

AWARENESS MODULES FOR POLICE OFFICERS
ON
CHILD SEXUAL ABUSE AND PROTECTION OF CHILDREN FROM
SEXUAL ABUSE

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Introduction

A country's future is reflected in its children. The rights of a child should be acknowledged, and their protection should be of the greatest priority because the early years of life are both valuable and vulnerable. Childhood abuse is equally important but rarely discussed, even though it has been shown to be a problem as common in children as illiteracy, undernutrition, and infections definition given by WHO (world health organization) Child sexual abuse (CSA), also called child molestation, is a form of child abuse in which an adult or older adolescent uses a child for sexual stimulation. Forms of child sexual abuse include engaging in sexual activities with a child (whether by asking or pressuring, or by other means), indecent exposure (of the genitals, female nipples, etc.), child grooming, and child sexual exploitation, such as using a child to produce child pornography. Child sexual abuse can occur in a variety of settings, including home, school, or work (in places where child labor is common). Child marriage is one of the main forms of child sexual abuse; UNICEF has stated that child marriage "represents perhaps the most prevalent form of sexual abuse and exploitation of girls". The effects of child sexual abuse can include depression, post-traumatic stress disorder, anxiety, complex post-traumatic stress disorder, propensity to further victimization in adulthood, and physical injury to the child, among other problems. Sexual abuse by a family member is a form of incest and can result in more serious and long-term psychological trauma, especially in the case of parental incest. Child sexual abuse includes a variety of sexual offenses.

These modules are created keeping in mind the training component of police personnel and an outcome of the study's findings.

Theme – 1 – Child Sexual Abuse

Introduction

Child sexual abuse (CSA) is a very wide phrase that is hard to define, but in simplest terms, it is a sexual offence committed against minors.

As defined by the child: - The term "Child" refers to all those under the age of 18 Unless the children reaches majority earlier under the applicable legislation.

We must take into account a few crucial elements because they will aid in our comprehension of CSA. For instance, the circle of authority and trust, the accuser's age and gender, the type of abuse, and the gender and age of the victim children.

Objective: -

To understand child sexual abuse from the child's perspective

To understand different types of child sexual abuse

Method–

Group discussion, Documentary films, Flash cards, Discussion, PowerPoint presentation.

To better understand child sexual abuse (CSA) we can use a method of flashcards, leaflet paper, documented film and use case histories. Child sexual abuse is a very sensitive topic police officers we can see different types of abuse of children in our country. so, for better understanding about child sexual abuse one hour work shop ca be planned. with some question related to child sexual abuse.

1. what does the term "child sex abuse" mean to you? And what types are there?
2. Do you think children are abused from any way?
3. Which types of legislation are there for children in the Indian constitutions? And why it's important.
4. What is the POSCO Act and what can you tell us about it?
5. Do you acknowledge that we should have more laws in our nation protecting children?
6. Do you think CSA cases happens more in our country? Why?
7. Do you think government should be make more strict law again criminal of child sexual abuse?

Slides -Types of sexual abuse

1.Sexual assault: Sexual assault occurs when a person has sexual intentions and touches a kid's vagina, penis, anus, or breast, or compels a youngster to do so. else. The minimum sentence is three years in jail, but it can be up to five, along with a fine.

2.Aggravated Sexual Assault: When a person in a position of trust, such as a family member, police officer, member of the armed forces, public employee, administration or staff of a hospital, educational facility, or any other religious institution, commits sexual assault. The minimum sentence is five years in jail, but it can be up to seven, along with a fine.

3.Penetrative Sexual Assault: Anyone who forces the insertion of a penis or other item or body part into a kid's mouth, urethra, anus, or vagina, or who asks the youngster to do so with him or someone else. The minimum sentence is seven years in jail, but it can be as long as life, along with a fine.

4. Aggravated Penetrative Sexual Assault: This type of assault occurs when a person in a position of trust, such as a relative, police officer, member of the armed forces, public employee, manager or staff at a medical facility, an educational facility, or any other religious institution, commits penetrative sexual assault. It also includes penetrative sexual assault on a kid who is already pregnant, recurrent assault, and penetrative assault on a child under the age of twelve. The penalty is a minimum of 10 years in jail, with a maximum of life in prison, plus a fine.

5. Sexual Harassment: Any sexually explicit remarks, sexual gestures or noises, persistent following, flashing, or forcing the youngster to expose any portion of his body so that it can be seen by the harasser or anyone else. Three years in jail and a fine are the possible penalties.

6. Using Children for Pornographic Purposes: Anyone who makes use of children for sexual satisfaction in any kind of media. Up to five years in jail and a fine are the possible penalties.

Flash cards –

Rights for children by United Nations Convention on the Rights of the Child: -

- Article 6: - Survival and Development
- Article 7: - Registration, name, nationality, care
- Article 8: - Preservation of identity
- Article 9: - Separation from parents
- Article 11: - Kidnapping and Trafficking
- Article 12: - Respect for the views of the child

- Article 13: - Freedom of Expression
- Article 16: - Right to privacy
- Article 19: - Protection from all forms of Violence
- Article 20: - Children deprived of family
- Article 21: - Adoption
- Article 23: - Children with Disability
- Article 24: -Health and health service
- Article 26: - Social security
- Article 28: - Right to education
- Article 30: -Children of minorities
- Article 31: - Leisure, play and culture
- Article 33: - Drug abuse
- Article 34: -Sexual exploitation
- Article 35: - Abduction
- Article 36: - Other forms of exploitation
- Article 37: - Detention
- Article 39: - Rehabilitation of child victims
- Article 40: - Juvenile justice

Session

- A poster with information about CSA can be exhibited, together with flashcards, quotes that are based on it, and other materials at the location of the police officers' training.
- You may invite a resource person or a psychological specialist who can discuss the subject with tact, empathy, and sensitivity. Police officers may be further encouraged to discuss the idea of "Good Touch and Bad Touch" take session with children They can convey this either orally or visually by displaying a little animated clip. Police officers need to be made aware of the need of telling children about who is allowed to touch them and who is not. They can conduct the session in school's camps or colleges.
- Police officers can keep a brief question-and-answer session during which they can record children comprehension of appropriate and inappropriate touching.
- It's important to spread knowledge about criminals, including who they are and how police officers may assist in identifying both the victim and the perpetrator.
- CSA hurts children not just physically but also mentally. Police officers may be given the tools they need to spend quality time with children, comprehend the changes in their behavior, maintain open lines of communication with them, and learn to spot significant deviations from their usual conduct.
- At the conclusion of the workshop, police officers may be provided resource materials in the local tongue that outline minor actions they may take to recognize signs of CSA and the role they can play in aiding the kid.

- At the conclusion of the session, police officers may be given feedback charts or forms asking for their reflection, suggestions, and learning.
- We can ask them to get in touch with counselor for their mental health and we take some yoga session, laughing session, and different types of activity to make sure children can feel safe.

Facilitator should encourage discussion on:

- Do participants think child sexual abuse is an important problem in India?
- Police officers are giving proper information about child sexual abuse?
- Police officers are aware of different types of child sexual abuse in our country ?

Theme 2- Gender Sensitivity

Introduction

Gender disparities in children's lives and the lives of adults who care for them prevent every child from realizing their full potential. Girls and boys in India experience gender inequality every day in their families, communities, and in the media, as well as among the men and women who care for and support them. This is true regardless of where they live in the country. In India, gender disparity leads to uneven chances, and while it affects both genders' lives, statistically speaking, females are more disadvantaged than boys.

Girls endure hazards, abuses, and vulnerabilities just by virtue of being female. The majority of these dangers are directly related to the disadvantages girls experience on a daily basis in terms of economy, politics, society, and culture. With crises and natural disasters, this gets worse.

Due to social norms and practices that promote gender inequality, girls are more likely to experience child marriage, adolescent pregnancies, child labour, inadequate education, poor health, sexual abuse, exploitation, and violence.

Objective:

- To understand better knowledge about Gender Sensitivity in society.
- Able to understand different types of gender issues.
- Spreading awareness of government initiatives, laws, and rights pertaining to women

Material required:

Flashcards, presentation, videos, charts, posters, session etc.

Presentation

Slides

Health: Reducing excess female mortality under five and supporting equal care-seeking behavior for girls and boys. (Example: front-line workers encourage families to take sick baby girls to the hospital immediately)

Nutrition: Improving nutrition of women and girls, especially by promoting more equitable eating practices (Example: women cooperatives develop and implement their own micro-plans for improved nutrition in their villages)

Education: Gender responsive support to enable out-of-school girls and boys to learn and enabling more gender-responsive curricula and pedagogy (Example: implementing new strategies for identifying vulnerable out of school girls and boys, overhaul of textbooks so that the language, images and messages do not perpetuate gender stereotypes)

Child protection: Ending child and early marriage (Example: supporting panchayats to become “child-marriage free”, facilitating girls’ and boys’ clubs that teach girls sports, photography, journalism and other non-traditional activities)

Social policy: Supporting state governments to develop gender-responsive cash transfer programs and supporting women’s leadership in local governance (Example: cash transfer programs in West Bengal to enable girls to stay in school, a Resource Centre for women panchayat leaders in Jharkhand)

Disaster risk reduction: Enabling greater gender disaggregation of information management for disaster risk reduction and more leadership and participation of women and girls (Example: greater women's leadership and participation in Village Disaster Management Committees)

Joint C4D-Gender strategy: UNICEF's Communication for Development (C4D) team develops social and behavior change communication to support each outcome. These communications prioritize efforts to change negative gender norms like unequal feeding, unequal investment in young girls and boys, harmful MHM practices and perpetuation of lower value of girls than boys through wedding dowry.

Advocating for and promoting equal value of girls: UNICEF's Communications, Advocacy and Partnerships team works with media, influencers and gamechangers to advocate for UNICEF priorities, which, in the 2018-2022 programs, includes Equal Value of Girls and Boys.

Increasing and improving girls' and women's safe mobility: UNICEF India has begun work in some states to work on new programs with new partners to improve the ability and freedom of women and girls, including to access government services like schools and hospitals.

Session for discussion

- **Status and Scenario of women and men:** Current scenario of Women and Men in family and society.
- **Gender Discrimination:** Gender Discrimination, (Negligence of Girl child) in all structures of the society, Suggestive measures and thoughts for addressing gender Discrimination, Reflection of Personal Beliefs and Societal views about women's and men's roles.

- **Socialization Process:** Discrimination (Negligence of Girl child), Dos and Don'ts Role of parents – mother/elderly persons in the family, Role of friends, Role of neighborhood, Role of Social Action Committee.
- **Women empowerment:** Need for women empowerment, Indicators of women empowerment, Facilitating and constraining factors of empowerment, Regaining Identity, Building Solidarity, Fight for equal opportunities, Equality Vs Equity issues.

Discussion questions

1. What is meant by gender?
2. What is the difference between Gender equity, Gender equality and women empowerment?
3. Why is it important to take gender concerns into account in programs design and implementation?
4. Is gender equality a concern for men?
5. Why is gender equality important?

Theme 3- Mental Health Well-being

Introduction

Law enforcement personnel's mental stress has long been disregarded. Data that present a bleak image of the current situation of people who have pledged to protect and serve whole communities continue to support this reality. Although while working as a police officer can be satisfying, it can also be psychologically exhausting. Every work carries the potential for witnessing something upsetting. Child abuse, suicide, domestic violence, officer-involved shootings, and other incidents can frequently occur while working. That eventually takes a toll. If you want to have a greater influence, whether you work in law enforcement, the judicial system, or prisons, you must be aware of the difficulties that police officers encounter. Discover some of these difficulties and the significance of promoting more understanding.

Objective:

- Learning about the cope with mental stress that they face in daily life.
- Understanding that mental stress is caused by a combination of factors.
- Understanding how mental stress affects daily life of police officers.

Material

Speaker, videos, session etc.

Activity

- Session of yoga given to police officers

- Some laughing activities that help them to get better mental health
- Some strategies and videos that help them to cope their mental health to get stable

Session for mental health

Diet -Proper diet to follow in daily life routine. A healthy and well-balanced diet not only helps your body perform better, it also promotes healthy brain function

Sleep-A regular and healthy sleep schedule is a key component of both mental and physical health.

Exercise -While we all need that lazy day where we don't get off the couch every once in a while, doing it too much can be harmful to both our physical and mental health.

Facilitator need to do steps

Facilitator should be able to make sure to take session of yoga session, laughing session, some videos of coping from mental health

These activities are recommended to be implemented on a regular basis with the police personnel and in cases where required one-to-one counseling sessions may also be taken up.

Reference

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