

Substance abuse

N B G G E W Z O T B H E D J W
M O N N X D I B E I C S A E I
C U I Z I R E H X N R L M C T
L A U T I L A P A V O L A N H
Y F N S A V A M E E O M G E D
X M K C I T R E S N P S E L R
D Y S O E O N A T G D I B O A
X G U M F R E E I S O E M I W
T R Z R R S Y T M V H E N V A
S F E G I S K I N I R T D C L
E P T D S T R E S S R N U H Y
D E P R E S S I O N M E A O D
N O I T C I D D A U D S P W M
E E T R A E H W H N H B A X O
T T O L X I Z A V O N A D O E

Word search

- ABSENTEEISM
- DEPENDENCY
- EXPERIMENTATION
- MOUTH CANCER
- RISKY BEHAVIOUR
- STRESS
- ADDICTION
- SKIN DAMAGE
- HEART DISEASE
- DEPRESSION
- LUNG CANCER
- POOR PERFORMANCE
- STEALING
- WITHDRAWAL
- VIOLENCE

always
remember
3Rs

How can You Protect Yourself from Sexual Abuse?

- If someone sexually abuses you- verbally, physically or visually, immediately inform someone you trust.
- You are not at fault; never blame yourself.
- Be careful of strangers, lonely spots and sharing your personal information.
- Whenever you go out, inform your parents or guardians.



**RECOGNIZE,
RESIST AND
REPORT
ABUSE**

Keep Safe = Be Safe

Child
Helpline
1098

Woman
Helpline
1091

POCSO
Act

A to Z Coping Skills

C Count backwards	D Dance your stress away	A Ask for help	B Breathe deeply and slowly
G Go for a walk/run	H Hug a friend or family member	E Exercise	F Forgive, let go, move on
K Keep yourself busy	L Listen to music	I Ignore people who are annoying you	J Jokes that help you laugh
O Observe your behaviour	P Play with colours	M Make a collage	N Never give up
S Sing a song	T Talk to someone you trust	Q Quiet time	R Relax & rest
W Watch a funny movie	X Express through writing	U Use your strength	V Value your self
		Y Yell as loud as you can into a pillow	Z Zigzag around the room

Problem solving Power tool



MODICARE FOUNDATION

4, Community Centre, New Friends Colony, New Delhi - 110025
Ph. : 011-66037080, www.modicarefoundation.org

All About Me

Name

Age

Why I am Special

My Weaknesses

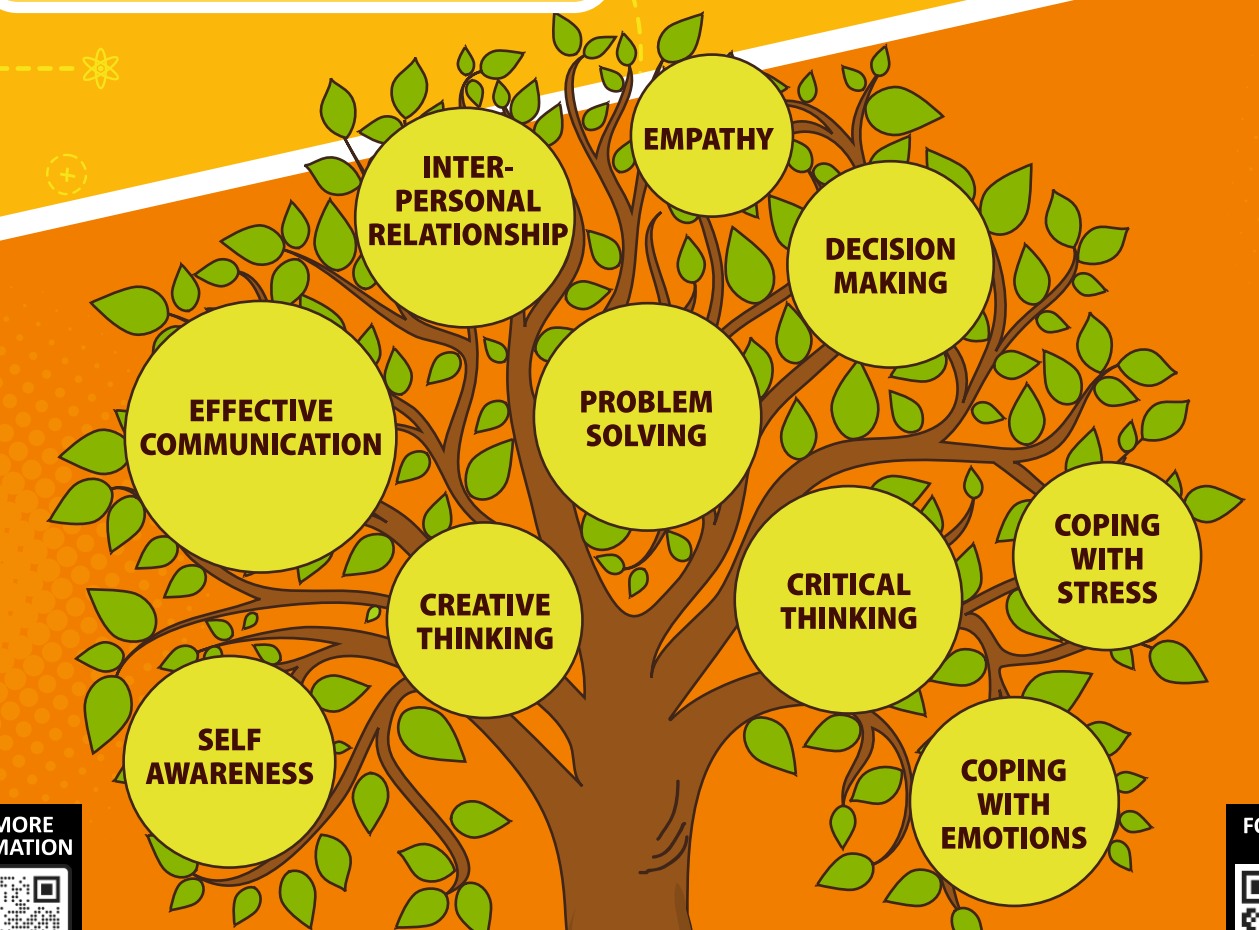
My Inspiration

My Favorite Subject

My Strengths

My Dream

My Hobbies

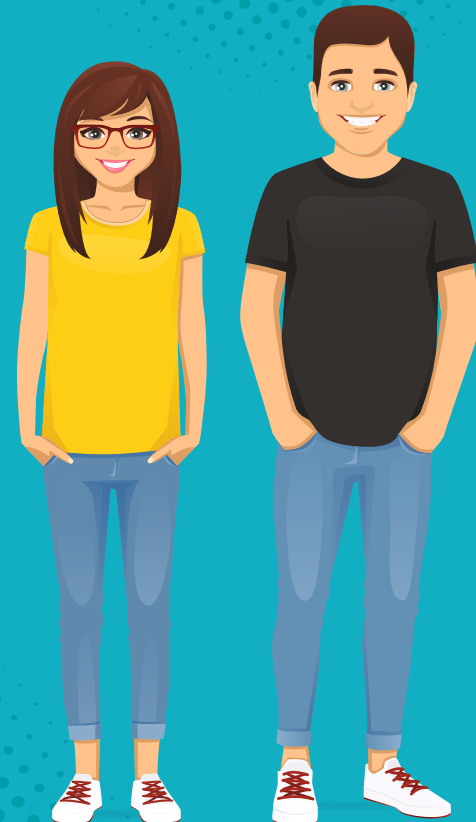


Tree of Life Skills



I am maturing
I love my body, I love myself.

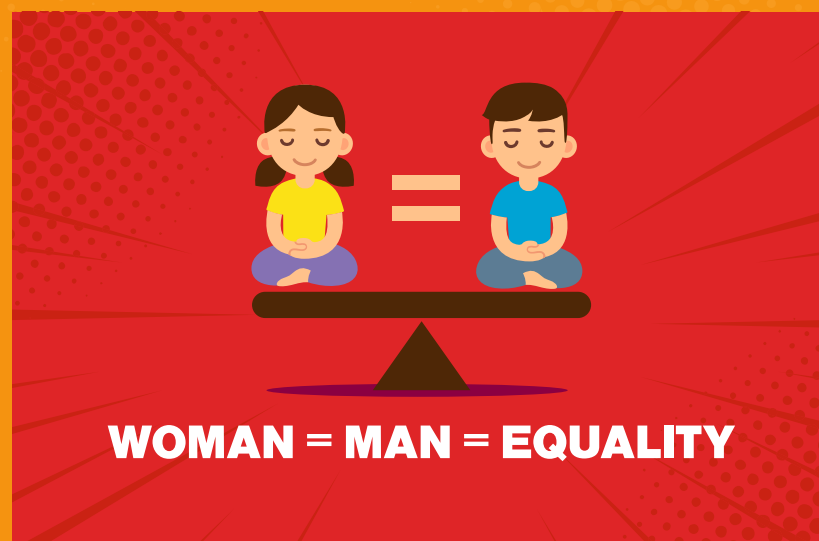
My Changes
Pimples, weight gain or loss, mood swings, on-set of periods, love, attraction, anger, fear, aspiration, wet dreams, facial hair.



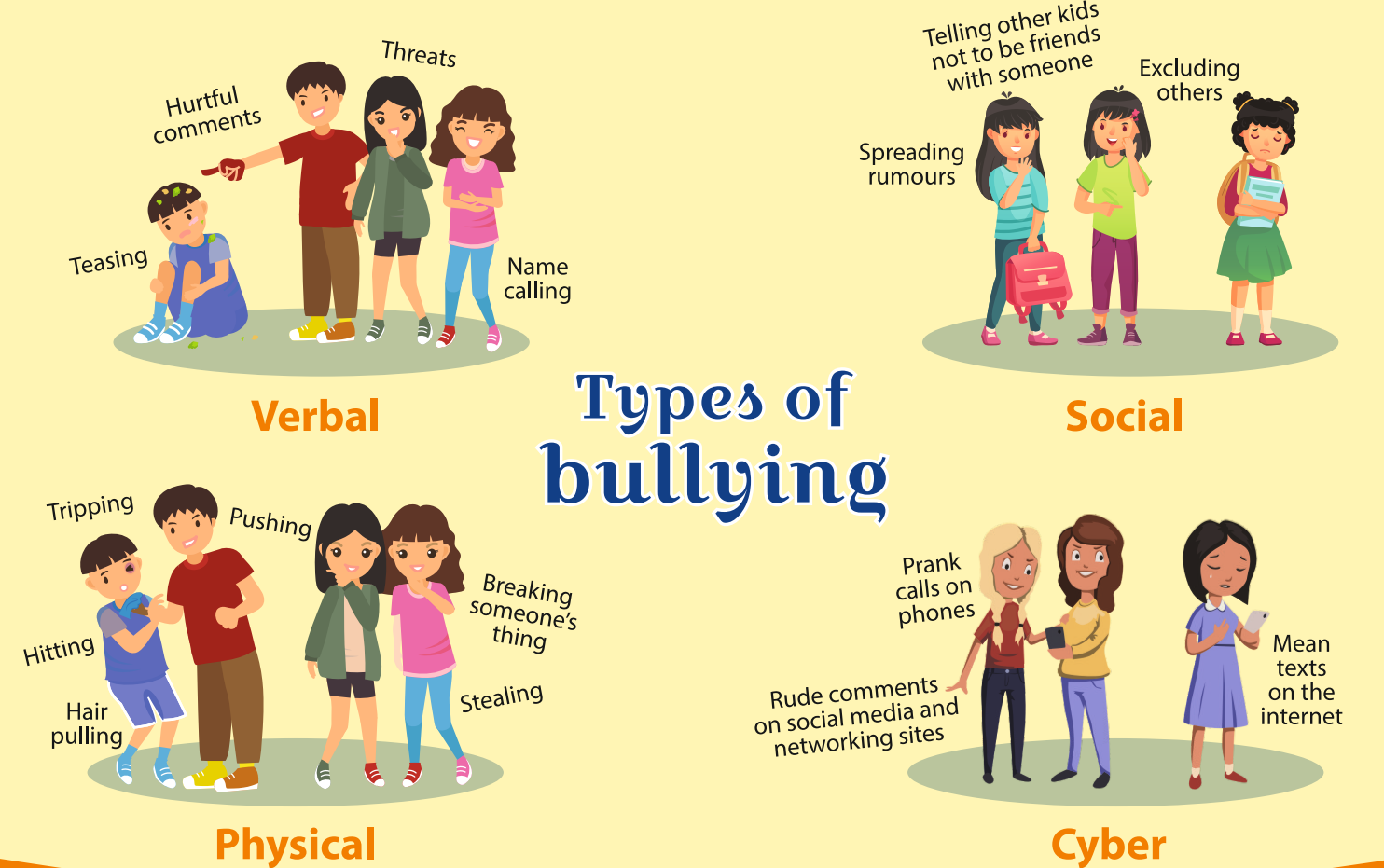
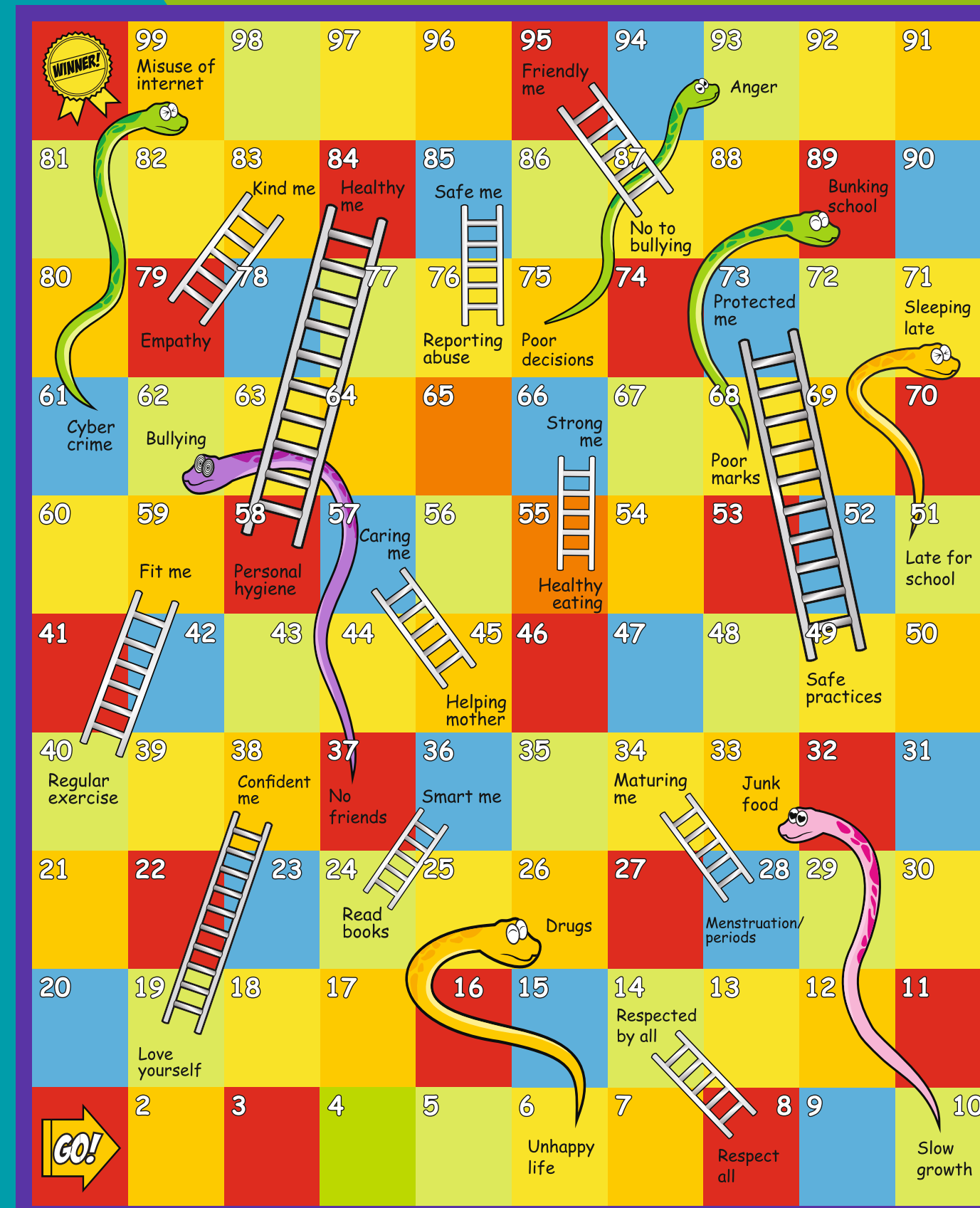
It is important to eat healthy food, maintain personal hygiene and take out time for studies and outdoor games. I am special, I don't compare myself with others.

I am responsible
I respect my family
I respect my friends

Responsible Behavior (Four Pillars)



Snakes and Ladders



Ways to Say "NO" to negative peer pressure

1. Polite refusal
2. Give reason
3. Be firm
4. Walk away
5. Cold shoulder
6. Give an alternative
7. Reverse the pressure
8. Avoid the situation
9. Strength in numbers
10. Own your feelings

IN OUR PEER GROUP

WE ARE **A TEAM**
WE ARE **POSITIVE**
WE **RESPECT** EACH OTHER
WE **TRY** OUR BEST
WE **MAKE GOOD CHOICES**
WE ARE **KIND**
WE ARE **HONEST**
WE **LISTEN** TO EACH OTHER
WE **WORK HARD**
WE **ENCOURAGE** EACH OTHER
WE ALL ARE **IMPORTANT**