



adhyapana

VOL 2, Issue 2 July 2017 to November 2017

Bon Jour..... Hola..... Ni Hao..... Guten Tag..... Konnichiwa... . . . &

FROM THE DIRECTOR'S DESK



from

SIES Institute of Comprehensive Education

Dear Readers,

Greetings of the season!

We take great pleasure in bringing to you all yet another interesting issue focused on "Safety". The Merriam Webster Dictionary defines safety as the condition of being safe from undergoing or causing hurt, injury, or loss. In today's times, we considered it essential to relook into the meaning of safety.

Safety assumes prime importance not only to the physical body but also to the mind. Today we are exposed to myriad incidences of abuse to physical and mental safety. We at SIES Institute of Comprehensive Education, decided to look at safety from various angles not restricting ourselves to only physical safety. The mixed bag of articles focus on varying safety related themes.

As a training institution offering education to budding teachers, counsellors and special educators we have articles dealing with Child Sexual Abuse (CSA) the most discussed and debated topic of the present times. Our experts have contributed immensely to bring to light the correct strategies that need to be adopted related to CSA. School safety especially bullying and safety during outdoor activities have also been covered. Articles on protecting oneself against drug and substance abuse and counsellor's point of view have also been addressed. Since Cyber bullying is rampant, it is imperative to offer cyber safety. Extremely useful and practical tips have been suggested with regard to this theme by our contributors. We have looked at safety not only in our country but also for students studying abroad. All these have been packed to you along with general articles on safety and poetic view-points.

We are extremely glad to bring this issue to you all and we hope you find them useful and interesting.

Happy reading and season's greetings once again,

Vidhya Satish PhD

Director

CONTENTS

From Director's Desk

Dr. Vidhya Satish

Safety

Mr. S.V. Viswanathan

Teachers' Role in Identifying Child Sexual Abuse

Ms. Rupal Vora

The Secret Touch - Keep Your Child Safe From Child Sexual Abuse

Dr. Swati Popat Vats

Stop Bullying!

Ms. Upasana Saraf

Being Responsible Netizens

Ms. Sonali Patankar

Cyber Security – A matter of concern

Ms. Mahalaxmi C. Nadar

Student Safety In Pre-Primary School

Ms. Meenakshi Sriram

Unlearning Constructs of Safety

Ms. Vandita Morarka

Making International Education Safe

Ms. Roshni Khopale

Safety of Students

Ms. Barkha Patel

Safe From Substance Abuse

Ms. Mrunal Khamkar

Poetry Galore

Events Pictures Gallery

New at SIES & Acknowledgements.





adhyapaanam

VOL 2, Issue 2,
July 2017 to
November 2017

SAFETY

S.V. Viswanathan

Trustee SIES Society



Safety is the condition of being protected from **harm** or hazards or other non-desirable outcomes to achieve an acceptable level of risk or interpreted as implying a real and significant impact on risk of death, injury or damage to property.

Types of safety can be based on whether products meet standards, are safe or is felt to be safe.



Normative safety: Normative safety is achieved when a product or design meets applicable standards and practices for design/ construction or manufacture.

Substantive safety: Substantive or objective safety occurs when the real-world safety history is favourable, whether standards are met.

Perceived safety: Perceived or subjective safety refers to the users' level of comfort and perception of risk, without consideration of standards or safety history.

Security: is social or public safety, addresses the risk of harm due to intentional criminal acts such as assault, burglary or vandalism.

System safety & reliability engineering is an engineering discipline.

Continuous changes in technology, environmental regulation & public safety concerns make the analysis of complex safety-critical systems more & more demanding. **Safety measures** are activities & precautions taken to improve safety, i.e. reduce risk related to human health.

Common safety measures include: **Chemical analysis**, **Destructive testing** of samples, **Drug testing** of employees, etc., **Examination of activities by specialists** to minimize physical stress or increase productivity, **Geological surveys** to determine whether land or water sources are polluted, how firm the ground is at a potential building site, etc., **Government regulation** so suppliers know what standards their product is expected to meet, **Industry regulation** so suppliers know what level of quality is expected. Industry regulation is often imposed to avoid potential government regulation, **Instruction**

manuals explaining how to use a product or perform an activity, **Instructional videos** demonstrating proper use of products, **Root cause analysis** to identify causes of a system failure and correct deficiencies, **Internet safety** or Online Safety, is protection of the user's safety from cyber threats or **computer crime** in general, **Periodic evaluations** of employees, departments, etc., **Physical examinations** to determine whether a person has a physical condition that would create a problem, **Process safety management** is an analytical tool focused on preventing releases of highly hazardous chemicals, **Safety margins/Safety factors**.

OHSAS 18001:2007 is a global occupational health and safety management system (OHSMS) which is adopted all over the world. Organizations follow this to ensure standards are kept, inspections are made to audit following of compliances and employee's health is given prime importance.

House hold safety:



When we look at safety in houses, we look at the following:

Kitchen: we need to ensure sharp tools such as knife, forks scissors etc are kept protected and proper care to ensure child tamper proof. Similarly, all appliances are kept away from toddlers reach. Others such as gas knobs, stools/ chairs should not be reachable for a small child. Protection in kitchen should include oil splashes, glasses breaking, inflammable items away from burners; electrical appliances are unplugged and plug holes protected.

Children Room & Bedroom: Crib



has protection, all corners are rounded, mattresses are firm and flat, no electrical points are reachable by small children, the room does not have easy access to electrical shocks, glasses or sharp tools and secure. Window guards or grills are present, child uses flame retardant clothes. Child is protected from cigarette smoke and intoxicants.

Outdoors/Backyard/Pool: Are all walkways and outdoor stairways well lit? Are all swing sets parts free from rust, splinters, and sharp edges? Surface beneath the swing set soft enough for cushioning from falls, Pool has proper fencing and safety guards are available if pools are used for swimming. Poisonous houseplants are removed, heavy metals, asbestos and gases are removed



from the area. Childs pets are supervised.

Walls & Floors: Mirrors and frames are hung securely, peeled painting with exposure to lead should be avoided, nails in

the walls should not be a hazard, floors should have anti slip pad or design.

Doors & Windows: should have safety bars or grills, window stops are available to avoid banging and sliding doors have child tamper proof locks. Do all sliding doors have childproof locks?

Furniture: Are bookshelves and other furniture secured, Is there protective padding on corners of coffee tables, furniture, and countertops that have sharp edges? Do toy chests and other chests have safety hinges to prevent them from closing? Electrical appliances have proper stands or secured properly, Are there stops on all removable drawers to prevent them from falling out? Are beds and cribs away from windows?

Stairways: Do they have secure bannisters and railings, there are child protection on gaps which otherwise could be hazard for the child, Is there enough light in the stairway?

Electrical: Are all major electrical appliances grounded? No potential electrical fire hazards are there, Are all unused outlets covered with safety plugs?

Heating & Cooling Elements:

Are all electric space heaters at least 3 feet from beds, curtains, or anything flammable? Have gas fireplaces been secured with a valve cover or key? Are all radiators and baseboard heaters covered with childproof screens, Are the outdoor units protected from birds

Garage & Laundry Area: Are all tools, products, and supplies used for auto maintenance, pool care, and gardening and lawn work stored safely away from children in a locked area? Are recycling containers storing glass and metal out of reach? Are garbage cans covered? Are all bleaches, detergents, and other cleaning products in their original containers and stored in a locked cabinet? Are laundry detergent pods out of sight and stored in a locked cabinet? Are laundry chutes locked with childproof locks?

Bathroom: Are thermostats functioning and in working condition, are razor blades,

nail scissors, and other sharp tools stored in a locked cabinet and childproof latches installed on all drawers and cabinets? MCBs and RCCBs used for protection against current leakage, are all hair dryers, curling irons, and electric razors unplugged when not in use? Are bottles of mouthwash, perfumes, hair dyes, hair sprays, nail polishes, and nail polish removers stored in a locked cabinet?

Garage & Laundry Area: Are all tools, products, and supplies used for auto maintenance, pool care, gardening and lawn work stored safely away from children in a locked area? Are garbage cans covered? Are all bleaches, detergents, and other cleaning products in their original containers and stored in a locked cabinet?

General: Is Emergency Phone Numbers easily available and near telephones, are fire extinguishers installed appropriately and are in working conditions periodically maintained as per principles. Are there smoke detectors on each floor of your home? Are there fire exit plan available and everyone in the house know the process.

Workplace safety:



These include both manufacturing and services and generally are guided by points as below: Each person is responsible for their safety as well as other stake holders, Accidents happen but should be prevented,

Rules are meant to be followed and not broken or short cut done, Use always the right tool and equipment with experienced hands, always asses work and risks involved before attempting to take action, use protective clothing and units, avoid loose clothing and slippery footwear, practice good

housekeeping and use personal protective equipment.

Some UGC guidelines on safety of students on and off campuses of higher educational institutions:

UGC believes that a safe, secure and cohesive learning climate is an inevitable precondition to quality education and research in HEIs. It should be the prime concern of educational administrators across the country to ensure that students are safeguarded against attacks, threats and accidents, both man-made and natural. The key lies in institutionalizing the best practices and standard operating procedures that can substantively protect students from any threats and assaults, physical, social or psychological.

<https://pbs.twimg.com>

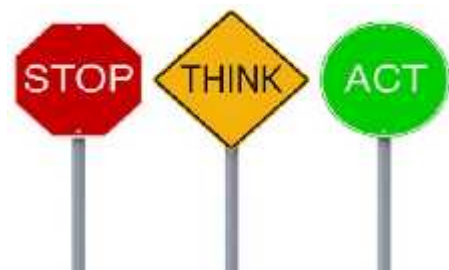


Given below are some of the concerns that should be materialized by HEIs in the interest of students and institution such as:

All infrastructures housing students should be well secured with clear boundary walls and cc tvs made available, biometric attendance is recommended, frequently visited junctions like canteen and notice boards, helpline numbers against ragging, sexual harassment, accidents, calamities be provided, campus community receives timely, accurate, and useful information in the event of a significant emergency or dangerous situation on campus or in the local area that poses an immediate threat to the health and safety, install the emergency notification system through which emergency message can be sent via email, telephone, cell phone and text messaging

within minutes of the occurrence of an incident, Discrimination, verbal or behavioural, based on the caste, religion, colour, nationality sex, gender, sexual orientation and social status be strictly prohibited, put in place a broad-based "Students Counselling System" for the effective management of problems and challenges faced by students, organize quarterly parents-teachers meet (PTM) so that grievances and gaps in system can be addressed and resolved, Online complaint registration system can also be launched so that issues can be addressed before they slip out of hands of authorities,

www.fastweb.com/uploads/article_photo/photo/2034595/10-college-safety-tips-every-student-should-know.jpg



On-campus medical facilities should be made available to student and install a fire safety system under which mechanisms for the detection of a fire, the warning resulting from a fire and standard operating procedures for the control of fire are evolved and may include sprinkler systems or other fire extinguishing systems, fire detection devices, stand-alone smoke alarms, Students and staff should be trained in the effective operation of firefighting devices. Should make sure that expedition activities are undertaken under the guidance and supervision of at least two trained teachers, of whom one is a lady teacher. The number of students who can collectively embark on such expedition can be adjusted in accordance with the multiple factors like duration of the journey, the weather conditions, type of the route and manageability. In case number of students exceeds fifty, a qualified doctor with

adequate supplies of medicines should be included in the entourage.



https://www.affordablecollegesonline.org/wp-content/themes/affordable/images/all-guidebooks/safety_first_icon.png

CONCLUSION

Safety is a culture of unconditional dedication to safety practices.

TEACHERS' ROLE IN IDENTIFYING CHILD SEXUAL ABUSE

Ms. Rupal Vora

Faculty and
Co-ordinator
(Counselling Courses
SIES Institute of
Comprehensive
Education, Sion,
Mumbai)



Twinkle was a cheerful, giggly 6 year old girl who could not had a more appropriate name. Her eyes were always twinkling and there was a sense of mischief about her. She was very friendly, extroverted and enjoyed playing and taking with the children in her class. She attended kindergarten in one of the city's well known schools.

Her class teacher noticed a sudden change in Twinkle. The 'twinkle' in her eyes disappeared. She would sit quietly on her seat with a blank expression on her face and stopped talking and playing with the other children. She frequently would like to go to the washroom.

The class teacher sensed there was something very wrong and took her to meet the school counsellor. The school counsellor after a few sessions of play therapy realised that Twinkle was being sexually abused by her driver who drove her daily to school and back home.

The matter was reported to her parents and principal. After further investigation a case was lodged against the offender and Twinkle was counselled by a counsellor who specialized in helping survivors of Child Sexual Abuse (CSA)

WHAT IS Child Sexual Abuse?

Sexual Abuse (Child Sexual Abuse):

The definition of Child Sexual Abuse as formulated by the 1999 WHO Consultation on Child Abuse Prevention (62) is *Child sexual abuse is the involvement of a child in sexual activity that he or she does not fully comprehend, is unable to give informed consent to, or for which the child is not developmentally prepared and cannot give consent, or that violates the laws or social taboos of society. Child sexual abuse is evidenced by this activity between a child and an adult or another child who by age or development is in a relationship of responsibility, trust or power, the activity being intended to gratify or satisfy the needs of the other person.*



In easy language CSA is the use of a child by an adult or another child for sexual gratification. When one mentions CSA people often would imagine that the perpetrator would be some scary looking stranger with deep psychiatric problems. Save The Children, an NGO reports that in 2015 14,913 cases were registered for CSA and in 94.8% of the cases the perpetrator was someone the child knew. More than half the cases involve the perpetrator being a member of the victim's family. This falsifies the myth that the perpetrator is a stranger and strengthens the fact that CSA is a serious threat to all children.

For How to rock the talk on body safety - conversation matters go to

<https://i.pinimg.com/originals/34/f9/58/34f958c4c4aco69084bf26dbcbb7371.jpg>



The perpetrator as well as the victim can be of any sex. Boys are equally at risk as girls. A study by the Ministry for Women and Child Development ((2007) on CSA in India claims that 53.22% children had faced one or more forms of sexual abuse.

There is no typical offender profile CSA happens in all religious, ethnic, linguistic groups and at all socio-economic levels.

It is found that many people find it difficult to comprehend that anyone would sexually victimize children resulting denial that the problem exists. Thereby as a teacher it is essential to understand the gravity of the matter and be very alert in understanding what exactly CSA is and recognising the warning signs/indications of CSA.

TYPES OF CSA

The Foundation, an NGO working in the field of CSA has divided CSA into Contact and Non-Contact types

CONTACT

- Fondling/kissing/hugging/touching a child with sexual undertones
- Touching a child's private parts or making a child touch someone's private parts
- Playing Sex Games with the child
- Inserting objects/ body parts in child's private parts

NON CONTACT

- Using children for pornography
- Forcing the child to look at pornographic material
- Removing children's clothes with sexual undertones
- Exhibitionism → exposing genitals to child
- Masturbating in front of child
- Observing child changing/ taking bath to experience sexual gratification
- Making child view someone in sexual act
- Sexualised talk with the child

reasons vary ... at times the children have been threatened by the perpetrator of harm to the survivor or survivor's family. Some children have feelings of shame. Some feel that they will not be believed or have a sense of guilt and fear they be blamed for what happened. In some cases, it was found that the child did not disclose as she did not have the vocabulary to express what happened. At times the child is bribed by the perpetrator with gifts to keep things secret. The most unfortunate is when the child is made to believe that there is nothing wrong with what is happening.

There are a number of warning signs of CSA; some of them are as follows:

- Difficulty in concentrating and scholastic problems
- Sudden change in behaviour (aggressive mood swings, becoming clingy or withdrawn, insecurity, depression, becoming unusually secretive)
- Suicidal tendencies and indulging in self harm
- Regressive behaviour such as bed wetting/soiling clothes
- Genital area soreness/itching or frequent urination
- Torn, stained clothes, especially underclothes
- Difficulty walking/ sitting

- Eating Disorders
- Sleep Disorders
- Sudden development of fear of certain places, persons
- Using sexual vocabulary inappropriate for age/ acting out in inappropriate way with toys and dolls
- Unexplained money or gifts

REFERENCES

<https://www.savethechildren.in/resource-centre/articles/recent-statistics-of-child-abuse>

<https://www.parentsprotect.co.uk/warning-signs.htm>

<http://www.stopitnow.org/ohc-content/what-teachers-and-child-care-providers-can-do-to-prevent-child-sexual-abuse>

<http://arpan.org.in/>

<http://www.tulir.org/>

<http://thefoundation.in/project-h.e.a.i>

<http://arpan.org.in/>

Resource material from ARPAN & The Foundation

Many cases of CSA go unreported, the



These signs need not be indicative of CSA, they may be indicators of other problems but if any of the above are observed, the teacher should immediately inform the Principal and school counsellor who will know how to proceed further to help the child.

With the implementation of the The Protection of Children from Sexual Offences Act (POSCO, 2012) it is now mandatory to report CSA. This casts a legal duty upon a person who has knowledge that a child has been sexually abused to report the offence; if he fails to do so, he may be punished with six months' imprisonment and/ or a fine.

The school is the one social institution besides the family where children spend maximum time. Teachers can play as effective participants in prevention and intervention efforts to reduce Child Sexual Abuse.

KEEPING OUR KIDS SAFE FROM CHILD SEXUAL ABUSE... THE SECRET TOUCH



Dr. Swati Popat Vats,
President Podar
Education Network

President Early Childhood
Association (India)

What is child sexual abuse?

The standing committee on sexually abused children (Bajpai, 2003) has defined Child Sexual Abuse as 'Any child below the age of consent may be deemed to have been sexually abused when a sexually mature person has by design or by neglect of their usual societal or specific responsibility in relation to the child engaged or permitted engagement of that child in any activity of a sexual nature which is intended to lead to the sexual gratification of the sexually mature

When children say they have been abused, it is often a figment of their imagination or fantasy - Fact- Most times, children are unable to disclose or talk about abuse. In rare instances, when they do talk, it is not their imagination or fantasy but very real; children need to be believed and supported if they talk about any sexual touching or if they express any reservations about interacting with particular adults.

We can tell if a child is sexually abused- Fact - Children are experts at hiding their pain. It is difficult to say from external appearance if the child is sexually abused.

However, adults need to be alert to any changes in the child's behavior, performance at school, emotionality, fear of certain places or people, resistance to go or meet some people and sleeping and eating patterns. A traumatic experience in a child's life is often expressed through indirect means. Also many children may not show any change in their behaviors or other patterns until much later.

Boys cannot be abused- Fact - Although more girls are reported to be sexually abused, (one in every four) research indicates

person. This definition pertains whether or not it involves genital or physical contact, whether or not initiated by the child and whether or not there is a discernible harmful outcome in the short run.'

Some myths to do with child sexual abuse-

Only strangers abuse kids sexually.- Fact- Danger from strangers is only a small part of the problem. Research evidence world over indicates that in a majority of cases, (up to 85%) the child's relatives, family, friends, or someone known and trusted by the child is involved.

one in every seven boy's world over are abused.

Important for parents to understand why are young kids easy targets of child sexual abuse?

KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE... young children thrive on touch, touch is one of their most important senses in the early years and naturally they show and accept love using this sense the most.

KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE ...early experiences at touching and being touched are incredibly important—not only for molding later tactile sensitivity, motor skills, and understanding of the physical world but also for her very health and emotional well-being. If your child associates touch with a traumatic experience then it will impact overall development. So it is important to keep them away from all kinds of bad touch.

KEEP YOUR CHILD SAFE FROM CSA

The incidents of children being sexually assaulted are on the rise and it is time for parents to have a detailed knowledge about why it happens and what can they do to prevent the same.

Only men sexually abuse children- Fact- An overwhelming majority of those who sexually abuse children is men although women are the ones who spend most time with children. Only a small minority of women report to have abused children.

Child sexual abuse happens only in poor or problem families- Fact- Child sexual abuse cuts across classes, caste, religious and educational barriers and occurs irrespective of what the background of the abuser and the child is.

KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE...

Kids thrive on touch and seek it from everyone, this makes them easy targets.

KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE...

They do not understand what bad touch is unless explained to recognize it.

KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE...

they lack the communication or vocabulary to share with you about what they experienced.

KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE...

Many parents think kids are imagining this behavior and thus tend to ignore the child's attempts to talk about it.

KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE...

the abuser is usually someone you trust and he is confident that you will not suspect him and it will be his word against that of a small child.

KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE...

abusers know that most parents are afraid of the social stigma and will thus not bring any action against the abuser and he can move on to the next child.

Some tips for parents in keeping their child safe from child sexual abuse-

1. Look for safe schools, daycares and crèches rather than 'sought after ones', or 'cheap ones'.
2. Check the following before enrolling your child-
3. Do they have a prevention of child sexual abuse policy?
4. Do they make staff sign a zero tolerance policy?
5. Are all the support staff police verified? Check the documents.
6. Do they have CCTV coverage of important areas and those areas that have nooks and crannies?
7. Do they check the CCTV footage every week?
8. Do they store CCTV footage for 30 days?
9. Are they aware of the POCSO act?
10. Conduct regular good touch bad touch sessions with your child; don't leave it only to the school to conduct.
11. Regularly speak to your child and listen for instances of any adult playing with your child alone.
12. Always respect your child and never say, you are lying.
13. It is your right to file an FIR in the police station.
14. Police should come to your house in plain clothes to interview your child. A woman officer has to be sent.

Child sexual abuse is on the rise, especially in India. Apart from ensuring that we know where are children are all the time and with who they are all the time, parents should also ensure that 'people' who look after their children respect children.

Increase in the easy availability and accessibility of porn on mobile phones etc. has lead to young children being easy targets for 'fulfillment'.

Some dos and don'ts for parents-

In most cases of sexual abuse the family knows the abusers. So ensure that you really

'know' people before trusting your child in their care.

Working parents especially find it difficult to keep children in a safe environment, so make the rules clear to the daycare or person who takes care and to your child.

Some children keep quiet about being abused because the offender threatens them. This is why parents should not threaten children. When you threaten children it makes them soft targets of all kinds of threats. And then makes them susceptible to danger.

Read the POCSO act because child sexual abuse is not just about 'penetration' or 'rape'. It starts with tickling, fondling, showing obscene material etc. and then moves to other levels of abuse.

Disbelief- shock- anger- guilt-depression are the common reactions of any parent when and if they come to know that their young child has been sexually abused. Here are some things to keep in mind-

If you are in doubt that your child is being sexually abused, it can be through your child's talks, or you saw your child do something during play or noticed redness in the child's genitals, however you came to know about it, it is important that you act on it.

Talk and find out more from your child, ask probing questions- so you play with uncle and then he tickles you on your wee-wee, and then what happens? Etc.

Do not make the child feel guilty or dirty about it but do prepare the child to say 'NO'- well, mummy and daddy don't like you playing with uncle in this way so mummy and daddy will talk to uncle about it but till then if uncle meets you, say you don't want to play. Sit as a couple and family to discuss the way ahead.

It is not very wise to 'let it go', take action against the offender.

When the abuser is a servant, parents are worried that the servant may take revenge. Well, fear is a two-sided sword; if you take action at least you have made others aware about the person and also made the person aware that action can be taken against him.

If you don't report how are you sure that this servant will not share this fear of yours with the next servant?

If it is someone from the school or daycare, all the more reason to approach the school or daycare and seek their intervention.

Most parents are afraid of reporting it to the police for fear of interrogation of the child, daily visits to the police station and the name of the child being splashed in media. Here are three things you should know as per the POCSO Act-

A lady police has to come home and ask questions to your child. The child does not have to go to the police station. She can be plain clothed.

You do not have to visit the police station if you so wish. You can also seek help from NGO's in case of doubt.

STOP BULLYING!



Ms. Upasana Saraf
Head-HRD
Bombay Cambridge
Gurukul

Bullying does NOT have to be a part of growing up. While no real statistics are available for the extent of bullying in high schools in India, there is growing awareness of the psychological and physical impact of bullying. The Anti-Ragging Act was introduced in 2009 to check the spiraling nature of student-to-student violence. Newspaper reports of serious crimes perpetrated by children such as rape, murder, kidnapping, and extortion are possibly the culmination of smaller acts of anger and violence that unchecked, led to

irreversible damages to another child.

School and play-ground bullying has serious implications for a child's academic, social, and emotional progress. Victims are likely to show low school attendance, poor self-esteem, self-injurious behaviours, further victimization, depression, anxiety, and phobias.

Witnessing bullying has been known to cause in other children feelings of anxiety and depression, higher school refusal, and substance abuse.

Studies show that without intervention, the bully may drop out of school, continue the abusive behaviour well into adulthood, and is more likely to be involved with substance abuse and petty crime.

WHAT IS BULLYING?

Bullying is an act of aggression causing fear, humiliation, pain or discomfort to someone who is younger, weaker or more helpless.

It has three defining characteristics:

1. **It is Deliberate**—a bully's intention is to hurt someone physically or emotionally
2. **It is Repeated**—a bully often targets the same victim again and again

3. **There is a Power Imbalance**—a bully chooses victims he or she perceives as vulnerable

Who are most at risk?

- Children who belong to a minority racial or ethnic group
- Children with mental or physical disabilities
- Children who are overweight
- Children who are new to the community
- Children who are gay, lesbian, bisexual, or transgendered
- Children who don't "fit in" or are "different"

FORMS OF BULLYING

Understanding what bullying looks like can help us recognize it and stop it. Bullying may be planned and organised or random, and it may be perpetrated by individuals or by groups of children. It occurs in many

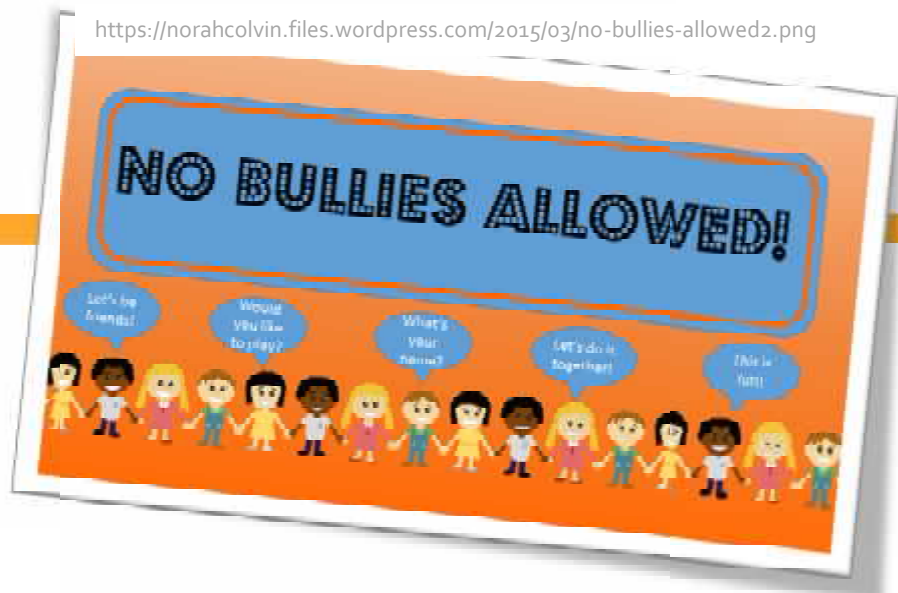
Verbal:

- Name calling, using offensive names, distorting names, or substituting a name
- Threatening, yelling, taunting, insulting, humiliating someone using words
- Using abusive or foul language with intent to hurt
- Ridiculing another child's appearance, way of speaking or personal mannerisms
- Belittling someone's abilities and achievements
- Writing offensive notes or graffiti about another child

Relational:

- Spreading rumours about another child or his/her family.

<https://norahcolvin.files.wordpress.com/2015/03/no-bullies-allowed2.png>



different forms, with varying levels of severity. Bullying may be:

Physical:

- Using physical aggression such as hitting, pushing, spitting, tripping
- Threatening or intimidating or dominating someone through gestures or non-verbal behavior
- Interfering with another person's property by stealing, hiding or damaging it
- Using extortion or blackmail with another child or forcing them to do something they don't want to
- Not allowing someone to eat during break or damaging his/her food

- Isolating or excluding someone from a group activity.
- Getting another child to hurt someone (manipulating)
- Instigating children against another child
- Using blackmail to extort things or cause harmful actions
- Pairing a child with another of the same gender or another gender
- Stalking, harassing, annoying or troubling someone

Cyber-bullying:

- Using internet to hurt or humiliate another person
- Posting personal information or images of a person
- Making rude, derogatory, or hurtful comments about someone's post
- Using abusive, offensive or vulgar language online for someone
- Spreading rumours or posting false information
- Getting other people to post or send hurtful messages
- Excluding someone from an online group
- Ganging up against a person to trouble or harass them online

WHAT ADULTS CAN DO?

Bullying begins in the preschool years, peaks in early adolescence, and continues, but with less frequency, into the high school years. Teachers, parents, and other concerned adults can help prevent bullying as well as help children to protect themselves.

Prevent bullying:

1. Intervene when children are young. Children who bully are not born bullies and children who are victimized are not born victims. Many young children engage in aggressive behaviors that may lead to bullying, while others react by submitting or fighting back. Adults can stop these patterns before they are established by encouraging cooperative behaviors such as sharing, helping, and problem-solving, and by preventing aggressive responses such as hostility, hurting, and rejection.
2. Teach bullying prevention strategies to all children. Don't assume that only "challenging" children become bullies or that only "weak" children become victims. All children can benefit from learning to distinguish between acceptable and unacceptable behaviors; how to stand up for themselves and others; and when to turn to an adult for help.
3. Take bullying seriously. Pay careful attention to the warning signs and to children most at risk. Make sure children know that bullying will not be tolerated and that you will work with them to make bullying stop. Act immediately when you know about bullying or if you see it.
4. Teach by example. Be an effective role model. Children learn how to behave by

watching and emulating the adults in their lives. Consider how you solve problems, discipline, control your own anger and disappointment, and stand up for yourself and others without fighting. If children observe you acting aggressively, they are more likely to show aggression toward others.

5. Help children critically evaluate media violence. Children may learn aggressive behaviors by watching television and movies that glorify violence and by playing violent video games that reward violent behavior. Help children understand that media portrayals of violence are unrealistic and inappropriate. Intervene when you see children imitating media violence in their play or in their social interactions.
6. Help children learn and practice the qualities and skills that can protect them from bullying. Children who are confident are less likely to tolerate bullying and more likely to have the courage and inner-strength to respond effectively. They are also less likely to be targeted by bullies. Children who know how to make and keep friends can rely on them for protection from bullying. Children who know how to solve problems constructively, avoid responding aggressively to conflict.
7. Develop strong connections with the children in your care. Children are less likely to bully if they know it will displease an adult whom they respect and trust. Similarly, children are more likely to confide in an adult with whom they have a caring and trusting relationship.

Train children:

Help children understand what is bullying. *If someone is troubling you again and again, forcing or threatening you to do something or feel something you do not like, saying things about you, or causing in you fear, helplessness or shame; then you are being bullied.*

If you are being bullied:

- Remain calm and do not try to fight back.
- Tell the bully to STOP very firmly.
- Avoid being in the same area as the bully.
- Report bullying behavior immediately. You can never be punished for reporting.
- You can approach student leaders, counselors, parents or your teacher for help.
- Remember, no one has the right to bully you!

When you see someone being bullied:

- Say a loud "NO" to the bully and stop his/her harmful behavior/action.
- Intervene by saying something to distract the situation, to the victim or offender.
- Try and get the victim away by using some pretext.
- Do not use aggression to deal with the bully.
- If you feel unable to stop it, get support from people around or ask them to call an adult for you.
- Report the incident to a teacher/parent.
- Don't be a silent spectator or bystander. Act!
- Cyber-bullying: Save a screenshot of the picture/message and show it to a trusted adult.

Handling the bully:

- No one is born a bully. While bullying behaviour is a result of faulty learning, the key aim of handling bullies should be to change their ways. Bullies need as much help as the victim.
- For this, some things that can be done are:
- Help the bully get involved with activities in school.
- Help the bully learn how to make friends and be helpful.
- Do not be judgmental or superior or harsh with the bully.
- Offer suggestions on how s/he can make up for hurting someone.
- Guide the bully to talk to the school Counselor.

Lasting change requires the creation of an environment where everyone understands that bullying is unacceptable, harmful, and preventable—and where everyone takes responsibility for stopping it. A childhood free from fear can lead to developing individuals who are able to care for the people around them, and focus their energies to build a safer world.

“BEING RESPONSIBLE NETIZENS”

Ms.Sonali Patankar
Founder Responsible Netism
responsiblenetism@gmail.com

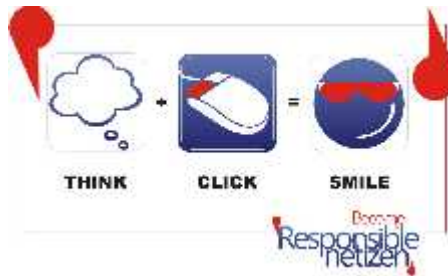


The youth of today are digital natives, blessed with high technical quotients they navigate into the online world with style, skill and ease. Technology is increasingly becoming an essential part of our lives and the young seem overloaded by things to do and information to absorb. They skillfully multitask on virtual platforms and master techniques of managing their online and offline lives. Their lives revolve around their phones and gadgets.

<https://cdn.eventfinda.co.nz/uploads/events/transformed/922390-421454-14.jpg>



From the internet and social media, to phones, apps, games, television and other types of technology they know it all.



Young people use the internet and social media for global connect, resourcefulness, innovation, self-promotion and branding, join and or follow interest groups, as a study tool, find, create or share interesting photos, videos and articles, self-expression and for entertainment.

With access to internet becoming a basic right, youngsters often tend to overlook basic norms of safety and security related to technology. Having a good understanding of the internet and how online media work and acquiring skills to critically understand analyze and create content that adds value for themselves and others would make their virtual journey a happy and productive one.

With every new innovation comes the fear of the unknown and the threat of vulnerability. When most of us almost living dual lives, a bit in the real while most of the rest in the virtual, without securing ourselves, we are bound to be distressed by unpleasant experiences and

memories. With the advancement in technology and young brains, cyber crimes related to social media and economic offences have been on a rapid rise, the damage it causes is more psychological and often permanent.

Tips to stay safe online:

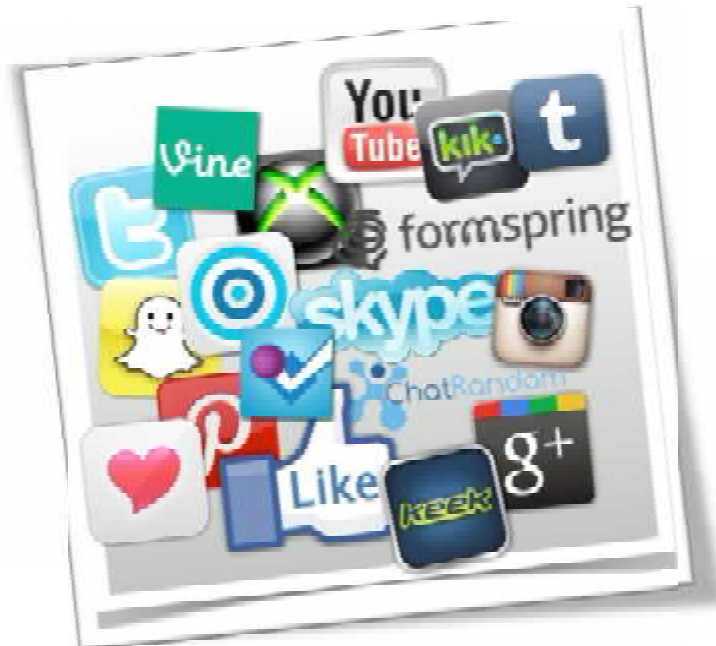
- Remember to think before you click and share on social networking platforms
- Do not react to posts, comments, pictures, videos online with defamatory or abusive language
- Think twice before you post anything objectionable or defamatory about a person, an institution/ organization, religion, country ; it is an offence as per the I.T. law
- Avoid social networking platforms when you are sad, angry and upset
- Cyber bullying and trolling is a punishable offence under cybercrime.
- Religiously follow privacy policy settings of all social media apps to secure your profiles
- Analyze the need before installing apps, it affects, storage , battery and also shares personal information
- Always verify messages before sharing forwards, they cause unnecessary chaos
- Define exposure to personal information ;upload limited personal information or pictures
- Read and understand terms and conditions carefully before accepting them
- Do not let people click pictures without your consent, do not capture others pictures, videos nor upload them without consent
- Upload pictures of a low resolution of 72 PPI or watermark them

- Do not be influenced by others pictures on social media, they are virtual avatars and may not be real, be proud of who you are.
- Remember to click selfies in moderation; do not let them convert into kill-fies.
- Never share photographs on the internet especially in relationships, they may turn into revenge porn
- Your digital footprints can make or break your career, keep your digital profile clean
- Make sure that your online behavior does not affect your body, your sleep and your physical activity, internet addiction can cause severe damage, seek help.
- Understand the need for digital detox. It will only reduce tiredness, stress and tension.
- Creating fake profiles, stalking morphing all are punishable offences under cyber crime
- Torrent sites are illegal, beware...
- Take a backup of your data
- Use licensed updated versions of antivirus software's
- Storing sharing transmitting porn text, images, videos or viewing porn in public places under 18 years of age is a cybercrime.
- Support social causes and initiatives online
- Share your feelings with parents friends or seek professional help
- Raise your voice against objectionable content

The power to control technology lies within each one of us. It is extremely essential for young people to understand the consequences of their online behavior. Only after taking ownership of their virtual lives, young people would be able to explore the fascinating world of technology to the fullest and make the most of it. With cyber space being the most vulnerable place of survival and cybercrime being on the rise and very often committed by young people, sensitizing people and protecting them becomes a responsibility of the youth of today. They then become cyber safety advocates and prevent further crime and damage.

We appeal young people to become Responsible Netizens and join us in collectively making our city digitally literate and cyber safe thereby promoting cyber wellness and Responsible Living.

<https://thecybersafetylady.com.au/wp-content/uploads/2013/03/Apps-1024x966.jpg>



CYBER SECURITY-

“A MATTER OF CONCERN”



Ms. Mahalaxmi C. Nadar
Assistant Professor,
Department of Chemistry
& Coordinator, Centre for
Excellence
SIES College of Arts, Science
& Commerce

A report by McAfee estimates that the annual damage to the global economy is at \$445 billion; however, a Microsoft report shows that such survey-based estimates are "hopelessly flawed" and exaggerate the true losses by orders of magnitude. Approximately \$1.5 billion was lost in 2012 to online credit and debit card fraud in the US. In 2016, a study by Juniper Research estimated that the costs of cybercrime could be as high as 2.1 trillion by 2019.

As per the article in *The Economic times*, 17th December 2016:

"IT ministry calls for Indian users' cyber safety after attacks by Legion hacker group": The government information and technology department has asked email service providers Google and Yahoo, and social networking platforms Facebook and Twitter to strengthen their security systems to safeguard Indian users in the wake of the recent incidents of cyber-hacking.

"Protecting public websites, citizens email accounts and social media handles is also our responsibility at the end of the day, and we have told these social media sites etc., to put adequate security measures in place", Aruna Sundararajan, secretary in the ministry of electronics and information technology (MeitY), told ET.

Cyber security has become a matter of concern. One cannot assure how far transactions carried out online are secure. Today every individual's day to day life cannot be imagined without mobile, gadgets or electronic devices and that too without internet connectivity. Any purchases can be



made online and the orders placed are available at our doorsteps. Have you ever visualised how far these transactions are viable and secure. Many a times without ones knowledge the money from a secure bank account is transferred into a hacker's bank account.

Not only transactions but computer viruses attack is also a way of misusing personal information or contents to steal or corrupt data. The most recent attack one has seen globally is **"Ransom ware attack"** – The **WannaCry ransomware attack** was a May 2017 worldwide cyberattack by the **WannaCry ransomware cryptoworm**, which targeted computers running the Microsoft Windows operating system by encrypting data and demanding ransom payments in the Bitcoin cryptocurrency.

Hence cyber security is a matter of concern in this tech savvy era. But one should have knowledge of these security terms while assessing internet as **cybercrime** is alarming on a daily basis.

What is Cybercrime

WHAT SHOULD YOU LOOK FOR

What is cybercrime?

Cybercrimes are any crimes that involve a computer and a network. The computer may have been used in order to commit the crime, or may have been the target of the crime.

Some types of cybercrime:

Computer Viruses: Computer viruses are computer programs that, when opened, put copies of themselves into other computers hard drives without the users consent. Creating a computer virus and disseminating it is a cybercrime. The virus

may steal disk space, access personal information, ruin data on the computer or send information out to the other computer user's personal contacts.



Cyberstalking: Cyberstalking is the use of the Internet or electronics to stalk or harass an individual, an organization or a specific group. Cyberstalking can include monitoring someone's activity real-time, or while on the computer or device in the current moment, or while they are offline, or not on the computer or electronic device.



Identity Theft: Identity theft is a form of stealing someone's personal information and pretending to be that person in order to obtain financial resources or other benefits in that person's name without their consent. The personal information stolen can include the person's name, social security number, birth date or credit card numbers.

Phishing Scams: Phishing is the attempt to obtain sensitive information, such as usernames and passwords, by pretending to be a trustworthy entity in an electronic communication.



<http://www.hoax-slayer.net/wp-content/uploads/2017/08/bank-phishing-scammer-1.jpg>

Malware, spyware, ransom ware: Each of these types of attack has its own objectives. It's basically a malicious software with the intent to gain unauthorized access and that could include viruses, spyware.

How do we secure our information? What about cyber security?

Cyber security refers to the technologies and processes designed to protect computers, networks and data from unauthorized access, vulnerabilities and attacks delivered via the Internet by cyber criminals. ISO 27001 (ISO27001) is the international Cyber security Standard that provides a model for establishing, implementing, operating, monitoring, reviewing, maintaining, and improving an Information Security Management System.



http://itrade.gov.il/romania/files/2015/09/computer_security.jpg

Elements of cyber security include:

Application security

Information security

Network security

Disaster recovery / business continuity planning

Operational security

End-user education

Cyber security tips:

Use a Secure Connection

Determine If a Site is Trustworthy

Keep an Eye on Your Transactions

Secure Passwords

Leave No Evidence Behind

Secure your digital transactions:

Demonetisation and the subsequent cash crunch has compelled people to use their debit or credit cards. Many are using payment wallets such as FreeCharge and Paytm to avoid using their cards all the time. Many of these first-time users are not fully aware of what is secure and what is not. This makes them an easy prey for hackers and people with malicious intent.

Tips for secure transactions:

Be more cautious with public WiFi networks: Easy and fast access to internet through public networks such as at railway stations, airports and coffee shops attracts many users. Make discrete use of public WiFi network. Hackers make similar type network, any communication made using such dubious networks will be at risk of malicious activity. It is safer to avoid WiFi networks that are not protected by a password.

Use VPN: Using a Virtual Private Network (VPN) not just sidesteps geographical restrictions on online content but can also add a layer of security to your online communications. You can add a VPN on your smartphone or your WiFi network at home.

Use OTP during transactions:

During online transactions made using a credit or debit card, banks ask users to enter their 3D secure PIN (personal identification number) or request for an OTP (one-time password). Using the latter will prompt the bank to send a six-digit number through a text message on the user's registered mobile number.

Identify secure webpages: Most websites rely on certain security protocols such as HTTPS (Hyper Text Transfer Protocol Secure) to protect users and keep their transactions secure. These websites can be identified with a green sticker and through the browser url, where the link address will start with https instead of http or www.

Alternative to online transactions—Use NUPP for transaction: Another way of bypassing the risk of online fraud during transactions is using National Unified USSD Platform (NUPP) for sending money directly to the other person's bank account. NUPP is based on USSD (Unstructured Supplementary Service Data) technology which uses GSM networks for communication with the user and the bank and this makes it free from the risk of online hacking.

Be cyber secure:

Use a hard-to-guess password that contains upper and lower case letters, numbers and symbols. Do not use the same user name and password for all online accounts.

Always log out of bank, credit card, and merchant sites after you have completed your online payment transactions.



<http://uncw.edu/ITSD/images/strongsecuritypasswords.jpg>

Use a reputable third-party pay service such as PayPal for online transactions whenever possible. These sites provide secure transactions and dispute resolution services.

Do not shop, pay bills or access your bank or credit card websites using public Wi-Fi. Shop from home and only over a secured Internet connection.

Use only one credit card for online purchases in order to limit exposure to fraud and theft on all your cards. If possible, use a pre-paid debit card in place of a credit card.

A more secure approach is two-factor authentication — either knowing two bits of information, which is weaker security (but better than single factor), or having access to another security measure, whether it's an SMSed password, token generator or biometric authentication measure.

Keyloggers capture all the keystrokes made on your keyboard — which could include your name, address details, credit card numbers and so on. Secure from keyloggers with current and updated antivirus and security software.

Keep records of every Internet purchase and transaction, and compare them with credit card and bank statements monthly. Report any discrepancies immediately to the issuer of the card.



It's best to avoid using surveillance apps, because some apps instead of securing your online content secretly monitors your online activity and thus becomes a spammer.

More tips – Keep GPS Location Off:

Global Positioning System (GPS) is a space-based navigation system that provides location and time information.

Keep GPS location off in your mobile phones. 'ON' it when you need to access Google Map for travel access.

Nowadays Cabbies are booked online. 'On/OFF' after online GPS tracking access and clear your travel histories often.

These facilities are misused by social networks like Facebook / Twitter, etc which keeps posting you whereabouts and areas you visited on your behalf. Keep location off for these apps to be safer.

Be responsible citizen don't post your vacation plans in social media. You are making way for hackers to access your email or social account during your absence for account phishing.

Create Strong Secure Passwords



It's better to post your photographs or vacation activities after you return from your journey.

Keep security settings for these apps so that you get intimation whenever your accounts are accessed. Preferably OTP or SMS option is better.

Technologies grow rapidly – So let us not be dependent on them – Instead use cautiously – Limit access as and when needed – Enjoy social media – Make online payments through secure gateways!!!

STUDENT SAFETY IN PRE-PRIMARY SCHOOL



Ms. Meenakshi Sriram
Coordinator- Preprimary
SIES School, Matunga

In preschool, children learn about the world through play. It's where children first develop a relationship with learning. Teachers introduce children to basic concepts such as shapes, letters, and colors. They are introduced to reading and writing, expanded vocabulary, creative arts, science, and social studies. They are taught concepts & skills through games, music, artwork, films, books, computers, and other tools.

The pre-primary children are at a tender age where they require an extra care and nurturing from everyone around them like their families, schools etc. Handling them in school needs at most care and consciousness. Preschool systems maintain certain standards such as class size, student-teacher ratio, quality of classroom environments, teacher-child interactions, etc. for effective functioning.

The important issues to be kept in mind while dealing with pre-primary children are hygiene & safety. As they are at a vulnerable age where they are still building their immunity children should be encouraged to follow some hygiene rules on a daily basis like washing hands regularly not picking their nose, using a handkerchief while

sneezing and coughing, Cutting nails etc.

.There are many general precautions that



need to be ensured like keeping the washrooms clean, First aids boxes should be kept handy & kindergarten teachers to be equipped with first aid knowledge.



http://images.clipartpanda.com/school-bus-clip-art-for-kids-school-bus-driver-quotes-5047_school_bus_with_happy_children.png

The classroom & the washroom area set up has to be child friendly. All the furniture and all equipment in the classroom should have curved corners. The children should be made familiar with their classrooms & the various other areas they visit during the school hours. Parents need to fill in the special personal information form to keep the

teacher and the school informed about the child's health or any other sensitivity.

The children have to be educated on basic good touch and bad touch by both parents & teachers. Parents should make their children understand not to take any offering of food or any such things from strangers. School buses are the safest way for students to travel, but children also need to be trained to stay alert and aware of their surroundings to prevent injury. The school ensures that the bus contractor follows the Road and Transport Authority (RTA) laws for providing comfort, security and safety for students and parents alike. Parents play a vital role in facilitating a safe environment to children of this age group in schools. Good parents ensure they keep in contact timely with the school, pick and drop their children on time at their stops and they involve aptly and actively in parent-teacher meeting and school associations. At any point, parents should not allow other parents or neighbors to pick their child up and school strictly should not entertain such practices.

Outdoor activities can make a significant contribution to the education of children. Fieldtrips provide a wide variety of learning



opportunities for children, and from occurring .

teddybears12/TEDDY_BEARS_-
Picnic%2818%29.JPG

expand the children's experiences and their understanding of the world around them. They can aid in the development of cross-curricular skills, thus boosting child's self-confidence. Such activities also help children to work co-operatively & communicate effectively. Safety is a major concern while taking students outdoors.

The success of any field trip depends on effective planning activities ahead of time. Planning not only includes selecting the activity and destination, it also includes determining how the group will get there and how the teachers will keep children safe during the entire trip. It is very important to select a venue which is safe for children and has the basic amenities. Generally the school hires a professional transportation company for taking the children on field trips, Planning involves being aware of potential risks such as road traffic accidents, accidentally falling from height, cold/heat related conditions, common injuries, children getting lost, abuse by other children and taking preventive actions to reduce those risks, and prevent serious incidents

There are certain safety measures which the schools ensures before taking children for an outdoor activity such as obtaining a signed consent from parents for all activities which includes the date of the field trip, time of departure and return, destination, purpose of the field trip, and any special considerations for a child with a special medical need. Wearing of school uniform and I cards is made mandatory for all the children going on these trips. Teachers keep a fully stocked first-aid kit handy & a list of emergency home and office numbers of parents of students who are going. All

teachers accompanying the group are trained to give first aid. A copy containing the details (route to and from the destination) of the field trip is left behind at the school to locate in case of an emergency & the school is constantly updated about the status of the trip.

The children are divided into small groups on such trips & teachers uses a checklist or attendance record to keep count of the children in each group and ensures that they know exactly which children they are responsible for. Always the minimum staff to child ratio is maintained. On arriving at the destination a well defined area is chosen as a meeting place in case the child gets separated. Children are instructed on the course of action if they become

separated from the group. Regular disaster management sessions are conducted to help generate awareness and give tips to students to handle themselves in case of emergency. Some element of risk is always involved in any activity, it is important to teach the children that they are the key to their own safety.

If all these tips are kept in mind, outdoor activity can be a fun and learning experience for children. They can explore the world around them through the field trips.



UNLEARNING CONSTRUCTS OF SAFETY



Ms. Vandita Morarka
Policy, Legal and UN
Liaison Officer
Safecity (Red Dot
Foundation)

Somehow social constructs have made safety seem synonymous with all that is boring, all that is not risqué or dangerous enough. Maybe we need to explore safety through an angle that does away with the standard way in which we look at safety? Conversations around safety need to move away from a primary dialogue of forbidding activities, we need to understand that safety has multihued dimensions and forbidding activities is the least practical way to approach the issue of safety.

Let's look at safety outside our homes as young students? Safety at social gatherings, college festivals, post college activities or even just a fun night of clubbing. The standard diktat remains that if you don't engage in any of this, you'll remain safe. I strongly differ, I think there is an increasing need for young people to reclaim spaces and their own narratives of safety.

India is ranked 141 on the Global Peace Index, 400 reported road deaths occur daily in India, and at least 34,651 cases of rape have been reported in 2015, according to data available with the National Crime Records Bureau (NCRB). 1 in 3 women faces sexual violence in her lifetime globally, drinking and driving cases are reported daily.

How are you supposed to feel safe with these numbers? How are you supposed to stay safe?

1. Inform yourself of your rights and of the law. Knowledge is definitely power, more so today than ever before. Know what the law says about having your car checked late at night while you're out on a drive, know what the law says in the case of an act of sexual violence,¹ know how to file an FIR. Knowing your rights will help you do the right thing and will also keep you informed on how to respond when you see something wrong happening, knowing that you have a right can immensely help in making you feel safer and in creating safer spaces. For e.g., if you're a group of girls out for a late night drive and a cohort of only male cops stops your car for checking, you do not have to stop. Be respectful to them but you can't be stopped by them. It is necessary for them to have a female cop present to be able to stop you.



*<http://i.dawn.com/large/2015/11/564d60f3d3d33.jpg>

2. Build awareness about these rights amongst peers. Also build awareness about legal consequences of indulging in behaviours that aren't permitted under the law. Create support systems and peer groups that are

available for other persons in times of distress.

3. The same way that counter speech can be the most effective way to handle hate speech. Going out more is a better way to make places safer than going out less. Youth led movements like I Will Go Out, Girls at Dhabas, Pinjra Tod are all uniquely showing us one simple thing: Public spaces will not get safer if you decide to stay home, they will get safer when there are more and more people out there, especially women. Reclaim public spaces and while you're reclaiming them make sure your acts do not become the reason for someone else not being able to use that space. Go to restaurants, go for late night movies, go to clubs, but ensure that you are responsible in your use of these spaces. The more you go out, the more people are around in these spaces, the lesser the isolation and possibility of any incidents like mugging, assault etc. occurring in the spaces.
4. If you're at a social gathering or a party, do not do anything that you aren't comfortable doing. Drink only if you want to, do not let that be someone else's choice. While we're at that age when parents don't seem like our go to option for many things, make sure there is someone at home or outside of the location of the gathering who knows exactly where you are and with whom. Make sure you have a backup plan to exit the party if it feels like an unsafe space. Always remember that it is better to call your parents about anything you feel unsafe about, your safety is their priority. If you cannot call your parents, always have a safe person, if you're a minor please identify a safe adult, who you can approach with any safety needs.
5. Stand up for each other. When you're staying back at college for the college festival preparation one day and you see someone sexually harassing or bullying another person, especially due to the lack of presence of teachers - say something. If you think saying something directly will put you in an unsafe situation, get other help, find someone else who can support you. If everyone just makes a collective effort to be active

bystanders, we can create safer spaces and campuses.

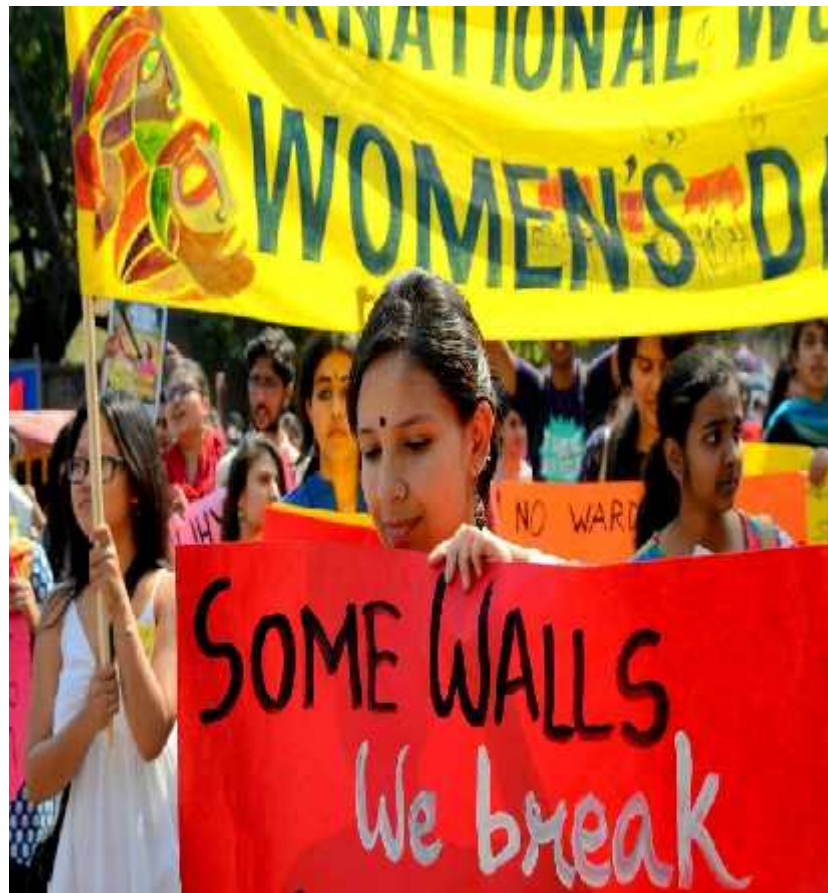
6. Do not drink and drive. This doesn't translate to do not drink, if that is what you want to do and are legally permitted to do, by all means drink. But when you drink and drive you put the life of others at risk. Isn't it unfair that while you did the drinking, most probably someone else will face the consequences of your drunken driving? Be responsible when you drink, appoint a designated driver for the night amongst your circle of friends or book a cab to get back home.



In no scenario should you stop going out. Keep reclaiming spaces and widening these spaces for all young people, especially girls. Alongside these efforts, work towards building a mindset that makes the need for such steps obsolete. Create a culture that actively supports practices that incorporate safety while not diminishing the fun. Stay informed of your rights, be active bystanders, be more alert and aware of surrounding situations and persons and always have an identified safe person to reach out to in case you need any help. Safety isn't a reality we will magically wake up to one day, it is a reality we can create through our actions as young persons stepping out in public spaces.

http://media2.intoday.in/indiatoday/images/stories/story+fb_647_121715031253.jpg
http://media2.intoday.in/indiatoday/images/stories/story+fb_647_121715031253.jpg

7. Use technology! There are apps that help send an SOS if you're in trouble, apps that help you book a cab and that let a friend track your ride home. Use these to ensure that even if you're alone at some point, you have access to others. A small reminder also to just keep your phones charged if you're out alone, it may seem like a small thing but can be the difference in a sticky situation.
8. Do background checks on people you're meeting up with. Tinder may be the way our generation dates but that doesn't mean the check on the person has to be limited to the app. preferably use LinkedIn to run a check on the other person, people lie lesser on professional sites. When you're meeting them for the first time, ensure that you meet at a visible, populated public space only.



<http://www.indiaresists.com/wpcontent/uploads/2016/03/Pinjra-Tod-Womens-Day-Protest.jpg>

MAKING INTERNATIONAL EDUCATION SAFE



Ms. Roshni Khopale
Student- Post Graduate
Diploma in Guidance and
Counselling
SIES Institute of
Comprehensive Education



Pointers with regard to Safety:

Studying abroad along with bringing freedom brings a lot of responsibilities to the students and parents as well. Today there are a lot of counsellors and institutes that help students choose a university, prepare for the entrance, even find out a roommate along with providing basic instructions to the students with regard to the dos and don'ts of that particular state.

There are few students who abide to it and few don't and land up in trouble. Few basic safety tips which every international student should follow include the following:

- Not to go out late in the night and avoid remote and unknown places to visit.
- Do not talk to unknown people how much ever they want to talk to you.
- Do not say anything offensive about any community or country in public places.
- Do not flash your money.
- Keep your id or passport handy.
- Do not drink with unknown people as drinking makes you vulnerable.
- Try not to seek attention by your traits, clothing, car or your words.

- It is always a better idea to go visit the campus of the university before joining the course or at the least have somebody in your trusted contacts who would have studied from the same university.
- When applying for the universities try to choose the ones where you have friends or relatives. This makes the transition easy and prevents you from making mistakes.
- The most important thing is finding a room and a roommate. One needs to be very careful with that decision.
- It is very necessary to study the law of the country before stepping on the plane as different countries have different rules and norms.
- Become very comfortable with the law of that state.
- It is must to keep the number of the nearby police station and hospitals handy apart from 911(if you are going to reside in the United States).
- It is also a good idea to avoid late night and early morning travel to any sensitive or sketchy locations.
- Always try out the diners which have the most ratings and are in a well lite areas.
- The most important key to being safe is have a good bond and rapport with your university. They can help you a great deal and do keep their security number handy.
- Choosing friends is a very important thing. Make sure whom you hang out with people who are worthy of your trust.
- It is very important to always keep your medical insurance updated.
- One should always keep a track of their spending and money in order to avoid over spending.
- Also back at the room make sure you have kept all your documents very safe.
- Avoid clicking pictures with random people.

These were the few basic safety tips a student needs to take into consideration while staying abroad. Apart from these ground level tips, there are few more things which an individual learns from personal experiences. How much ever we are prepared for all the difficulties in life there comes a point of time where we always have to use our presence of mind.

There are times when your looks can mislead people in many way also. At times, the way you dress can also be creating a lot of questions in others mind. You have to be very particular about the driving rules and regulations. It is always better to mind your own business. In the United States, there are very strict laws when it comes to driving. There are many mal practices which take place under the name of Government. When you are staying in a different country and are on your own and it is very important to be aware about everything happening around also to be in touch with the laws. Those students could have easily taken some help from the university security or for that matter could have contacted the Indian embassy. It is very important to know where the embassy is in your city.

It is also very necessary to be aware about your neighborhood and the problems being faced by everyone. It could be any sort of robbery or issues regarding homeless people. It is always better to keep your eyes open and never let anything go unnoticed. There are many car robberies coming up in the US these days. Recently they have introduced the LOCK NET system wherein you can lock all your four tiers. There are many online sites and you tube videos which talk about different safeties one need to keep in mind, one of them is the HACK THE SYSTEM. It is a web series that is helpful in many ways than one.

Safety in international lands for an Indian student has attained importance with the incidence of attacks on Indian students. Responsible behavior and mindfulness are



key to success with regard to safety in living. In short being safe and aware and abiding by the law of the land will help you lead a hassle free life abroad.

<http://s3.india.com/travel/wp-content/uploads/2017/01/India-passport.jpg>

SAFETY OF STUDENTS



Ms. Barkha Patel
Counsellor—SUSHANT4EDUCATION

Whether it is in educational institutes like schools or colleges, or at home, or in our society, safety of our future generation is vital. Every parent wants their children to be safe from any kind of hazards and they protect them as much as they can.

When their child is grown up enough to start going to school, parents give this responsibility to educational institutions and expect the same protection and safe environment for their children from schools. In our country, schools are often expected to be and are usually considered safe havens for learning. But it has also been observed that unintentional injuries and grave violence can take place leading to disruption of the educational process. This in turn affects the school and the community negatively.

A safe learning environment is essential for students of all ages. Without it they are unable to focus on learning the skills needed for a successful education and future. When violence is part of the educational setting, all students are affected in some way. Even though your child may not be the actual victim of violence in school, there is a very good chance that he or she will witness violent acts throughout the educational years. Looking at the number of increasing incidences of violence in our surrounding leads us to the often asked question "Why is the safety of our future generations so important?"

Increasing Violence in Our Schools

Many experts are concerned over the increased number of violent acts taking place in our nation's schools. Some even argue that violence is desensitizing many students and

leaving them with the feeling that violence is a normal part of their school life. Unfortunately, violent act in schools occur at all educational levels.

Every child should feel safe from violence in their school, yet there are many that do not. Earlier violence in school was a fight between students, often taking place in the schoolyard and ending with adult intervention. In today's world, it is not unusual for students to violently attack other students, teachers, security guards and school personnel, showing a complete lack of respect for authority. These attacks often result in injury and at times, death. Statistics show that one in five students fall victim to crime while studying.

School safety is important to protect all students and school personnel from violence that includes: corporal punishment, bullying, assault, victimization, classroom disorder, use of weapons, fight, sexual attacks, theft, cybercrimes and violent crimes.



<http://blackdemographics.com/wp-content/uploads/2013/06/Schoolviolence2.jpg>

Safety as an aspect of increasing importance when selecting a study destination

Studying abroad in an unfamiliar culture has always brought with it a set of potential safety risks, but recent years have seen a heightened awareness of campus safety issues among potential international students, as well as their parents.

Students pursuing studies abroad are exposed to many risks such as temporary status, unfamiliarity with not only the new environment but also the culture of the place and also in most cases language spoken. This has led to a growing area of concern of late.

What can Educational institutions do to help protect their students?

Schools have a strong interest in protecting their students, but may not always know what steps to take. Here are few measures

which any educational institution can use to build and maintain a secure environment:

- 1. School Route:** Many accidents occur when children are commuting to schools. A safe route to school audit should be conducted periodically by the school management and local government to trace out the obstructions and challenges faced by students.
- 2. School Infrastructure:** Many students have died or been injured due to poor infrastructure at the schools. We should not wait to initiate construction or maintenance of roofs until they collapse and create troubles. Also, Provision for safe drinking water the students' right, not a supplement.
- 3. Emergency Numbers:** Display of emergency numbers in school will be highly beneficial for students and staff members. These should include the contact numbers of the local police station, school principal, PTA authority, ambulance service, etc.
- 4. Safety seminars:** All of this can be impressed upon students at orientation or during safety seminars on fire safety, road safety, disaster management or fitness centres that can teach a self-defence class.
- 5. School Bus:** A school bus is considered to be the safest commute option for children. Buses should follow clearly mandate different factors including the seat to student ratio, display of emergency numbers and tracking system, etc.
- 6. First Aid Service:** It is no longer a question to whether or not to provide first aid to students. Injuries can happen at any moment and delay in proper medical aid can lead to serious fatalities and casualties.

Conclusion:

Students often don't think of the consequences of their actions. This is where parents, educators, and community members can all work together and take the right measures to keep children safe - in and



away from school.

<https://wcsdistrict.files.wordpress.com/2016/01/sch>

SAFE FROM SUBSTANCE ABUSE



Ms. Mrunal Khamkar
Student- Post Graduate
Diploma in Guidance and
Counselling
SIES Institute of
Comprehensive Education

Safety from substance abuse is an important issue in the present college scenario. Students spend most of their time in various activities and classes after school and college. Competition among students is also increasing day by day, where even parents want their kids to excel in almost all fields. Parents send their kids to number of classes and fail to spend quality time with them. For the parent's satisfaction the child even goes to the classes against their will! They spend most of their time in school and various classes and activities. This leads to newer friendships for the child. Here, the friends he meets may not have good habits and the child may get influenced by them. Friends now are

becoming an important part of their life than the parents, because they are the ones who are always with the child. Under the influence of his friends the child may tend to do many wrong things which can also cost the child his/her life! In order to be accepted by his peers the child may start to follow the habits of the group and then gets addicted to it! Students find it very cool to puff a cigarette or snuff a marijuana roll, not knowing the consequences.

Today, students have an easy access to alcohol, cigarettes, hukka pot and drugs! Drug addiction is one of the most dangerous addictions a child may get! Drugs are easily accessible to the students through their friends.

Curiosity, kick and fun - these are some of the factors that pull youth into their 'first-time'. By the time they discover the trap they have gotten into (which may take from a few months to several years), it's just too late. While college authorities may deny, drug

buse is gradually gripping city students. City-based rehabilitation centers and counselors unanimously say that the youth have moved on from charas-ganja and are abusing all kinds of drugs. While there is hope at the end of the tunnel, the recovery is slow and there are possibilities of a relapse too in some cases.



<https://userscontent2.emaze.com/images/d7dda3b1-e5cc-4573-a2ba-dce0d9b1463c/cef2d5b2e9cf354c9d7e67cfc3ce0107.jpeg>

Why do students turn to drugs?

Students commonly fall into addiction because they begin using drugs to mask particular emotions that they are going through. The abuse makes them feel good and forget about the problem at hand. Eventually they think they can't live without drugs. Prescription drugs, street drugs and alcohol are more available than ever.

- **To fit in (peer pressure):** Many teens use drugs "because others are doing it" or they think others are doing it. Often, they fear not being accepted in a social circle that includes drug-using peers.
- **To feel good:** Abused drugs interact with the neurochemistry of the brain to produce feelings of pleasure. The intensity of this euphoria differs by the type of drug and how it is used.
- **To feel better:** Some adolescents suffer from depression, social anxiety, stress-related disorders, and physical

pain. Using drugs may be an attempt to lessen these feelings of distress. Stress especially plays a significant role in starting and continuing drug use as well as returning to drug use (relapsing) for those recovering from an addiction.

- **To do better:** Ours is a very competitive society, in which the pressure to perform athletically and academically can be intense. Some adolescents may turn to certain drugs like smart drugs or prescription stimulants because they think those substances will enhance or improve their performance.
- **To experiment:** Adolescents are often motivated to seek new experiences, particularly those they perceive as thrilling or daring. Addiction occurs when repeated use of drugs changes how a person's brain functions over time. The transition from voluntary to compulsive drug use reflects changes in the brain's natural inhibition and reward centers that keep a person from exerting control over the impulse to use drugs even when there are negative consequences - the defining characteristic of addiction.

In conclusion, I would like to state that students should be careful while choosing friends so that they don't fall a prey to such addictions. Parents should be more vigilant about their child's social circle and should maintain a healthy relationship with their child so that the child does not look out for love and attention outside their homes. Parents should have discussions on topics such as peer pressure, substance abuse, and drug usage with their children from a very young age. An open, friendly and healthy parent-child relationship will help the child communicate better and in the process not feel awkward to share his daily experiences with his parents too.



<http://www.calcap.org/wp-content/uploads/2016/03/no-drugs-alcohol-iso-sign-is-1102.png>

POETRY GALORE



Ms. Vrushika Shah

Counsellor and Special
Educator, REFRESH
COUNSELLING CENTER,
Ghatkopar

SAFE-T Technology

*Technology has come into our Life,
And brought with a huge bolus of Strife...
Without INTERNET is difficult to Survive,
Which restricts our own thoughts to revive...
For students it's a Lifeline,
If they use it safely then it's Fine...
We feel it's necessary for an Education,
But make sure it doesn't become an Addiction...
Friendships are growing through Digital,
But when they come across actual, it's
Critical...
Likes, Comments and Requests are students
Crave,
Help them to be self-confident and Brave...
Games are played now on a Screen,
Because of that they forgot what Physical
Activity Mean...
Cyberbullying is the new Fear and Rage,
Help when children are stuck in Digital Cage...
Every Applications and Sites are not for all
Age,
One should know their Limits and Usage...
We must as a parents set examples though,
The child must learn how to let go...
There should be Parental Lock,
And what is Good and Bad for child, Let's
Talk...
We must hold his hand while in Digital Lanes,
So that he climbs this hill & joins the Plains...
So if you want your child to be SAFE & future's
Surety,
HAVE A SAFE-T TECHNOLOGY...*



EVENTS PICTURE GALLERY



Special Education Alumnus Ms.Pooja Joshi addressing Counselling and Special Education Students



Counselling Alumnus Ms.Chandrika Rambhiya conducting a workshop on Gender, Sex and Sexuality for Counselling Students.



Special Education students with faculty Ms. Rukshana Sholapurwala Attend film screening on Integrated Education at American Consulate



Agency Visit to St. Joseph School Dombivli by Counselling Students.



Teacher trainees along with faculty Ms. Lakshmi Shivkumar at Visit to Udhyachal School, Vikhroli



Institute of Comprehensive Education Convocation Ceremony



Workshop by Director Dr. Vidhya Satish for Balwadi teachers at Save the Children Fund.



Teachers' Day Celebrations



Ms. Vinita Nadkarni, Ms. Rashmi Pradhan and Ms. Aditi Patil attending Value Based Education Workshop at Nerul



Dr. Vidhya Satish and Rashmi Pradhan attending Session on Plagiarism at SIES, Nerul



Director Dr. Vidhya Satish presenting a paper at International Conference at St. Teresa College



Ms. Rupal Vora, Faculty and Co-ordinator SIES ICE presenting a paper at International Conference at St. Teresa College



Prof. Ram Joshi Memorial Lecture delivered by Dr. Vinay Sahasrabudhe, Member of Parliament, Rajya Sabha



Session on Emotional Intelligence by Chinmaya Mission

ROUNDGLASS EUNOIA COMPETITION AT TISS CONVENTION CENTER



Ms. Anitha Kamath
Student- Post Graduate
Diploma in Guidance and
Counselling, SIES
Comprehensive
Education



Students of ICE with faculty Ms. Rupal Vora attend ROUND GLASS-EUNOIA
National Mental Health Competition at Tata Institute of Social Sciences

This poem was selected for the final round of National Mental Health Round Glass EUNOIA. Participants were required to express their thoughts and views through creative poetry based on the various themes revolving around mental health issues <http://eunoia.round.glass/>

Attention Deficit Hyper Active (ADHD) boy asking his teacher to understand his problems and pleading to the teacher to help him.

Not My Fault Teacher

Broke a window pane
Beaten with a cane,
Dropped a book here
Lost my pencil there
Scape goat of the class
Not my fault teacher
I am only trying to reach

Gave all my attention
Got no retention,
Suspended for forgetting,
Snickered & sneered by mates
Shame got me bullying.
Don't push me down
Stop pushing me around
Not my fault teacher
I am only trying to reach

Got to believe me teacher,
For I try hard to concentrate
Brain is too dizzy I feel so fuzzy
The numbers and letters dance
I feel lost with a hole in my head
Not my fault teacher
You say I have an attitude
My brain says I have an "ADDitude"

Pray each night
Oh God make them love me a bit
Make tomorrow a better day
Discipline me not for it makes me hate school
Love me a lot, amend my attitude
I am only human differently wired.
Stand by me for I am lonely & confused,
Not my fault teacher
I am only trying to reach.

A poem dedicated to ADHD children by Anitha Kamath.



Counselling faculty Rupal Vora as a facilitator at the National Roundglass Eunoia Competition at Tata Institute of Social Science(TISS)

NEW AT SIES, NERUL



Admission Notification

M.Sc. in Sustainable Development and Environment Management

Affiliated to - University of Mumbai's
Garware Institute of Career Education and Development
and

Post Graduate Diploma in Sustainable Environment Management

An Autonomous Course

Academic year 2017 – 18

Limited seats available

Contact

SIES – Indian Institute of Environment Management

(Recognized by University of Mumbai)

Sri Chandrasekarendra Saraswati Vidyapuram

Plot No. 1 - E, Sector V, Nerul, Navi Mumbai – 400 706

Contact: 022 6119 6454/ 55 / 56 /57

E mail: iiemoffice@sies.edu.in; Website: <http://www.siesiiem.edu.in>

Contact for Admissions in March 2018

Come, join us at
SIES INSTITUTE OF COMPREHENSIVE EDUCATION,
a premier institute which has been offering these courses for the
past 37 years.



SIES Institute of Comprehensive Education
 RISE WITH EDUCATION

Courses offered at SIES Sion (W):

- University of Mumbai affiliated Diploma in Early Childhood Care and Education (D-E-C-C-Ed)
- Diploma in Early Childhood Education (DECE)
- Post Graduate Diploma in Early Childhood Education (PGDECE)
- University of Mumbai affiliated Post Graduate Diploma in Counselling (PGDC)
- Post Graduate Diploma in Guidance & Counselling (PGDGC)
- Post Graduate Diploma in Special Education (PGDSE)
- Certificate Course in Counselling (CC)

Courses offered at SIES Nerul:

- Diploma in Early Childhood Education (DECE)
- Post Graduate Diploma in Early Childhood Education (PGDECE)

Short Term Courses at SIES Nerul:

- Certificate Course in Counselling (CC)
- Certificate Course in Teaching Art & Craft

Course Highlights:

- ✓ Immediate job placement on course completion in Mumbai and Navi Mumbai
- ✓ Opportunities to Learn and Earn
- ✓ Holistic Development
- ✓ Developing Teaching skill sets
- ✓ Innovative teaching methodology
- ✓ Personalised attention and Faculty Support





SIES Institute of Comprehensive Education,
 Sion(W), Mumbai 400 022
 Contact us : 24090516
 Vidhya Satish: 9619448882,
 Rupal Vora: 9821317674,
 Rashmi Pradhan (Nerul): 9821542344
www.siesice.edu.in
 Email id: siesice@sies.edu.in



**Come join the One
Year Early Childhood
Teacher Training
program**

**Diploma in Early Childhood
Development (D.E.C.D)
offered by
SIES - TMF (Tech Mahindra
Foundation)**

**ADMISSIONS OPEN
HURRYLIMITED SEATS!!**



**SIES Institute of
Comprehensive
Education
(SIES ICE)**

- **Class XII Pass**
- **Annual Income less than 2.5 lakhs**

**For further details please contact:
SIES Institute of Comprehensive Education,
Sion (W), Mumbai – 400022.
☎:24090516,9619448882,9930549253**

अध्यापानम्

VOL 2, Issue 2

July 2017 to November 2017

Issue Editor – Ms. Rupal Vora, Faculty and Co-ordinator
(Counselling Courses SIES Institute of Comprehensive
Education)

Art and Layout Design – Ms. Anitha Kamath, Post Graduate
Diploma in Guidance & Counseling Student

SIES Institute of Comprehensive Education
Sion (West), Mumbai-400022.

Tel: 24090516
E-mail: siesice@sies.edu.in

