

MY BODY, MY RULES – PERSONAL SAFETY AWARENESS

EVENT: Counselling Session on Personal Safety

DATE: 29 July 2026

CONDUCTED FOR: Class 4C

A counselling session was conducted for the students of **Class 4C** to create awareness about **personal safety and body boundaries**. Students were introduced to the concepts of **safe and unsafe touch**, the **Swimsuit Rule**, **good and bad secrets**, the importance of saying "**No**", identifying **trusted adults**, and the safety steps of **Shout, Run, Tell**.

The session was interactive and age-appropriate, encouraging students to participate actively and ask questions. They demonstrated a good understanding of the concepts discussed and learned the importance of speaking up whenever they feel uncomfortable or unsafe.

The session reinforced personal safety, confidence, and the value of creating a safe, respectful, and supportive environment for everyone.

