

St. Cecilia's Public School

Child Safety and Awareness Session

Date- 16.07.2026

Resource Person – Police Constable Poonam
Police Constable Sheenu



A Child Safety and Awareness Session was conducted for the students of Classes VIII and IX by a Police Constable to educate them about personal safety, cyber safety, legal awareness, and responsible citizenship. The session was highly interactive, informative, and encouraged students to actively participate by asking questions and sharing their views.

The session began with an introduction to the Protection of Children from Sexual Offences (POCSO) Act, 2012, explaining that it protects all children below the age of 18 years from sexual offences. Students were sensitized about good touch and bad touch, the importance of recognizing inappropriate behaviour, and overcoming feelings of fear or shame by speaking to a trusted adult.

The resource person informed students about important emergency helpline numbers, including Child Helpline 1098, Emergency Response Support System 112, and the National Cyber Crime Helpline 1930. Students were encouraged to seek immediate help whenever required.

An interactive discussion was held on the "No–Go–Tell" safety rule, teaching students to say "No" to unsafe situations, "Go" away from danger, and "Tell" a trusted adult such as parents, teachers, or the school counsellor. Students were asked questions to help them identify safe and unsafe situations and to understand whom they should approach for help.

The session also focused on cyber safety, highlighting the dangers of online gaming addiction, interacting with strangers online, video calling unknown people, sharing personal photographs, and keeping social media accounts public. Students were warned about the risks of cyberbullying, blackmail, and online fraud, and were advised to report suspicious activities immediately.

Road safety was another important topic discussed. Students were informed that driving without a valid licence is illegal, and both minors and their parents may face legal consequences. They were also reminded to follow traffic rules and practise responsible behaviour on the roads.

Throughout the session, the police constable repeatedly emphasized the message "Speak, Don't Hide", encouraging students to report any incident of abuse, bullying, or cybercrime without fear. The session concluded with a pledge, where students promised to follow safety rules, act responsibly online and offline, and seek help whenever they felt unsafe.

The session was enriching and empowered students with practical knowledge and confidence to make safe and responsible choices in their daily lives.