

BETI BACHAO BETI PADHAO Report-1

DATE: 14 Dec. 2018

VENUE: POLUR, BRC

DAY: FRIDAY

TIME: 3:00 pm To 6:00 pm



The plan **BETI BACHAO BETI PADHAO** was began on 2015 by our honourable Prime Minster Mr. Narendra Modi. This plan was began to save the life of girl child, to increase the sex ratio of a girl child and to educate her. To reinforce this, a meeting was organized in Polur, BRC by the DEO, Mr. KARUNAKARAN.

So all the Government/Government aided schools, Matriculation/CBSE which were about to begin the **BALIKA MANCH**, were invited to attend the meeting. With the help of this **BALIKA MANCH**, we have to promote the education of a girl child and to improve the awareness of the girl child's education.

In order to lead this **BETI BACHAO BETI PADHAO** successfully, a lady staff who is the head of this, **BETI BACHAO BETI PADHAO** was invited to attend this training program. The training program held in Polur, BRC.



Dr. V. GEETHA(Govt. Health Centre, TIRUSOORPETTAI) ,

She shared many valuable information about the teenage children and how to handle them. She also said that kids between the age group of 10 years to 19 years

have an oscillating mind. They must be believed by the parents and the teachers. The class teachers must keep on observing those children. If we notice even a small change in their behaviour we have to inform the parents. We must conduct a regular PT meeting with the parents of these kids.



We should handle those kids very carefully. Each kid must be handled according to their mentality. The kids of this modern society face many stresses and pressure, both in school and at home. Few kids are even being abused both physically and mentally. To make the awareness, those kids must be taught about “GOOD TOUCH” and “BAD TOUCH”. They should also know about “GOOD TALK” and “BAD TALK” too. We should make them understand that “GOOD TALK” means, a conversation which a person does in front of everyone. And a “BAD TALK” means a conversation which cannot be done in front of everyone. We should make them realise that coming to school properly, learning, scoring good marks are the duties of a student.

We should make them realise that children have to complete their school successfully, then they must continue their higher studies, then get a good job. Only then they are ready to get married.

It is the duty of the mother and class teacher to have a regular check up over the periods of a girl child. We should keep on talking about the “GOOD TOUCH” and “BAD TOUCH” again and again. We should make them realise the problems that a girl faces by getting pregnant in young age. All the real life stories which happen around them must be told by the teachers, to make them get awareness. We can contact the head of their team whenever we are in need of their help. We should

also observe their health condition. We should tell them that they should eat only healthy food and avoid unhealthy food. They should also avoid junk food.

The parents must not allow the kids use mobile at home. And they should also note whether the kids are taking the mobile to school. If they find any difference in the behaviour of a child, they should immediately inform to the class teacher also. And the class teacher must observe each and every kid in her class very keenly.

PERSONAL HYGEINE:

The class teacher must also talk about PERSONAL HYGEINE. A girl/ boy child must take bath regularly. And particularly a girl must take bath during her periods. They must wear a good quality pads. They should change it 3 to 4 times in a day. They should not use dirty clothes instead of sanitary napkins. Child who wears a same napkin for the whole day will surely face many health problems in her future. It will affect her Uterus. They should be aware that their sweat gives a stinky smell, so they should take bath regularly. Few children may face irregular periods problem. And it is very common if a kid gets this after 2 to 3 years of her puberty. But it is very abnormal if it continues even after that. The child can be given deworming and iron tablets if necessary.

If a teacher comes to know about the love affair of a child, she must handle that child with great care. She must talk to that child carefully. We should never scold that child. We should be ready to support that child. Because at that stage they will have a tendency to hurt themselves or hurt others. And at times few children take a wrong decision like suicide. To avoid such incidents, the teacher must talk to the child in a friendly manner. We should encourage the child by talking about her/his talents and achievements.

Children spend more time with a teacher and not with the parents. So it is the duty of the teacher to take care of each child in her class. We even see few kids taking sleeping pills due to her/his health issues, we must advice them not to take it. A teacher must take extra care on the kids who are irregular to school.

A child believes a teacher more than a parent. The teacher must always say "I AM WITH YOU". And give them a confidence and belief that teachers will always be there to help and guide them. We must make them understand that the affection they get on the opposite sex in this age is just INFATUATION and not LOVE. And they must know that this same crush which they have in school days will surely change when they go to college. The decision which they take after 21years is only

correct and perfect. We should give them confidence and we should not threatened them.

Girls have strong will power, confidence. Boldness, intelligence, brilliance, stamina, patience when compared to boys. So she has capacity to overcome all problems in her life. She can even exceed a boy. She, herself can jump over all the hurdles she faces in her life.

POLUR GOV. HR.SEC SCHOOL PRINCIPAL (MAAVATTA MANDRA ORUNGINAIPALAR)

The Principal Madam began her speech by thanking DR. Geetha for giving a brief talk to Govr.school kids. The kids heard her speech for nearly two hours. And now she is able to see a drastic change in the attitude and behaviour of her school kids. Kids of modern age are facing more problems in their life. They must be prepared to face the problems they are about to face in their life. They must be given confidence to do it. We should keep them engaged. We should help them to get involve into their favourite hobbies. We must guide them to spend their energy in a creative way.

When a teacher says that she is there to take care of them, they will be ready to listen to the teacher. How big a kid grows, the parent will treat that kid as an infant only. It is the teacher who can understand a child more easily than a parent. We should observe a each and every kid who is in our class. Even if we find a small difference or a change in a child's behaviour, we should inform their parents.

She also shared her personal experience. When the kids of VIII were made to attend an awareness program of "GOOD TOUCH and BAD TOUCH" , a girl (who didn't even attain puberty) came to the Principal Madam and shared about the abuse she faced by her brother's friend. Then the parents were informed about this and then the parents did not allowed that boy to enter the house. Then the brother of that girl was also advised to bring only good friends home. Thus they saved that little girl.

If we come to know any such incident, it is the duty of the teacher to inform the parents. And take an immediate action to save the girl. And in few houses the parents refuse to believe their child when he/she comes with such a complaint. And in some houses the parents blindly blame the child and also scold the child. But both are very big mistake done by the parents.

A teacher must develop a good bond between her and the child. Only then the child will trust the teacher, the teacher also can help the kid. Few kids threatened the parents saying that they are going to suicide. Such comments must be immediately

informed to the teachers. So the teacher can also pay extra care on that particular child. Such child must be given counselling too. We should encourage and motivate them to score high marks. We should be ready to listen to them.

Mrs. POORNIMA ARUN (NGO, MADHURAM FORM SCHOOL, HEAD MISTRESS)

She started her speech by saying that, WE TOO HAVE KIDS. So growing kids and handling kids is not a new subject for us. But growing a teenage kid is really a challenging task for us all. We should be ready to change our mentality. Normally all the parents will not allow a girl child to go out for shopping. But a boy can go out at any time and can come back to home at any time. This wrong attitude and the parents must change it. The parent must question a boy child too.

A teacher, who works in a co education school, works with gents staff too. Are that gents staffs respecting the lady staffs? There prevails an ego problem too. Then how can those teachers bring up the children who are with them. What will be the mentality of those gents' staff and what will be the mentality of those kids? How can those teachers develop a good society? Sexual abuse is seen very normally in all the places now.

Many parents advice their kids not to talk with anyone. But it is not all correct. Instead the parents must educate the child to identify "Who is good?" and "Who is bad?". YES.... THAT'S TRUE..... It is the duty of the parent to teach their child about this. When a man comes to a girl and appreciates her beauty, she falls into his trap. She must be able to find the difference between a good and bad person. But the parents don't have patience to hear to the problems of the kids. We should teach the kids to analyse and find out who is good and who is bad.

Now a days girls are getting pregnant even when they are in teenage. It's the responsibility of the parents to teach the kids, near whom they can go. Whom to believe? But they fail to teach this to their children.

In this modern world girls are just seen as an object, product, etc. There are very few people who is ready to accept her as a human. Simply teaching GOOD TOUCH and BAD TOUCH is not enough. Men at times see the private parts of a girl, this also disturbs her. Simply by seeing he can abuse a girl. This is also a kind of abuse only. We should teach our children to identify good and bad people by seeing the way they see them, they talk to them, the way in which they approach them, etc.

Teach children the correct names of all their different body parts, including their private body parts. Children often find it hard to tell about sexual abuse because

they don't know the words to use. You can also explain that the parts of their bodies covered by a swimsuit are their private body parts. Teach children that "they are the boss of their body." Let your children know that they are in control of who touches their bodies and how.

In addition, do not insist that your children give or receive hugs or kisses from relatives and friends if they do not wish to. This teaches children that it's okay to say no to touches from people in their family and others they know. We should also define them what is GOOD TOUCH and BAD TOUCH:

1. **GOOD TOUCH:** These are touches that keep children safe and are good for them, and that make children feel cared for and important. Good touches include hugging, pats on the back, and an arm around the shoulder.

2. **BAD TOUCH:** Touches that make you feel uncomfortable and feel unpleasant, if you feel that you don't want to be touched there, if someone touches your private parts without reason, if someone touches you and tell you not to tell anyone else about that are BAD TOUCHES. You have to stop it there itself.

Not only to a girl child, even to a boy child we have to explain all the above said points. We should tell our kids that they should not allow anyone to touch their private parts and most importantly, we should also tell them that they should not touch the private parts of others.

The NGO, Mrs. Poornima also shared a shocking statistics that 49% of girl child is being abused and added one more shocking statistics that 51% of boy child is also being abused. She recently had a meeting with 100 students, among that nearly 23 girls accepted that they have faced abuse by their father, uncle, Xerox shop owner, etc.

We usually advice our girl children not to talk with anyone. But we fail to teach them how to identify the good people and how to keep away from bad people. We blindly say that talking to gents in public places is not good, because the society will suspect us. First of all, we as a good human must change our attitude. When we see a man and woman talk in public places, we say that the girl is not from a good family and we scold her for her behaviour. Even being an educated individual we are not ready to accept the friendship between a boy and girl.

We failed to teach kids how to behave , how to move with opposite sex, how to talk, etc in the age of 13. Then how can they behave or talk properly in the age of 24 and above. As a responsible adult we should first stop gossiping about others.

Remember that the person who gossips, will keep on gossiping till the end of his/her life and cannot develop oneself in society. We should be ready to sit near a man, talk with a man, move friendly with them. Only then we can be a good example to our next generation kids.

Even our Government proves it's ignorance by announcing new rubbish rules like, "Girls should not wear anklet". The person who announces these rules also was born and brought up in old tradition method only. They have also given laptop to the kids which helps them to watch unwanted movies and they are getting distracted.

HOW TO GIVE COUNSELLING:

When a girl comes to us for Counselling, the teacher must make clear that, she is there to help that child. We should give confidence to that kid. She must say in clear tone that "IT IS NOT THE CHILD'S FAULT". The teacher should not blindly judge the child. Before talking to the parents the teacher must enquire thoroughly the matter what she heard. Also while talking to the children about GOOD TOUCH and BAD TOUCH, we should not directly ask "HAVE YOU EXPERIENCED ANYTHING LIKE THIS?". Instead we should ask, "HAVE YOU HEARD ANYTHING LIKE THIS?" Only then they come forward to share their experience.

PHSYCHOLOGY OF TEENAGERS:

The thought process of these children will be less when compared to the emotional part. So whatever they do they think that it must have a high emotional impact. They like to take risk. They do stupid things and expect to get appreciation from others. That's why they do risky things like riding fast in bike, taking risky selfies etc. And they get frustrated when we raise our voice against them. So they get stress and pressure. They cannot answer you patiently. Till the age of 11 they think that their parents are the intelligent person in the world and they will never go wrong. But this attitude completely changes after the age of 13. It is because they are in a stage to prove their identity, so they never give importance to others feelings. They show more interest on their peers than on their family. They develop team work spirit at this age. They have a drastic change in their hormones. They will get oily skin. We should advice them not to use chemicals. They will feel more hungry. We should give them more physical work to drain their extra energy. They must sweat a lot to concentrate in their studies. Only then they can regulate their emotion.

Parents and teachers should not be friend to them. We must be a good guide to them. We must say no to unnecessary wants. Like mobiles and bikes.

They also gave a sapling to all the teachers who were present there. And instructed them to plant in school and label it as "BETI BACHAO BETI PADHAO"

N.Sindhu & J.Sabitha Jasu Mary

Dr.I John

Marlin Inbakumar

Coordinators - BETI BACHAO BETI PADHAO

Principal