SATYA/ADMN/CIR/2025-26/058 **August 6, 2025**

Dear Parent,

Namaste!

We hope this message finds you well. As part of our ongoing commitment to the safety and well-being of our students, it is our endeavour to create an awareness on the important aspects of our student's **Safe Circle** which includes their 'Inner Circle' (immediate family, mother, father, grandparents, siblings and class teacher) and 'Outer Circle' (extended family, friends, uncles, aunts, house help, strangers etc.)

We are having regular conversations with our students on 'Good Touch, Bad Touch' in school and request you for your support to reinforce the message at home intermittently using the similar approach.

Purpose of these sessions:

- To educate our children about the difference between appropriate and inappropriate touch in a manner that is age-appropriate and easy to understand.
- To empower children to speak up and seek help if they ever feel uncomfortable or unsafe.

Teaching children about good touch and bad touch is crucial for their safety and well-being.

Below are few things we will be doing in school. You can reinforce the same at home.

1. Use Simple Language

- **Good Touch**: Explain that good touches are those that make them feel happy and safe, like a hug from parents, a pat on the back from a teacher, or holding hands with friends.
- **Bad Touch**: Explain that bad touches are those that make them feel uncomfortable, scared, or confused, such as someone touching their private parts or any touch that makes them feel uneasy.

2. Teach About Private Parts

- Use the concept of "bathing suit areas" to explain private parts. Anything covered by a bathing suit is private.
- Teach them the correct names for their body parts. It's important for them to be able to communicate clearly if they need to talk about something.

3. Explain Boundaries

- Reinforce the idea that their body belongs to them, and they have the right to say "No" if they don't want to be touched, even by someone they know.
- Teach them that it's okay to refuse a hug or kiss, even from a family member, if they don't feel comfortable.

4. Use Role-Playing and Story Telling

- Use dolls, puppets, or role-playing scenarios to help children understand different situations and how to react. For example, show them how to say "No" loudly, how to move away, and how to tell a trusted adult, through a story.

5. Teach Them to Identify Trusted Adults (Safe - Inner Circle)

- Help them identify a list of trusted adults (like parents, teachers, or relatives) they can go to if they ever feel uncomfortable or scared.
- Emphasize that they should always tell a trusted adult if someone touches them in a way that feels wrong, even if the person told them to keep it a secret.

6. Reinforce the Concept of 'Secrets'

- Explain that some secrets are okay, like a surprise party, but secrets about touching are not okay and should be told to a trusted adult immediately.

7. Reassure and Encourage Openness

- Make sure the child knows they will not get in trouble for talking about a bad touch. Encourage them to speak openly about their feelings.

8. Read Books and Watch Videos

Use age-appropriate books and videos that explain good touch and bad touch in a child-friendly manner. This can help reinforce the message in a way that's easy for them to understand. Below are few links you could use.

https://www.youtube.com/watch?v=zNTUMNKSNwk

https://www.youtube.com/watch?v=0cRN_mAKTl8

Recommended Reading:

- The Red Book – What you want to know about yourself - Tarshi
- The Yellow Book – A parent's guide to sexuality education - Tarshi
- The Orange Book – A teacher's workbook on sexuality – Tarshi
- You can also visit their website – www.tarshi.net

9. Regularly Review the Information

- Revisit the conversation regularly (once a month) to reinforce the information and ensure they remember what to do if they ever encounter a bad touch.

Important Points for Parents:

- **Discuss Openly:** We encourage you to have open discussions with your children about their bodies, boundaries, and safety. Use simple language that they can understand.

- **Reinforce Learning:** Please reinforce the conversation by having a follow-up discussion at home. Repetition and reassurance are key to helping young children remember and apply what they've learned.
- **Encourage Questions:** Encourage your child to ask questions and express their feelings. This helps them feel more comfortable and confident in seeking help if needed.
- **Recognizing Signs:** Be vigilant for any signs of discomfort or behavioural changes in your child. Prompt communication with the school and taking necessary steps are crucial.

10. Introducing the Concept of 'Stranger Danger'

In addition to learning about safe and unsafe touch, children also need to understand how to stay safe around people they do not know. Please reinforce the following at home:

• A stranger is anyone the child does not know well, even if they seem friendly or familiar.
• Teach them never to go anywhere with a stranger, accept gifts, or take rides without your permission— even if the person says it's an emergency.
• Encourage them to stay close to trusted adults in public spaces and never wander off alone.
• Practice saying "No," running away to a safe place, and telling a trusted adult if a stranger tries to talk to them or make them feel uncomfortable.
• Remind them that grown-ups should never ask children for help (e.g., looking for a lost pet or directions).

By providing this education in a gentle, understanding manner, you can empower children with the knowledge they need to protect themselves.

Your involvement and cooperation are essential in helping us create a safe and nurturing environment for our children. We look forward to your active participation in this initiative.
Thank you for your continued support.

Warm regards

Manisha Malhotra
Director Principal