



School of Life

शिक्षा, संस्कृति एवं विकास  
Education, Culture and Development



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# P.A.L.S. Preventing Abuse and Learning Safety

In collaboration with  
**School of Life Foundation,  
Gurugram**

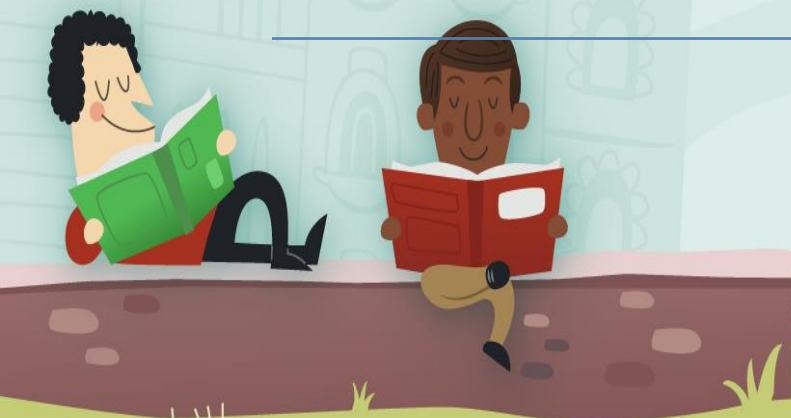




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# Agenda

- 1 Childhood sexuality and normative sexual behaviors in children
- 2 Importance of talking to children about their bodies
- 3 Defining Child Sexual Abuse(CSA) :
- 4 CSA : Indicators , Causes and Impacts
- 5 Procedures in reporting and redressal (legal and practical)
- 6 Dealing with children impacted by CSA





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# Appropriate and Inappropriate Sexual Behaviors (Indicative of abuse)

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red

sexual behaviours that are problematic or harmful, forceful, secretive, compulsive, coercive or degrading signal the need to provide immediate protection and follow up support

orange

sexual behaviours that are outside normal behaviour in terms of persistence, frequency or inequality in age, power or ability signal the need to monitor and provide extra support

green

sexual behaviours that are normal, age appropriate, spontaneous, curious, mutual, light hearted and easily diverted experimentation provide opportunities to talk, explain and support



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# Normative Sexual Behaviors

## CHILDREN (2-5 YEARS)

- ✓ **Comfort in being nude**
- ✓ **Body touching** and holding own/others genitals
- ✓ **Interest in body parts** and functions
- ✓ Participation in make believe games involving looking at and/or touching the bodies of familiar children e.g. 'Doctor-Doctor, playing 'family'

## CHILDREN (6-10 YEARS)

- ✓ Increased sense of privacy about bodies
- ✓ **Masturbation**, usually with awareness of privacy
- ✓ Questions about babies, gender, relationships, sexual activity
- ✓ **Hugging, kissing, touching with known peers**
- ✓ Telling stories or asking questions, using swear words, 'toilet' words or names for private parts



# Behaviors Outside of Normal Behaviors

## CHILDREN (2-5 YEARS)

- ✓ **Persistently** watching others in sexual activity, toileting or watching nude
- ✓ **Explicit sexual art or play**
- ✓ Pulling other children's pants down or skirts up against their will
- ✓ Touching the genitals/private parts of adults and other children **in preference to other activities**
- ✓ Touching the genitals/private parts of animals after redirection

## CHILDREN (6-10 YEARS)

- ✓ Masturbation in preference to other activities, causing self injury
- ✓ **Persistent** questions about sexuality despite being answered
- ✓ **Persistent** nudity and/or exposing private parts in public places
- ✓ Following others into private spaces e.g. toilets, bathrooms to look at them or touch them
- ✓ Use of mobile phone and internet with known and unknown people which may include giving out identifying details
- ✓ Touching the genitals/private parts of animals **after redirection**



# Problematic Behaviors

## CHILDREN (2-5 YEARS)

- ✓ Persistent explicit sexual themes in talk, art or play
- ✓ Disclosure of sexual abuse
- ✓ Simulation of sexual touch or sexual activity
- ✓ Persistently touching the genitals /private parts of others
- ✓ Forcing other children to engage in sexual activity
- ✓ Presence of a sexually transmitted infection

## CHILDREN (6-10 YEARS)

- ✓ Compulsive masturbation e.g. self harming, seeking an audience
- ✓ Persistent bullying involving sexual aggression e.g. pulling/lifting/removing other children's clothing, sexually threatening notes, drawings
- ✓ Sexual behaviour with significantly younger or less able children
- ✓ Simulation of, or participation in, sexual activities
- ✓ Sexually transmitted infection
- ✓ Using mobile phones and internet which includes giving out identifying details or sexual images





# CHILD SEXUAL ABUSE



# Defining CSA

- Using a child for sexual gratification by a more powerful person.
- Coercion to engage in unwanted sexual activity- contact and non-contact behaviours
- Includes forcing, tricking, threatening or pressuring a child into sexual activity.
- Includes behaviors that may not be inherently sexual– covers abuser's intent, sexualized quality and experience of the victim
- Includes case of Incest- abuse prolonged, frequent, early onset.





# POCSO – The Genesis

- Increasing prevalence of sexual offences against children: 53% children in India have suffered from sexual abuse
- No specific legislation governing child sexual abuse until 2012
- Scattered legal provisions:
  - Indian Penal Code, 1860
  - Immoral Traffic (Prevention) Act, 1956
- Sexual offences were gender specific (except for Section 377 and trafficking)



# POCSO : Key Objective

- **Protect children from the following offences**
  1. Sexual Assault
  2. Sexual Harassment
  3. Pornography
- **Safeguard interests of children through :**
  1. Child friendly procedures for reporting
  2. Special procedures for investigation and recording of evidence
  3. Speedy trials through designated courts



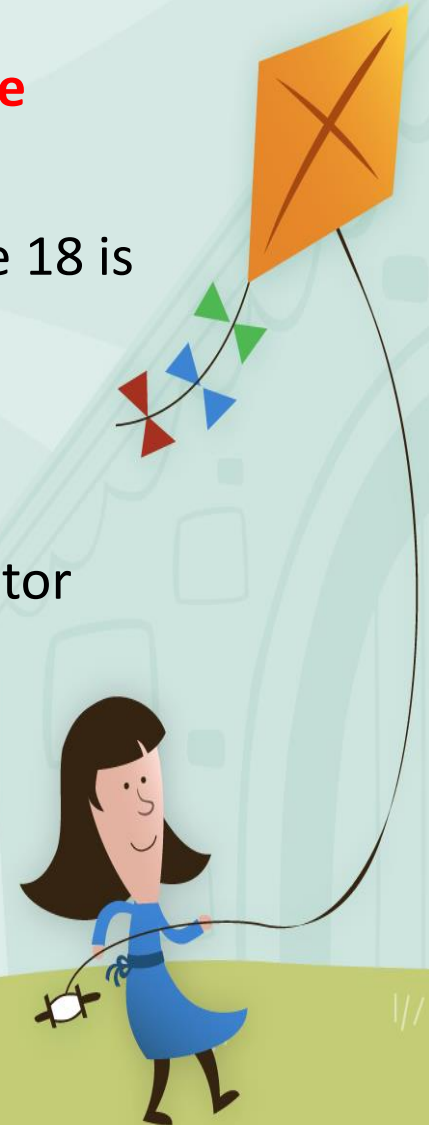


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# POCSO Mandate

## CSA is a cognizable and Non bailable offence

- ✓ Is applicable to children . Anyone below age 18 is a child
- ✓ Is gender Neutral
- ✓ Reporting is mandatory
- ✓ The proof bearer in all cases is the perpetrator





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# Sexual Offences under POC SO

Sexual Assault

Penetrative  
Sexual Assault

Aggravated  
Penetrative  
Sexual Assault

Sexual  
Harassment

Aggravated  
Sexual  
Harassment

Child  
Pornography

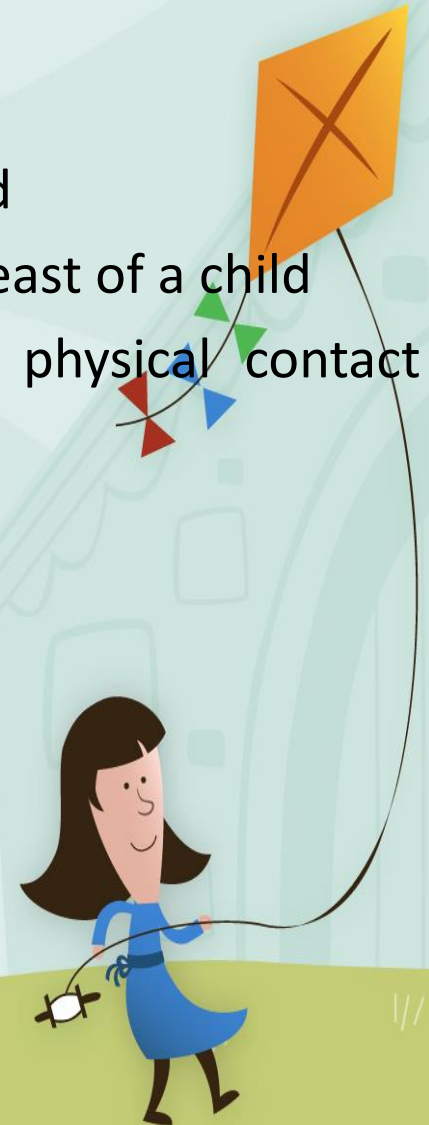
Storage of  
Child  
Pornography



# Sexual Assault

## Sexual Intent

- Touching of vagina , penis, anus or breast of the child
- Making the child touch the vagina, penis, anus, or breast of a child
- Any other act with sexual intent which involves physical contact without penetration

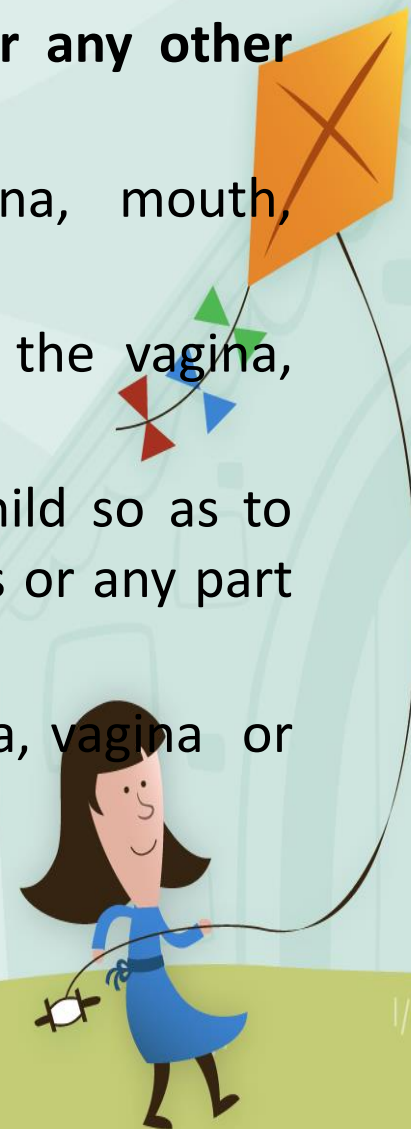




# Penetrative Sexual Assault

**Insertion (by self/making a child do so to self or any other person)**

- Insertion of penis to any extent, in to the vagina, mouth, urethra or anus of the child;
- Insertion of any other body part/ object into the vagina, urethra or anus of the child
- Manipulation of any part of the body of the child so as to cause penetration in to the vagina , urethra anus or any part of the body of the child ;
- Application of one's mouth to the penis, urethra, vagina or anus;





# Aggravated PSA

## PSA COMMITTED BY A PERSON OF AUTHORITY IS AGGRAVATED PSA

- Police officer, public servant, management or the staff of an educational institution, protection home, or other place of custody or care and protection. Management or staff of a hospital whether Government or private
- Relatives of the child, foster care caretaker, domestic relationship with the parent of the child, living in the same shared household, owner, or management, or staff of any institution providing services to the child institution or home of the child or anywhere else





# Aggravated Penetrative Sexual Assault

## Causing Harm

- Uses deadly weapon, fire, heated substance or corrosive substance
- Causes grievous hurt or bodily harms and injures sexual organ of the child
- Physically/ mentally incapacitates the child
- Impregnates the child
- Causes STD/HIV/other life threatening disease or infection
- Causes mental or physical disability

## Other Acts

- Gang penetrative sexual assault
- Act more than once or repeatedly
- Child below twelve years
- Knowing the child is pregnant
- PSA on child and attempts to murder the child
- In course of communal or sectarian violence
- By a person previously convicted
- Penetrative sexual assault on a child and making the child to strip or parade in public

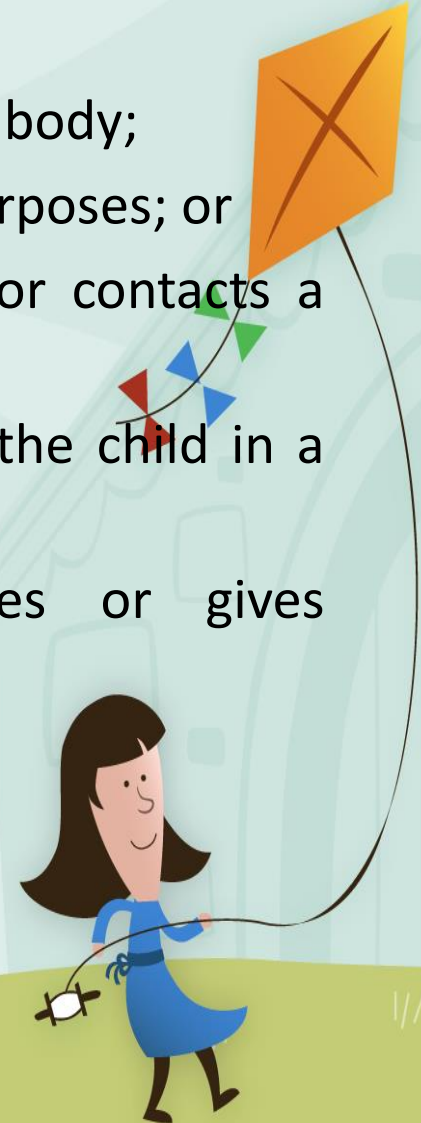






# Sexual Harassment

- Utters any word or makes any sound, or makes any gesture or exhibits any object or part of body;
- Makes a child exhibit his body or any part of his body;
- Shows any object to a child for pornographic purposes; or
- Repeatedly or constantly follows or watches or contacts a child; or
- Threatens to use the child or involvement of the child in a sexual act; or
- Entices a child for pornographic purposes or gives gratification.



# Use Of Child Pornography

Use of a child in any form of media for personal use or for distribution, for the purpose of sexual gratification which includes

- Representation of sexual organs of a child
- Usage of a child engaged in real or stimulated sexual acts (with or without penetration)
- Indecent or obscene representation of a child



# Penal Actions under POCSO

Sexual Assault	3-5 years to life imprisonment
Penetrative Sexual Assault	7 years to life imprisonment
Aggravated Sexual assault	10 years to life imprisonment
Sexual Harassment	Up to 3 years Imprisonment
Child Pornography	6 -10 years to life Imprisonment
Storage of Child Pornography	3 years



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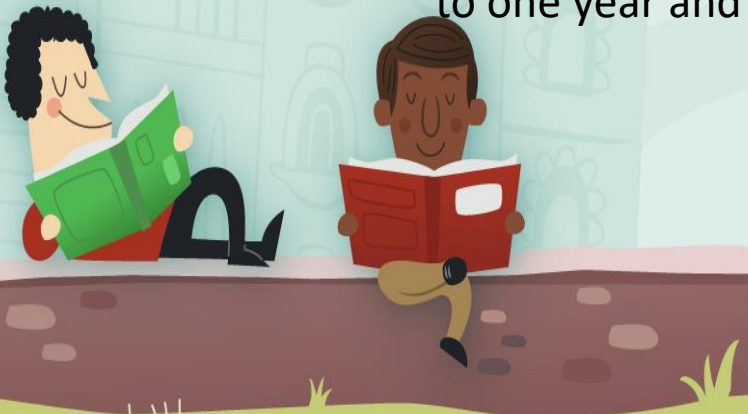
# Mandatory Reporting

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1. Reporting of any offence under POCSO which **has occurred** or **is likely to occur** is mandatory.
2. The failure to do so attracts punishment. Any person who fails to report the commission of an offence is punishable with imprisonment up to 6 months or with fine or both
3. In charge of any company or an institution who fails to report the commission of an offence shall be punished with imprisonment for a term which may extend to one year and with a fine





# Abetment of an Offence

## Definition of Abetment

- Instigates a person to do the offence
- Engages with one or more people in any conspiracy to do that offence
- Intentionally aids, by any act or illegal omission, the doing of that offence





# Abetment of an Offence

## Punishment for Abetment

1. If the act is committed in consequence of the abetment; person shall be punished with punishment provided for that offense
2. Who ever attempts to commit an offence is punishable with imprisonment of any description which may extend to one half of the imprisonment of life as the case may be or one half of the longest term of imprisonment provided for that offence



# Case Scenarios

1. You sense certain discomfort and some indicators in a child at your school, you are concerned and need to talk to him to be sure, if he experienced CSA/not. **How would you talk to him about the matter?**
2. Rohit is 6 years old. He was molested by an adult, he confides in the teacher. The teacher informs the parents hoping they will complain, but the parents are too scared to complain because the perpetrator is a known person. **What would you do?**



# Why children don't tell- Culture of Silence

- ✓ Age of the child- no appropriate language
- ✓ Identity of the perpetrator; sense of betraying the abuser
- ✓ Fear of losing a loved one(the abuser); ambivalence
- ✓ “Will mommy believe me?”
- ✓ Unquestioned obedience to authority(cultural value)
- ✓ **Normalizing of abuse**







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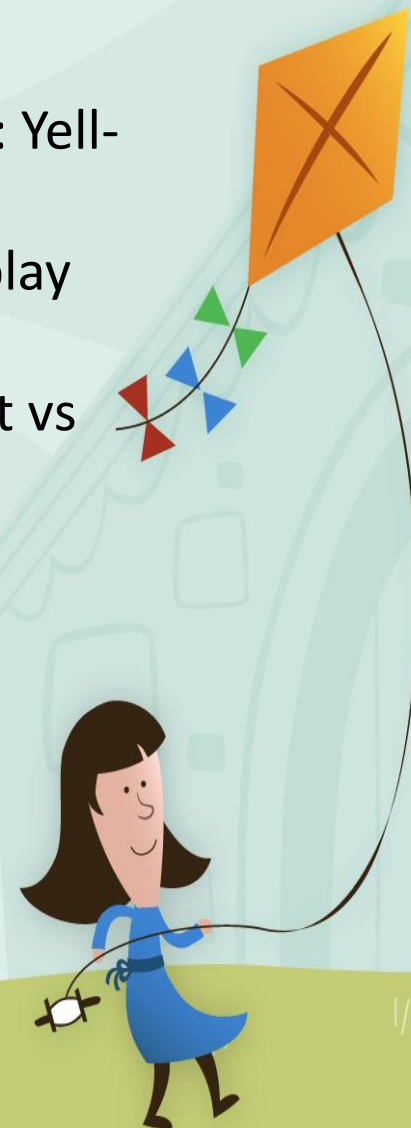
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# Helping Children Think Through Difficult Situations

1. Talking to children about 'safe' and 'unsafe touch': Yell-run- tell, swim suit rule
2. Help the child think through situations: Scenario play /storytelling
3. Beyond touch: Safe feelings, safe adults and secret vs surprise
4. Scenario play/discussions





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Obsession  
Suicide  
More Than Bruises  
Are Left Behind  
Eating Disorders  
Poor Health  
Anxiety  
Anger  
Dissociation

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## Impact of CSA

- Impact is all pervasive
- **Self blame**; searching for faults in oneself
- “I am bad”
- ‘Traumatic Sexualization’
- Betrayal; **inability to trust**
- Powerlessness; future relationships may turn abusive
- The 3 D’s- Dirty, Damaged, Different





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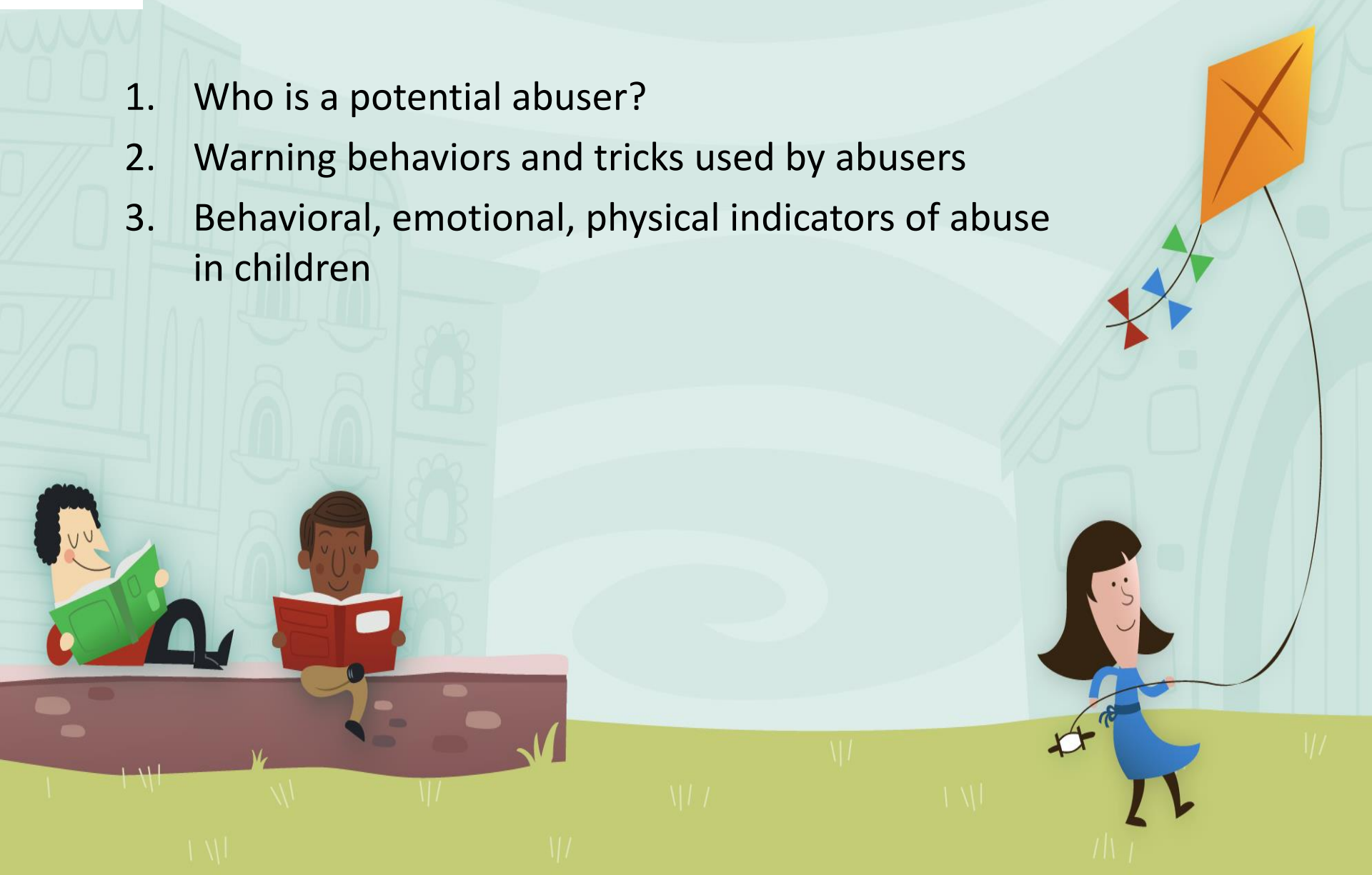
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# Perpetrators and Indicators of CSA

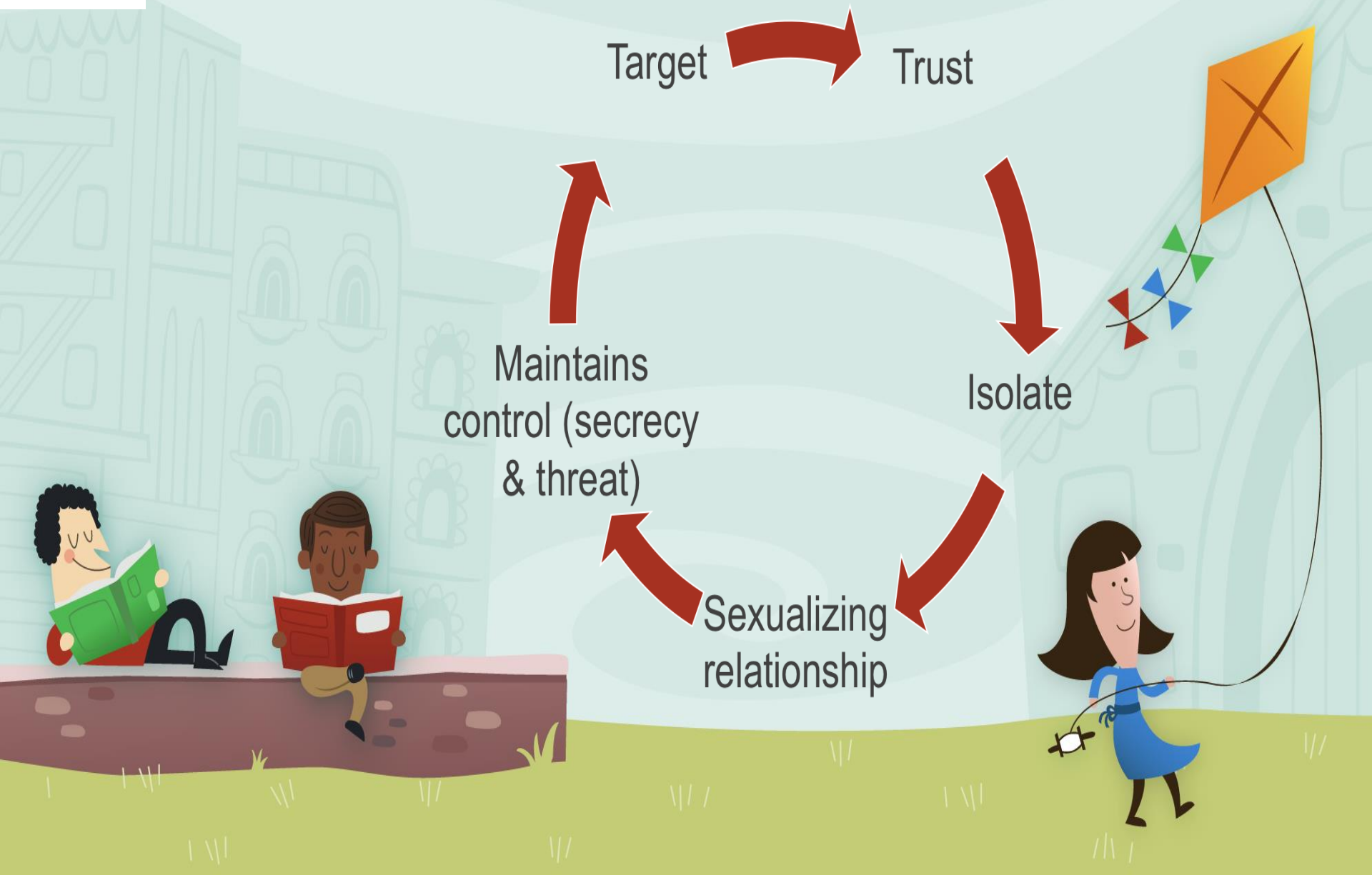
1. Who is a potential abuser?
2. Warning behaviors and tricks used by abusers
3. Behavioral, emotional, physical indicators of abuse in children





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# The Mind of The Abuser





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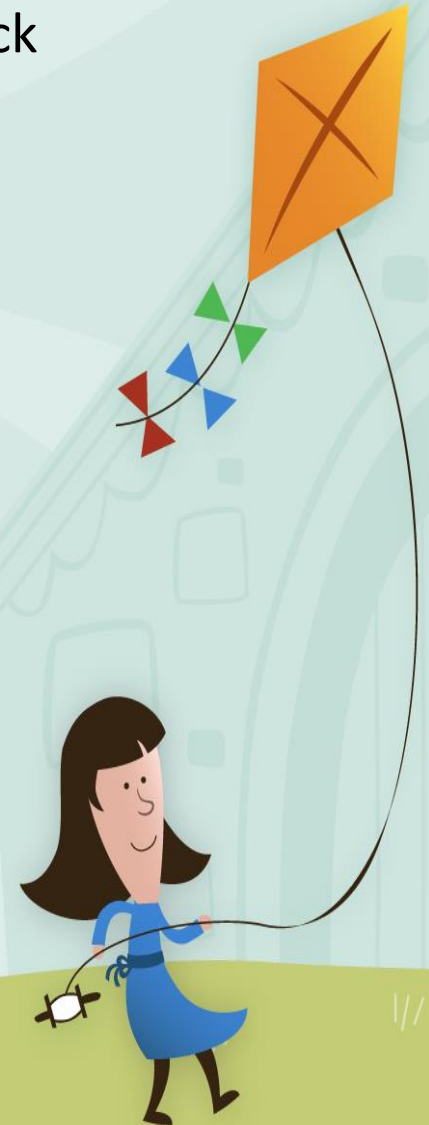
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# Typical Tricks Played By Child Abusers

- ✓ The Apple of My Eye Trick
- ✓ Accidental Touching Trick
- ✓ Assistance Lure Trick
- ✓ Authority Trick
- ✓ Friendship Trick
- ✓ "I Know You" Trick
- ✓ Outing Trick
- ✓ Teaching Trick
- ✓ Threat Trick
- ✓ Games Trick



# Identifying an Abuser-Red Flags

1. Someone who tends to find frequent opportunities for **unwarranted hugs or touching** with students
2. Someone who is **overly interested in students' sexual growth** and asks sexually-oriented questions.
3. Someone who has **few or no boundaries** and does not respect the limits of their role in their relationship with students.
4. Someone who **tries to get unsupervised time alone with** students very often, e.g. take them on day or overnight outings alone.
6. Someone who **frequently walks in on children in the bathroom** while they are showering/changing e.g. Swimming pool, student restrooms.
7. Someone who spends a lot more time with students **than colleagues or with individuals of their own age.**



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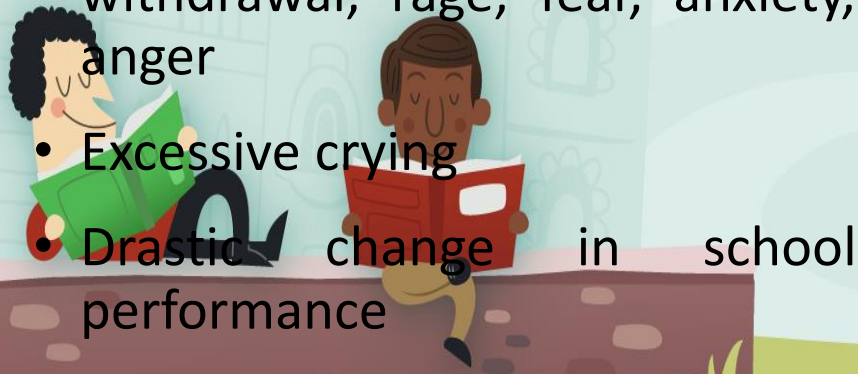
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# Indicators of Sexual Abuse In Children



# Behavioral & Emotional Signs

- A fear of certain places, people, or activities, especially being alone with certain people
- Loss of appetite, or trouble eating or swallowing
- Disturbed sleep/ frequent nightmares
- Sudden mood swings, withdrawal, rage, fear, anxiety, anger
- Excessive crying
- Drastic change in school performance
- Avoids touch
- Drawing with bizarre themes
- Sexually acting out on younger children
- Reluctance to undress
- Explicit sexual behaviour
- Sexual knowledge beyond their years
- Use of new words for private body parts
- Reverting back to outgrown behaviour (bedwetting and thumb sucking)



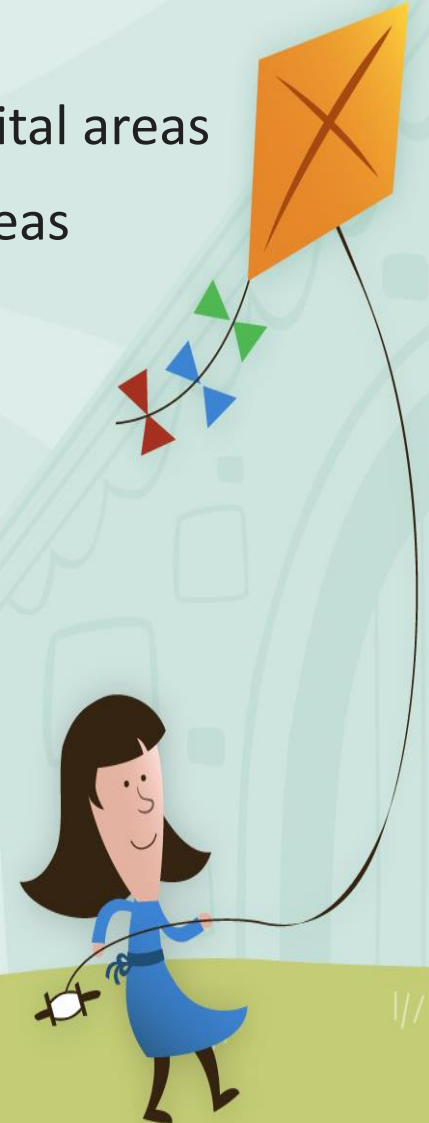




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# Physical Signs

- Difficulty walking or sitting
- Itching, swelling, redness or pain in the genital areas
- Bleeding or trauma In oral, genital or anal areas
- Excessive bladder infections
- Excessive urinary tract infections
- Excessive yeast infections





# Post Abuse Intervention



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# Post Abuse Intervention

1. Handling disclosure of CSA
2. Safety in school
3. Reporting: Legal and Practical Provisions and Procedures



# Handling CSA - First Steps

## DO

- Listen and show empathy
- Acknowledge their statements; believe him/her
- Speak to child in a calm and private environment
- Stay calm, reassuring and non judgmental

## DON'T

- Over react or look shocked
- Push for details; put words in child's mouth
- Ask 'why' questions as they sound accusatory
- Make promises you cannot keep ("This will be our secret")



# 5 Important Messages To Be Given

- “I believe you”
- “I am glad you have told me”
- “I am sorry this happened to you”
- “It’s not your fault”
- “I need to speak to other adults in order to help you and make sure it doesn’t happen again”



# Reporting A Case

1. Report the crime and provide the information to either Special Juvenile Police Unit or the local police at any station
2. Take note of following details of I.O. and supervisor: name and designation, address and telephone number
3. Ensure that the information to either Special Juvenile Police Unit or the Local Police is
  - Ascribed an entry number
  - Recorded in writing
  - Read over to the informant
  - Entered in a book kept by the police unit



# Help Available

- 1 CWC (Child Welfare Committee)
- 2 DCPO (District Child Protection Officer)
- 3 Child Line: 1098
- 4 Ministry of Women and Child Development
- 5 Special Juvenile Police Unit
- 6 Cyber Cell
- 7 Local Police (Special Women Police Station)
- 8 Counsellors/Therapists/Lawyers/NGO

*When should you post on social media ?*

*When Should you interact with Print media ?*





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# Child Welfare Committee

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- In cases where the police determines that the child against whom the offence has been committed, is a **child in need of care and protection (CNCP)**, should **report the case to the CWC.**
- The CWC is mandated to make a **determination within three days** , as to whether the child needs to be taken **out of the custody of the family.** (An inquiry needs to be made before this decision is taken)
- The CWC may **provide a support person to the child, to render assistance to the child through the process of investigation and trial.**







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# Working With The Parent To Handle CSA

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- DO NOT brush away a parent's concern – however small
- Hear what the parent has to say. Empathize. Mentally figure out whether the issue/grievance is CSA or natural sexual behavior
- Probe gently for any changes in the routine of child in school or somewhere else
- Do not confront the child in front of the parent
- Monitor and observe the changes in the child's behavior
- Casually talk to the child





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- ✓ In case of indication of CSA issues in school premises, seek a meeting with the parent and Principal/management of the school.
- ✓ Share specific evidence without directly suggesting possibility of CSA
- ✓ Seek details on routine– people that the child is in contact with etc.
- ✓ Discuss possible action plans including child interaction & evaluation (CAT, Draw a picture, Play Therapy to understand the child's mindset)
- ✓ Observe for changes in behavior: how the child interacts with familiar faces; how the child interacts with strangers



- **STAY INFORMED**
- **STAY EMPOWERED**

