



# Children's Workshop on Safe & Unsafe Touch

## Introduction

According to a report by child rights NGO CRY, in India sexual offence is committed against a child every 15 minutes and there has been an increase of more than 500 percent over the past 10 years in crime against minors.

Schools, parks, playgrounds, and even homes aren't safe anymore as in most of the cases of child-rape, the perpetrator of the crime is known to the victim. According to The National Crime Record Bureau (NCRB), in 2014, 37,519 cases of child rape were registered in India. These statistics reveal that it's the children, regardless of the gender and not the women, who are mostly preyed upon.

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

The news is filled with horrific examples of sexual atrocities committed against young children, even babies as young as 8 months have been sexually abused and raped. While this is definitely something that needs a law and order intervention, it just proves that it is that much more imperative that we start the conversation about sexual abuse and harassment with all children as soon as possible, in an age-appropriate manner to keep them protected.

This is not an easy conversation to have, as many compare it to stripping away the innocence of childhood and letting kids grow up being overly cautious and wary. But with several cases being reported from schools and huge building communities, it has become imperative to broach this

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

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.

## Goals of the workshop

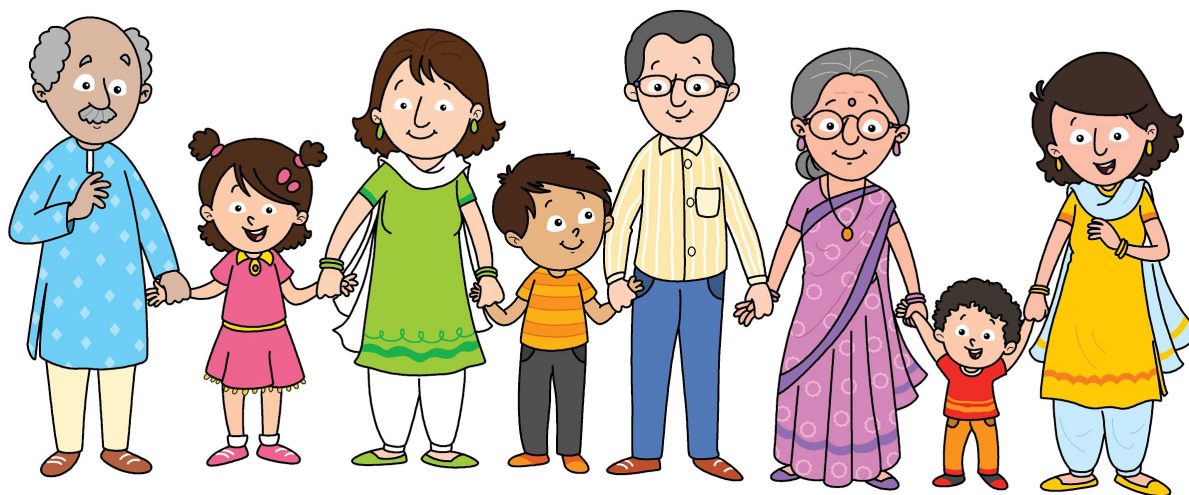
1. To engage with children and parents on a serious topic like safe and unsafe touch
2. To educate and raise awareness on the private parts of a child's body and what safe and unsafe touch is
3. To engage the community at large to start having important conversations like these with their children to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

**Target group:** 76 Anthea school children aged 3-6 years

**City:** Hyderabad, Telangana

**Duration:** 60 minutes

## Nature of workshop



A. Presentation: The presentation teaches kids in a tasteful, age-appropriate and engaging manner:

1. The correlation between growing bodies and developing emotions
2. The difference between safe, unfriendly and unsafe touches

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3. Examples of safe/unsafe secrets
4. Private parts of our body - through the presentation and a song that is repeated multiple times
5. Friendly touches turning unfriendly
6. Identifying who is in our circle of trust and who to tell
7. That kids have ownership of their own bodies
8. No, go, tell strategy
9. 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:** September 17th, 18th and 19th 2018

**Venue:** Anthea Montessori, Jubilee Hills + Anthea Montessori, Madhapur

## Event Details

Three editions of the same workshop were done on consecutive days catering to different groups of children and their parents. While the one in Jubilee Hills was attended by 25 children and 8 parents, the ones in Madhapur were attended by 24 kids and 10 parents and 27 kids and 9 parents respectively. The workshop kicked off with a brief introduction of 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 and re-iterating them through the following song that was repeated with actions multiple times:

*"I have four private parts,  
The first is my chest, Guess what comes next?  
The second are my lips, and then there are my hips,  
We also call them bums.  
And then there is the last, the fourth private part,  
We all know what it is, it's the part between my legs."*

- **Safe and unsafe touch-** discussing various safe and unsafe touches and how they can make us feel through various interactions, examples and demonstrations.
- **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.

- **Not to Make Up Stories** - This was an important point that had to be covered with children of this age group i.e. to find the balance between reporting the truth and not making up stories about other kids and their actions.
- **Reinforcing the rules** - A recap of the rules of all kinds of safe and unsafe touches.

Because the workshop catered to a younger group of children, every effort was made to ensure that the presentation was very vocal and animated, to keep the attention of the kids focussed on the importance of the topic. They responded eagerly and enthusiastically to the songs and the play-acting, and were excited to help the presenters as volunteers to demonstrate safe and unfriendly touches.

This was followed by a short, 2-minute video that put forth the same points.

The parents observed with minimal interaction at this stage. After the presentation, worksheets were handed out to each child to further reinforce the concepts of private parts of the body and the no-go-tell strategy. These were done immediately, and another worksheet where the children had to identify their trusted triangle was given to them to do at home with their parents so that the conversation could continue further. 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 in their school. The facilitators then gave the parents a quick introduction to Sayfty and held a Q&A session with them. 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. All of them shared different ways in which they had encouraged this conversation at home, and also some concerns that they had - like adults and children bathing together, queries related to consent, etc. Suggestions on books and videos to continue this conversation at home were also shared.

Team Sayfty then shared a handout (link in appendix) with the parents which had some simple

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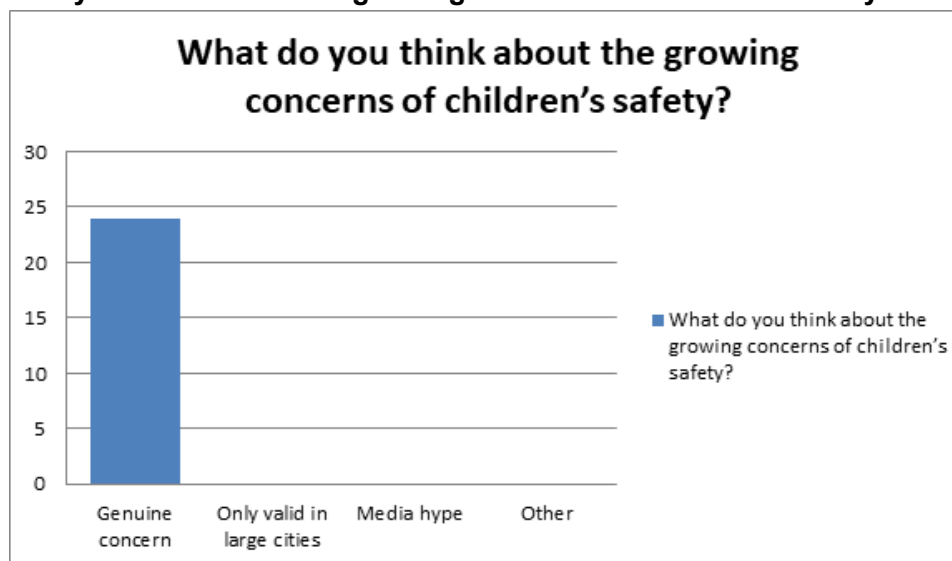
points for parents to remember about child sexual abuse and a list of book recommendations that included:

- 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

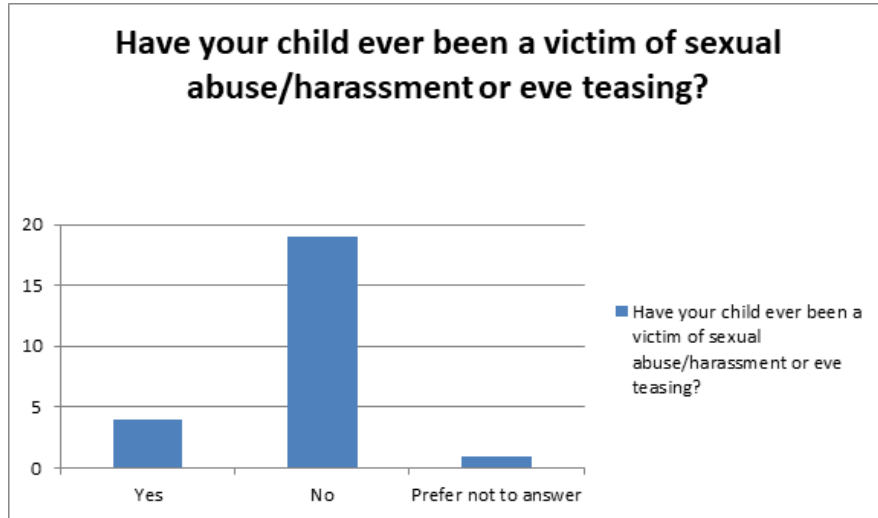
To improve our future workshops, we asked the parents to fill out feedback forms. (attached in the appendix). All the parents said that they would recommend the workshops to friends, and highlighted the parts of the workshop they felt was the most beneficial. They also said they would be interested in 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**



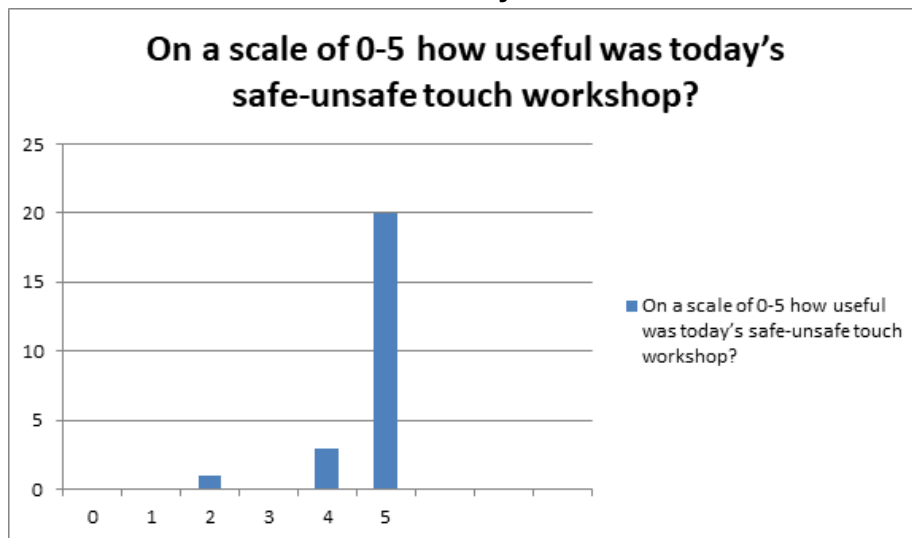
**Sample Size: 24 adults**

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



Sample Size: 24 adults

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



Sample Size: 24 adults

Parents were appreciative of the way the workshop was conducted - keeping in mind the age group of the kids. The content was child friendly and every effort was made to keep the entire presentation as engaging and dramatic as possible to continuously hold the kids attention. Role play helped to reinforce the message, and was further reiterated with the use of worksheets. The questions posed by the parents and kids were handled comfortably by the presenters.


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What aspect of the workshop did you like the best?

The song. Children can keep singing & unconsciously remember the importance

What did you not like about the workshop?

Nothing

How can we improve the workshop? Your feedback

A picture in the activity sheet which shows the burn of the children.

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

Keep talking about it regularly

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

Start young. Respect the child's choice

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

Whenever they take bath, we will try to explain what's good and what's bad to children. Even with pictures and stories.

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

I feel the best way of addressing child abuse is to mother/father first. They should be comfortable to open up it to parents first.

After the first workshop, we received feedback from the teachers to make the presentation more focused and dramatic for the kids. So in our second and third workshops we used songs and asked the children to volunteer for demonstration. Other suggestions included covering various

topics related to child safety, using puppets as props for getting the point across more comprehensively, etc. All the parents said that they were more confident about handling queries of their children and the importance of this topic as a continuous conversation after this workshop.

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.
- Gender sensitisation and breaking the stereotypes associated with gender and gender roles.
- Discuss this openly in schools, school and social gatherings
- Through books, regular conversations, workshops like these, school-led training and giving our children the space and confidence to approach us without any fear and guilt.

## Next Steps

In the month of October we have been invited to conduct the workshop at Oakridge International School. Upon the parent's requests, we will also be conducting the workshop in a private residential building in the Kukatpally neighborhood of Hyderabad.

If you would like us to organize a workshop in your school/NGO/residential building or organization, please write to us at [team@sayfty.com](mailto:team@sayfty.com)

## Acknowledgements

This workshop would not have been possible without the efforts of the following people

Sayfty: Sammy Sahni and Namrata Sadhvani for facilitating the workshops and co-creating the content with our founder Dr. Shruti Kapoor.

Anthea Montessori: Thank you to the schools for donating their space for the workshop. Thank you also to the staff (names?) for helping us organize the workshops and for your valuable feedback.

Bluefish Tales: For creating all the graphics for the workshop

And all the parents and children who participated in this workshop and gave us their time and valuable feedback.

## About Sayfty

Sayfty educates and empowers girls and women against all forms of violence. Sayfty's vision is to make the daily lives of millions of Indian women safer by empowering them to take a stance against gender violence. A woman's safety is her birthright and our programs and initiatives ensure that she feels safe and free from violence.

We educate women and girls about the issue of violence against women by using digital media, storytelling and gender role discussions. Our online campaigns empower women and girls by making them more aware of their rights, helping them identify and speak out against gender violence. We provide safe spaces (online and offline) for open conversations with boys and men to bring about a fundamental shift in how violence against women is perceived. Our self-defense workshops instill confidence in women and girls to protect themselves while encountering perpetrators.

# Appendix

## Workshop Resources

[Safe and Unsafe Touch Video](#)

[Private Parts Poem](#)

## Post Presentation Children's Activity Worksheets

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

[Parent Feedback Forms](#)

[Handout For Parents](#)