

Theme: My Body Belongs to Me

Day: Tuesday

Date: 14.07.2026

Conducted by: SEN Department

Attended by: Students of Grades Nursery to 2

EVENT REPORT

With the objective of creating awareness among young learners about personal safety and helping them understand the importance of body boundaries, GD Goenka Public School, Sarita Vihar, organized a **Safe Touch Awareness Session** for students of **Grades Nursery to 2**.

The session commenced with an engaging body awareness game, "**Simon Says**," which encouraged students to identify different body parts in a fun and interactive manner. This activity helped children become more aware of their bodies while actively participating with enthusiasm.

Students were then introduced to the important concept that "**My body belongs to me, just like your belongings belong to you.**" Through simple explanations, they learned that every individual has the right to feel safe and respected.

An interesting puppet show was presented to help students understand the difference between **good touch** and **bad touch** in a child-friendly and age-appropriate manner. The interactive presentation also guided children on how to protect themselves if they ever experienced an unsafe touch or found themselves in an uncomfortable or unsafe situation.

To reinforce personal safety, students were introduced to the **Three Golden Rules—No, Go, and Tell**. They were encouraged to say "**No**" to any unsafe touch, **Go** away from the situation, and **Tell** a trusted adult immediately. The session also explained the **Swimsuit Rule**, helping children understand that the parts of the body covered by a swimsuit are private and should not be touched by anyone except in situations involving care, hygiene, or medical treatment with the presence of a trusted adult.

The session concluded with a meaningful song video that reinforced the message of personal safety, followed by a thoughtful pledge in which students promised to respect themselves and others, stay safe, and always speak up whenever they felt uncomfortable.

The session was interactive, informative, and impactful. Through games, storytelling, puppet play, and engaging activities, students gained a better understanding of personal safety and body autonomy, reinforcing the message that every child has the right to feel safe, respected, and protected.

GLIMPSE OF THE EVENT

