



CIR/70/17-18

Date: 01<sup>st</sup> November 2017

Dear Parents

**A note on the Pearson Schools Life Skills based Sexuality and Personal Safety Education programme for children of grades 5 to 10**

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 5 to 10. It couples humane values with modern scientific knowledge to give the child a firm foundation to explore his / her life. Students develop self-esteem, responsibility and empathy. They use Life Skills to learn to live in harmony with themselves and the society. The world is presented to the students, not as a dangerous place to be scared of, but as a place where they can claim a space of their own – to live a life of happiness and contentment. Older students learn about responsible sexuality.

This programme would comprise of 4 sessions conducted by trained teachers from Enfold Proactive Health Trust a NGO. Enfold has interacted with over 90,500 students and 15,000 teachers, parents and other adults.

**Objectives of the programme are as follows:**

- Demonstrate positive body image as a result of accepting their own qualities, intelligences and values and how these help build self -esteem.
- Evaluate the various ways in which gender bias is perpetuated and how to bring about gender sensitivity and empowerment.
- Take informed decisions based on their awareness of healthy food options, effect of television and electronic and social media and how to actively participate in the care, development and nourishment of their body.
- Recall names of body parts and Personal Safety Rules.
- Recognize child sexual abuse.
- Take decisions based on their knowledge of how to resist and report perpetrators of sexual abuse
- Consider mutual respect and responsibility for one's actions while making decisions in personal relationships.

**This endeavour** will have students who are empowered in Life Skills and Personal Safety. Teasing and taunting may reduce / be handled in a better manner by the students. Overall academic performance may improve.

Best regards,  
**For Amanora School**

  
Meera Nair  
**Principal**