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Research Paper

Child's Knowledge about Self- Protection from Child Sexual Abuse

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Key Words - Self protection, parents, teachers, boys, girls, age, development, knowledge, sexual abuse etc.

Abstract

Knowledge about self protection to be given to children is centralised on that they are unique and they own an amazing body. Children have right of being safe and feel of being safe by knowing general information about self protection (i.e. to have knowledge about private parts of body and to know by whom we get help from when needed), to develop self confidence and self respect in oneself. We all have right of being safe and protected. In simple words the construction of self protection is based on rules of touch and to follow the rules to be protected by knowing changes in a child's body.

Introduction

We all learn from ability of our own view and understanding which depends on our age too. According to general psychological sexual development of a child here are the outline are as follows -

- (a) Since the birth to age of 2 years kids are curious about their body parts, Three months to 5 months old child start feeling his genitals. This is normal and natural as they feel good by touching them. Though kids do not feel pleasure as adult do.

In case a child is always indulge in touching his genitals and not taking interest in other things then parents must see a professional.

When child is of 2 years they start understanding about male and female.

- (b) When child grows to 2-5 years of age they show curiosity towards other's body parts. They sometimes like to be naked, this is natural. In this age kids show hesitation. They learn by feel of touch, parents must help in this stage to give knowledge of body parts and private parts with names i.e. (chest, buttocks, lips etc.)
- (c) While kids grow to 6-10 years of age the biological and social development start, they learn about boy and girl. Children start feeling shy and hesitate towards their own body parts / private parts. Till the last of this age sexual development start in boys and girls. If they would not get sex education in a proper manner they feel shy or can't handle their biological changes and sometimes feel uncomfortable in contradiction while getting messages from different ways. At this stage children learn about their private parts and behavioral changes can be seen at social level. In some children at the age of 8 - 9 years puberty could be noticed.
- (d) At the age of 11 to 18 years children reached to puberty and psychological sexual development.

Youth or puberty is the period of life or the time before a child becomes an adult. This is a term when a boy turns into a man and a girl turn into a woman. Normally puberty can be seen early in girls than boys.

Puberty usually starts sometimes between age 7 and 13 in girls and 9 and 15 in boys. Some people start puberty a bit earlier or later though. Each person is a little different so everyone starts and goes through puberty on his or her body's own schedule.

During puberty body start taking shape, grows taller and shows changes in other ways too. Boys bodies become more muscular, voices become deeper. Where as girl's bodies become curvier, breast start developing, they get menstrual period.

Boys and girls both begin to grow hair under arms and in their pubic areas. Boys and girls will also notice other body changes as they enter puberty, and they are all normal changes. Girls might see and feel a white

mucous - like discharge from the vagina. It is just another sign of changing body and hormones. Boys will start to get erections (when the penis fills with blood and becomes hard).

In this age Boys and Girls might have new, confusing feeling about sex and lots of questions. The adult hormones estrogens and testosterone are signals that your body is giving you new responsibilities like the ability to create a child.

And this is the time when it is important to get all their questions answered. Parents must talk to teens about sex and give proper answers to their questions as teens are confused, shy, hesitate to talk about changes and their bodies. In case some parents are not comfortable to talk about sex then teens should talk to doctor, school , teacher, school counselor, or another adult they feel comfortable to talk with.

Objectives of Research

To find the association between awareness about Child Sexual Abuse with selected demographic variables.

Designing and implementing an awareness program and questionnaire for parents regarding CSA at different levels.

Designing and implementing an awareness program and questionnaire for teacher regarding CSA at different levels.

Tabulation of the Data

In the same process researcher have prepared questionnaire for parents and teachers about child's self - protection of age 2 to 15 years children.

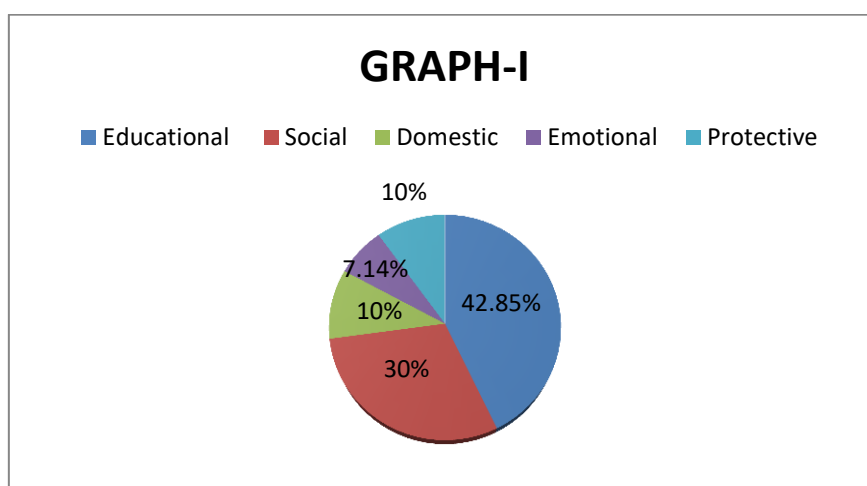
Interviews had been taken individually and audio visual workshop had been taken. Open ended questions had been asked.

According to the feedback given by parents & Teachers of urban area percentagewise classification had been done & table is formed.

Table - (I)

Percentagewise According to questionnaire awareness of Child’s Self – Protection from Child Sexual Abuse at Different Perspectives

S.No.	Level	No. of questions	Percentage
1	Educational	30	42.85
2	Social	21	30.00
3	Domestic	7	10.00
4	Emotional	5	07.14
5	Protective	7	10.00
	Total Questions	70	99.99



Graph : (I) According to questionnaire percentagewise awareness of child’s self – protection from child sexual Abuse at different perspectives.

Analysis

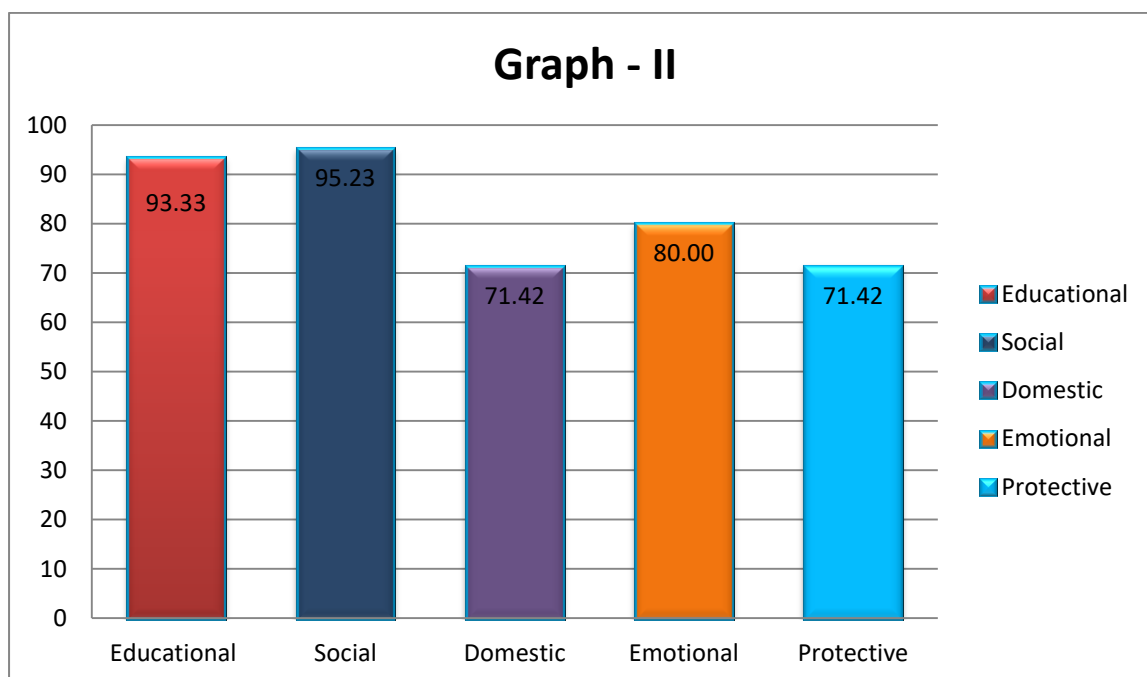
After the demonstration in different workshops “Child Sexual Abuse awareness & prevention” program the given questionnaire to parents and teachers actively participated in urban areas:

According to parents and teachers this is a serious issue to be talked about and to spread a positive knowledge about ‘good touch’ and ‘bad touch’ & a healthy talk in between parents and children or teachers and students about CSA. A researcher observed a positive response from parents and teachers which shows the research topic is appropriate & necessary.

Table – (II)

Percentage wise awareness of CSA in school teachers for child’s self - protection in urban area.

S.No.	Level	No. of questions	Response	Percentage
1	Educational	30	28	93.33
2	Social	21	20	95.23
3	Domestic	7	5	71.42
4	Emotional	5	4	80.00
5	Protective	7	5	71.42
	Total Questions	70		



Graph - (II) Percentage wise awareness of CSA in school teachers for child’s self-protection in urban area.

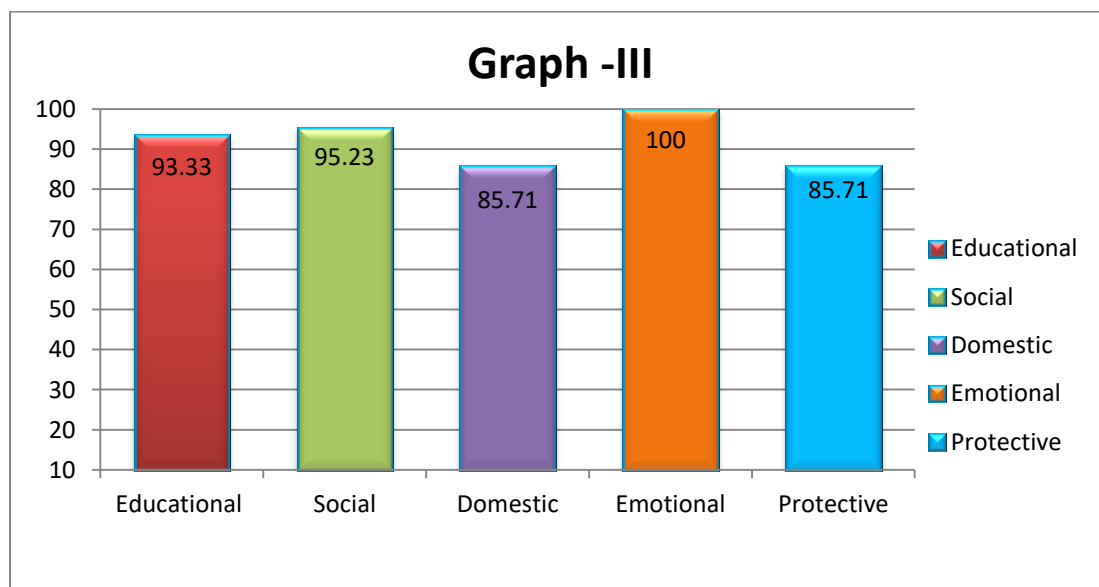
Analysis

After conducting the seminar for school teachers of urban area the researcher analysed that teachers were agreed that such seminars must go on in every school with teachers, parents, and students for the sake of safety of their children.

Table- III

Percentage wise awareness from CSA in parents for child's self – protection in urban area .

S.No.	Level	No. of questions	Response	Percentage
1	Educational	30	28	93.33
2	Social	21	20	95.23
3	Domestic	7	6	85.71
4	Emotional	5	5	100.00
5	Protective	7	6	85.71
	Total Questions	70		



Graph -III :- Percentagewise awareness of CSA in parent's for child self-Protection in urban area .

Analysis

It has been analysed while the seminar was being conducted that maximum parents were worried about their children as they were not getting time to spend with children or to play along with them because they have to do household work as well as their office work of them from home too.

In that case a researcher explained them that at least they should keep on talking with their children or dine with them, while going to bed they should give their children bed time value based and informative stories.

Children how to prevent themselves, as not to talk to strangers, don't go with anyone without asking their parents or to make some password in case any emergency will held.

Conclusion

Though children have a gut feeling about a 'good touch' and 'bad touch' since birth to 18 years of age, but then too its parents and teachers responsibility to give them proper sex education and a knowledge about changes in this body timely so that children would not be distracted or confused about themselves and their self protection.

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