



abhaya **Bhavitha**

an initiative of abhaya FOUNDATION

www.abhayafoundation.org

abhaya FOUNDATION



Since its inception in the year 2006, abhaya FOUNDATION has taken up different service activities across Bharat. abhaya having their Empowerment Campuses at Hyderabad (Telangana), Ananatapuram (AP), and Bengaluru (Karnataka) through which we have empowered about 12,000 unemployed youth for free. Our mission is to serve with H.E.A.R.T (Healthcare, Educare, Awareness, Rural Development & Transformation).



abhaya Bhavitha

Bhavitha is an initiative of www.abhayafoundation.org to create the best possible awareness of Women Safety in Schools & Colleges. We have launched Awareness Programs in Schools and Colleges across the country on Women Safety. If you are interested in actively being involved in this activity...please register your name with **Ms. Mamatha**, Coordinator, abhaya Bhavitha on WhatsApp 9866870189. In case of queries, please don't hesitate to contact us. - Team abhaya



అభయ-భవిత
జీవితం మనదే.. జీవమూ మనదే!
సురక్షితంగా ఉండాలంటే.. దశ సూత్రాలను పాటద్దాం!
సుశిక్షణలై జీవిద్దాం!



abhaya Bhavitha poster launched

శ్రీమతి ధనసరి అనసూయ (సీతక్క), మంత్రి వర్యులు, మహిళా శిశు సంక్షేమ శాఖ, తెలంగాణ రాష్ట్ర ప్రభుత్వం



abhaya FOUNDATION
an assurance for no fear...

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సురక్షితులై జీవిద్దాం!

1 Be vigilant అప్రమత్తం అవ్వకపోవండి	2 Keep safety back రక్షణ తోనూ ఉండండి	3 Seek help సహాయం కోరండి
4 Scream గొర్రె అవ్వండి		5 No hand touch అనుభవం నచ్చకపోవండి
6 Be Fearless భయంకూర్కవ్వండి	GIVE POWER	7 You are the Power అనుభవం ఉన్నావ్
8 Always Run వెంటావ్వండి	9 Share the pain అనుభవం పంచుకోవండి	10 Call for Help 1098 / 100 సహాయం కోరండి 1098 / 100

Flat No: 502, Vipanchi Residency, Lane besides Paradise Take Away, Masab Tank Hyderabad - 500028
abhayafoundation@yahoo.com Phone: 9866870189 www.abhayaoundation.org

అభయ భవిత గోడ పత్రిక విడుదల



Universal Declaration Of Human Rights

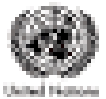
Child abuse constitutes a violation of the most basic rights of the children and adolescents, which are enshrined in the “UNIVERSAL DECLARATION OF HUMAN RIGHTS.”

Article 19 – Convention on the rights of the child (CRC)

“All appropriate legislative, administrative, social and educational measures to protect the child from all forms of physical or mental violence, injury or abuse, neglect or negligent treatment, maltreatment or exploitation, including sexual abuse, while in the care of the parent, guardian or any other person who has the control of the child”



UNIVERSAL
DECLARATION
OF
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POCSO Act 2012

An Act to protect children from offences of sexual assault, sexual harassment and pornography and provide for establishment of Special Courts for trial of such offences and for matters connected therewith or incidental thereto. In this section, we talk about the need for the POCSO Act



Child abuse!



Child abuse is the wrongful treatment of a child. It may be in the form of emotional, physical, mental or sexual abuse. This form of abuse may also be recognized as the exploitation of a child, as well as the failure to properly care for a child, otherwise known as neglect. It can take place anywhere in the organization, schools, communities or even in a child's home



Types of abuse

Physical Abuse

- Unexpected burns, cuts, bruises or welts
- Bite marks, swollen and tender limbs
- Antisocial behavior
- Problems at school
- Fear of adults

Sexual Abuse

- Inappropriate interest or knowledge of sexual acts
- Nightmares and bed wetting/soiling
- Drastic change in appetite or behavior
- Over-compliance or excessive aggression
- Fear of a particular person or family member

Emotional Abuse

- Depression
- Hostility or stress
- Eating disorders
- Apathy or hopelessness

Neglect

- Unsuitable clothing for the weather
- Extreme hunger
- Dirty or unbathed
- Lack of apparent supervision



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



Touching a child where he/she doesn't want to be touched



Forcing a child to touch you



Breaking down the self confidence of a child



Hitting or hurting a child often to relieve your own frustration



Manipulating a child



Not taking care of a child, for example, unclean, unclothed, unfed child



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



Making your own child a 'servant' depriving of time for education/leisure



Hitting and ridiculing a child at school



Neglecting a child's medical needs



Neglecting a child's educational needs



Leaving a child without supervision



Physical Abuse

- This form of abuse refers to the deliberate physical harm of a child by parents or caregivers. Physical abuse affects around 18% of maltreated children and is a leading cause of child deaths—homicide falling in second
- Physical abuse may involve hitting a child with hands or an object. Burning, biting, or physically restraining a child with the intent to do harm is also considered physical abuse
- Children of all races, ethnicities and economic groups may be subject to physical abuse. It is, however, more commonly observed in boys and infant children.
- A child is also at a higher risk of physical abuse where they live with a disability or are under the care of an unmarried mother. There is also an increased chance of violence where a child is raised in poverty, or in a home where domestic violence is rampant. The same goes in situations where a child grows up with an unrelated adult.





Physical Abuse - Situations

Physical abuse may involve

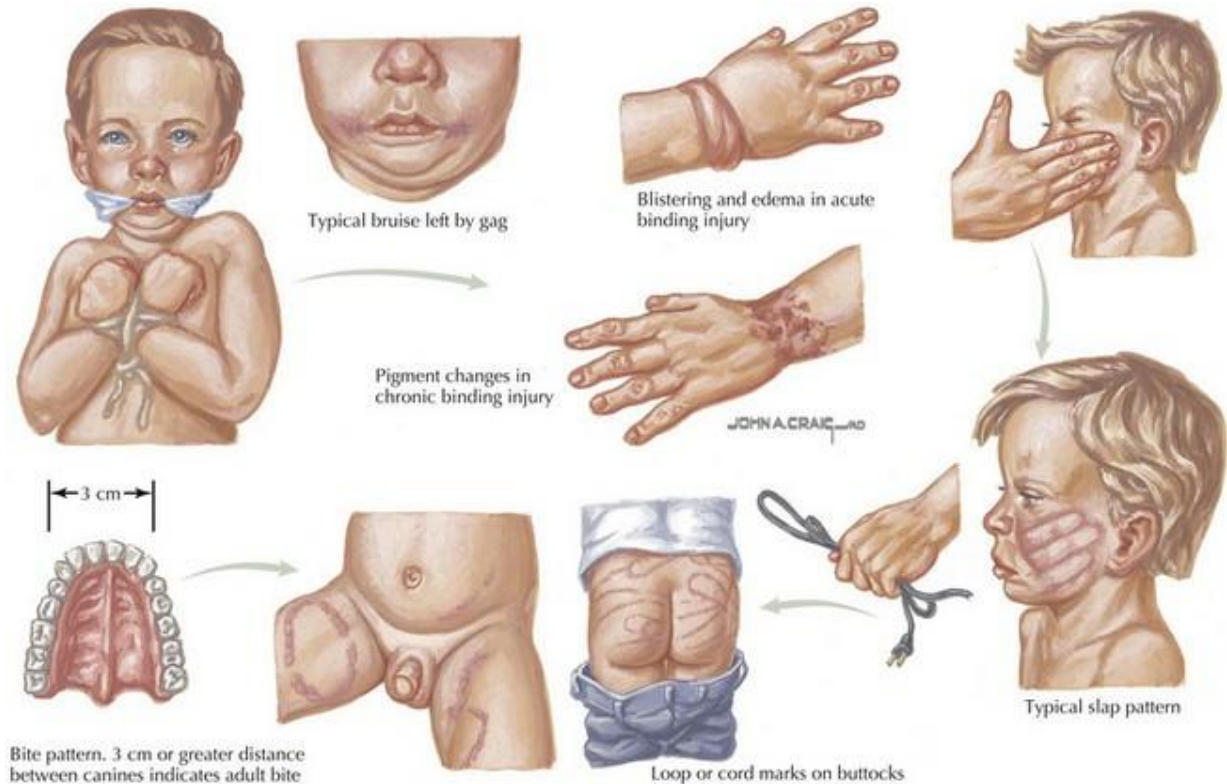
- Hitting
- Burning
- Biting
- Beating
- Physical retain
- Cruelty
- Ill treatment
- Violent behavior
- Giving no food
- Arresting





Signs of Physical Abuse

- Various stages of healing
- Bilateral and generalized
- Unilateral are usually with accidents
- Clustered patterns reflect objects like Belt/hand
- Face, mouth, lips, torso, back, palms, buttocks, thighs, soles of feet





Sexual Abuse

Sexual abuse is any unwanted sexual contact obtained by force, threats or when a victim is unable to consent.

Overwhelmingly, people who experience sexual abuse report know the abuser. And for half of women, that person is their intimate partner. Men are more likely to be sexually abused by an acquaintance. That's because sexual abuse is about much more than sex. It's one of the many ways an abuser exerts power and control over a partner.

Other ways include physical, emotional and financial abuse.



Sexual Abuse - Situations



- Touching genitals for sexual pleasure
- Forcing to touch someone else's genitals
- Objects or body parts inside the vulva or vagina
- Objects in the mouth or in the anus
- Exposing pornography
- Encouraging to perform sexual acts
- Exposing a person's genitals
- Performing sexual acts before them
- Photographing sexual postures
- Watching one undress or use the bathroom
- Using computers, cell phones or social media outlets to make sexual overtures





Sexual Abuse - Signs

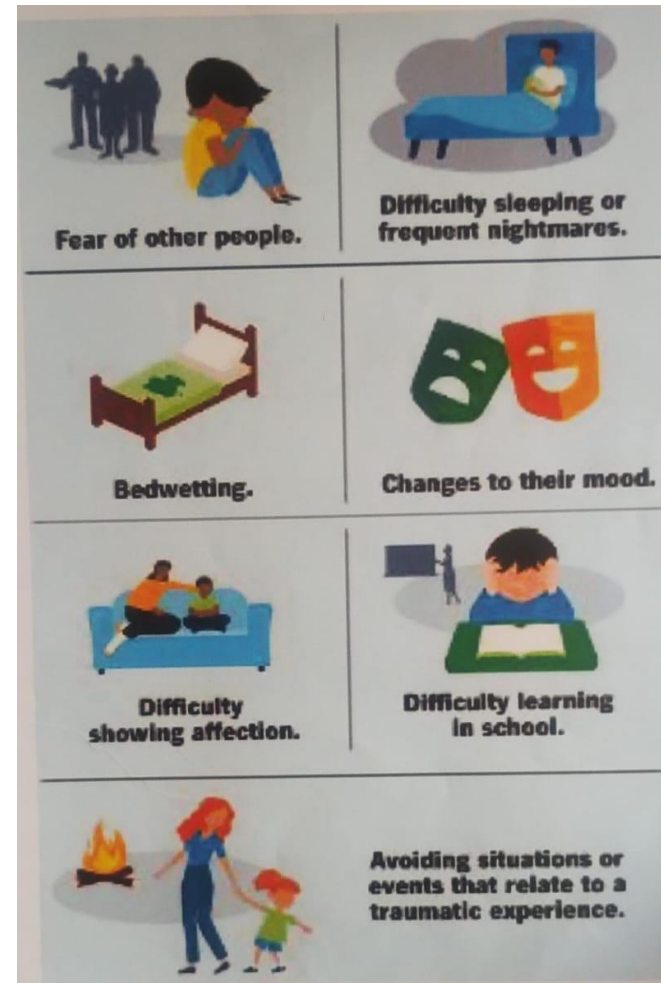
- Difficulty walking or sitting
- Refuses to change for gym/physical activities
- Reports nightmares or bedwetting
- Experiences a sudden appetite change
- Shows unusual sexual knowledge
- Becomes pregnant or contracts a STD
- Runs Away
- Reports Sexual Abuse by a parent/caregiver





Behavior Patterns after Abuse

- Dull
- Inactive
- Excessively passive
- Sleepy
- Moody
- Unclean
- Self stimulus behaviours
- Finger sucking or rocking
- Begging or Stealing food,
- Vandalism or shoplifting
- Absenteeism from school,
- Drug or alcohol addiction







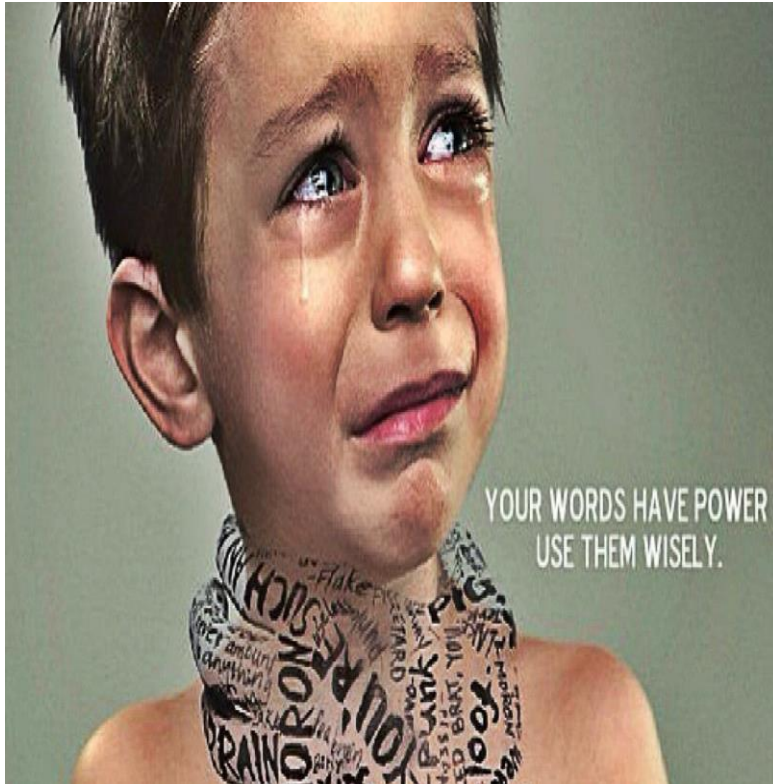
Why No one Speak About Abuse

- Afraid that they may be disbelieved.
- Sense of guilt that perhaps it is indeed 'their own fault' that the abuse occurred
- Remembering and reliving the trauma and No one want to remember the abuse.
- Afraid that the person who abused them will stop loving them or get in trouble because of them. This is true in cases where the offender is a family member.
- Manipulated by the offender into believing that their relationship is normal. Sometimes the person does not realize that they being abused.
- Fear of retaliation and further abuse also forces to keep silent.
- Others do not listen or believe.





Emotional Abuse



Signs of emotional abuse may be more difficult to identify. It may impact a child for the rest of their life. it negatively impacts a child by:

Limiting their emotional abilities,
Changing their patterns of behavior,
Impacting their ability to concentrate and learn at school,

Damaging their self-esteem esteem

Providing a distorted view of what parents should be



Emotional Abuse- Situations

- Yelling
- Criticizing
- Negative treatment
- Withholding love
- Not paying attention
- Not nurturing
- Threatening to hurt
- leaving unattended
- Blackmailing
- Verbal & Non-Verbal
- Bullying
- Intimidation
- Coercion
- Harassment
- Ridicule
- Humiliation
- Controlling
- Isolating
- Anger





Emotional Abuse - Signs

Your feelings are dismissed or belittled.

Jealousy of your relationships with others.

Threatening to hurt themselves.

Using guilt/compassion to control you.

"Gaslighting"
Rewriting events to convince you they happened a certain way.

Blaming you for their actions.

Your boundaries don't matter.

Signs of Emotional Abuse

Blaming you for things in their life going wrong.

Shaming you into not talking about it.

Their needs are the only ones that matter.

Nothing you say or do is good enough.

No doesn't mean no.

They "love bomb" you and then mistreat you.

Humiliating and berating you.

Everything is one extreme or the other.

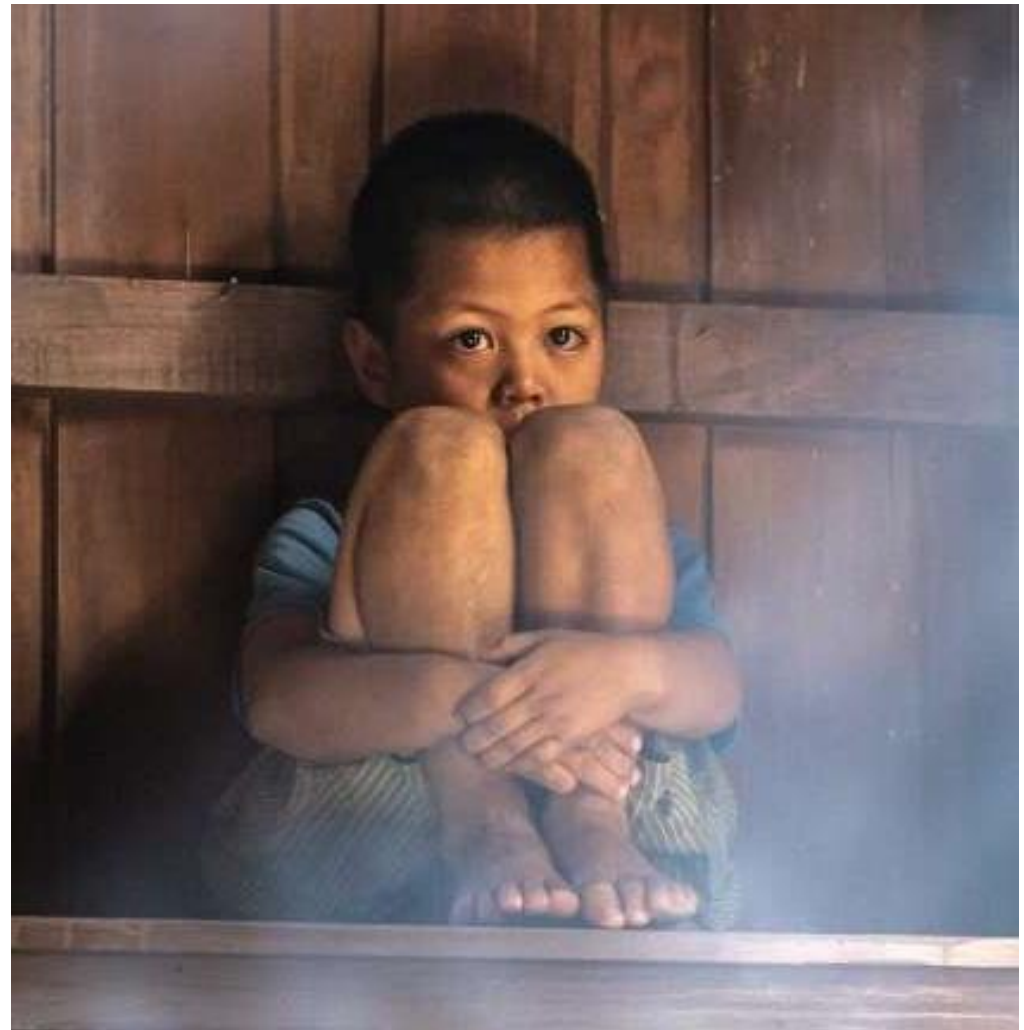
Constant unfounded accusations and mistrust.

BlessingManifesting

Neglect Abuse



Neglect is the failure of a caregiver to meet a dependent person's basic physical and emotional needs, including the need for shelter, food, clothing, medical care, and emotional support





Neglect Abuse - Situations

- No shelter
- No food
- No clothing
- No supervision
- No care
- No love
- No attention
- No healthy communication
- No validation
- No appreciation
- No empathy
- No schooling
- No social gathering
- No games
- No friends





Neglect Abuse - Signs





abhaya

FOUNDATION

an assurance for no fear...

అభయ-భవిత

జీవితం మనదే.. జీవమూ మనదే!

సురక్షితంగా ఉండాలంటే.. దశ సూత్రాలను పాటద్దాం!
సుశిక్షణకులై జీవద్దాం!



1

Be vigilant

అప్రమత్తంగా ఉండండి



Be Vigilant - Tips

- Remember Important phone numbers
- 3 SOS contacts in Smart Phone
- If you suspect Strangers – Move to Crowd
- If doubtful go to near by shop/Mall
- Walk in crowded place.
- Seek help from nearby houses/people
- Call Police /Security/Watchman/Gatekeeper
- Walk Confidently and assertively
- Be alert to the surroundings



Be Vigilant – Case Study



Disha, a 26-year-old veterinary doctor in the state-run hospital at Kollur, was found dead on the morning of November 28, 2019, under Chatanpally bridge in Shadnagar. She was raped and murdered, sparking widespread outrage





2

**Keep safety tool
భద్రత కోసం సామగ్రి**



Safety Tools

- Safety pins
- U pins
- Pens
- Pencils
- Ribbons
- chain
- Stick/Divider
- Chilli powder
- Pepper powder
- Sand
- Scales
- Blade
- Shoes/chappal
- Slape/Punch with the closed fist
- Bit with teeth/Scratch with nails
- Knife
- Pickup stone and hit







3

Seek help

సాయం కోరండి



CONQUER your FEAR of ASKING for HELP

1. UNDERSTAND YOU NEED TO ASK.
2. DECIDE ON WHAT YOU NEED HELP WITH.
3. DECIDE ON WHO YOU WILL ASK.
4. IDENTIFY THE BEST METHOD TO ASK FOR HELP.
5. STOP ASSUMING THE WORST.
6. RECOGNISE YOUR FEAR.
7. TAKE STEPS TO BUILD CONFIDENCE AND SELF-ESTEEM.
8. WRITE DOWN WHERE YOU NEED HELP.
9. TALK TO A FRIEND OR SOMEONE WHO UNDERSTANDS WHAT YOU ARE GOING THROUGH.
10. CREATE A SUPPORT SYSTEM.



[READ MORE](#)





4

Scream

గట్టిగా అరవండి

Scream - Tips



- Say “NO” and RUN AWAY.
- Shout TELL someone you trust and KEEP TELLING
- Get away fast! Never stay alone with that person
- Call for help.. SCREAM !!!
- Fight like your life depends on it.
- Scream at the top of your lungs, kick the stranger you need to. Do whatever you possibly can to escape
- The stranger may try covering your mouth. If that happens, scream as hard.
- Below are some suggestions on what you can scream
- **"Let me go!"**
- **"You're not my mom!"**
- **"You're not my dad!"**
- **"Stop!"**
- **"Somebody, help me!"**
- **"Call the police!"**
- ***Stranger Danger!***





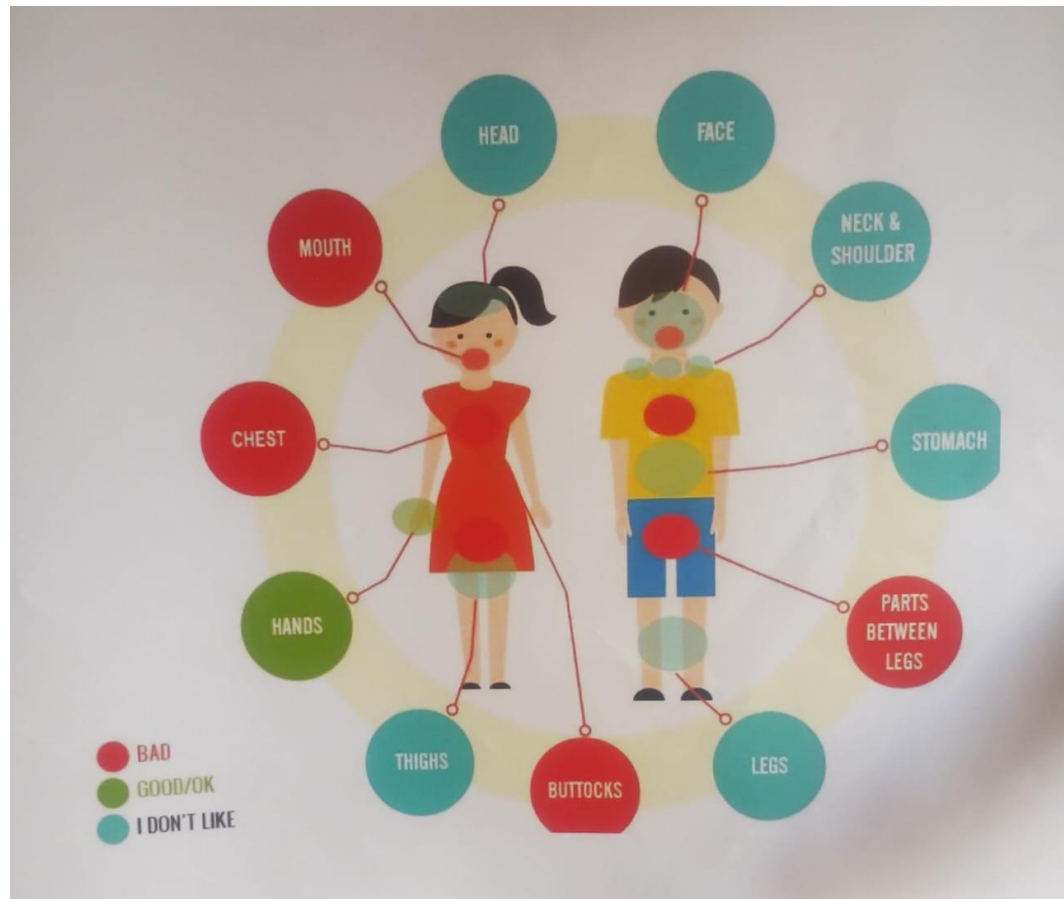
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No bad touch
అనుచిత స్పర్శ వద్దు



Good touch vs Bad touch

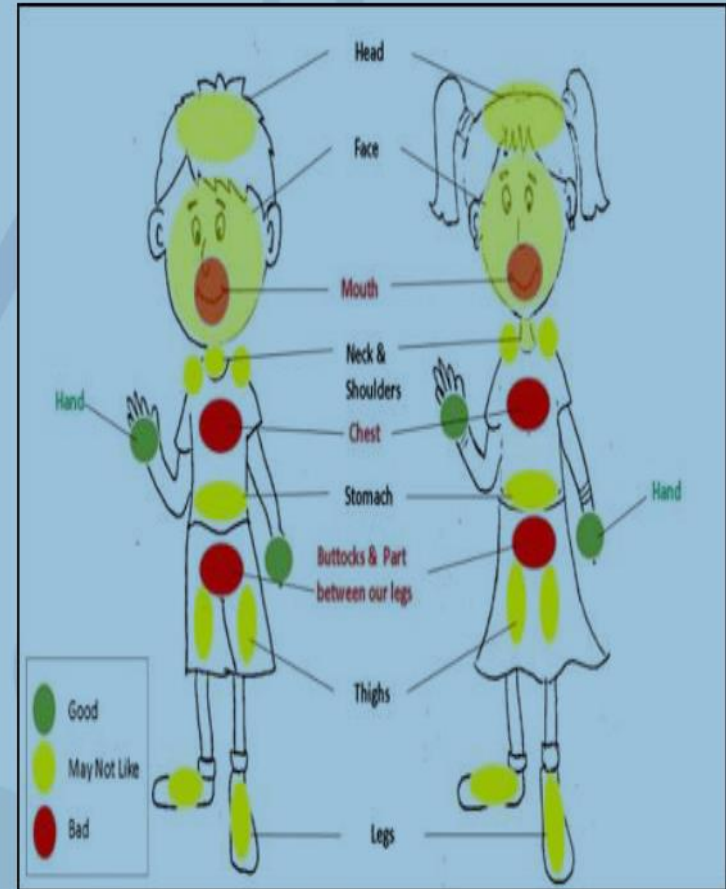
- ✓ Know the private parts of body
- ✓ Privacy is the golden rule for everyone
- ✓ Know well about 3 kinds of touches
- ✓ Anything that makes us feel good and leaves us happy and comfortable
- ✓ Holding hands with friends, sharing meals, warm
- ✓ **GOOD**
- ✓ **BAD**





SAFE TOUCH

- A parent/nanny/school ayah can touch you while bathing you, but only briefly.
- A doctor may have to examine you there, but always in the presence of the parent.
- Learn to get away, shout, scream, and to tell an adult. If the adult does not believe you, tell a different adult till you're believed and helped.
- Even older children are not allowed to touch your body parts.





Good Touch

- + Parents hug and kisses.
- + Grandparents love.
- + Teacher pats you on the head "Good Job".
- + Brief friendly hugs by family members.
- + Brief kiss on the cheek or forehead.
- + Shaking hands or giving Highs.
- + Doesn't scare or make you feel bad.

Bad Touch

- = Makes you feel scared / nervous / ashamed.
- = Forced or Hurts.
- = Told to keep it a **SECRET**
- = Touching or patting areas covered by a **SWIM SUIT**.
- Kissing on the mouth.
- Touching the buttocks.
- Hitting, slapping, spitting, pushing or punching.



No Bad Touch – Case Study





6

Be Fearless

నిర్భయంగా వుండండి



Be Fearless – Case Study

Nazia first shot to fame in August 2015, after saving a six-year-old girl from some youths who were trying to kidnap her. For her valour, she was honoured with the 'Rani Laxmi Bai Bravery Award' in 2016 by the then UP CM Akhilesh Yadav

Speaking about the incident, Nazia said, “I was returning from school when I suddenly heard the cry of a girl girl aged about six years. Some motorcycle-borne men were trying to to kidnap her. While others chose to to remain silent spectators, I rescued rescued the girl by grabbing her. The The kidnapper (driving the vehicle) lost control, and in the meantime, a mob gathered there, forcing the miscreants to flee.”





7

You are the Power

ಅನಂತ ಶಕ್ತಿ ನೀವೆ

You are the Power – Case Study



Padmasri Arunima Sinha She was pushed from a running train by robbers in 2011 while she was resisting them, causing iron rods pushed into her left leg and multiple fractures of the spinal cord. Her aim was to climb each of the continent's highest peaks and hoist the national flag of India.





8

Always Resist
ప్రతిఘటించండి



Always Resist – Case Study

Padmasri Sunitha Krishnan:
At the age of fifteen, while working on a neo-literacy campaign for the Dalit community, Krishnan was gang raped by eight men.

They did not like that a woman was interfering with what they claimed as "man's society." They beat her so badly that she is partially deaf in one ear.





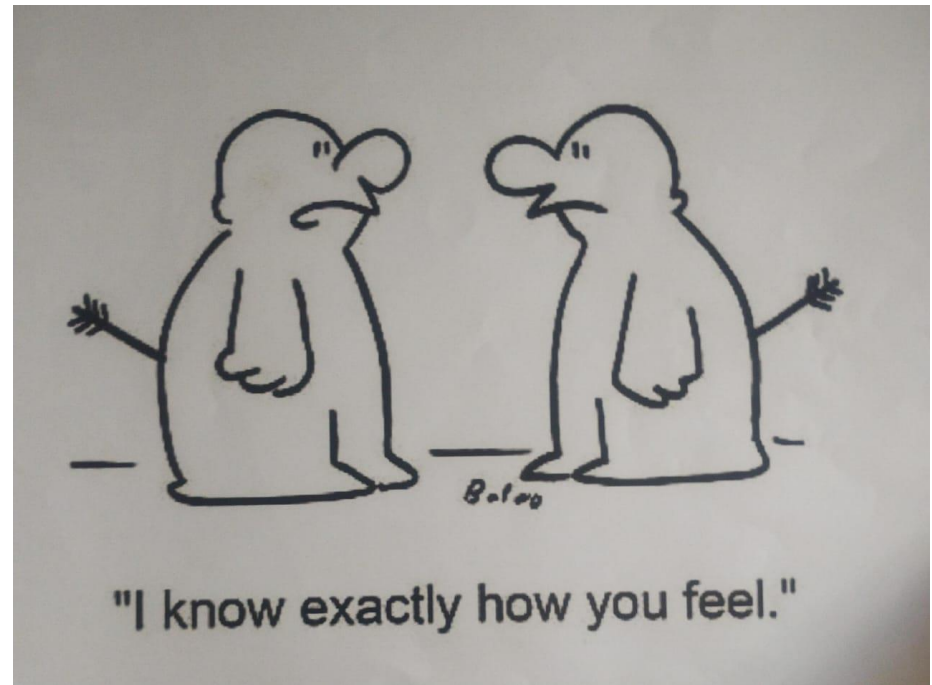
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Share the pain
భాధను పంచుకోండి



Share the Pain

- Share the pain means to understand and sympathize with someone's pain or emotional discomfort. Steps to share your Pain
- Identify the pain you want to share
- Choose with whom you want to share the pain with
- Find the right setting/place for the conversation
- Start the conversation but don't avoid the topic
- Listen to feedback/Advise





10

Call for Help 1098 / 100
సంప్రదించండి 1098 / 100



Helpline





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సుశిక్షణలై జీవిద్దాం!



1 **Be vigilant**
అప్రమత్తంగా ఉండండి

2 **Keep safety tool**
భద్రత కోసం సామగ్రి

3 **Seek help**
సాయం కోరండి

4 **Scream**
గట్టిగా అరపండి



5 **No bad touch**
అనుచిత స్పర్శ వద్దు

6 **Be Fearless**
సెర్వయంగా వుండండి

7 **You are the Power**
అనంత శక్తి నీవే

8 **Always Resist**
ప్రతిఘటించండి

9 **Share the pain**
భాధను పంచుకోండి

10 **Call for Help 1098 / 100**
సంప్రదించండి 1098 / 100



Bhavitha Trainer - Qualities

- Effective communicator
- Plan ahead
- Interactive Approach
- Adaptable
- Always Learn
- Continuous Improvement
- Right tools





Bhavitha Trainer - Prerequisites

CHARACTERISTICS OF A TRAINER

Enter your sub headline here



Bhavitha Trainer – Our Expectations



- Commitment
- Punctuality
- Reporting
- Feedback
- Tech savvy
- Social media
- Photos & Videos
- Resourceful
- Contacts





Bhavitha Trainer - TRAINING

- Theme
- Rehearsal
- Awareness
- Inspiration
- Never Shy
- Innovation
- Newer things
- Giving



Bhavitha Trainer - Action Points



- Bhavitha Application
- Bhavitha Guidelines
- Request letter to Institutions
- Feedback form
- Reporting format
- Press Release
- Bhavitha Trainers Certificate
- Bhavitha ID Card
- Bhavitha Media Guidelines



abhaya Social Media

Abhaya Foundation

www.abhayafoundation.org

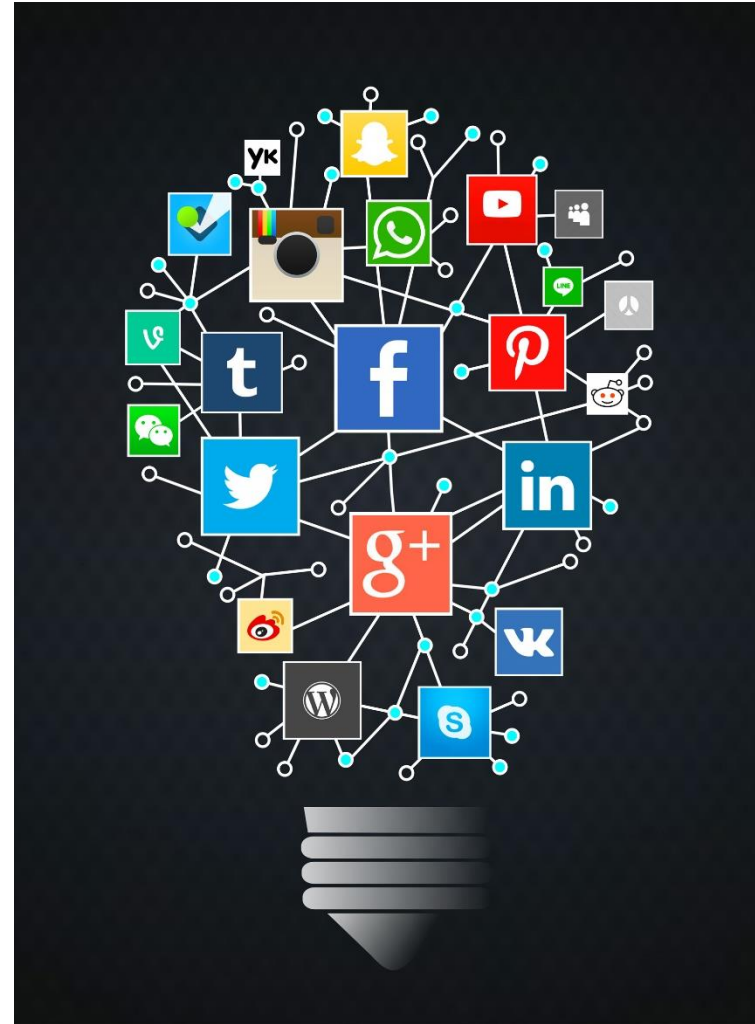
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Fb page: [abhaya Foundation
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Twitter – [abhayaheart](https://twitter.com/abhayaheart)

Youtube – [abhayaheart](https://www.youtube.com/abhayaheart)





Donations

- **Indian Donors may transfer to**
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MICR Code: 500211002
RTGS/IFSC Code: UTIB0000008
Bank: AXIS Bank Ltd
Branch: Begumpet, Hyderabad
- **Foreign Donors may transfer to**
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Account No: 4010299440
RTGS/IFSC Code: SBIN0000691
SWIFT Code: SBININBB104
Bank: State Bank of India
Branch: New Delhi Main Branch,
11 Sansad Marg, New Delhi



Make a Difference!

DONATE



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THANK YOU

I Appreciate You. You are the most thoughtful person I know and I'm so very Thankful for you. THANK YOU!

