

# Mansi Learns About Touch





Mansi is a curious and caring 7-year-old who loves to play with her friends and her puppy, Max, in her neighborhood in Bangalore. Today, Mansi is going to learn something very important about touch.







Mansi's mother explains that a "safe touch" is a way people show care and love. It makes us feel comfortable, loved, and secure. Examples of safe touch include hugs from your family, a pat on the back, or Namaste from friends.





Mansi learns from her teacher that "unsafe touch" is the kind that makes us feel uncomfortable, scared, or confused. It's okay to say no to any touch that doesn't feel right, even if it's from someone you know.





Mansi's teacher tells her it's important to trust her feelings. If a touch makes her feel weird or uneasy, she can tell that person to stop, even if it's an adult or someone she usually trusts.





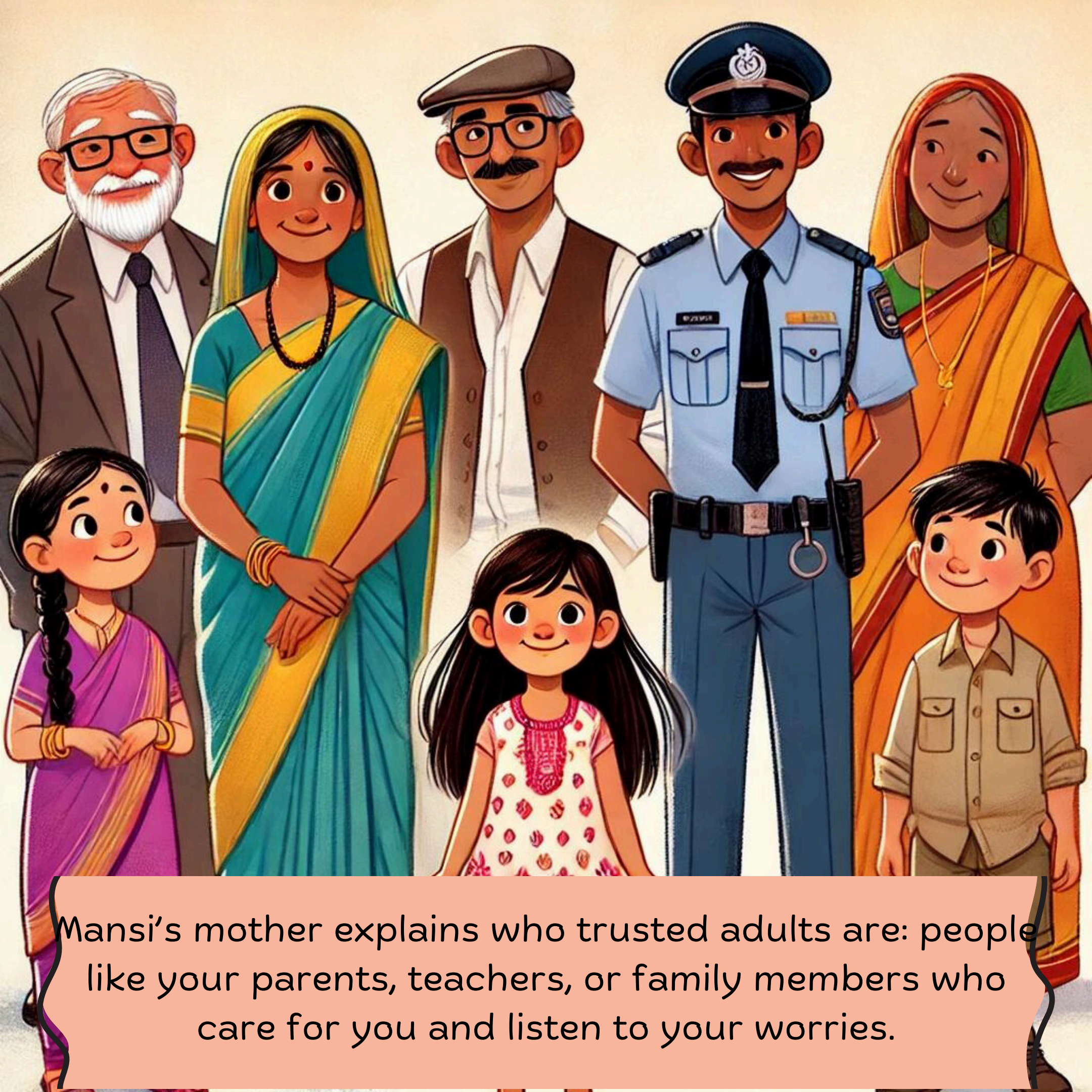
One day, a classmate tries to hug Mansi when she doesn't want to be hugged. Mansi remembers what she learned and says, "No, thank you. I don't want a hug right now."





Mansi feels uncomfortable after a neighbour pats her on the head too many times. She remembers what her mother said about telling a trusted adult, so she tells her mother what happened.





Mansi's mother explains who trusted adults are: people like your parents, teachers, or family members who care for you and listen to your worries.





Mansi and her classmates practice saying "no" and telling a teacher if they feel unsafe at school. Practising helps Mansi feel confident that she can protect herself.





Now, Mansi feels smarter and safer about the touches she receives and gives. Remember, everyone has the right to feel safe all the time.



## List of Child Safety Resources in India:

### 1. Childline India Foundation

- Phone: 1098 (24-hour toll-free helpline)
- Website: <http://www.childlineindia.org.in/>
- Description: Offers emergency assistance and outreach services to children in distress across India.

### 2. National Commission for Protection of Child Rights (NCPCR)

- Phone: 011-23478200
- Website: <http://ncpcr.gov.in/>
- Description: Statutory body dedicated to safeguarding the rights of children under the age of 18 in India.

### 3. Ministry of Women and Child Development

- Child Helpline: 1098
- Website: <http://wcd.nic.in/>
- Description: Provides policies, plans, and programs for the welfare and development of children in India.

### 4. Bachpan Bachao Andolan

- Phone: +91-11-49211111
- Website: <http://www.bba.org.in/>
- Description: A non-profit organization working towards the eradication of child labor and exploitation.

### 5. Save the Children India

- Phone: +91-22-42285400
- Website: <https://www.savethechildren.in/>
- Description: Works on issues related to education, health, and protection of children across India.



## 6. CRY – Child Rights and You

- Phone: +91-22-23063647
- Website: <https://www.cry.org/>
- Description: Focuses on ensuring children’s development, protection, and survival rights.

## 7. Snehalaya

- Phone: +91-240-2376248
- Website: <https://www.snehalaya.org/>
- Description: Provides support services for women and children suffering from violence and exploitation.

## 8. The Internet Safety Toolkit by Cyber Peace Foundation

- Website: <https://www.cyberpeace.org/>
- Description: Provides tools and resources to ensure children's safety online.

These resources can help you get support and information on handling safe and unsafe touch issues.





**SAFETY  
FOR ALL  
CHILDREN**

**SAFETY  
CHILDREN**

