



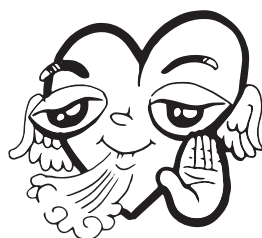
*All Children Have*  
***The Right to Safety***

Because All Children Are Special



*A COLOURING BOOK*

**'Towards Prevention Of Child Sexual Abuse'**



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# What is Child Sexual Abuse?

The following list of acts is recognized as child sexual abuse.

- Rubbing genitals against a child's body
- Touching/rubbing child's mouth or chest
- Sexually touching a child's body, and specifically private parts (breasts and genitals). Includes encouraging or forcing a child to do likewise
- Making a child touch someone else's genitals
- Encouraging or forcing a child to masturbate, with the child as either a participant or observer
- Encouraging or forcing a child to perform oral sex (mouth-to-genital contact on or by the child)
- Inserting or attempting to insert objects or body parts (like fingers, tongue or penis) inside the vagina, mouth, or anus of a child
- Encouraging a child to watch or hear sexual acts
- Exposing one's private body parts to a child
- Watching a child while undressing, using the bathroom, with or without the child's knowledge
- An adult making suggestive comments to the child that are sexual in nature. Commenting on the sexual development of a child.
- Encouraging or forcing a child to read/watch pornography, giving pornographic material or using the child in pornography.

## **Why you need to talk about the prevention of child sexual abuse (CSA) with your Child?**

Because according to a survey commissioned by the Ministry of Child and Women Development, India in 2007, 53.22% of children experience one or more form of sexual abuse before they turn 18. Which mean every second child in India could be a victim of Child Sexual Abuse. By talking to your child about CSA, you can empower her/him with knowledge and skill to recognize and to help protect themselves from abuse by approaching the trusted adults.

# Guide for the Teachers and Parents

regarding the content of the coloring book

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**Self-esteem reinforcement (picture no.1-4)** Children need to know that they are special, this knowledge is needed to be reinforced so that children have the desire and confidence to take care of themselves. The offenders take the benefit of child's lower self-esteem, and manipulates it for his/her own gratification. Building a strong self-esteem in children reduces their risk of being manipulated.

**Self-care and protection (picture no. 5 - 7)** tell children that since they are special, they are required to look after themselves. Encourage your children to think about the ways they take care of themselves. This exercise will make children think about themselves in a serious and self-connected way.

**Personal space bubble (picture no 8-12)** tell the children that each and every person has a bubble around them which is invisible, and is made by our inner voice which works from our heart. Whenever some change happens in the bubble our heart gets to know that, and our feelings change accordingly. That is why it is important that we trust and pay attention to our feelings. For instance – when we hug mother or a friend (safe touch); we merge our bubbles and that makes us feel happy. But whenever somebody comes to hit or harm us, (unsafe touch) our bubble pops; which makes us feel afraid, angry, sad, gloomy etc.

**Unsafe Secret touch (picture 13-15)** tell the children that it is completely unacceptable, if anybody touches their mouth, chest and genitals except in two conditions-

1. When doctor examines them in the presence of trusted adults (could be parents, elder siblings)
2. When children are not capable of taking bath and clean their potty by themselves at early age from 1-6, they need assistance from the elders to clean their entire body.

**What to do in the case of Unsafe Secret Touch (Picture 16-18)** tell the children that in case someone touches them, or make them touch private parts or make them feel uncomfortable, Children can follow the three steps safety rule:

*STEP 1* – Children should shout a loud 'NO' since their bodies belong to them. It is okay to say NO to the adults or anyone who makes them feel uncomfortable.

*STEP 2* – Run away from that person, as soon as possible

*STEP 3* – Tell all the adults he/she trust, keep telling the trusted adults till the time they believe you and help you to get rid of the situation.

At times children feel guilty after the disclosure of the abuse, they need to hear from the adults that they did the right thing by telling and it's never children's fault if they are touched inappropriately.

**NOTE:** In order to help your child, feel free to take support of CHILD HELPLINE -1098. This service is absolutely free. The helpline maintains the confidentiality of the information that you provide.

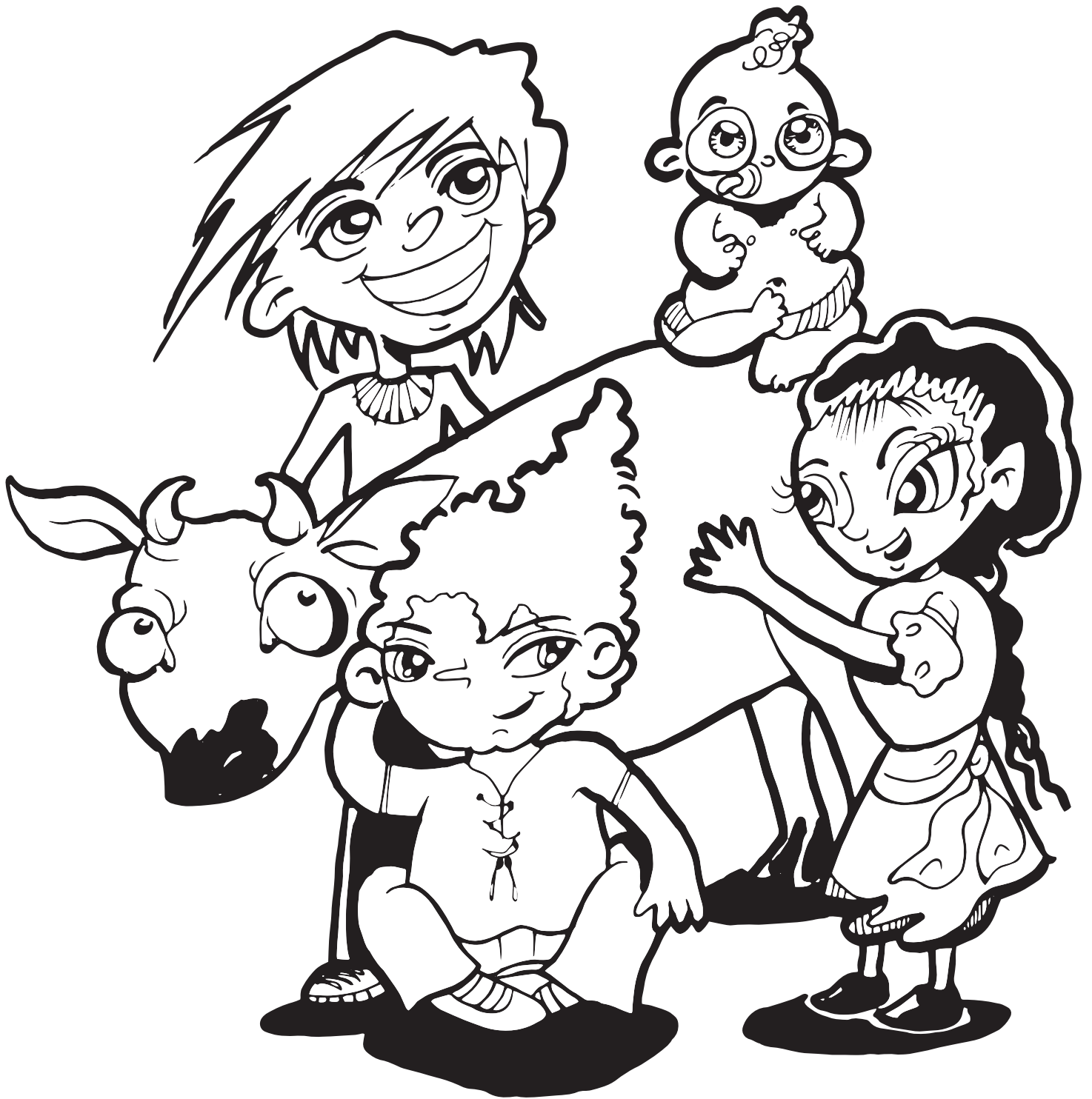




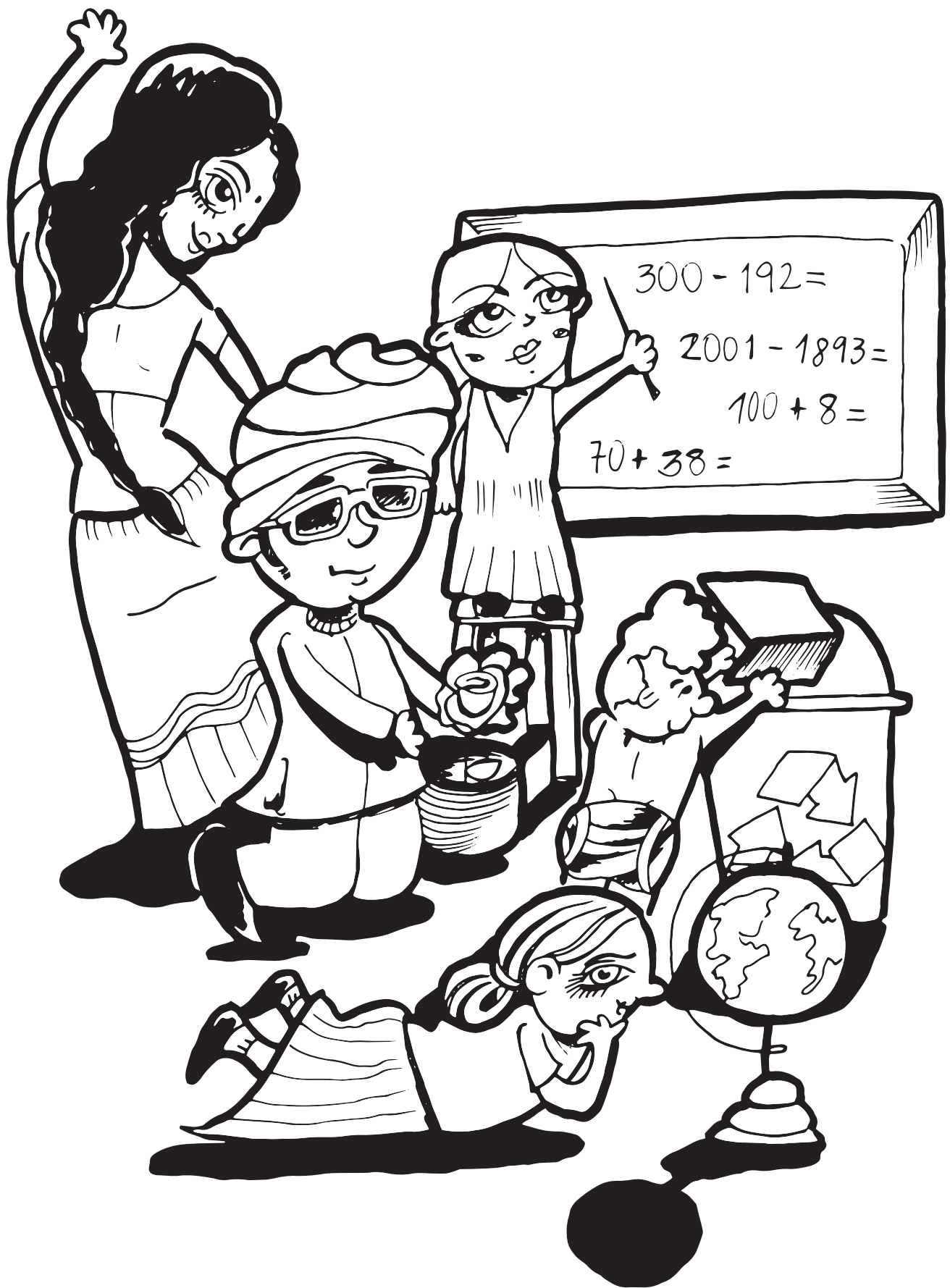
Hello friends!  
we are here to share with you what our elders have told us.



Every child is special



Our friends are special too.



Our talent makes us special. Some children like to dance. Some like to know the facts about the world. Some children like to recycle waste material, and some like math or gardening etc. Can you tell what you like to do?

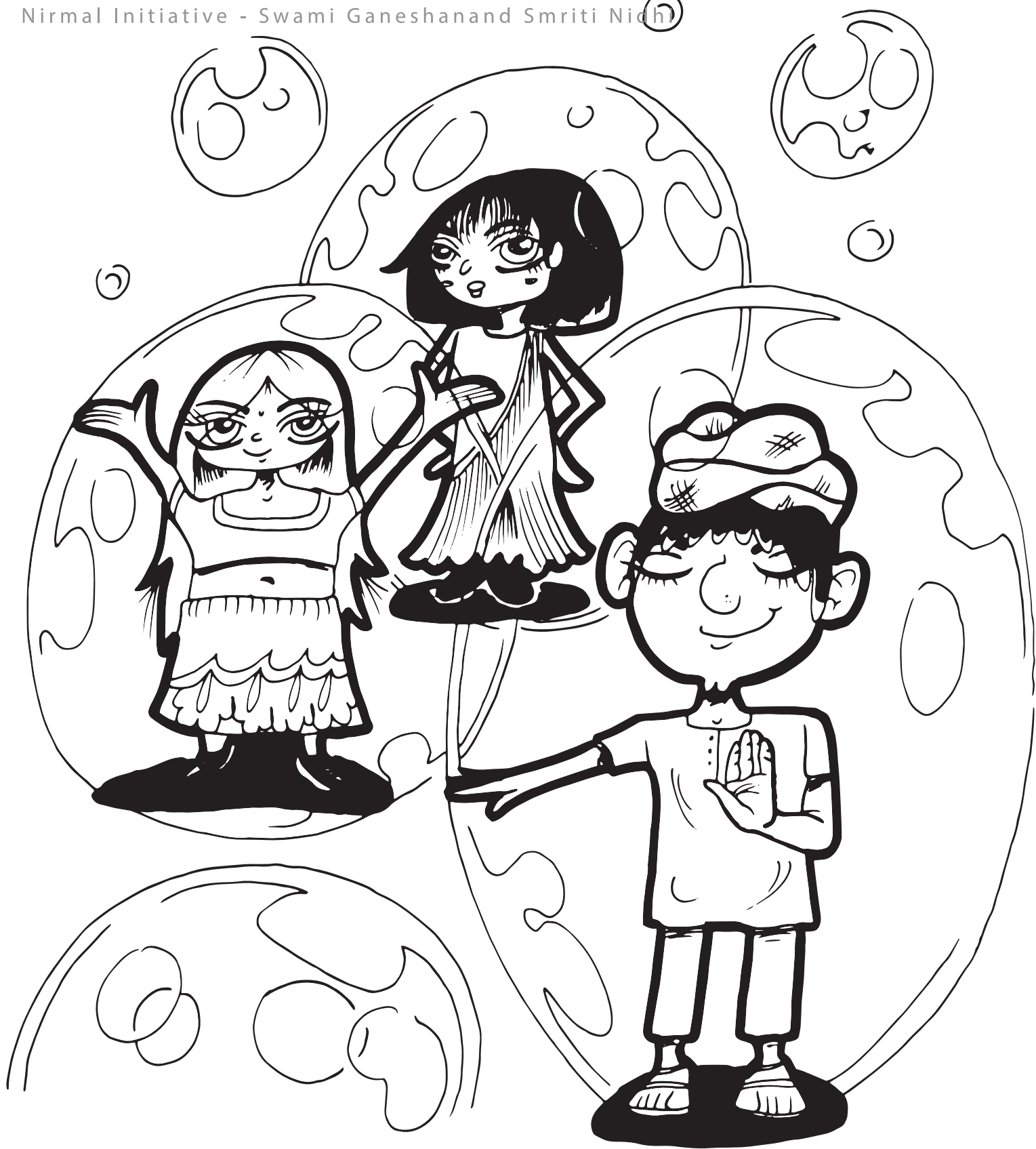


Since we are special we take care of ourselves and our personal safety.



We brush our teeth. We take bath every day. We go to doctor when we get sick. We wear safety belt while driving car. And we eat healthy food. Can you tell how do you take care of yourself?





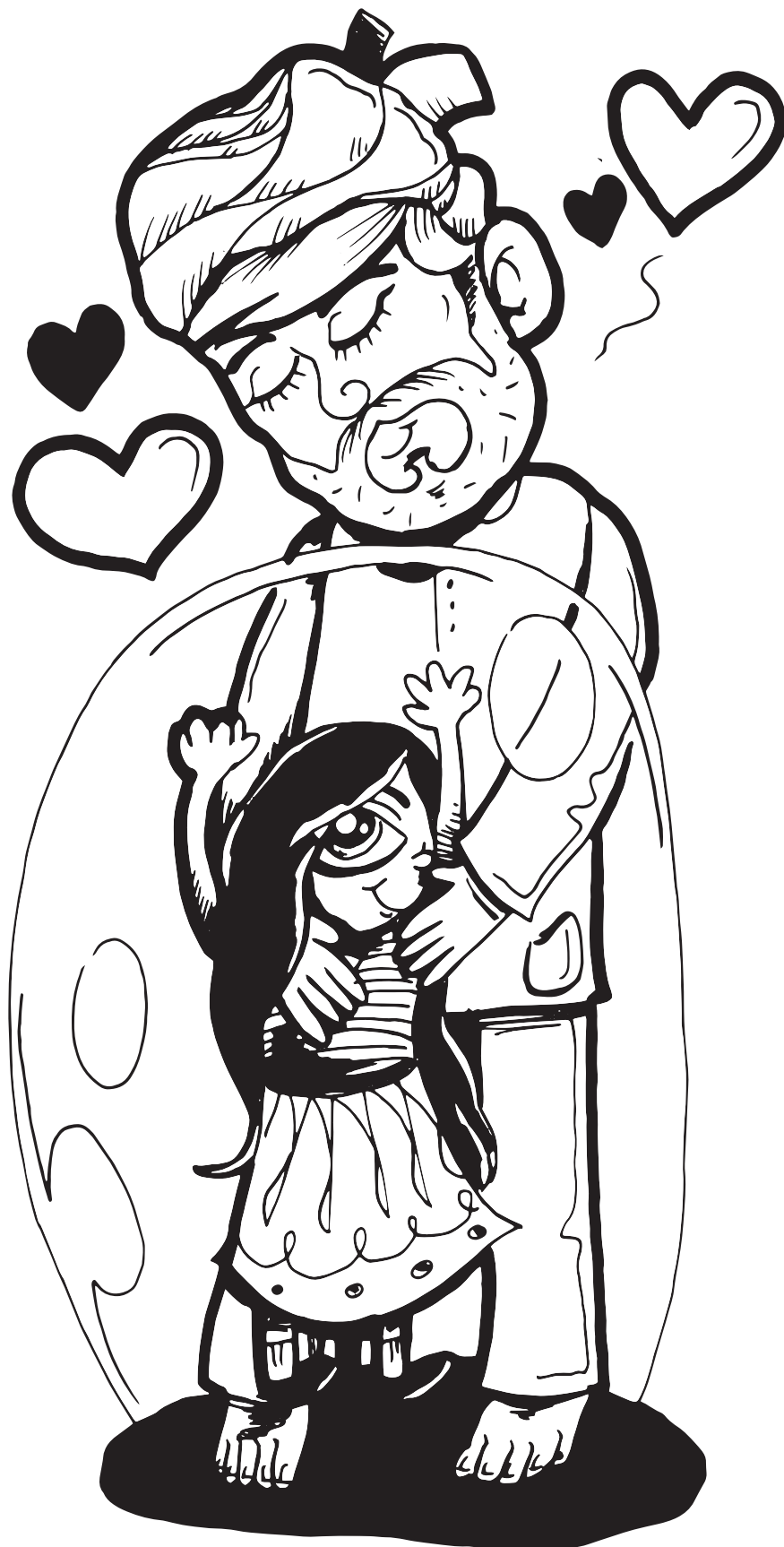
There is one very important way of keeping ourselves safe. That is by listening to our inner voice. Our inner voice forms an invisible bubble around us. This is our personal space bubble. Whenever anything unsafe enters our bubble, our inner voice warns us. We must listen to its warning, and take help from the adult you believe in.

They could be your Parents, Teachers etc.

Can you identify the adults you trust?

There are three  
kinds of touch:  
Safe Touch,  
Unsafe Touch  
and Secret  
Touch.

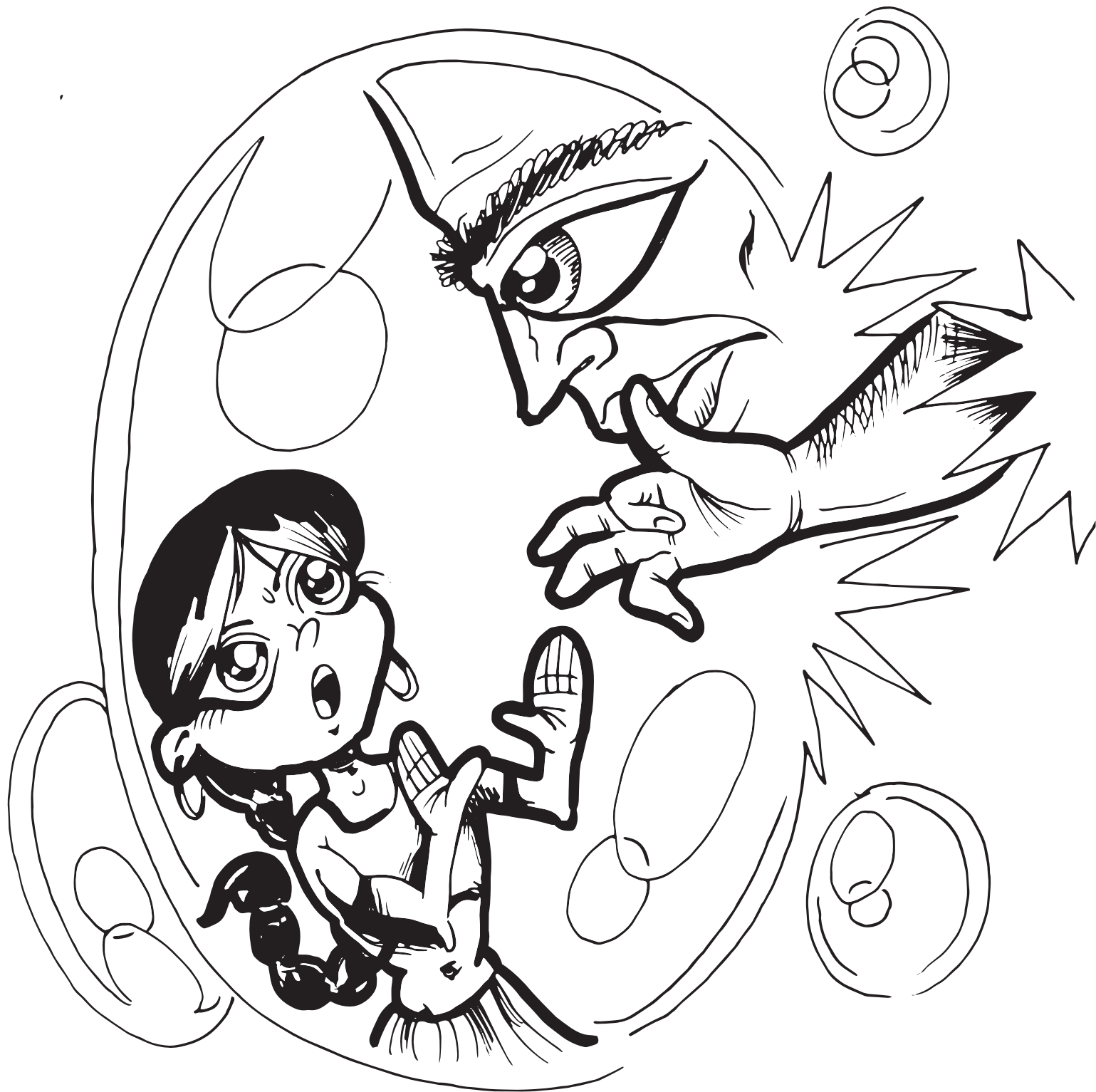
Secret Touch is  
also an  
Unsafe Touch.



Safe touches are okay. Safe touches do not pop your personal space bubble. A safe touch is like when your parents hug you. When teacher pats you on the shoulder to let you know that you're doing good job at school. Can you name some other safe touches?



Safe touch makes you feel happy, and joyful.

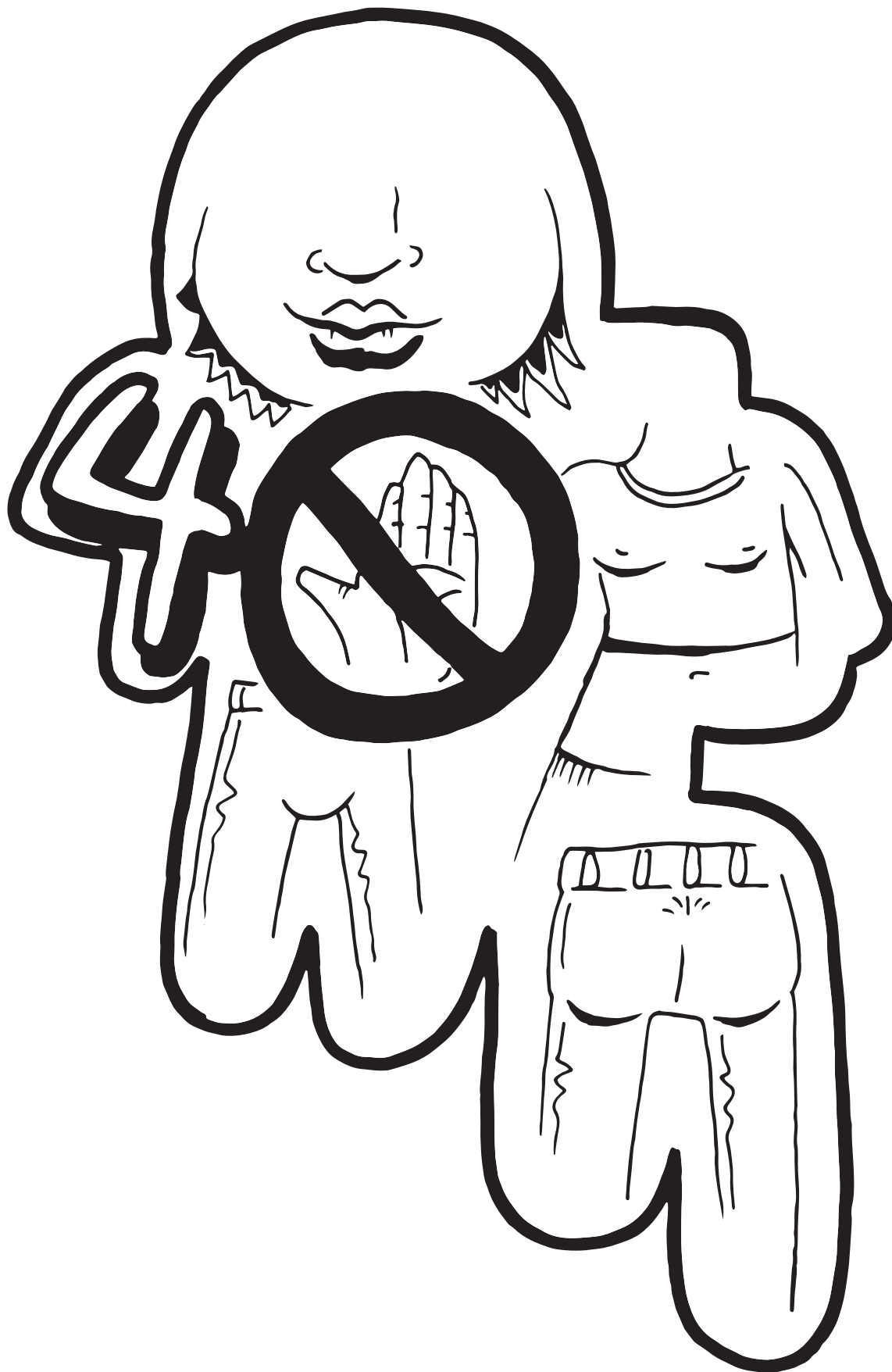


Unsafe touches are not okay. Unsafe touches can hurt and pop your personal space bubble. Unsafe touches are - When another kid or a grown-up hits you, hurts you, or touches your body in a way that you don't like or just doesn't feel okay. Can you name some other unsafe touches?



Unsafe touches make you feel gloomy, sad and angry.





Secret touch is an unsafe touch which is not accepted in any condition. Secret touch is when someone touches the private parts of our body, and tells us to keep it a secret. We have four private parts in our body - Mouth, Chest, Between our Legs, both in front and back.



Unsafe secret touch.



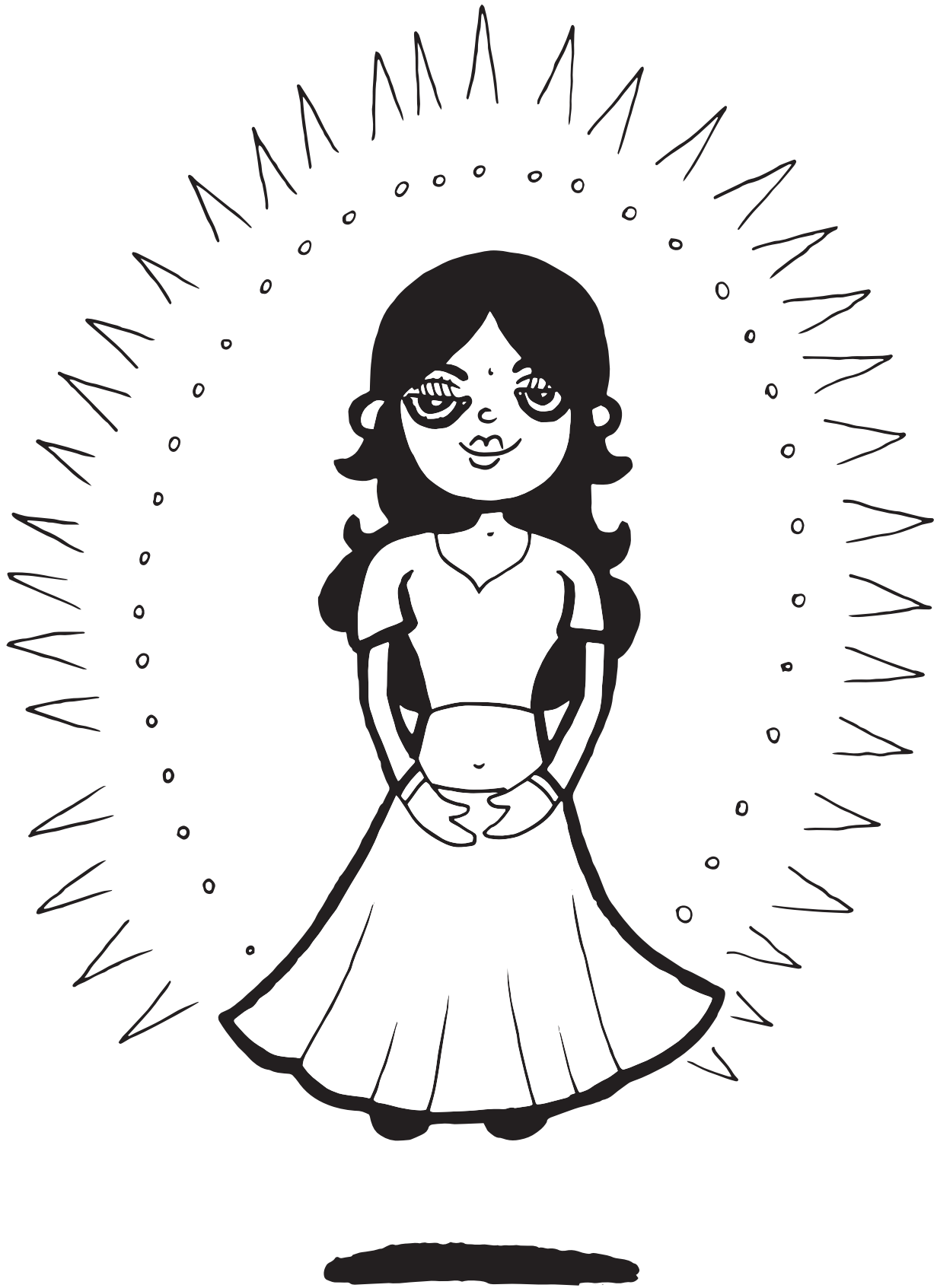
Unsafe secret touch.



If anyone, even someone you know and love, pops your personal space bubble by hitting you, hurting you or touching your body in a way that you don't like, you have the right to say "No!" because your body belongs to you.



Run away from them, tell the trusted adults, and keep telling till they believe and help you.



Remember you are special, and an unsafe touch is never your fault.



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