](#)
- [Worksheet 3](#)
- [Worksheet 4](#)

[Parent Feedback Forms](#)

[Handout For Parents](#)