

CIR/45/18-19

Date:17<sup>th</sup> October,2018

Dear Parents

Greetings from Amanora!

Amanora School aims at helping students develop self-respect, self-confidence, effective assertive communication and mutually respectful relationships. The school has set out to accomplish this through a Value Based curriculum in Life Skills, Gender Empowerment and Personal Safety for children from grades V to VIII

The curriculum makes efficient use of the available time to impart important concepts and messages that help children build their self-esteem and ability to resist and report any unwelcome behaviors that they may face. When children feel worthy and confident, are aware of their rights, and have accurate information, they are better able to take appropriate actions in potentially unsafe situations.

**Topics that will be discussed with the students are:**

- Topic 1 - Self-awareness, Relationships, Gender sensitization.
- Topic 2 - Body Image, Values and intelligences, Behavior and qualities, Coping with emotions.
- Topic 3 - Personal space, Body Safety Rules, Respect and Shame, Responsible Relationships.
- Topic 4 - No - Go – Tell, Role Plays, Internet Safety.

**Students benefit from this program in the following ways:**

- They learn about their qualities and intelligences and how these define a person.
- This helps build self-worth and self-confidence and makes them respect themselves for who they are, rather than how they look.
- Their questions around body and self-image are handled appropriately, effectively and with ease. They feel safe with the facilitator and feel comfortable talking about issues that upset them.
- They learn names of body parts and Personal Safety Rules and how to recognize, resist and report perpetrators of sexual abuse
- They would be more aware of and proactive in potentially unsafe situations.
- They would be better able to communicate their problems to others, seek help and find empowering solutions, especially in the context of child sexual abuse.

**This endeavor will have students who are empowered in Life Skills and Personal Safety.**

Best regards,  
For Amanora School

*Meera*  
17/10/18

Meera Nair  
Principal