

RAINBOW CIRCLES

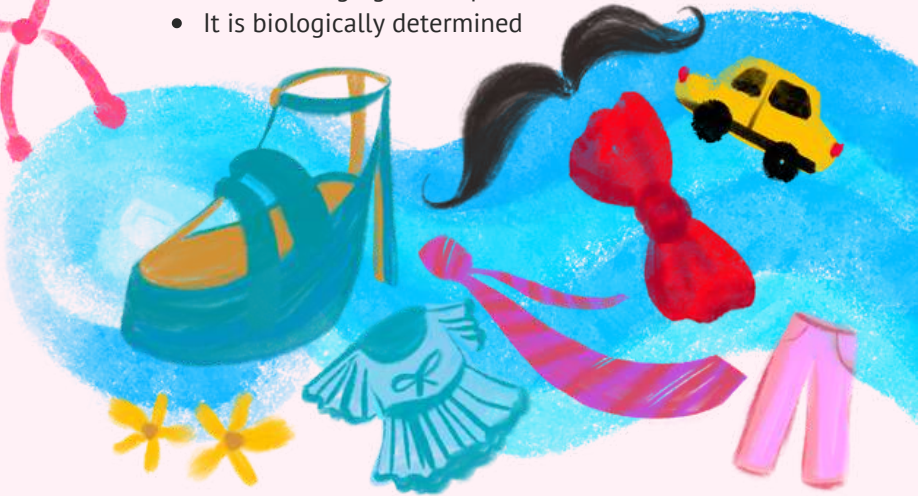
Booklet for Parents



Sex:

Sex refers to the physiological features, such as reproductive and secondary reproductive organs, that determine whether an individual or animal is male or female at birth. At birth, a person can either be male, female, or intersex.

- Sex is universal, and does not vary from culture to culture
- It is unchanging over a person's lifetime
- It is biologically determined



Gender:

Gender refers to the characteristics of men, women, boys, and girls that are socially constructed. This includes norms, behaviours and roles associated with being a woman, man, girl, or boy, as well as their relationships with each other.

Gender exists on a spectrum, and can present different characteristics for different people.

- Gender roles and norms are culturally determined.
- Gender identity is fluid, and can adapt and change over time.
- Gender is socially ascribed, and has no biological basis.

Sexuality:

Sexuality refers to a person's identity in relation to the gender or genders to which they are typically attracted. This attraction may be romantic, physical, or sexual. Sexuality is also often referred to as an individual's "**Sexual Orientation.**"

- Sexuality is fluid and can change or evolve over time.
- Sexuality exists on a spectrum and is not binary.
- Sexuality is an involuntary predisposition, and not a voluntary choice.

SEXUAL HARASSMENT

DESCRIPTION :

The Supreme Court describes sexual harassment to mean "any unwelcome, sexually determined physical, verbal or non-verbal act against a woman."

Types of Harassment

1. Verbal - Commenting, catcalls, sexual invites
2. Non-verbal - Staring/ogling, taking pictures, indecent gestures
3. Physical - Touching/groping, stalking, sexual assault, rape

Helpline Numbers:


1. National Commission for Women helpline - 7827170170
2. Central Social Welfare Board Police Helpline - 1091/ 1291, (011) 23317004
3. Shakti Shalini - 10920
4. RAHI (Recovering and Healing from Incest) Support Centre for Women
Survivors of Child Sexual Abuse - (011) 26238466/ 26224042, 26227647
5. Madhyam Helpline (for legal services) - (011) 24316922/ 24324503
6. Child Line - 1098
7. National Women Helplines - 1091/181
8. Police Helpline - 112
9. Cyber Crime Helpline - 1930



Bystander Intervention

The practice through which witnesses of sexual harassment or street harassment intervene and alleviate the situation.

The Five Ds of Bystander Intervention

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- 1: **Distract** - Indirectly divert attention from the victim by pretending to be their friend, or striking up a conversation, or causing a commotion, etc.
 - 2: **Delegate** - Find someone who can help, like a bus driver, a police officer, or someone in a larger crowd.
 - 3: **Document** - Take videos or photos of the interaction, the perpetrator, the victim, or identifying markers like the street name or shops nearby (Note - provide this to the victim and let them decide what to do with it).
 - 4: **Delay** - Ask the victim if they want you to sit with them, or keep them company. Or, after the incident, give them the space to express what they're feeling.
 - 5: **Direct** - Ask the victim if they're okay, or if they need something.

Credits : Right to Be





Digital Safety

Types of Cyber Crimes:

1. Stalking
2. Harassing
3. Sexual Harassment
4. Circulation of Sexual Content
5. Bullying
6. Impersonation/Identity Theft
7. Fraud
8. Theft
9. Intimidation

Provisions in Law:

I. Indian Penal Code, 1860:

1. Section 409 - Cheating - impersonating someone for gain
2. Section 354D - Cyber Stalking - following or trying to contact a woman repeatedly to learn personal information, despite a clear lack of interest from the woman
3. Section 509 - Outraging the Modesty of a Woman - words, gestures, or actions intended to be seen by a woman in order to outrage her modesty
4. Section 500 - Defamation - publishing false information about a person to a third party, thereby harming the person's reputation
5. Section 294 - Obscene Acts - displaying sexually coloured content, singing obscene songs, or using graphic language or gestures in public spaces
6. Section 354 - Assault - assaulting or using criminal force to outrage a woman
7. Section 503 - Criminal Intimidation - threatening a person's life, limb, or property, to force them to do something which they are not legally bound to do

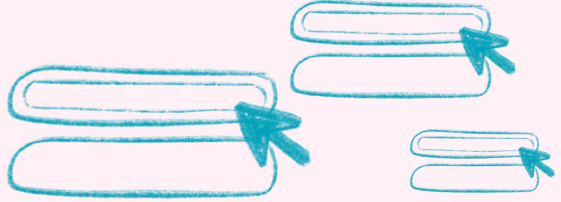


II. Information Technology Act, 2000

1. Section 66 - Identity Theft - impersonating another person in the cyber space for personal gain is a crime
2. Section 67(A) - Sexual Content - sending or distributing any sexual content through means of any telecommunication is a crime

Where to Complain?

- **Online** - cybercrime.gov.in



- **Cyber Crime Cell of local police station** - prepare a written complaint with all details, including your name, contact information, details of the incident, any evidence, how it made you feel, etc. Address the complaint to the Head of the Cyber Crime Cell

- **At a Police Station through an F.I.R.** - address your detailed written complaint to the Head of the Police Station if there is no Cyber Crime Cell in your local station



- **Zero F.I.R.** - you can file an FIR at any police station. The police cannot turn you away on grounds of jurisdiction. They must take down the report and forward it to the relevant station

What is an FIR?

An FIR is a written document that is filed by the police when you are a victim of a cognizable offence, i.e. an offence for which police can take action without prior court approval (a warrant). Section 154 of the Criminal Procedure Code, 1973 ('CrPC') defines what amounts to first information.



What is the procedure to file an FIR?

The officer must record the FIR in writing;
The officer must read the FIR back to the person filing the FIR to ensure that all details are correct;
The person filing the FIR must sign the FIR; and
Once recorded, signed and registered, the person filing the FIR must get a copy of the FIR free of cost.



POSH Act

The Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, 2013 - commonly called the POSH Act - was enacted to provide protection against sexual harassment of women in the workplace, and for the prevention and redressal of complaints of sexual harassment and for other connected matters.

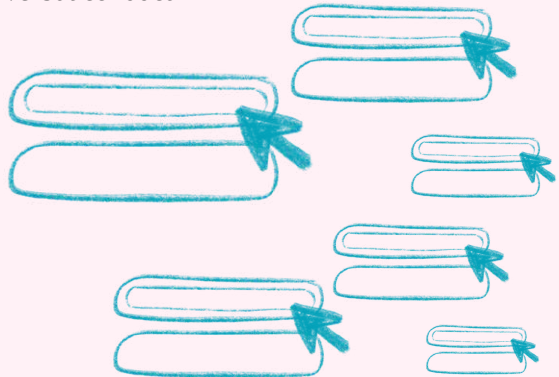
What Constitutes Sexual Harassment At the Workplace?

Direct or implied unwelcome sexual behaviour such as:

1. Physical contact and advances
2. Request for sexual favours
3. Sexually coloured remarks
4. Showing Pornography
5. Unwelcome physical, verbal, or non-verbal conduct

That creates either a:

1. Hostile work environment, or
2. A quid pro quo environment



Composition of Internal Complaints Committee:

1. Presiding Officer - This must be a senior female employee
2. Two Employee Members - must be aware and sensitive to gender issues and dedicated to the cause of women or have some legal knowledge on related issues
3. One External Member - from an NGO or Association working for the causes of women




POCSO Act

Prior to 2012, there was no specific legislation in India that dealt with sexual abuse or exploitation of minors. The only prevailing laws were general sections on sexual harassment, violence or assault as stipulated in the Indian Penal Code. However, in 2012, The Protection of Children from Sexual Offences Act (commonly referred to as POCSO) was enacted. The intent behind POCSO was to protect children from sexual harassment, sexual assault, and pornography. It also established a Special Court for matters concerning child sexual abuse, or other incidental matters.

Warning Signs to Watch out For

In young children:

1. Bleeding, swelling, or bruising around genital area
 2. Bloody, torn, or stained underclothes
 3. Difficulty walking or sitting
 4. Frequent yeast infections or urinary tract infections
 5. Changes in hygiene - bathing too frequently or infrequently
 6. Developing unexplained phobias
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POCSO Act

Warning Signs to Watch out For

In adolescents:

1. Absenteeism or academic decline
2. Signs of depression, post traumatic Stress disorder, or anxiety
3. Suicidal ideation or self harm
4. Overly sexual speech or behaviour
5. Regressive behaviours such as bed-wetting
6. Antisocial behaviours such as substance abuse



Mandatory Reporting

- Section 19 of POCSO says anyone with apprehension or knowledge of an offence under the Act must make a complaint to the Special Juvenile Police Unit
- Failure to make a complaint is a punishable offence
- False complaints are a punishable offence under POCSO



Where to Complain?

1. You can file a complaint with the Special Juvenile Police Unit in your local police station. If the police station does not have an SJPU, you can file a written complaint addressed to the Head of the Police Station.
2. In case of digital harassment or abuse, you can file a complaint online at cybercrime.gov.in
3. You can also contact the National Child Helpline - 1098



LGBTQI Inclusion

Breaking Gender Stereotypes

- We are all socialized to believe in certain gender norms, gender roles, and stigmas
- When we leave these unchallenged, we open the door to allow stereotypes and biases adversely affect people who do not conform to those norms
- It is important to start questioning internalized gender norms and stereotypes so that we can slowly start breaking the cycle of exclusion, discrimination, and oppression



What is Diversity?

Diversity refers to opening up the doors for people from different backgrounds, situations, perspectives, and advantages or disadvantages to gain access to a space, conversation, or resource



What is Inclusion?

Inclusion generally refers to affirmative actions taken to make people from all sorts of different backgrounds feel equally welcome in a given space or setting. This means actively working to minimise inequalities or disadvantages that certain groups might feel when trying to access a space, conversation, or resource.



Good Practices for Parents and Teachers

- Define clear minimum standards for behaviour.
- Put up an inclusive and sensitive child protection policy.
- Create opportunities to listen to all children.
- Be aware of the specific needs of every student in your class.
- Provide support for them in ways that benefit ALL students in your class.
- Create a calm, purposeful learning environment.
- Do not compare the progress of one child to another.
- Emphasis on using appropriate pronouns.
- Learn and use students' preferred names.
- Ensure your course reflects a diverse society and world.
- Build gender-inclusive washrooms.



Safecity

Our Mission

Safecity aims to make cities safer by encouraging equal access to public and private spaces for everyone - especially women and girls - through the use of crowdsourced data and technology.



Help us achieve our aim

File an anonymous complaint on our platform - [Safecity](#).

Alternatively, you can also download our App from the App Store or the Google Play Store.

Art: Kruthika N.S (TheWorkplaceDoodler) | Design: Nishanth J

Keep an eye on our socials by clicking below:



Official Website :www.safecity.in **Missed Call:** (+91) 9015 510 510



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