

SAFE CHOICES, STRONG VOICES

ACTIVITY: Personal Safety and Body Boundaries Workshop

DATE: 13 July 2026

CONDUCTED FOR: Classes 4B and 5A

A counselling session on the theme “**Super Safe & Happy Me! – My Body, My Rules!**” was conducted for students of **Classes 4B and 5A** to promote awareness about personal safety, body boundaries, and self-protection.

The interactive session introduced students to essential concepts such as **safe and unsafe touches**, the **Swimsuit Rule**, **good and bad secrets**, the importance of confidently saying “**No**”, identifying **trusted adults**, and following the safety steps of **Shout, Run, Tell** in uncomfortable situations. Age-appropriate discussions and activities helped students understand these important concepts in a supportive and engaging environment.

Students participated attentively throughout the session, responding thoughtfully and demonstrating a clear understanding of the topics discussed. The workshop encouraged open communication, built self-confidence, and reinforced the importance of trusting their instincts and seeking help whenever they feel unsafe.

The session successfully empowered students with practical knowledge and life skills, fostering awareness, confidence, and a strong sense of personal safety and well-being.

