### POCSO - Protection of children against sexual offence:

- 1. Do not allow strangers into your home without getting permission from your parents.
- 2. Do not speak to strangers.
- 3. Never allow anyone to touch and talk to you.
- 4. Always share everything with your parents.
- 5. Always be bold and confident.
- 6. Do not use social media unnecessarily.
- 7. By heart your parent's contact number to contact them in emergency.
- 8. Never ask lifts from strangers.
- 9. Avoid going out in the dark.
- 10. Avoid going to unfamiliar places.

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- 1. Avoid speaking to strangers while travelling in a public transport or while in public places.
- 2. Do not accept any kind of eatables from strangers.
- 3. If anyone wants to talk to you without reason, avoid them.
- 4. If possible, learn martial art for self-defense.
- 5. In times of distress do not let fear overcome you.

  Presence of mind and being composed is very essential.
- 6. Always Eat healthy, Think healthy and Live healthy.

Video Link: https://youtube/p1sdkvkwqrk

Any wrong done by us affects us as well as our parents.

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# **STUDENTS QUESTIONS:**

- > Can we share everything with our parents?
- ➤ Do we have to be careful with known people also?

#### **STUDENTS EXPERIENCES:**

So far, no such incidents have occurred in our school.

## **SAFETY RULES AND REGULATIONS:**

- Social media is a looming danger for children. So avoid it.
- Unknown people and people you are not comfortable with, must be kept at a say.
- \* Always keep your parents informed about your where abouts.

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## **POCSO**

As per the directions of CBSE an internal Complaints Committee on sexual harassment and committee on POCSO (Protection of Children from Sexual Offence) Act 2012 has been constituted. The members are:

- 1. Mrs. S.Sobana
- 2. Mrs. C.Lizy

The members have decided to meet once a month and have a discussion on various issues relating to safety of children.

A Counselling session was conducted and the resource person was Dr. Gayathri M.S (OG) FRM and in days to come, the committee has also decided to call such eminent persons to counsel the students.

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