



KONPAL* CHILD ABUSE PREVENTION SOCIETY

KONPAL Child Abuse Prevention Society is an NGO working against all form of child abuse. It comprises child rights activists who share the common vision of a society free of child abuse, with zero tolerance against child sexual abuse and commercial sexual exploitation, involvement of children in hazardous occupation, armed conflicts and violence. The members are professionals from different fields who are concerned with therising incidence of abuse against children. The group is fighting for the rights of children and against all forms of abuse, neglect, maltreatment and exploitation of children.

Konpal goes to flood relief camps in Sindh

THE recent floods in Pakistan were of unprecedented magnitude. They caused havoc in all four provinces and loss of unmanageable magnitude. Millions of people lost their homes and properties.

The death toll was in thousands. Punjab and Sindh were the most affected provinces where millions were left homeless and without food. Conditions in Sindh, especially with regard to infrastructure of health and its delivery were already abysmal. The floods lead to the collapse of the existing minimal health care system.

Konpal members have fought for health improvement and protection of children against the natural and man-created disasters since its inception. The organization has raised its voice to protect children against calamities such as loss of innocent lives in bomb blasts or affection of children in devastation like earthquake or flood.

During the recent floods, the Konpal members actively contributed to the collective national relief effort. They participated in collection of donations, set up medical camps at sites such as Thatta, Gharo and Keamari; and organized Eid Mela and other recreational activities for the displaced persons, especially their children.

(Continues on page 2)



KONPAL
means a new bud. Small, tender, delicate, yet capable of becoming a flower, a leaf or a branch.



(Continued from page 1)

The Konpal team and members of PPA-CRC visited the flood affected areas in lower Sindh. The team carried out need assessment of the victims, especially the children and ran medical camps with volunteer doctors.

The assessment reports were based on personal observation and interviews with the people affected by the flood and the medical personnel at the government dispensary.

The team has made following recommendations:

1. Priority should be given to sanitation.
2. Mosquito nets, repellents and anti-malarial should be supplied in plenty.

3. ORT corners should be set up.
4. Vaccination should be carried out.
5. Cleansing agents such as soap, medicated shampoo and hand sanitizer should be supplied.
6. Proper cleaning should be initiated.
7. Camp dwellers may be employed on wages to do cleaning up.
8. Educated persons should begin non formal teaching for children.
9. Camp residents may be involved in self care and other services.
10. Liaison may be created with the nearby hospitals and ambulance services.
11. Goods distribution should be made in an organized way so that every family can get necessary items.
12. Deworming of all the children

should be carried out.

13. Mental health professionals should be made part of the team.

14. Child protection messages should be displayed as in the wake of the earthquake in the north children and young girls were kidnapped in large numbers.

Konpal doctors and volunteers set up medical camps in collaboration with various non-governmental organizations and provided medical care to thousands of flood affected people, especially the children.

At each site, Konpal team ran medical cum vaccination, education camps and recreation activities for children and camp dwellers. An Eid Mela was also held at the Keamari camp.



Walk for protection of children's rights

ON the evening of November 15, Konpal organized a walk for the "Protection of Children in Disasters". The walk was organized on Universal Children Day at the mausoleum of Quaid-i-Azam Mohammad Ali Jinnah. Citizens and organizations raised their concern about child safety.



RIGHTS WALK



Five years of Konpal celebrated

ON March 21, Konpal celebrated completion of its five years.

A cake cutting ceremony was held at

the Konpal head office where members, partner NGOs, volunteers and well-wishers participated.

Eminent child specialist Professor

Ghaffar Billu, Prof D S Akram and Iqbal Saeed, Secretary, Social Welfare Department graced the occasion with their presence.



Professor Gaffar Billu with konpal officials and members of Konpal Children Club



Konpal collaborated with Child Rights Group of PPA and Body Shop in their campaign against Child Trafficking. The seminar and signature campaign were held in November 2010 on the occasion of Universal Children Day.

Mother's training workshop

WITH the collaboration of the Department of Paediatrics and PDC, DUHS, Konpal organized six workshops on "Enhancement of parents' skill in care and protection of their children" for mothers. Miss Uzma spoke on effects of violence on children.

Mother plays the most pivotal role in the care and protection of their children. Enhancing their capacity and skills towards the care of their young ones will not only result in improving the health and well being of their children but also dissemination of information in the community through them will go a long way towards decreasing

and its advantages and importance of good and balance nutrition.

The session on conflict management within the family was a nicely conducted session where Konpal psychologist Ms Uzma on effect of violence and family conflict on children and the remedial measures with the



the morbidity and mortality of children in our community.

After the training selected mothers are to be involved as community motivators in spreading the messages regarding health care and protection of children. The programmes were met with great success. It was attended by more than 15 mothers who not only appreciated the organizers for the course but actively participated in the hands on workshop. The entire course was conducted in Urdu and Sindhi. The message was conveyed via charts, pictures, role play and interactive discussion sessions.

The sessions include hand washing and its importance in prevention of infections; importance of breast feeding



help of role play and interactive discussion, the first-aid management of common injuries and poisoning. Protection of Children from Abuse and Neglect was discussed in the end.

The facilitators included Dr Ashfaq Mala, Dr Krishan, Dr Rakesh, Ms Uzma, Dr Nusrat Shah and others.

In the end a simple and graceful concluding and a certificate distribution ceremony were held. The chief guest at these workshops appreciated the efforts of Professor Aisha Mehnaz and the Konpal team for organizing the workshop for mothers.

Director PDC Dr Saleem Ilyas appreciated efforts of the Department of Paediatrics Unit 3 and Konpal for organizing this important activity for the mothers. He assured of DUHS cooperation in all such endeavors in future.

Mothers participating in the workshop expressed their appreciation for the efforts of the organizers. They said, "It is for the first time that we as mothers are given so much importance and are considered a team member in the care of our own child."

All the mothers who participated in the workshop said that they will inform and educate other mothers in their area about what they have learned in the workshop.

Seminar on nutritional neglect

A seminar on “Nutritional Neglect in Children”, focusing on the macronutrient and micronutrient deficiency in children, was organized by the Dow University of Health Sciences in collaboration with Konpal at Civil Hospital Karachi.

It was aimed at highlighting the issue of nutritional neglect affecting almost 40 per cent of our children which is the root cause of high mortality in children under five.

The objectives of the seminar were to: give an update on nutritional deficiencies in children; discuss demographic and psychosocial determinants of Nutritional neglect; share our data of indicators identified; discuss issues related to the management of nutritional neglect; and to devise strategy for intervention at multiple levels.

In the first session of scientific seminar, the speakers shared their experience of identifying factors and issues related to management of malnutrition. In the second session the welcome address was delivered by Dr Saleem Ilyas.

In her introductory remarks, Konpal Vice Chairperson Dr Nusrat Shah said that very few realize that nutritional deficiency is also a type of child abuse and neglect and requires urgent attention.

Konpal Chairperson Prof Aisha Mehnaz shared the data related to psychosocial determinants identified in cases of nutritional neglect collected by a team of doctors and psychologists of the Hospital Child Protection Committee.

She said the nutritional deficiency was found to be the most common cause of child abuse and neglect and also the most common cause of admission in the hospital. She added that the situation has not changed over the last two decades.

She said very important psychosocial determinants are, at present, domestic violence, addiction, lack of social support, illiteracy and poor family resources are the major factors affecting the management. Large family, overcrowding and poverty are other important risk factors. She said that more than 70 per cent of the families are living below the poverty line and have poor resources.

Dr Aisha said that most people have misplaced priorities and they spend their



hard earned money non nutrient food items such as pan, chhalia, gutka, niswar and cigarettes.

A high prevalence of handicapped children (4%) and parents (5%) were also identified in her study.

She concluded that intervention is required at multiple levels as nutritional substitution alone is not enough. She suggested the rehabilitation program should be linked with other programmes such as poverty alleviation, women empowerment, education, capacity building, and home visiting by social and workers.

Dr Fehmina Arif gave her comparative study on risk factors in two decades and said there is not much change in last two decades in its prevalence.

Dr Saba shared her experience with WHO feeding formulas in the Therapeutic Feeding Centre of the Civil Hospital. She said full implementation of WHO feeding formulas may not be very easy in a hospital setup mainly because of inadequate stay, less caregiver acceptability and decreased palatability.

She said, “We need to go out in the communities with equally nutritive local diets to treat malnutrition.”

The keynote speaker Prof D S Akram said that the burden of this problem has not been studied in Pakistan; therefore we do not have the exact data. She said, “Looking at the burden of malnutrition, increasing poverty in the country, we should be sensitized to this problem.”

Among severely malnourished children needing hospitalization, a significant number consisted of families deserted by

fathers or having an absent mother.

Other features found were female/unwanted and handicapped children.

To deal with these risk factors we must first sensitize ourselves (health care providers) and provide counseling and assistance to children and their parents who have been affected.

The Chairperson of the seminar, Prof A G Billoo, in his keynote address, highlighted the importance of micronutrient in the management of malnutrition. He said deficiencies of vitamins A and D, and iron and zinc, are very common in our children.

Prof Junaid Ashraf, in his concluding remarks, appreciated the efforts of the organizing committee on the timely management of the seminar and for highlighting this most important issue affecting almost 3-4 million children.

In the end famous television personality Mrs Zubeda Tariq talked to the mother on the importance of preparing nutritive diet and discussed their recipes.

Under the guidance of Dr Nabila Soomro, special children from the Institute of Rehabilitation Centre gave a wonderful performance on the occasion.

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Konpal activities report 2010

THE following activities were carried out by Konpal Child Abuse Prevention Society from January to December 2010:

1. Seminar on Nutritional Neglect: On the National Children Day, a seminar on Nutritional Neglect in Children was organized at Dow Medical College Karachi on January 9. Professors A G Billoo, D S Akram, Aisha Mehnaz, Drs Fehmina Arif, Saba Ahmed and others spoke on the occasion. Principal, Dow Medical College, Prof Junaid Asharaf was the chief guest on the occasion.

In the end Mrs Zubeda Tariq talked to the mothers on the importance of preparing good, nutritive diet and discussed recipes with them.

Special children from Institute of Rehabilitation Centre, headed by Dr Nabila Soomro, performed. Gifts to children and food items to mothers were distributed.

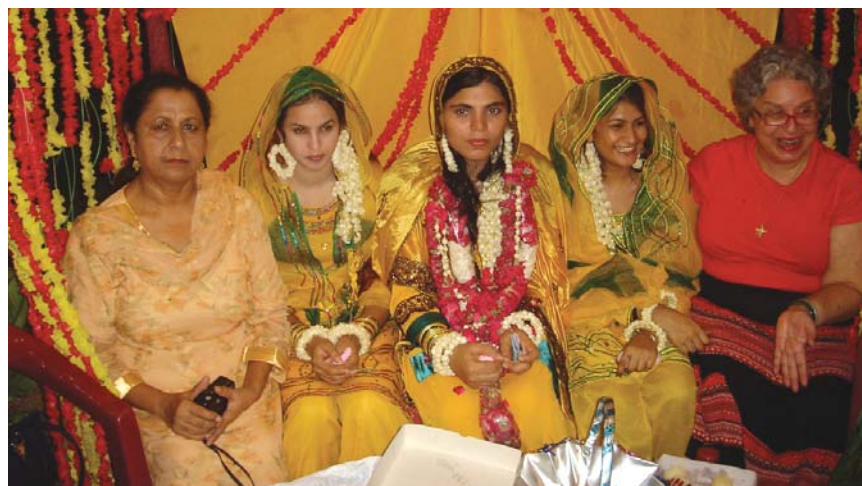
2. Workshop on Awareness of Child Abuse and Neglect for Teachers: A workshop was held at The City School on January 15 to raise awareness among the teachers regarding the issues of child rights and protection of children from child abuse and neglect, formation of School Child Protection Committee (SCPC) and its linkage with Hospital Child Protection Committee (HCPC) and other concerned organizations and NGOs.

The workshop was attended by 25 teachers and the principal of The City School. The format of the workshop was greatly appreciated by the participants who interacted enthusiastically with the facilitators.

3. Workshop for Mothers on Child Care and Protection: Six training workshops on enhancement of mother's/parent's skill in

care and protection of their children were organized in collaboration with PDC/ DUHS. More than 150 mothers were trained in these workshops.

4. Workshop for Children on Child Rights: This workshop was held to create awareness of responsibility and self-protection from child abuse and neglect. It was



A view of the Mehndi ceremony

organized on July 24. Fifteen children were trained in this workshop.

5. Workshop for doctors and postgraduate student of DMC/DUHS on early case detection and management of child abuse was held at Dow Medical College in November. Thirty doctors were trained in this workshop.

6. Hospital Child Protection Committee (HCPC): In 2010 more than 300 cases of child abuse and neglect were seen and managed by the HCPC team.

7. Development of Training Curriculum: The task of developing a training curriculum for health care providers, parents, teachers is completed. The curriculum for training children on child rights and self protection have also been prepared and tested.

8. Fifth anniversary: Konpal celebrated completion of five years of its existence on March 21. A cake cutting ceremony was held at the Konpal head office. Konpal members, partner NGOs, well wishers and volunteers attended the cer-

emony. Prof A G Billoo and Prof D S Akram, Mr Iqbal Saeed and others shared the celebration.

9. Flood Relief Activities: During the recent floods, the members of Konpal and PPA CRC have been very active. They have actively participated in collection of donations, and had set up six medical camps at

various sites such as Thatta, Gharo, Lyari, Keamari and Jamshoro. They also organized Eid Mela and other recreational activities for the displaced persons and their children. Wide media coverage was given to these activities.

10. Independence Day Celebrations: Konpal celebrated Independence Day with the children admitted at the Paeds Unit III, CHK on August 14.

11. Walk on Children Day: Konpal organized a walk on November 15. A walk for the Protection of Children in Disastrous Situations was held at the mausoleum of Quaid-i-Azam. A large number of individuals and organization participated to raise their concern about children safety in the present day situation of unrest and terrorism.

12. Konpal sponsored a dinner for the children of SOS Village, Karachi. The dinner was hosted at the Mehndi ceremony of two SOS village girls on July 8.

13. Media Interaction: Konpal's activities were given wide media coverage this year. Konpal Chairperson advocated the issue of child protection from various media channel such as PTV, Dawn News, and FM 107.

14. Participation in Dow Research Day:



Workshop organised for doctors at Dow University of Health Sciences.

On December 23-24, the Konpal participated in Dow Research Day and presented posters on research done by the Konpal team, including a paper on psychological problems in children at the remand home, a case study of Manchurian syndrome by proxy and psycho-social determinant of nutritional neglect.

15. HCPC meeting was held on December 30 at Civil Hospital, Karachi. Mr Kaleem Makki, Secretary, Social Welfare Department, was the chief guest.

16. An evening with the SOS children was held on December 30.

17. Conferences/ Seminar/ Symposium were attended by Konpal members. Konpal chairperson was invited as speaker in the seminars as given below:

(i) Workshop on reproductive health organized by AHUNG on January 19. Dr Aisha Mehnaz delivered a talk on violence and child abuse.

(ii) Seminar and workshops on convention on the rights of the child organized by the Children Complaints Office of the Ombudsman, Sindh, on January 21-22.

(iii) Seminar on national data based NGO was organized by the Social Welfare Training Institute on January 28. It was attended by Dr Ashfaq Mala.

(iv) Curriculum development on CAN



Child at eid mela

at Konpal Office on January 30.

(v) Meeting of PCCWD at the Social Welfare Department was held in February.

(vi) Workshops on International Women Day were held on March 8 at the Paeds Unit 3 of Civil Hospital, Karachi.

(vii) Seminar was organized by CATCO on child abuse support system in Pakistan on March 26.

(viii) Seminar on consultation on CAN by AHUNG was attended by Dr Nusrat Shah on April 4.

(ix) Seminar on Referral Network

meeting in Karachi was organized by WAR on on April 6.

(x) Workshops organized by Urban Resources Center on May 6 was attended by Ms Shahnaz Yasin and Dr Ashfaq Mala.

(xi) Workshop organized by UNICEF at on account management was attended by Konpal accountant.

(xii) A meeting of the core group of steering committee for integrated planning at the committee room of planning & development department was held on May 12.

(xiii) A four-day training workshop on behaviour change communication for child abuse, corporal punishment and gender discrimination was organized by UNICEF from May 25-28 May. the Konpal team participated.

(xiv) A seminar was organized by the Legal Rights Forum on Justice at Grassroots level on June 1. Konpal participated.

(xv) A meeting for midyear review on Child Protection Programme was organized by SWD and UNICEF on June 9 at SW Department.

(xvi) A Seminar on Developmental Issue in Childhood: A Multinational Approach was organized by the Institute Of Clinical Psychology, Karachi University on July 9.

(xvii) A meeting of Ashoka Fellow was held at Swat on July 16-18 and a seminar on social entrepreneurship was held. Konpal participated.

(xviii) A meeting on HPMIS at HCPC office with UNICEF representative was held on August 23.

(xix) A seminar on rape survivors organized by WAR on September 21. It was attended by Dr Krishan, Dr Nusrat Shah and Ms Shahnaz Yasin.

(xx) In collaboration with Body Shop, an international organization, Konpal participated in a on campaign against child trafficking.

(xxi) Konpal participated in a workshop on Adherence to Ante Retroviral Therapy in Children at Islamabad on October 4-6.

(xxii) A seminar on rape and medico-legal respaicea was organized by WAR on October 7. Konpal participated.

(xxiii) A meeting on first draft sharing of National HIV/AIDS was held at the Provincial HIV Centre, Karachi, on October 14. Konpal participated.

A case of corporal punishment

This eleven-year-old boy was severely beaten by the teacher at a local school in Karachi. Apart from marks of injuries on other parts of the body, there was a painful swelling around the eyes, Fortunately, there was no injury inside the eyes and his eyesight was spared.

On questioning, the child informed that several other children had met with similar maltreatment by the same teacher in his school. This case was brought to the attention of Hospital Child Protection Committee, Civil Hospital, Karachi and Konpal.

He was admitted and administered medical treatment and psychological counselling. The parents refused to disclose the name of the perpetrator or the school, and refused to lodge an FIR or take legal action.

The child was taken home after recovery and did not return for follow-up. Shall we continue to suffer in silence? It is not the violence of bad people but the silence of good people which is responsible for violence and restlessness in the society.



Seminar on HIV

On the World Aids Day, the Department of Paediatrics in collaboration with Sindh Aids control programme Naya Qadam Project (PAVHNA), PDC, DUHS and Konpal organized a seminar on paediatric HIV infection. Prof Aisha Mehnaz, in her introductory remarks said that the prevalence of HIV infection has increased, and during the last five years Pakistan has emerged from the low prevalence area to concentrated HIV epidemic area.



The rate of parents-to-child transmission is increasing. Most of the HIV infected adults are already married (majority of them unaware of their HIV status) and they are transmitting HIV infection to their babies. “Our focus is to pick the vertical transmission among the families. she said. She informed the audience that a paediatric treatment centre is established at the Department of Paediatrics, DMC/CHK, so now the treatment for HIV infection is available to the entire family under one roof. An adult HIV treatment centre is already functioning at CHK.

The Paediatric Treatment Centre will also act as the training resource centre for paediatrics, for under graduate and post graduates in HIV infection. The centre will also act as the research and surveillance centre for paediatric HIV, a new concept in Pakistan.

At present the following services are available at CHK:

1. HIV and STI confirmatory laboratory services are available at the referral lab adjacent to central lab CHK and is run under the supervision of Dr Ashraf Memon.
2. An ART treatment centre located in the infection disease ward is being supervised by Dr Azra Abro.
3. PPT centre is working at the gynae OPD under the supervision of Dr Zahida Perveen.
4. Paediatric Centre at Paediatric Ward is under the supervision of Prof Aisha Mehnaz. The team members include Dr Iqbal Soomro, Dr Asma Ejaz, Dr Nida and Dr Saba.

Dr Ashraf Memon in his plenary talk briefed the audience about the epidemiology of HIV/AIDS. He described in detail the global and national incidence and informed the audience that about 100,000 people are estimated to be infected with HIV in Pakistan, the number of reported cases is 7,574 including 3,629 from Sindh alone (about 45 per cent of the total burden).

Dr Asma Ejaz discussed anti retro viral therapy in children. The chief guest Prof A G Billoo stressed the need for a treatment centre for HIV infection in children at a government hospital where advanced treatment could be provided to a family. He underlined the importance of surveillance and counselling to the entire family. At the end a panel discussion was held.

Poem

Neglected child



Burger, fries then an ice cream delight,
An attire right which shows his might.

While walks with headphone in ear this blessed,
With loaded bag his maid seems stressed.

In chauffeur driven car he leaves for school,
With a lunchbox whose smell will make you drool.

Tucked to bed with his mother's kiss,
Making every moment a sheer bliss.

But this poor kid who survived by luck,
His parents died when calamity struck.

The luxuries seem not for him,
The look on his face is always grim.

No school, tuition or recreation time,
Has to work so hard to earn a dime.

Wearing old clothes of the richer ones,
Eating leftovers from burger and buns.

No toys to play, no fun in way,
Memories of past haunts his day.

His trembling hand he tries to twist,
No muscle, no energy but revengeful fist.

This neglected child with sorrows so great,
All he gets from world is hate.

Amna Hanif

اساتذہ کے لئے معلومات

وزن کا تیزی سے گرنا یا بڑھنا۔

اپنے آپ کو تکلیف دینا۔

خودکشی کے بارے میں سوچنا یا کرنے کی کوشش کرنا۔

واضح رہے کہ مندرجہ بالا علامات ضروری نہیں کہ تشدد یا جنسی زیادتی کی وجہ سے ہو مگر ان کی موجودگی میں ضروری ہے کہ ڈاکٹر یا متعلقہ لوگوں سے رجوع کریں۔

آپ کو کیا کرنا چاہیے؟

بچوں کی بات توجہ سے سنیں اور ان پر یقین کریں۔ مسئلے کو نظر انداز نہ کریں اور بچے پر الزام نہ لگائیں۔ بچے سے آرام سے بات کریں اور مطمئن رہیں۔ اگر آپ کے تاثرات میں پریشانی یا غصے کا اظہار ہوگا تو بچہ ڈر جائے گا اور آپ کو پوری معلومات فراہم نہیں کرے گا۔

بچے کو یقین دلائیں کہ غلطی اس کی نہیں بلکہ زیادتی کرنے والے کی ہے۔

بچوں کو بتائیں کہ ضروری نہیں کہ ”بڑے“ جو کام کریں وہ ٹھیک ہوں۔

بچے کو بتائیں کہ اس نے آپ کو ساری بات بتا کر بالکل ٹھیک کیا ہے۔

بچے کو اس بات کا یقین دلائیں کہ وہ محفوظ ہے اور آپ اس کی مدد کرنے کی پوری کوشش کریں گے۔

بچوں کو بتائیں کہ اگر کوئی بھی ان کے جسم کے مخصوص حصوں کو ہاتھ لگائے تو اسے انکار پورا حق حاصل ہے اور یہ بات اسے اپنی والدہ کو بھی بتا دینی چاہیے۔

اگر آپ کے علم میں بچوں کے ساتھ زیادتی کا خکا کوئی پھیلایا جائے تو آپ فوری طور پر اپنے علاقے میں موجود ہسپتال چائلڈ پریکٹیشن کمیٹی سے رابطہ کریں یا اس ہیلپ لائن پر فوری اطلاع دیں: 0800-80272

ذہنی تشدد: جیسے بُرا بھلا کہنا، گالی دینا، مذاق اڑانا وغیرہ۔

جنسی تشدد: بچوں پر کیا جانے والا کسی قسم کا جنسی عمل۔

عدم توجہی: جیسے علاج معالجہ میں غفلت برتنا، بچے کو صحت مند غذا فراہم نہ کرنا، ان کو سیر و تفریح کے مواقع فراہم نہ کرنا، ان کی تعلیم و تربیت کا خیال نہ رکھنا وغیرہ۔

بچوں پر تشدد کی سخت ترین قسم جنسی زیادتی ہے۔

بچوں پر زیادتی کی علامات:

جسم کے مخصوص حصوں پر خارش یا پیشاب یا پاخانے میں تکلیف یا خون کا آنا۔

رات کو بستر میں پیشاب کر دینا۔

رات کو نیند نہ آنا یا ڈراؤنے خواب دیکھنا۔

اپنی عمر سے زیادہ جنسی معلومات رکھنا یا عمل کرنا۔

الگ الگ ہونا یا بہت زیادہ گود میں یا ساتھ رہنے کی ضد کرنا۔

الگ الگ رہنا یا چند مخصوص لوگوں کے ساتھ زیادہ ملنے پر اصرار کرنا یا ان کے ساتھ وقت گزارنا۔

ڈر یا خوف محسوس کرنا۔

جھوٹ بولنا یا چوری کرنا۔

تعلیم میں دلچسپی نہ لینا۔

اعتماد میں کمی۔

پاکستان میں بچوں پر تشدد اور جسمانی، جنسی زیادتی کے واقعات میں دن بدن اضافہ ہوتا جا رہا ہے۔ اخبارات اور الیکٹرانک میڈیا میں ہر روز بے شمار بچوں کے بارے میں خبریں شائع و نشر ہوتی ہیں جن پر تشدد، جسمانی و جنسی زیادتی کی گئی ہوتی ہے۔

واضح رہے کہ ایک بڑی اکثریت ایسے بچوں پر مشتمل ہے جو مختلف قسم کی زیادتیوں کا شکار تو ہوتے ہیں مگر ان کے بارے میں پتہ نہیں چلتا۔

آپ بحیثیت استاد یا والدین ایک نہایت اہم فریضہ ادا کر سکتے ہیں کیونکہ بچوں کی زندگی میں نہ صرف آپ لوگ ان کے سب سے زیادہ قریب ہوتے ہیں بلکہ ان کی شخصیت سازی میں بھی ایک بڑا کردار ادا کرتے ہیں۔ اس لئے یہ بات اشد ضروری ہے کہ آپ یہ جانیں کہ بچوں پر تشدد یا زیادتی سے مراد کیا ہے؟ اس کے کیا اثرات ہوتے ہیں اور بروقت اس کا تدارک یا زیادتی کی صورت میں علاج نہ کرایا جائے تو بچے کی شخصیت اور ذہنی، جسمانی صحت پر کیا اثرات مرتب ہوتے ہیں۔

اس لئے آپ کو معلوم ہونا چاہیے کہ چائلڈ ایبوزیا بچوں پر تشدد سے کیا مراد ہے؟

”چائلڈ ایبوز“ کسی بھی ایسے عمل کو کہا جاتا ہے جو کسی بڑی عمر کے فرد نے بچے کے ساتھ کیا ہو جس سے بچے کی نشوونما اور جسمانی صحت بری طرح متاثر ہو۔ مثلاً:

جسمانی تشدد: مار پیٹ، ڈنڈے یا زنجیر وغیرہ سے پٹائی، جلا نا یا زہر دینا وغیرہ۔

سندھ میں سیلاب کے دوران امدادی کارروائیاں



بچے اپنی حفاظت کیسے کریں

ہر بچے کا یہ بنیادی حق ہے کہ وہ ہر قسم کی زیادتی اور بدسلوکی سے محفوظ رہے۔ یہ ذمہ داری والدین اور معاشرے کی ہے لیکن بچوں کو اپنے آپ کو محفوظ رکھنے کے بارے میں

معلومات ہونی چاہیے۔ پیارے بچوں جیسا کہ آپ کو معلوم ہے کہ ہمارے ارد گرد ہر جگہ اچھے بڑے لوگ ہوتے ہیں اور ہمیں اپنے آپ کو بڑے لوگوں سے بچانا چاہیے،

یہ بڑے لوگ ہمارے اپنے جان بچانے والے بھی ہو سکتے ہیں۔ ان خراب لوگوں کی غلط حرکتوں اور بدسلوکیوں کی وجہ سے آپ کی جسمانی اور ذہنی صحت پر بڑا اثر پڑ سکتا ہے۔

اپنے آپ کو محفوظ رکھنے کے لیے آپ مندرجہ ذیل باتوں پر عمل کریں اور اپنے دوستوں کو بھی بتائیں کیونکہ آپ ایک عظیم قوم کے ذہین بچے ہیں اور اپنے ارد گرد رہنے والے بچوں کی حفاظت آپ کا حق ہے۔

بچوں کیلئے اپنے آپ کو محفوظ رکھنے کی ہدایات:

☆ پیارے بچوں یہ سب کچھ آپ کو کرنا چاہئے اگر کوئی اجنبی آپ کو اپنی کار میں سیر کی دعوت دے یا آپ کو پیسے یا کھلونے دے یا آپ سے کسی کو ڈھونڈنے میں مدد مانگے اور آپ کو لے جانے کی کوشش کرے اس وقت جب آپ اکیلے ہوں اور آپ کے ساتھ آپ کے والدین، بھائی، بہن یا دوست نہ ہوں یا اگر کوئی اجنبی آپ کے جسم کو چھوئے

یا آپ کے خاص پرائیویٹ حصوں کو چھونے کی کوشش کرے۔ (وہ جسے جن کو آپ کے والدین آپ کو ہر وقت کپڑوں سے چھپانے کی ہدایت دیتے ہیں۔)

☆ تو آپ کو خور کرنا چاہئے اور چھینا چاہئے اور گھر جا کر اپنے والدین کو بتانا چاہئے۔

☆ اگر کوئی گھر کا فرد، دوست یا اجنبی آپ کے ساتھ کوئی غلط کام کرے اور آپ کو کہے کہ اس کے بارے میں کسی کو نہ بتانا تو اس کی بات نہ سنیں اور اپنے والدین کو فوراً بتادیں۔

☆ آپ کے والدین آپ کو ڈانٹیں گے نہیں اور آپ سے ناراض بھی نہیں ہوں گے کیونکہ اس میں آپ کا کوئی قصور نہیں ہوتا۔

☆ اگر آپ کسی شخص کے بارے میں یہ نہیں جانتے کہ وہ اچھا ہے یا بُرا تو اپنے والدین سے یا گھر کے کسی فرد سے جس پر آپ کو بھروسہ ہو تو اس سے پوچھ لیں۔

☆ آپ کو ہر وقت محتاط رہنا چاہئے اور دوسرے لوگوں کے کردار اور برتاؤ پر نظر رکھنی چاہئے۔

☆ کسی بھی ایسے فرد کے پاس نہیں رہنا چاہئے جو آپ کے جسم کے پرائیویٹ حصوں کو چھونے کی کوشش کرے۔

☆ خطرناک حالات سے اپنے آپ کو بچانا چاہئے۔ اور کسی سنسان اور اندھیری جگہ پر نہیں کھلینا چاہئے۔

☆ اگر کبھی آپ گھر میں اکیلے ہوں تو دروازہ نہیں کھولنا چاہئے اور کسی اجنبی سے فون پر بھی بات نہیں کرنی چاہئے۔

☆ اگر آپ کے بڑی یا انکل یا آئی آپ کو اپنے گھر میں اکیلے میں بلائے اور کہے کہ کوئی چیز اپنے گھر لے جائیں تو آپ ہرگز اکیلے انکے گھر میں نہ جائیں اور اپنے والد یا والدہ کو اپنے ساتھ لے کر جائیں۔

☆ بچوں کو یہ معلوم ہونا چاہئے کہ مصیبت یا پریشانی کے وقت کسی قابل بھروسہ فرد کے پاس کیسے پہنچا جائے۔

☆ بچوں کو کیا کرنا چاہئے اگر وہ زیادتی کا شکار ہو گئے ہوں یا کسی مشکل میں پھنس گئے ہوں۔

☆ بچوں کو سمجھانا چاہئے کہ انہیں تشدد کرنے والے کی بات حتیٰ الامکان نہیں مانی چاہئے۔ انکو کوشش کرنی چاہئے کہ وہ اس جگہ سے بھاگ جائیں۔

☆ اگر کوئی جنسی زیادتی کی کوشش کرے تو اسے منع کرنا چاہئے۔ اس کو بتادینا چاہئے کہ آپ یہ سب کچھ اپنے والدین کو بتادیں گے۔ اور کسی سے مدد مانگ لینی چاہیے۔

☆ اور اپنے بڑوں کو جلد از جلد اس واقعے کے بارے میں بتادینا چاہیے اور فوراً ی طور پر مندرجہ ذیل پتہ یا فون پر رابطہ کریں۔

☆ کوئٹہ چائلڈ لائنز پر یوٹیشن سوسائٹی

☆ ۳-۱۱۱ بلاک ۶ پی ای سی ایچ ایس، کراچی

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بچوں کے تحفظ کے لئے واک کے چند مناظر





KONPAL* CHILD ABUSE PREVENTION SOCIETY

کونپال بچوں کے نقصان اسی طرح کے ادارے کے لیے کوششیں ہے اس غیر منفعاتی ادارے میں بچوں کے حقوق کے تحفظ اور ان کے لئے افراد داخل ہیں جو معاشرے کے بچوں پر ہونے والے جرائم کو روکنے کے لیے ہرگز کم نہیں ہیں۔ معاشرہ کو بچوں کے حقوق کے تحفظ اور ان کے لئے افراد داخل ہیں جو معاشرے کے بچوں پر ہونے والے جرائم کو روکنے کے لیے ہرگز کم نہیں ہیں۔ معاشرہ کو بچوں کے حقوق کے تحفظ اور ان کے لئے افراد داخل ہیں جو معاشرے کے بچوں پر ہونے والے جرائم کو روکنے کے لیے ہرگز کم نہیں ہیں۔

والدین کی توجہ کے لئے

☆ اگر آپ کا بچہ کسی بڑے شخص کو پسند نہیں کرتا یا اس کے پاس جانا نہیں چاہتا تو اس پر زبردستی نہ کریں بلکہ اسکی بات کو غور سے سنیں اور معاملے کی تہہ تک پہنچنے کی کوشش کریں۔

والدین اپنے بچوں کو سکھائیں کہ:

☆ اگر کوئی انہیں اس طرح چھوئے کہ انہیں پریشانی محسوس ہو، ڈر لگے یا برا لگے تو انہیں "انکار" کا پورا حق ہے۔

☆ ان کا جسم انکی ملکیت ہے اور کسی کو نقصان پہنچانے کا حق نہیں۔ انہیں انکے جسم کے مخصوص حصوں کے بارے میں بتائیں اور یہ کہ ان کے علاوہ کوئی بھی ان مخصوص حصوں کو ہاتھ لگائے تو وہ آپ کو بتائیں آپ ان سے ناراض نہیں ہوں گے۔

☆ بچوں کو بتائیں کہ ان مقامات پر اکیلے نہ جائیں۔ مثلاً، پارک یا کھیل کود کی جگہ، خالی عمارات یا دکانیں، سنان جگہیں جیسے سیڑھیاں، گھر، میدان، خالی گاڑیاں، وغیرہ۔

☆ بچوں کو بتائیں کہ "بڑے" ضروری نہیں کہ ہر کام صحیح کرتے ہیں وہ کبھی "غلط" کام بھی کرتے ہیں۔ اس لئے وہ بڑوں کی کسی غلط حرکت یا ایسا فعل جو ان کو پسند نہیں آتا ان کو آپ سے ضرور کریں۔

☆ بچوں کو سکھائیں کہ اگر کوئی بڑا انکو مٹھائی یا تفریح کا لالچ دے کر بلائے تو وہ فوراً دوڑ کر آپ کے پاس پہنچ جائے اور آپ کو سب کچھ بتادیں آپ بچے کی اس بات سے خوش ہوں۔ اور اس کی حوصلہ افزائی کریں۔

☆ اگر آپ کا بچہ کسی زیادتی کا شکار ہوا ہے تو آپ فوری طور پر مندرجہ ذیل پتہ پر رجوع کریں

کونپال چائلڈ ایبوز پر ریویشن سوسائٹی ۴۔ این بلاک ۶ پی ای سی ایچ اے ایس، کراچی

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والدین کیا کریں

☆ اپنے بچوں کے ساتھ محبت اور شفقت سے پیش آئیں ان کے ساتھ مار پیٹ نہ کریں اور انہیں برا بھلا نہ کہیں ان سے ان کی شخصیت اور صحت پر برا اثر پڑتا ہے۔

☆ بچوں کو سکھانے اور سمجھانے کا ایک بہترین طریقہ یہ ہے کہ

پاکستان میں بچوں پر تشدد اور جسمانی، جنسی زیادتی کے واقعات میں دن بدن اضافہ ہوتا جا رہا ہے۔ اخبارات اور الیکٹرانک میڈیا میں ہر روز بے شمار بچوں کے بارے میں خبریں شائع و نشر ہوتی ہیں جن پر تشدد، جسمانی و جنسی زیادتی کی گئی ہوتی ہے۔

واضح رہے کہ ایک بڑی اکثریت ایسے بچوں پر مشتمل



اپنے قول و فعل سے بچوں کیلئے مثال بنیں۔

☆ ہمیشہ بچوں کی اچھی عادات اور رویوں کی دل کھول کر تعریف کریں۔

☆ بچوں کو ان فیصلوں میں ضرور شامل کریں۔ جو ان کی زندگی پر کسی طور پر اثر انداز ہو سکتے ہیں۔

☆ اپنے غصے کو کنٹرول کریں۔ جب آپ کا غصہ اتر جائے تو بچے سے بات کریں۔

☆ یاد رکھیں کہ مار پیٹ سے بچے صرف نفرت اور تشدد سیکھتے ہیں۔ اور اپنی آئندہ نسل کو منتقل کریں گے۔ آپ کا مثبت رویہ نہ صرف آپ کے بچے کو بلکہ آپ کی آئندہ نسل کو بھی محفوظ رکھے گا۔

ہے جو مختلف قسم کی زیادتیوں کا شکار ہوتے ہیں مگر ان کے بارے میں پتہ نہیں چلتا۔ آپ بحیثیت والدین ایک نہایت اہم فریضہ ادا کر سکتے ہیں کیونکہ بچوں کی زندگی میں نہ صرف آپ لوگ ان کے سب سے زیادہ قریب ہوتے ہیں بلکہ ان کی شخصیت سازی میں بھی ایک بڑا کردار ادا کرتے ہیں۔ اپنے بچوں کی حفاظت کریں۔ انہیں تشدد اور عدم توجہ سے بچائیں۔ بچوں کے خلاف جسمانی، جنسی اور نفسیاتی تشدد یا عدم توجہ ایک سنگین مسئلہ ہے اس کی وجہ سے بچوں کی نشو و نما پر نہ صرف معضرات پڑتے ہیں بلکہ انکی زندگی بھی خطرات سے دوچار ہو سکتی ہے۔

کونپال کالنگ

KONPAL CALLING

تھریڈ لائن اور فون وائز کالنگ سروس فراہم کرنے والی ایک نئی اور بہتر شایعہ ہے