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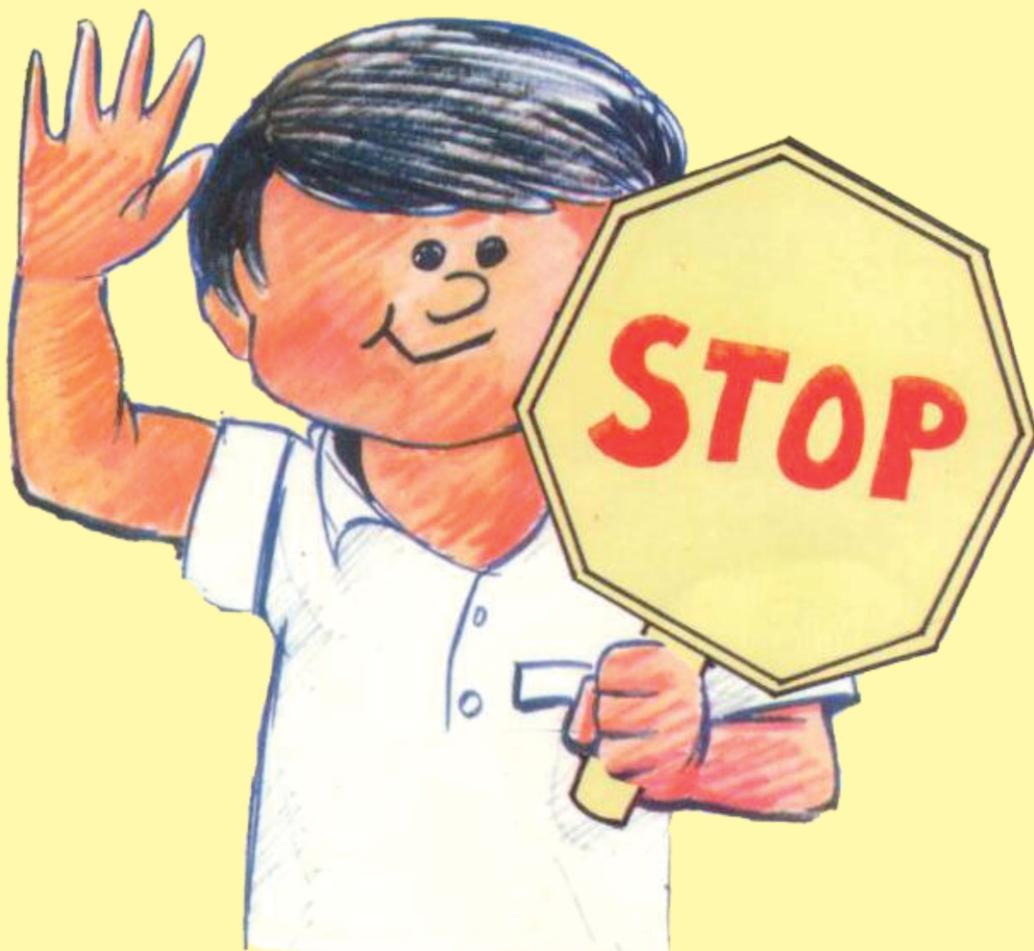
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**Prevention of child abuse
International Day
19th November**

October - December 2015



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Editorial

The child sexual abuse scandal in Kasur sparked reactions like a thunder storm, not only among the Pakistani society but also among the international community all around the world.

People from all walks of life, including humanitarian service groups and human rights activists, condemned the incidence and demanded legal action and severe punishment for the culprits involved in the incidence.

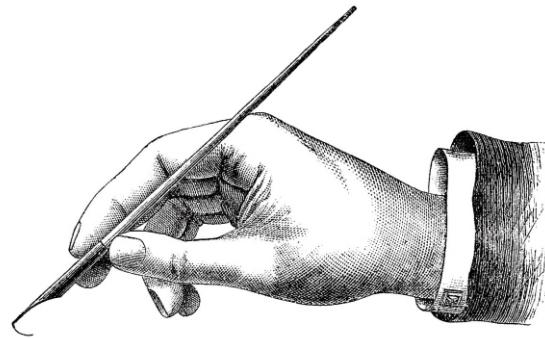
Members of the Pakistan National Assembly also proposed amendments in the Pakistan Criminal Law Bill to make it comprehensive and more effective to deal with such incidents.

Unfortunately the bill is still under discussion in the assembly, which should be passed immediately. Moreover despite the confirmation of the incidence taking place by the Joint Investigation Team (JIT) made by the government of Punjab, there was steady delay in the registration of FIRs against the culprits.

Sahil has been playing a vital role in raising awareness among the parents, communities, children and other groups of the society on child protection particularly child sexual abuse since the last two decades. Previously a taboo subject, child sexual abuse is now not only being openly discussed, but communities are raising their voice against this crime.

In this issue you will read about child protection from abuse through articles by experts, a story from our Meri Hifazat Story book, tips for parents and teachers, and some facts about early child marriages from Sahil research. You will also find other interesting information and much more to enjoy reading in this issue.

Enjoy a good read and share your feedback with us!



Universal Children's Day celebrated on trash piles

Naveed Hussain

Social and Child Rights Activist

Universal Children Day is observed to encourage understanding among children and to institute actions for their welfare. It takes place on November 20, the day on which Declaration of the Rights of the Child was ratified. For the specific purpose of child advocacy, the theme for Universal Children's Day was: Stop Violence against Children.

Pakistan is among the first 20 countries to ratify the Convention on the Rights of the Child (CRC). Government and non-governmental organizations, civil society, electronic, print and social media relayed the message of CRC for the children to understand each other, for activists to take action for the welfare of the children.

The message in the books justifiably remains strong but the impact in the streets of Pakistan looks conspicuous by its absence. On the occasion of Universal Children's Day this scribe approached some kids in the streets of Pakistan's most organized and developed city, Islamabad. The intent was to know whether the kids in the streets know about the day or not.

We met Arshad 15, who was roaming around a fancy hotel down the street. Inside, a conference was in-progress where ladies and gentlemen were pressing on Children Rights in the society. Arshad, perhaps, was yielding the impact at first-hand. He was outside with his cobbler's toolbox, ready to fix the gentlemen's shoe problems of dusting, polishing and repairing.

"Do you know about the Universal Children's Day that we are celebrating today?" I asked.

He nodded his head in negation but seeing the opportunity of human interaction, he pitched in his sale verbiage: "May I shine your shoes, brother?" The kid is all focused on his job, in a market where vulnerabilities outnumber opportunities. With no education he is unable to grasp the bitter reality.

Oblivious to the conditions Arshad lives in, we asked whether he has plans to go to school. "The question is a fallacy. I am poor and that should presumably be your answer" he replied.

Arshad lives in a country where 6 million children have been affected by floods. 12 million children are underage workers. More than 423,000 children die before their 5th birthday. Children here are prone to dangers

such as arm conflicts, underage marriages, child molestation, child abduction, murders, injuries, sodomy, suicides bombings and human trafficking.

We walked few blocks away to see the grandeur of the Universal Children's Day. At MUNCHIES, we saw a security guard, in a red and khaki uniform, beating up a child, hardly of 12, with his truncheon. The kid was allegedly involved in sucking up empty beverage bottles, picking up empty cans, and cardboards from outside of the premises. It was an unlucky day for the kid that he was beaten to tears.

Other than the in-door conferences and media news, is there any mechanism to enforce the principle; "The child shall be protected against all forms of neglect, cruelty and exploitation. He shall not be the subject of trafficking, in any form".

We also met Qayyum 15, washing dishes at a café in Karachi Company. He left his school after grade 5. He is working here for the last two years but intends to go back to school to become a doctor. Only God knows the circumstances under which his ambition will survive.

We witnessed several scavenger kids observing their day on piles of garbage, picking recyclable items so that they can make some money to buy food. This is perhaps their only employment opportunity, given their age and strength.

Governments make high claims of eradicating poverty and social injustices. The need of the time is to take some practical steps towards the UN Sustainable Development Goals 2015, especially those related to children.

Sahil Training Department provides trainings to primary school teachers, parents and communities

On

Meri Hifazat , Child Protection in emergencies, Team Building for Child Protection Network, Involving Men to End Violence against Women and Children, Aflatoun-

Social and Financial Savings

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International Days

World Teacher's Day

October 5-The day commemorates the adoption of the ILO/UNESCO Recommendation concerning the status of teachers in 1966. This recommendation is morally binding for all countries.

International Day of the Girl Child

11 October-On December 19, 2011, the United Nations General Assembly declared 11 October as the International Day of the Girl Child, to recognize girls' rights and the unique challenges girls face around the world.

International Day for Tolerance

16 November-In 1996, the UN General Assembly invited UN Member States to observe the International Day for Tolerance on 16 November, with activities directed towards both educational establishments and the wider public.

Universal Children's Day

20 November- Marks the day on which the Assembly adopted the Declaration of the Rights of the Child, in 1959, and the Convention on the Rights of the Child, in 1989.

World Television Day

21 November-In recognition of the increasing impact television has on decision-making, the United Nations General Assembly proclaimed 21 November as World Television Day.

International Day for the Abolition of Slavery

2 December-Marks the date of the adoption, by the General Assembly, focus of this day is on eradicating contemporary forms of slavery, such as trafficking in persons, sexual exploitation, the worst forms of child labour, forced marriage, and the forced recruitment of children for use in armed conflict.

Human Rights Day

10 December-The UN General Assembly proclaimed 10 December as Human Rights Day in 1950, to bring to the attention 'of the peoples of the world' the Universal Declaration of Human Rights as the common standard of achievement for all peoples and all nations.

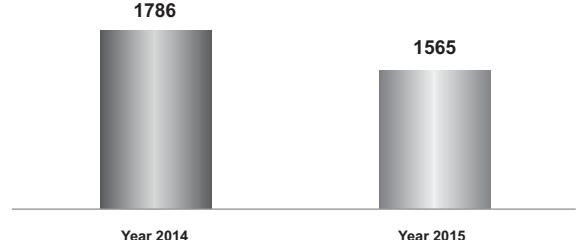
Highlights from Sahil Cruel Numbers 6 month report 2015

Besides Cruel Numbers annual report Sahil also prepares a six month cruel numbers report from January to June each year.

The data obtained from news papers on child sexual abuse shows that a total number of 1565 cases of sexual abuse were reported in newspapers from January – June 2015.

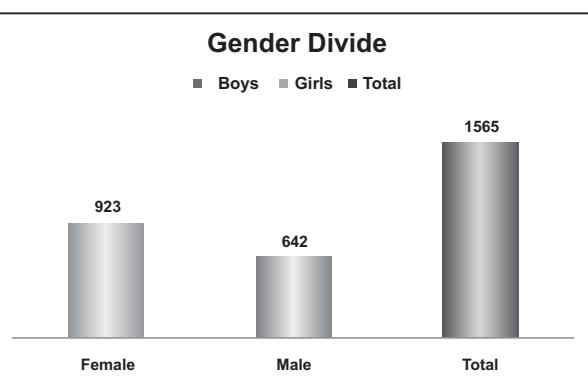
The comparison of CSA cases of previous 6 months Jan-Jun 2014 with that of recent 6 months of January – June 2015, clearly indicates a decline of 221 cases. Less reporting may be due to high security and law and order situation.

Comparison of 6 Month CSA Cases 2014-2015



Gender Divide

■ Boys ■ Girls ■ Total



The report shows that of the total 1565 cases 59 percent were girls and 49 percent were boys.

According to the report the comparison of the 6 month data of January – June 2014 and January – June 2015 shows that the number of boy child victimization has increased by 4.3% in 2015, recorded as 614 in 2014 and 642 in 2015.

The phenomenon of sexual abuse is usually associated with puberty in which it is alleged that the victim is a consenting partner. On the contrary to this belief the report shows even children from the age group of 0-5 years were victimized to sexual abuse.

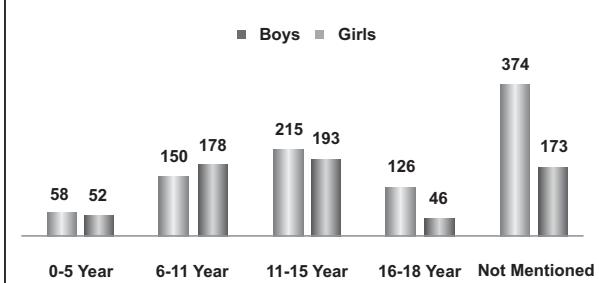
Similarly there is another belief that girls are more often abused than boys, on the contrary the report reveals that more

boys than girls were victims of sexual abuse in the age group of 6-10 years during January – June 2015 as compared to January – June 2014.

Although the issue of sexual abuse is being recognized as a prevailing issue in the country by policy makers and the general masses, yet tangible steps for mass awareness, law enforcement, and timely and cheap justice system for the prevention of child sexual abuse must be taken. The creation of a protected environment for children is integral to put an end to child sexual abuse otherwise its after effects can be lethal for the entire social fabric.

Age of Victims

■ Boys ■ Girls



The Kasur Incident.... A lesson

Mumtaz Hussain Gohar

Program Officer Media, Sahil

The Kasur scandal is by all means a heart aching incident. Anyone with a conscience condemns such incidents, but this particular incident has left a number of questions and lessons to all of us to ponder upon.

This incident has on one hand decorated the flaws in the responsibilities of the parents and on the other hand it also brings the shortcomings in the fulfillment of the responsibility of the individuals in a society such as law enforcing agencies, teachers, civil society and relatives etc... it is now the need of the hour that all the socializing agencies including parents and teachers must ponder upon the fulfillment of their responsibility towards the protection of the future generation.

The scandal has revealed on us that we need to be prepared to prevent such incidences from taking place. Some reports generated after the incident show that many of the victim's parents did not have any awareness on prevention of sexual abuse and neither did any of them know about the steps those were necessary to be taken after the incident was disclosed to them. That is why it took years for the parents and the victims to speak up against the culprits. Parents preferred to fulfill the demands of the abusers to avoid the disclosure of their child's case and this strengthened the abusers status in the society and in return the number of incidents went on hiking up year by year.

If we look at the Kasur scandal the services provided by the police and law enforcing agencies was insufficient to cater to the issue. Particularly the local police appeared to be sluggish and ignorant. Some reports also revealed that some of the abusers had support from the police which resulted in the prolongation of the heinous crime without any fear of check and balance for years and this is also revealed in the report by the Joint Investigation Team (JIT). After the scandal was exposed many parents tried to lodge FIRs against the culprits but the police themselves threatened and hindered their way in lodging their reports.

This is encouraging that the JIT has declared the video clips attained from the abusers as genuine and has nominated 7 government officials and 17 others responsible in the case. During the investigation of the case the JIT has also identified nine children who have been sexually assaulted and filmed. During the investigation the JIT documented the interviews of 400 people from the village.



These interviewees were parents, victims, police officials, witnesses and the residents of the village. The JIT has proposed strict legal action against the 17 identified culprits and has written letters to the relevant departments for action against the 7 government officials. It is now time to wait and see the trial of the nominated culprits.

Sahil Cruel Numbers Report 2014 shows that out of the total 3508 cases that reportedly took place in the country, 56% of the cases were reported from the province of Punjab. It is a matter of concern that the province does not have any comprehensive law on child protection which could directly deal with such issues. Although the Punjab neglected and destitute children act and the existence of child protection welfare bureau in Punjab province is perceived as a comprehensive child protection system but the reality is that this body solely deals with homeless, begging and street children.

On the other hand Khyber Pakhtunkhwa Child Protection and Welfare Act 2010 and the Sindh Child Protection and Welfare Act 2011 are in place with the respective provinces and can be implemented but the state of children in these provinces is not better than other provinces those lack the relevant laws. This shows that despite the existence of relevant laws their non implementation is our major issue, especially the delays in FIR registration, or refusal of registration of FIRs or not registering the FIRs due to pressure from any influential figures from the society.

The existence of laws related to children is just the initial step towards the protection of children but it is more important that the implementation of such laws is ensured.

The Kasur Scandal urges us to enact all the pending bills related to children and implement them in letter and spirit, so that we can save our coming generations from falling victim to similar incidents.



Attention to Volunteers

Manto and Older Friend



Manto came home excited and told his mother, "Mama today I made a new friend in the playground". His mother asked, "How old is he?" he said, "I think he is four years older than me because he is four classes ahead of me."



His mother said, "It's better make friends of your own age. Older children can bully young kids. Mohsin is your good friend. He is your age and your class fellow. It is better to play with him."

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Profile of an abuser

Anum Shahzad

Rubab Ishtiaq

JHC, Sahil

Abuser can be anybody, regardless of age, gender, educational background, race, sexual orientation and economic background. Therefore, when it comes to building the profile of an abuser, it's not very easy, because there is no profile; abuser can be any normal person who can access a child. An important thing to know is that, abuse is not accidental; it happens intentionally.

Abusers mostly use their power or authority to manipulate children. Abusers initially build some relationship with children they plan to abuse by being loving and caring towards them. They sometimes trick children into their trap by giving them small gifts or favors. They radiate interest in children and try to establish trust.

It is important to know that sexual abuse does not necessarily mean rape or sodomy; it can comprise of variety of other behaviors for instance, touching a child's private parts, looking at their private parts, exposing one's body parts to the child, talking in sexually explicit way, fondling, holding the child in a sexual way, forcing child to see pornographic acts and forcing children into child pornography.

Once the abusers have manipulated the children, they threaten them in a number of ways so that the children do not share this information with anyone. Abusers can threaten to kill children, or their family members, or threaten to abduct their other siblings in order to pressurize the children to stay silent about the abuse.

Children who are abused mostly tend to believe that it's their fault. Due to the threats they receive from their abuser and their own guilt, they usually keep this secret to themselves. Nevertheless, there are a number of behaviors which act as identifiers of sexual abuse. Abused children become depressed, isolated, lose interest in activities they previously enjoyed, lose self esteem, and become distrustful towards everyone including their family and friends.

If children somehow manage to reveal the horrible secret to their parents, there can be a number of reactions possible from the parents. Parents might ask children to stay silent and forget what happened. Parents who decide to come forward are silenced by the threats and blackmails of the abusers. Most of the families who persist and file the FIR eventually give in and compromise. It would not be wrong to say that it's a game of power.

The abuser conceals the truth by threatening, blackmailing, pressurizing and overpowering the families of the victims, and continues to victimize more children and rob their childhood.

To help recover from the trauma, the psychological support becomes necessary both for the victims of child sexual abuse as well as parents of the victims. The children who are victims of child sexual abuse become agitated about what happened to them. They are unable to comprehend as to why they were victims of such trauma; they do not know how to express their feelings. Resultantly, they become more anxious, frightened and aggrieved. The counseling of both parents and victims on the harsh incident of sexual abuse makes them psychologically strong to cope up with the circumstances. The counselor could also help the victim of child sexual abuse to get prepared for his court hearing sessions against the abuser and give confidence for making statements in the court.

The services by the counselor includes time-limited individual, couple and family counseling services for parents and siblings who are coping with their own issues as a result of the abuse. The length of service is based on the specific needs and issues presented.

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ایف آئی آر درج کروانا آپ کا قانونی حق ہے۔ اپنے قانونی حق کو ضرور استعمال کیجئے تاکہ ایسے گھناؤنے جرائم میں ملوث افراد کو قرار واقعی سزا دلوائی جائے

ایف آئی آر درج نہ ہونے یا کسی مشکل پڑنے کی صورت میں مندرجہ ذیل افسران کو اطلاع دیں اور ڈائری نمبر حاصل کریں

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Prevention Techniques of Child Sexual Abuse

Parents and teachers can not personally protect children all the time. Children need to be taught how to protect themselves.

Providing knowledge on safety may increase the chances of a child getting out from a potentially dangerous situation.

1. Say 'NO':

- a. Many abusers gradually induce a child into sexual abuse beginning with touches of different kinds, i.e. tickling, kissing, or hugging.
- b. Teach children that their bodies belong to them and that if anyone touches their bodies in a way that confuses or frightens them they should say "NO".

2. I'll tell:

- a. The most frightening thing even for an experienced child sex abuser is the fear that the child might reveal to a trusted adult. Therefore, children must be trained to immediately say "I'll tell"; if encountered with a situation that they feel uncomfortable with and then follow up by informing his/her parents of the incidents.
- b. Children should know that if anyone gives them sweet or money and asks them not to tell anyone. They must immediately say "I will tell".
- c. If possible tell a grownup they trust. This must be done immediately; otherwise it can put him/her in danger.

3. Scream / Call for help:

- a. Children must also be taught that if they are trapped in a situation they must scream for help to attract the attention of others.
- b. This action will invoke fear in the abuser.

4. Self-defense:

- a. Older children may be taught how to defend themselves in potentially dangerous situations.
- b. Tactics like biting, kicking the shins, scratching the eyes, or punching the tip of the nose bone. This will help in loosening the grip of the abuser and enable the child to escape.

It is important to point out that all these techniques will only help if the child has the advantage of a trusting relationship with his or her teacher/parents who have instilled a level of confidence and self esteem in the child. The child must be given confidence and have self-esteem to use these protection techniques.

Prevention from Sexual Abuse ... Parenting Tips

It is the responsibility of every individual in a society to ensure the safety of children but parents have primary responsibility. A child spends most of his/her time with a parent, that is why parents must educate their children on self protection.

It is necessary to educate a child on how must he/she deal with people they come across their daily life such as while on the way to school or any place outside the home.

Everyone needs to realize that authoritative parenting and lack of understanding among parents and children can bring devastating consequences. It is parent's responsibility to maintain a close friendship and trusting relationship with their children so that they share their daily life experiences or about things that may bother them.



Parents should listen to their children and make them realize that they value their child's feelings. It is also necessary to inquire about the children's daily life routine, appreciate them for their good deeds. Parents should rather adopt a child friendly attitude to deal with their children. Discipline is important for teaching rules but it requires consistency and continuous follow up to turn it in to behavior.

Children must be told that they SHOULD

- Learn to say "NO" if others tell them to do something wrong.
- Have confidence in their parents and must feel it easy to share anything because fear of sharing may make the child keep harmful secrets.
- Make friends of their own age because elder friends can make them do anything by using power of strength.
- Know about good touch and bad touch because not all gestures of love and touch is warm, unwanted touch can harm and make the child feel bad.
- Return home straight away after school or Madrasa with their fellow students because an abuser can find it easy to harm them if found alone.

- Retaliate, shout for help at the top of their voice or try their best to run away and escape if anyone tries to take them by force.

Children must be told that they should NOT

- Accept a free ride from any one because they can kidnap them.
- Accompany anybody elder to them to any park or garden because they may have plans to harm them in isolation .
- Accept any kind of gifts or eatables from a stranger because it may be meant to get any other favor in return.
- Let any one touch their body because it is theirs and no one has a right to touch it.
- Stay at the school or Madrasa after lessons If a teacher asks you to stay back alone with them, they must say that they must go home and inform their parents.

Submit Your Articles

Dear Readers!

For the Readers' Corner segment of Sahil quarterly magazine we will publish the writings of our readers. Submissions of your articles are welcomed for Sahil's upcoming issue January-March 2016, which shall be exclusively for children.

You can send your writings in English or Urdu. The editors reserve the right to make the final decision. The last date for submission of articles, stories, jokes, amazing facts, poetries, is 30 November 2015.

Send your contributions, on:

The Editor
No. 13, First Floor,
Al-Babar Centre, F-8 Markaz,
Islamabad, Pakistan.
P.O. Box # 235
Or E-mail: mag@sahil.org

Most teens feel under pressure because they are dealing with many changes in their lives, at home and school

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A Sahil Initiative

Child Sexual Abuse...Dealing with Disclosure

DEALING WITH DISCLOSURE

- Quality of adult interaction plays an important part in how the child responds to what happened to him/her
- Ensuring confidentiality is a core principle of dealing with CSA
- Provide a safe, private place to talk
- Believe the child
- Don't make promises you cannot keep
- Don't judge the offender
- Stay calm

AFFECTIVE RESPONSES TO CHILD

- “I BELIEVE YOU”
- “YOU DID THE RIGHT THING BY TELLING”
- “I AM SORRY THIS HAPPENED TO YOU”
- “IT'S NOT YOUR FAULT”
- “I WOULD TRY TO HELP YOU, SO IT WON'T HAPPEN AGAIN”

QUESTIONS TO AVOID

- Are you sure it happened?
- Are you speaking the truth?
- Why are you telling me?
- Why didn't you stop it?
- What did you do to make this happen?

8 Things To Tell A Child Before The Age of 16 Years

1. Grades matter. If your friends don't think so, then we need to have a talk about who you are hanging out with.
2. Don't give up! Don't ever give up. You don't have to be perfect. You just have to try your best.
3. Shake someone's hand when you meet them – you don't need to wait for them to reach out. Reach out to them instead. Look them in the eye, too.
4. Laugh at yourself! Don't take yourself too seriously or others will do the same. Have fun! Enjoy life.
5. Accept a compliment! If someone says that you played a great game, just say thank you. Don't criticize yourself.
6. Always be nice to your mom. She loves you more than you will ever know. A mother's love is strong and will stay strong forever.
7. Don't let people put your family down. Stand up for your brothers and sister. Friends come and go, but family is forever.
8. Remember that I am always your friend. Yes, I am your dad, but above all, I am your #1 fan, your friend, your ear to listen to, your shoulder to lean on, your DAD.

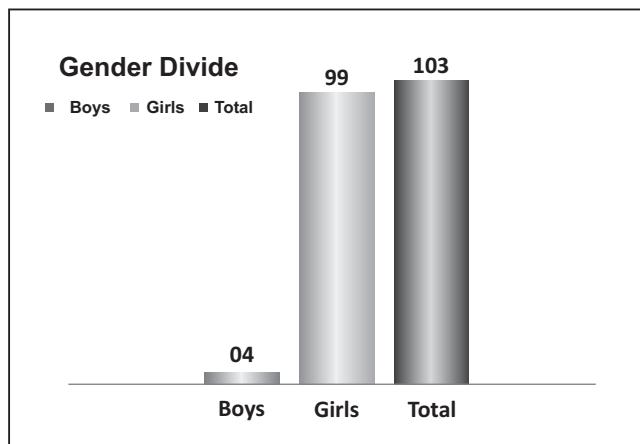
Now go out there & conquer the world...and then come back and tell your mom and I every last detail. We can't wait to hear them!

Sahil Research on Child Marriages in Pakistan

Sahil monitors child sexual abuse cases from 70 online/print, national, regional and local newspapers.

Child Marriages is one of the crime categories of child sexual abuse that is also recorded.

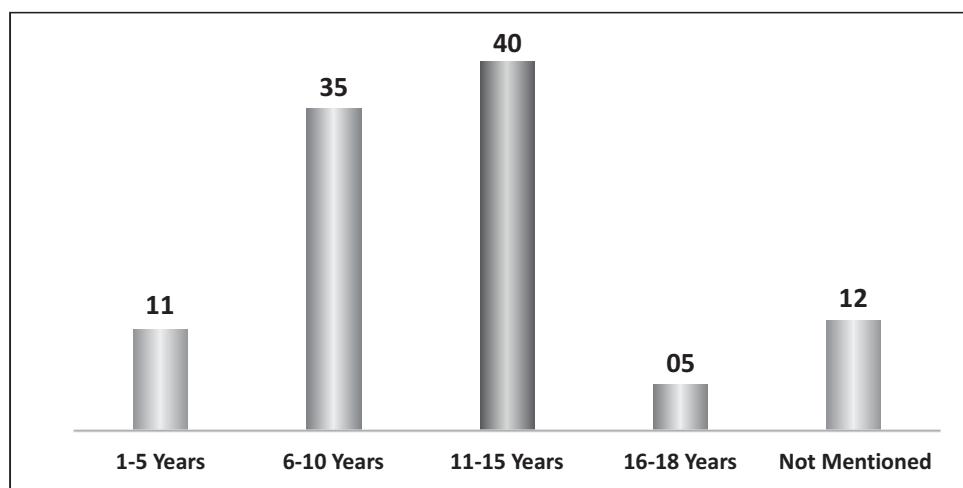
The report shows that 103 child marriage cases were reported in newspapers in the year 2014, of which 99 were girls and 4 were boys.



Of the total 103 child marriages cases, 25 cases were of Vani, a traditional practice of marrying off young girls to settle honor related issues.

Age of Victims of Child Marriages

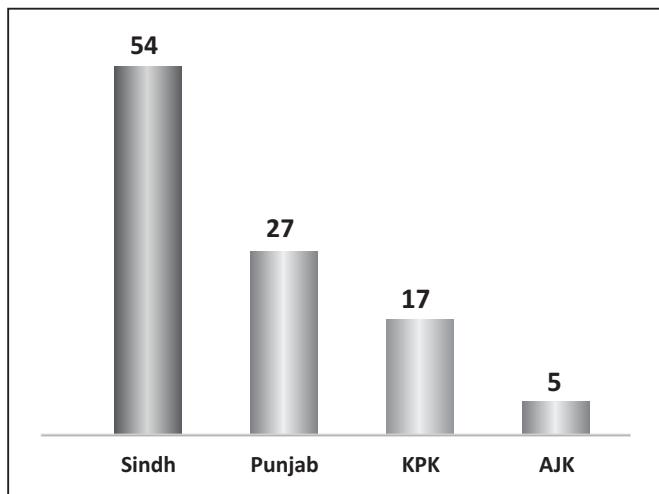
The results show that 39% of the 103 victims of early marriages belonged to the age group of 11-15 years and 34% were from the age group of 6-10 years. The 4 boys were in the age range of 11-15 years.



The fact that more girls are being married at a young age in comparison to boys, would indicate that girls are being married to older persons. The power imbalance that is an intrinsic part of any child marriage will be further aggravated if the husband is a much older person.

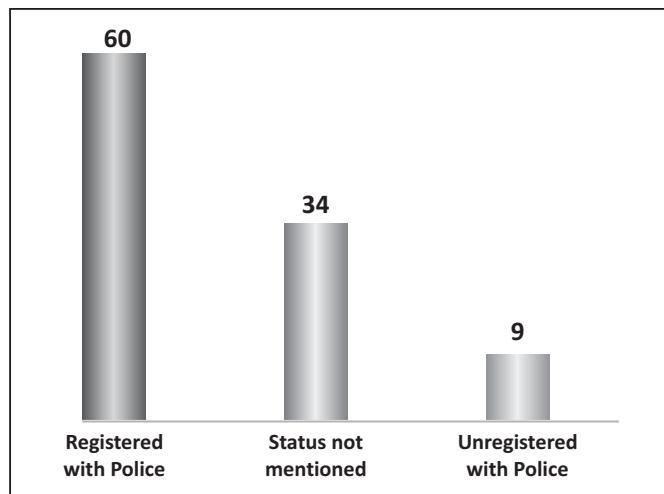
Provincial Divide

More cases of child marriages took place in the Sindh province that is 52.5%, whereas 26.2% cases took place in Punjab, 16.5% took place in Khyber Pakhtunkhwa, and 4.8% cases took place in Azad Jammu and Kashmir.



Case Status of Child Marriages:

The data shows that 58% of the cases were registered with police, whereas the status of 33% cases was not mentioned in the newspapers.



Laws related to prohibition of Child marriages in Pakistan

- 1. The Child Marriage Restraint Act 1929 Amended in 1981 Section 2 (a)** "child" means 18 year old boy and 16 year old girl
- 2. Pakistan Penal Code 1860 PPC Section 310-A** The offender is liable to be imprisoned up to a term of seven years but not less than three year and to a fine of Rs 500,000
- 3. Pakistan Penal Code 1860 PPC Section 498-B** Prohibits forced marriages and makes it an offense, punishable with imprisonment extending to seven years but not less than three years and liable to a fine of Rs 500,000.

Top 3 districts of child marriages recorded in each province

Sindh	Cases	Punjab	Cases	Khyber Pakhtunkhwa	Cases	AJK	Cases
Ghotki	8	Bhakkar	5	Sawat	5	Muzaffarabad	4
Khairpur	6	Lahore	3	Battagram	2	Neelum	1
TharParkar	6	Chiniot	2	Charsada	2		

Frequently Asked Questions from Sahil JHC

What should I do if I know a child is / has been abused?

It is very disturbing to suspect someone we know of sexually abusing a child, especially if the person is a friend or a member of the family. It is so much easier to dismiss such thoughts and put them down to imagination. But it is better to talk over the situation with someone than to discover later that we were right to be worried. And remember, we are not alone. Thousands of people every year discover that someone in their family or circle of friends has abused a child. Although this is not easy for a concerned parent, it's important to remain as calm and supportive as possible. A parent shouldn't grill a child for every detail, or ask numerous questions. Reassure the child that he/she is not to blame and ask a few gentle open-ended questions or prompts (e.g., "Tell me more about that." "Will you share what happened then?"). Children who are abused, and their families, need professional psychological help to recover from their experience. They should report the case of abuse to legal authorities to launch an investigation on it.

What are the signs that a child is being abused?

Children often show us rather than telling us that something is upsetting them. There may be many reasons for changes in their behavior, but any worrying signs in child's behavior is time to check out.

What to watch out for in children:

- Fall in academic problems.
- Nightmares, sleeping problems.
- Withdrawn or very clingy.
- Insecure/ scared.
- Regressive behaviors, e.g. bedwetting.
- Unaccountable fear of particular places or people.
- Outburst of anger.
- Changes in eating habits, eating too much or too little.
- Physical signs, such as, unexplained soreness or bruises around genitals, sexually-transmitted diseases.
- Secretive.

Is there any way to prevent abuse?

There are many actions that we can take to reduce the prevalence of child sexual abuse, although it is probably not possible for any parent or caring adult to guarantee a child's protection. Child sexual abuse is a problem that

breeds in secrecy. It is critically important to educate our children. They need to know that their bodies belong to them and that they don't have to go along with everything an adult tells them to do.

We must encourage them to feel comfortable talking to their parents about their bodies without embarrassment, and teach them what kind of touching is okay between a child and an adult, and what is not. Parents should explain to children that offenders may try to trick them into keeping the “not okay” touching a secret. It is important that we help them to understand the difference between secrets and good surprises. They can learn about situations that are dangerous. Here are some examples from “Meri Hifazat” book of Sahil on how can we prevent our child from abuse.

- Child should play with their age mates.
- Child should inform his parents while going out of the house.
- Child should be told not to hide anything from parents that makes them worry.
- No one has the right to make the child feel uncomfortable .
- Saying “No” to others for doing something wrong is the right of child.

What is the psychological impact of child sexual abuse?

In the short term, it's not unusual for a child to develop some post-traumatic stress reactions like severe anxiety, flashbacks, uncontrollable thoughts or nightmares; that will respond to treatment. The child's ability to trust adults to take care of them may also be jeopardized. Sadly, when children do not disclose sexual abuse and/or do not receive effective counseling, they can suffer difficulties long into the future. As one child expressed it, “Abuse is like a boomerang. If you don't deal with it, it can come back to hurt you.” On the other hand, children who have the support of an understanding caregiver and effective treatment can recover without long-term effects.

Jeet Healing Center provides trainings to secondary school teachers, communities and organizations
On
Para Counseling Skills, Trauma and Stress Management, Parenting Skills, Conflict Management,
Adolescent Health and Child Protection
Phone: 92-051 2856950
Email: jeet@sahil.org
Toll free services on 0800-13518

Pakistan's Inspirational Young Talent

Babar Iqbal

Babar Iqbal started programming when he was just five years old and this genius has set many world records. In 2006 he became the youngest Microsoft Certified Professional (MCP) and youngest Certified Wireless Network Administrator (CWNA) both, while he was just 9 years old. Then when he was 10, he became the youngest Certified Web Professional Associate (CIWA),



followed by becoming youngest Microsoft Student Partners (MSP) at 11 years and the youngest Microsoft Certified Technology Specialist (MCTS) in .NET when he was 12 years old. Then at age 14 he had his first research paper published on a topic of great importance, i.e. "Digital Forensic Sciences". He resides in Dubai since 2009, where he is training and working with Microsoft. He launched 'Student-Café: IT for all' in 2010 which aims at creating IT awareness throughout the world at all educational levels.

Sitara Akbar gets nine bands in IELTS exams.

Sitara Akbar is the female holder of both Pakistani and world records based on her passing of O-Levels Chemistry, Biology, English and Mathematics between the ages of 9 and 11. Sitara Akbar is from Rabwah, a small town in the Punjab province of Pakistan, and is the eldest of five children. Akbar achieved international fame when she broke



the world record for youngest student to take the O-Levels examination and IELTS. She is the youngest Pakistani student to have appeared in both tests.

Children Page

Some Interesting Facts about Children

Fact 1:

A 3-year old Boy's voice is louder than 200 adults in a crowded restaurant.

Fact 2:

Fathers tend to determine the height of their child, mothers their weight.

Fact 3:

On average, a 4-year-old child asks 437 questions a day.

Fact 4:

Watching television can act as a natural painkiller for children.

Fact 5:

Children under the age of six are at the greatest risk for crushing or burning injuries of the hand.

Fact 6:

Worldwide, the average woman gives birth to an estimated 6.89 children.

Fact 7:

According to a recent survey, ten per cent of UK children learn to use a touch screen by age two.

Do You Know?

1. The giant squid has the largest eyes in the world.
2. The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
3. Most people fall asleep in seven minutes.
4. "Stewardesses" is the longest word that is typed with only the left hand.
5. A cat has 32 muscles in each ear.
6. An ostrich's eye is bigger than its brain.
7. Tigers have striped skin, not just striped fur.
8. There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous.
9. "Dreamt" is the only English word that ends in the letters "mt".
10. Almonds are a member of the peach family.
11. Like fingerprints, everyone's tongue print is different.
12. The "sixth sick sheik's sixth sheep's sick" is believed to be the toughest tongue twister in the English language.

Laugh Out Loud

✿ Doctor: "Mr. Beazley, that pain in your leg is simply due to old age."

Patient: "I don't think so! My other leg is just the same age and it feels fine."

✿ "Dad, can you write in the dark?"
 "I think so. What is it you want me to write?"
 "Your name on this report card."

✿ Teacher: Write a short essay on football match.

All students were busy but one student was free..

Teacher: why are you not writing anything?
 Funny student: "Miss, Match draw due to rain.."

✿ Wife: Why do you go out in the balcony, when I start singing.
 Husband: Because the people would think I am beating you.

Whats on At Sahil

Activities of Media Department:

- Published children magazine July- September 2015
- Prepared quarterly magazine October – December 2015
- Prepared and disseminated Sahil Cruel Numbers six month report 2015
- Sahil representatives were interviewed by 31 national and international news & radio channels and newspapers including Voice of America, Geo News and the New York Times regarding Kasur child abuse scandal
- Visited Kasur for fact finding on Kasur scandal



Activities of Training Department:

Conducted:

- Training Department Men Engage and Aflatoun trainings in district Sukkur & Jaffarabad
- Training Department CCBs Training in Taxila Rawalpindi
- Training Department Meri Hifazat Training in Lahore Grammar School Islamabad, Kachi Abadies School and Mashal Model School Islamabad
- Traning Department Parents Training in LuttceBee School Islamabad



Activities of Jeet Healing (Free Counseling) Center:

Conducted:

- Lady Health Worker's trainings on child protection in Sukkur, Jaffarabad, Lahore and Abbottabad
- On demand trainings on child protection at Health Services Academy, Lahore Grammar School, & Joint Services Montessori
- Training of trainers (TOT) on child protection at Beacon house Lahore
- On demand training on conflict management at UNHCR for Afghan refugee youth
- Kasur visit for fact finding and developed analysis report on Kasur incident



Activities of Regional Office Sukkur

Conducted

- Team building training for participants from 10 villages of Two UCs Dhandhi and Babarlo.
- Men-Engage training for youth group of Magnet organization.

- Press conference on the six month cruel number Jan- June 2015 at press club Sukkur,
- Orientation session on child protection in Basic Health Units in UC Dhandhi and Babarlo
- A workshop on Youth Policy Bill, District Support Group (DSG) at public school Sukkur on the international day of youth. Celebration independence day.
- Celebrated Independence Day with District Support Group.
- Orientation of Sahil services for Doctors in Khairpur for building referral mechanisms for CSA cases.
- Follow up and FIR Registration of Ghotki Child Sexual Abuse Scandal
- Meri Hifazat(MH) training for teachers of Brac International Organization teachers in UC Babarlo.
- Orientation for police station staff of Taluka Rohri District on child protection and referral mechanism

Activities of Regional Office Abbottabad

Conducted:

- Puppet show in village Karak Mera and Usman Abad Hattar and Mirpur.
- Child protection sessions for community members in Mian de Sarri Abbottabad.
- Formed Village Child Protection Network (VCPN) in village Hussaina, Chamb, Mera Thal, Sahdi, Shah Jhanabad , Hattar and in Banda Nabi of UC in Mirpur
- Press briefing in Regional office Abbottabad on six monthly Cruel Numbers report, 2015.



Activities of Regional Office Lahore

- Held a joint Press Conference with National Commission on Human Rights NCHR Team on Kasur CSA scandal
- Visited Kasur with NCHR Team Regarding Kasur child sexual abuse scandal



Conducted:

- Team Building Training for members of child protection network at Sheikhupura and Lahore
- Training of trainers for Beacon House School Teachers on Child Protection
- Lady Health Workers Training in Lahore and Sheikhupura

Activities of Regional Office Jaffarabad

- Held press briefing on Sahil six month Cruel Numbers Report in Jaffarabad

Conducted:

- Training on MenEngage and Afflatoon for youth of district Sohbatpur and Jaffarabad.
- Team Building Training for Child Protection Network Members from union councils Noorpur, Naseerabad, Sobatpur and Jaffarabad
- Meri Hifazat Training with Teachers of union council Noorpur of district Sohbatpur and union council Naseerabad District.

**Sahil Resource Center**

A total of 1056 Volunteers have been registered with Sahil. However updated member cards have been issued 230 volunteers.

Best Volunteer Award 2014:

- Mr. Saifullah Chana from Ghotki Sindh was given the Best Volunteer for 2014 for arranging different sessions with friends, community members and schools in Ghotki District.

**Volunteers Special Mention Category 2014:**

The Special Mention Awards were granted to the volunteers for their extensive work in the communities.

• *Mr. Badal Khan – Jaffarabad, Balochistan*

He conducted a session on importance of girl's education in the village Goth Haji Imtiaz Khan Khosa with community members. He arranged a meeting with landlords (waderas) of Naseerabad and discussed the topic of violence against women and children. He also arranged session with Sahil poster on violence against women and girls, in Village Naseer Ahmed Khosa and Goth sarwar Khan Pandrani.

• *Mr. Muhammad Iqbal – Karak, Khyber Pakhtunkhwa*

He has given orientation on Sahil through brochures in, Tang, Kohat, Lachi, Peshawar, lucky Marwat, Khyber Agency, Shadi Khail and Sarai Naurang and Hangu city of Khyber Pakhtunkhwa province.

• *Mr. Muhammad Riaz Raza – Patoki, Punjab*

He gave orientation on Sahil activities and its volunteer program to his community members. he also contributed to the monitoring of local newspapers for CSA cases

• *Mr. Muhammad Saeed Khan – Sukkur, Sind*

He distributed Sahil magazines among editors of local newspapers in Sindh. He gave orientation on Meri Hifazat book to Students of Islamia Primary School, Bagh Hayat Ali Shah, Sukkur and distributed MH books and magazines among students.

Parenting Skills



**Health, education and protection
are integral to the proper
development of children**



DO:

Trust your children and respect them

**Develop every day rules together with
children**

Be kind to children

**Be consistent in your behavior with
children**

**Give your children time to develop
their interests and learn new skills**

**Praise your children on good
performances**

**Stay informed about your childrens
activities and friends**

DON'T:

**Force decisions on children without
discussing the issue**

**Compare your children with other
children**

Show favoritism to any one child

Insult or embarrass your children

**Be angry with children due to your
own stress**

Instill fear in your children

Hit or abuse your children



against child sexual abuse

Sahil

Har Bacha Mehfooz.....Safe, Secure & Protected

WE NEED YOU

TO PROTECT CHILDREN



Sahil is working against Child Sexual Abuse and provides Free Legal Aid, Counseling Services and Trainings on Child Body Protection.