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SAHIL

October-December 2017



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SAHIL

Against Child Sexual Abuse

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Editorial

We are celebrating many days associated with children to revive and redefine the vow, the promise, the obligation to protect children, give them a standard of living, provide them all the necessities, help them to develop as finest individuals, and award them a promising future.

The laughter of children is so innocent so genuine and carefree that it makes you think they are a part of nature. Nevertheless, they depend on you more than any other individual you would come to know. Yet we do not provide them the opportunities they deserve, cannot fulfill their dreams and desires.

Health, education, and protection are basic needs that should be provided to all children. It means a number of opportunities and services must be available for children, especially to those who are living in vulnerable circumstances.

A child who is given love, respect, and attention, and is physically cared for will learn to respect, care, and be a responsible adult.

In this magazine issue, you will have articles related to child rights, a detailed report on child marriages, highlights from Sahil Cruel Numbers six months report 2017, making children safe online, climate change and children, frequently asked questions from Sahil counselling centre, effects of domestic conflict on minors, and stories from Sahil's Meri Hifizat book.

Enjoy a good read and share your feedback, comments, and suggestions with us.



Child Marriages – the way forward

Safeer Ullah Khan (Writer, development professional)

I know that many organizations are working on the issue of child marriages in Pakistan, and want to get either the existing law amended or a new law enacted. I personally am in favor of getting a new and comprehensive law enacted. The existing national law “Child Marriages Restraint Act 1929” prescribes one month of imprisonment and/or Rs 1000 (The US \$ 10) as fine for the culprits. Furthermore, it discriminated between boys and girls as it sets different age limits for them. A boy should be 18 years old, while a girl should be 16 years old to get married. Even this law is being flouted with impunity and no one in Pakistan is bothered about it.

It would be pertinent to mention here that two provinces have amended this law. Since the approval of the 18th Constitutional Amendment, Sindh and Punjab have used their exercise to legislate on many issues, which were in the domain of the federal legislature before the 18th Amendment. Both the provinces have amended the Child Marriages Restraint Act. Sindh has come up with the more progressive law as it has increased the fine as well as prison term for the violator, and made registration of a case easier for the general public. The age limit for marriage has also been set the same for boys and girls – 18 years.

Punjab, too, has amended the law, but the amendments are cosmetic in nature. The age limit remains the same for girls at 16 years and for boys at 18. The only change is increasing in fine and prison term. However, the registration process for a violation remains as ambiguous as ever. Hence, we see that not a single case has been registered since the amendment in the law was introduced in March 2015. However, we do see cases being registered in Sindh.



We need to have two-pronged strategies to solve this issue:

1. New and comprehensive laws covering all aspects of child marriages
2. Raising awareness among masses about the problems faced by child brides

New Law:

The new law should cover many more aspects of child marriages rather than just punishing the parents of a child bride. The new laws should cover:

- Birth Registration: it should be made mandatory. The process should be simple and easy. The local governments at Union Council level should be responsible for this. Proper birth registration would remove the grey areas regarding age determination.
- Age Limit: Age limit for both boys and girls should be same – 18 years. Remember, a person younger than 18 years is not allowed to drive a car, maintain a bank account, keep a passport or vote in elections. Marriage is a much more serious business.
- Marriage Registration: marriage registration also needs to be made mandatory. Similarly, CNIC should be mandatory for registration of marriage. If this happens, the child marriage issue would be resolved very quickly.
- Harsher Punishment: the crime should be punishable by at least 5 years of imprisonment along

with a fine of Rs 500,000.

- Punish All The Parties: The punishment should be applicable to all the parties involved in a child marriage including parents of the bride and the groom, the Nikah Khwan/Registrar, witnesses, and the groom if he is 18 years old.
- The law should have provisions to deal with cases of child marriages if the marriage has already taken place, and has been consummated. Would such a marriage be dissolved or considered null and void? What would be the fate of the bride in such a case?

Awareness:

- Law alone cannot help much unless people (at least majority of them) believe that child marriage is a cruel practice. To bring a change in the mindsets, we would need to run exhaustive campaigns to reach out to the people at the grassroots level. We need to communicate following messages effectively:
- Child marriage is not a solution to poverty. In fact, it ensures that poverty is transferred to the next generation. A person married to his/her child is deprived of education. The burden of a family comes very early in his/her life and makes it difficult to get out of poverty cycle. It is very likely that their children, too, would not get a good education, and would continue to be plagued by poverty.
- Teenage pregnancy is something really dangerous and can result in the girl's death. Every community has such examples. However, they usually do not make the connection between teenage pregnancy and death.
- Child bride is unable to cope with the pressure of taking care of a family and serving her in-laws – something that is expected of a daughter in law. She lives a miserable life. Physical and psychological violence becomes a norm in her life.



These messages should be conveyed through various means. Media can play a very effective role in this. Street theater and FM Radio can be used to make content in local languages/dialects for this purpose. All we need to do is hold thorough discussions with different communities on this issue and get to know how they perceive this issue. Only then, we can come up with something that would target their perceptions of the issue. The content of the messages must not be developed sitting in an air-conditioned office in Lahore/Karachi/Islamabad.

Curriculum:

Another very important means of raising awareness is putting these issues in the curriculum for children. Only one lesson added to the syllabus of class 8 or 9 or 10 could do wonders in the long run. Remember that the lesson would be studied by millions of children in our schools every year. This would be the most cost-effective measure. We may not need to run any awareness campaigns on this issue 10 to 15 years after the inclusion of such a lesson in the curriculum.

At the end, I would suggest that all the organizations working towards eliminating child marriages in Pakistan should come together and form a network/coalition and make joint efforts to achieve their objective.



“Physical Activity For Healthy Development”

- Recreation and sport activities have an obvious positive link to excellent physical growth in developing strength and endurance in children.
- Physical activity leads to improved body image.
- Sports provide an opportunity to develop leadership skills by participating as coaches and team leaders.
- Academic performance may be enhanced through sports due to increased supply of oxygen to brain and good blood circulation which makes students alert and energized.
- Social and emotional growth is developed through team work and managing cooperation that is a requirement for playing games.
- Recreation provides a safe and supportive environment for children and youth to explore their strengths, develop skills and test their limits.
- Children's self esteem is nurtured by the mastery of age-appropriate skills and the achievement of reasonable goals.
- Moral development is aided by code of conduct on fairness and respect.
- It is healthy outlet for the changes that adolescents go through.



'High quality sport and recreation programs...could significantly reduce the incidence of behavior and emotional disorders in children and youth.' (Dr. Dan Offord)

What does a good sport and recreation program look like?

- Dramatic play encourages imagination, self-direction within an environment of respect and fairness
- It helps in planning, carrying out and evaluating activities.
- It provides choices about what they can make or do.
- Children learn by doing. A good program gives children the opportunity to master new skills by providing developmentally appropriate opportunities for children to learn.
- Children learn to deal with challenges without expectations of perfection.
- Children get the opportunity to utilize their individual strengths.
- Children build friendships.
- Diversity is supported and celebrated.
- Children learn to share and cooperate.
- Caring adults provide consistent support and positive reinforcement to the children.

(Adapted from Kids at Play, Parks and Recreation Ontario, 1999)



Making Children Safe Online

Shahana Shah (Writer, communication practitioner)

While information and communication technology (ICT) has brought about unprecedented speed to the way awareness and knowledge are being shared all over the globe, it is also raising new challenges for law enforcement by enabling criminals to hide behind the mask of anonymity to commit atrocious acts against the most vulnerable, i.e. children.

Perhaps no other incident of child sexual exploitation has received as much attention in Pakistan as that of widespread abuse of a large, though not definite, number of children by several people over many years in Punjab's district Kasur, finally reported in 2015. This included hundreds of clips of the abuse recorded on mobile phones, and according to some reports on DVDs, for extortion and circulation as pornography. Victims' families accused the police of negligence and collusion with the accused. This is a horrific example of large-scale crime, occurring online and offline, mishandled by the authorities responsible upon being reported.

In order to stop online sexual exploitation of children, it is important to understand that online and offline worlds overlap in these crimes. Virtual anonymity and ease of access facilitate the creation and possession of pornographic material.

What is online sexual exploitation of children?

Online sexual exploitation of children includes any sexual crime against children in which information and communication technology is used to facilitate the crime. It can take many forms and may occur over any medium or platform. Part of the abuse may take place in the real world and may involve any of the following:

- Production, possession or distribution of pornography/ child sexual abuse material
- Grooming: communicating and gaining the trust of a child with the intention of later exploitation and abuse
- Live-streaming of abuse
- Exposure to age-inappropriate content
- Extortion
- Hacking
- Stalking
- Prostitution
- Trafficking
- Solicitation



In almost all of these aspects of online exploitation of children, there is a profit involved, whether in the form of extortion or through payment by pedophiles to view pornography. The abuse may occur either through coercion or manipulation. Pornographic or explicit content may be obtained with or without the victim's knowledge which is then used to blackmail him or her.

There are several impediments to apprehending criminals in such acts, ranging from the unwillingness of victims to come forward in a conservative society like Pakistan to the difficulty of spotting such activity taking place through live-streaming. Not only do stigma and shame act as inhibitors for a victim to report the crime, they are what perpetrators comfortably depend on for extortion.

Legislation for protecting children online

Pakistan has signed and ratified the Convention on the Rights of the Child which specifies in its article 34 that signatory states must take measures to prevent:

- (a) The inducement or coercion of a child to engage in any unlawful sexual activity;
- (b) The exploitative use of children in prostitution or other unlawful sexual practices;
- (c) The exploitative use of children in pornographic performances and materials.

Unfortunately, child abuse was never seen as a problem of real urgency by the state. However, the Kasur incident acted as an impetus for the recognition of child abuse as a national issue and since 2015 various legislative actions have been taken for the protection of children.

Through the Pakistan Penal Code Child Abuse Amendment 2016 punishments for crimes against children were enhanced while also including sexual abuse and pornography in these crimes. It also raises the age of criminal responsibility from 7 to 10.

Parts of the Prevention of Electronic Crimes Act 2016 deal with cyberstalking, and pornography and blackmail of minors, but it is a law that on the whole saw substantial resistance from critics who saw it as a means to witch-hunt dissenting voices and curb freedom of speech in its other provisions. This points to the need for effectiveness of laws, rather than their mere existence.

One good news on this front is the passing of the National Commission on the Rights of Child Bill, 2017 in September this year by the National Assembly. The Commission will be an independent body which is indeed the need of the hour taking into consideration the importance of protecting children.

The way forward

Protecting children is a collective responsibility in any society. The state, private media and communication companies, and communities at large all have roles to play. Some important steps that need to be taken to make children safe online are:

- Appropriate legislation that is clear, specific and free from errors of interpretation, and which does not incriminate victims
- Commitment by owners of media companies, whether traditional or social media, to adhere to principles of child protection and concrete steps by them to detect and remove content of child sexual exploitation
- Capacity building and sensitization of law enforcement agencies to both be tech-savvy enough to keep up with cyber-criminals and to deal with these cases with utmost sensitivity while interacting with traumatized victims
- Re-education of society to fight stigma, shame and victim blaming, which are rampant in all cases of sexual violence, whether against children or women
- Evaluation of the role of media in reporting sexual crimes. Sensationalization and intrusive reporting, exposing victims' personal information, add to the perceived stigma and dishonor of the victim rather than bringing about a positive effect
- Education on sex and safe use of technology for children
- Psychological counseling of child victims of sexual abuse

Information and communication technology has blurred territorial boundaries and in some cases the scale of the crimes is international. Children can only be made secure online and in the real world through the realization of the gravity of child abuse and practical steps to curb it. It requires national commitment, enhanced investigative skills by law enforcement agencies and caution and sensitivity on part of families and communities. Countries like Pakistan need to make the very best efforts to fight the menace of child sexual exploitation whether it occurs online or offline.



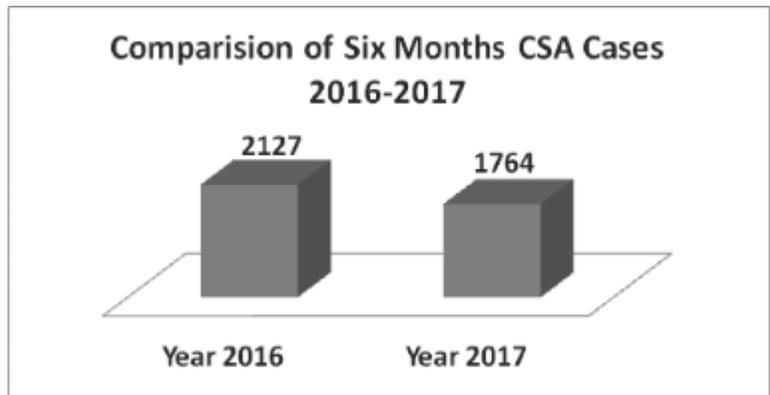
Highlights from Sahil Cruel Numbers Six Months Report 2017

Sohail Ahmed (Program Officer Media, Sahil)

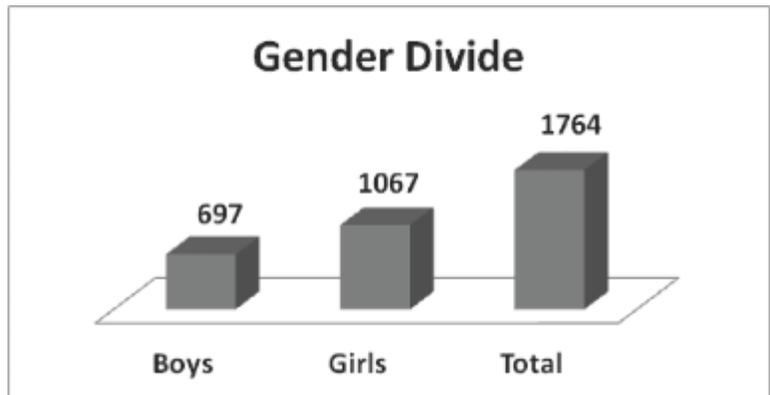
Sahil monitors child sexual abuse cases from 91 national, regional and local newspapers.

This year from Jan-Jun 2017, total 1764 cases of child abuse were reported, which has decreased by 17% as compared to the 2127 cases of Jan-Jun 2016.

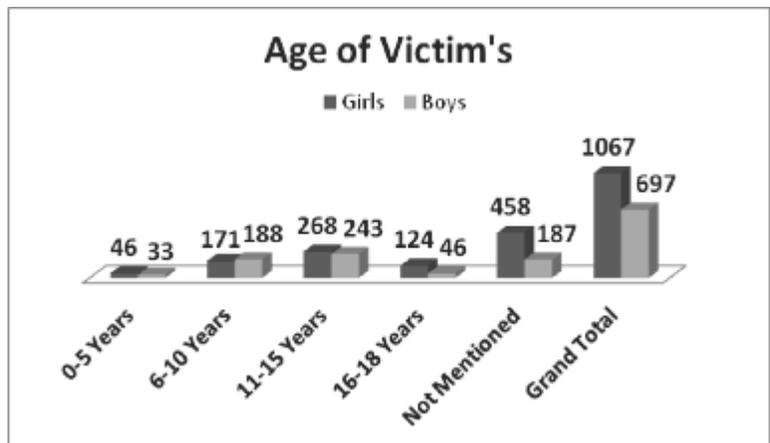
The graph shows that a decrease of 363 cases of child sexual abuse in six-month data comparison with last year. This decrease could be a reflection of media focus on the political issues in the country when abuse cases do not remain a priority. This focus also has been seen in other similar years.



The graph shows that the gender division of victims. Out of the total 1764 cases, 1067 victims were girls and 697 were boys. The comparison with last year six months report shows that girl cases continue to be higher in numbers in comparison to boys as seen in the previous year 2016 also.



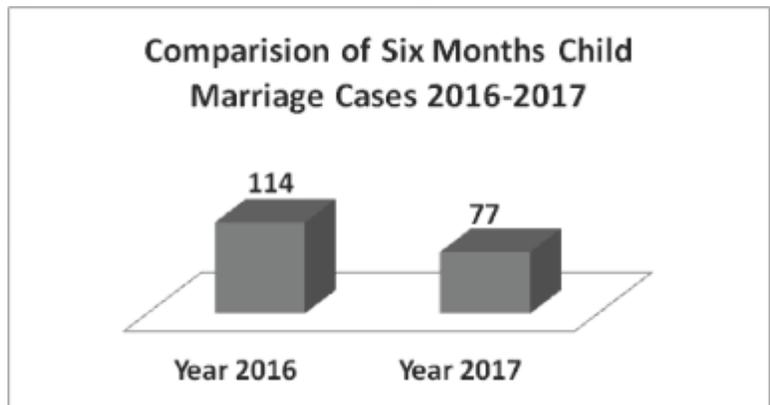
The graph shows that the age group's (0-5, 11-18) more girls than boys were victims of sexual abuse. While the age group of (6-10) more boys than girls were abused. Out of the total 1764 reported cases, 645 cases the age of the victims were not mentioned in newspapers.



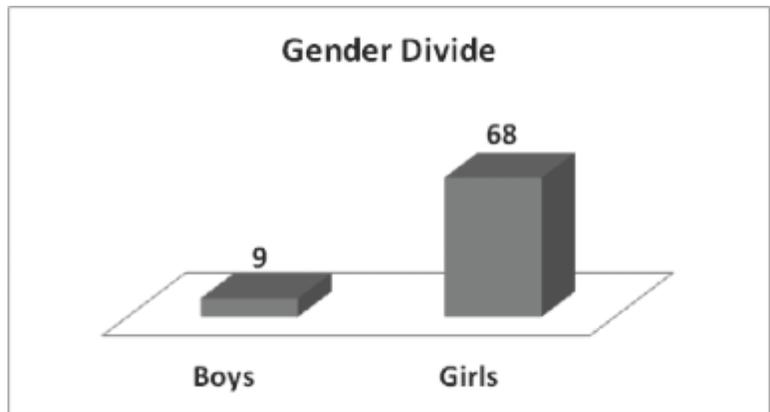
Cases of Child Marriages in Six Months Report 2017

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

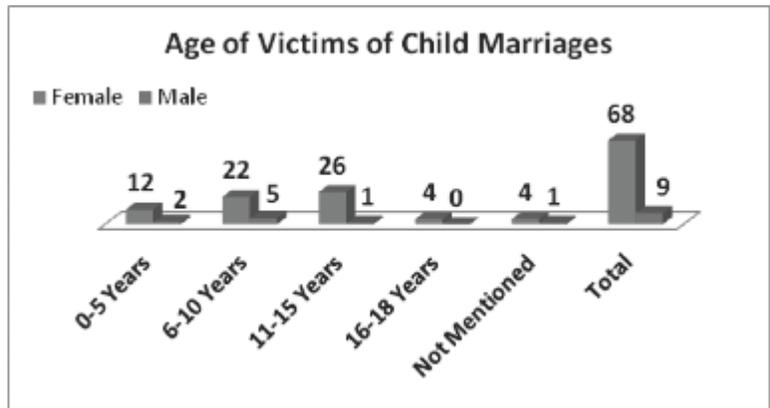
The data shows that 77 cases of child marriage were reported in newspapers from Jan-Jun 2017. The comparison with last year data Jan-Jun 2016 shows that the cases of child marriages decreased by 32% this year Jan-Jun 2017.



The graph shows that the gender division in child marriage cases. The data reveals that out of the total 77 cases, 68 cases were girls and 9 cases were boys. The fact that more girls are being married at a young age in comparison to boys would indicate that girls are being married to the older person.



The data shows that 70% of the victims of early marriages belong to the age bracket of 6-15 and 18% from below to 5 Years.



21 percent of Pakistani girls are married by the age of 18, and 3 percent before 15. Child marriage tends to occur in the country's most marginalized and vulnerable communities, and has devastating consequences.

The UN children's fund report

Climate Change and Children

Mohammad Rizwan Abbasi (Regional Coordinator Sahil, Abbottabad)

Over the last decade, the world's climate has drastically changed. The changes were so abrupt and sudden that these affected the lives and livelihood of millions of people around the globe. China, America, India, Bangladesh, Philippines, and Pakistan were hit badly by natural disasters. Most recently the series of cyclones have hit one of the most developed countries of the world use the scale of the disaster was so large that it exceeded the coping capacities of government and the communities.

In any disaster, the most vulnerable and badly affected segment of society are, the children. In Pakistan's 2005 earthquake we lost 74000 lives half of half of which were children. The reported cases of abduction and child abuse were also huge. Majority of the children got physical impairment and are living with their disabilities. The 2008 Baluchistan earthquake, 2010 super flood, and 2011 torrential floods destroyed in the same way.

The children of today will lead the nation and are the leaders of tomorrow in all the fields replacing the current workforce. Although technological advancement and globalization are the challenges which they will have to meet but the most important would be to combat and live with the changing climate. Depleting natural resources, unplanned urbanization, conflicts and new epidemics, will need a strong plan and preparedness to brave the challenge.

The need of the hour is to educate and sensitize the children about the climate change, its effects and how would our next generation adapt to it. This is food for thought for Pakistan. At Government level, there is a dire need to carry out policy reforms in a proactive manner to combat the climate change which does not seem to be on the priority list of the Government.

The civil society, academic, media and research institutions must devise the strategies to preempt the challenge. In order to protect the future and enable our next generation to combat the challenge with success, we need to have in place proper planning, environment-friendly development, sustainable land use planning, effective and efficient use of natural resources, clean energy, and diverse livelihoods strategies.

Otherwise, the other side of the picture will not be beautiful. We must equip and enable the teachers to impart the message, train the media to report on climate change and sensitize and persuade the decision makers to realize the dream of a " Developed and environment-friendly Pakistan."

The civil society and educational institution need to play their role. Not so long ago, we adopted the child to child approach known as C2C, for the child protection, early childhood development, formal and non-formal education. The time has come again, to use the similar community-based approach to impart the key message of climate change adoption and adaptation to the children. The comprehensive strategy needs to be in place, in order to get the success wherein all the stakeholders should be onboard.

We must understand the fact that, climate will change, the seasons will become more unpredictable and weather will be harsh. I will close this with a quotation, "If you fail to plan, then actually you plan to fail [anonymous]."



Sahil Legal Case Studies

Sargodha case study

The case was registered in November, 2008

The judgment was announced in August, 2009

Madiha, aged 11 years old, was living with her father, Murad. One day Madiha's father sent her to buy groceries in the colony. She did not return for some time. The father, Murad along with two persons, Nabeel and Ghalib, went to search for her. They were informed by the shopkeeper that Madiha had left for home after buying groceries. They then began to search for her in the nearby sugar cane field where they found her lying dead. Another witness, Mumtaz said that the abuser, Aboor, aged 25 years old, came to him and told him that he had taken Madiha to the field and raped her. When she became unconscious, Aboor strangled her with a cloth as he was fearful that she would reveal his identity to her parents when she regained consciousness. He requested Mumtaz to help him to reach a compromise with the victim's family.

The case was taken up by Sahil Referral Lawyer.

The Session Judge declared that Aboor is guilty of Qatal-E-Amd under PPC Section 302(b) and awarded him death penalty. Aboor is liable to pay a fine of 300,000/- rupees as compensation under Cr.P.C. Section 544-A. He is also guilty of Zina-Bil-Jabber under PPC Section 376. He was awarded imprisonment for 7 years along with a fine of 100,000/- rupees, in case of default of payment, a further 6 months imprisonment.

The judgment was announced in August, 2009. This case was decided within 9 months.

Abbotabad case study

The case was registered in February, 2011

The judgment was announced in February, 2015

Zaid, a 7 year old boy, was playing on the roof of his house when Uri, aged 16 years, took him to his house on the pretext of giving him money. The house was empty. Here Uri took off his clothes, and tried to sexually abuse Zaid by threatening him that if he said a word he would kill him. Zaid raised a hue and cry and screamed. This was heard by Haris, a neighbor. Haris ran from there and went crying to his mother. On being asked as to why he was crying, he told his mother that Uri was abusing Zaid. His mother called Zaid's mother and told her about what had happened, who then telephoned Zaid's father and told him about it. He lodged a complaint.

The case was taken up by Sahil Legal Officer.

The medical report did not confirm sodomy. Therefore, the case was considered as an attempt of sodomy.

The Additional Session Judge announced that Uri was convicted for 3 years imprisonment and a fine of 50,000/- rupees under PPC Section 377. In case of failure of payment, he would serve another 3 months imprisonment. The accused, Uri, who was on bail was arrested and sent to jail.

The judgment was announced in February, 2015.

The case was decided after 4 years.

Note: All names in the case studies have been changed

Hight Alert! Our Children are at Risk – Call for the imposition of education emergency

Sadaf Taimur (MEXT Scholar, The University of Tokyo, Japan)

With; 22.6 million (44%) out of school children (between the age of 5 and 16), 21% primary school being run by a single teacher and 14% primary schools with one room only, there is a need for the imposition of real education emergency because our children are at risk. As per the Pakistan Social and Living Standards Measurement Survey 2013-14, Pakistan's progress on the education front has been severely lagging, given that it has not achieved any of the targets set for 2015 in all three indicators: to improve literacy rate, retain enrolment and increase net primary enrolment.

Article 25-A was inserted on April 19, 2010, with the 18th Amendment to the Constitution of Pakistan guaranteeing free and compulsory education for ALL 5-16 year olds as a Fundamental Right. If education is a fundamental right then why are there only 246,500 school facilities available in Pakistan (according to Economic survey of Pakistan, 2015-16) for 52 million children between the age of 5-16 years. This divulges that there is a crisis on the supply side. Additionally, children, who are enrolled, are not learning what they are supposed to learn, Remember, Right to Education is not about children being in the school ONLY. It is about children being in the school and learning. The Annual Status of Education Report (ASER) revealed that almost half of the grade 5 students have only achieved the learning competency of grade 2. The other half, not even that!

According to statistics provided by AlifAilaan, more than 70% of teachers in Pakistan believe that corporal punishment is useful. Which means that it is a common practice and hence we get to hear about many cases like Ali Meezan, a 10 years old student, who got scared of going to school because his teacher severely punished him with a stick for not bringing his notebook. According to SPARC, 35,000 children in Pakistan drop out of primary school system, annually, due to corporal punishment. Physical or mental abuse during childhood is not healthy for child's self-esteem and development. Children who are exposed to violence can grow up being more vulnerable to depression, suicidal tendencies and/or drug addiction.

According to World Economic Forum's Global Human Capital Report 2017, Pakistan is at the 125th spot out of 130 in a list that ranks countries on the basis of how well they perform in the education and skills development and infrastructure.

WE NEED TO MAKE EDUCATION "A PRIORITY" and the reforms required in the whole education system of Pakistan, to ensure effective implementation of RTE – 25 A, has to be taken seriously by the government.



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Frequently Asked Questions from Sahil JHC

How Do You Distinguish Between Healthy and Unhealthy Anger?

We are all born with the predisposition to experience anger. Furthermore, anger is often a constructive and valuable emotion. It is often a signal that something meaningful is upsetting us. Anger mobilizes our attention and prepares our body to take action that often is adaptive. However, anger can become too intense and therefore problematic.

When is anger a problem?

- When it happens too often
- When it lasts too long
- When it negatively impacts others
- When the expression of it is inappropriate
- When it compromises efficiency and performance
- When it compromises health or quality of life

Are There Different Kinds of Anger?

- Passive-aggression (e.g. engages in actions known to irritate the other person)
- Sarcasm (e.g. makes cutting remarks about others; uses a tone of voice that conveys disgust)
- Cold anger (e.g. withdrawal from the other person for a period of time; refuses to reveal what is wrong)
- Hostility (e.g. conveys an inner intensity, raised voice. Shows visible signs of frustration and annoyance)
- Aggression (e.g. verbally abusive — curses, uses name-calling, blames. Acts out anger with pushing, blocking or hitting)



Can Anger Harm Your Health?

Unfortunately, yes. The tendency to experience anger frequently — known as high trait anger affects many of the body's systems, such as the cardiovascular, immune, digestive and central nervous systems. This can lead to increased risks of hypertension and stroke, heart disease, gastric ulcers and bowel diseases, as well as possible increased risk of some types of cancers. Research has shown that high trait anger is an independent and significant factor for heart disease.

How can be dealt with?

Simple relaxation tools, such as deep breathing and relaxing imagery, can help calm down angry feelings.

Some simple steps you can try:

- Breathe deeply, from your diaphragm; breathing from your chest won't relax you. Picture your breath coming up from your "gut."
- Slowly repeat a calm word or phrase such as "relax," "take it easy." Repeat it to yourself while breathing deeply.

- Use imagery; visualize a relaxing experience, from either your memory or your imagination.
- Nonstrenuous, slow yoga-like exercises can relax your muscles and make you feel much calmer.

Practice these techniques daily. Learn to use them automatically when you're in a tense situation.



Any other strategies for Anger management?

- Problem solving
- Better Communication
- Using Humor
- Changing your environment
- Avoidance

(This code of ethics is related to UN convention for the Rights of Children Article No. 2, 3 and 16 Pakistan is signatory of the CRC. Please visit Sahil Relax website to learn more strategies. www.sahilrelax.pk)



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Code of Ethics for Reporting on CSA

1. Give priority and space to news related to child sexual abuse.
2. Gender sensitive reporting on issues related to children.
3. The abuser should be highlighted in the report.
4. Name and picture of the victim should not be reported. An alphabet letter A,B or C may be used instead.
5. Name and occupation of the victim's parents should not be reported.
6. Investigative reporter should cross check the First Information Report (FIR) as a follow up for verification.
7. Maintain language ethics while reporting CSA.
8. Avoid sensational headlines and views.
9. Action against abuser should be highlighted.
10. Avoid derogatory remarks about victims and their families.
11. Report the follow-ups of CSA cases especially court proceedings.

This code of ethics is related to UN convention for the Rights of Children Article No. 2, 3 and 16 Pakistan is signatory of the CRC

Effects of Domestic Conflict on Minors

Zemal Ali (Researcher, law graduate)

Domestic conflicts are the gray area we normally avoid plunging into for a deeper analysis. Its perils can be more lethal than one can imagine. The notion that the quality of our closest relationships has a profound effect on our self-esteem is indisputable. More so, we tend to forget they have material consequences in the physical, emotional and cognitive growth and development of our children; the pioneers of our future.

The fact that dispute among parents can have a deteriorating effect on a child's psychological development has been accepted since 1930s. (Towle, 1930). Studies have also shown that children as young as six months can react to a hostile domestic environment in the form of an elevated heartbeat, a condition non-existent in children who grew up in non-hostile environments. Children of age group up to 5 react by acting up, crying, freezing or completely withdrawing from the surroundings. It was further noted in researches that couple conflicts can lead adolescents to show criminal and anti-social behavior along with a deficit in academic attainment. (Harold, Aitken & Shelton, 2007). A preconceived notion that seriously needs to be discarded is that conflict essentially needs to be overt in order to have a measurable impact on children; in other words, severe enough to be labeled as domestic violence, perhaps. However as the decades have passed, it has been found that behaviors that are primarily discordant and non-violent also exert a negative impact on the development of children (Cummings & Davies, 2010; Rhoades, 2008). Most of us even fail to recognize that an aggressive behavior of a child is almost never inherited and only developed over time by any parenting flaw – couple conflict being at the top of the list.

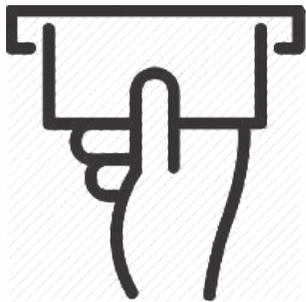
It is interesting to note that adverse effect on a child's emotional development is not necessarily caused by a violent relation between parents; rather, a relation inclined towards mutual apathy and withdrawn behavior can make a child feel unwanted and invariably almost always consider him/herself the cause of it (Cummings & Davies, 2010; Rhoades, 2008). A deciding factor could be the way parents resort to conflict management. There have been researches in past that involved a target sample of roughly 290 kids with single mothers/parents, and it was found that their self-concept was somewhat more distorted than those who lived in an intact family (Raschke and Raschke, 1979). In 1982, Emery resorted to finding out the connection between marital turmoil destructive behavioral deviations in children. It is important to understand that there are about three aspects of conflict, that play a detrimental role in determining the damage inflicted on a child, first the form of conflict (arguing, avoidance or hitting); second, the nature of content involved (sex, child rearing or money) and third, the duration. This is where we separate periodic conflicts from chronic conflicts. Periodic conflicts last for a shorter duration, they are occasional and appear resolvable to the child. Chronic conflicts, however, form the root of child's suffering his/her self-esteem. Chronic conflicts have the third aspect of conflict involved to a degree where the recurring fights become so long and appear endless to the child, that they absolve any hope for having a normal family. If such conflicts involve physical abuse of either party, it either inculcates fear in the child or stimulates incriminating thought pattern in the child's brain. Emery had pointed out another interesting factor, she proposed that gender of the child can determine the nature of the impact of hostile conflicts; whereby girls become more withdrawn and boys might become verbally and physically aggressive and apathetic even.

Another important research conducted by Morrison and Coiro in 1999, on a sample of about 727 children revealed that children who are parented by a couple stuck in a bad marriage do less well than those who are parented by a divorced couple. This brings us to the application of this data and researches on the social and demographic structure of our country. Our country, Pakistan, is very diverse when it comes to discussing family systems and often we have conditions and situations going on that are perceived completely normal despite their being completely unnatural. In a mental health survey, it was found that about 30-40% of people in Karachi alone suffer from mental health issues. They are more common than we know, and their roots lie in failed marriages and broken family structures. All the religious and even popular socio-economic beliefs and custom set parents on a pedestal; When these same "divine figures" end up quarreling in front of their offspring, what lies ahead for the child is a dilemma. His whole belief system is shaken and he no longer knows what he can and has to believe in. Chances are children almost never recover from this trauma and even learn to put it behind as they grow up. Along with leaving the trauma behind, they stop acknowledging the behavioral changes that occur due to such conflicts. The most detrimental effect to behold in any such conflict is when the power dynamics are not stable. If either of the father or mother is more aggressive and verbally expressive with their anger, it leaves a trail for the child to be followed. An abused mother can raise either a timid daughter or a woman who cannot possibly trust a man to be kind.

It's imperative to understand that no two people are alike and therefore arousal of conflicts is only natural. However, our attitude towards the conflict and the way we communicate our differences and try to resolve them determines the degree of success or vice versa of it, and other relations dependent on this one relation. It might as well be wise to consult couple counselors and not undermine the effects a couple's quarrels can have on children. Together, we can hope to make the family structure more reliable rather than dangerous.



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 Jan-March 2018.

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 on different child right and protection issues, is 10th December 2017.

Send your contributions, on:

The Editor

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

Sahil Best Volunteer 2016

Shahbaz Abbasi (Student NUML University)

{Sahil started a volunteer program to break the silence on the issue of child sexual abuse among the communities, and to prepare ambassadors of Sahil to achieve Sahil vision and mission. Volunteers are like an asset to increase outreach of Sahil's message regarding child protection and also help in identification and reporting of child sexual abuse cases.

Volunteers can offer their special services according to their profession such as research, write articles for Sahil magazine, arrange trainings, and contribute to web information. The volunteers can do networking with doctors, lawyers, and journalist, schools, and psychologist, NGOs and law enforcement agencies.}

Muhammad Ilyas Bhaagat born in a small village of district Khairpur named Bhoonbhat pur on April 1st 1982. He received his primary and secondary education from government higher and secondary school Sobhodero. In 2007 he received MA (Economics) degree from Shah Abdul Latif University Khairpur Mirs Sindh.

In 2007, he learnt about Sahil's work for child protection especially against child sexual abuse and presented him Sahil magazines. He was very impressed after reading Sahil magazines. He requested to become Sahil volunteer in 2007 and started working actively for protection of children.

Muhammad Ilyas Bhaagat is very hardworking and a passionate worker. Due to his hard work and enthusiasm, Sahil was proud to announce him as best volunteer of 2016. He received this award on the occasion of Child Friendly Newspaper and Best Volunteer Award ceremony on March 2017 in Islamabad.

He conducted a training session on "MERI HIFAZAT" in government primary school Peer Hayat Shah Khairpur, a total 205 students and teachers participated in this training.

Mr Bhaagat arranged a training session on the topic of "protection against child sexual abuse" for teachers and students of government primary school Goth Ghulam Muhammad Khairpur Mirs. A total number of 80 students and 1 teacher attended the session.

He also conducted a session on protection of children against child sexual abuse. This session was attended by 30 students and 1 teacher of government primary school of Goth Abdul Rehman Peer Hayat Shah Khairpur Mirs.

Arranged awareness rising sessions on child sexual abuse with 399 students and 15 teachers in Isra model school Taloqa Sobhar Dhairo Sindh.

Mr Bhaagat also spread the message of Sahil to the local protection training centers, hospitals, police stations, doctors, lawyers and the people related to politics.

Overall Mr Bhaagat trained 719 students and 21 teachers of different primary schools of Khairpur Mirs Sindh.

"I am working hard to give awareness to the rural communities of my area about child protection and to protect every single child from sexual abuse. I wish the people involved in such activities to be punished severely so that no one can even imagine of committing such a crime." **Muhamad Ilyas Bhaaghat**



Stories from Sahil's Meri Hifazat Book

One day Mini and her all friends went to play on the swings. An old man came up to them. The old man asked, "Little girl! What is your name? Where do you live?"



Mini shouted out to her friend, "Don't tell your name and address". My mama and papa told me not give anyone your name and address". All the children run back to their homes.

Hamid was sleeping in his room, in the hostel. Suddenly he felt that someone was snatching the blanket from him. He woke up. He saw a man was trying to get into his bed. Hamid told him to stop and jumped out of bed.



Learning Disability

Muhammad Aamir (Program Officer Counseling, Sahil)

Introduction

Learning disability (LD), sometimes called a learning difference, learning disorder or learning difficulty. The disorder affects the brain's ability to receive and process information. This disorder can make it problematic for a person to learn as quickly or in the same way as someone who is not affected by a learning disability.

Risk factors

Heredity – Learning disabilities often run in the family.
Problems during pregnancy and birth.
Accidents after birth

Types of learning disabilities

Learning disabilities can be categorized either by the type of information processing that is affected or by the specific difficulties caused by a processing deficit.

a. Information processing

Learning disabilities fall into broad categories based on the four stages of information processing used in learning: input, integration, storage, and output.

Input: This is the information perceived through the senses, such as visual and auditory perception. Difficulties with visual and auditory perception can cause problems with recognizing the shape, position, and size of items seen, screen out computing sound in order to focus on them.

Integration: This is the stage during which input is interpreted, categorized, placed in a sequence, or related to previous learning. Students with problems in these areas may be unable to tell a story in the correct sequence, unable to memorize sequences of information such as the days of the week, able to understand a new concept but be unable to generalize it to other areas of learning, or able to learn facts but be unable to put the facts together to see the “big picture.” A poor vocabulary may contribute to problems with comprehension.

Storage: Problems with memory can occur with short-term or working memory, or with long-term memory. Most memory difficulties occur in the area of short-term memory, which can make it difficult to learn new material without many more repetitions than is usual. Difficulties with visual memory can impede learning to spell.

Output: Information comes out of the brain either through words, that is, language output, or through gesturing, writing or drawing. Difficulties with language output can create problems with spoken language, for example, answering a question on demand, in which one must retrieve information from storage, organize our thoughts, and put the thoughts into words before we speak.

Interventions to minimize LD:

Mastery model:

- o Learners work at their own level of mastery.
- o Practice

- o Gain fundamental skills before moving onto the next level
- § Note: this approach is most likely to be used with adult learners or outside the mainstream school system.

Direct Instruction:

- o Highly structured, intensive instruction
- o Emphasizes carefully planned lessons for small learning increments
- o Scripted lesson plans
- o Rapid-paced interaction between teacher and students
- o Correcting mistakes immediately
- o Achievement-based grouping
- o Frequent progress assessments

Classroom adjustments:

- o Special seating assignments
- o Alternative or modified assignments
- o Modified testing procedures
- o Quiet environment

Special equipment:

- o Word processors with [spell checkers and dictionaries](#)
- o [Text-to-speech and speech-to-text programs](#)
- o Talking calculators
- o Books on tape
- o Computer-based activities

Classroom assistants:

- o Note-takers
- o Readers
- o Proofreaders
- o Scribes



Children Need Attention

Jeet Healing Centre Offers Free Counseling through
In Person, Email, Telephone For
All psychological issues including Trauma of child sexual
abuse
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What's on at Sahil

April to September 2017

HEAD OFFICE

Media Department

- Published Sahil magazine April-June 2017.
- Published six months Cruel Numbers report 2017.
- Sahil representative interviewed at Geo News, Waqt News, FM 99, Radio Mashaal, Voice of America on different child right issues especially child sexual abuse.
- Published children magazine July-September 2017.
- Data collection and analysis for Cruel Numbers report 2017.



Interview on Geo Pakistan about incidents of child sexual abuse

Training Department:

- Conducted in-house capacity building training on Meri Hifazat, Adolescent Health, and community training in Abbottabad.
- Conducted on request Meri Hifazat training in government girls high school Jhangi Abbottabad.
- Attended training on the Community Based Protection (CBP) organized by UNHCR in Islamabad.
- Conducted a session with children on body protection organized by Democratic Commission for Human Development (DCHD).



Islamabad, certificate distribution ceremony after MH training

Resource Center

- Supported 18 research students for their research/documentary/project/thesis on CSA from different institutes and organizations of Pakistan.
- Nine new volunteer membership cards have been issued.
- For internship, Sahil received 43 requests out of which eight internees entertained in different departments.



Session for Sahil volunteers on child protection

Jeet Healing Centre

- Conducted four-day training on para counseling in Sukkur, Khairpur, Jaffarabad and Suhbatpur.
- Entertained 102 clients via telephonic, in-person and email, with different disorders and give counseling to them.
- Conducted training on child protection in Abbottabad.

SAHIL REGIONAL OFFICES

Sahil Jafferabad

- Conducted training on para counseling for community-based organizations, govt and NGO officials at Jafferabad and Sohbatpur.
- Conducted the annual press briefing on Sahil Cruel Numbers 2016 at Press Club Sohbatpur.
- Arranged meetings with district heads of education, social welfare and health department of Jafferabad. Sensitized them on child rights and especially child sexual abuse cases.
- Sahil team attended the district education group meeting. The deputy commissioner Jafferabad appreciated the work of Sahil regarding child protection.
- Held press briefing on six months cruel numbers 2017 report of Sahil.
- Conducted puppet shows for 950 students of govt schools in Union Council Dighi.
 - Govt Boys high school Dighi (primary section)
 - Govt Girls High school Dighi (primary section)
 - Govt Primary school (Basheer Khan Khoso)
 - Govt girls primary school (Ikhtiar Khan Khoso)
 - Govt Boys Middle school (Musharaf Khoso)
 - Govt Boys Primary School (Noor Muhammad Khoso)
 - Govt Girls Primary school (Noor Muhammad Khoso)



National training on community-based protection & urban outreach



Puppet shows for students of Union Council Dighi



Jafferabad, press briefing on six months Cruel Numbers



Jafferabad, training on para counseling

- Conducted puppet shows for 750 students of govt schools in Union Council Manjhoti
 - Govt Primary school (Abdul Samand Neechari)
 - Govt Boys Middle School (Azeem Magsi)
 - Govt Girls Primary School (Azeem Magsi)
 - Govt Primary school (Muhammad Sharif Jakhrani)
 - Govt Primary school (Punhal Khan)
 - Govt Primary school (Azizullah Baadeni)

Sahil Sukkur

- Conducted Para counseling training for governmental and non-governmental organizations in Khairpur and Sukkur.
- Conducted the annual press briefings on Sahil Cruel Numbers 2016 at Press Club Sukkur and Press Club Khairpur.
- Attended 19th international ATR conference at Kuala Lumpur Malaysia on Sustainable Development Goals.
- Conducted meeting with Deputy Commissioner Sukkur and departmental heads of education, health, police and social welfare regarding ongoing and new projects of Sahil.
- Conducted press briefing on Sahil six months "Cruel Numbers 2017" report.

Sahil Lahore

- Conducted press briefing on Cruel Numbers report 2016 at Sheikhpura.
- Regional coordinator Lahore participated in Dunya TV Program on Panel discussion on CSA Cases.
- Conducted 'Meri Hifazat' training in Sahil Regional Office Lahore with the Lahore Student Union.
- Conducted press briefing on Cruel Numbers report 2016 at Lahore Press Club.
- Conducted a child protection session in Sargodha University.
- Conducted Training of Trainers (ToT) on child protection with the factuality of Kashf Foundation.
- The regional team participated in a special program on child sexual abuse arranged by



Sukkur, para Counseling session



Press briefing on Six month Cruel Numbers



Meri Hifazat training at Bunyaad Gujranwala



Lahore, puppet show for school children

Neo News.

- Conducted press briefing on six months Cruel Numbers report 2017 at Lahore.
- Conducted puppet show with children in Lahore and Sheikhpura on Child Protection.

Sahil Abbottabad

- Organized two press conferences on Cruel Numbers data in district Abbottabad and Haripur.
- Arranged a meeting with Deputy Commissioner Abbottabad and district heads of local government, social welfare and child protection unit.
- Held a meeting with the Deputy Commissioner Abbottabad regarding the MoU signing and orientation about SMILE project in Abbottabad.
- Conducted meetings with the DEO male and DEO female offices for the issuance of NOC for the interventions.
- Conducted child protection training on demand for the students and teachers at government girls high school Jhangi Abbottabad.
- Conducted two meetings with the psychologist in Ayub Teaching Hospital on referral system.



Abbottabad, evaluation meeting with teachers



Orientation session on MH, AH and community trainings



Sahil Legal Aid

Sahil provides free legal aid to all victims **of child sexual abuse.**

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GUIDELINES FOR CHILD PROTECTION



Never take anything for free because you can be asked for something in return



Do not enter a house in which there is only one person



Do not leave your child alone with any spiritual healer



Make friends with children of your own age older children may exploit you



Others should help in front of everyone



Do not take anything for free from any one to fulfill a wish



Never take a lift from strangers, they may kidnap you



Tell your parents immediately if someone asks you to keep a secret

Child Protection

A healthy personality leads to a brighter future for your child.



Be Aware!!!

Ignorance regarding child protection and development can lead to decline in child performance.

SAHIL assists you in getting information and help through trainings, free counseling and legal aid services

Toll Free Line: 0800-13518 Website: www.sahil.org