



# Prevention Strategies

25<sup>th</sup> Feb 2018

## Overview

- **Geographical focus** - Mumbai, Mumbai Suburbs and Thane through direct services and national and international through trainings
- **Reach** - Over the last 10 years, Arpan has directly reached out to over 80,000 children and 100,000 adult stakeholders through its services of prevention and intervention, and a further 460,000 individuals through trainings
- **Resources** - Team of over 85 social workers, counselors & other professionals; Operating annual budget – INR 5.5 crores

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## **Personal Safety Education (PSE)**

***- An innovative method to empower children and adults with adequate knowledge and skills to prevent child sexual abuse***

Teach children personal safety skills so that they can participate in their own safety





**Provide children with age-appropriate information, and build their self-esteem**

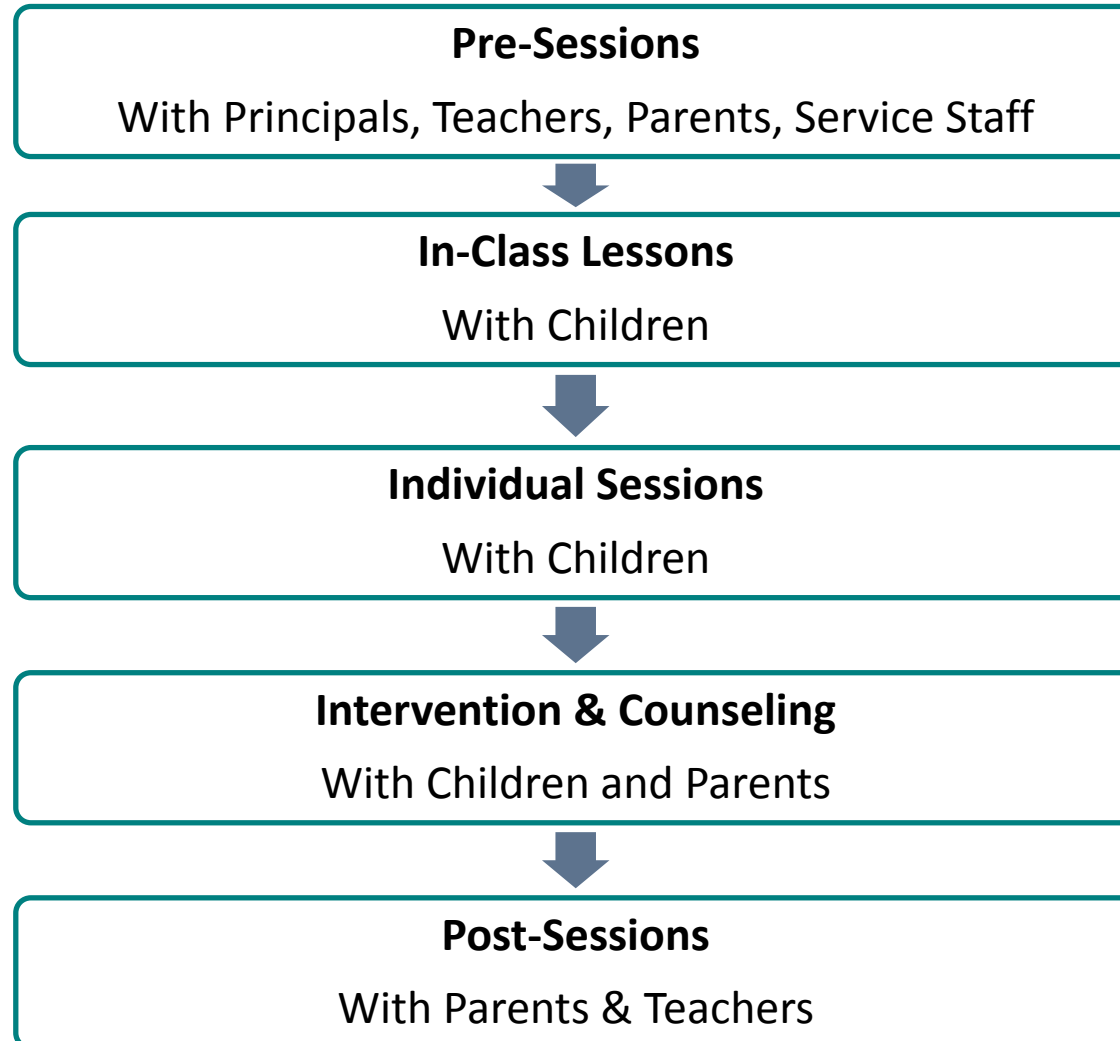
**Provide children a space to disclose any experience of Child Sexual Abuse and support them with Counseling and Intervention**



Make adults aware of their role in keeping children safe



# Personal Safety Education Programme Model





# Components of the Personal Safety Education Programme

## Knowledge:

- Vocabulary for Private Body Parts
- Personal Safety Rules / The 3 Touching Rules
- Touch continuum
- Reporting Systems / Support Systems
- Gender Stereotyping
- Definition of Rights / Laws
- **Healthy and Harmful Relationships**
- **Internet Safety**

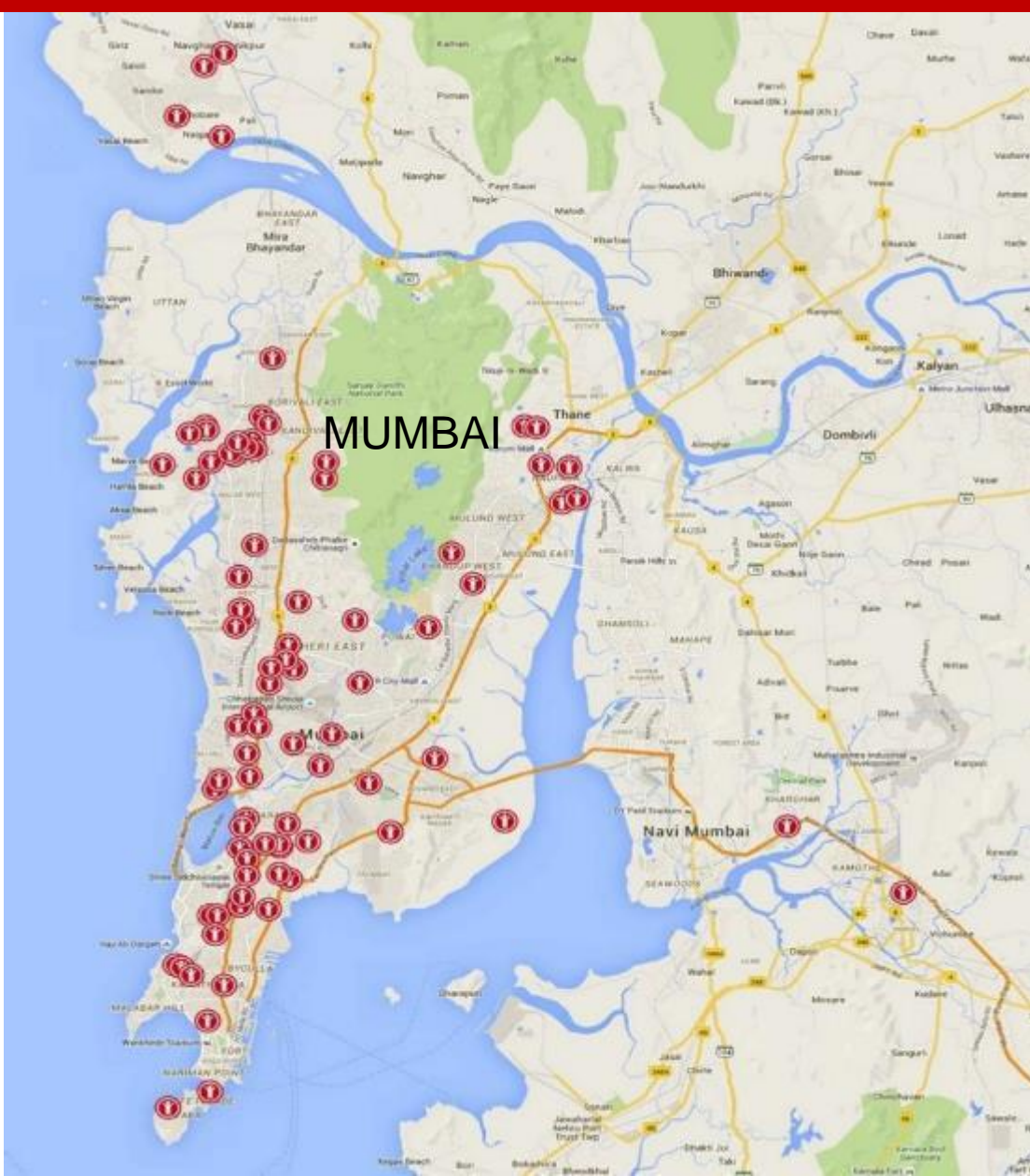
## Skills:

- Decision making
- Assertiveness
- Asking for Help (using the support systems)

## Attitude:

- Affirmation of the child
- Feelings
- Empathy

# Outreach of the Programme by Arpan since 2007



Directly taught PSE to  
80,000 Children

Created awareness amongst  
58,000 Parents and Teachers

In over 140 Schools,  
(including 34 govt. schools)

Handled 6500 disclosures  
(8%)

# PSE Programme conducted outside Mumbai



# Long Term Outcomes

External evaluation by IMRB (International Market Research Bureau, India) conducted with 620 students across Grades 1-7 in 9 schools where Arpan had already carried out the programme mapped the following long term Impact:

- **Increased reporting and help seeking by children** - 8% children reported having faced unsafe situations. 90% of those who faced an unsafe situation were able to seek help from an adult.
- **Knowledge retention** - 60-90% recall of top 5 safety concepts
- **Benefits of integrating the programme** -Institutionalised schools have a significantly higher recall as compared to schools with one-time intervention.
- 100% kids spoke about the program after attending it. Among this, 75% spoke to their mother about this.
- 100% kids said that they would want to attend the program again

# PSE Step Up Program

Reiteration of Key Messages for better Recall

Internalization of key messages

Age Appropriate Information

# Integration of Personal Safety Education in Schools: A case Study – Key Findings

- Children demonstrated increased help-seeking behaviour
- Children have internalised the Personal Safety Education messages which boosted their self esteem and articulation of feelings. They believe themselves to be active participants in ensuring their safety.
- Teachers are well aware of signs and symptoms of Child Sexual Abuse and are proactive in responding to a child's disclosure.
- Both Parents and teachers recognise Personal Safety Education Programme as a systematic age-appropriate model
- Parents are aware of Child Sexual Abuse and accept that known people can be abusers
- Parents believe the programme aids their communication with children on personal safety.

# Personal Safety Education Training Kit

Training Manuals, Resource materials for parents and teachers, Lesson Plan Manuals for Grades 1-10, Teaching Aids



# Personal Safety Education – A Replicable Program through Training and Digitalisation





# Personal Safety Education – A Replicable Program

Arpan has introduced an intensive 5 day training of teachers/ trainers project which aims at building the capacity of teachers, school management and institutional trainers in undertaking PSE Program implementation at their school or organizational/ institutional level.

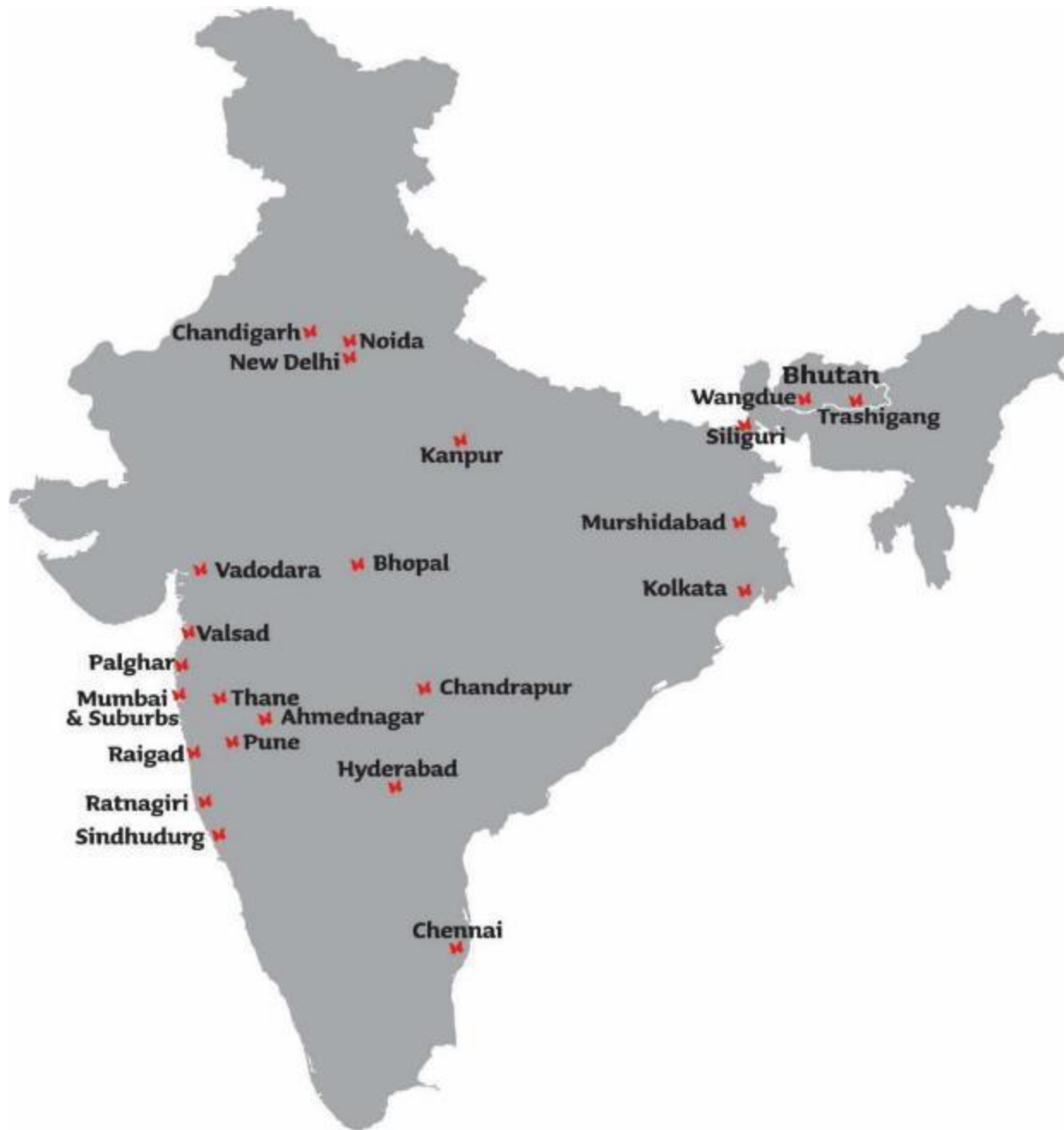
Arpan works along with the school/ institutional management to incorporate the PSE module within their existing school or institutional curriculum/services.

Developing alternative tools like workbooks, story books, puppet kits, skits etc. are also a strategy Arpan has focused on in order to reach out to a larger and diverse population of children across geographical and socio-cultural set ups.

# Training and Capacity Building

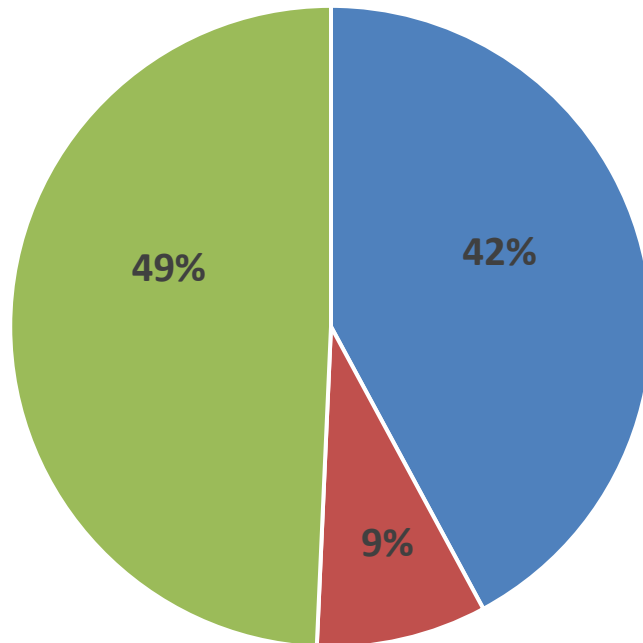
Over 3500 professionals trained by Arpan across India

Awareness sessions with over 37000 adults



# Training Conducted with various Stakeholders

## Training Conducted in 2017-18



- Indian Government
- International Government
- Schools and NGOs

- Trainings for State Level Master Trainers, Education Ministry, Maharashtra
- Teacher trainings for Special Needs Cell, MCGM
- Training with WCD, Konkan region Maharashtra
- Training conducted for Government Counselors, WCD Haryana
- Training conducted for School Counselors, Government of Bhutan

# The Next 3 years

- Conduct the Personal Safety Education programme and work with 25,000 children every year – Total 75,000 children
- Increase investment in Training and Advocacy to leverage the external environment – Initiated work with MHRD and NCERT
- Continuous Resource development – Develop Pre primary modules, modules for special children
- Scale through digitalisation of resources and test efficacy
- Invest considerably in Monitoring & Evaluation to make our current data capturing mechanisms more robust and conduct evaluations to test efficacy of programmes

**Thank You!**

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