TRAINING MODULE
“LIVE LIFESAFE”, STAY SAFE
Reproductive Health for Children and Adolescents with Disabilities

WORKBOOK ON RELATIONSHIPS AND TOUCH
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Activity 1

Can you please list down people around you?
Example, Mother, Uncle, teacher, policemen, friend and etc.
Hai, how are you........
can you tell me the individuals in your house/school and around your house/school?...............
Activity 2

Please put the individuals in your house/school and around your house/school on this Circle

Note:
1. “You are in the Circle”
2. “People in the first circle are for people closest to you”
3. “For people who are not so close, you put them in the circles further from you”.
• Introduce traffic light colours.
• Discuss the different types of touch
ACTIVITY 3

Instruction:

Please Identify The Colour In The Each Circle Of Relationship

1. ME : ________________________________
2. FAMILY, SIBLINGS, PARENT : ________________________________
3. CLOSE RELATIVES AND FRIENDS : ________________________________
4. KNOW FACE AND NAME : ________________________________
5. KNOW FACE, DON’T KNOW NAME : ________________________________
6. DON’T KNOW NAME, DON’T KNOW FACE : ________________________________
Activity 4

ME AND MY CIRCLE

(I am the most important person in my world. No one touches me unless I want to be touched)

1. There is only ONE person in this circle, which is ME.
2. This is a private circle.
3. I am important and I decide ________________________________
4. No one should touch me unless ________________________________
5. ________________________________ , I need to say “NO”.
6. No one touches me unless ________________________________
7. I do not touch other people unless ________________________________

Note to trainer:

Allow child to give response freely.

Discuss examples:-

“No one should touch me unless...
   a. ... I need help cleaning up in the toilet”
   b. ... I need help to dress up”

Revise teachings on body part
   a. private body parts
   b. rules for touching
CIRCLE PERSONAL GRAPH

Don’t know face - Don’t know name - Strangers
Know Face only
Know Face and Name
Friends
Family, Siblings, Parents
Very close
People you know well
ME
Activity 4.1

Instruction:

Draw Yourself Using the Material Provided

INTRODUCTION OF “ME”

A. MY FAVORITE

Food : ____________________________________________

Drink : ____________________________________________

TV Program : ________________________________________

Book : _____________________________________________

Hero : _____________________________________________
Activity 4.2

B. WHAT IS GOOD ABOUT MY

Body – My physical qualities

Thinking – My intellectual qualities

Character – The Type of person I am

Note to trainer:

Use Activities 4.1 to 4.7 to increase communication, help child/adolescent to know themselves.

If child is unable to read, use same activities by asking questions and discuss in a manner the child can understand.
THINGS THAT I DO WELL

Activity 4.3

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________
PEOPLE WHO APPRECIATE WHO I AM

Activity 4.4

1. _______________________________________

2. _______________________________________

3. _______________________________________

4. _______________________________________

5. _______________________________________

THINGS I LIKE ABOUT ME

Activity 4.5

1. 

2. 

3. 

4. 

5. 
MY STRENGTHS

Activity 4.6

1. __________________________________________

2. __________________________________________

3. __________________________________________

4. __________________________________________

5. __________________________________________
Activity 4.7

______________________________

______________________________

______________________________

______________________________

______________________________

______________________________
Activity 5

BLUE “HUG” CIRCLE

(There are a few people I hug – my mother, father, brothers, sisters, grandmother, grandfather)

1. It is a mutual decision to hug and be close.

2. If I do not want to be hugged, I must say “STOP”

3. Sometimes I might not feel like being touched.

   This does not mean I do not like the person, only that I am not in a good mood.

TIPS FOR BLUE “HUG” CIRCLE

• Know the person for a long, long time
• See them or have seen them often
• Share many common bonds
• Know them very, very well
• Share deep emotions
• Not be hurtful; be supportive
• Look after them
CIRCLE PERSONAL GRAPH

Stick or draw people you that are under this category.
ACTIVITY 5.1

Hi Papa! Hi Mama

List 3 Things You Love about your Parent/Guardian

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________
ACTIVITY 6

GREEN “FAR AWAY HUG” CIRCLE

(There are a few more people I give “far away” hug to, such as my aunt, my uncle, my best friend)

1. Sometimes someone whose name I know may ask for a “Far Away” hug. I can say “No” if I don’t want.
2. No one can touch me unless

TIPS FOR GREEN “FAR AWAY” CIRCLE

• Know the person for a long time
• See them or be in touch with them often
• Share some common bonds
• Know them well
• Have affection feeling for them (relatives)
• Have friendly feelings for them (Friend)
• Not be hurtful on purpose
CIRCLE PERSONAL GRAPH

Stick or draw people you that are under this category.
ACTIVITY 7

Stick or draw people that are under this category.
ACTIVITY 8

Write in the space people who can ‘hug’ you

CLOSE HUG

1. 
2. 
3. 

FAR AWAY HUG

1. 
2. 
3. 
ACTIVITY 9

YELLOW “HANDSHAKE” CIRCLE

(I shake hands with acquaintances and greet them saying “Hello, how are you?” I wave to children, teachers, doctors, therapists)

1. Sometimes someone whose name I know may ask for a “Far Away” hug.
   
   I can say “No” ____________________________

2. No one can touch me unless ______________________________

TIPS FOR YELLOW “HANDSHAKE” CIRCLE

- Be introduced to the person at least once by name
- Seen them once in a while
- Have at least one common interest
- Know their names
- Be polite and smile and make eye contact
- Show mutual respect
- Support in specific situation and emergency
ACTIVITY 10

Stick or draw people that are under this category.
ACTIVITY 11

ORANGE “WAVE” CIRCLE

(I wave to the newspaper man, postman, shopkeeper, meter reader, gardener, guard, delivery man, cleaner)

1. I wave to an acquaintance who is too far away for a handshake

2. Sometimes children and others will want to hug and kiss me, but I must _______________________

3. It is best to wave to children and others that _______________________

TIPS FOR ORANGE “WAVE” CIRCLE

• You should not join in because you do not know them
• You can offer help
• If they invite you to join them, ask permission from parent and caregiver. If you are alone do not go.
• They are strangers and in the orange circle
CIRCLE PERSONAL GRAPH

ACTIVITY 11

Stick or draw people that are under this category.
ACTIVITY 12

RED “STRANGER” CIRCLE

(I do not touch strangers, strangers do not touch me. I decide who can come close to me)

This is the outermost circle. It includes two categories.

1) The community Helpers:

The community helper is designated by the job he/she does, and it is not known on a personal basic. Interaction is not emotional and relates directly to the job of the community helper. Touch, if it occurs at all is clinical, such as during a medical examination in the present of the family members.

2) Strangers:

Strangers are unknown and there must be no interrelation or touch.

TIPS FOR “RED” STRANGER CIRCLE

- You should not join in because you do not know them
- You should not take things from strangers
- You should not go with strangers
- If they invite you to join them, ask permission from parent and caregiver. If you are alone do not go.
- They are strangers and belong to the red circle