Teacher note: teaching the Body Safety Rules

Safe touch and unsafe touch

Why safe and unsafe, not good and bad

Many charts call this good touch and bad touch. This one says safe touch and unsafe touch. Some abuse does not hurt, and some of it feels nice, so a child taught to spot a bad touch by how it feels may not tell. A rule about which parts and what happens is easier for a young child to use. The word unsafe also keeps the blame with the person who did it.

The rules and what they mean

1. **My body is mine.** A child may say no to any touch, from anyone, family too.
2. **My private parts are private.** They are the parts a banian and chaddi cover.
3. **No one touches my private parts.** This holds for people the child loves, and for touches that feel nice.
4. **No one shows me their private parts.** Asking, showing and taking photos break the rule too.
5. **Surprises are fine. Secrets are not.** A surprise ends soon. A secret about a touch, gift or photo is told.
6. **I tell, and I keep telling.** The child goes on telling until a big person acts.

The words on the map

mouth: No one asks a child for kisses that must stay secret. **chest:** Private for every child. **vulva:** The outside parts between a girl's legs. **vagina:** The opening inside. **penis:** The part between a boy's legs. **testicles:** The two soft parts under a boy's penis. **bottom:** Includes the anus. **The rest of me:** The child chooses, and can say no. **Washing or a doctor:** Only to keep the child clean and healthy, never a secret, with a parent in the room at the doctor. **big person:** Any adult or older child the child can go to.

Ten minutes with the class

Minute 0 to 1. Hold up the poster. Say: "These are our Body Safety Rules. They are for every child in this room, girls and boys."

Minute 1 to 3. Read rules 1 and 2. Point to each word on the map and say it once, calmly, the way you say elbow or knee. The class says each word back.

Minute 3 to 5. Read rules 3 and 4. Say: "Even if it does not hurt, and even if it feels nice, it is not okay. And it is never your fault."

Minute 5 to 7. Read rule 5. Say: "A surprise is happy, and soon everyone knows. A secret about a touch, a gift or a photo, we always tell." Ask: "Birthday cake hidden for Papa: surprise or secret?" The class calls out the answer.

Minute 7 to 9. Read rule 6. Each child counts five big people on their fingers, with at least one who does not live in their home. Say: "If one big person does not help, tell the next."

Minute 9 to 10. Read the dark line at the bottom. Say: "Sometimes our body goes still, like in the statue game. That is never your fault." Point to 1098. The class says "1098" together. Say: "You will never be scolded for telling me."

Hang the poster at the children's eye level afterwards. The 30-minute lesson plan and the scenario cards are in the kit for a longer lesson.

If children giggle

Expect it. Smile, wait a moment, and say the word again in the same calm voice. Do not scold. The giggles fade once a word sounds ordinary. Stop using "shame" or "su-su" for private parts.

Keep in mind

Most children who are hurt are hurt by someone they know. Talk about uncles, aunties, bhaiyas and didis, never about strangers. Never ask children to share stories in front of the class. If a child starts to say something in class, thank them calmly, say you will talk later, and talk with them alone that day, somewhere others can see you.

For a child who does not speak

Use the pointing cards in this kit. Teach them on a calm day, alongside the child's own signs.

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Teacher note: if a child tells you

1098 **Child Helpline.** Any worry about a child's safety, day or night, even if you are not sure what it means.

112 **Emergency.** Someone is hurt or threatened now, or the person shares the home and you cannot keep the child away.

If a child tells you

If a child in India tells you someone touched or abused them, stay calm. Tell them you believe them and that it is not their fault. Keep them away from the person they named, and do not confront that person. Then call 1098, India's Child Helpline. If anyone is hurt or in danger now, call 112.

Call 1098 before the child is next with the person.

Do not confront the person, or tell them you know. Tell no one who might warn them. Let the police deal with them.

You do not need to be sure. A worry is enough to call 1098.

Do not ask the child to tell it again to other staff, and do not question other children.

Write down what the child said, in their own words, soon. Do not promise to keep it secret. Tell the child who you will tell and what happens next.

After you have called 1098, tell your head of school, unless they are the person named. Telling them does not replace your own call.

What the law says

The law requires anyone who knows or fears that a child is being sexually abused to tell the police. By law, 1098 must pass a report of sexual abuse to the police. The law protects anyone who reports honestly.

A teacher must report even if the family will not, and telling the school is not enough. A child is never punished for telling, or for not telling.

Never the child's fault

Whatever happened, and whatever the child did or did not do, it is never the child's fault.

What this chart cannot do

This chart helps children know the words and know who to tell. It cannot keep a child safe on its own. Keeping children safe is the job of adults.

How this fits your NCERT book

Your NCERT book says "trusted adult" and talks about uncomfortable feelings. This chart says "big person" and uses rules, because some unsafe touches feel nice and young children follow rules better than feelings.

Scan for the free chart and what to do if a child tells you.

Sources: Cochrane review, Walsh et al. 2015 (CD004380). POCSO Act 2012, section 19(1) and 19(7). POCSO Rules 2020, rule 4(2). NCRB, Crime in India 2024, Table 4A.10. Full sources: kaaval.org/chart

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