

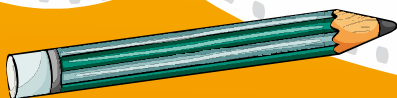
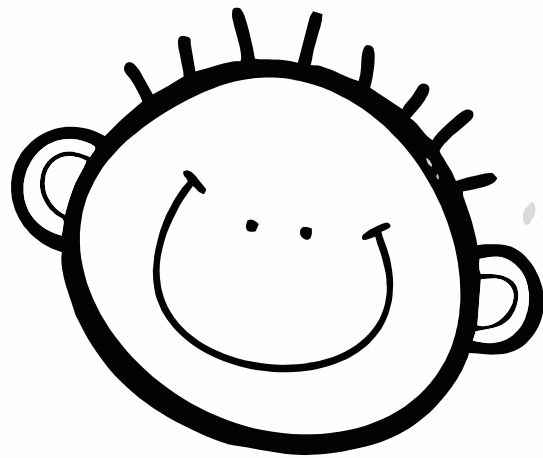


**MASOOM**  
Yi KEEPING CHILDREN SAFE

# My **Safety** Book

*This book belongs to*

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# Top 10 Tips to stay mentally healthy

Have an early night

Go for a walk, exercise

Eat healthy

Learn something new

See the funny side of life

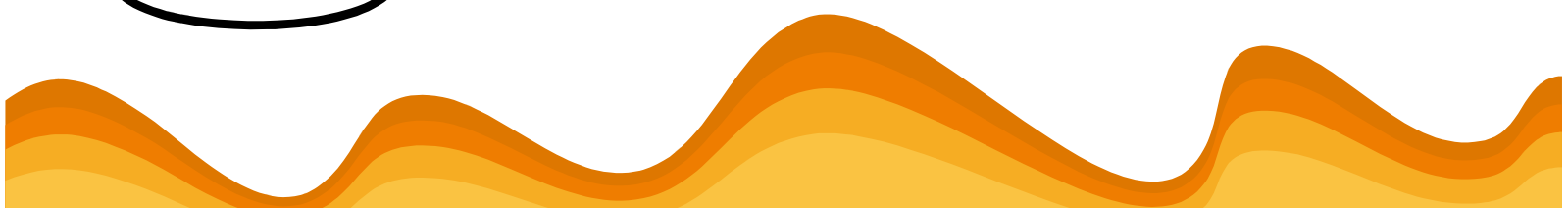
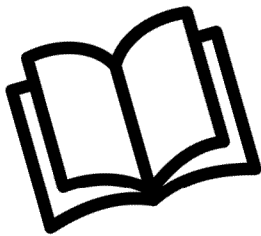
Take time out

Meet friends or family

Help someone

Organise your day

Ask for help



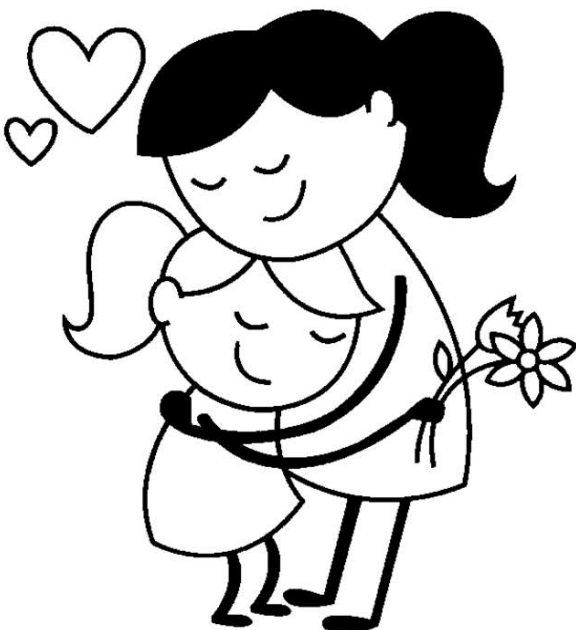
# Touches & Feelings: What do they mean?

## What is a safe touch?

When someone touches you and it makes you feel safe, secure, happy and cared for it is called a safe touch.

For example:

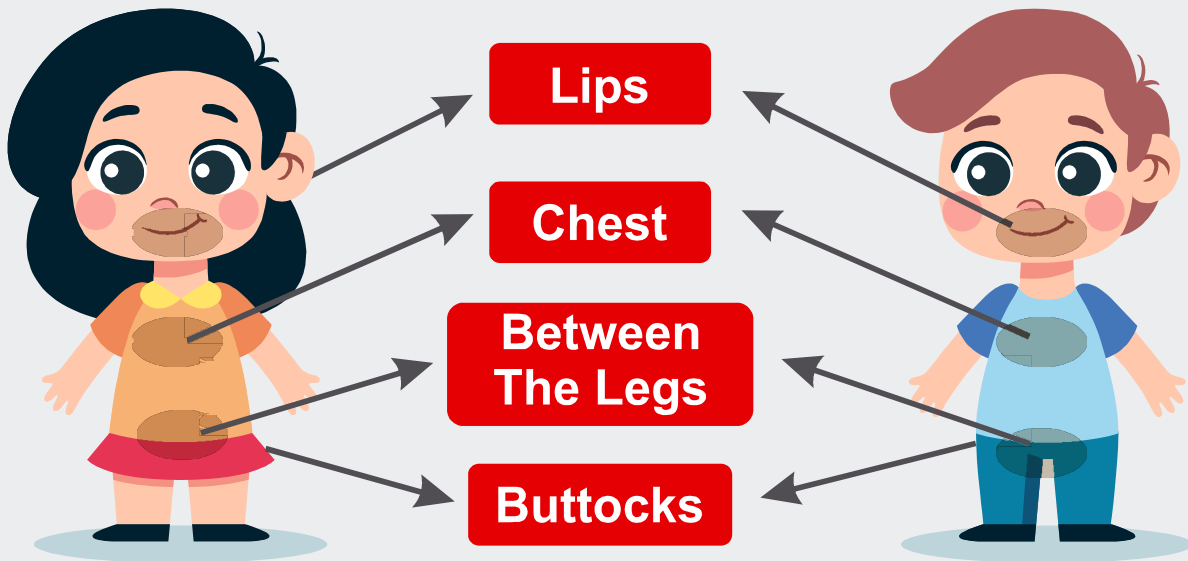
- Hugs from your parents
- Kisses from grandparents
- Giving high five to your friends
- A pat from your teacher
- Doctor touching to examine your body



*Colour the images*

# Know Your Body

**Do not let anyone touch your**



*Colour the image*

Our private parts are the body parts that we cover with our bathing suits.

# Privacy



While changing clothes,  
using the toilet, bathing and even sleeping,  
people should have privacy.

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Some children need help in washing  
their private parts and that's okay,  
Mom & Dad can help them.

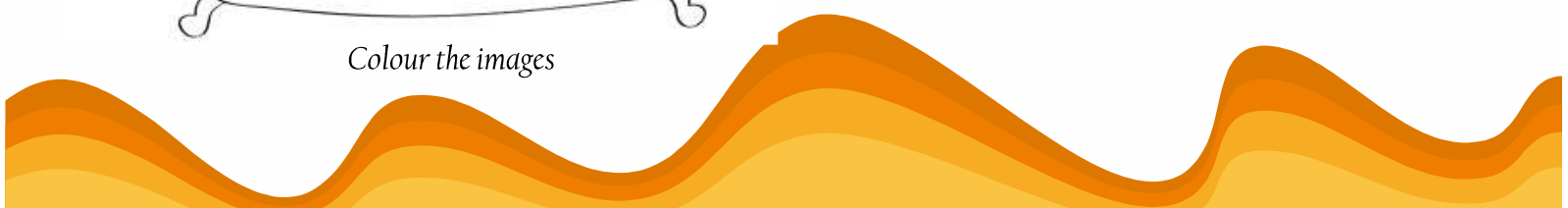


Colour the images

The only other people who would  
need to touch your private parts would  
be a doctor or nurse when  
you go for a check-up **in the presence**  
of your parents or trusted adults.



Colour the image



If a stranger offers you candy...  
or a present...  
or invites you for a ride...  
**“Be Smart.”**  
This could be a trick.  
Just say :  
“I can’t talk to strangers”  
and run away to  
someone you can trust.



## We don't do secrets!

A Secret is something someone asks you to never tell anyone else.

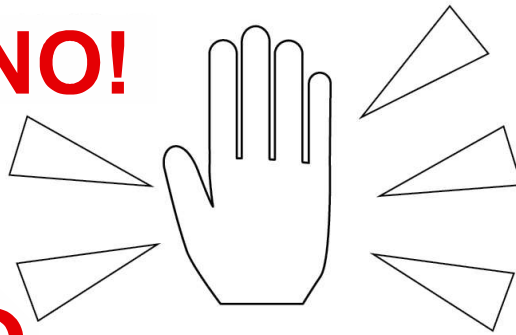
Especially if it makes you feel sad, scared or gives you a yucky feeling in your stomach, you should definitely tell the people in your safety circle.

Even if someone make you promise, you can always tell your parents or people in your circle of trust.

No one, not even your parents should ask you to keep a secret.

In an unsafe situation you should:

1. Say **NO!**



2. **GO** to a safe place.

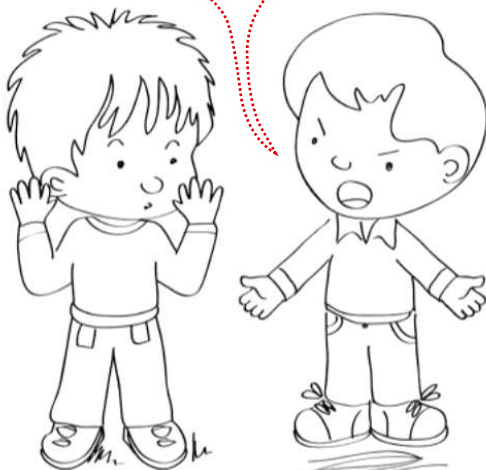


3. **TELL** a trusted adult.



*Colour the image*

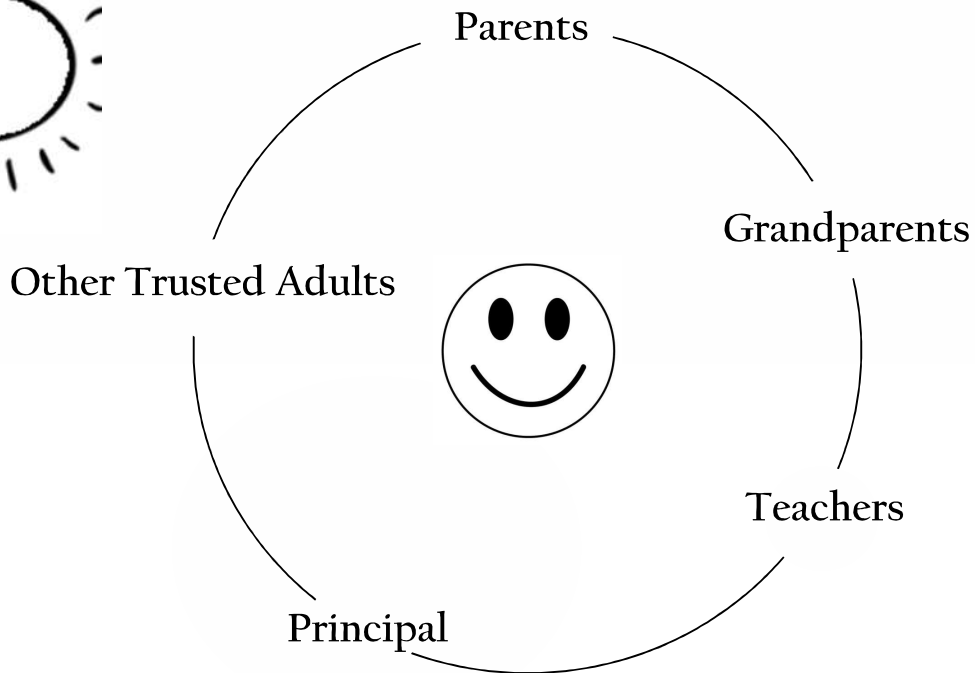
STOP THAT, BACK OFF !!!



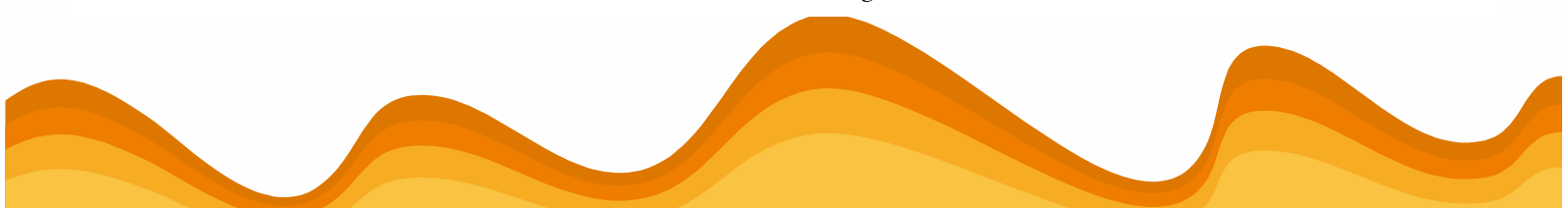
*Colour the image*

If someone gives you a unsafe touch,  
Put on your mad face  
and say :  
“Stop that, back off!”  
or  
“I don’t like that!”  
or  
“Don’t touch me that way!”

# Circle of Trust



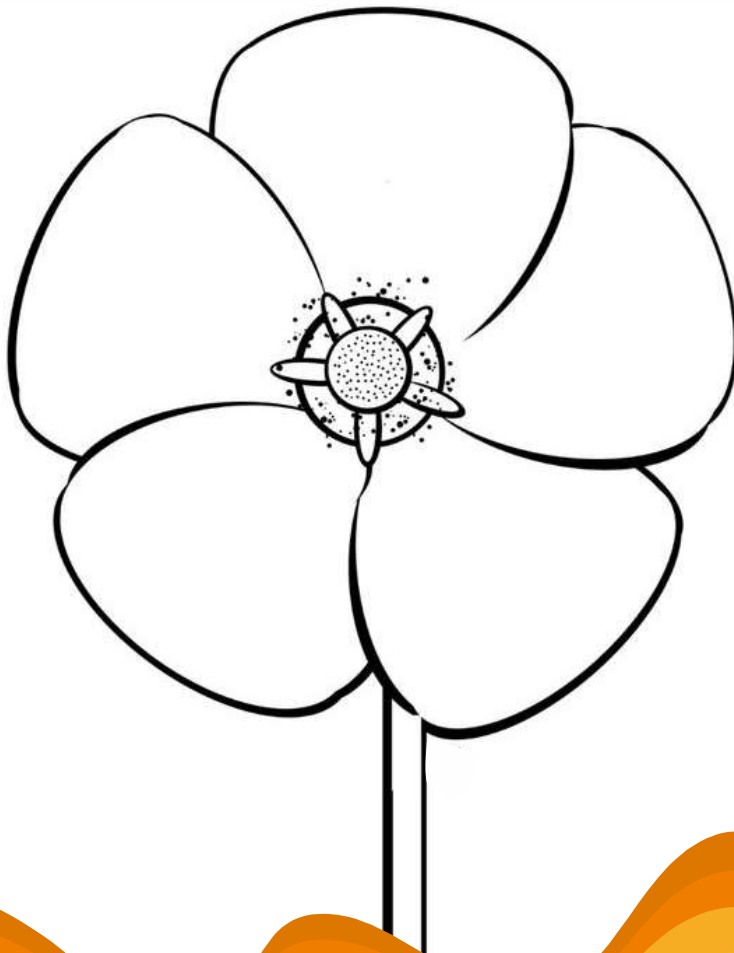
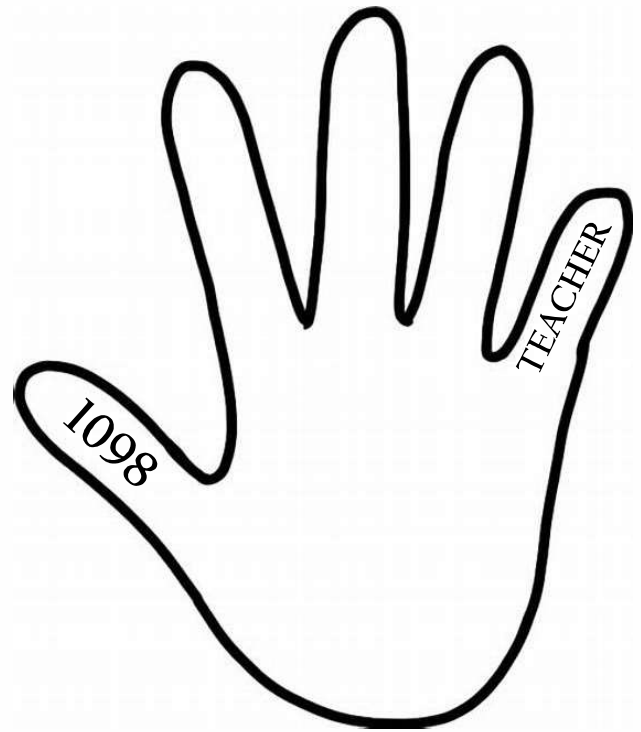
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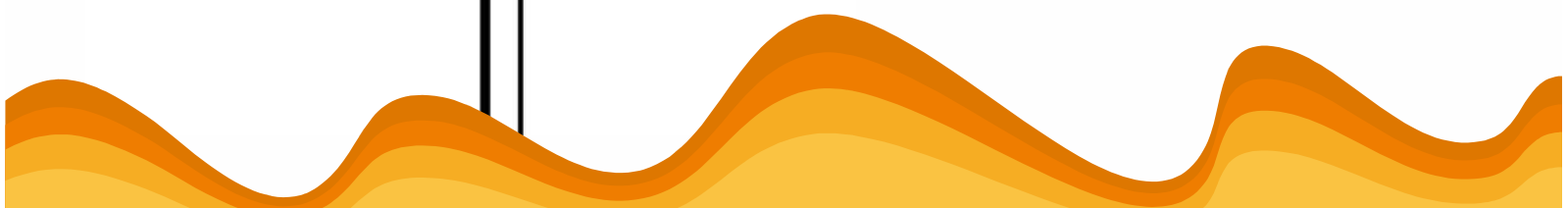


# Who is at your fingertips?

Fill in trusted adults on the fingers and a safe place on the palm.



Write down people you trust, people you could turn to when going through a difficult time.

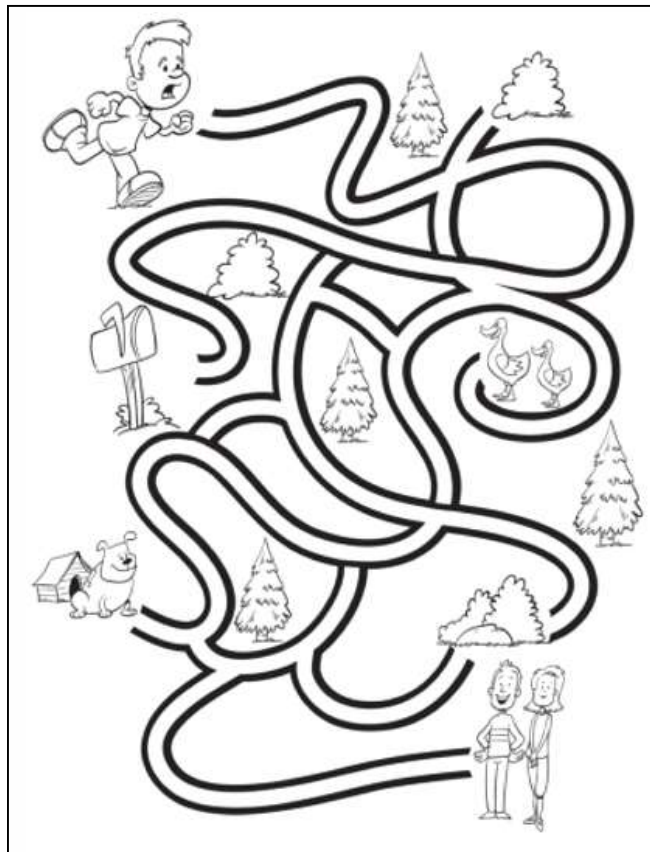


## Write down 5 important phone numbers



1. 1098 (Child Helpline Number)
2. \_\_\_\_\_ (Mother)
3. \_\_\_\_\_ (Father)
4. \_\_\_\_\_ ( )
5. \_\_\_\_\_ ( )

## Can you help this boy find his Mom & Dad?



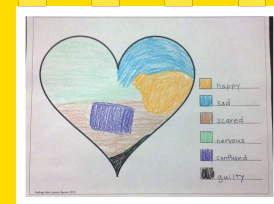
## For the parents

Yi Project MASSOM was conceived to keep children safe by creating awareness on child safety amongst young children, parents and other stake holders..! The MASOOM project was launched nationally by Kailash Satyarthi, Recipient of the Nobel Peace Prize & Founder, Bachpan Bachao Andolan on 12th March 2015 The objective of Yi's engagement on this project is to spread awareness on Child Sexual Abuse by conducting workshops with primary school teachers, visiting schools to teach children about safe and unsafe touch, sensitize the parents about it and to spread awareness to the public through rallies & campaigns

The Confederation of Indian Industry (CII) is a non-government, not-for-profit, industry-led and industry-managed organization. For 125 years, CII has been working on shaping India's development journey and, this year, more than ever before, it will continue to proactively transform Indian industry's engagement in national development.

### References & Sources of the images used in the booklet:

<https://pin.it/tgg0GWI>      <https://images.app.goo.gl/UFPR47xFyGZf22Gw5>      <https://images.app.goo.gl/1skxnfivr297gAG6>  
<https://pin.it/3ldZ7K>      <https://images.app.goo.gl/we5vfr1WP3HNMLUx6>      <https://images.app.goo.gl/6dyF2P1YjrVbeBEA6>  
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    <https://images.app.goo.gl/Yf5Pn64Cr9pZNC0HA>      <https://images.app.goo.gl/cXQ5dk2QPvacyA8>  
    <https://images.app.goo.gl/JhfrAzqCk37NulhE6>      <https://images.app.goo.gl/WQCnyFVeTA1rkl.s6>  
    [https://www.freepik.com/free-vector/kawaii-character-collection\\_4280240.htm#page=1&query=kids%20boy%20and%20girl&position=0](https://www.freepik.com/free-vector/kawaii-character-collection_4280240.htm#page=1&query=kids%20boy%20and%20girl&position=0)

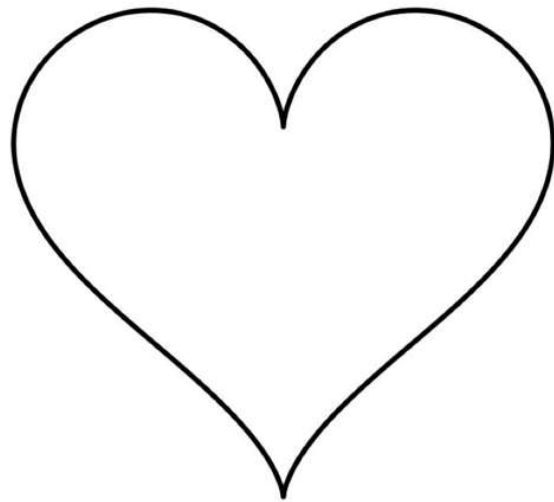
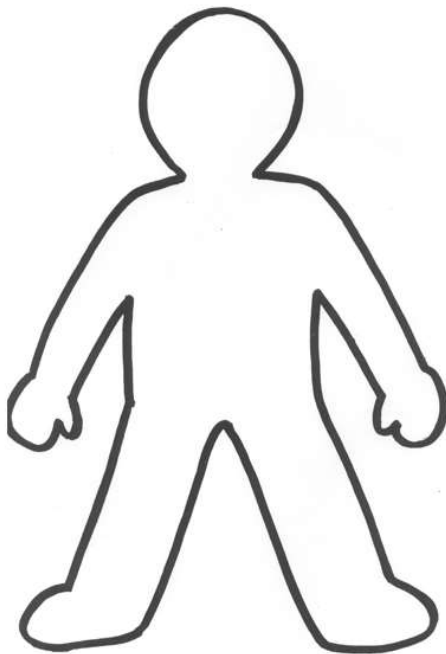


## Emotional Mapping Exercise

- The COVID 19 Pandemic has shown us how important mental health from the child to the adult and across the life course. Mental health is one of the four components of health and they include physical health, mental health, social health and spiritual health.
- Emotions help present the experience of mental health. Every emotion from joy to sadness, anxiety to confidence, fear to a sense of well-being is real emotions for children. We must therefore help children early on in life to connect with their emotions and understand them.
- The emotional mapping exercise is a simple child-friendly methodology. It helps children to colour and visualize their emotional experience and state. It can help children to act on what they are feeling and caregivers a window to better understand their child!

# Colouring your emotions

Are you ready to Colour?

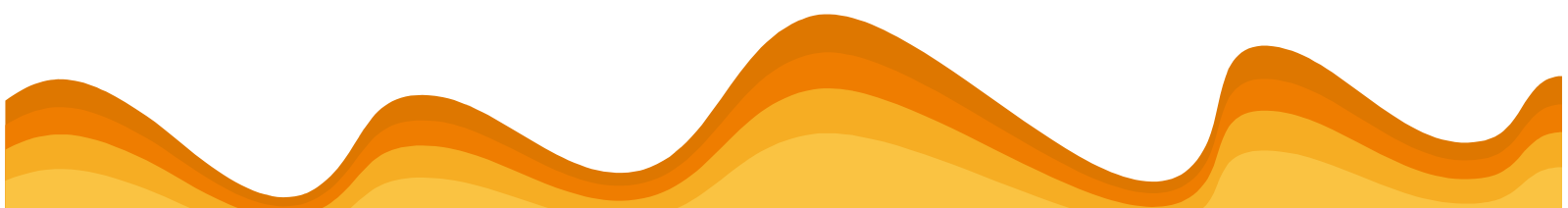


<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

## Instructions

- Pick an outline to colour
- Take 10 minutes to colour in the figure based on how you feel
- Use at least four colours but feel free to use more and add to the “colour key”
- Take your time and remember that this is a judgement-free activity
- Remember to label your feelings

Source:





# An Initiative by Masoom Vertical of Yi Coimbatore Chapter

Our thanks to Yi Indore, Yi Chennai  
and ICPH for the design and references.





CHILDLINE 1098 is a service of  
Ministry of Women & Child Development.  
Childline India foundation is a non-government  
organization (NGO) in India that operates a telephone  
helpline called Childline, for children in distress.  
Childline 1098 service is available all over India.



## Confederation of Indian Industry

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