

**REPORT OF THE INDUCTION PROGRAMME, AND WORKSHOPS ON
“GROWING UP” AND “CREATING AWARENESS AGAINST SEXUAL ABUSE”
AT EMRS, SIRIGUDA, RAYAGADA (AI NO: 150076/410038) ON 05/11/2016**

MITRA, the adolescent friendly centre of NIOS, Regional Centre, Bhubaneswar conducted “Induction Programme and Workshops on “Growing Up” and “Creating Awareness Against Sexual Abuse” for the learners of NIOS at EMRS (Ekalabya Model Residential School), Siriguda, Rayagada on 05/11/2016. A total no. of 60 learners participated in the programme.



Induction Programme

The Induction Programme started at 11.00 AM with a round of self introduction by the learners and others. After a round of self-introduction, Sh. Bikram Singh, OA, AEP, NIOS welcomed the participants and spoke about the objectives of the programme.

Sh. Sambit Mishra conducted the Induction Programme which focused on the following points:

- NIOS and its flexibilities
- Role of learners
- Usage of SLM
- Importance of PCP and TMA
- Important dates for the learners
- Procedure to apply for change in admission records, subject change/addition
- Revised Fee structure

This was followed with an open question answer session.

Workshop on “Growing Up”

The workshop was conducted by Sh. Suresh Lima, District Programme Officer, LSE (Life Skill Education), UNFPA. He emphasized on the need of Life Skill Education and its bigger relevance for NIOS learners.

The workshop covered the followings

- Relationship with self
- Enhancing self esteem and confidence
- Managing emotions effectively
- Peer relationship, friendship and attraction

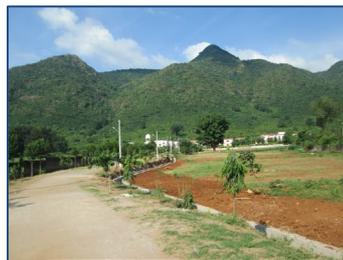
This activity concluded by emphasizing the participants to develop skills to respond to stressful situations more positively and to be aware of various emotions that can be experienced through life.



Workshop on “Creating Awareness Against Sexual Abuse”

Sh. Suresh Lima, Resource Person conducted the workshop on “Creating Awareness Against Sexual Abuse”. After narrating on various types of sexual harassment and he elaborated the following points:

- Sexual abuse and harassment are now rampant in the society;
- Understanding “Sexual Abuse” is the first step to prevent it
- Abuse can be of various kinds, from emotional, physical, economic and sexual
- It can happen with all kinds of people, irrespective of class, caste, educational status, urban-rural locations;
- Both boys and girls are vulnerable to sexual abuse;
- Non-consensual sexual experiences exist along a continuum, from threats and intimidation to unwanted touch and rape. Coercion is defined by individual’s lack of choice to pursue other options without severe social and physical consequences. These experiences have lasting physical and psychological consequences
- Sexual harassment is any behavior of a sexual nature perpetrated by one individual on another without his/ her consent. Sexual harassment may be verbal or physical, done only once or repeatedly. It can occur between people of different genders or those of the same gender may occur in a variety of relationships
- Child sexual abuse exists all over the world, in different cultures and communities. Child sexual abuse includes any exploitative sexual activity by a person who by virtue of their power over a child, due to age, strength, position, or relationship uses the child to meet their sexual or emotional needs
- Often times, the abuser is a relative or a friend of the family or a person in a position of power making it difficult for the victim to disclose the experiences as well as the identity of the abuser
- Incidents of sexual abuse and harassment often go unreported. Children and young people who are sexually abused may find it difficult to disclose these experiences because of multiple fears; fear of remembering incidents, fear of losing love from their family, shame, guilt or even fear of blame or not being believed.
- If one experiences such things, he/ she should immediately tell the parents and teachers



EMRS, Siriguda