



Protsahan
India Foundation



BEGIN HERE!

A Training Guide For Facilitators



*THIS ACTIVITY IS A PART OF 'UNDERSTANDING CHILD PROTECTION' MODULE BY
PROTSAHAN INDIA FOUNDATION. TO KNOW MORE VISIT: WWW.PROTSAHAN.CO.IN*

What Is This All About?

Dear Facilitators,

Welcome to “Understanding Child Protection”, a module by Protsahan India Foundation. We are grateful and excited to see that you are joining us in the journey of creating safe and happy spaces for children.

The objective of this module is to empower the educators, adults, professionals, parents and individuals working with children with the knowledge we need to make every child more aware of their rights, conduct and cultivate a culture of empathy. All children deserve protection.

This game version bridges this important gap in education.

We don't want to teach you, but aid the process of protection and healing in children's lives. This module aims to work towards building a healthier ecosystem for children from ALL backgrounds. So please take this module as a guide and feel free to modify it as per what your children's need! This module was built with the help of Psychologists, on-ground teachers, social workers and of course the children at Protsahan. It needs your subjectivity to make it perfect for your children. :)

Have fun!

Team Protsahan

Guiding Thought

TOP 10 THINGS EVERY CHILD DESERVES:

- A SMILE EVERY DAY.
- A SAY IN THE WAY THE CLASS IS DESIGNED.
- SOMEONE WHO LOOKS THEM IN THE EYE.
- A FRESH START: EVERY DAY.
- TO KNOW THEY MATTER.
- TO HAVE TEACHERS WHO ARE LEARNERS.
- A SCHOOL THAT VALUES THEIR PERSPECTIVE.
- A BREAK EVERY DAY.
- PATIENCE.
- AN ADULT WHO BELIEVES IN THEM.

Part 1: Icebreakers (2 hrs+)

The first section is the icebreaker section.

For engaging the children, we have created a simple elephant character: Appu. Appu comes in to create a conversational pattern of learning for the children.

The components include strength worksheets & self-esteem sentence completion worksheets.

This section is focused on helping the child understand that they are much more than what they can understand of themselves, consciously. It is a reminder that they deserve to be celebrated.



Activity (1 hr)

STRENGTHS WORKSHEET:

WHY DO IT: To help the child remember what it is like to appreciate their own selves. Our social structures rarely ever create such spaces. We are also helping children understand weaknesses. This is not to make them feel “weaker” but to help them:

a) Remember that they are human, and allowed to be imperfect, to learn from mistakes and grow.

b) Find a strength in this list of weaknesses.

Eg: A child may write, “I stress out a lot.” We can remind them that this means they just care a lot, and that caring is not a bad thing.

The narrative with children can be:

Introduction to strengths, “we are all special and have so many strengths. Knowing our strengths can help us feel more comfortable and be okay within our own skin. What is your superpower?”

Give each child a post-it note, let them write their name and list all their strengths on it.

Eg: Hi, I am kind, honest, confident Appu.



Activity (1 hr)

SELF ESTEEM WORKSHEET:

WHY DO IT: Self esteem is one of the major issues that concerns our young population. We want to help them remember that they are strong and have a bunch of good things to offer, via this activity. Children need to be reminded that they deserve love and care.

Here, we build their self esteem by reminding them of real life scenarios so it is more of a memory activation task than imagination.

The narrative with children can be:

“We all now have a list of our powers, let’s now see how they help us in our lives. We are talking about our little experiences now!”

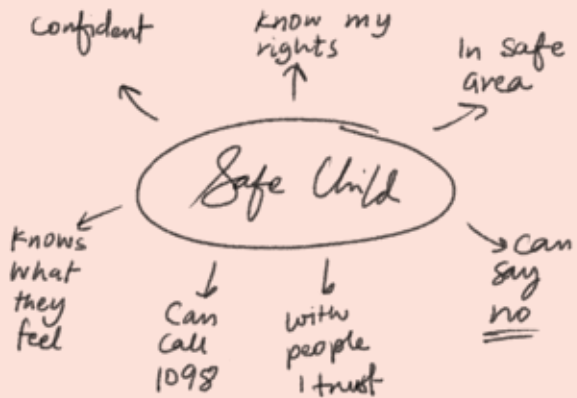
Part 2: Knowing Protection (2 hrs+)

HOW TO BEGIN: Have a Discussion on What Is Safety

"Safety is a feeling. It is not only inspired by us, but also by people around us." Try to gauge what safety means to the children and how they understand it. Ask children "Who is a safe child?" On the board you can write "SAFE CHILD" and make a mind map with words and prompts by children. Add some more on your own.

Safety can make you feel..

- strong
- comfortable
- loved
- happy
- brave



This Part Has:

1. A Poster about Feelings - To know your feelings is to be able to label them. It is easier to express ourselves when we know "what" we are feeling. You can have a class discussion on feelings too. Eg: "Last night I watched my favorite movie, so I felt HAPPY. But then the electricity went off, and I was SAD. But I will get to watch it today, I am EXCITED!" You can also think of role play ideas here.

2. A simple comprehensive guide for laws related to child protection - This is for every adult's reference to know how one can report, and what each law is about. These are simple and easy to read with no jargon.

Knowing these can also help you have a better class discussion with the students and equip you better to take a session on children's constitutional rights.

Empowered teachers empower students!

3rd

Activity (1 hr)

3. MY SAFETY WORKSHEET

Making a child aware of their safety is also about helping them find their way! This activity is more hands-on with each child. The pre-filled worksheet can be used to initiate the primary discussion. The factors to discuss:



i) Call, Tell, Yell: Who they can call (helpline, family, teacher etc), they can tell (anyone they feel safe with), and they can yell (Help, stop etc > phrases for emergency)

ii) Boundaries: What the word means, how to assert them. One can discuss how boundaries can be personal.

iii) Don't Touch: Talking about body parts they are not comfortable with others touching (any body part).

iv) Feelings: How they feel, and how to label them.

Part 3: Social Laws (2 hrs+)

We are bringing back snakes and ladders!

Games engage children and help in activating the problem solving part of their brains. With a solution oriented game, we urge the children to think, internalize and win! We all love a good board game, but with a twist, a simple board game can be a learning experience too. This is a rework of our own Indian Snakes and Ladders. The basic premise is still the same; landing on a snake will mean coming down, landing on a ladder is to climb up. But, this climbing up/down is now conditional.

The box has two decks of cards, a snakes and ladders board. (You can use any other board too).

Keep the decks of these cards on the side of the board and let the game begin! (We suggest keeping small groups of 4-5 children to keep the discussion fun & with more individualized attention from the adult).

A card from the Red Deck card gets picked up when someone lands on a snake and A card from the Green Deck when someone is on a ladder. Each card has a situation and if the situation is solved correctly by the child, they get to climb the ladder/stay on the snake. However, if they fail to answer, the child has to stay on the ladder/get bitten by the snake.

There are 8+8 cards, each card can start a small discussion.

Part 4: My Body, My Rules (2 hrs+)

In this activity, we are covering topics like consent, body autonomy, emotional development and relationships, to name a few.

This activity is a set of 10 puzzles and each puzzle has 6 parts. The idea behind this activity is to simply help the child feel engaged with the activity and add it all together. They will read the story, as mentioned.

This activity requires minimal supervision and is meant to help the child foster a certain level of trust with the teacher so if they have doubts or questions, they can ask questions.

Part 5: Understanding Trauma

It is an easy to read, roughly 10 page booklet which will give you ALL the primary information you need to learn and understand more about trauma.

The truth is, we will meet a lot of unsafe children in our lives, and while this module is an attempt to empower all children, there is still a past to unlearn/recover from.

Any child (or adult) could have unprocessed trauma, and this is what the handy booklet is for. It is for YOU to read.

Goodbye!

This brings us to the end of “Understanding Child Protection” module :)

We really hope you enjoyed reading and understanding the module as much as we enjoyed making it!

Before a goodbye, we wanted to mention a few things:

1. You know your children much better than we do, so feel free to modify the activities and mould them for your children’s context .Our idea is to create a succinct list of ideas and some fun ways to execute it. Now it is your responsibility and your choice on how to go forward.
2. We are talking about education and trauma friendly spaces in this module. However, this (or any other few activities) will NEVER be a replacement for mental health care provided individually.
3. This is just the first step. This is just a nudge. Safe children are a result of safe communities. It is a long road ahead, but we are all in the right direction!

We look forward to hearing about your experiences/doubts/suggestions, actually anything! So feel free to reach out to us at: **info@protsahan.co.in**