SAN ACADEMY TAMBARAM
POCSO JULY 2026

20.07.2026

Dear Parent,

As part of our POCSO theme for JULY 2026, **"SPEAKING UP WHEN SOMETHING FEELS WRONG",** was conducted for students of Grades 3, 4, and 5 to strengthen their understanding of personal safety and the importance of speaking up in uncomfortable situations. It reinforced safe practices and encouraged children to seek help from trusted adults.

1. Objectives

1. To help students identify safe and unsafe touch and understand personal boundaries.
2. To build confidence in using simple safety strategies like **"Stop – Walk – Talk"** to respond to unsafe situations.

2. Key Learnings

1. Students understood the difference between safe and unsafe touch and recognized that their feelings matter.
2. They learned the **"Stop – Walk – Talk"** strategy as a practical way to respond to unsafe situations.
3. Students realized the importance of identifying trusted adults and sharing their concerns without fear or hesitation.

3. Activity Conducted

1. A simple role-play was conducted to demonstrate the **Safety Circle** and help students identify trusted adults.
2. Students participated in a guided visualization activity where they imagined and created their own personal Safety Circle.
3. Students were encouraged to prepare a colourful **"My Safety Circle"** chart at home to reinforce the concept and discuss it with their families.

4. Recommended Practices at Home

1. Parents should have regular conversations with their children about body safety, personal boundaries, and expressing their feelings openly.
2. Families should help children identify and update their **Safety Circle** by discussing trusted adults they can approach when needed.
3. Parents should encourage children to report any uncomfortable or unsafe experience immediately and reassure them that they will always be listened to and supported.

Conclusion

The session empowered students to recognize unsafe situations and respond with confidence using simple safety strategies. It reinforced the importance of speaking up and reaching out to trusted adults whenever they feel unsafe.

Regards,
San Academy, Tambaram

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