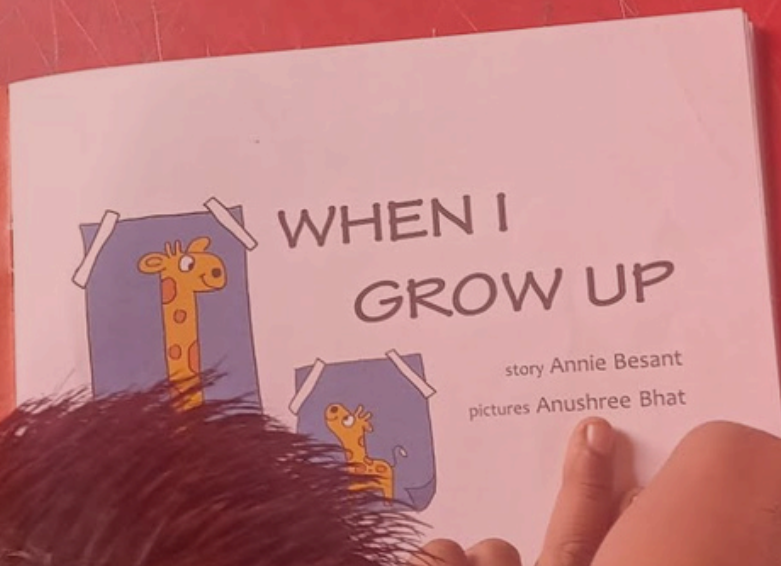


SCHOOL ENGAGEMENT PROGRAMS



garima
TRUST

Comprehensive Sexuality Education (CSE)

According to the United Nations, **Comprehensive Sexuality Education (CSE)** is central to children and young people's health and well-being. It gives them the knowledge and skills needed to make healthy, informed, and responsible choices in their lives and promote gender equality.

JHARKHAND is the only Indian state with a govt supported CSE program since 2006. They've reached 1 million+ students across state.

✗ MYTH

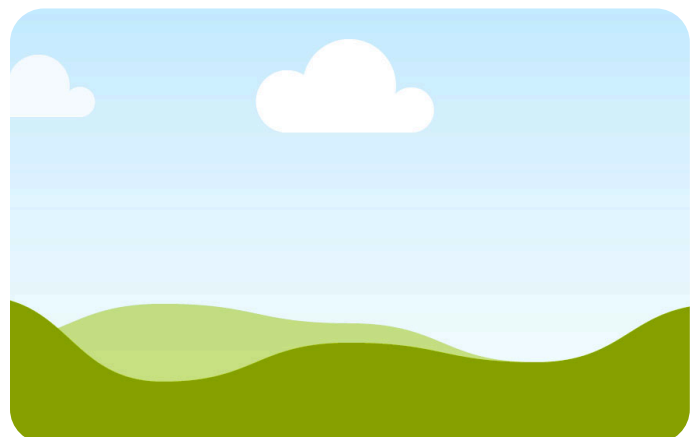
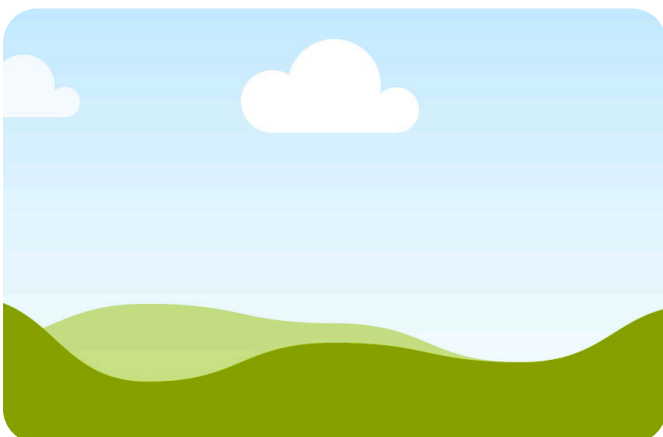
“Sexuality education encourages children to be sexually active at an early age, gives them the “wrong ideas. They will learn as they grow up.”

✓ FACT

Sexuality education empowers children with correct information, helps them make better decisions, avoid early pregnancies, sexual abuse and prevents STIs/STDs. If we don't teach children, the internet will! This increases shame, guilt and fear in children, exposing them to dangerous situations and abuse.

CSE is a curriculum-based process to learn cognitive, emotional, physical and social aspects of sexuality. It equips children and young people with attitudes and values that will empower them to:

- understand sexual and reproductive health and procedures
- realize their health, well-being and dignity
- develop respectful social and sexual relationships as adults
- consider how their choices affect their own well-being and that of others
- understand and ensure the protection of their rights



UDAAN

Comprehensive Sexuality Education (CSE)

This course is designed in two groups:

1. For students of classes 8 to 12 (school)
2. For ages 18 to 25 (college)

We cover the following topics:

- Human development and anatomy
- Explore and nurture positive values regarding sexual and reproductive health and rights
- Awareness around contraception, childbirth and sexually transmitted illnesses
- Awareness around threats of discrimination and abuse
- Discussions about relationships, culture and gender roles
- Safety from online abuse
- Duration 1 hour

We have reached 500+ youngsters with our sessions in 1 year.



We are a young, progressive nonprofit based in Bangalore, India. We work for the rights and dignity of children and women. We follow a child-centered approach with the goal to create safe spaces for all. We are a registered 80G nonprofit under Indian Trusts Act; all payments made will be exempted from income taxes

www.instagram.com/garimatrust