



Teach your child the names of the sexual parts of the body and body functions – this helps them to communicate more clearly and contributes to their safety and wellbeing.

DO-IT-YOURSELF  
LIFESKILLS WORKBOOK

Ages  
15-19

## Letter to Parents

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## **Dear Parents,**

In this workbook, your adolescent will be introduced to concepts like relationships, sexual development, sexual orientation, internet safety, peer pressure, substance abuse, dating violence and many more! The purpose is to equip them with knowledge and skills to make informed decisions; to show resilience; to stay healthy and to channel their curiosity in the right direction.

The activities in the workbook are to help students understand themselves and prepare to face the changes and challenges of growing up. It's a self-exploratory book that gives answers to their questions in a fun, reliable, honest and age-appropriate manner.

The activities will benefit the cognitive development of students by equipping them with accurate knowledge, emotional development by empowering them to understand their feelings and manage difficult situations and social development by building respectful and healthy relationships.

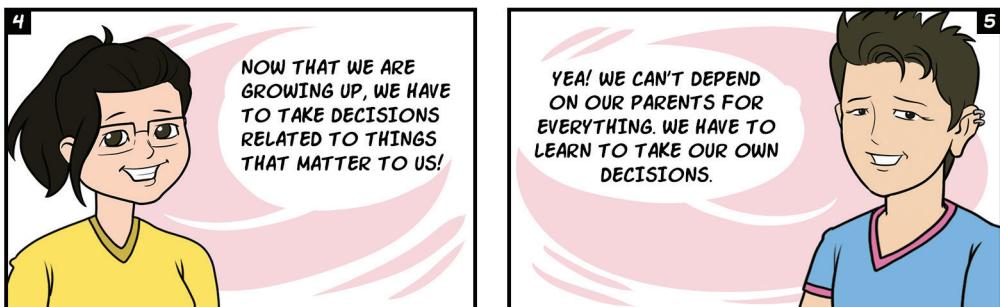
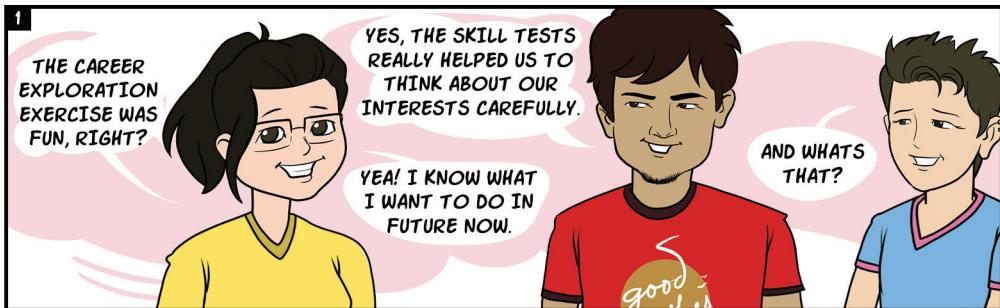
## **Parent Connection**

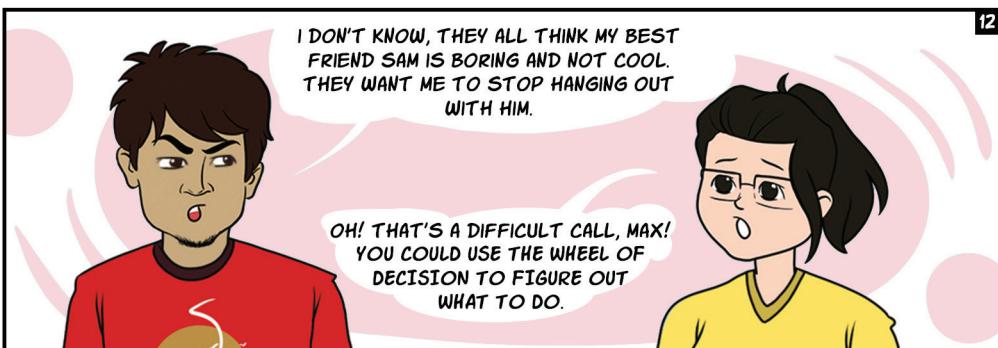
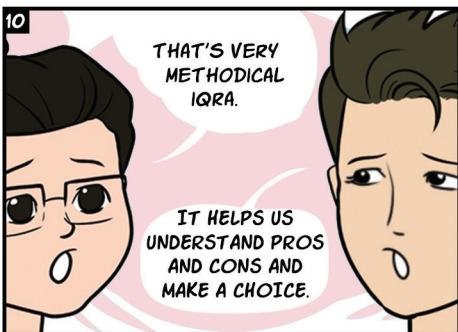
The most important part is open, early and honest communication between parent and adolescent. As a parent, one should provide ample space, guidance, support and information for adolescents to make right choices related to puberty changes.

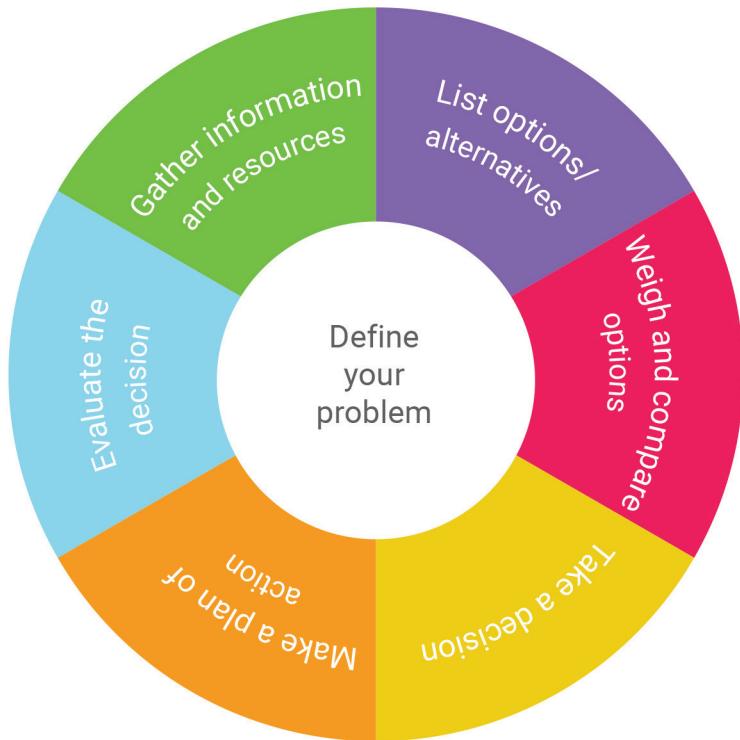
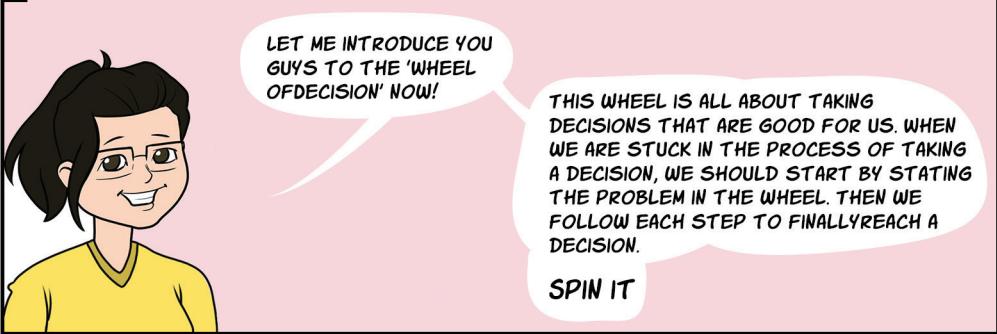
## **To Further Support The Activities**

1. Provide accurate information about topics that prevent risky behaviour as adolescents grow up.
2. Give answer to questions of adolescents in an honest, open and age-appropriate manner.
3. Clarify any misconceptions and false beliefs related to the topics of sexuality, healthy & hygiene, genders, relationships, internet safety, and sexually transmitted diseases.
4. Prepare to handle discussion around sensitive topics by reading about it or discussing with another adult.
5. Encourage adolescents to explore the facts of life not just by one discussion or lecture, but through an ongoing conversation.
6. Carefully selected books on the topic may also be helpful in addressing questions. Know the chapters and anticipate questions from adolescents.
7. Respond to the queries of your child during everyday conversations.
8. And yes, get a copy of the workbook and explore it yourselves too.

**We are excited to join hands with you to start the journey of creating happy, safe, healthy and responsible adolescents!**







## DISCUSS



In pairs discuss the following statements and write your answers in your respective workbooks/notebooks

- One change in my body is \_\_\_\_\_
- One question I have about it is \_\_\_\_\_
- One change in my thinking is \_\_\_\_\_
- One question I have about it is \_\_\_\_\_
- One change in my relationships with others is \_\_\_\_\_
- One question I have about it is \_\_\_\_\_
- One change to my feelings is \_\_\_\_\_
- One question I have about it is \_\_\_\_\_
- One change to my work (at school/college) is \_\_\_\_\_
- One question I have about it is \_\_\_\_\_
- One change in my friend circle is \_\_\_\_\_
- One question I have about it is \_\_\_\_\_

## ANALYSE



In small groups, analyse the following situation and refer to the wheel of decision to write how would you handle this situation. (you can make notes as a group)

"You are talking to a group of friends. Suddenly you notice them saying some really bad things about a classmate. You don't agree with what they are saying but you keep quiet. You are worried about what they think of you or their reaction if you disagree. Someone in the group says, 'Hey (calling your name), you haven't said anything. What are your thoughts? You agree with us, right?' What will you do?"

## REFLECT



Based on the what you have read and learnt in this chapter about growing up, reflect and write a small report on –

- What are some decisions that are not easy to take?
- What are the benefits of taking well-considered decisions?
- What are some reliable sources to consult when taking a decision?

## EXPRESS



In one phrase - Growing up to you means .....

(Iqra has an example for you Growing up to me means "freedom to make my own choices")

1

I AM SO WORRIED THAT I STILL DON'T HAVE MUCH HAIR ON MY FACE. ALL OTHER BOYS ARE ALREADY GROWING STUBBLES!

DON'T WORRY MAX, IT'S NOT STRANGE! BODY GROWTH HAPPENS AT DIFFERENT TIMES FOR DIFFERENT PEOPLE.

YES, THAT'S RIGHT. I HAVEN'T STARTED WITH MY PERIOD YET. ALMOST EVERYONE ELSE HAS. SO WHAT!

2

I HAVE NOTICED A FEW CHANGES THOUGH. THE OTHER DAY, I FELT LIKE TOUCHING MYSELF, IT'S JUST A MIX OF FEELINGS!

WELL IT'S THE HORMONES AT PLAY, MAX. TESTOSTERONE IN MALES AND ESTROGEN IN FEMALES.

3

4

EXACTLY! AVI SIR TOOK A CLASS ON PUBERTY TODAY AND SAID IT'S QUITE COMMON.

5

DOES IT HAPPEN TO EVERYONE?

YES! IT DOES.  
AVI SIR SHARED THIS PUBERTY GUIDE WITH US, LET'S LOOK AT THAT.

## PUBERTY IN BOYS

Puberty is a time when there are physical and emotional changes in the body of boys to become that of an adult. When your body reaches a certain age, the brain releases a special hormone that kicks off the changes that come with puberty. The hormones reach the pituitary glands and this gland releases more hormones into the blood stream. These hormones give the testicles the signal to begin the production of testosterone and sperm. Testosterone is the hormone that causes most of the changes in a boy's body during puberty and sperm cells are produced for reproduction.

### Physical Changes of Puberty

1. Skin become oilier, pimples and acne develop on the face.
2. Production of body odour and increased sweat.
3. Hair begins to grow in armpits, legs, and face. There may also be some hair above the penis and chest.
4. Penis gets longer and thicker.
5. Testicles get bigger and erection (hardening of the penis) at different times during the day.
6. You may notice a white discharge from your penis. This is called ejaculation. During ejaculation, sperm, and fluid in which sperm live, come out of your penis. It's only during puberty that your body starts producing sperms.
7. Erection and ejaculation can also happen during sleep. This is called 'wet dream' and is very normal.
8. Increased urge to rub your penis until you have an ejaculation, this is called masturbation.
9. The voice becomes deeper and the body becomes taller, heavier and broader.

### Emotional Changes of Puberty

1. Need to understand one's sexuality.
2. Feeling confused or having strong emotions.
3. Anxiety about body changes.
4. Feeling sensitive or easily upset.
5. New, confusing feelings about sex – and many questions.
6. Experiencing strong romantic and sexual feelings.
7. Wanting to be around the peer group.

**Keep in mind that puberty starts only when your body is ready and everyone grows at their own pace.**

## PUBERTY IN GIRLS

Puberty is a time when there are physical and emotional changes in the body of girls to become that of an adult. When your body reaches a certain age, the brain releases special hormone that kicks off the changes that come with puberty. The hormones reach the pituitary glands and this gland releases more hormones into the blood stream.

These hormones give a signal to ovaries, which contain eggs that have been there since birth. The ovaries start releasing eggs and another hormone called estrogen, which cause a girl's body to mature and prepare for reproduction.

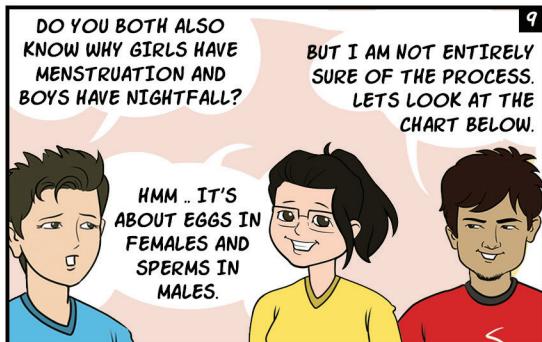
### Physical Changes of Puberty

1. Skin become oilier, pimples and acne develop on the face.
2. Production of body odour and increased sweat.
3. Hair begins to grow in arms pit, legs, and the area between the legs.
4. Breasts become bigger.
5. Hips get wider.
6. Weight may increase.
7. Menstruation or period may start. The ovaries begin to release eggs. A layer of tissue and blood builds up in the uterus. This tissue is discharged once a month and is termed as the monthly period.
8. Urge to rub your vagina for pleasure.

### Emotional Changes of Puberty

1. Need to understand one's sexuality.
2. Feeling confused or having strong emotions.
3. Anxiety about body changes.
4. Feeling sensitive or easily upset.
5. New, confusing feelings about sex – and a lot of questions.
6. Experiencing strong romantic and sexual feelings.
7. Wanting to be around the peer group.

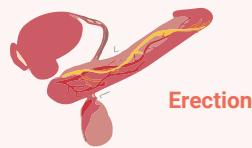
**Keep in mind that puberty starts only when your body is ready and everyone grows at their own pace.**



### The Process of Nightfall



As boys grow up, the hormones start producing sperm cells in the testicles. As the body begins making sperms, boys may experience erections and ejaculations from time to time.



When a male's penis goes hard and sticks out from his body, it is called an erection. During an erection, the body releases certain chemicals, which cause the blood to flow into the penis. This is what makes the penis go hard.

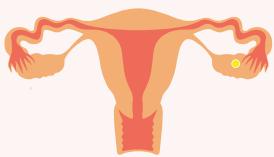


During this process, the penis can ejaculate a grey-white fluid called semen. The semen contains millions of sperm cells. This is called ejaculation. Sometimes this ejaculation takes place during sleep and is thus called nightfall or a wet dream.



After a while, the erection will finish and the penis would become soft again.

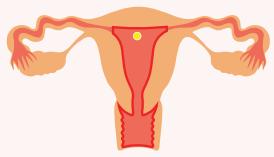
## The Menstruation Process



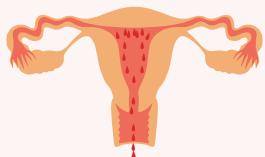
An egg starts to develop in the ovary.



The egg is released from the ovary and the lining of the uterus (with blood cells) starts to thicken.  
(to provide for a future foetus/baby)



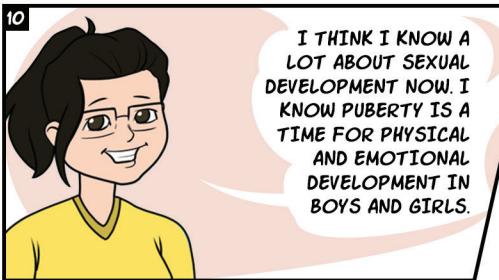
The egg reaches the uterus but is not fertilized (does not meet a sperm).



The lining of the uterus then sheds and the woman menstruates by losing these blood cells via her vagina.

**The female body runs this cycle once every month.**

*(Representative images only)*



I THINK I KNOW A LOT ABOUT SEXUAL DEVELOPMENT NOW. I KNOW PUBERTY IS A TIME FOR PHYSICAL AND EMOTIONAL DEVELOPMENT IN BOYS AND GIRLS.



YES SIA! AND I KNOW SO MUCH ABOUT MENSTRUATION, NIGHTFALL AND MASTURBATION NOW!



RIGHT! AND I AM SO GLAD TO KNOW THAT MENTURATION, NIGHTFALL AND MASTURBATION ARE ALL HEALTHY AND A PART OF GROWING UP! PHEW!

**DISCUSS**

In pairs discuss the following statements and write your answers in your respective workbooks/notebooks

- Ⓐ When you have an increased urge to rub your penis until you have an ejaculation, this is called \_\_\_\_\_.
- Ⓑ During \_\_\_\_\_ a layer of tissue and blood builds up in the uterus.
- Ⓒ During ejaculation, sperm, and fluid in which sperm live, come out of your \_\_\_\_\_.
- Ⓓ When the ovaries begin to release eggs, your body prepares for \_\_\_\_\_.
- Ⓔ \_\_\_\_\_ is the hormone that causes most of the changes in a boy's body during puberty.
- Ⓕ \_\_\_\_\_ is the hormone that causes most of the changes in a girl's body during puberty.

**ANALYSE**

In small groups, analyse the following situation and write how would you handle this situation? (you can make notes as a group)

*"There is this person who lives in your neighbourhood and you see them playing with their friends every evening. You feel really attracted to this person. In fact, sometimes your palms sweat when this person says 'hi' to you. That night you go to bed and before you sleep, you have one last thought about this person. Sometimes the thought is romantic and sometimes the thought is more sexual. Every day for the next few weeks you think about this person. At times you may wonder, 'Why do I feel like this?'"*

- Ⓐ Do you think the situation feels relatable? Have you ever been in such a situation?
- Ⓑ Why do you think the romantic or sexual feelings increase during puberty?
- Ⓒ Do you think it's ok to feel in this way?
- Ⓓ Do you think sometimes the person may have an urge to explore their own body and that of others?

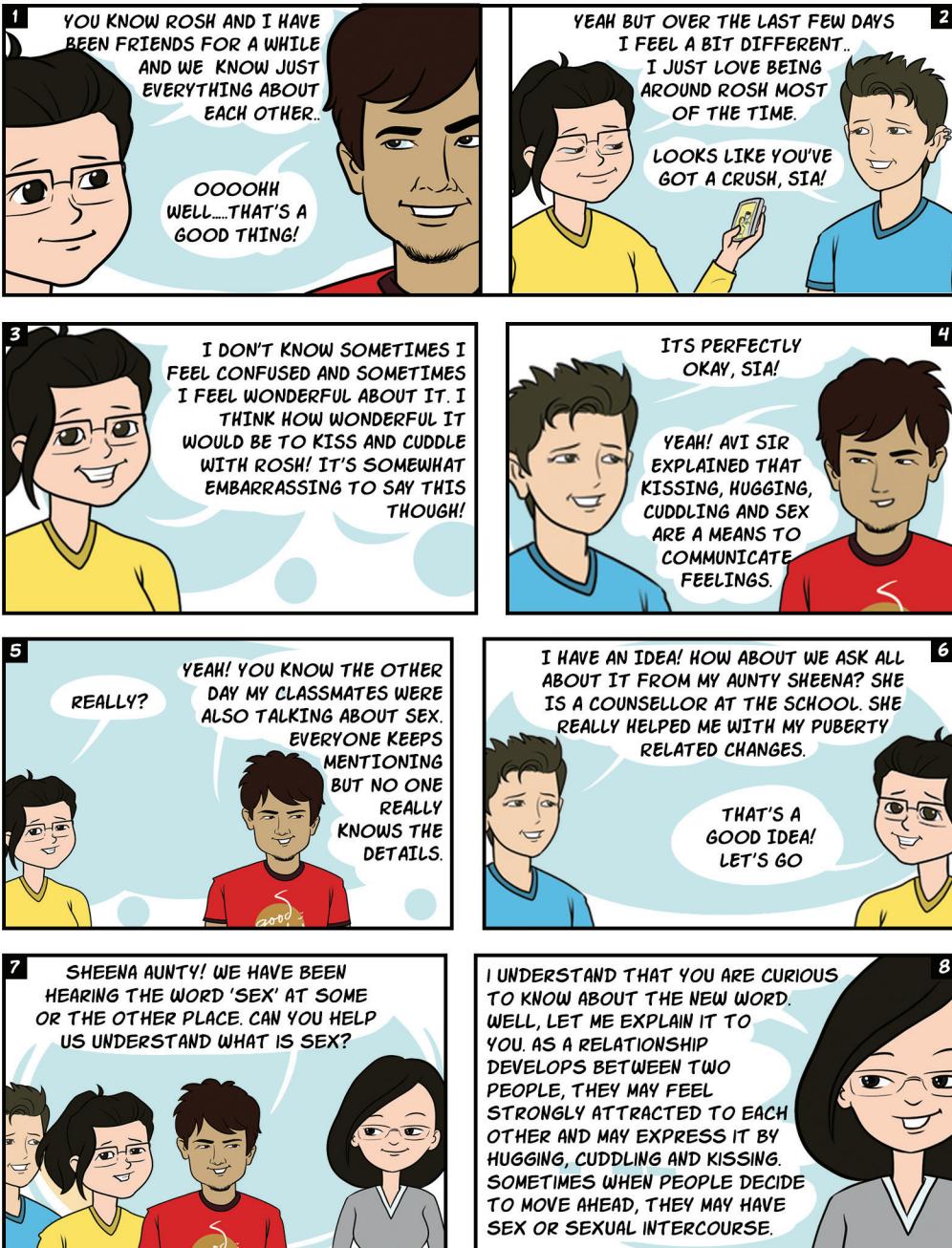
**REFLECT**

Based on what you have read and learnt in this chapter about sexual development, reflect and write a small report on –

- Ⓐ Why do you think the physical and emotional changes of puberty are important?
- Ⓑ What can you do to better accept the puberty changes?
- Ⓒ Do you think you want more information on menstruation or nocturnal emissions? Who can you consult for reliable information?

**EXPRESS**

In one phrase - How do you feel after learning about physical and sexual development in Puberty? .....



DOES THAT MEAN SEXUAL INTERCOURSE IS A MATTER OF CHOICE?

YES SEXUAL INTERCOURSE IS A MATTER OF CHOICE. IT SHOULD BE DONE WHEN PARTNERS FEEL READY AND RESPONSIBLE AS IT IS ABOUT SHARING YOUR BODY WITH SOMEONE ELSE. IT'S IMPORTANT TO NOT DO SOMETHING WE ARE NOT COMFORTABLE WITH.

BUT WHAT DOES IT REALLY INVOLVE?

SO, WHEN TWO PEOPLE

ARE SO CLOSE TO EACH OTHER THAT THEIR GENITALS MEET. FOR EXAMPLE, WHEN A BOY'S PENIS GOES INSIDE THE FEMALE'S VAGINA, IT IS CALLED VAGINAL SEXUAL INTERCOURSE. THERE ARE MANY OTHERS WAYS PEOPLE HAVE SEXUAL INTERCOURSE.

I HAVE HEARD THAT DURING SEXUAL INTERCOURSE BETWEEN A MALE AND FEMALE, THE FEMALE CAN BECOME PREGNANT?

THAT'S CORRECT. IF A PREGNANCY IS NOT INTENDED, IT IS IMPORTANT TO USE PROTECTION, SUCH AS A CONDOM.

WHAT'S THE RIGHT AGE TO HAVE SEX?

WHEN ONE FEELS OLD AND RESPONSIBLE ENOUGH TO HANDLE THE DEMAND OF A RELATIONSHIP AND OF HAVING SEX. ONE HAS TO THINK ABOUT PARTNER'S FEELINGS, PREGNANCY AND ABOUT SEXUAL HEALTH, SUCH AS PROTECTION FROM INFECTIONS.

NO ONE SHOULD FEEL PRESSURED (DIRECTLY OR INDIRECTLY), TO HAVE SEX. IT'S A DECISION THAT EVERYONE SHOULD TAKE ON THEIR OWN AND WITH FULL RESPONSIBILITY.

ALSO, THE LEGAL AGE FOR CONSENSUAL SEX IN INDIA IS 18.

THANKS, SHEENA AUNTY!

YEAH! SHE CALLED ME UP YESTERDAY AND SAID THAT HER BOYFRIEND HAS BEEN INSISTING ON KISS, THOUGH SHE DOESN'T FEEL READY.

OH, WHAT DID SHE DO THEN?

WELL, SHE SAID THAT SHE WANTS TO SAVE HER RELATIONSHIP AND SO SHE WILL KISS HIM.

WHAT? NO... THAT'S WRONG. WE SHOULD NOT DO SOMETHING WE ARE NOT COMFORTABLE WITH. AFTER ALL, PHYSICAL OR SEXUAL CONTACT IS ONLY WHEN BOTH PARTNERS FEEL READY AND COMFORTABLE.

RIGHT MAX! DO YOU THINK WE SHOULD TALK TO HER AND EXPLAIN?

OH YES! LET'S TALK TO HER

MAX! DO YOU REMEMBER MY FRIEND, LISHI?

OF COURSE! SHE IS SUCH A FUN-LOVING GIRL.

**DISCUSS**

In pairs discuss the following statements, tick and write the correct answers in your respective workbooks/notebooks.

- Do you think communicating with the person you are attracted to is exciting?  Yes  No
- Also, what do you think are other ways to express love and affection? Mention here.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

- Sex is a personal choice for everyone and the right time is really when you have sufficient knowledge, understanding of responsibilities that come with sex.  True  False
- It's okay to ask a partner to do something they might not be comfortable with.  True  False
- The legal age for consensual sex in India is 18.  True  False
- Sexual intercourse is when two people are so close to each other that their genitals meet.  True  False
- Only one partner should decide about sexual intercourse in a relationship.  True  False

**ANALYSE**

Now that you know about the importance of consent, let's analyse the situation below and do a short 'What Will You Advice?' exercise. Read the scenario and write the advise that you would like to give to Nev.

Nev is in a relationship for the past one year. He thinks that it's ok to hold hands and hug but he is not comfortable going beyond that. His girlfriend sometimes forces him to be more physically involved. This makes him feel very uncomfortable but at the same time, he is scared of losing his girlfriend.

**REFLECT**

Based on the what you have read and learnt in this chapter about feelings & sex, reflect and write a small report on –

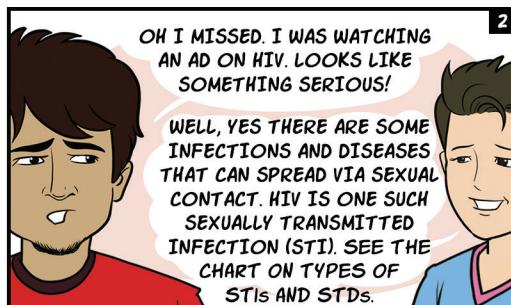
- Why is it important to feel ready and comfortable before initiating sexual contact?
- Do you think both partners in a relationship have equal rights and responsibilities of making a decision?
- What are some ways to enjoy each other's company?
- Why is it wrong to force or threaten the partner on matters of sexual activity?
- What is the best way to get correct and expert information on matters of sexual activity?

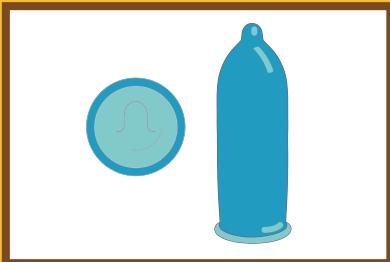
**EXPRESS**

in one phrase - The most important thing for you in a romantic relationship?



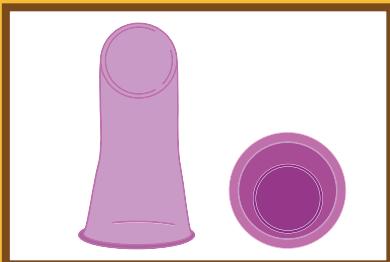
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## MALE CONDOMS

A condom is a sheath-shaped barrier device, used during sexual intercourse as a contraceptive to reduce the risk of unintended pregnancy and sexually transmitted diseases/infections.



## FEMALE CONDOMS

Condoms can be used by both males and females.

8

IMAGINE UNWANTED PREGNANCY  
CAN BE A CONSEQUENCE OF  
UNSAFE SEX.



PREGNANCY CAN OCCUR IF A FEMALE HAS  
SEXUAL INTERCOURSE WITH A MALE, AT  
ANY AGE AFTER THEY START WITH  
MENSTRUATION.

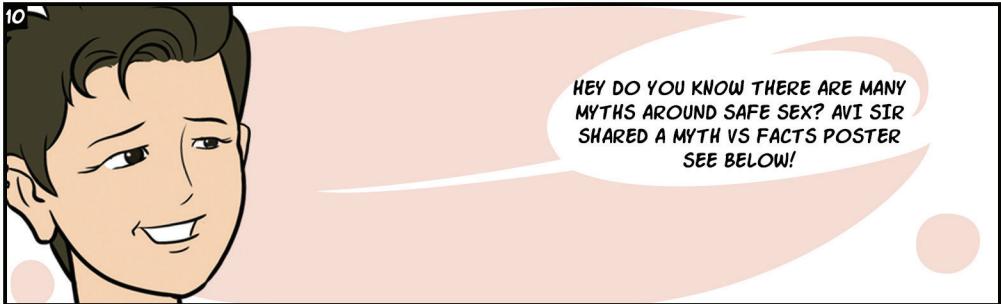
9

AND IF A PREGNANT PERSON IS 19 YEARS  
OR YOUNGER, SUCH A PREGNANCY IS  
CALLED TEENAGE PREGNANCY. IT  
MUST BE SO HARD!!



YES! IT HAS A LASTING  
IMPACT ON LIFE AND ON SO  
MANY THINGS LIKE  
FINANCES, PHYSICAL HEALTH,  
MEDICAL ISSUES AND  
SOCIAL-EMOTIONAL ISSUES.



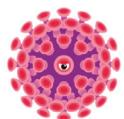


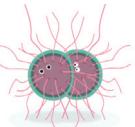
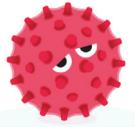
## SAFE SEX : MYTHS VS FACTS

MYTHS	FACTS
STDs/STIs are not preventable. There is nothing one can do to protect themselves and their partner from STDs/STIs.	STIs and STDs are preventable. There are steps you can take to keep yourself and your partner safe and healthy, such as using condoms during sexual intercourse consistently and correctly.
Once a girl is pregnant, abortion is an alternative to birth control.	Abortion should not be seen as an alternative to birth control since it is a procedure that might carry risks, which can be different for everyone.
Putting two condoms during sexual intercourse is effective.	No. Using one condom correctly and consistently is the best way to be safe. Putting on more than one condom will result in condom being ineffective.
STDs/STIs are always visible. So if the partner has STDs/STIs, it will be evident.	There's no physical sign that a person has STD/STI. People with STDs might not know they have them and STDs don't always have symptoms. It's possible to carry and spread an infection even when one feels completely healthy.
Condoms cannot be purchased without a prescription from the doctor.	Condoms can be purchased by anyone without a prescription.
HIV infection happens only to 'certain' people.	HIV infections or any other STDs/STIs can happen to anyone. It doesn't discriminate on the basis of gender, class or location.
STDs/STIs do not stay for long and go away on their own.	It's very unlikely that an STD/STI will go away by itself, and if an individual delays seeking treatment there's a risk that the infection could cause long-term problems.

## SAFE SEX : MYTHS VS FACTS

MYTHS	FACTS
Individuals can get HIV from donating blood, mosquito bite, shaking hands, hugging, giving a high-five, being in the same room with someone who has HIV or visiting someone who has HIV.	Individuals can get HIV only through sexual intercourse, coming in contact with the blood of a person who is infected, taking drugs by needles, sharing needles and from an infected mother to a new-born child.

STD/STI	What to Watch For	How You Get It	Treatment
<b>Herpes</b> 	Blisters around your penis, vagina or anus. Itching or burning before the blister appears. Once the blister pops, you will have a sore in the area. Blisters last one to four weeks. Blisters go away but can come back anytime.	Unprotected sexual intercourse.	Cannot be cured but controlled by medicines. Can make it easier to get HIV.
<b>HIV-AIDS</b> 	Symptoms may show up very late or can be present for many years without symptoms. Flu-like feelings that keep coming back. Unexplained weight loss or diarrhea. White spots in mouth and rash.	Sexual or non-sexual activities. Non-sexual activities are sharing needles and can transfer from mother to child during birth.	Cannot be cured but controlled by medicines. Can lead to illness or death.
<b>Trichomoniasis</b> 	Also known as 'trich' and more common in women. Yellow-green vaginal discharge in women & discharge from the penis in man. Pain during urination and sexual intercourse. Itchiness or irritation in genitals.	Unprotected sexual intercourse.	It's easy to treat. If left untreated, it can be problematic especially for women.
<b>Chlamydia</b> 	Increased discharge from genitals, pain during urination and sexual intercourse. Lower abdominal pain.	Unprotected sexual intercourse. Can be transferred from mother to child during birth.	It's easy to treat. If left untreated, it can be problematic especially for women.

STD/STI	What to Watch For	How You Get It	Treatment
<b>Genital Warts</b> 	Individual bumps or cauliflower-shaped clusters. May be itchy or they may be painless. Happens in the genitals area.	Unprotected sexual intercourse. Sharing baths, towels, cups or cutlery.	Vaccination can protect. Can be treated by a doctor.
<b>Gonorrhea</b> 	Mostly there are no symptoms. Pain during urination, itchy genitals, pain during sexual intercourse, discharge from genitals.	Unprotected sexual intercourse.	Easy to cure with antibiotics.
<b>Syphilis</b> 	Painless ulcers on the genitals. Flu-like illness and rashes in the body. Patchy hair loss. Flat, warty-looking growths in genitals area.	Unprotected sexual intercourse. Can be transferred from mother to child during birth.	Easy to treat. If goes untreated can damage the organs of the body.
<b>Water Warts</b> 	Fluid-filled blisters /warts. Blisters/warts often appear in groups.	Unprotected sexual intercourse. Sharing baths, towels, or clothing with an infected person.	Can be cured.
<b>Hepatitis B</b> 	Mostly there are no symptoms. Increased discharge from genitals, pain during urination and sexual intercourse. Lower abdominal pain.	Unprotected sexual intercourse. Sharing contaminated needles, razors and blood transfusion. Can be transferred from mother to child during birth.	Vaccination helps to protect. Mostly can be cured but some cases may lead to serious diseases.
<b>Pubic Lice</b> 	Intense itching in pubic area. Small bugs in pubic area. Dark bluish spots due to lice bites. Feverish feeling.	Through sexual contact. Sharing clothes, towel, bed.	Easy to treat with anti-lice gels and shampoos.

( Representative images only )

**DISCUSS**

In pairs discuss the following statements and tick on the right answers below:

- HIV stands for
  - A. Human Immunodeficiency Virus
  - B. Human Identification Virus
- People develop AIDS in the last stage of HIV
  - A. Yes
  - B. No
- Trichomoniasis is caused by
  - A. Unprotected sexual intercourse
  - B. Sharing cutlery
- STDs/STIs always have symptoms that show up
  - A. Yes
  - B. No
- Herpes can be
  - A. Cured
  - B. Cannot be cured but managed

**ANALYSE**

In small groups, analyse the following lines, and discuss the questions given below:

'Do you know what's out there,  
Do you have an idea,  
The world of unsafe sex can be so much more.  
STDs are true, Unwanted Pregnancy is real,  
Learn to deal with all that's near'.

Do you understand safe sex practices? Why do you think safe sex practices are required?

**REFLECT**

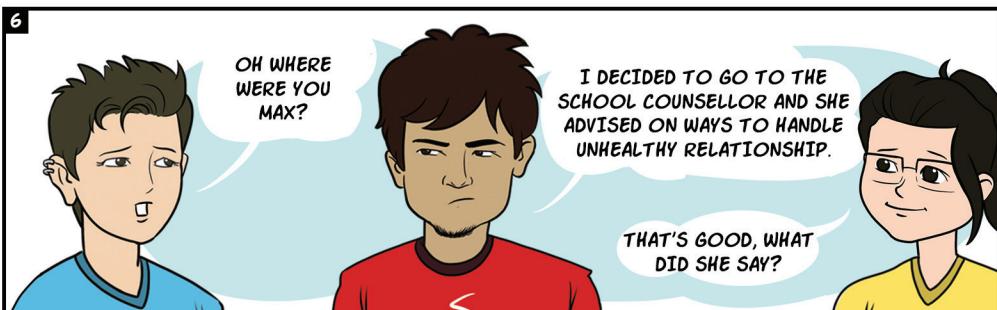
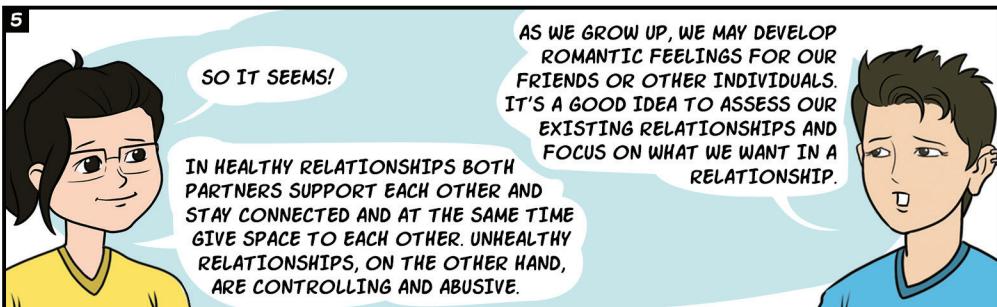
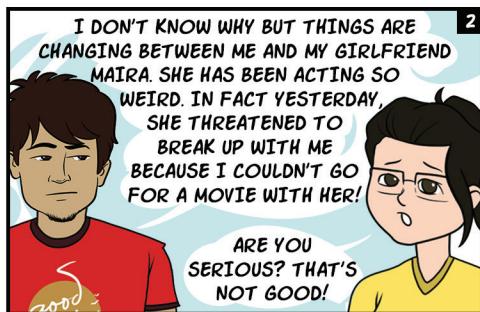
Based on the what you have read and learnt in this chapter, reflect and write a small report on –

- How do you think STDs/STIs can affect a student's life?
- Do you believe that teenage pregnancy is difficult? Why or why not?
- What is your reason to stay away from STDs/STIs and teenage pregnancy?
- Why do you think everyone should talk about safe sex practices once they become sexually active?

**EXPRESS**

In one phrase - Condoms are most important because: .....

.....



7

IT'S IMPORTANT TO BE ABLE TO RECOGNIZE WHEN A RELATIONSHIP IS TURNING UNHEALTHY. EQUIPPING SELF WITH STRATEGIES TO DEAL WITH AN UNHEALTHY RELATIONSHIP CAN HELP ONE FEEL SAFE AND HAPPY.



LIKE, TALK TO YOUR PARTNER, EXPLAIN WHAT YOU EXPECT , TALK TO A SUPPORTIVE FRIEND , END RELATIONSHIP WITH YOUR PARTNER, TALK TO A TRUSTED ADULT, SEEK MORE INFORMATION ABOUT YOUR PARTNER, SHARE YOUR FEELINGS WITH YOUR PARTNER OR MAY BE WRITE A LETTER TO YOUR PARTNER.



8

IT IS SO IMPORTANT TO RECOGNISE WHEN THINGS START GOING WRONG.



AND TO FIND TRUSTED ADULTS TO HELP YOU WHEN THINGS BECOME TOO HARD. JUST AS MAX DID BY SPEAKING TO THE SCHOOL COUNSELLOR.



9



I THINK I KNOW A LOT ABOUT RELATIONSHIPS NOW. I UNDERSTOOD WE MAY DEVELOP ROMANTIC RELATIONSHIPS AS WE GROW UP.

RIGHT SIA! IT'S IMPORTANT TO DIFFERENTIATE BETWEEN HEALTHY AND UNHEALTHY RELATIONSHIPS. AND IT'S HELPFUL TO KNOW STRATEGIES TO DEAL WITH UNHEALTHY RELATIONSHIP.



## D.A.R.E

### DISCUSS



In pairs discuss the following statements and do your own 'Rank Me' exercise. Tick to rank how important these values are in your current or anticipated relationship on the scale of 1-5. One means the least important and 5 means the most important.

- |                 |           |
|-----------------|-----------|
| ● Respect       | ① ② ③ ④ ⑤ |
| ● Trust         | ① ② ③ ④ ⑤ |
| ● Communication | ① ② ③ ④ ⑤ |
| ● Support       | ① ② ③ ④ ⑤ |
| ● Independence  | ① ② ③ ④ ⑤ |
| ● Understanding | ① ② ③ ④ ⑤ |
| ● Fun-loving    | ① ② ③ ④ ⑤ |

### ANALYSE



In small groups, analyse the following situation write how would you handle this situation. (you can make notes as a group)

"Nitin notices that his partner is getting a lot of attention from other people and receives a lot of calls/messages. When Nitin mentions this to his partner, she says that she is working on a new project, which requires her to coordinate with other people on calls or messages. When Nitin's partner goes to use the washroom, he checks her phone and reads her messages."

How would you feel if you were Nitin's partner?

### REFLECT



Based on what you have read and learnt in this chapter about healthy and unhealthy relationships, reflect and write a small report on –

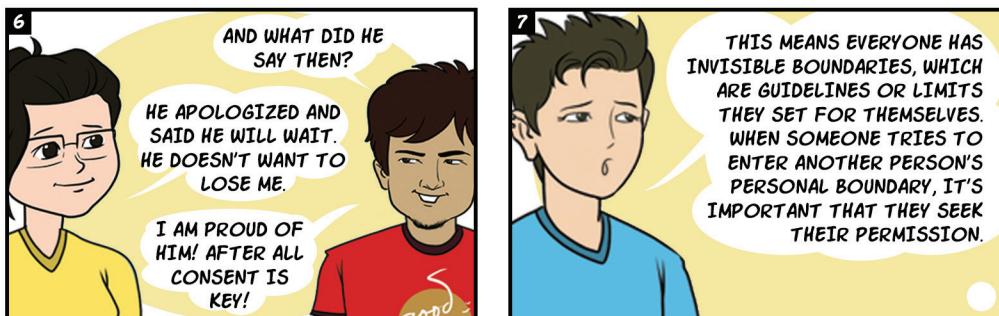
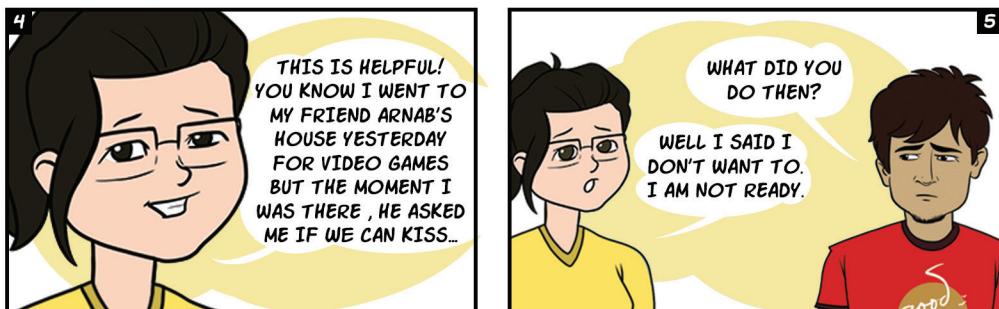
- What does a happy and healthy relationship look like to you?
- What are some positive and negative qualities in a relationship for you?
- How would you like to be treated by your partner?
- How can you end an unhealthy relationship?

### EXPRESS



In one phrase - What comes to your mind when you hear the word 'healthy relationship'?

.....



HAVE YOU HEARD OF THE WORD SEXUAL HARRASSMENT?



YES MAX, AVI SIR EXPLAINED AND GAVE US A POSTER ABOUT SEXUAL HARRASSMENT AND ASKED TO PLACE IT AROUND SCHOOL TOO.

SEXUAL HARRASSMENT IS A BEHAVIOUR THAT IS UNWELCOME, PRESSURE THAT IS UNWANTED, VERBAL, PHYSICAL OR VISUAL CONTACT OF SEXUAL NATURE AND HOSTILE, DEGRADING TO THE RECIPIENT..



## Sexual Harassment Includes...

Sexual Harassment is a crime! Be safe and know your rights!

- Making sexual jokes
- Making sexual comments and gestures
- Spreading sexual rumours (in person or online)
- Asking someone to send inappropriate pictures or sending inappropriate pictures
- Making sexual comments
- Sending sexual messages
- Inappropriate touching, grabbing or pinching
- Brushing up against someone in a sexual way
- Forcing someone to meet, even after they say no
- Stalking someone repeatedly
- On the other hand is flirting, which can be fun and nice only if both people are ok with it and does not include any offensive language or behaviour.



THIS IS SUCH AN IMPORTANT INFORMATION. YOU WONT BELIEVE WHAT HAPPENED TODAY. I WAS IN THE CORRIDOR WHEN I SAW BOBBY WALKING TOWARDS THE LIBRARY.

THAT VERY MOMENT A GROUP OF GIRLS BEGAN WHISTLING AND MAKING VULGAR COMMENTS ABOUT HIS BODY. I FELT SO BAD AND ANGRY LOOKING AT BOBBY'S DISCOMFORT.

THATS SO WRONG. WHAT DID YOU DO?



I STRAIGHT AWAY WALKED UP TO BOBBY AND STOOD RIGHT NEXT TO HIM, THE GANG BACKED OUT THEN.



THIS MEANS THAT BYSTANDERS PLAY A VITAL ROLE IN STOPPING SEXUAL HARRASSMENT. IF YOU SEE SOMEONE BEING HARRASSED, TAKE ACTION AND STAND UP FOR WHAT IS RIGHT.

## D.A.R.E

### DISCUSS



Now that you know the difference between harassment and flirting, discuss in pairs the statements and categorize them as Yes for 'harassment' or No for 'not harassment' by circling your answer!

- ① You overhear a group of people whispering when you walk by and notice them imitating the way you walk.  Yes  No
- ② Someone in your friend circle tells you that you are very smart.  Yes  No
- ③ Someone pinches you as you walk down the corridor.  Yes  No
- ④ A person you once talked to follows you everywhere you go.  Yes  No
- ⑤ Your partner grabs you and forces you into a physical activity you don't want to do.  Yes  No
- ⑥ Someone you know asked you about your likes and dislikes.  Yes  No
- ⑦ Someone you like tells you that you look great.  Yes  No
- ⑧ Someone keeps sending you their inappropriate pictures even when you have asked them not to.  Yes  No
- ⑨ Your partner threatens you to kiss him/her or they will spread rumours about you.  Yes  No

### ANALYSE



In small groups, analyse the following situation and examine if the three golden rules were followed and what do you think you would do if you were at Aman's place? Make notes to share with the class later.

Neha and Aman spend a lot of time together now that they're a couple. When they find some private time alone, they like to kiss and hug. Aman wants to move beyond kissing and next time they meet, he tries to pull Neha's shirt up. Neha feels uncomfortable and pulls it back down. She says, 'I don't feel good, please stop it.' Aman tries again after a while and she says, 'Aman, no.' Aman recalls seeing in a movie that if you keep trying sometimes the other person finally agrees. So he tries again and Neha shouts and says, 'Don't you understand?' and leaves the place.

### REFLECT



Based on the what you have read and learnt in this chapter, reflect and write a small report on –

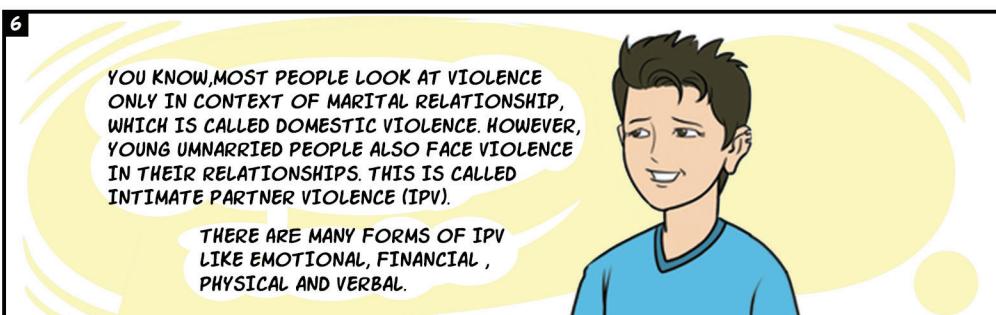
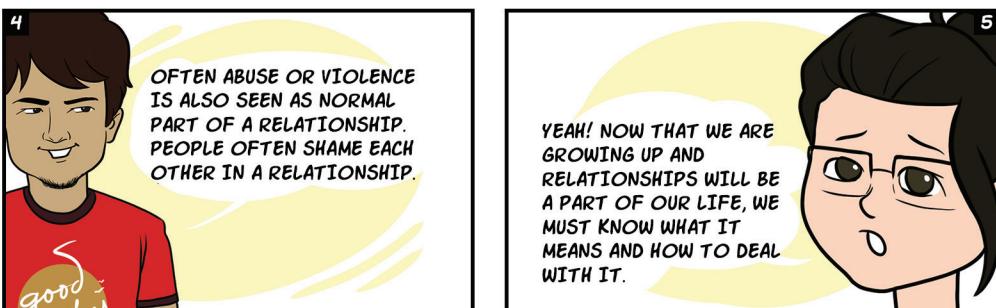
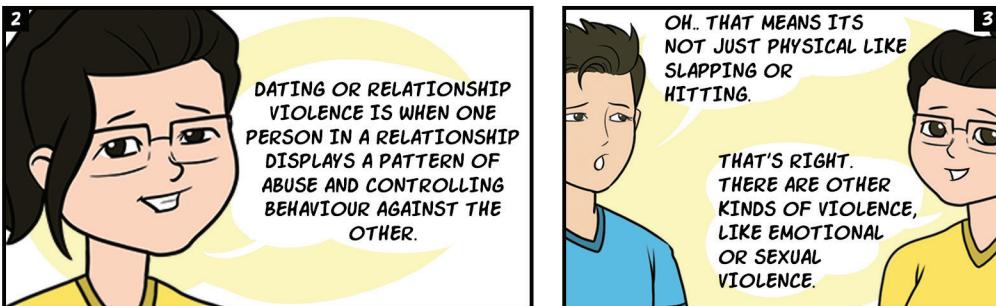
- Do you think consent can change any time? Does that make it important to ask for consent every time? Do you think consent is important? What does consent look like to you?
- Do you think stalking is a form of sexual harassment? Why? How can you deal with sexual harassment?

### EXPRESS



In one phrase - 'Consent' is important in any relationship because .....

.....



OH GOD! THERE SHOULD BE AWARENESS ON THE ISSUES OF DATING AND OTHER INTIMATE PARTNER VIOLENCE.

THERE ARE SOME EARLY SIGNS OF DATING VIOLENCE THAT CAN PROTECT US FROM UNHEALTHY RELATIONSHIP.

SOME OF THESE SIGNS ARE:

EXTREME POSSESSIVENESS, JEALOUSY, CHECKING/CONTROLLING BEHAVIOUR, EMOTIONAL MANIPULATION, FINANCIAL MANIPULATION, ABUSING, CONSTANT BLAMING, GIVING ORDERS, MAKING ALL DECISIONS ALONE, THREATENING, LOSING TEMPER QUICKLY AND HISTORY OF FIGHTING AND ISOLATING.

NOW THAT WE KNOW ABOUT DATING VIOLENCE, I THINK ITS IMPORTANT TO KNOW STRATEGIES TO DEAL WITH IT.

DO YOU KNOW THERE ARE MANY MYTHS ABOUT DATING VIOLENCE ALSO? LET'S SEE THE LIST.

HERE ARE SOME OF THE STRATEGIES MAX:

- SPEAK TO FRIEND
- TELL PARTNER THAT ITS NOT OKAY
- EXPLAIN YOUR FEELINGS AND THOUGHTS TO YOUR PARTNER
- GIVE WARNING TO PARTNER BEFORE ENDING THE RELATIONSHIP
- SPEAK TO A TRUSTED ADULT
- END THE VIOLENT RELATIONSHIP
- SEEK HELP FROM A COUNSELLOR
- REPORT THE MATTER TO AUTHORITIES.



### VIOLENCE IN DATING: MYTHS VS FACTS

MYTHS	FACTS
Only girls fall victim to relationship violence.	Anyone can fall victim to relationship violence.
You only face violence from strangers.	Even someone you know closely know can be violent.
Dating violence happens only in some types of relationships.	Dating violence can happen to anyone, in any type of relationship.
It's ok to ignore relationship violence for the first few times.	If violence in a relationship is ignored, the behaviour will likely continue and it might worsen.
If the partner says, 'my life is over without you', it's ok to forgive them.	The partner may use these words to threaten and manipulate.
Relationship violence is only when the partner is physically abusive.	Relationship violence can also be emotional, financial, sexual or verbal.
You don't really like someone or want to be with them unless you're willing to go 'all the way' with them.	Just because you are with someone, it does not mean that you have to 'go all the way' with them.

## D.A.R.E

### DISCUSS



In pairs discuss the given sentences and then tick the answer that represent signs of dating violence.

- |  |                           |                          |
|--|---------------------------|--------------------------|
| ① Shirin takes money from Riju's wallet without his knowledge. | <input type="radio"/> Yes | <input type="radio"/> No |
| ② Reva gets angry when Shayan talks to other people.           | <input type="radio"/> Yes | <input type="radio"/> No |
| ③ Shelly encourages Ryan to make friends.                      | <input type="radio"/> Yes | <input type="radio"/> No |
| ④ Aakash keeps checking Dhiren's phone.                        | <input type="radio"/> Yes | <input type="radio"/> No |
| ⑤ Naina keeps making fun of Leena.                             | <input type="radio"/> Yes | <input type="radio"/> No |
| ⑥ Rohan understands when Reema is upset.                       | <input type="radio"/> Yes | <input type="radio"/> No |
| ⑦ Dia keeps asking Chetan for money.                           | <input type="radio"/> Yes | <input type="radio"/> No |

### ANALYSE



In small groups, analyse the following statements and discuss your thoughts with each other that can help reverse the situation.

- Ⓐ If you know someone who is violent in their relationship what would you tell them?
- Ⓑ If you know someone, who faces violence in their relationship, what would you tell them?

Listed below are different strategies to deal with dating violence. Tick the ones you think are most relevant and helpful. There is no right or wrong answer.

- Speak to a friend about it.
- End the violent relationship.
- Tell partner that it's not ok.
- Explain your feelings & thoughts to partner.
- Seek help from a counsellor.
- Speak to a trusted adult.
- Report the matter to authorities.
- Give a warning to partner before ending the relationship.

### REFLECT



Based on the what you have read and learnt in this chapter reflect and write a small report on –

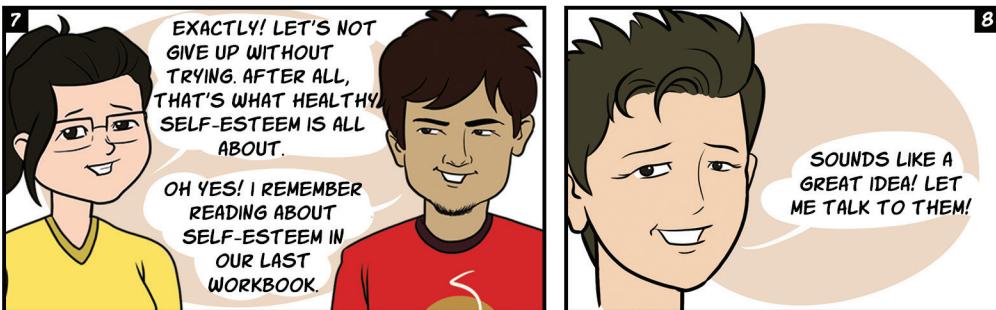
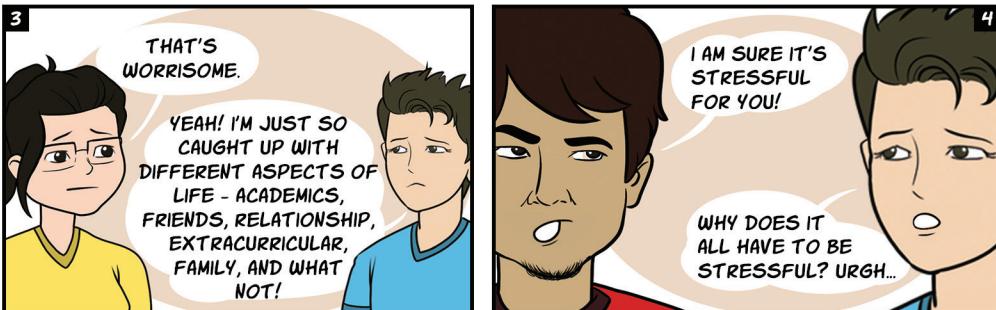
- Ⓐ Dating Violence - Why do you think people engage in dating violence? What can a victim of dating violence do? How do you recognize the type of violence in a dating scenario?

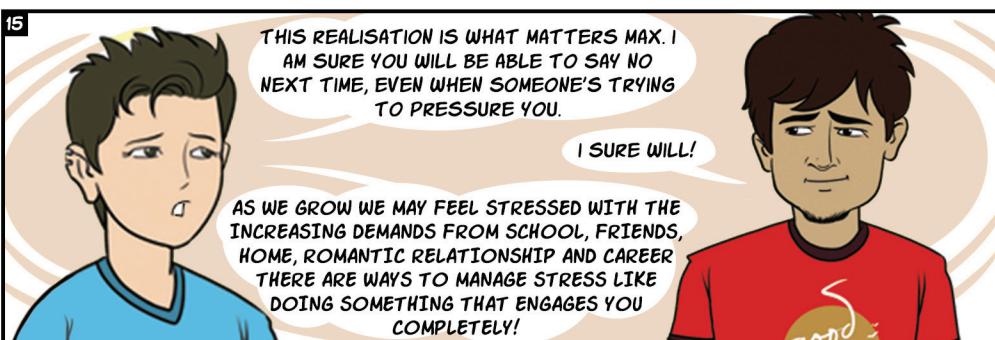
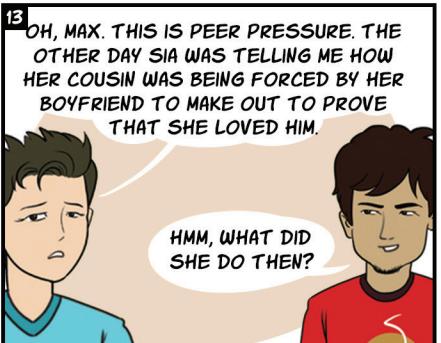
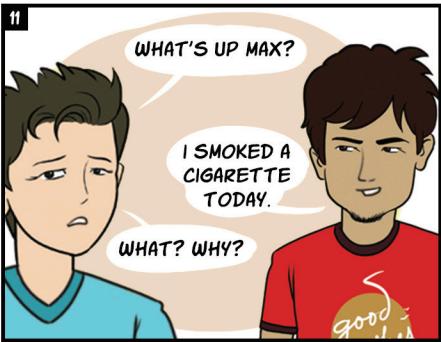
### EXPRESS

In one phrase - Dating is fun when its free from .....



.....





## D.A.R.E

### DISCUSS



Our self-esteem depends on how much we value ourselves and have accurate perceptions of our skills and abilities. In pairs discuss your thoughts about yourself with each other and note them down for yourself.

- Ⓐ One thing my friends like about me \_\_\_\_\_
- Ⓑ One thing that most people don't know about me\_\_\_\_\_
- Ⓒ Two things that make me laugh \_\_\_\_\_
- Ⓓ I am special and unique because \_\_\_\_\_
- Ⓔ One of my strongest quality is \_\_\_\_\_

### ANALYSE



In small groups, analyse the following situation and make notes on the question below.

Rishi is staying at his best friend's house along with a couple of more friends. Rishi has always been shy and scared of being left alone. To Rishi's surprise, his best friend pulls a bottle of beer from his bag. Rishi feels upset and angry because he didn't know about any alcohol in the stayover. He pretends to not care because he is scared of losing his friends. He wants to look cool like them at the same time. It was all ok until one of the friends starts forcing Rishi to have a beer. Rishi knows that they will not invite him to their parties if he says no. He thinks to himself, what do I do to keep my friends? If there is anything Rishi is afraid of, it is being alone.

If you were Rishi, what would you do in the situation?

### REFLECT



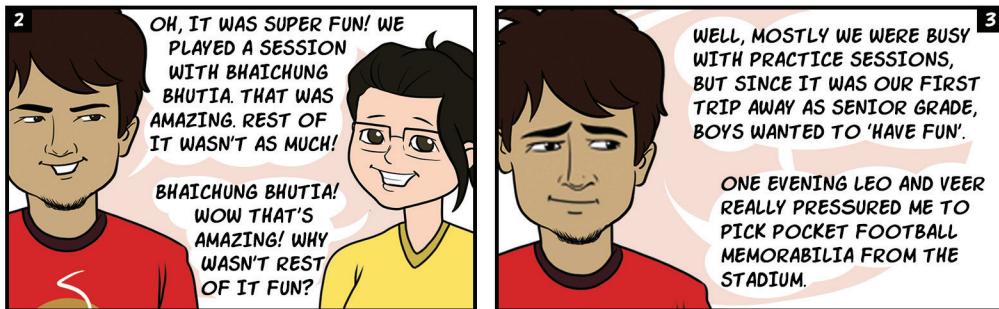
Based on the what you have read and learnt in this chapter about self-esteem, reflect and write a small report on -

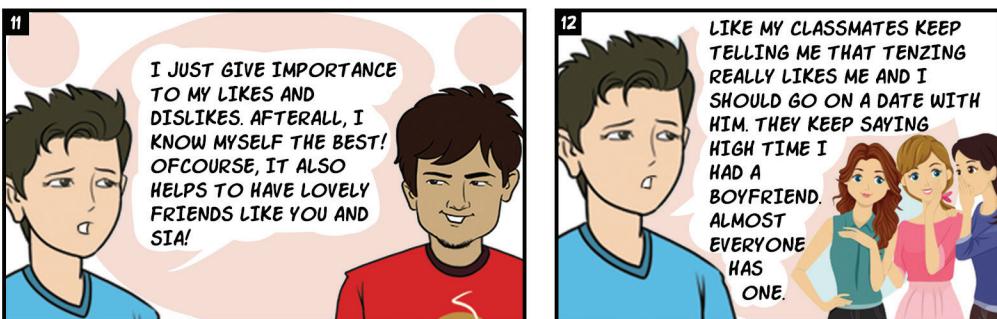
- Ⓐ Has someone ever said something or did something to you that affected your confidence? What did you do to overcome the challenge?
- Ⓑ If given a situation, would you do something that makes you look cool or do something that is right for you and others?
- Ⓒ Have you ever experienced stress? How do you feel when under stress?
- Ⓔ How do you plan to manage stress in the future?

### EXPRESS



In one phrase - I manage stress by .....





## D.A.R.E

### DISCUSS



Sometimes friends force us to engage in substance abuse (alcohol, cigarettes and drugs). They use many strategies to exert force. Tick the ways in which, you think, Sia could have said no to her friends to get them to back down. You may give your own solutions.

- 1. Say 'never' and walk away.
- 2. No thanks, I have some work.
- 3. This stuff is really harmful. I wish you too would quit.
- 4. If you are my friend, you won't pressure me to do this.
- 5. No thanks. No thanks. No thanks.
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_

Do you think it's easy to say 'no' when a friend pressurizes you to do something you don't want to do? Circle your answer.

- Walk away from there
- Complaint to school authority
- Speak up for what's right
- Consult an adult
- Talk to trusted friends
- Make an excuse and leave the scene

### ANALYSE



In small groups, analyse the following situation and discuss what would you do advise both Ria and Asmita?

'How does this look?' Ria asks Asmita, whose eyes made a quick head to toe scan of Ria. 'I think you have grown fatter Ria! I don't think this dress would look good considering your weight', Asmita says. Ria stands, surrounded by clothes. Shirts, pants, skirts, dresses and more pile on her bed, draped over her chair and surge out of drawers. She pulls shirts on and off, desperately trying to picture herself looking thin and fit. 'Does this make me look thinner?' asks Ria. Asmita just rolls her eyes and mutters, 'It's going to be a long day!'

### REFLECT



Based on the what you have read and learnt in this chapter reflect and write a small report on -

- Have you ever experienced peer pressure?
- How does peer pressure feel like? How would peer pressure feel if you did it to someone else?

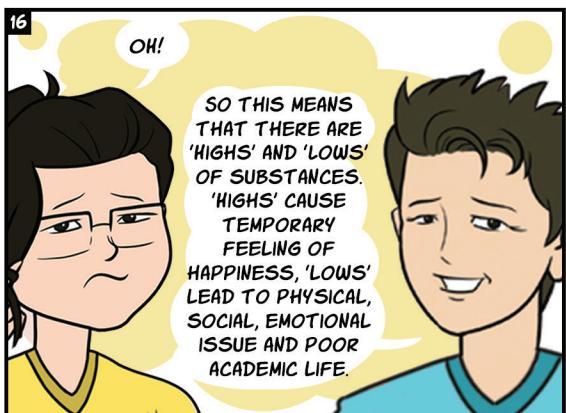
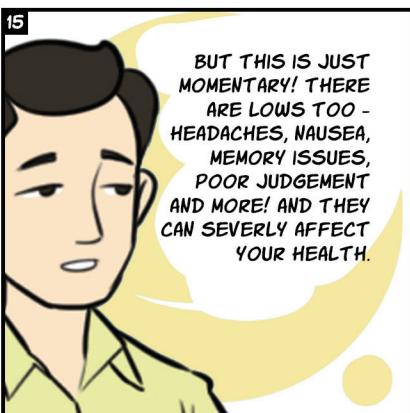
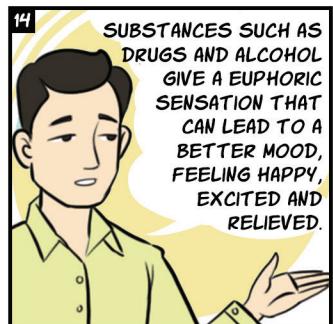
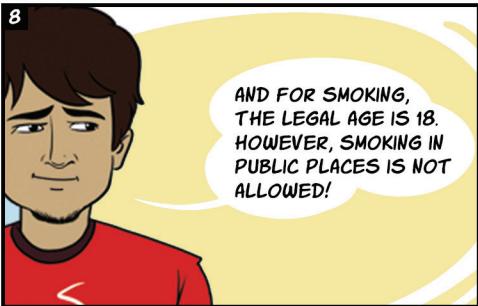
### EXPRESS



In one phrase - What does peer pressure means to me?

.....





**DISCUSS**

Now that we know about the highs and lows of substance abuse, let's do a 'Label Me' exercise. Read and discuss the sentences and categorize them either as 'Highs' or 'Lows' by marking the relevant box.

## Symptoms

- |                                    |                            |                           |
|------------------------------------|----------------------------|---------------------------|
| Ⓐ Loss of appetite                 | <input type="radio"/> High | <input type="radio"/> Low |
| Ⓐ A temporary feeling of happiness | <input type="radio"/> High | <input type="radio"/> Low |
| Ⓐ The flatness of mood             | <input type="radio"/> High | <input type="radio"/> Low |
| Ⓐ Low energy                       | <input type="radio"/> High | <input type="radio"/> Low |
| Ⓐ Inability to concentrate         | <input type="radio"/> High | <input type="radio"/> Low |
| Ⓐ Temporary pain relief            | <input type="radio"/> High | <input type="radio"/> Low |
| Ⓐ Excitement                       | <input type="radio"/> High | <input type="radio"/> Low |
| Ⓐ Sleepiness or sleeplessness      | <input type="radio"/> High | <input type="radio"/> Low |
| Ⓐ Nausea                           | <input type="radio"/> High | <input type="radio"/> Low |
| Ⓐ Reduced sense of stress          | <input type="radio"/> High | <input type="radio"/> Low |

**ANALYSE**

In small groups, analyse the following news article. What is the article about? What is the message of the article? Have you read such articles before? What do you think about the issue highlighted in the article?

5.7 crore Indians dependent on alcohol, need treatment: Govt survey (The Economic Times, Feb 19, 2019) -A comprehensive government survey that covers all states and Union Territories has revealed serious drug and alcohol abuse with an estimated 5.7 crore persons requiring treatment for alcohol dependency, 72 lakh individuals for cannabis use, 60 lakh for opioids and 11 lakh for sedatives. More than half of the male population of Chhattisgarh, Tripura and Punjab are alcohol users. In absolute numbers, UP has the highest at 4.2 crore users, followed by 1.4 crore in West Bengal and 1.2 crore in MP.place. The survey found that of an estimated 16 crore alcohol consumers in the 10-75 years bracket, as many as 19% of them were dependent on alcohol. Besides alcohol and drug dependency, there are an estimated 4.6 lakh children and 18 lakh adults in need of help for dependence on inhalants and sedatives.

**REFLECT**

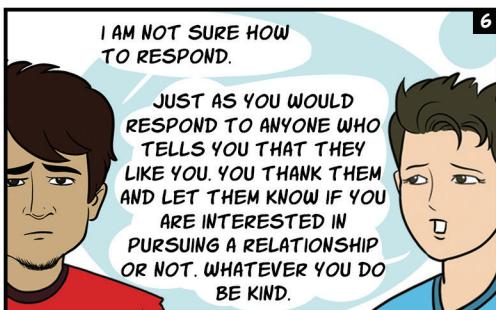
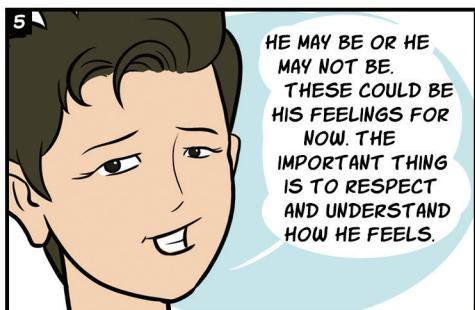
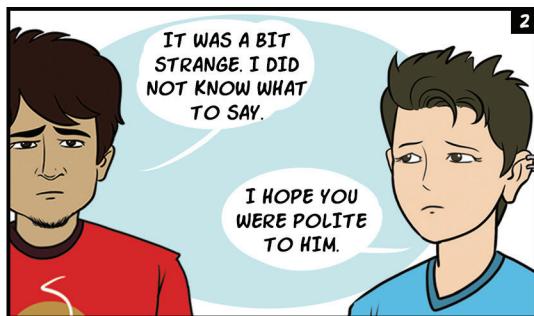
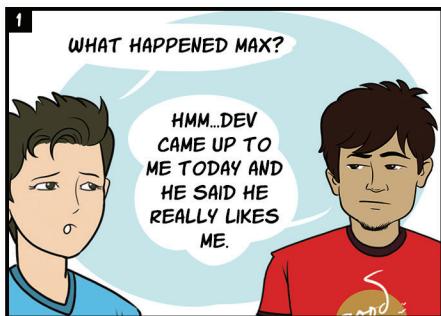
Based on what you have read and learnt in this chapter reflect and write a small report on –

- Ⓐ Why do you think substance abuse is so prevalent?
- Ⓑ Have you ever faced peer pressure to engage in substance abuse?
- Ⓒ How did you handle the situation? What would you do differently next time?

**EXPRESS**

In one phrase - Engaging in substance abuse mean. ....

.....



8

IQRA, I SPOKE TO DEV. I THANKED HIM FOR EXPRESSING HIS FEELINGS. I ALSO TOLD HIM I WASN'T KEEN TO PURSUE A RELATIONSHIP. HE WAS VERY CALM AND UNDERSTANDING. THANKS FOR YOUR ADVICE. WE GOT TALKING THEN AND HE SAID IT HADN'T BEEN INITIALLY EASY FOR HIM TO COME OUT. I WASN'T EXACTLY SURE WHAT HE MEANT.

9

'COMING OUT' IS SHORT FOR 'COMING OUT OF THE CLOSET', WHICH MEANS TELLING PEOPLE YOU ARE GAY, LESBIAN, OR BISEXUAL.

10

HMM... HE WAS VERY GLAD TO HAVE SUPPORT FROM HIS PARENTS AND SIBLINGS. IT HELPED HIM WITH UNDERSTANDING AND ACCEPTING HIS FEELINGS AND THEN TO TALK TO OTHERS ABOUT IT.

I AM VERY HAPPY FOR DEV.

11

MAX, IT WAS WONDERFUL THAT DEV GOT SUPPORT FROM HIS FAMILY. IT ENABLED HIM TO COME OUT AND EXPRESS HIS FEELINGS. I AM ALSO SUPER PROUD OF YOU FOR HANDLING THE MATTER AS YOU DID.

12

IT'S ALL BECAUSE OF YOUR SUPPORT IQRA! IF EVERYONE HAD FRIENDS LIKE YOU, THE WORLD WOULD BE A SPECIAL PLACE!

There are terms to describe various kinds of sexual orientations.

Someone with a heterosexual orientation will be attracted to people of opposite gender.

Someone with a homosexual orientation will be attracted to people of their own gender.

Someone attracted to both men and women has a bisexual orientation.



**DISCUSS**

Sexuality is a private matter and you do not have to discuss it with anyone if you do not want to. Let us do a short 'True-False' exercise.

- There is a variety in romantic relationships and all are perfectly normal.  True  False
- People can be attracted towards persons of the same gender, different gender, or both.  True  False
- There are two types of sexual orientation – homosexual and bisexual.  True  False
- Bisexual is someone who is attracted to both the genders, sometimes boys and sometimes girls.  True  False
- The process of coming out is related to sexual orientation.  True  False
- Everyone must come out and express their sexual orientation.  True  False

**ANALYSE**

There are many myths about sexual orientation. Let's do a 'Myth-Fact' exercise to unravel these. Carefully read and analyse the statements and decide whether the statement is a myth or fact.

- Most people know their sexual orientation when they hit teenage.  Myth  Fact
- If a person dresses and acts in a certain way, it's easy to figure out if they are gay, lesbian or bisexual.  Myth  Fact
- It is possible to feel attracted towards men and women.  Myth  Fact
- Being homosexual is a choice.  Myth  Fact
- Homosexuality is legal under India law.  Myth  Fact

**REFLECT**

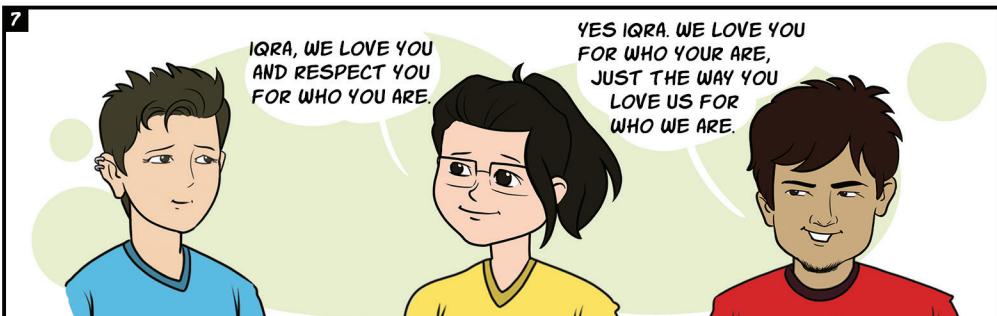
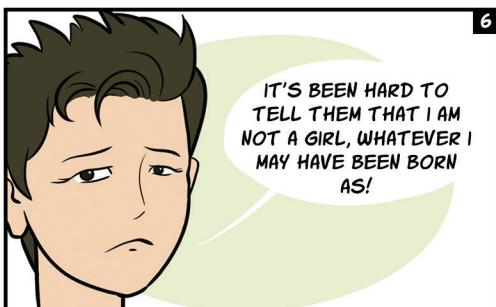
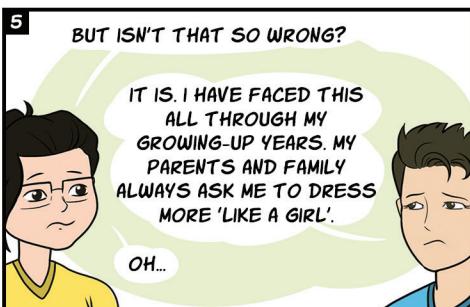
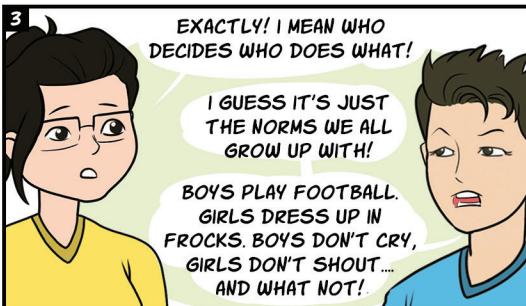
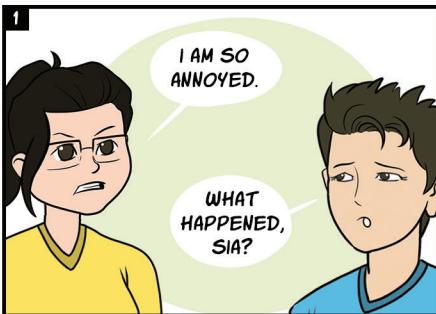
Based on the what you have read and learnt in this chapter reflect and write a small report on –

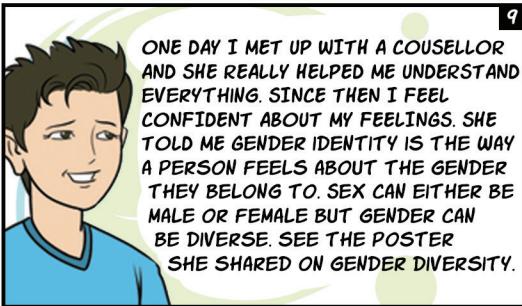
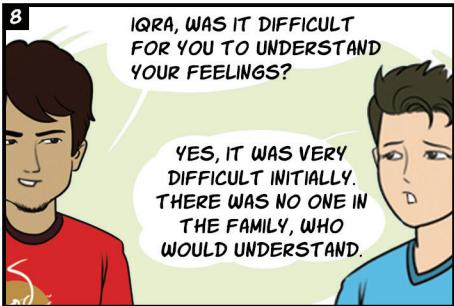
- How would you feel if you were discriminated because of who you are? How does one find out what their orientation is?
- How do you think you can create a safer school for all? Why do you think everyone deserves love and respect?

**EXPRESS**

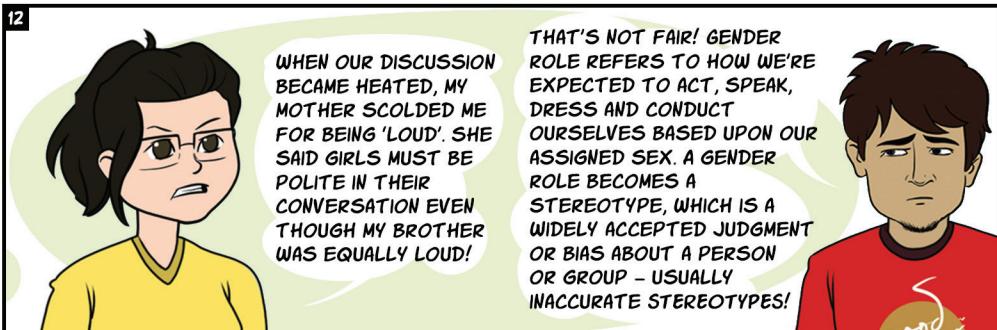
In one phrase - What comes to mind when you think of 'sexual orientation'?

.....





CISGENDER	TRANSGENDER	BIGENDER	GENDERLESS
A person who agrees with the sex they were given at birth is known as cisgender.	A person who does not agree with the sex they were given at birth is known as transgender.	A person, who does not consider themselves as either male or female but a bit of both, sometimes more male and sometimes more female, is known as a bigender.	A person who does not identify as either male or female is described as genderless.



## D.A.R.E

### DISCUSS



Read and discuss the statements and tick the ones that represent gender roles and stereotypes. Remember that gender role and stereotype statements give guidelines on how boys or girls should dress, behave, talk or act.

- Girls take care of home.
- People should play the sport that they enjoy.
- People should choose the profession that they are good at.
- Boys are tough, so they don't cry.
- Girls are not good at maths.
- Boys should not dance or sing.
- Girls wear dresses and make-up.
- Boys should not do house hold work.
- Girls should not be loud.
- Boys should not wear pink.
- Boys and girls should wear what they are comfortable in.

### ANALYSE



Read and analyse the situation below and discuss - "What is wrong with the statement made by Ankur's parents? Is there such a thing as a male or female career? Do you think the parents made a stereotypical comment? Do you think it's ok to stereotype gender roles?"

Ankur has been learning and practicing classical dance since he was five years old. He feels at ease when he is dancing and has been winning several district and state level trophies in classical dance. In fact, Ankur is preparing to represent India in a student dance competition in London. Ankur hopes to become a professional classical dancer one day. On this, his parents say, 'Dancing is fine as a hobby but you cannot make it your career. Boys have careers like engineering or firefighting, that are more masculine.'

### REFLECT



Based on the what you have read and learnt in this chapter reflect and write a small report on –

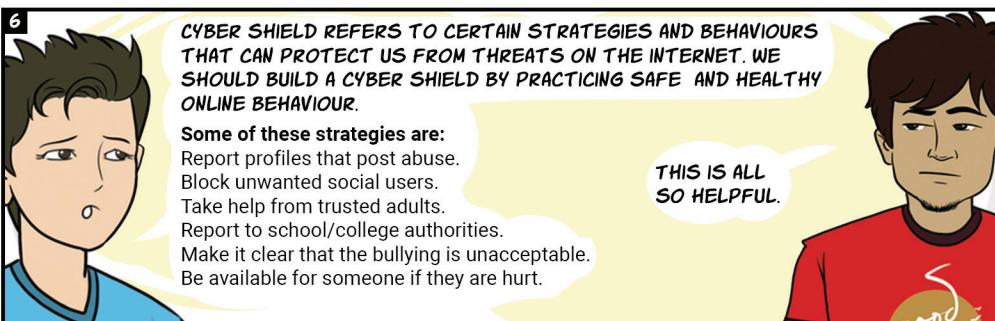
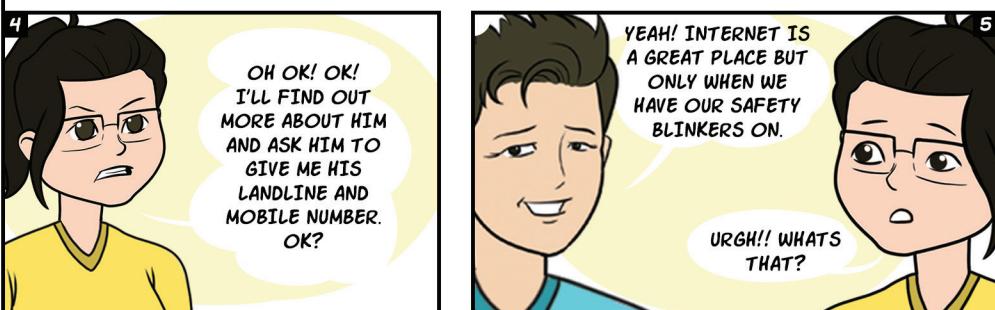
- Do you think it's fair to expect certain behaviour just because someone belongs to a particular gender? Have you ever faced gender stereotype? How does it make you feel?
- How do you define gender? Do you think gender identity is a personal and private decision? Do you think gender defines what you can or cannot do?

### EXPRESS



In one phrase - What do you think about gender roles?

.....





### SAFETY TIPS FOR ONLINE DATING

- Try to find out as much information as possible before you date a person.
- If you feel uncomfortable with a situation, say 'no.'
- Avoid sharing your personal identity details and pictures when you meet someone new online.
- Always inform your family or friends, if you plan to meet someone.
- Be sure the date happens at a public (safe) place.
- Exercise caution before accepting friend request from someone you don't know well.
- Be careful with what you post online.
- Report any offensive or negative online correspondence to the social platform's team and to your trusted adults.
- If someone starts getting intimate with you or forces you to have a sexually suggestive conversation without your permission exercise caution and stop talking to that person.
- Don't send money to anyone you meet online.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Cyberbullying is a growing threat on the internet. It is a common form of unacceptable contact that people face online. We need to be aware of the different ways it happens and the potential consequences.

That's right! Cyberbullying is all about posting hurtful comments, saying mean things, spreading hatred and causing harm to another person. Unlike other forms of bullying, since this is online, it can happen pretty much 24/7.



# D.A.R.E

## DISCUSS



Read and discuss the statements and categorize them under safe behaviour or exercise caution box. Tick mark your response in the given boxes .

- |   |                                   |
|---|-----------------------------------|
| <input type="radio"/> Sharing phone number on facebook.                       | Safe behaviour / Exercise caution |
| <input type="radio"/> Not adding strangers to facebook friend list.           | Safe behaviour / Exercise caution |
| <input type="radio"/> Refusing to do a video call with strangers.             | Safe behaviour / Exercise caution |
| <input type="radio"/> Sharing pictures with someone just met on a skype chat. | Safe behaviour / Exercise caution |
| <input type="radio"/> Clicking on a random link that appeared online.         | Safe behaviour / Exercise caution |

## ANALYSE



Read and analyse the scenario below and have a discussion on - What happened with Naira? Do you think what happened with Naira happens in real life? Do you think online dating/relationship can sometimes be dangerous? What are some other ways that online dating/relationship can turn out to be dangerous?

Naira is in tenth grade. One day, when she was feeling bored and lonely, she started talking to a boy she met online. The boy looked sweet and innocent. Naira was excited to finally have a friend who listens to her! Now, this guy is asking Naira for a kiss on web camera. Naira is hesitant but thinks it's ok to give a kiss on camera. One day, when Naira is sleeping, she gets a message from this boy saying, 'I want you to do as I say. If you don't, I will spread your kissing picture all over the internet. If you don't believe, here is a screenshot of your picture.'

## REFLECT



Based on the what you have read and learnt in this chapter reflect and write a small report on –

- Do you think there are any threats online? How do you protect yourself from any online threats? Does everyone need safety tips on internet use?
- Do you think there is a chance of cyberbullying on most social media sites? Do you think online dating requires precautions? Why?

## EXPRESS



In one phrase - How can you become a responsible digital citizen?

.....



I, \_\_\_\_\_, pledge that I will...

- Use the Decision Wheel to make informed decisions.
- Seek out information only from trusted sources.
- Accept the changes that take place during growing up, such as masturbation and menstruation as a healthy part of life.
- Combat pressure from peers related to body image, sexual activity and substance abuse.
- Not engage in unsafe sex practices and protect myself from diseases/infections.
- Believe in facts and avoid myths.
- Only engage in a healthy relationship and act if it turns unhealthy.
- Not let anyone emotionally pressure me to do something that I don't want to do.
- Recognize the importance of taking consent before, during and after any sexual activity.
- Act against emotional, physical, sexual, verbal, mental and financial violence.
- Identify the various stressors in life and develop strategies to manage them.
- Exert positive peer pressure and stand against negative peer pressure.
- Engage in healthy behaviour in all aspects of my life.
- Respect, accept and support all sexual orientations and gender identities.
- Protect myself against online threats like cyberbullying and online dating.

My Signature: \_\_\_\_\_

## NOTES - Self Help



I want to write some points that I want to remember always.

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