

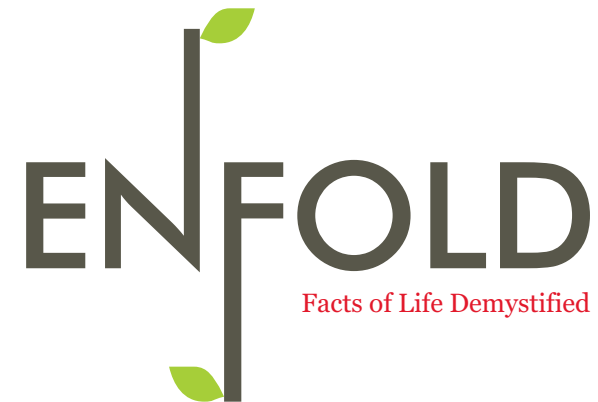



Enfold Proactive Health Trust
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Donations may be made through on - line bank transfers by RTGS
(for amounts of 1 lac and above) or NEFT to
Enfold Proactive Health Trust,
Savings Ac. No. 515402010007690,
Union Bank of India, Koramangala, Bangalore.
IFSE code: UBIN0551546

Enfold Proactive Health Trust is a registered trust in Bangalore, India since Dec 2002. Doners enjoy exemption under section 80G of IT Act.





Human Sexuality, Life Skills and Personal Safety Programs
For Children, Young Adults, Teachers and Parents



REFERENCES

- Vice Chancellor, Christ University, Bangalore
- Principal, Mount Carmel College, Vasant Nagar, Bangalore
- Principal, Jyoti Nivas College, Koramangala, Bangalore
- Principal, Sri Kumaran's School, off Kanakpura main road, Bangalore
- Principal, SSB International School, Indiranagar, Bangalore
- Principal, Sudarshan Vidya Mandir, Bangalore
- Director, Banjara Academy, Bangalore
- Director, NIPCCD, Southern Regional Centre, Yelahanka, Bangalore
- Dr. Shekhar Seshadri, Child Psychiatrist, NIMHANS, Bangalore
- Dept of Paediatrics, St John's Medical College, Bangalore
- Association of People for Social Action, (APSA) Bangalore
- SAP GD, Bellandur Sarjapur Road, Bangalore
- Centre for Child Law, NLSIU, Bangalore
- YWCA, Koramangala, Bangalore
- Gurleen Khandpur, FREE, Pune
- Commodore RIMC, Dehradun
- Principal, The Air Force School, Subroto Park, New Delhi
- Principal Govt College for Girls, Principal Malwa College Ludhiana
- Principal, Holy Cross Convent, Trichirapally, Tamil Nadu
- Tulir, Centre for Prevention and Healing of Child Sexual Abuse, Chennai
- Vice Chancellor, Martin Luther Christian University, Shillong, Meghalaya

PEOPLE

Dr. Sangeeta Saksena, MBBS, MD (OBG) has more than 15 years of clinical and medical teaching experience. She worked in St. John's Medical College for 8 years, leaving as Associate Professor to start the trust.

Dr. Shaibya Saldanha completed her MD in 1993 from Bombay University. She worked in Grant Medical College, Mumbai and then in St. John's Hospital, Bangalore for 7 years. She left as Associate Professor to start the trust.

Dr. Sangeeta and Dr. Shaibya are co-authors of "On Track" a workbook series on Life Skills and Personal Safety for students of std 3-9. The books have been used since 2007 in various schools all over India.

Ms. Meena Sivaraman with a M.Sc in Child Development from MS University, Baroda has worked in the area of primary education for underprivileged children. She now runs several day care centers in Bangalore for companies like Infosys, Ness Technologies, HCL and Mind Tree.

We are indebted to several professionals whose commitment to children has helped Enfold grow over the years. Our trained facilitators include Shamira Pujani, Jaithra T J, Manisha Choudhry, Radha Siddhanti, Neha R, Rashmi Ajay, Malini Bharath, Nidhi Nahata, Purnima Gopinath and Namratha Mehta.



*Enfold :: Surround; envelop :: Hold or clasp gently in one's arms

VISION

Vision :: Children living a healthy, safe and self expressed life, supported by empowered adults.

Mission :: To empower individuals to make informed choices by providing information and training in life skills.

Our primary work is to improve the physical, emotional and mental well-being of children, teachers and parents using life skills.

We help people develop a healthy self-esteem which lets them realize their goals, build nurturing relationships and lead creative, fulfilling lives. We also educate young adults on their reproductive rights and responsibilities, which brings us closer to having a compassionate society aware of the dangers of HIV, sexual abuse and irresponsible sexual behaviour.

MISSION

- c. Life skills and peer pressure
 - d. Study skills and preparing for exams
 - e. Forming and maintaining healthy relationships
 - f. Gender sensitization and CSA
5. Parents
 - a. Understanding physical, emotional and sexual development in children
 - b. Communication skills and positive disciplining
 - c. Building self esteem and self motivation
 - d. Studies without pressure
6. Teachers
 - a. Reproductive health and adolescent behaviour
 - b. Class room management, positive disciplining methods
 - c. Communication and conflict management
7. Demystifying sexuality course
A twelve - session course for adults, teachers, counselors, students and parents on human sexuality
8. Training for facilitators to conduct sessions in human sexuality, life skills and personal safety

ISSUES

Child Sexual Abuse

According to a Ministry of Women and Child Development, Government of India, survey of 12447 children in 13 states (published 2007):

- 53.22% children reported having faced one or more forms of sexual abuse
- 21.90% child respondents reported facing severe forms of sexual abuse
- 50% of abusers are persons known to the child or in a position of trust and responsibility. Most children did not report the matter to anyone

Sexualization of children

- Children are being bombarded with sexually explicit messages in TV serials, songs, movies, posters, advertisements, magazines, news papers and the internet. The vast majority of Indian parents find it difficult to discuss sexuality with their children
- A report from the American Psychology Association on the sexualization of girls found that the proliferation of sexualized images of girls and young women in advertising, merchandising and the media is harming their self-image and healthy development

Sexuality among adolescents and young adults

(Based on KS survey of 5213 adults in Indian cities)

- 53% of adults claim to have had pre-marital sex. Half say they have had sex before age 21 and about 60% have had pre-marital sex with more than one individual
- 25% of adults feel that pre-marital sex occurs due to a lack of sex education and 80% feel that sex education should be taught in schools
- About 84% of adults have obtained information through their own reading or through friends, and only 3% through professional help

Mental and emotional health of our youth

According to the World Health Organization, India has one of the highest suicide rates worldwide. The country's health ministry estimates that up to 120,000 people kill themselves every year and almost 40% of them are under the age of 30. Bullying by college seniors, post-examination depression or the death of a relative have all been named as reasons for the recent suicide wave.

HIV and AIDS

According to 'UNAIDS India: Country Situation' and 'Annual Report NACO (2008-09)':

- Over 2.31 million Indians are HIV positive
- 35% of AIDS cases in India occur among the 15- 24 years age group
- 70 % of AIDS cases in India are sexually transmitted

PROGRAMS

1. Preschool – Personal safety programs for children, parents and teachers
2. Primary school (pre adolescence) children
 - a. Our body, being different- and unique
 - b. Body image- shifting focus from looks (body) to skills and qualities
 - c. Managing feelings and coping with stress
 - d. Personal safety, personal space, safe and unsafe touch, No-Go-Tell
3. Middle school (early adolescence) children
 - a. Evolution of the human body
 - b. Emotional changes
 - c. Body image
 - d. Personal safety and Child Sexual Abuse (CSA)
4. High school and college (late adolescence – young adults)
Sessions and Peer Education Programs
 - a. Reproductive health
 - b. Emotional changes in adolescence

We are deeply committed to preventing child sexual abuse (CSA). We do this by spreading awareness and empowering communities, families and children to resist and report CSA. Rehabilitation and recovery from CSA also form an integral part of our program.



Enfold was founded by Dr. Sangeeta Saksena and Dr Shaibya Saldanha in November 2001. As gynaecologists, they were dismayed to find increasingly young age groups suffering from emotional, physical and sexual problems that were easily preventable. Both knew that these problems arose from inadequate information and poor communication, decision-making and problem-solving skills. In response, they began Enfold which conducted sessions on human sexuality, life skills and personal safety. Their target audience included schools, colleges, institutions for children, non-governmental organisations and government organisations working with children.

So far Enfold has reached over 35,000 students (std I - college), 1400 teachers and 1600 parents.