



# ASHA MODERN

# SCHOOL

# LIFE SKILLS

&

# VALUE EDUCATION

## Class - X



Stay Safe

Nutrition

Positivity

Mind

Fitness

Virtual

Balance

Wellness

Stay Connected

Focus

Prioritize

Health

Body

**LIFE SKILLS**

**&**

**VALUE**

**EDUCATION**

**CLASS-X**

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## Introduction

- Why need of value education
- Children- future of nation
- Their all round development – duty of parents, teachers & society
- Generation gap-big problem
- Misconceptions/apprehensions/doubts in the mind of children
- Result – frequent victim of child abuse
- To avoid child abuse, self-awareness required



## UNIT –1

### Who is a Child?



Biologically, a child is a human being between the stages of birth and puberty or between the developmental period of infancy and puberty. The legal definition of child generally refers to a minor, otherwise known as a person younger than the age of majority. Children generally have fewer rights and responsibilities than adults. They are classed as unable to make serious decisions.

### The Definition Of A Child in India

The primary concern related to a child in India is related to the definition of child itself. The term has been defined differently in different acts.

- Article 1 of the United Nations Convention on the Rights of the Child (UNCRC); Juvenile Justice Act 2000; Hindu Minority and Guardianship Act (HMGA) 1956; Protection of Women from Domestic Violence Act 2005 and so on define 'child' as a person who is under 18 years of age.
- The Immoral Traffic (Prevention) Act 1986 defines a 'child' as someone who is under the age of 16 years and a minor who is between age group of 16-18 years.
- In the Constitution of India and Child Labour (Prohibition and Regulation) Act 1986, a 'child' is defined as a person below 14 years of age.
- The recently amended Juvenile Justice Act 2015 states that children (16-18 years) may be treated as adults if they commit heinous crimes such as rape, acid attack, murder, etc.



## UNIT –2

### Child Abuse



- What Is Abuse?

- Abuse is when someone hurts or causes emotional stress to someone else. Abuse can affect anyone. It can happen in any kind of relationship, like a friendship, romantic relationship, or among family members. Abuse can happen in many ways. Hate crimes directed at people because of their race, religion, abilities, gender, or sexual orientation are also abuse.

### What Are the Types of Abuse?

- Physical, sexual, and emotional abuse are some of the most known types of abuse.

- Physical abuse is when someone hurts another person's body. It includes hitting, shaking, burning, pinching, biting, choking, throwing, beating, and other actions that cause physical injury, leave marks, or cause pain.
- Sexual abuse includes any type of unwanted contact between an adult and anyone younger, or between a significantly older child and a younger child. It's also sexual abuse at any age if one person overpowers another.
- Emotional abuse happens when yelling and anger go too far or when important adults constantly criticize, threaten, or talk down to kids or teens until their self-esteem is damaged and they feel really bad about themselves.





## UNIT –3

### Online Abuse



- Online child abuse is a unique form of child abuse also known as “Cyber Molestation” due to its virtual, distanced, and anonymous nature. Such abuse may not happen face-to-face, nor does it necessarily require physical contact.
- Online abuse happens on the internet, whether it's over chat, posting on message boards and forums, through social networks, playing online games or using mobile phones.

### Types of Online Abuse

It is emotional or sexual abuse that happens in the virtual world:

- Online emotional abuse is any type of online message sent to bully or hurt another person (like an intimidating or threatening message).
- Online sexual abuse is when someone is asked to share inappropriate pictures of themselves or have conversations by text or online chat. Sometimes, the people who do this give or promise to give things to get someone to go along with these activities. The lasting effects of this abuse include images and videos that can be shared long after the abuse stops.



## UNIT –4

### Other Types of Child Abuse & Their Recognition



### Other Types of Child Abuse are:

- Neglect is when a child or teen doesn't have enough food, housing, clothes, medical care, access to school, or supervision.
- Emotional neglect happens when a parent doesn't provide enough emotional support or rarely pays attention to their child.
- Domestic violence is when two adults physically abuse each other or when one adult hurts another. Domestic violence can

be hard for a child or teen to watch and can get a young person hurt, especially if adults throw or damage items when fighting.

- Bullying someone through scaring, threats, or teasing can be just as abusive as beating someone up.



### Recognizing Abuse

- Recognizing abuse can be hard for someone who has lived with it for many years, or is being abused by someone they know or trust. People might mistakenly think that it's their fault for not

doing what their parents tell them, breaking rules, or not living up to someone's expectations.

- Growing up in a family where there is violence or abuse can make someone think that is the right way or the only way for family members to treat each other. Somebody who has only known an abusive relationship might think that hitting, beating, pushing, shoving, or angry name-calling are normal ways to treat someone when you're mad.
- Seeing parents treat each other in abusive ways might lead their kids to think that's OK in relationships. But abuse is not a typical or healthy way to treat people. If you're not sure you are being abused, or if you suspect a friend is, it's always OK to ask a trusted adult or friend.





- Abuse may affect a person's self-esteem, mood, focus, quality of sleep, or interest in activities they once enjoyed. The impact of abuse can be different for everyone because a person's response to abuse is based on many things, like their age at the time of the abuse or how much support they have in their life.
- If anyone suspects that a child's health or safety is jeopardized due to abuse or neglect then Report immediately.



### What Can Stop Someone From Reporting Abuse?

- People who have been abused often feel afraid, numb or confused about what happened to them. They may feel guilty, ashamed, and embarrassed and blame themselves. But abuse is never the fault of the person who is being abused, no matter how much the abuser tries to blame others.

- People who are abused might have trouble getting help because it means reporting someone they love — someone who may be wonderful much of the time and awful to them only some of the time. They fear what the abuser may do or how the family will feel if the abuser has to leave the home.





## UNIT –6

### How Can Someone Who Is Being Abused Get Help?



### Someone Who Is Being Abused Can Get Help:

People who are being abused need to get help. Keeping the abuse a secret doesn't protect anyone from being abused — it only makes it more likely that the abuse will continue and possibly affect more people.

- If you need help right away and are in danger, call 1098. Tell them your name and where you are so they can get you help.
- If you or someone you know is being abused, talk to an adult you or your friend can trust — a family member, a trusted teacher, a doctor, or a school or religious youth counselor. If

the first adult you tell does not seem to listen, keep telling adults until someone responds.

- Getting help and support is an important first step. Working with a therapist can help people sort through the complicated feelings and reactions that being abused creates.
- In the end, telling a safe person is the bravest thing you can do. It can feel really good to take steps to stay safe and stop abuse from happening.
- If you can't tell a trusted adult, contact a crisis support group. Sometimes people who are being abused by someone at home need to find a safe place to stay, if needed.



## UNIT – 7

### Child Rights in India



### Child Rights in India

Children’s rights are human rights that are accustomed explicitly to the children needs, wants and overall well-being. They take into account their fragility, specificities and age-appropriate requirements. Children’s rights aim to take into account the necessity of the development of a child.

Child rights go beyond just human rights, which exist to ensure fair and proper treatment of children across the world, and promote their well-being.

Further, the rights as described in the Convention have been summarised into the following fundamentals with references to various articles.

## **1. The Right to Identity (Article 7 AND 8)**

- Children are entitled to a name, legally registered with the government, and a nationality (to belong to a country). Further, they must have the right to an identity, in the form of a public record. This ensures national support, as well as access to social services.

## **2. The Right to Health (Article 23 AND 24)**

- Medical care, nutrition, protection from harmful habits (including drugs) and safe working environments are covered under the right to health, and articles 23 and 24 enumerate access to special care and support for children with special needs, as well as quality health care (including drinking water, nutrition, and a safe environment) respectively.

## **3. The Right to Education (Article 28)**

- Right to free primary education is critical for helping children develop discipline, life skills while finding a safe and healthy environment to nurture a child's physiological development. This includes freedom from violence, abuse or neglect.

## **4. The Right to a Family Life (Articles 8, 9, 10, 16, 20, 22 and 40)**

- If not family members, then children have the right to be looked after by caretakers. Children must live with their parents until it is harmful to them.
- Children who do not have access to a family life, have a right to special care and must be looked after properly, by people who

respect their ethnic group, religion, culture and language.  
Refugee children have a right to special protection and help.

#### **5. The Right to be Protected from Violence (Article 19 and 34)**

- Protection from violence extends even to family members, and children must not suffer ill-treatment or sexual or physical violence. This includes use of violence as a means of discipline. This Article takes into view the sale of children, child prostitution and child pornography.

#### **6. The Right to an Opinion (Article 12 and 13)**

- All children deserve the right to voice their opinions, free of criticism or contempt. Children have the freedom of expression, as long as they are not harming others with their opinions and knowledge.

#### **7. The Right to be Protected from Armed Conflict (Articles 38 and 39)**

- Armed conflict converts innocent children into refugees, prisoner, or participants in armed conflicts. While seeking to rehabilitate children affected by war, the government must also ensure that children are not forced to participate in any armed struggle.

#### **8. The Right to be Protected from Exploitation (Articles 19, 32, 34, 36 and 39)**

- This extends to abuse, negligence and violence by parents, even if it is justified as an instrument of achieving discipline at home. Further, children cannot be made to work in difficult or dangerous conditions. Children can only volunteer to work doing safe chores that do not compromise their health, or access to education or play.
- Children also cannot be punished cruelly, even if it is under the ambit of the justice system. Death or life sentences, as well as sentences with adult prisoners, are not permitted.
- All children deserve equality, despite their difference. They are entitled to all of these rights, no matter what race, colour, religion, language, ethnicity, gender or abilities define them.



## UNIT – 8

### Child Protection laws in India



### Child Protection laws in India

Children have equal rights as all other adult citizens of India. Few among them are right to equality (Article 14), right to personal liberty and the process of law (Article 21), right to being protected from being trafficked and forced into bonded labour (Article 23) etc. Child protection laws in India are framed in line with constitutional provisions for safeguarding child rights.

### List of Child Protection laws

Some of the laws passed by the Union Government include the following:

**1. Children Pledging of Labour Act, 1933**

- This Act prohibits the pledging of the labour of children.

**2. The Immoral Traffic (Prevention) Act, 1987**

- This Act seeks to stop trafficking in young persons, both boys and Girls.

**3. Child Labour (Prohibition and Regulation) Act 1986**

- This Act prohibits children's engagement in certain kinds of employment and regulates the conditions of work of children in certain other employments.

**4. Prohibition of Child Marriage Act, 2006**

- This Act follows the basic premise (a) to make a child go through marriage is an offence, and (b) child or minor is a person up to 18 years of age in the case of girls and 21 years in the case of boys.



## **5. Right of Children to Free and Compulsory Education Act, 2009**

- The Right to Education Act, 2009, also known as RTE Act describes modalities of the importance of free and compulsory education for children aged between 6-14 years in India.

## **6. Protection of Children from Sexual Offences Act, 2012**

- The Protection of Children from Sexual Offences (POCSO) Act was enacted to address sexual exploitation and sexual abuse of minors. It incorporates child-friendly mechanisms for reporting, recording of evidence, investigations speedy trials of offences and in-camera trial without revealing the child's identity through designated special courts.

## **7. Juvenile Justice (Care and Protection of Children) Act, 2015**

- Juvenile Justice (Care and Protection of Children) Act aims at ensuring proper care, development, and social reintegration of children in difficult circumstances by adopting a child-friendly approach.

## **8. The Motor Vehicles (Amendments) Act, 2019**

- It provides the protection of children and vulnerable road users like pedestrians and others.

- **Childline India Foundation (CIF)**

**Helpline No. 1098**

