



CHILD PROTECTION BULLETIN

STATE CHILD
PROTECTION
SOCIETY, ASSAM

MONTHLY BULLETIN OF ACTIVITIES CONCERNING CHILD PROTECTION IN ASSAM

EDITORIAL

Children are very sensitive. So it is important to deal with them delicately. Communication should be an effective tool to deal with the children. It is very important that we should try to understand the situation of the child by keeping ourselves in his/her place.

We also understand that all the five fingers of our hand are not equal. Every individual is different. Someone may be good in something but not in everything. All the skills in a person is not equal. So it is important for us to know our strengths and weaknesses and if we know our strengths and weaknesses we can definitely work on that. Many people think of learning as studying, but this is not the case.

When you study, you do normally learn but learning can go far beyond structured or unstructured studying. You can learn from any experiences in your life. The most fundamental of all skills are those concerned with self-preservation, that is, staying healthy in both body and mind. Without good personal health you are less likely to be able to develop good interpersonal relationship, presentation or leadership skills.

Editorial Board,
State Child Protection Society, Assam

Self-harm can take lots of physical forms, including cutting, burning, bruising, scratching, hair-pulling, poisoning and overdosing.

There are many reasons why children and young people try to hurt themselves. And once they start, it can become a compulsion. That's why it's so important to spot it as soon as possible and do everything you can to help. Self-harm isn't usually a suicide attempt or a cry for attention. Instead, it's often a way for young people to release overwhelming emotions. It's a way of coping. So whatever the reason, it should be taken seriously.

Why children harm themselves

The exact reasons why children and young people decide to hurt themselves aren't always easy to work out. In fact, they might not even know exactly why they do it.

There are links between depression and self-harm. Quite often a child or young person who is self-harming is being bullied, under too much pressure to do well at school, being emotionally abused, grieving or having relationship problems with family or friends. The feelings that these issues bring up can include:

- low self-esteem and low confidence
- loneliness
- sadness
- anger
- numbness
- lack of control over their lives

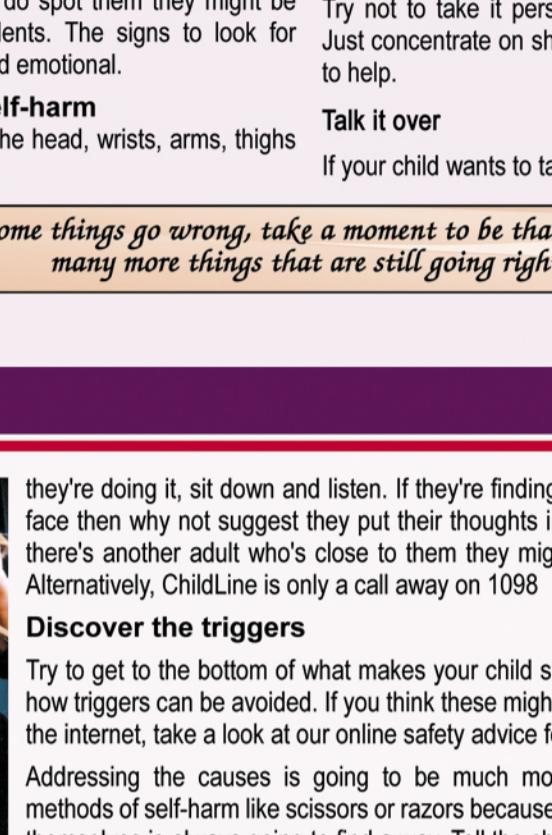
Often, the physical pain of self-harm might feel easier to deal with than the emotional pain that's behind it. It can also make a young person feel they're in control of at least one part of their lives. Sometimes it can also be a way for them to punish themselves for something they've done or have been accused of doing.

How to spot the warning signs

Young people will go to great lengths to cover self-harm scars and injuries. If you do spot them they might be explained away as accidents. The signs to look for divide into the physical and emotional.

Physical signs of self-harm

These are commonly on the head, wrists, arms, thighs and chest and include:



WHAT YOU CAN DO ABOUT SELF HARM

Show you understand
Whatever your relationship to a child, discovering they're self-harming will inevitably have a big emotional effect on you. But however it makes you feel, it's very important that you stay calm and let them know that you're there to help and support them.

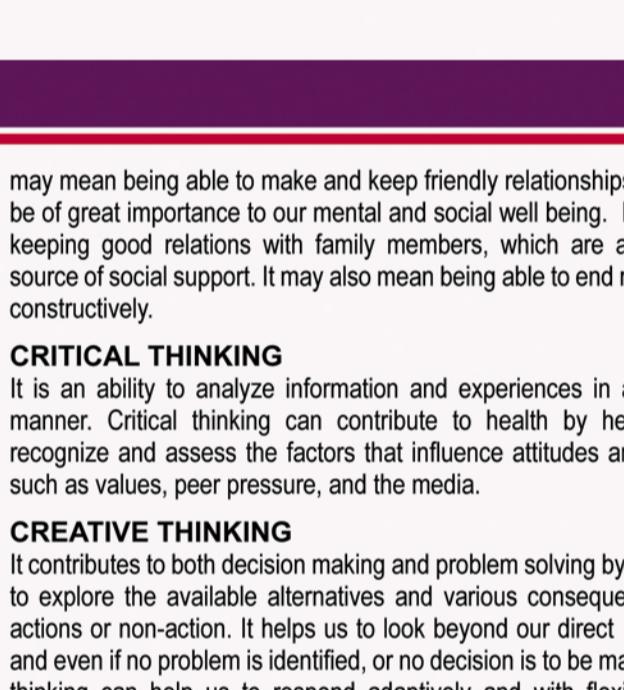
Try not to jump to immediate conclusions or to find instant solutions. And never give the impression that their self-harming has created a big problem for you. It's also important to remember that the severity of the injuries doesn't reflect the young person's suffering. Something has caused them to self-harm – so it's always helpful to be sensitive. Saying things such as "the injuries aren't that bad" or "what have you done to yourself?" could make things worse.

Try not to take it personally or blame yourself either. Just concentrate on showing you understand and want to help.

Talk it over

If your child wants to talk about their self-harm and why

"When some things go wrong, take a moment to be thankful for the many more things that are still going right." – Annie Gottlieb



they're doing it, sit down and listen. If they're finding it hard to speak to you face-to-face then why not suggest they put their thoughts into an email or letter instead? If there's another adult who's close to them they might want to talk to them instead. Alternatively, ChildLine is only a call away on 1098

Discover the triggers

Try to get to the bottom of what makes your child start to self-harm and think about how triggers can be avoided. If you think these might be linked to time they spend on the internet, take a look at our online safety advice for parents.

Addressing the causes is going to be much more effective than removing the methods of self-harm like scissors or razors because anyone who really wants to hurt themselves is always going to find a way. Tell the child that you understand that self-harm helps them to cope but that this is only a temporary relief. Explain that you want

them to help them with the problems that make them want to hurt themselves so that they can feel happier in the long run. And see if you can help them find other ways to cope.

Build their confidence

Think of things they can do well and be praised for. It could be arranging a surprise party for a friend or even learning to play the guitar – it doesn't matter, as long as they enjoy doing it

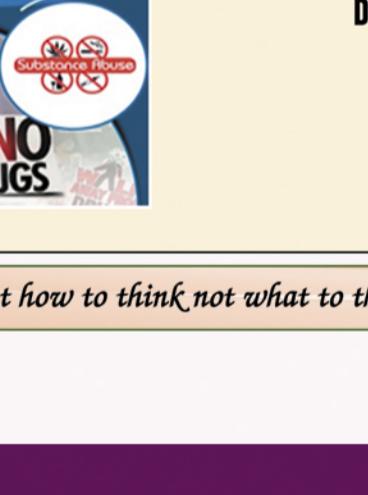
Show you trust them

Your instinct might be to constantly keep your eye on your child, and that's understandable. But by giving them their own space you'll help build up their confidence and trust. Try to find a balance between monitoring what they're doing and respecting their privacy. It is important to make sure that if they're harming themselves that they are cleaning and caring for any injuries effectively. Sometimes it's possible to have an agreement with the child where they come and tell you when they have self-harmed. You should agree not to react negatively but to both talk about it without any expectations on either side. If they have any current wounds that require medical attention then do not delay going to the hospital.

Help them find new ways to cope

Instead of telling them to stop self-harming, it's often more constructive to suggest alternative coping techniques. There are a few things you can suggest. They might not seem like they will work, but lots of children have told us that techniques like these have helped them:

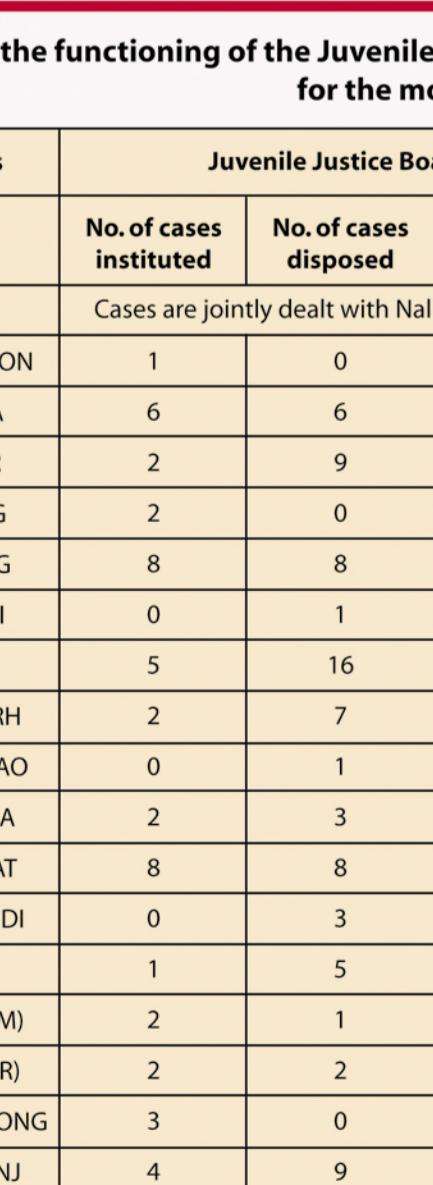
- paint, draw or scribble in red ink
- hold an ice cube in your hand until it melts
- write down your negative feelings then rip the paper up
- listen to music
- talk to friends or family
- take a bath or shower
- exercise
- watch your favorite funny film



"There needs to be a lot more emphasis on what a child can do instead of what he cannot do."

– Dr. Temple Grandin

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problems that are left unresolved can cause mental stress and give rise to accompanying physical strain.

COPING WITH EMOTIONS AND MANAGING STRESS

It includes skills for increasing internal locus of control for managing emotions, anger and stress. This may mean that we take action to reduce the sources of stress, for example, by making changes to our physical environment or lifestyle. Or it may mean learning how to relax, so that tensions created by unavoidable stress do not give rise to health problems.

PERSONAL EMPOWERMENT

Personal empowerment is looking at your own qualities and to know who you are yourself. Self-confidence is very important in order to succeed in your life. Believe in yourself and your qualities. Personal empowerment involves developing the confidence and strength to set realistic goals. A person aiming for empowerment is able to take control of their life by making positive choices and setting goals. Developing self-awareness, an understanding of your strengths and weaknesses - knowing your own limitations is key to personal empowerment. Taking steps to set and achieve goals - both short and longer-term and developing new skills, acts to increase confidence which, in itself, is essential to self-empowerment. Improving your skills — a practice known as personal development — does not happen by itself. Some personal development can be a matter of being in the right place at the right time, and simply taking up opportunities. But consistent, effective personal development across a wide range of skills requires deliberate and focused effort.

NEWS EVENTS

International Day against Drug Abuse and Illicit trafficking 26th June was observed in the District Library on 28th June, 2017 by the Directorate of Social Welfare.

"Children must be taught how to think not what to think" - Margaret Mead

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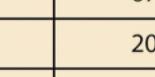
Status Report on the functioning of the Juvenile Justice Boards and Child Welfare Committees in Assam for the month of May 2017

Sl. No.	Districts	Juvenile Justice Boards			Child Welfare Committees		
		No. of cases instituted	No. of cases disposed	Total cases pending	No. of cases instituted	No. of cases disposed	Total cases pending
1	BAKSA	Cases are jointly dealt with Nalbari JJB			16	16	0
2	BONGAIGAON	1	0	11	5	7	14
3	BARPETA	6	6	140	9	2	80
4	CACHAR	2	9	23	8	8	8
5	CHIRANG	2	0	28	1	1	8
6	DARRANG	8	8	67	9	3	20
7	DHEMAJI	0	1	20	7	9	12
8	DHUBRI	5	16	93	1	1	11
9	DIBRUGARH	2	7	26	15	19	2
10	DIMA HASAO	0	1	17	0	1	5
11	GOALPARA	2	3	68	16	17	23
12	GOLAGHAT	8	8	15	3	4	10
13	HAILAKANDI	0	3	25	6	4	8
14	JORHAT	1	5	47	4	5	6
15	KAMRUP (M)	2	1	45	146	127	91
16	KAMRUP (R)	2	2	50	33	37	49
17	KARBI ANGLONG	3	0	65	1	3	4
18	KARIMGANJ	4	9	45	0	1	49
19	KOKRAJHAR	3	0	140	10	3	26
20	LAKHIMPUR	2	1	17	6	4	11
21	MORIGAON	6	4	18	4	6	11
22	NAGAON	6	8	165	34	25	19
23	NALBARI	0	3	24	11	1	83
24	SONITPUR	6	11	82	13	12	28
25	SIBSAGAR	4	6	20	9	12	19
26	TINSUKIA	3	8	35	10	8	57
27	UDALGURI	3	3	32	27	22	59
Total		81	123	1318	404	358	713

For any feedback, write to:

Chairperson, Editorial Board,

State Child Protection Society, Assam



DSW, Government of Assam

46, Survey Bus Stop, Beltola, Guwahati-781028, Phone: 0361-2229275, Email: scpsassam@gmail.com, Website: assam-scps.com/termsofuse.php

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