

# CHILD PROTECTION BULLETIN

STATE CHILD  
PROTECTION  
SOCIETY, ASSAM

MONTHLY BULLETIN OF ACTIVITIES CONCERNING CHILD PROTECTION IN ASSAM

## EDITORIAL

Parents play an important role in shaping child's personality. Adolescence is a period of storm and stress and in this period child requires lots of attention. Listening to your child is very important. Active listening is a good way to improve your communication with your child. It lets your child know you are interested in what she/he has to say and want to hear more. When you are actively listening, you give your full attention to your child. You make eye contact, stop other things you are doing, and get down on your child's level. You reflect or repeat back what she is saying and what she may be feeling to make sure you understand. When you actively listen to your young child, a strong relationship develops. As your child grows, if you continue to actively listen to her, your relationship will continue to get stronger. A strong relationship with your child will make it more likely she will talk with you about her hopes and problems when she is older.

Having known the importance of safety measures for children it is the obligation of every duty bearer and parents to educate the children on the matter so that the child feels safe at every place. This month's issue is a helpful resource of what is to be done for the safety of the children.

Editorial Board,  
State Child Protection Society,



## Role of Parents in teaching Child Safety to children

Children are our Nation's most precious resource, but as children, they often lack the skills to protect themselves. It is our responsibility, as parents and responsible citizens, to safeguard children and to teach them the skills to be safe.

Every home and school should teach children about safety and protection measures. As a parent, you should take an active interest in your children and listen to them. Teach your children that they can be assertive in order to protect themselves against abduction and exploitation. And most importantly, make your home a place of trust and support that fulfills your child's needs. Together we can protect our future generation by teaching them to be smart, strong, and safe. Parents are the role model for the children and they have to be comfortable, free, and friendly with the children. Parents play a pivotal role in shaping children's values and goals. They should make sure that the goals are realistic and not fantasy oriented. Parents should also guide the children to face a lot of challenges in daily life and insist moral values in the children.

Children not only need basic needs like food, water, shelter but also beyond that children need someone to talk to and share their goals, hopes and problems. Parents should interact with their children daily. Another important need of children is to have good friends since friends can make vast and drastic changes in the life of children. Children seek persons of similar likes and dislikes, wishes etc., to mingle with. A proverb says "bad companies ruin good character"; hence parents should supervise closely the child's peer group. Children need a sense of "Identity" - a set of unique traits that distinguish one child from the other. Children are unique and have their own sense of expressing themselves. Hence the parents should encourage them and inculcate right principles to their children.

### Tips for Discussing child safety

- A parent is the best person to teach a child about personal safety.
- Inculcate in your child effective personal safety skills, Smart Thinking and strong character.
- Age and maturity matter. There is no perfect age when parents should begin teaching children about personal safety. A child's ability to comprehend and practice safety skills is affected by age, educational, and developmental levels.
- LISTEN to your children. Know your children's daily activities and habits. Listen to what they like and what they

don't like. Encourage open communication. Let your children know they can talk to you about any situation. Reassure your children that their safety is your #1 concern.

- TEACH your children. Set boundaries about places they may go, people they may see, and things they may do. Reinforce the importance of the "body system." It's OK to say NO - tell your children to trust their instincts.
- Get INVOLVED Know where your children are at times. Your children should check in with you if there is a change in plans.
- There is no substitute for your attention and supervision PRACTICE safety skills with your child. Rehearse safety skills so that they become second nature.

### Tips for parents to help their children stay safe

#### Safety at Home

- Children should know their full name, home address, home phone number and how to use the telephone. Post your contact information where your children will see it: office phone number, cell phone etc.
- Children should have a trusted adult to call if they're scared or have an emergency.
- Choose caregiver/nanny with care. Obtain references from family, friends, and neighbours. Once you have chosen the caregiver, drop in unexpectedly to see how your children are doing. Ask your children how the experience with the caregiver was, and listen carefully to their responses.

#### Safety in the Neighbourhood

- Make a list with your children of their neighbourhood boundaries, choosing significant landmarks.
- Interact regularly with your neighbours. Tell your children whose homes they are allowed to visit.
- Don't drop your children off alone at fair, market places, railway stations, bus stands or parks.
- Teach your children that adults should not approach children for help or directions. Tell your children that if they are approached by an adult, they should stay alert because this may be a "trick."
- Never leave children unattended in an automobile. Children should never hitchhike or approach a car when they don't know and trust the driver.
- Children should never go anywhere with anyone without getting your permission first.

*"Teach children about safety without scaring them"*



- Children should never go anywhere with anyone without getting your permission first.

### Safety at School

- Be careful when you put your child's name on clothing, backpacks, lunch boxes or bicycle license plates. If a child's name is visible, it may put them on a "first name" basis with an abductor.

Walk the route to and from school with your children, pointing out landmarks and safe places to go if they're being followed or need help. Make a map with your children showing acceptable routes to school, using main roads and avoiding shortcuts or isolated areas. If your children take a bus, visit the bus stop with them and make sure they know which bus to take.

The academic goal of these children must be realistic and achievable. Parents can

### Teach Children to Respect by Treating them with



have their ambition with themselves and not on their children. In most of the cases, the parents expect more from their children by comparing with other children. Due to the cruel treatment of children for academic progress, their behaviour pattern changes aggressively and their scholastic achievement drops suddenly. Children are not parent's extension but they are individuals. Parents don't know the real truth. Academic achievement is not the only deciding factor for the successful living of a child, but it is one of the factors that determine the success or failure. Hence, Parents should:

- Understand the needs, feeling and expectation of each child.
- Be impartial and not compare children with others.
- Be comfortable, free, and friendly with the children.
- Avoid discussing about the child in their presence.

## Emotional Well-being of Adolescents

Adolescence is a time of enormous changes in life – physical, psychological and social. These changes can be stressful. Experiencing anxious, sad and angry thoughts and feelings is a normal part of adolescence. However, if these thoughts or feelings persist for more than several days, and especially if they prevent someone from being able to carry out their normal daily activities, this may be an indication of a mental disorder. Many adolescents suffer from problems such as anxiety and depression, which cause them pain and suffering. Some adolescents harm themselves as a result of these problems. Sadly, suicide is a leading cause of death among adolescents. However adolescents could take steps to protect their emotional well-being, and as with other illnesses, there is much that caring people around them could do to help.

### What you should know

- Adolescence is a time when young people acquire the skills they need to become independent adults. During this time, many adolescents appear to reject their parents' guidance, and withdraw from the close attachment they had with them when they were younger. This can be difficult for parents to accept. However, all adolescents still need, and benefit greatly from, the support and guidance of parents. Feeling needed by and being valued by one's family can give a young person a positive sense of well-being.
- Adolescents need to develop the skills to cope with the stresses and strains of everyday life, as well as emotions such as sadness and anger in a healthy way. They also need to know that they can ask their parents for help when they find that they cannot cope by themselves.
- With prompt diagnosis and effective treatment, adolescents with many mental health problems can get back to good health and to productive lives.
- Increasing the awareness of your son or daughter about the dangers of substance use, and helping them become aware of the influence that peers and the media can have, can help them avoid substance use.
- Early detection of substance use, followed by counseling by health workers, has been shown to be effective in motivating adolescents to give up their use or to reduce the harm it could cause them.

### What you should do

- Make every effort to communicate with your son or daughter. Encourage them to share their hopes and expectations, fears and concerns with you. Show interest in their activities and viewpoints. Show that you care for them through your words and actions. Let them know that you will always be there to support them when needed. Encourage them to contribute to family and community activities.
- Talk to your son or daughter about healthy ways of dealing with the stresses and strains of everyday life, such as doing activities that they find relaxing, being with people they like, and doing some physical activity.
- Warn them of the dangers of using tobacco, alcohol or other substances as a means of dealing with negative thoughts and feelings. Also, warn them that when they are upset they could do things – such as picking a fight or driving

dangerously – that could cause harm to themselves or others. Talk to them about the importance of asking for help when they feel that they cannot handle their problems by themselves.

- Be watchful for changes in the mood or behaviour of your son or daughter. Common signs of stress or mental illness include: changes in sleeping patterns; changes in eating patterns; decreased school attendance or performance; difficulties in concentration; a persistent lack of energy; frequent crying or persistent feelings of helplessness, hopelessness, sadness and anxiety; persistent irritability; frequent complaints of headache or stomach ache and the excessive use of alcohol or other substances. If any of these changes are marked or last for several days, seek help from a health worker.
- Seek help from a health worker immediately, if your son or daughter has thoughts of harming or killing himself/herself or others.
- Talk to your son or daughter about the dangers of using tobacco, alcohol or other substances. Do this in early adolescence. Do not wait until their use has started.
- Discuss with your son or daughter the influence that their peers and images in the media could have in persuading them to initiate substance use. Explain to them the importance of deciding what is best for them.
- Make clear what your expectations regarding their behaviour are. Provide a good role model through your own behavior.
- Be watchful for signs of substance use by your son or daughter. If and when you notice them, discuss the matter, and together seek help from a health worker.



Third Zonal Level Conference on Effective Implementation of Child Protection Laws organized by High Court Committee on Juvenile Justice, Gauhati High Court in partnership with State Child protection Society, Assam and UNICEF, Assam in collaboration with District Administration, Bongaigaon held at Hotel Cygnet Meghna Park, Bongaigaon on dated 24th March 2018

*"Children become spoiled when we substitute presents for presence" - Anthony Witham*





*Celebration of Child Protection Day  
on 4<sup>th</sup> March 2018 organized by  
State Child Protection Society in  
collaboration with  
District Child Protection Unit*



**Residential Training Programme for Child Welfare Committees of Assam  
organized by Centre for Child Rights, National Law University in collaboration  
with State Child Protection Society, Assam from 20<sup>th</sup> - 24<sup>th</sup> March 2018**



**Training for Superintendents of Govt run and NGO run CCIs organized by  
State Child Protection Society in collaboration with SOS Children  
Villages, India from 19<sup>th</sup> March to 23<sup>rd</sup> March 2018**



**Capacity Building  
Programme for Juvenile  
Justice Board's of Assam  
organized by State Child  
Protection Society,  
Assam in collaboration  
with Centre for Child and  
Law, Bangalore on 13<sup>th</sup> &  
14<sup>th</sup> March 2018**

*"All children deserve to feel safe, Secure, happy, loved, special"*



## Status Report on the functioning of the Juvenile Justice Boards and Child Welfare Committees in Assam for the month of February 2018

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			3	3	0
2	BONGAIGAON	0	1	17	3	0	20
3	BARPETA	1	4	120	13	14	186
4	CACHAR	4	4	14	10	8	17
5	CHIRANG	0	2	25	3	3	10
6	DARRANG	4	4	69	2	4	16
7	DHEMAJI	5	1	22	2	2	3
8	DHUBRI	6	3	95	2	3	10
9	DIBRUGARH	9	4	41	14	13	5
10	DIMA HASAO	0	1	20	1	0	10
11	GOALPARA	0	4	59	7	11	12
12	GOLAGHAT	2	5	8	3	2	13
13	HAILAKANDI	3	2	16	5	4	2
14	JORHAT	3	6	38	6	5	16
15	KAMRUP (M)	10	5	92	81	27	291
16	KAMRUP (R)	4	3	36	28	32	39
17	KARBI ANGLONG	0	0	29	2	1	3
18	KARIMGANJ	0	0	40	0	0	13
19	KOKRAJHAR	4	0	154	5	2	22
20	LAKHIMPUR	3	0	33	10	9	5
21	MORIGAON	3	3	38	11	8	19
22	NAGAON	3	3	187	26	18	21
23	NALBARI	3	7	11	3	9	68
24	SONITPUR	3	7	60	12	25	21
25	SIBSAGAR	3	1	32	12	11	21
26	TINSUKIA	7	5	76	5	7	55
27	UDALGURI	6	0	15	12	6	42
	<b>Total</b>	<b>86</b>	<b>75</b>	<b>1347</b>	<b>281</b>	<b>227</b>	<b>940</b>

**Corrigendum:** The Child Protection Bulletin, February, 2018 Issue on the 4th page regarding the status report of the Juvenile Justice Boards and Child Welfare Committees in Assam for the month of January, 2018 the data showing under Juvenile Justice Boards should be read as Child Welfare Committees and the vice versa.

For any feedback, write to :  
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DSW, Government of Assam