

Pinjra Tod Kar

Episode 3: Child Sexual Abuse – A Silent Crime

This is a Suno India production and you are listening to Pinjra Tod Kar.

Trigger warning- “This episode might include graphic references to topics such as sexual abuse, self-harm, and violence.”

"Shuru kab hua tha mereko yaad nahi, merku ek baath yaad hain ki main choti thi, jo darwaze ki kundi band karte na vaha tak mera haat nahi jata tha."

Rakesh Kamal (Host): This is Pooja, a 20-year-old woman from Hyderabad’s old city. She works for Shaheen, Jameela Nishat’s organization that works in empowering and enabling women who are survivors of domestic violence among different forms of violence perpetrated towards them.

Hi, I am Rakesh Kamal, Producer and Co-Founder of Suno India and Guest host of This episode of Pinjra Tod Kar. This podcast is conceived and produced by Goethe-Zentrum Hyderabad with the support of Suno-India and Bol-Hyderabad. In this episode, we talk about how Child Sexual Abuse is prevalent in society and how we need to fight. According to the World Health Organization, Child sexual abuse is the involvement of a child in sexual activity that he or she does not fully comprehend, is unable to give informed consent to, or for which the child is not developmentally prepared and cannot give consent, or that violates the laws.

According to the latest data by the National Crime Record Bureau (NCRB), over 32,000 cases were reported in 2017 while almost 40,000 cases were reported in 2018 under the Protection of Children from Sexual Offences Act (POCSO). POCSO Act, 2012 is a comprehensive law to provide for the protection of children from offenses of sexual assault, sexual harassment, and pornography. It requires special treatment of cases relating to child sexual abuse such as setting-up of special courts, special prosecutors, and support persons for child victims.

Suno India Editor Padma Priya sat down with Pooja who works at Shaheen. 20-year-old Pooja is a survivor of Child Sexual Abuse. In this episode, You will also hear from child rights activists Padmashri awardee Shantha Sinha, Founder secretary of MV Foundation and Ramesh Kidambi, and Chhavi Dawar from Break the Silence, a not-for-profit that works in raising awareness on child sexual abuse. Ramesh and Chhavi also conduct workshops on how to inform children and create awareness on child sexual abuse. But first we will hear from Pooja.

Pooja: Main 20 saal ki hoon abhi, Sultani shahi Valmiki nagar main rahti hoon. aur main ek dalit community se hoon. Jo haryanvi dalit scavenging community hain tho main usi community se belong karte hoon. Bachpan mera utna jyada acha nahi tha. padayi mera 7th ke baad drop hogayi thi, uske bad main mene shaheen main mehendi seekhne join kari thi. Tho bachpan main mere saath sexual harrasment hota tha. Matlab hamare ek uncle the relatives main hi the, toh woh sexual harrasment karte the. unke alava ghar main, dukaan main, mera ek friend ka bhai that aur matlab ase i bohot harasment hoti thi. Shuru kab huan hain pata nahi, maiko itha yaad nahi clear. Mereko ek baath yaad hain ki main choti thi, jo darwaze ki kundi band karte na vaha tak mera haat nahi jata tha, Toh utna yaad hain meruko, main vutni choti thi. Shuru kab huan yaad nahi hain.

Padma Priya: Aur kab tak chala ye aapke saath?

Pooja: Voh hamare uncle jo karte the, vo bara saal tak chala tha, aur last 12 years ki tab tak chala, uske baad main unke bade bhai ki shaadi hogayi thi aur unkey wife hamesha ghar main rahti thi. Toh humlog untna nahi hota tha uske baad main.

Padma Priya: Aur aapne kabhi mummy papa se share ki, nahi ki?

Pooja: Nahi, hamare ghar main utna space nahi tha. hamare father kabhibi job nahi karte the. Hamare community mian aisa hi hain matlab, scavenging community hain, auratey hi jyada kaam karti hain aadmi nahi karte.

Padma Priya: Aapne 7th ke baad school kyun chhod diya?

Pooja: Hum private school main jate the, aur fees nahi barene ke vajay se school main ane nahi dere the, aur govt school main hamar father nahi jane dere the, to isliye drop hogayi thi.

Padma Priya: Toh, shaheen ke paas aap kab gaye?

Pooja: Main 13-14 saal ki thi. School drop hoke ek dedh saal hora tha, jabi 2011-12 main shaheen main mehendi seekhne ke leye start karithi.

Padma Priya: Kaise patha chala shaheen ke bare main?

Pooja: Mere neighbours shaheen main pahle se students the, aur kyun ki hum drop hogaye tho vo hume batate rahte the ki. esa centre hain aake seeklo age acha rahta bolke. Uske liye gaye the. Vaha par courses rehte, but main mehendi ka course pura nahi kari thi, adha seekhi thi vuske baad main computer classes start hogaye the, tho main aadha chodke computer main chelegayi thi. Phir, computer courses chelrahe the aur 10th ke exams chalaraha the vahase, open ke jariye, so main education main judgayi vesehi.,activities main vesehi judti rahi.

Padma Priya: Tho aapne katam kardiya aapka 10th?

Pooja: 10th ho gaya aur inter ho gaya.

Padma Priya: Kya kiya aapne inter main?

Pooja: Normal, sociology kiya tha.

Padma Priya: Acha, Aur abhi kya kar rahe hoon?

Pooja: Abhi Degree, open se hi hain, BSW main.

Padma Priya: Toh jab apko realisation huan ki aap ke sath hora tha jo galat hora tha, tab aap kitne umar ke the aur kya aap shaheen main baat kar payi thi?

Pooja: Mereko, ab main shaheen main aana shuru ki thi na, Shaheen main awareness program shuru hui thi, jisme hume good touch bad touch pura batate, usime hi mujhe pata huan tha ki jo mere saath hota tha use sexual harassment bolte, wo sabh galat hain. Toh shaheen se hi pata huan meruku. But main Jabhi nahi batayi, kafi time ke baad, jab main shaheen main, jab main student thi, tab hi pata chal gaya tha ki, sexual harassment hain. Par main jab job join kari tab main share kari thi uske bare main.

Padma Priya: Aur jab apne share kiya tho apko kaise laga?

Pooja: Acha tho laga, first time main kisise share kara, aur jameela mam na ache se beth ke sun rahe the, woh meruku ghar main bhi kabhi mahol nahi mila ki koi beth ke mere bath sune.

Padma Priya: Aap apke community jo hain uske bare main bhi batayi ye. Wahape ladkiya school jate hain? Padte hain?

Pooja: Jis community main hum rahte hain, wahape ladkiya school jate hain. But after puberty woh rukh jate hain. Matlab alag alag reasons rahte hain. Ek tho garibi ka reason hain. Kyun ki aadmi jada kaam nahi karte. Scavenging ka kaam jada chalta hain, aur aurate hi woh jyada karte hain. Tho akela woh ghar samalna, phir admi peeke juvan khelne, ye bhi chalta. Aise mahool hain wahan par, aur safety nahi hain. Aadmi kya karte bahar baitkey Juankhelte, kahin aana jaana rahe tho bhi safety ki problem rahti. Vuskey wajah se bhi ladkiyo ko school chuda dete hain. Wahan se nahin jaana, acha nahin hain rasta bolke.

Padma Priya: Iske baad kabhi apne share kiya aap ke mummy ke saath, kya huan tha?

Pooja: Nahi, Shaheen main hi hum share karte the. Shaheen ke staff ke upar ek movie bani thi "Pinjron ki udaan" Woh movie hamare mummy dekhe. Usme bhi maine esehi interview de thi, tho uskey jariye unko malum huan tha.

Padma Priya: Tho jab unko malum huan tho unko kaise feel huan?

Pooja: Main puchi bhi nahi, unhe bataye bhi nahi.

There are many children who become victims of Child sexual abuse and are often unable to share what they are going through leading to often lifelong trauma. We reached out to

Ramesh Kadambi, one of the founders of Break the Silence, a citizen-led organization which works towards raising awareness on child sexual abuse.

Ramesh: A couple of years ago, a group of citizens got together and we decided that we have to address you know, addresses that are less not really spoken about and that issue was Child Sexual Abuse. Now, as we all know, child sexual abuse is, you know, very rampant in society, and unfortunately, no one talks about it, we got to got around to start this initiative and typically break the silence meaning we wanted to talk about it and our focus was More on prevention of child sexual abuse. I mention it as CSA as all will know around.

Host: We know that Child Sexual Abuse. CSA, as you said, is very pervasive in society. What do you think are some of the factors for this?

Ramesh: Why would an adult engage in sexual activity with a person who is, you know, one fourth his or her age. I think it's just that children are easy targets and I think people who abuse children are somewhere very, very, very incomplete in their whole being. And mind you, and I talk about, you know, people who are doing this, it's not that there's something wrong with them at all. They're perfectly normal people. And in many cases, they're extremely articulate, they're well educated. So you can't even say that you know, this has something to do with a lack of education. And this is the pattern across the world. If you see this, it's, it's not that a particular category of people will do this.

Host: As a society, there seems to be a lot of, you know, hesitation and denial about CSA. In your experience working in this field. Why do you think this happens? Why do you think this Much of hesitation and denial about CSA?

Ramesh: Because we don't speak about it because we don't break the silence on this because as adults and because we don't speak, the adult perpetrator actually gets away with this, And most adults most, you know, you talk to an average person and they say, oh, does it really happen? Do you think adults do this to children? For example, if the perpetrator is an uncle and his uncle happens to be the breadwinner for that family and what would the mother of the child do except to be, you know, silence there. So there are many issues that you know, that prevent people from taking action about this. And also it's mostly as I've said, it's you don't show apathy. I would say that even if it's No, no, it is your imagination because it is something that you can't imagine a normal person would not do this to a child.

Host: We have so many other problems like poverty, like, like you said, societal problems that everything else becomes non-priority for us, which is, you know, unfortunate. And, you know, since you were talking about CSA, there's this misnomer that CSA is often about the girl child that we talk about. Can you throw some light about this?

Ramesh: See, that's also related to patriarchy sometimes and then they always say we only talk about protecting the girl child. Well, girls are as important and as vulnerable as boys.

But I would believe that boys are equally vulnerable. I mean, if I go by the last statistics, one in six girls and one in 10 boys go through child sexual abuse. And then also the thing nature when it comes to boys being abused is it's even more difficult because there are gender issues involved you know, a lot of other things that a boy generally will not, you know, come forward and, you know, report it, it's as difficult for anyone, like, it's very difficult for a girl or a boy to talk about. And that is one other reason why the perpetrator actually, you know, takes advantage of the child and he'll tell the child it's in, no one's going to believe you. Okay! So the child actually for a child, the adult is whatever the adult says. And in most cases, what happens the perpetrator is somebody very close to the child. 90% is someone with a close child. Here we are talking about fathers, uncles mamas Chachas and the perpetrator in some rare cases where the female perpetrator and it is a young male child could be an aunt. So most of the time the perpetrator is someone very very close to the child and this child typically looks at another person for love and affection. So, the number of boys that I have spoken to, and when the perpetrators an uncle or a mama or someone like when they were it's a adult male. Many of them have told me you know what I thought all uncle's show affection in this manner. Can you imagine how a child is manipulated to actually think and he says, maybe I thought that this is how all elder Men behave and this is a very normal thing.

Host: A while back, you we're talking about, you know, how CSA affects both boys and girls, how do they cope?

Ramesh: The signs of CSA would be like the low grades, low self-worth, children tend to get angry. they just learn to live with the pain. And somebody saw that they just don't talk about it, but it will manifest in other ways. Like, for example, I know this child, that during the time the abuse was happening, this child would, you know, bite his friends all the time. He would have lost control over his bowel. These are I mean, these are things that, you know, children kind of the signs are there, but yet society doesn't see these signs the family would not have seen the sign. You are not a willing partner. This whole process. So it's, it's confusion. It is anger. It is humiliation. It is uselessness. It's a feeling of, you know, dirtiness.

Host: What is your advice to the parents? How can they talk about CSA with them and give them confidence?

Ramesh: See, I think first of all parents need to wake up to the fact that there is a very good chance that my son or daughter can go through child sexual abuse. Now, after having understood this fact, now, ideally, if you really asked me, I don't teach my, you know, 10 year old child or eight year old child to cross the highway. So, you may ask why the hell should I teach my child about keeping himself or her safe, himself safe from perpetrators who will harm them sexually? Unfortunately, the time has now come that as much as I would not like to, you know, talk about this to my child, has become very imperative for every parent to talk to the child about being safe. Now, how they need to speak to their child is they have to speak to a child in an age-appropriate manner and also in a manner that has zero sexuality involved. So how do I talk to a child who has absolutely no

understanding of anything and rightfully so, to what their parents need to know basically start teaching them and telling them very simple things that no one is allowed to touch you. No one is allowed to you know show you their private parts or you are or adults ask you to show them their private parts. These kinds of conversations need to start in a very simple way at least touching what is a safe touch and what is an unsafe touch just to put it very simply, I just explain what a safe touch. Safe touches, When you come back from school, your mama gives you a hug. How do you feel? You feel really nice. Okay, that is safe. Anything that doesn't make you feel safe in your head is an unsafe touch. So we don't talk about good touch, bad touch because every child will, you know, the antennas automatically go up when something is not right. So we tell parents that when the child says no, I don't want to go there. I don't want to meet that uncle. I don't want to meet that aunty, respect that and don't push your child and learn to communicate with your child That is the only way and we at Break the silence, You know have a format where we do this to children we teach children it's a 45-minute module where we talk to them about you know, sort of tell them that what are the things that are yours, for example, they'll say my shirt, my dress, my pencil box? So if your pencil box is taken by you, you know, another boy in your class, what do you do? I'll go and tell my teacher like that. And your water bottle your dress. And slowly we bring this down to body parts, like the areas between the chest, the area between your leg and buttocks, your private part, that's why you cover them, you know, and if somebody tries to see them or somebody wants you to show them these parts you come in and report with your parents. So this is how we do it, we do it.

Ramesh tells us that often when they do these modules in schools, there have been instances where children have related to it so much that they have broken down crying. He told us how as per POCSO law it is mandatory to report when we find out a child is being abused. Model Guidelines under Section 39 of The Protection of Children from Sexual Offences Act, 2012 by the Ministry of Women and Child Development states that Section 21(1) of the POCSO Act, 2012 requires mandatory reporting of cases of child sexual abuse to the law enforcement authorities, and applies to everyone including parents, doctors, and school personnel. Failure to report a suspicion of child abuse is an offense under the Act. The legislation makes it clear that the reporting obligation exists whether the information was acquired through the discharge of professional duties or within a confidential relationship. Any private person who fails to report suspected child abuse, having acquired the information in the discharge of his or her professional responsibilities, commits a summary conviction offense.

Ramesh: Let me also talk about the law right now, because it's now after the POCSO law, it's now mandatory or As a citizen of this country, any of us if we know our child is being abused, it is our bounded duty to go and report it to the police. So we normally encourage schools to either call the parent and talk to the parent or, you know, just tell the police station that would be that, you know, I think there is something wrong here.

Noted child rights activists Shantha Sinha, Founder secretary of MV Foundation, and Padma Shri awardee also spoke with us about the history of the POCSO act and how it came into being.

Padma Priya: The other common problem that seems to be also causing girls to lose out on opportunities or drop out of school and also I think be very severely affected. is Child Abuse We spoke to a survivor who came from a a very poor dalit family and she said that she didn't even have the vocabulary to explain what was happening to her. And we know that again this is a very pervasive problem, has been for many years now. When you were the chairperson for NCPCR, what were some of the steps that you took to combat child sexual abuse?

Shantha Sinha: I think when I joined the NCPCR, by then the ministry of 2007 came up with a report on sexual abuse and one major finding of that was that it was mostly by known persons in the family or in the neighborhood. It is a very important document to take forward under commission. That is when I had insisted on an act to combat sexual abuse. At that time, the ministry was considering putting an omnibus law of putting all aspects of child abuse and child marriage, child trafficking, sexual abuse, everything as one omnibus law. But in the commission, I had to make a plea that we will have to treat sexual abuse as something entirely different. And I had written to them. I had gotten permission from the government of India for the commission to draw the draft for the POCSO Act. So we waited for one whole year and I'm quite happy now that the draft is now a law and most of what we had recommended has been adopted by the ministry. We were of course not happy with the fact that they have criminalized sexual, I mean normal exploratory sexual relationships among adolescent children. We didn't want that to happen. We wanted exceptions to be made for children between 16 to 18 years but that has not happened. Otherwise, I think POCSO, a major contribution to the POCSO, NCPCR has done.

Padma Priya: Talking about POCSO, it has a lot of very important again, very promising suggestions for children, in-camera hearings but just in terms of reporting about child sexual abuse Do you think still remains a problem?

Shantha Sinha: I think Yes and No. So I would think that a change has occurred. There is a greater awareness at least in the system among the police. In society, there has to be a greater discussion on POCSO. Not many are aware and also one would think that sexual abuse happens only among the poor, you know. It again cuts across classes. There can be a child abused sexually, even among the rich. There is a denial that these things do not happen in rich families which is totally untrue. So there has to be a greater discussion perhaps in schools of rich and poor and greater awareness and knowledge of it. So I would think that it is a very important act that requires greater awareness and also greater alertness of the police. We have all heard about how slow the system of justice is. There has to be a connection in that as well.

We also spoke with Chhavi to know more about child sexual abuse and how to create awareness on child sexual abuse. Chhavi became a personal safety educator in 2017 when she came across the non-profit organisation, Break the Silence. That coupled with her own experience of surviving Child Sexual Abuse led her to put together a module on the issue which she teaches children. In 2019, she was selected for a program called She creates Change during which time she launched an online petition demanding to bring this personal safety education to all schools across the country.

Chhavi: So there have been close to 40,000 students that I have interacted with around a span of, let's say, last four years, around 30 to 50 schools. And this is, of course, not a fact that boys are not abused, and it's only girls were at the risk. Now the idea of why boys are being abused and it's still we are still silent about it is because you know the whole dynamics of abuse when it is taking place with the girl and a boy is different. When the perpetrator is, you know, the target, the victim is a child girl child. The idea is to have powerful dynamic control over the child or over the girl child. With the boys, it's a little different. How that is because we are involving the perpetrators involving the boy with the sense of this toxic masculinity, let's say examples like oh, you haven't played this game. This is a game that makes you a macho man. Okay, I come I'll show you something that when you do that, you become a strong man. So all of these ideas and games around becoming a man out of it is I think, has kept it more silent because boys have not come out and spoken about it as much as girls. In schools, then I've done sessions. Of course, my modules are gender-neutral. I make sure that these schools allow me to take the session together for both boys and girls because the idea of the problem and of the gender sensitivity involved. And it needs to come in and that will only come in when both the genders are there in the room. And yes, there are, you know, there's been an overwhelming response from something as simple as Didi, somebody touched me in a bad way. Does that make me bad? And you know, I have to tell that little child class fourth, fifth or sixth class that no, it doesn't make you bad. Rather, you're strong, because you've come out and told me now we can help you. So there is no bias in the ratio when it comes to kids coming and talking to us. Not at all. Both of them are getting abused. And as parents, it's very, very important that we keep both of them protected. I was in one of these parents' sessions and one of the parents himself told me that I have two daughters. And I make sure that I go everywhere they are going and I know whom they're meeting, but I'm sure if I had two boys, I would just leave them on the road. You see. So there that's the mentality that we need to change that a child as a child and the protection of a child comes in the hands of adults and we as adults have to sort of keep them protected, keep them empowered. Let them have the power of NO so that they know when something is going wrong. They can say no and find a safe space with their parents and teachers or with you know, volunteers like us.

Host: So what do you advise to parents, then, when they how do you talk with them about CSA?

Chhavi: Well, we sort of have a, you know, designed PPT when we first introduced the topic of CSA because it is so hard for them to, to begin to at least talk about it to understand it. something as basic as you know, I sort of wrote an article some time back, and people came out to me saying, We are sorry, you were raped, and adults need to understand that child sexual abuse is not just about rape. Of course, rape is a part of it. But something as simple as showing a pornographic material on phone to a child to penetrative sex is child sexual abuse, and we have to you know, Sort of protecting our children from the whole spectrum of it from both touch-based abuse and nontouch based abuse. So it becomes important that first parents understand as to what CSA is, what are the categories? What is the law in this country to protect children? What is the punishment involved in it? And also they need to understand, I don't know if you've heard of it or not, but there's this term called grooming. Now grooming is the process that the perpetrator uses to gain trust, and then seek sexual gratification and maintain control over our children. So it's very, very important that this process of grooming is told to parents so that at each stage, they sort of know what are the changes in behavior they can see in their child, what are the psychological changes they might see in a child going through sexual abuse, and how they can help the child also why parents need to be addressed and we sort of make it a point that we first do a session for teachers then for parents and then for children. Because if a child is empowered and something is going wrong and the child goes back home and tells his or her parents about it and the parents are not empowered with the knowledge of it, they might not be able to help the child. So it becomes very, very important that parents, first of all, understand what CSA is what all is under the bigger umbrella of CSA, how and they can start a conversation with their children. Because, you know, our parents are not raised with the idea that they have to talk to their children about sex about abuse or about personal safety or safe or unsafe touch. So we sort of empowering parents as to how they can start to open communication at home, how they need to empower their children because they are their children's trusted adult. And if the information comes from them, it is so much more empowering for the child. So all of this is that we cover for the session for parents, as well as for teachers because kids are at school most of the time, and teachers can actually observe signs and symptoms of something going wrong with the child, not just sexually. Use any sort of abuse or any other problem that the child might be facing.

Host: So what do you think is the way forward especially for you at break silence?

Chhavi: That's exactly why I formulated the petition that I did on change.org called Break the silence. So this petition is addressed to CBSE asking all CBSE schools to have at least your early once mandatory personal safety education program for all kids. The idea is once CBSE takes it up, we can ask the state and ICSE boards to take it up. And so that and with the latest POCSO amendment of 2020 personal safety education is a mandate now for all schools, but no schools are actually following it. I also had a meeting with the NCPDR, chairperson, Mr. Priyank Kanungo, in March, and he told me that, you know, we, we are at, at a dearth of educators like you, we don't have enough people who are trained to talk to children about it. And so the first thing that the government is looking at is training these

trainers who can sort of go out and, you know, empower children. So as a break the silence as a team, what I Ramesh and us all of us lookout to do in the coming few years is train more trainers. And as part of that, just last week, I did a session with 50 volunteers from Volunteer for a cause which is a Bangalore based sort of citizens initiative Again, where young people volunteer for different causes. So our way forward is to empower kids and enlighten adults as to what their role can be to prevent CSA. And the more that people talk about it, the more we're able to break the silence. We are looking forward for a solution there. I would still like to stress through the medium of Suno India that parents and adults in the family have a very, very important role to play when it comes to keeping our children safe. And one of the prime things that every parent should remember is that a child has his or her right to an opinion. Let the child feel what he or she is feeling. Our duty as adults is to sort of assert those feelings is to empower those feelings. Let the child feel whatever the child is feeling. Just let him or her be. Now when we do that, when we acknowledge their feelings when we let them be, they're going to learn this idea of self love the idea of not feeling lonely, and that's very, very important for a child coming up. also empower your child with the power of NO is what I tell every adult that I meet. Now when I say one of the rules of personal safety is that if somebody is trying to look touch or talk about your private body parts, except to keep them clean and healthy shoutout a loud NO, also just telling the child that shout out a loud no is not going to help the child we as adults have to empower the child with that knowledge? Now when I say that what do I mean? If your child is feeling uncomfortable doing something or uncomfortable in the presence of somebody, it's as simple as this. If an uncle walks in the house and the uncle is just trying to pull the child's cheek or trying to kiss the child or just asking the child to sit in his lap, and the child is not comfortable, and he's reluctant, he's pushing himself back. But we as parents, what do we do? No, no, it's okay, go sit in uncle's lap and go give uncle a kiss. And what we have done here is that you put in a child's mind that it's okay for you to do something that you're uncomfortable with. And tomorrow if a perpetrator is doing something similar, is trying to break the boundary of touch in an unsafe way. The child is going to be confused and is going to think about this time when the parent was okay pushing the child forward when the child wasn't feeling safe. So it's important that as parents will listen to their NO, we acknowledge it, we empower them with it. It's okay for a child to not feel comfortable about it. And as adults, let us you know, support them in that. That way, if tomorrow something unsafe is happening, they will come running to you and tell you about it. And I'm very sure about it. So as parents and as adults in the family, give them the right to an opinion, raise them with self-love, and empower them with no, that's very, very important. And of course, keep having a conversation with them about safe, unsafe touch about their private body parts. That's important.

Pooja is on her path to healing. For Pooja, Shaheen has presented an opportunity to become a leader in her community. She has completed her bachelor in social work and going forward she says she wants to create more leaders like her.

Pooja: Mein field worker ke saath saath ek leader bhi hoon. Shaheen main ladkiyon ka groups hain jisme hum log ladkiyon ke saath kaam karte. Leadership ke upar. Ladkiyan kudh leadhsip leke apne communities main kaam kar rahain. Toh meruku aur leaders tayar karna hain, ladkiyon ke saath bhi. Aur Jo kaam hum log kar rahain equality ke liye, usme sirf ladkiya hi nahi ladko ko bhi participate karna jaroori hain. Tho me chahti hoon ki ladko ke saath bhi kaam karna, un logo ko bhi, jaise hum logo ne leaders ke groups banaya, un logo ko bhi samaj na ki e kaam jaroori hain aur un logo ko bhi is kaam main apticipate karna hain.

Child sexual abuse is more common than we know and is a stark reality all over the world. As per the Global status report on preventing violence against children 2020, an estimated one billion children – or one out of two children worldwide - suffer some form of violence each year. The COVID-19 pandemic and the physical distancing measures imposed in response to it have greatly increased the risk of intra-family violence and online abuse. School closures have impacted more than 1.5 billion children and youth. Parents and children need to be made aware to break the silence, stigma around child sexual abuse. There is a need to educate and aware the parents and the children about the warning signs of sexually abusing behaviors. POCSO act empowers children from holding adults accountable. The Act incorporates child-friendly procedures for reporting, recording, investigation and trial offenses. The Act provides for stringent punishments which have been graded as per the gravity of offence.

For more information, please call CHILDLINE number **1098** available all over India. Childline India foundation is a non-government organisation (NGO) in India that operates a telephone helpline called Childline, for children in distress. You can also reach out to other NGOs mentioned in the transcript of the episode for more information.

AKS FOUNDATION, Pune

Tel.: +91 20 26830570

email: help@aksfoundation.in

OAK FOUNDATION, Kolkata

info@oakfnd.ch

ARPAN NGO, Mumbai

Email: info@arpan.org.in

Counselling : +91 98190 86444

RAHI Foundation, Delhi

info@rahifoundation.org

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