



## Boy version: Blank

This is a product of IndiaBioscience 2nd outreach grant.

The Project RAKSHA story series is available in Hindi and Indian English. Empty templates without text are also available for printing and translation of material but for personal use only and can not be sold.

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[from left Ms. Mansi Karnad, Mr. Pradyumna Murali (Co-Lead), Dr. Reuben Varghese (Lead Investigator), Dr. Jayashree Shanbal, Ms. Hema Nair, Ms. Ridha Fameen]

### **Who are we?**

We are a group of budding Speech-Language Pathologists with a keen interest in Autism Spectrum Disorders (ASD) at the All India Institute of Speech and Hearing. “Project RAKSHA” – Reach and Advocacy for Autistic Kids’ Sexual Health and Safety Attitudes is a project under the 2<sup>nd</sup> IndiaBioscience Outreach Grant funded by the IndiaBioscience Organisation.

**Our Aim:**

Through Project RAKSHA, we aim to create accessible, science-based intervention resources to help children navigate sexual health knowledge and develop positive safety attitudes. The resources are culturally sensitive and suitable for vulnerable groups, such as children with ASD. This material is available in Hindi and Indian English. Graphical templates without text are also available for printing. Children and adolescents with ASD above the age of six and parents, educators, and developmental interventionists will benefit from the material. We hope your educators, students, clinicians, and developmental interventionists fully use these resources while working with children with disabilities.

**Lead Investigator:**


Dr. Reuben Varghese, Scientist B, All India Institute of Speech and Hearing.

**Story Writing, Editing and Design:**

Mansi Karnad, Ridha Fameen, Hema Nair, Pradyumna Murali (Co-Lead)

**Artists:**

Manali Naik, MN Designs (Theme 1 & 2)

Manasa RB, @happycrisps (Theme 1 - 10)

**Reviewers:**

Dr. Nandita de Souza, Developmental Paediatrician and Director, Sethu Child Development and Family Guidance.

Dr. Jayashree C Shanbal, Associate Professor and Head – Telecenter for Persons with Communication Disorders, All India Institute of Speech and Hearing.

Dr. Kadambari Naniwadekar, Special Educator, Dept. of Special Educator, All India Institute of Speech and Hearing.

## **THE PROJECT RAKSHA STORY SERIES**

<b>Theme 1</b>	Safe circle, Private body parts, Public and private places, and Personal belongings.
<b>Theme 2</b>	Rules about touching yourself.
<b>Theme 3</b>	Rules about touching others.
<b>Theme 4</b>	Being naked: Where and Around whom?
<b>Theme 5</b>	Consent: Saying “NO”
<b>Theme 6</b>	Seeking support: Asking for help.
<b>Theme 7</b>	Seeking support: Expressing feelings and needs.
<b>Theme 8</b>	Pubertal changes: Changing bodies and needs.
<b>Theme 9</b>	Menstruation and related care.
<b>Theme 10</b>	Reproduction: Where do babies come from?

**General instructions:**

Children are very curious beings. You might be getting your grocery shopping done when they ask you “What does sex mean?”. You are suddenly floundering, not knowing what to say. Sexual health is considered a taboo in our society but encouraging such discussions with children can help shape their knowledge in a safe and accurate manner.

Through Project RAKSHA we have developed resources that act as a guide to introduce a variety of topics related to sexual health and safety attitudes in an interesting and effective way. You will have access to multiple stories across ten central themes. Each story is written through the lenses of 2 children named Adi (male) and Tia (female). These resources are available in Hindi and Indian English.

This material can be used with children with a developmental age above 4 - 6 years. It was designed while considering the needs of children with neurodiversities such as autism. The themes 8-10 can be introduced at around 11 years of age and thereafter.

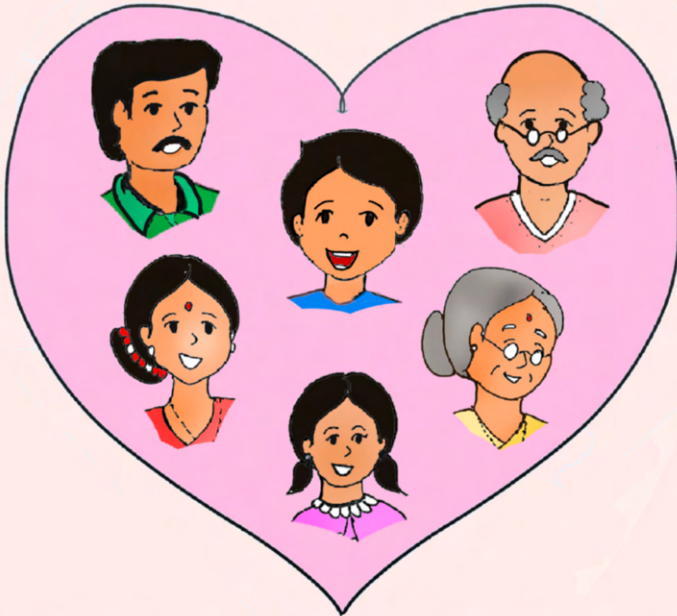
We chose to present the information in a story format as it allows you to decide the pace, makes it accessible across platforms, and reaches a wider audience. The illustrations attract children and help them visualize important concepts. Reading time can be a memorable experience for your child when it is interactive compared to a more narrative approach.

In our stories we have used terms related to body parts/events as is. Doing so reduces the stigma associated with it as the child learns that each of them have multiple functions.

## **Here are a few instructions that will aid you in utilizing this resource in a more effective way:**

- We repeat: Be as interactive as possible! Use the storyline only as a guide to engage with your child, pausing at different junctures to expand on the content that is presented on a page.
- Share relevant events or characters from the child's life to customize the story further. You can also remind them of a story when they face similar situations in their life.
- These resources have specific points where Adi/Tia break the 4th wall and ask questions to the child reading them. Encourage your child to engage and answer those questions.
- You can use them as an e-book online or print them out in the form of a flipbook.
- Draw on specific parts/ fill in the blanks (as they appear in an illustration) to make it hands-on.
- Take as much time as you want on each story/theme. Your child decides the pace.
- Before using the material with your child, read up on any terms or topics that you are unfamiliar with. You will need to read through the topics before utilising it with your young one as a result. Despite this, there is no harm in helping your child learn by doing activities that encourage the learning of relevant concepts or by looking up terms with them.
- The vocabulary used in the text has the potential to be perceived as too complex for young children. In accordance with their child's comprehension level, parents are expected to explain these terminologies (DO NOT avoid/change the terms) and simplify the concepts.
- Introduce key phrases that are relevant to newly learned concepts and meaningfully utilise these phrases in daily context to demonstrate or promote safety attitudes.
- Each story/theme can and must be revisited multiple times. Repetition is key!
- Even as you progress through the themes, we encourage you to come back to a previous story to solidify their knowledge.
- If you are following Adi's journey, you can read relevant parts of Tia's story to understand the content from a different point of view and vice versa. Doing this will help children appreciate the differences in body types.

**If you are a parent, contact your therapist or educator for detailed instructions regarding the content of the material. You can also contact Team RAKSHA at [projectrakshaforsd@gmail.com](mailto:projectrakshaforsd@gmail.com).**



**Safe circle, Private body parts,  
Public and private places, and  
Personal belongings  
Boy version**

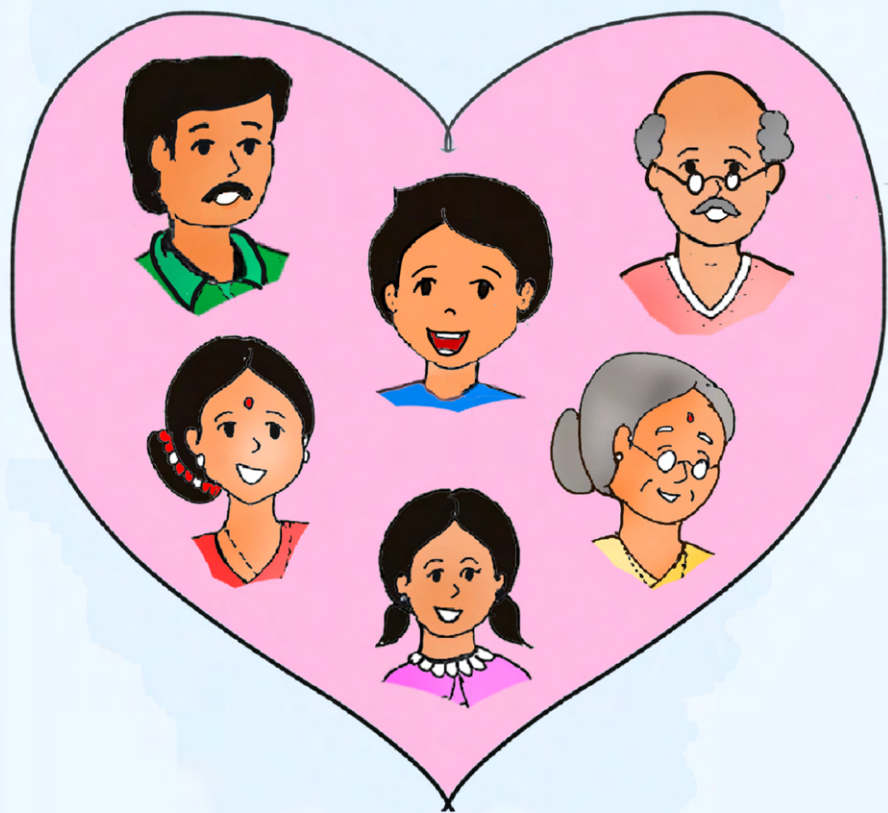
**Safe circle**





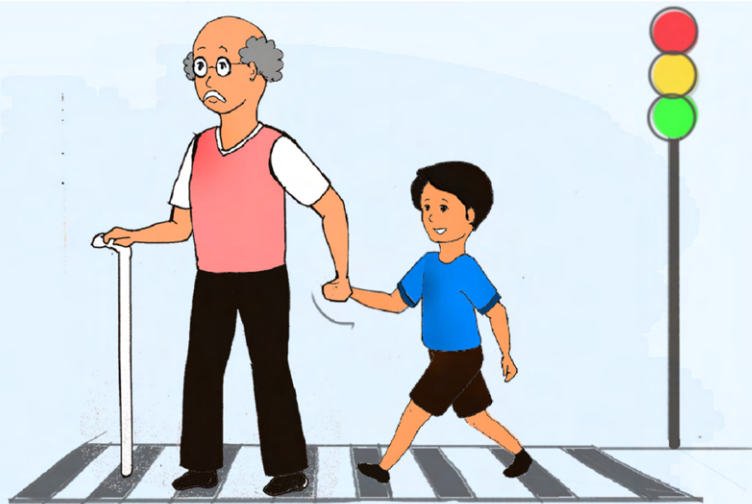


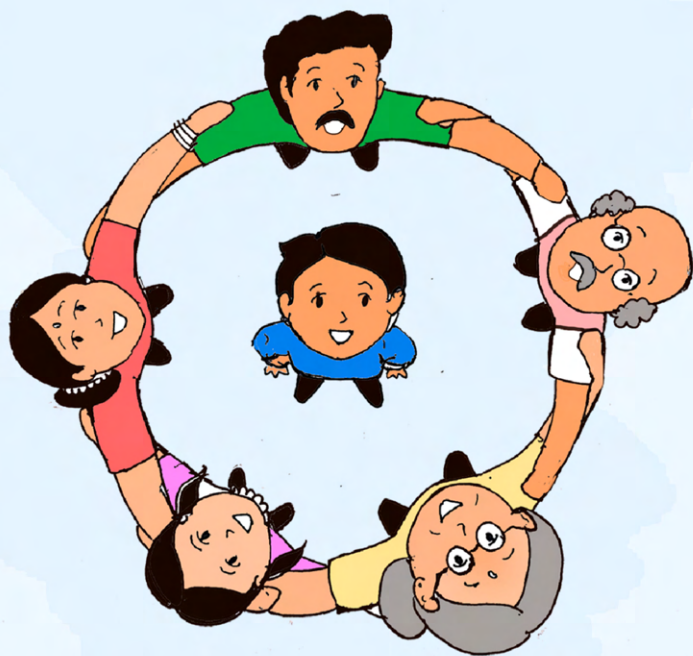




We are going to  
make your  
favorite biscuits.





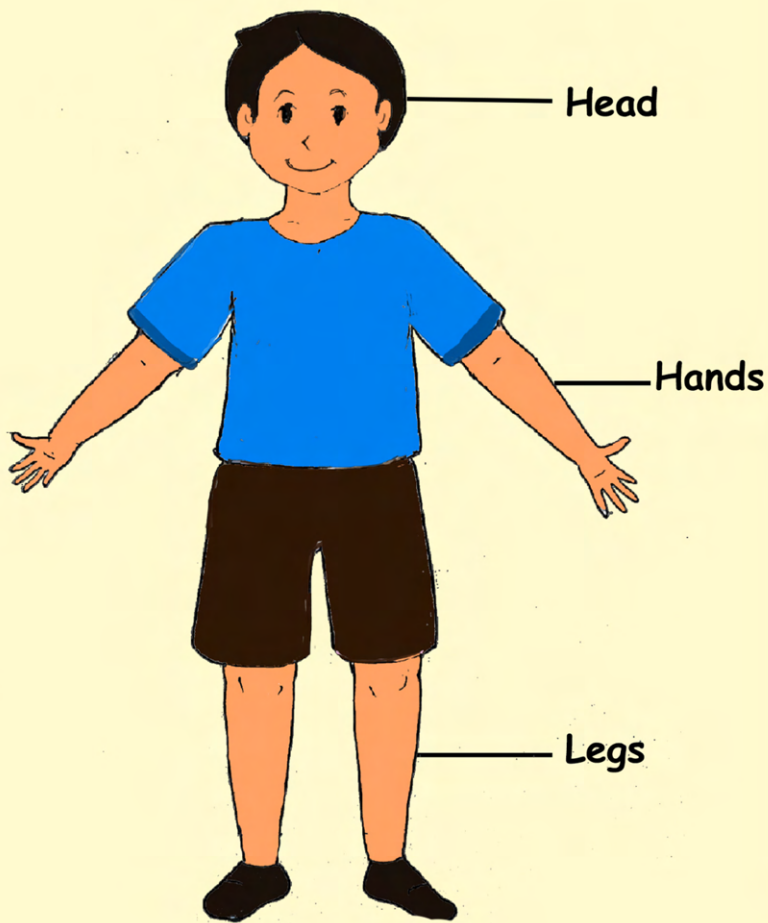


**Private body parts**







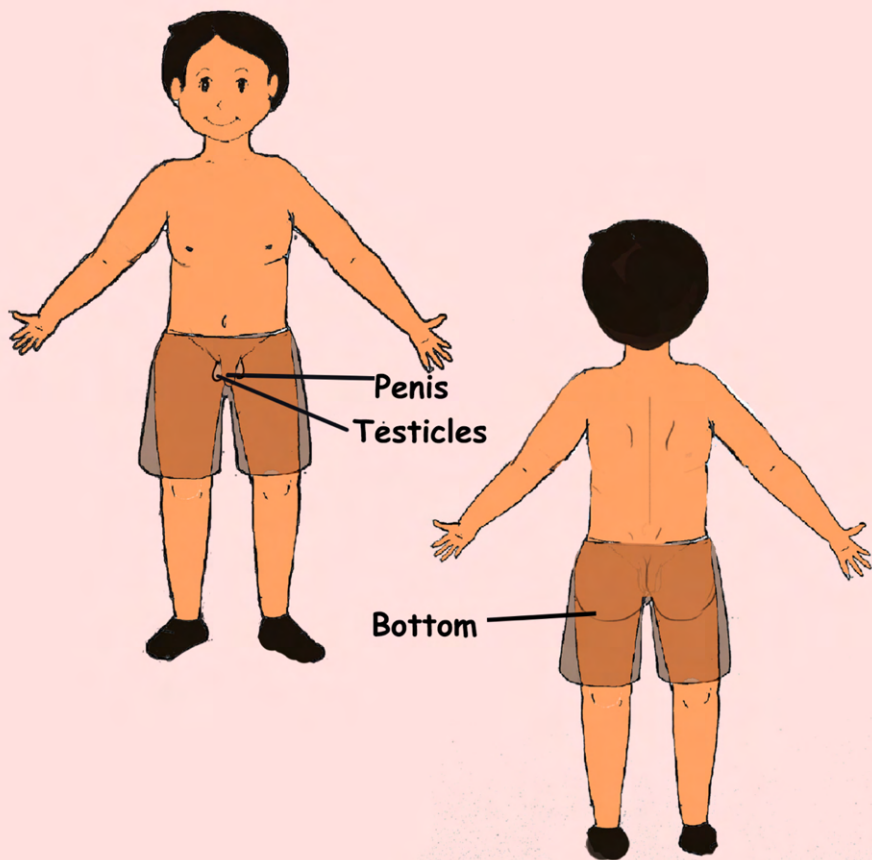


Head

Hands

Legs













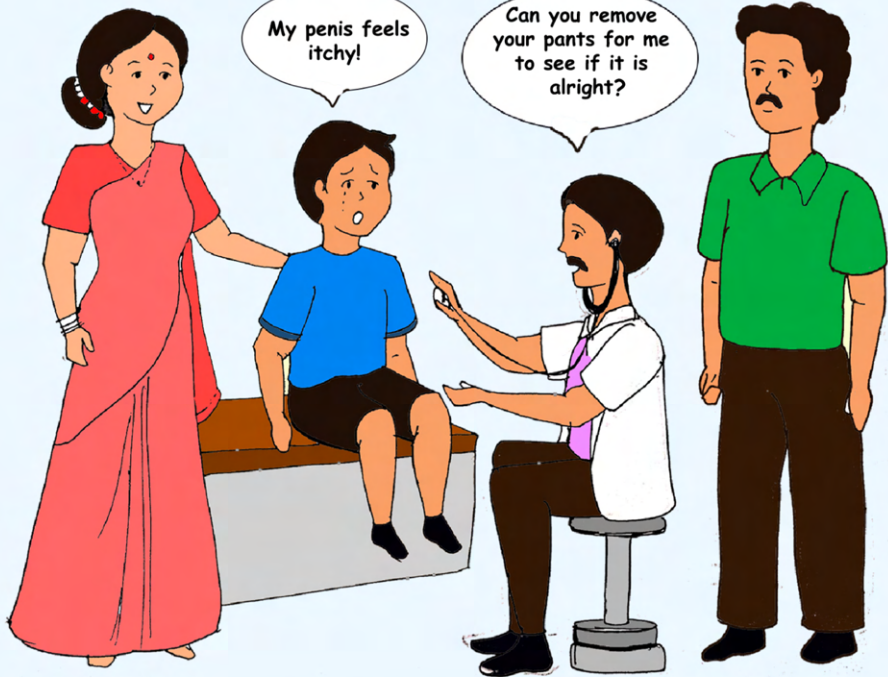


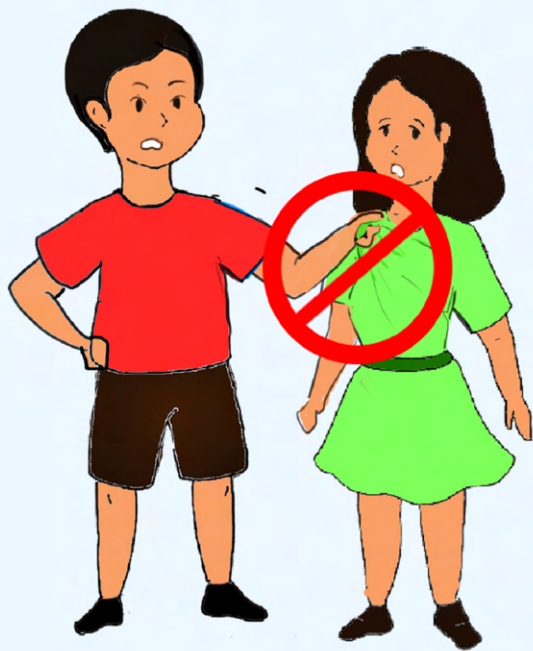


I am going to be right here if you need help, Adi.

My penis feels itchy!

Can you remove your pants for me to see if it is alright?

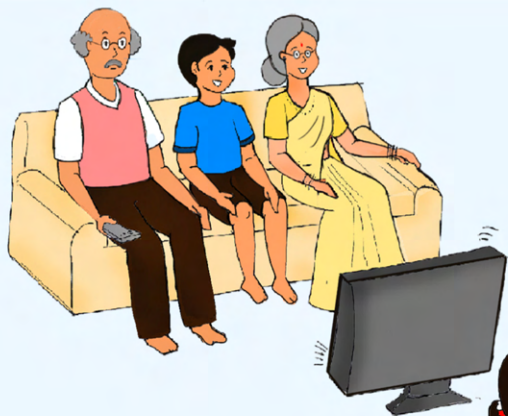






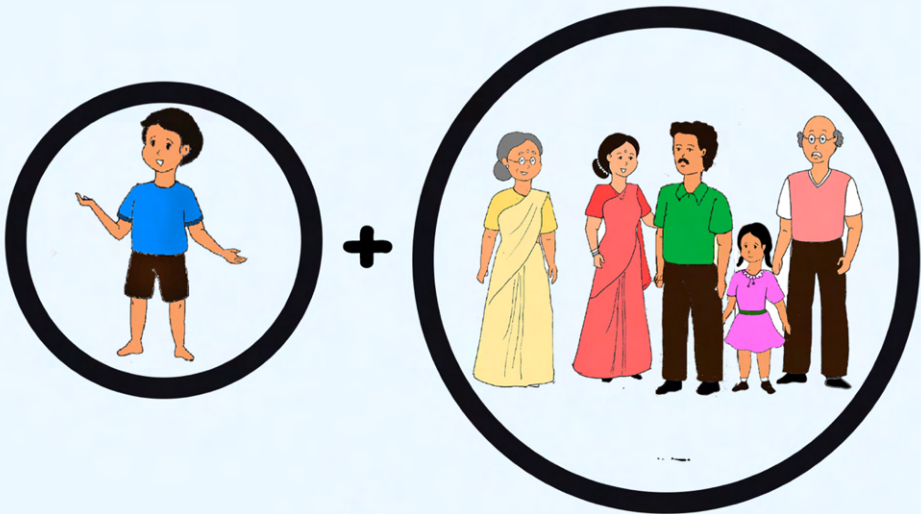
# Public and private places







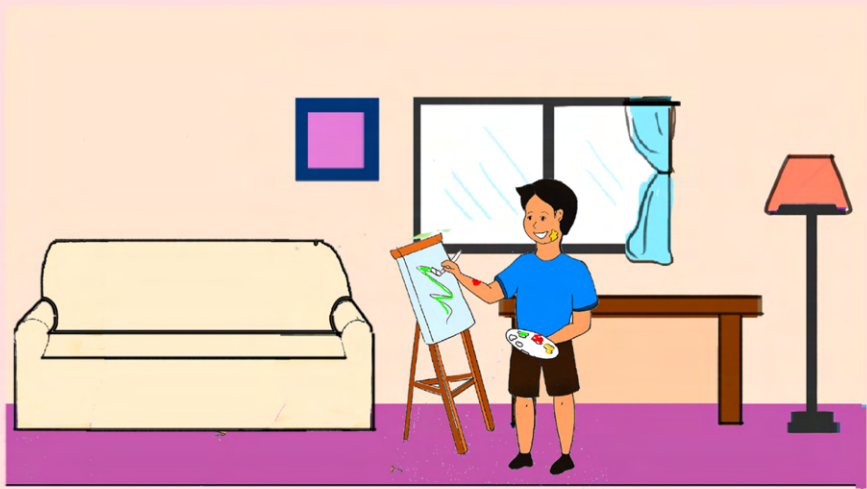


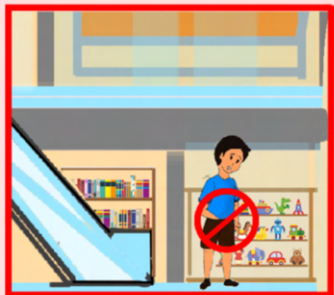


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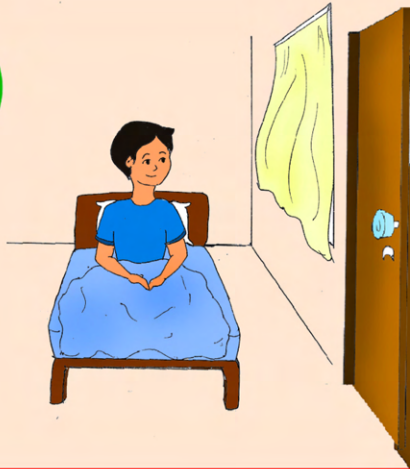




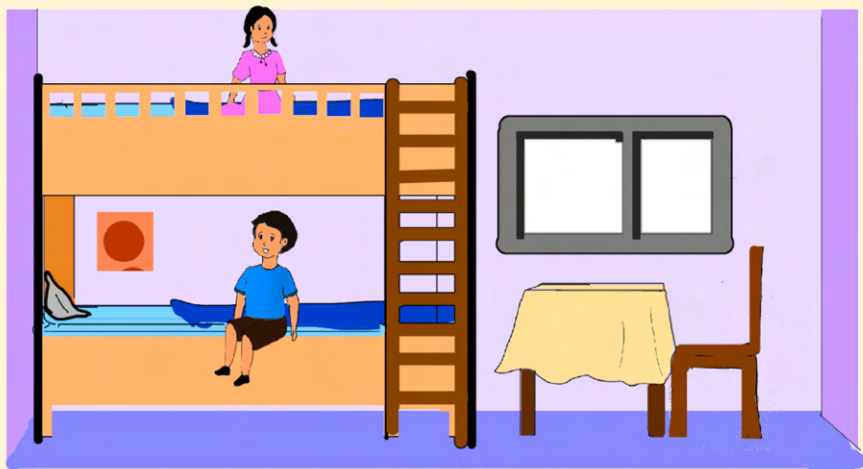
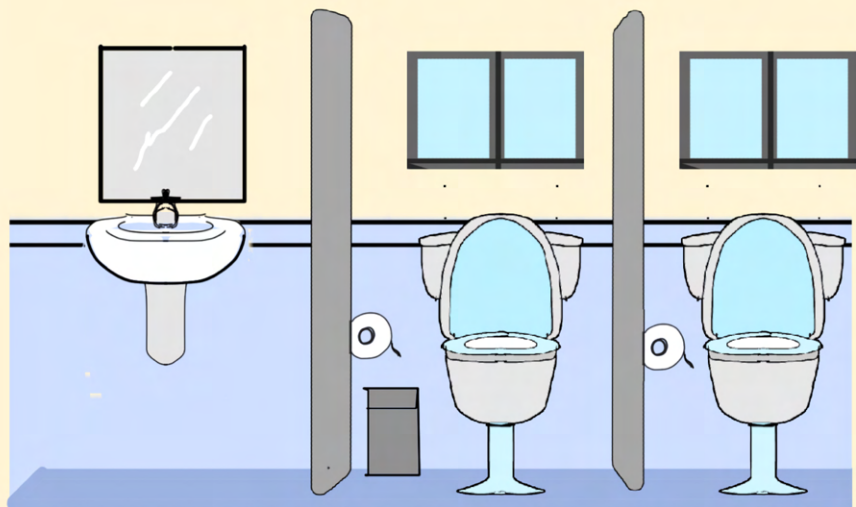












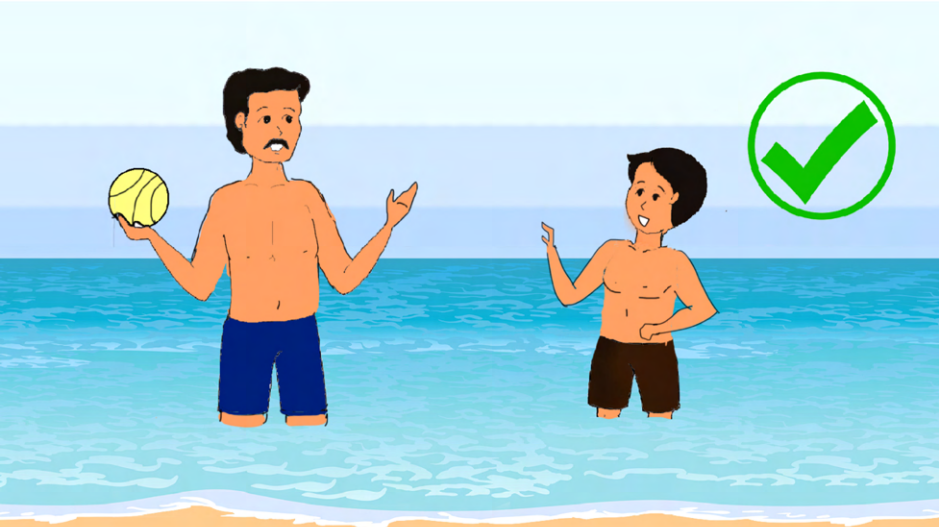
















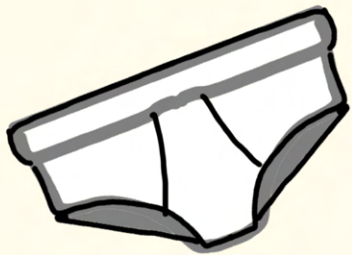
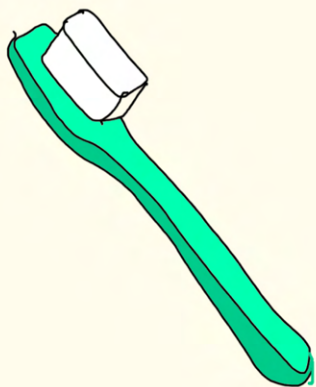
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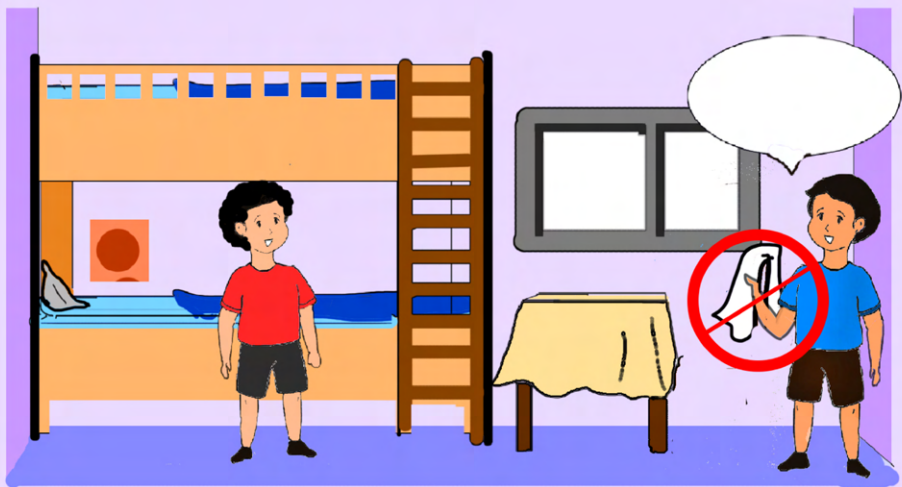


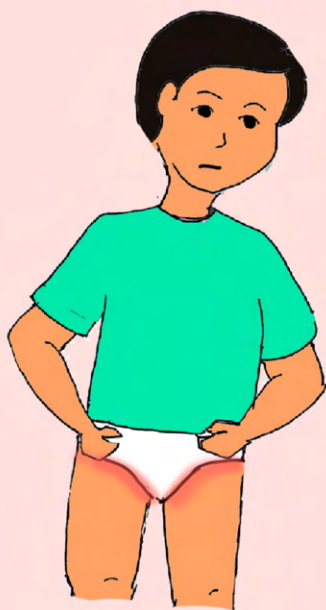


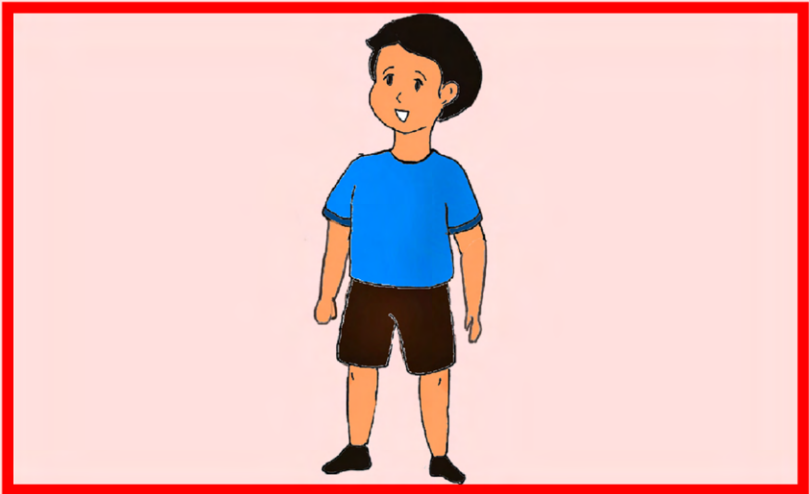










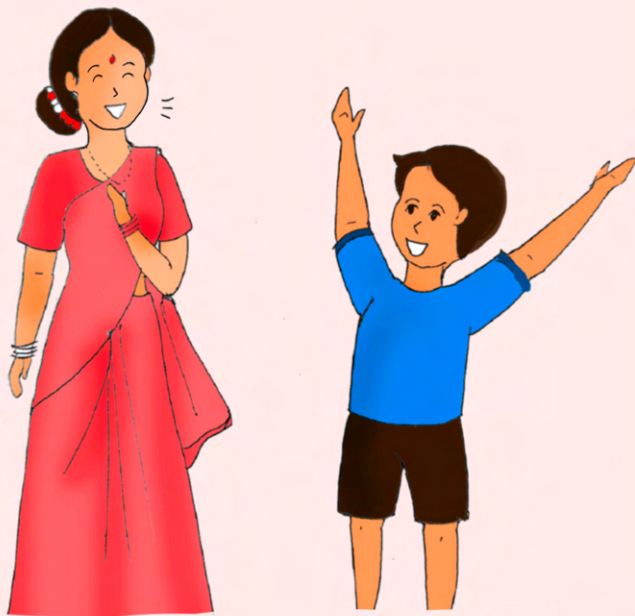


Here are a few private activities that I do in private places:









# Rules about touching yourself

## Boy version

# Rules about touching yourself





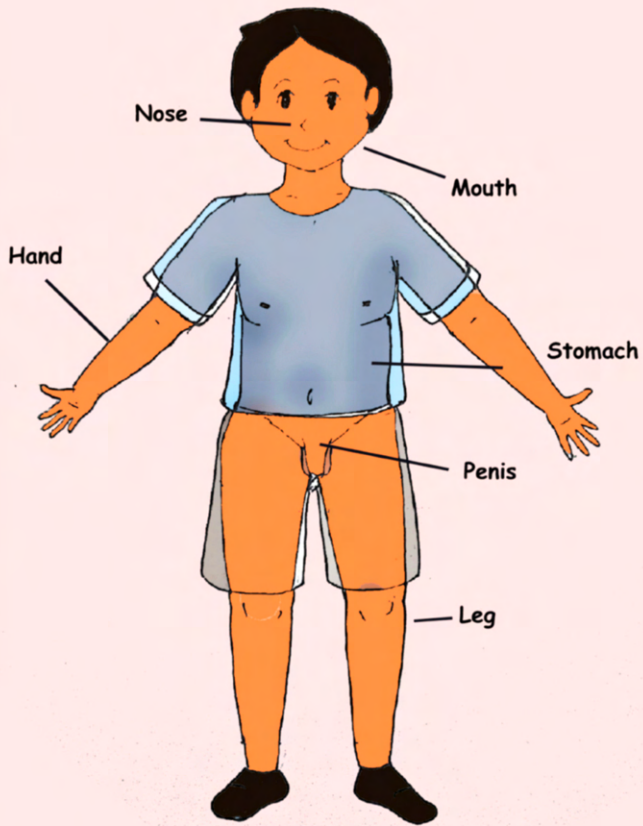


Listen to what your  
mind and body tells  
you.









Nose

Mouth

Hand

Stomach

Penis

Leg









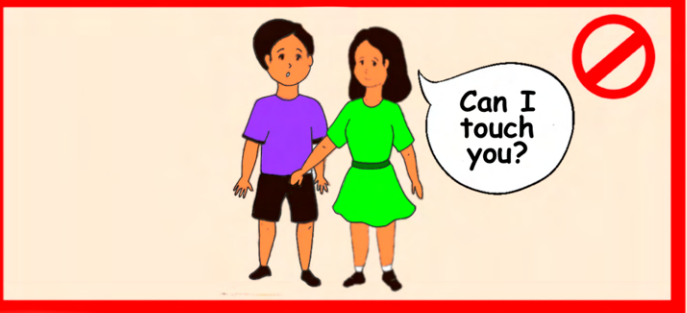
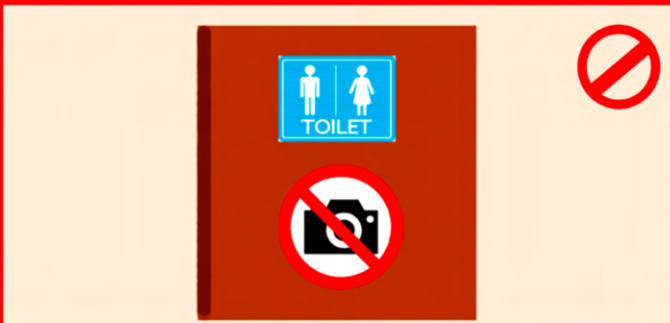


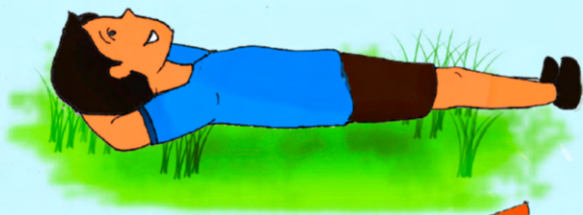


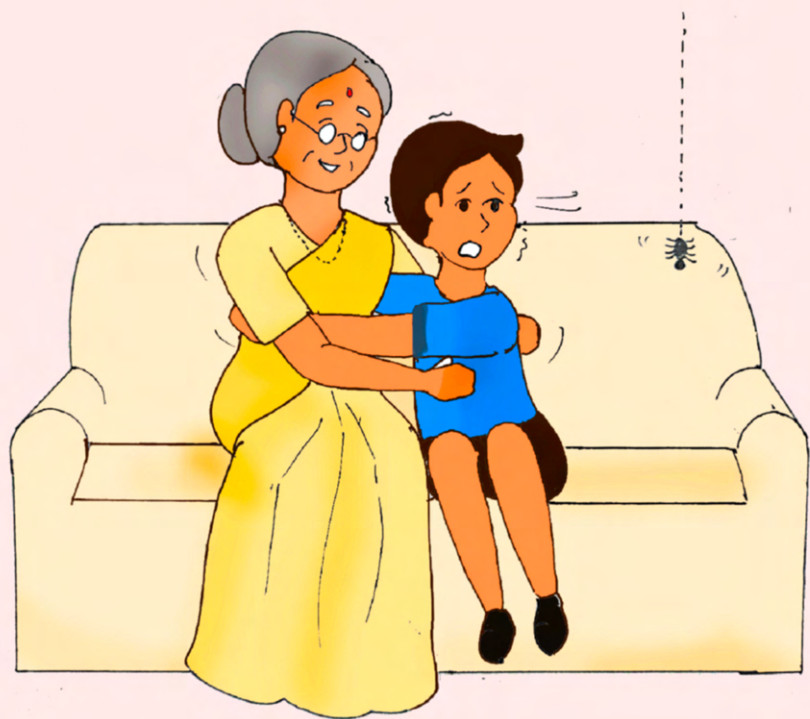


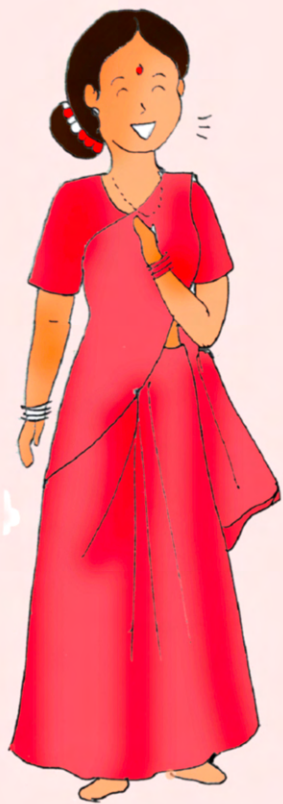


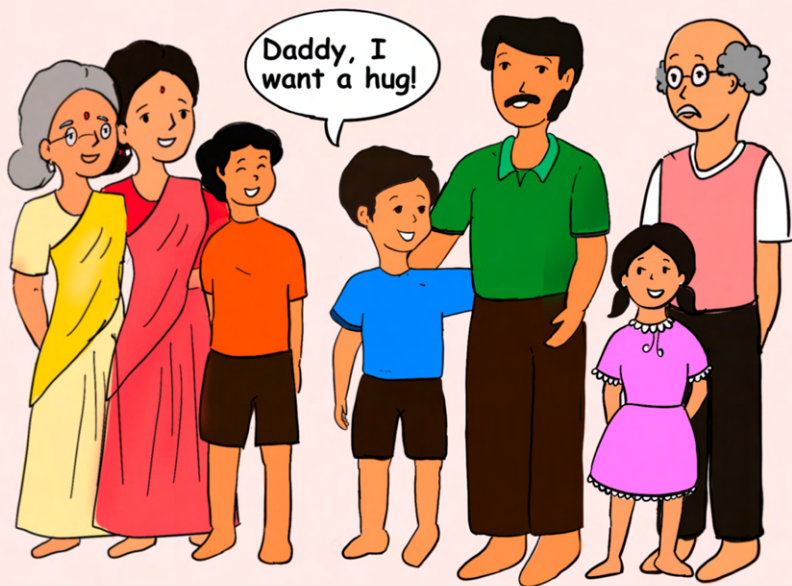












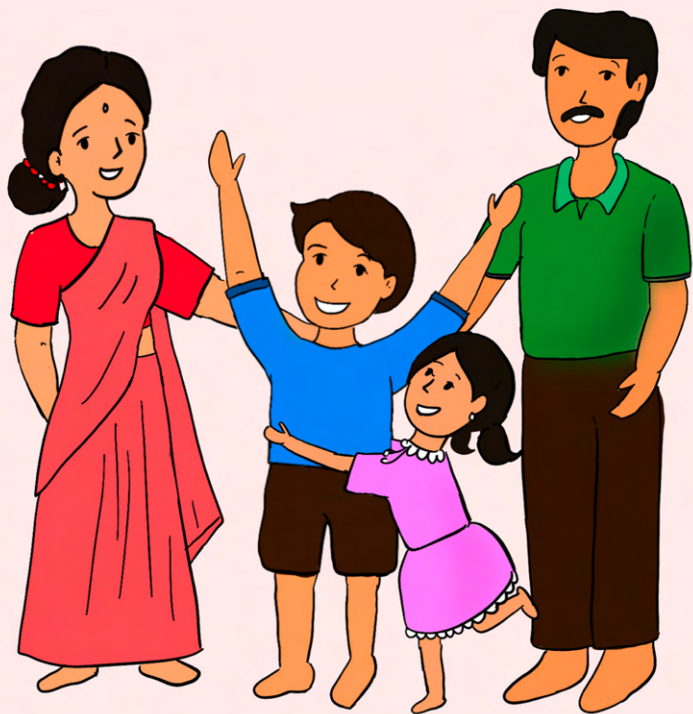
# Rules about touching others

## Boy version

**Rules about  
touching  
others**

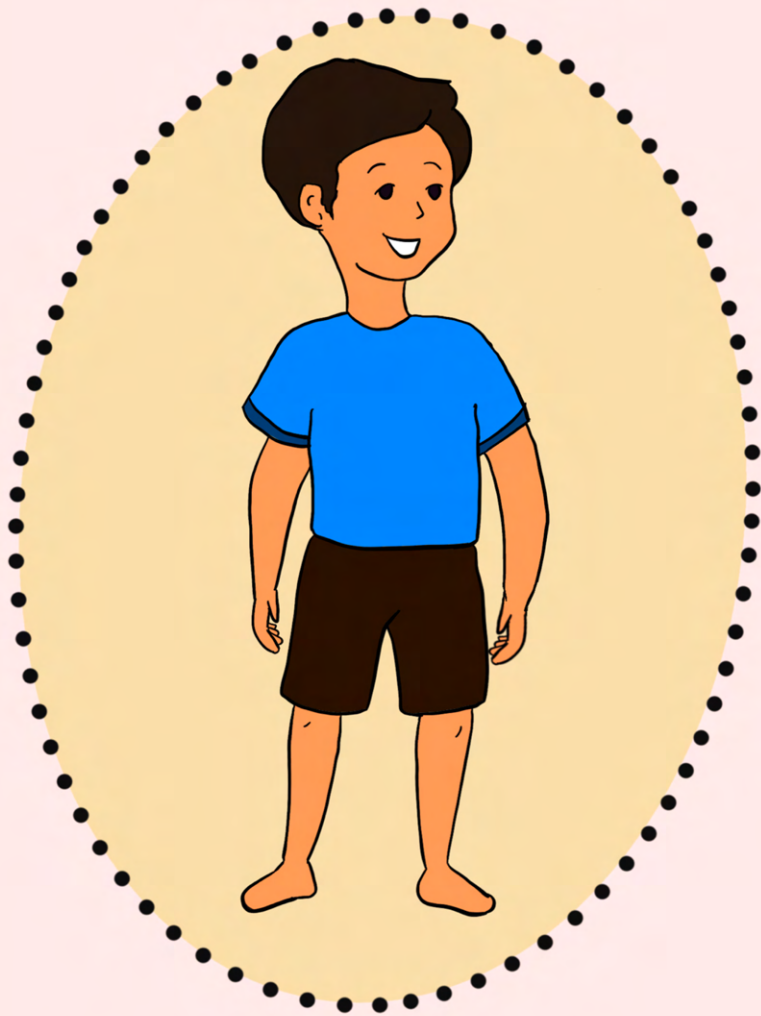


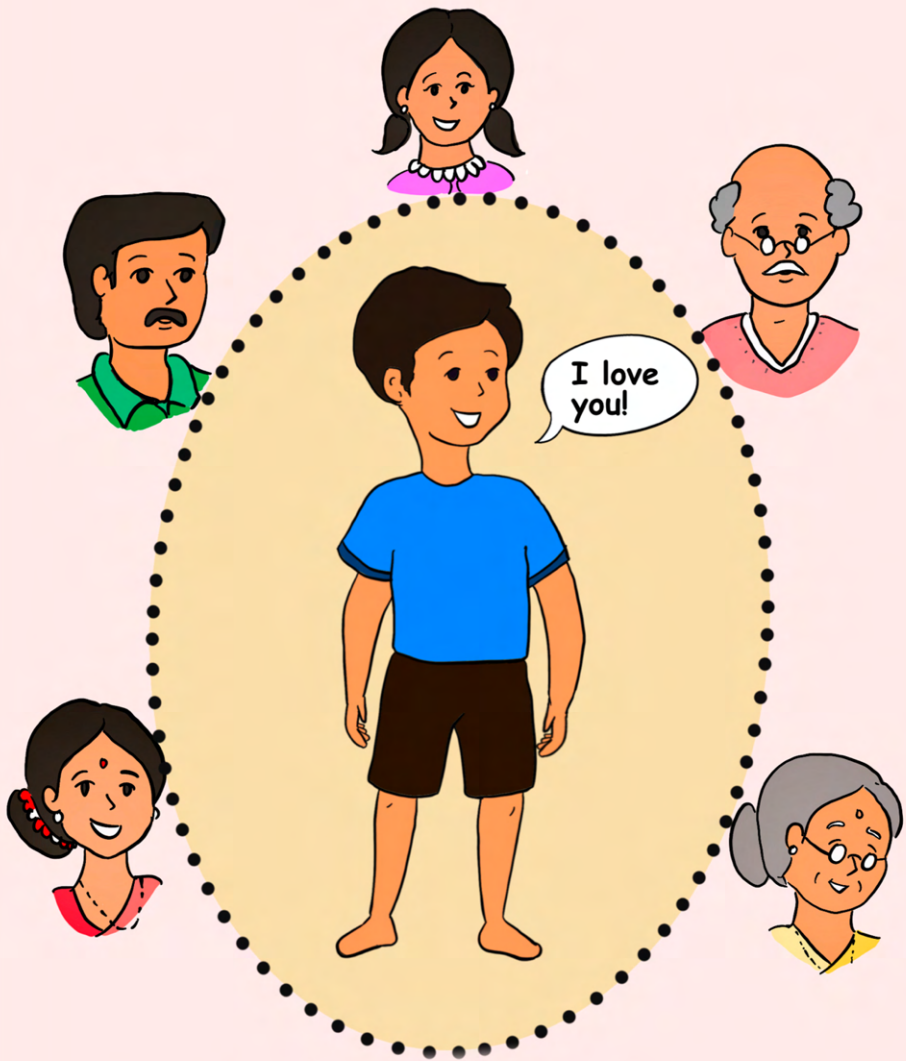




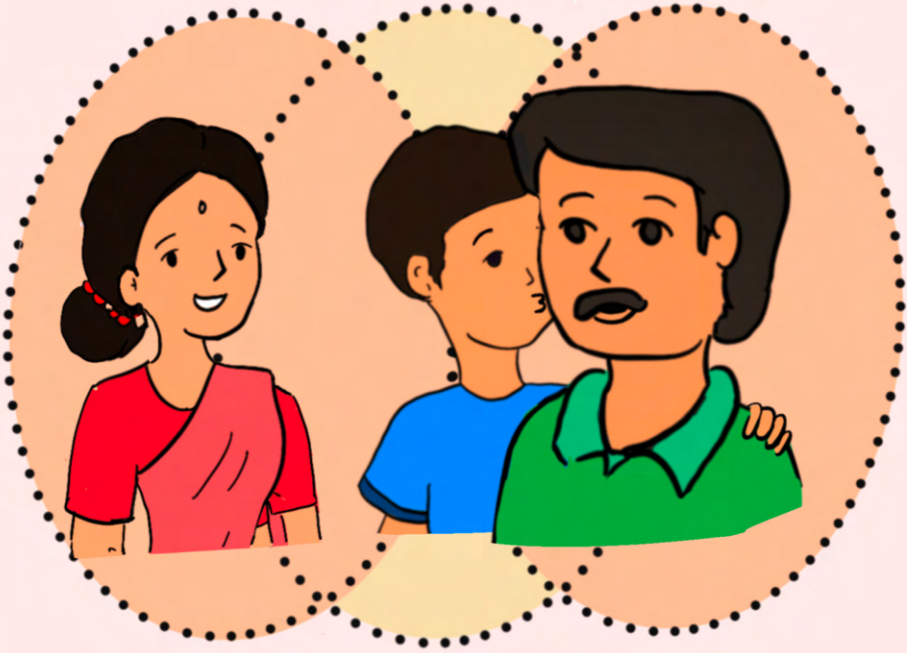


# Personal space

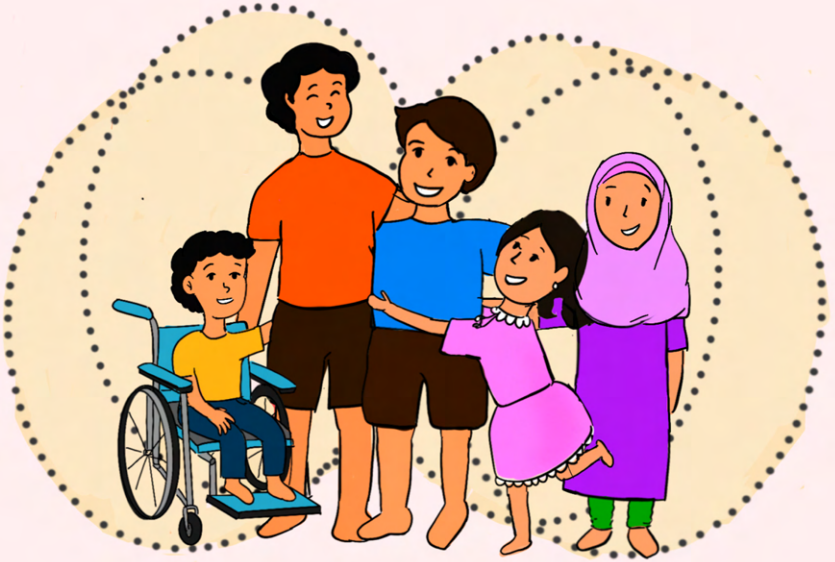








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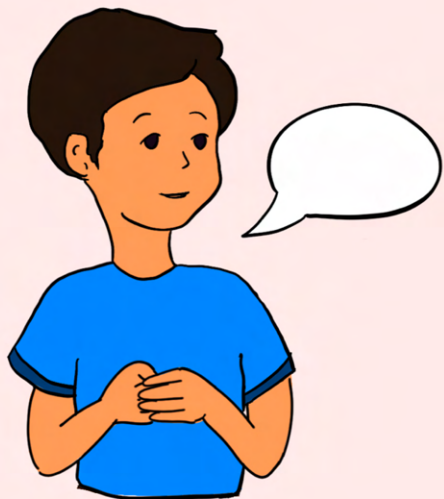


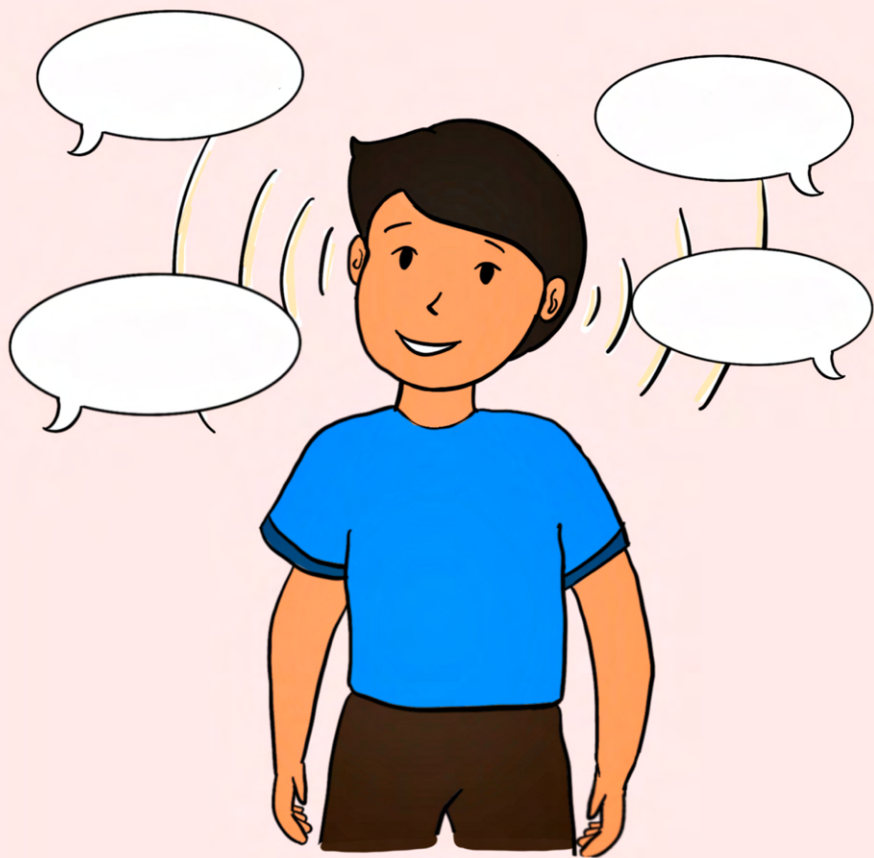


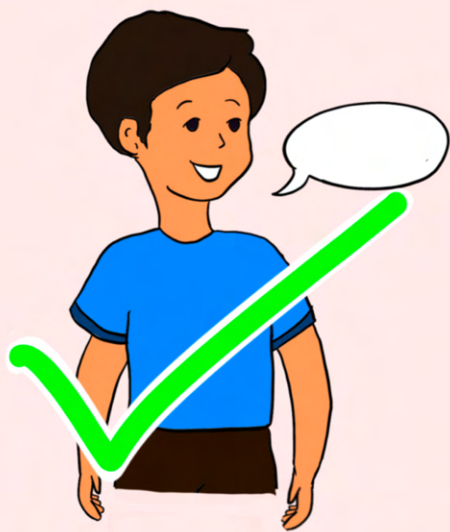


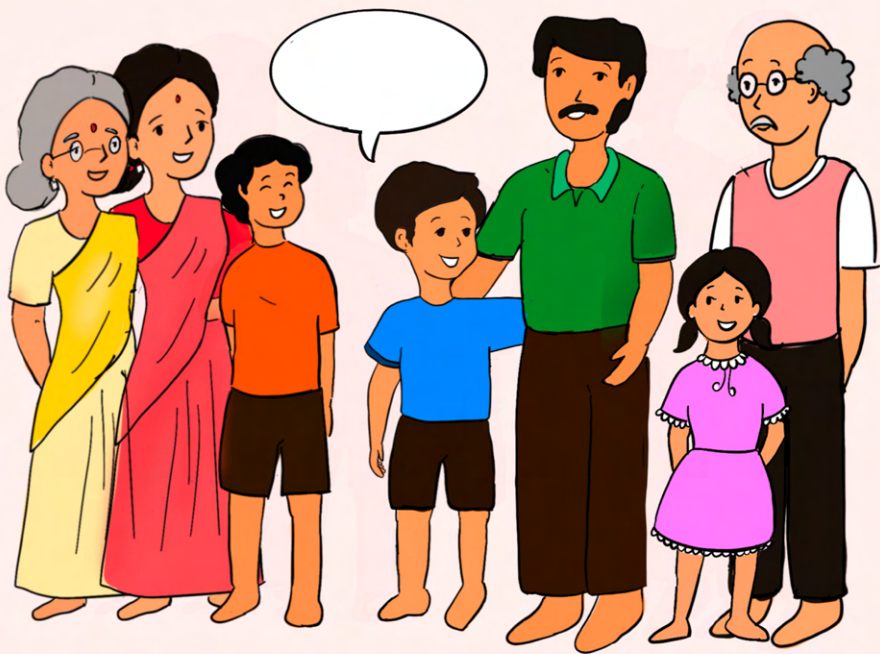


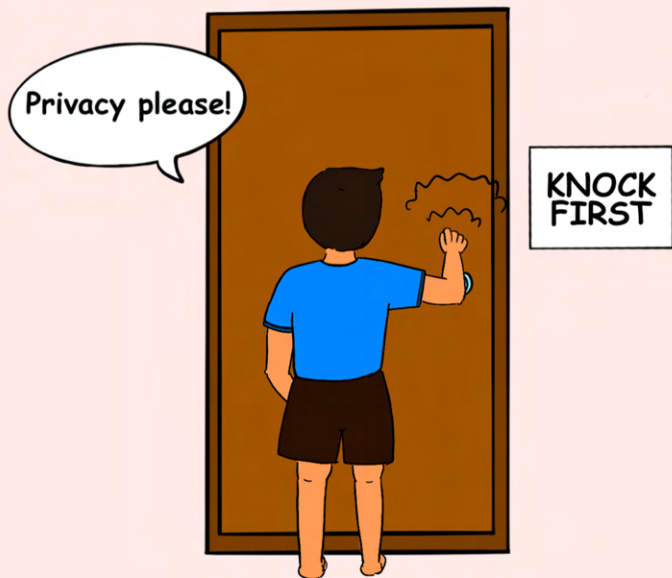












# Being naked: Where and Around whom Boy version

**Being naked:  
Where and  
Around whom**







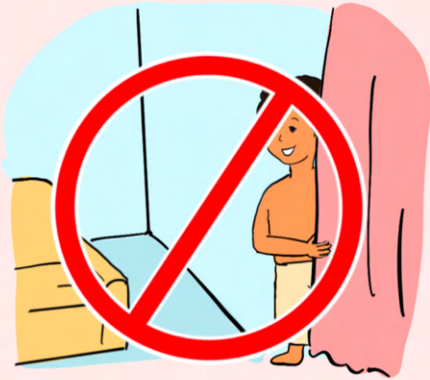




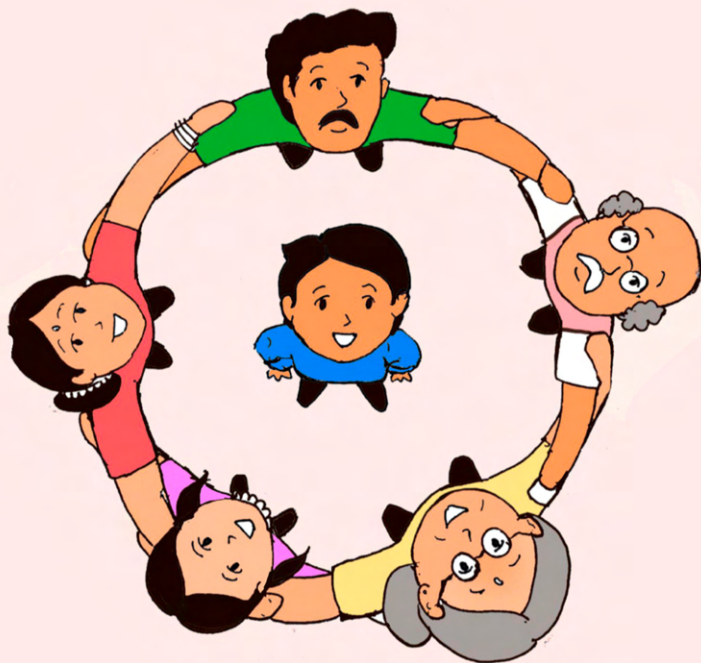


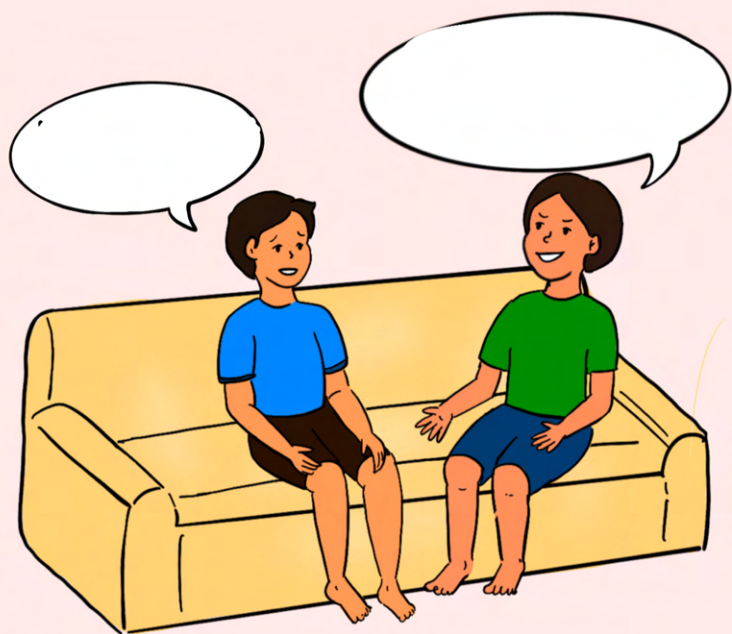








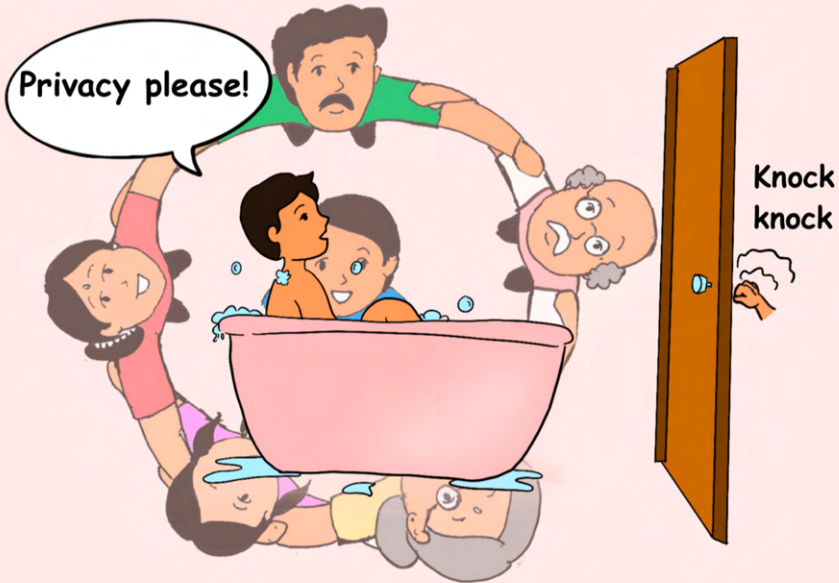






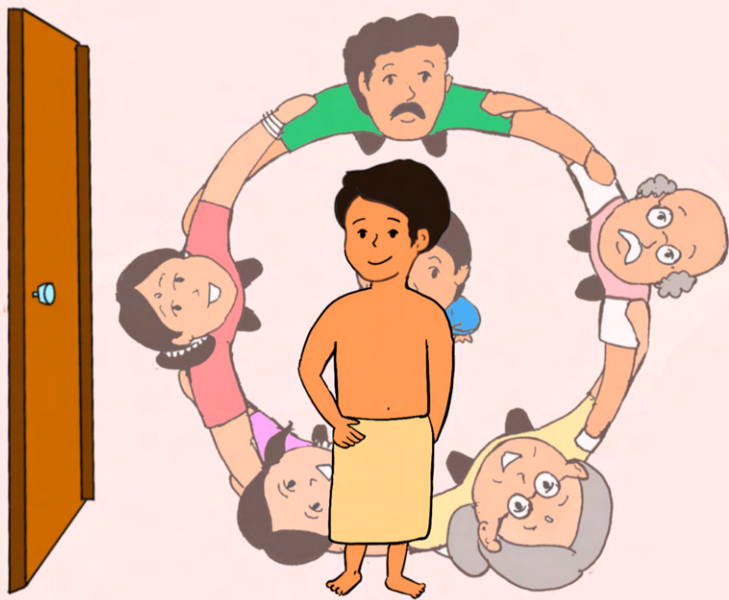
Privacy please!

**KNOCK  
FIRST**

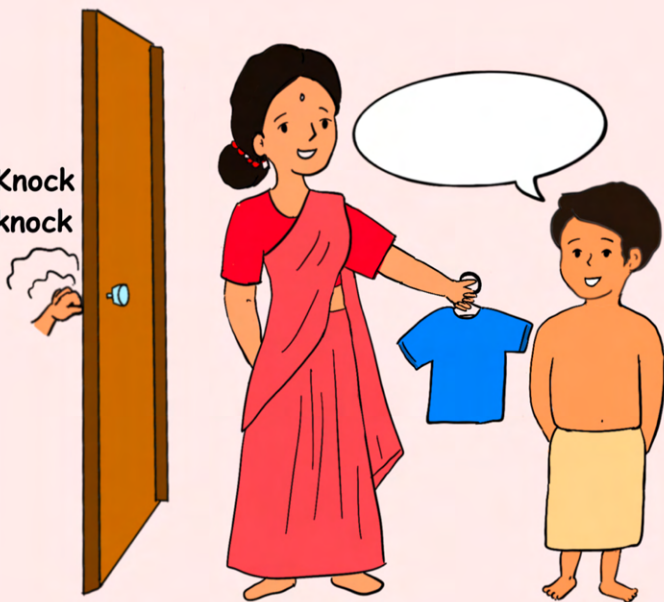


Privacy please!

Knock  
knock



Knock  
knock







**Consent: Saying "NO"**

**Boy version**



**Consent: Saying  
"NO"**







Body sovereignty      Self ownership

Ask-Wait-Do what is said

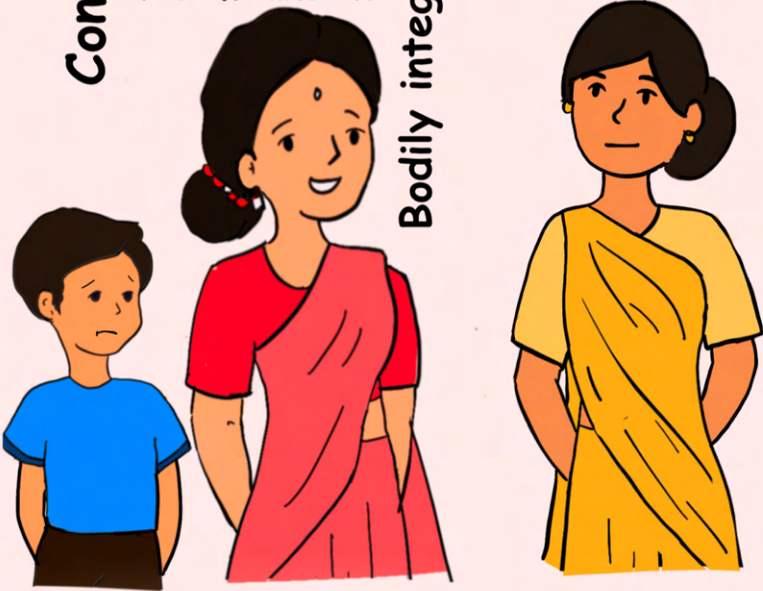
Consent

No means no

Bodily integrity

Bodily autonomy

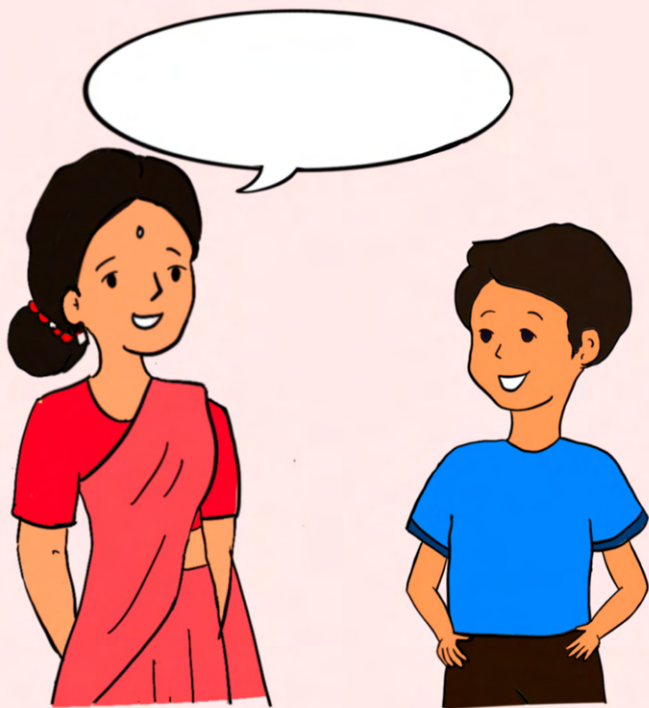
Personal autonomy



When I told

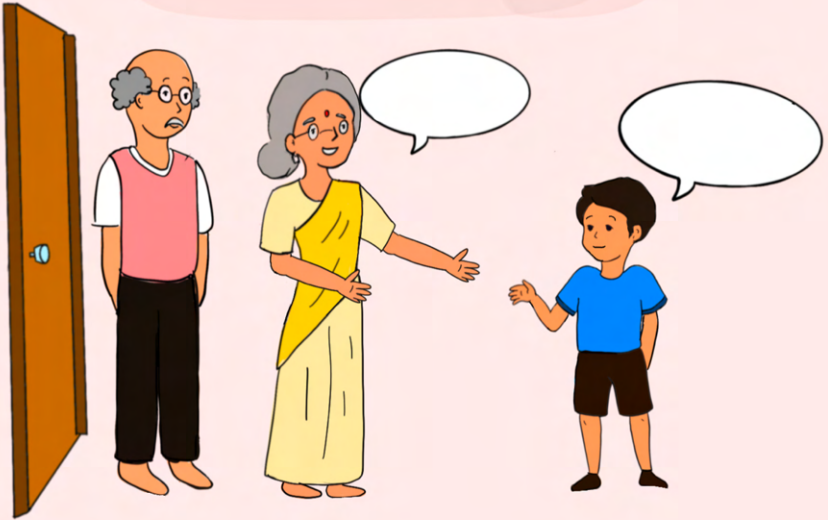
my

my



## How can I greet you?

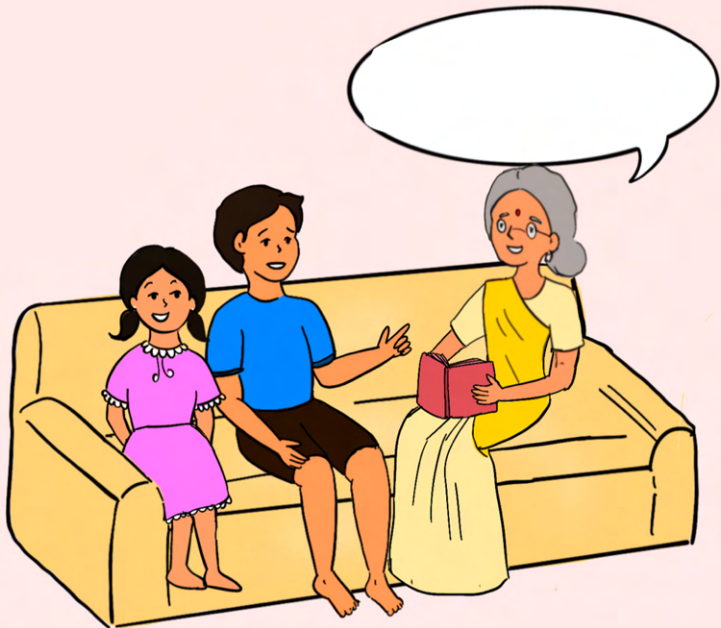


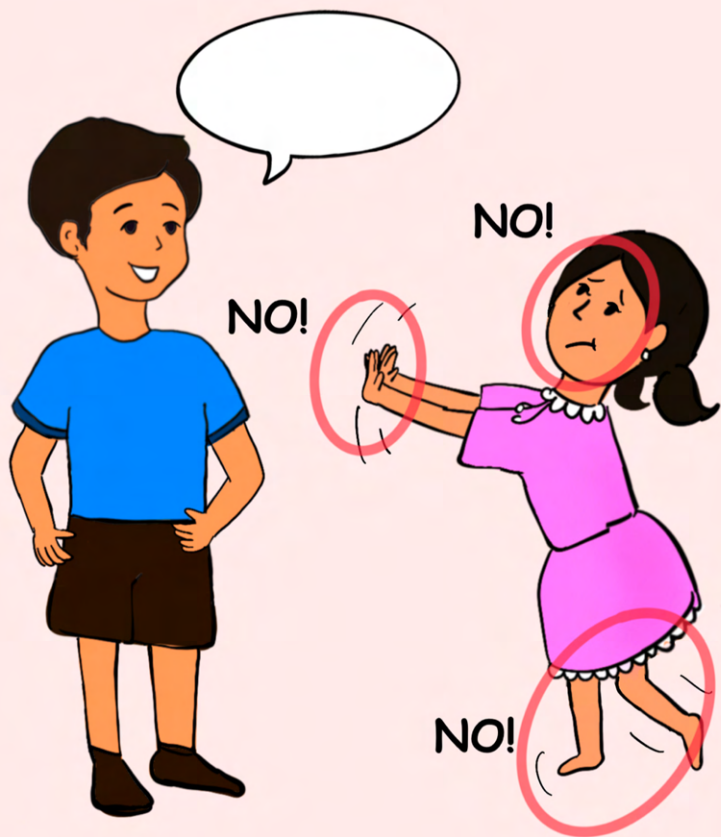


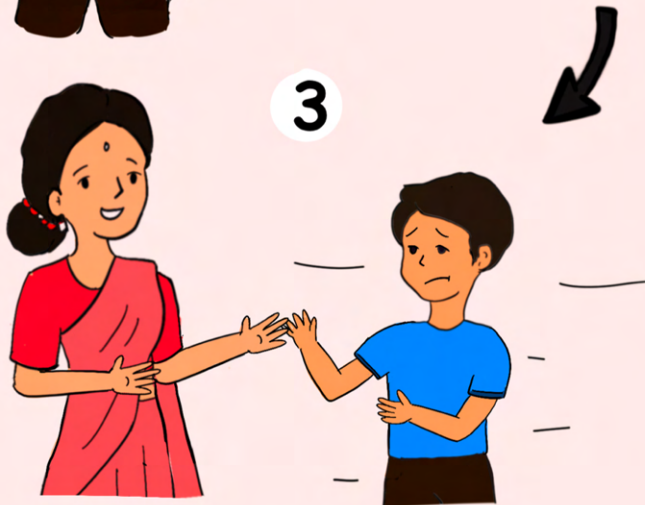
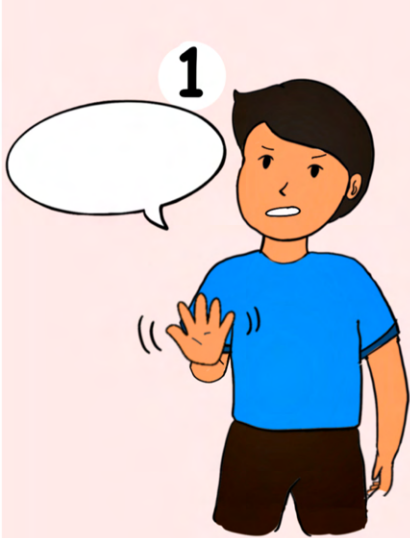


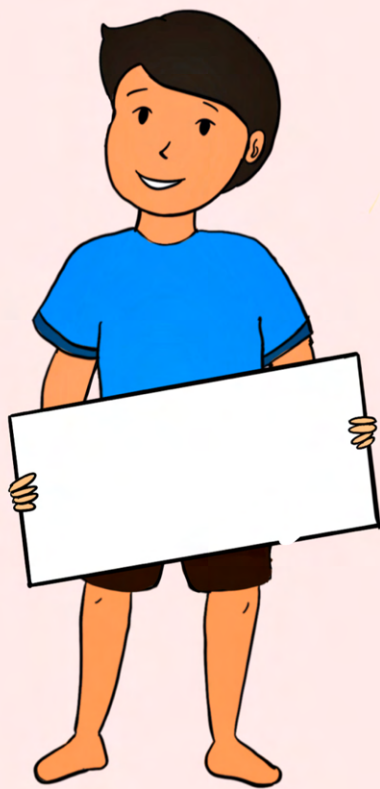




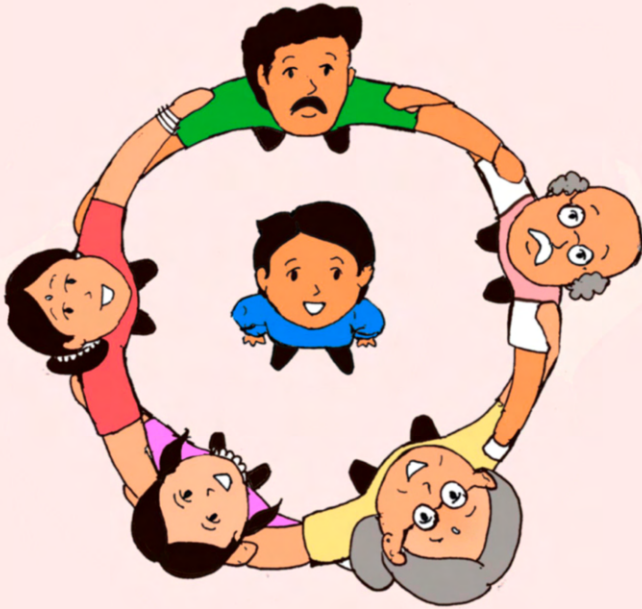








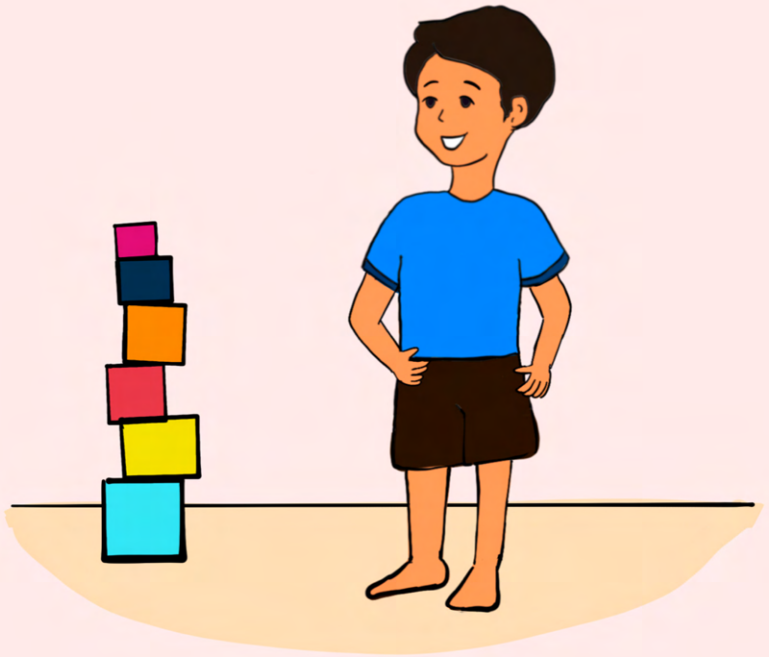


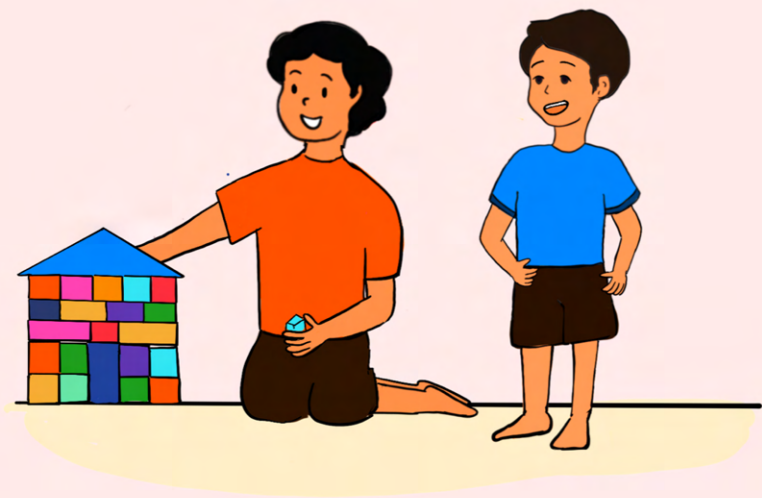


**Seeking support: Asking  
for help**  
Boy version

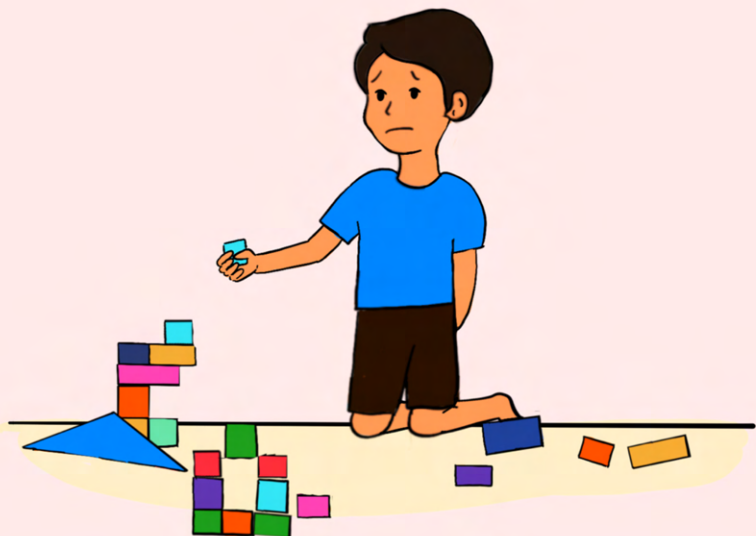


**Seeking  
support: Asking  
for help**



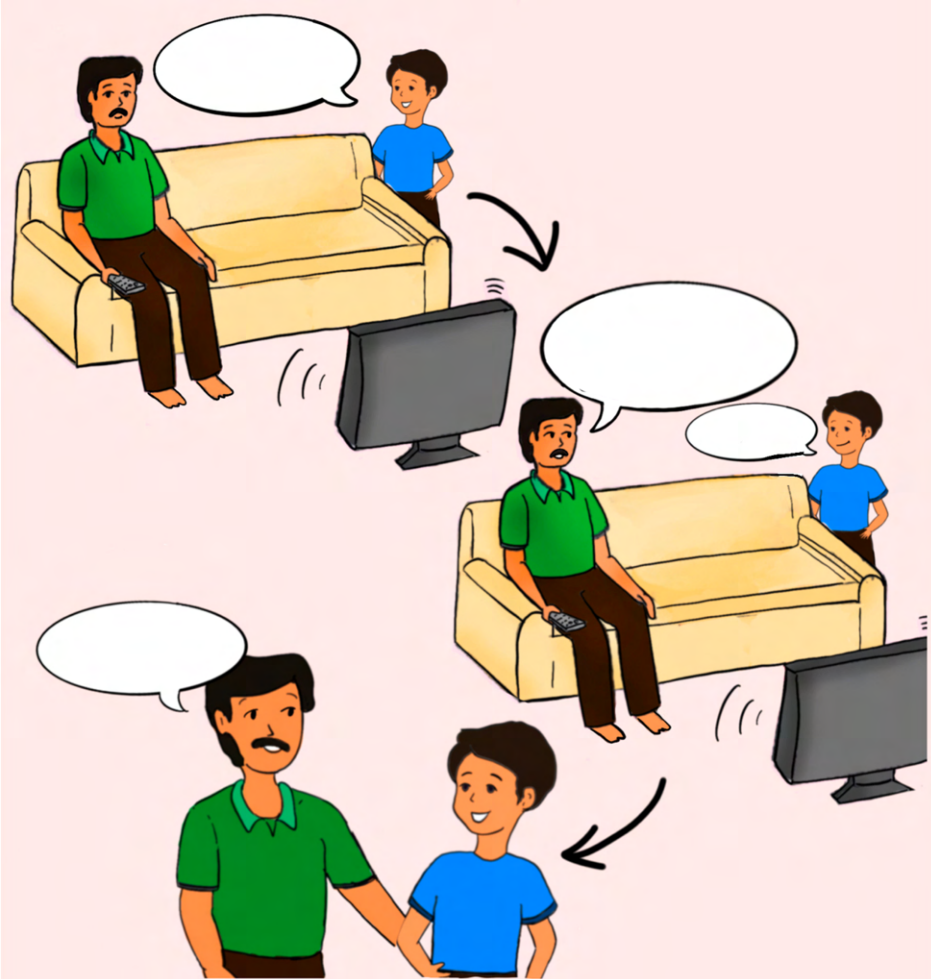






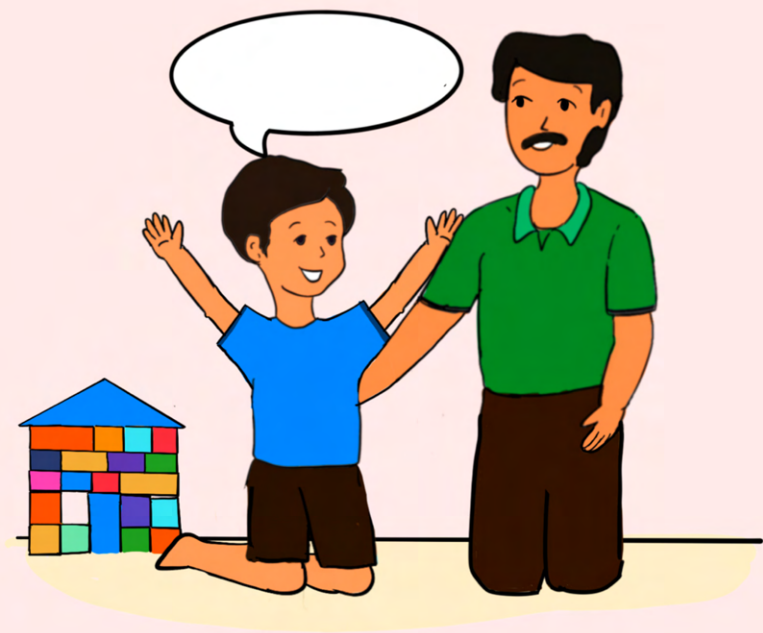




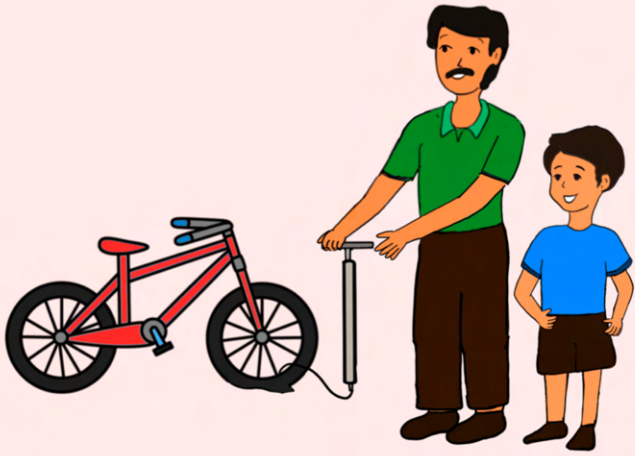


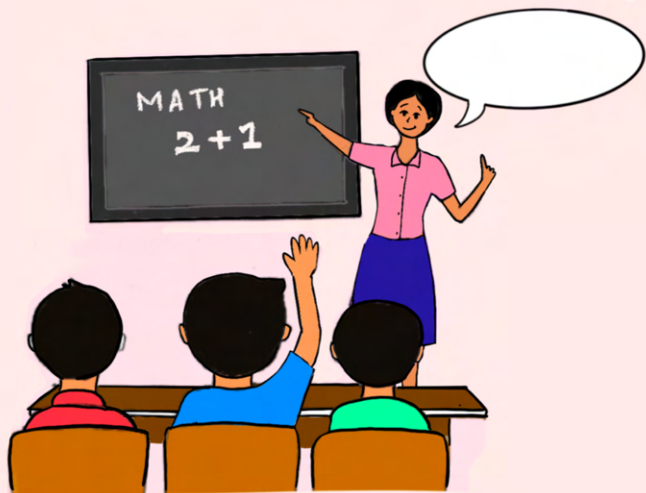




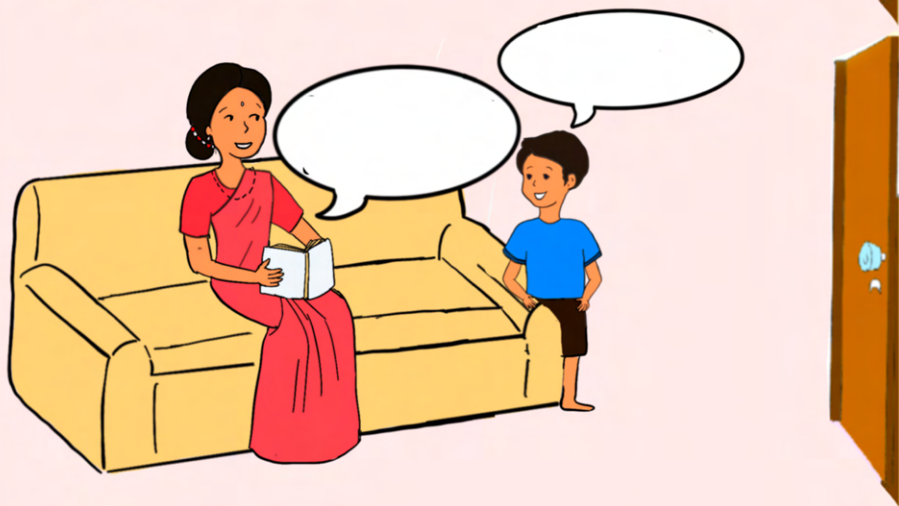
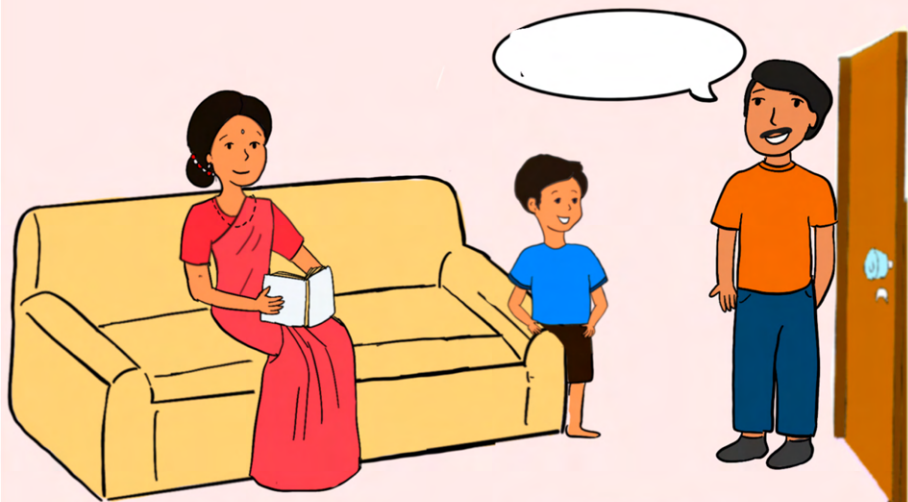










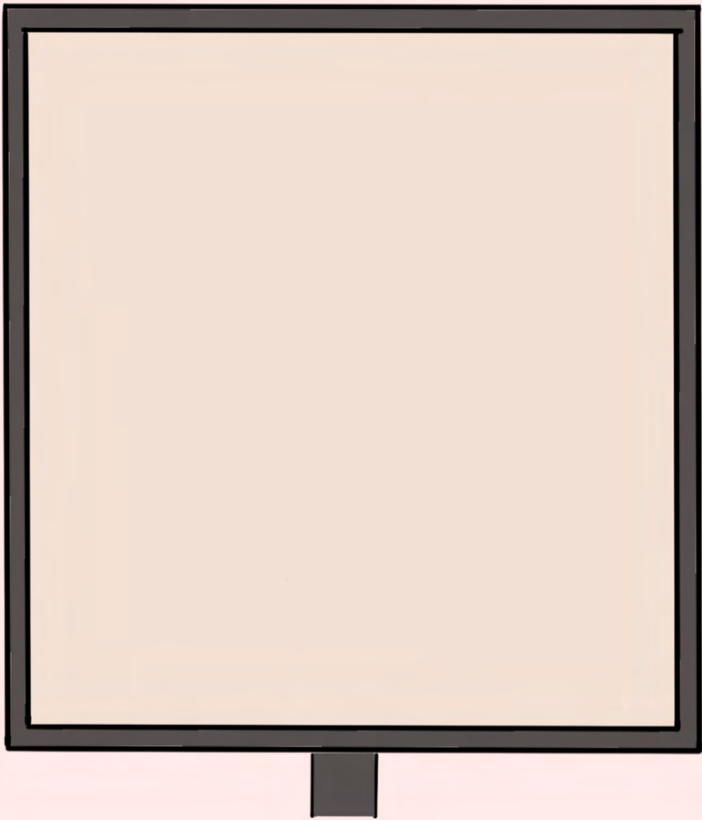


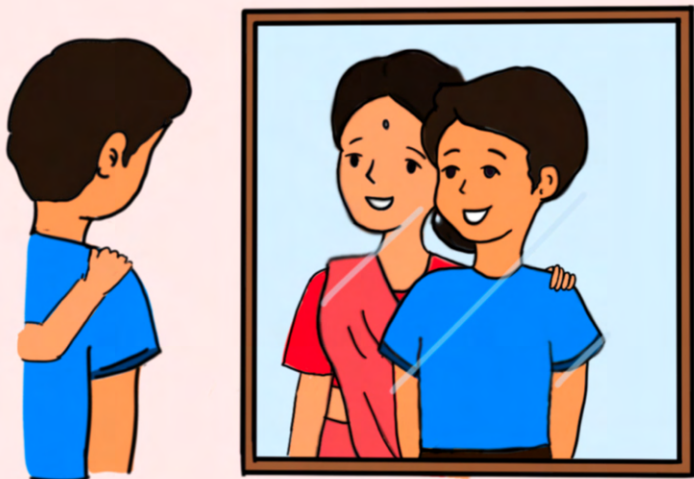








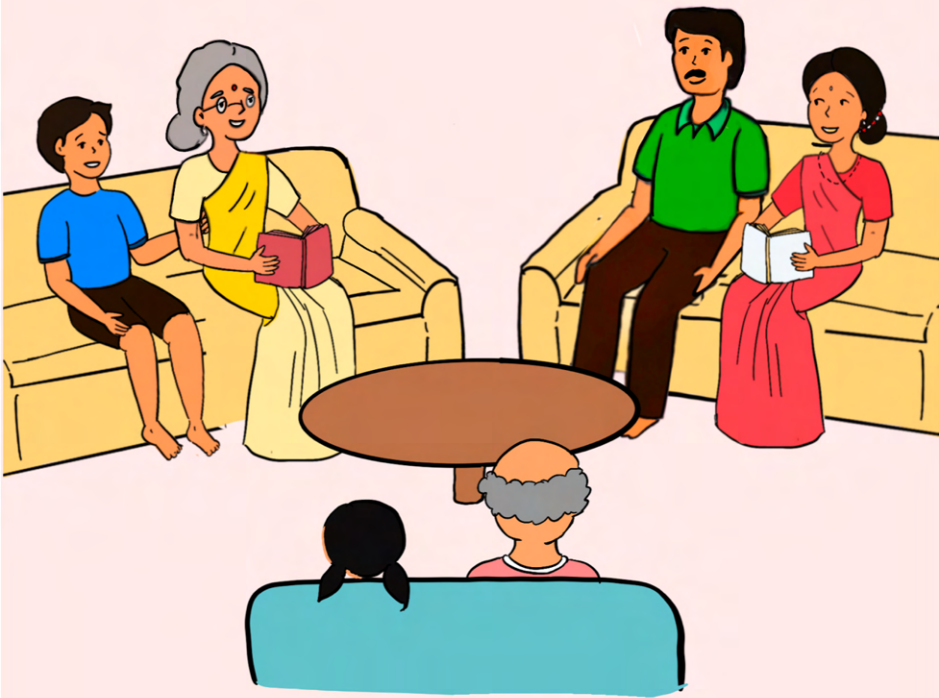




**Seeking support:  
Expressing feeling and needs**

**Boy version**

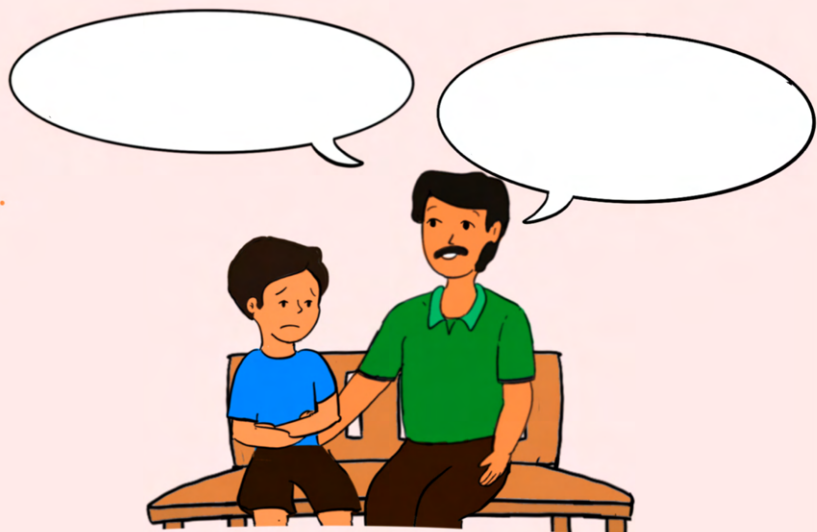
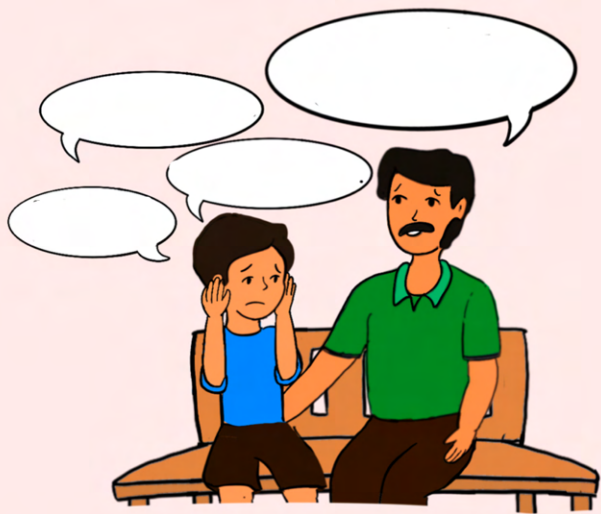
**Seeking support:  
Expressing feeling  
and needs**





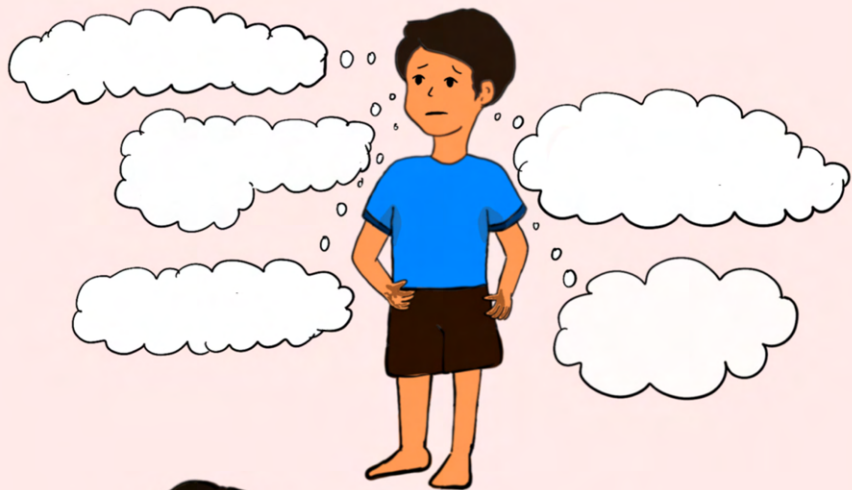






# Things to do when I feel overwhelmed





How do you feel today?



Happy



Sleepy



Sad



Calm



Excited



Scared



Tired



Proud

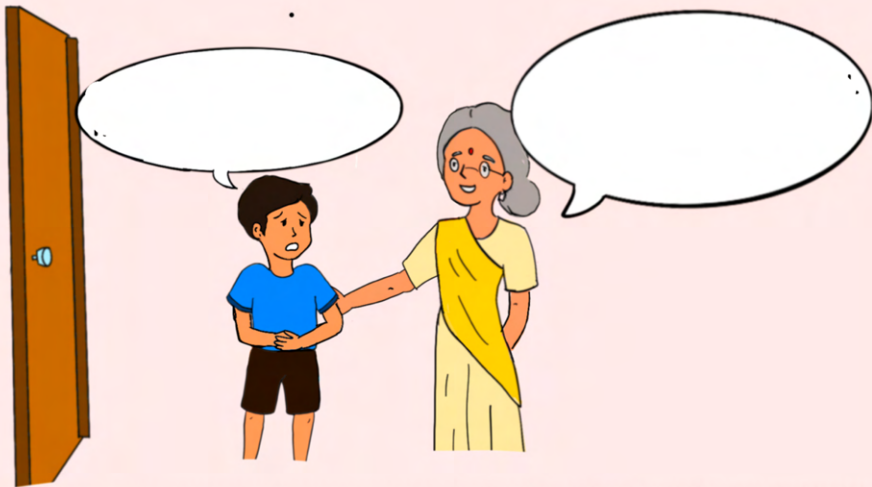


Angry



Hurt





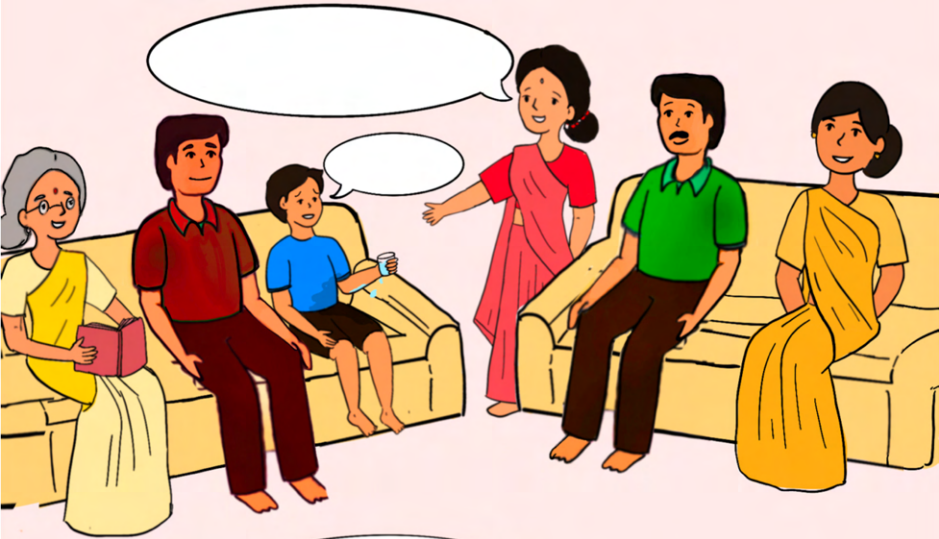


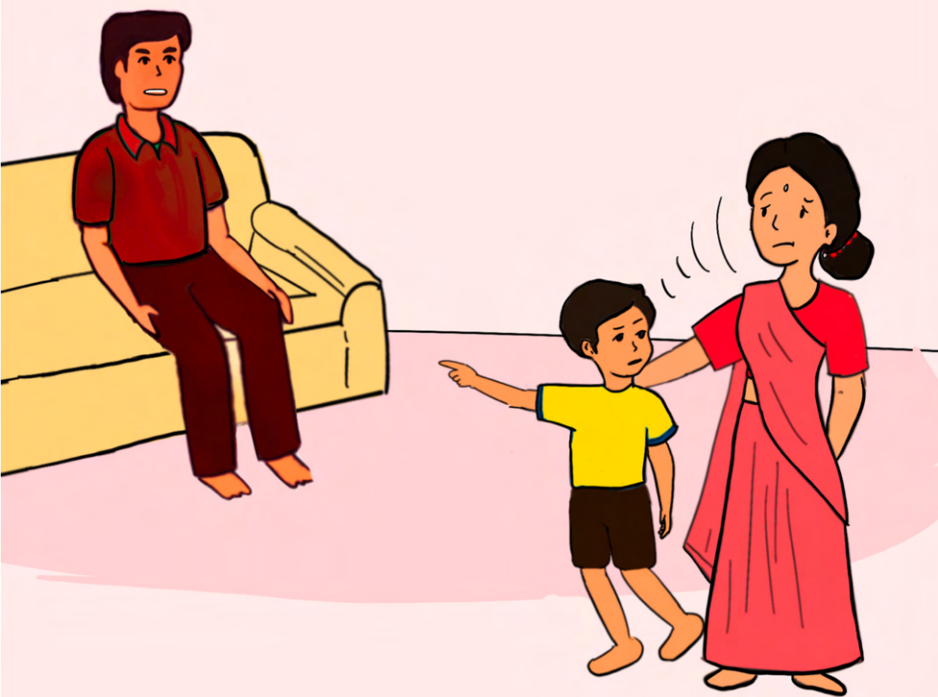


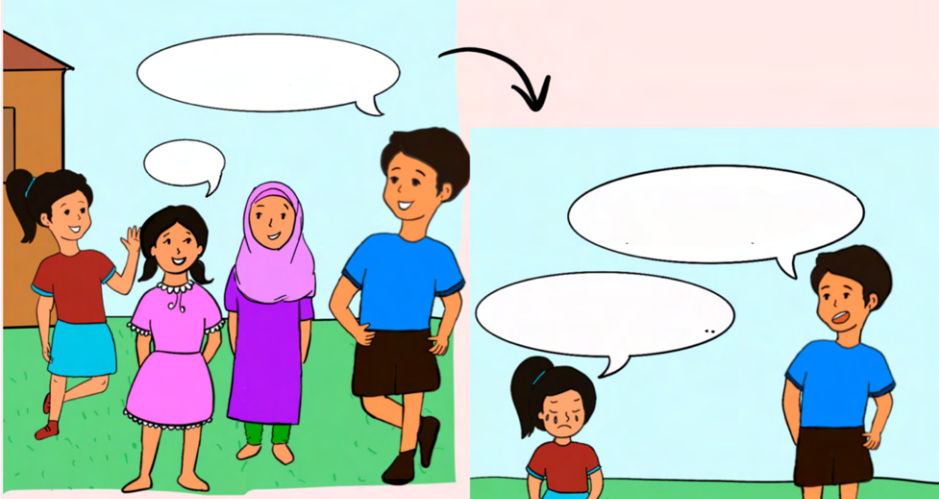
















# Pubertal changes: Changing bodies and needs

## Boy version

# Pubertal changes: Changing bodies and needs

















# Pubertal changes

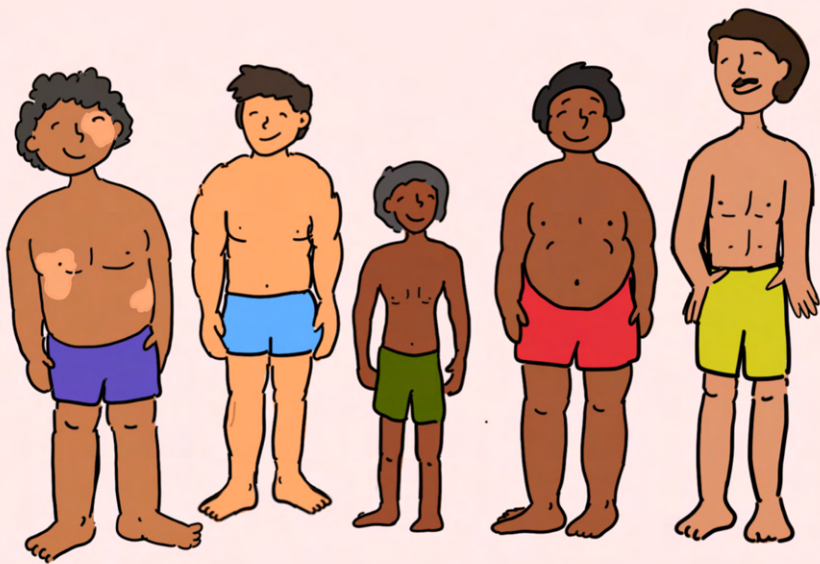




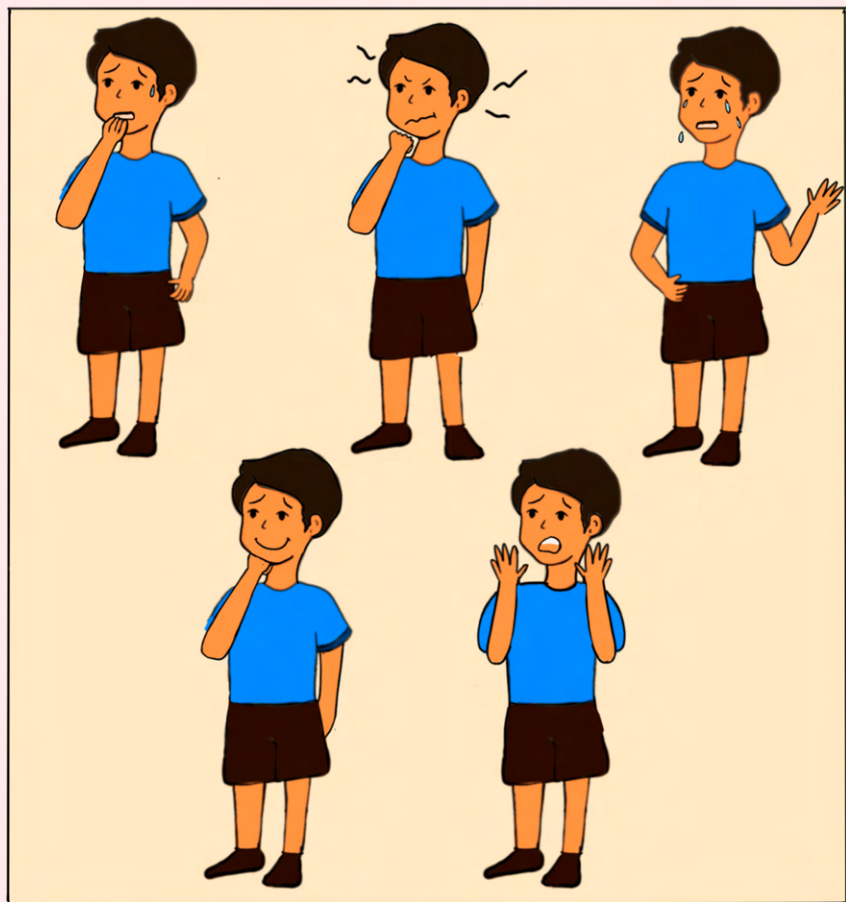








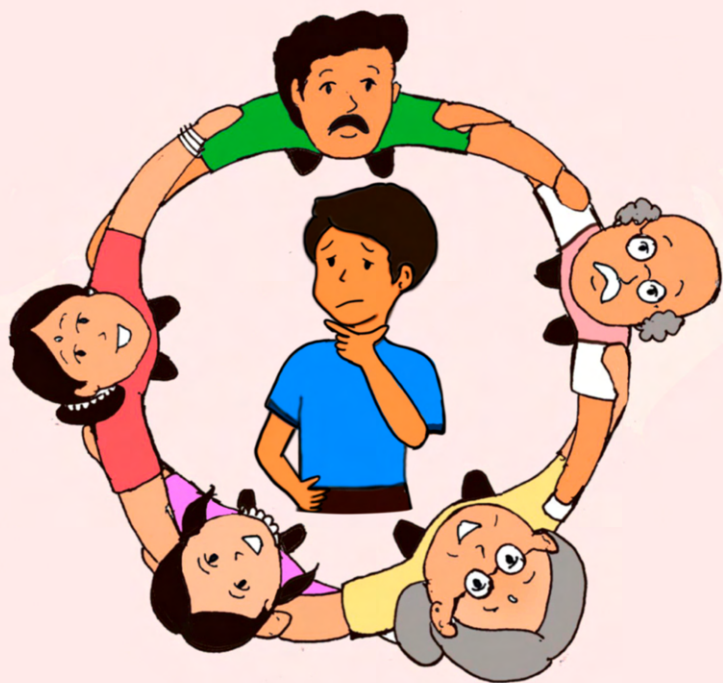












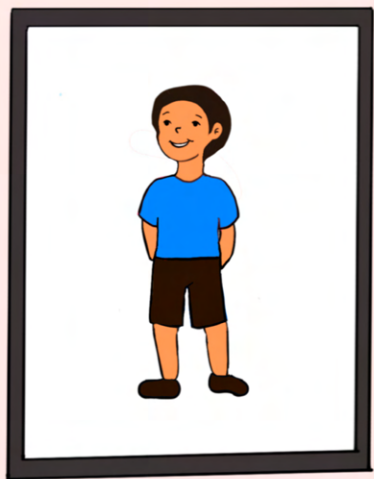




# Menstruation and related care

Boy version

# **Menstruation and related care**





## Adi

- Change voice
- Grow private parts
- Body hair

## Tia

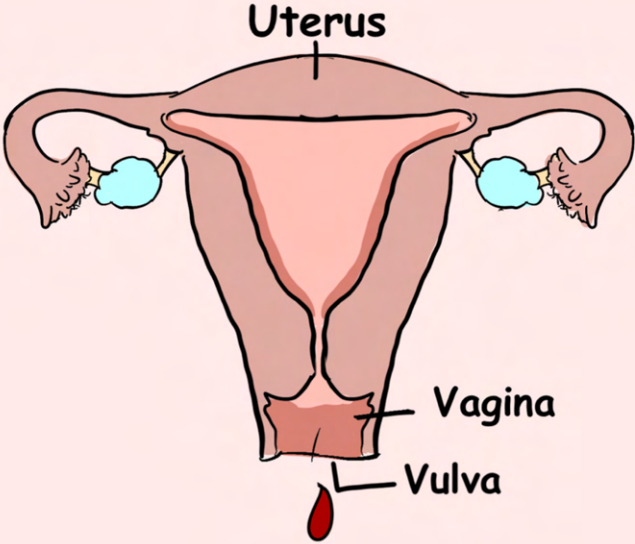
- Grow breasts
- Grow hips
- Body hair
- Periods



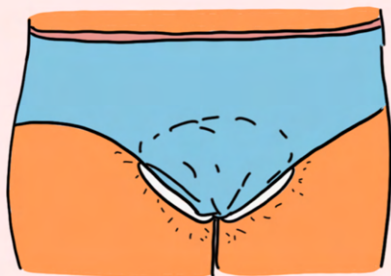


Periods coming soon









**Cramps**



**Headache**



**Mouth  
ulcers**



**Sweating**



**Bloating**



# May

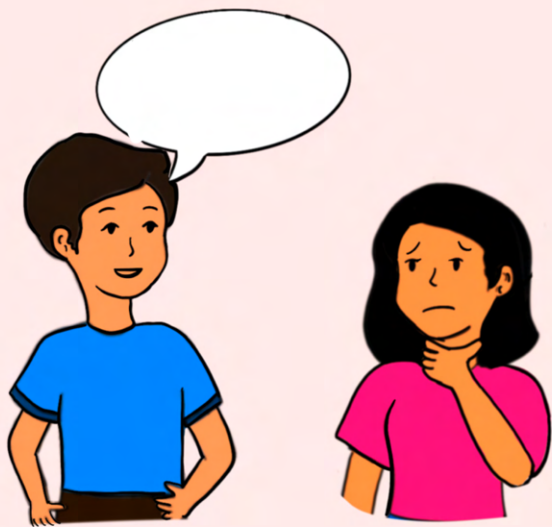
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



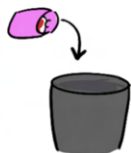
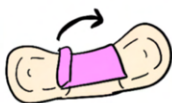
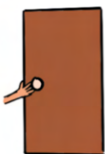








## Changing a pad







4 months



5 months



6 months



7 months



8 months

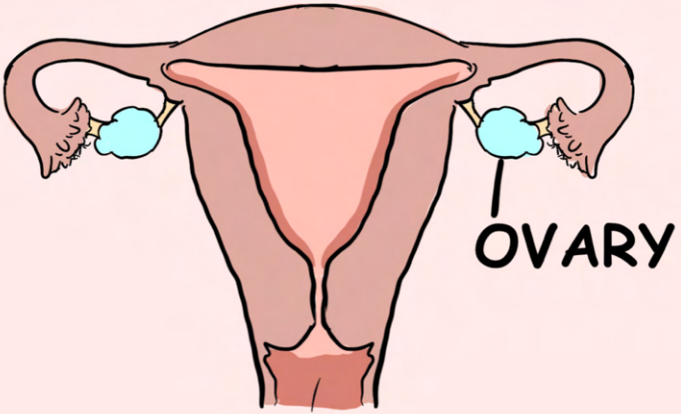


9 months

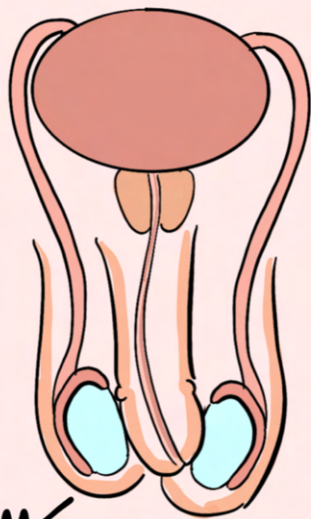
**Reproduction: Where do babies come from?**

**Reproduction:  
Where do  
babies come  
from?**

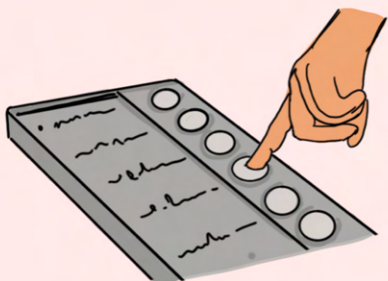






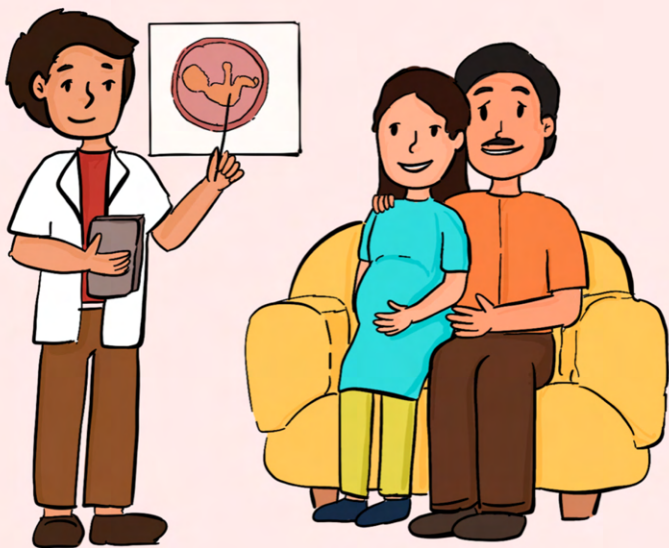


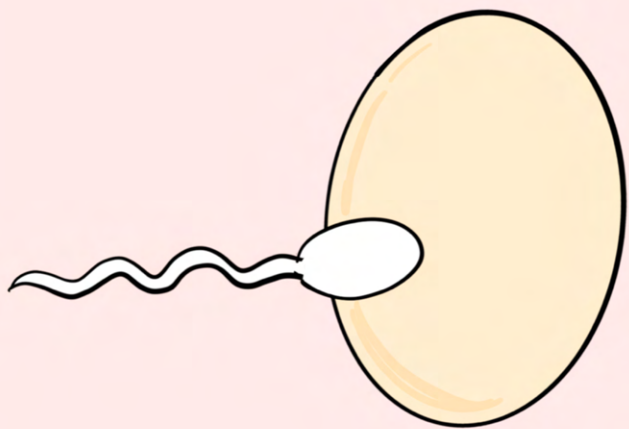
**SCROTUM** /















**4 months**



**5 months**



**6 months**



**7 months**



**8 months**



**9 months**





