

# I Can Solutions for PERSONAL SAFETY

We used our I CAN power to ensure our own personal safety. We were facing different situations that were posing a threat to us. This is our journey... Which of the solutions would you try?

As we spoke, we realized that most of us have gone through some kind of sexual abuse.

Sangam Vihar  
New Delhi, India



Many students are not wearing helmets while riding 2-wheelers!

Sree Niketan Matriculation  
Higher Secondary School -  
Tamil Nadu



We are all the time very scared of getting a beating from teaches.

Kaligi Ranganath Montford  
Higher Secondary School,  
Chennai, India



There are houses near our school which are places of crime and drugs. We don't feel safe at all.

Charles Rice Learning  
Center, USA



What if we could make sure that we are safe, and so are those around us too?

- Created a self-help book with important guidelines
- Made self protection toolkits that included home-made pepper spray
- Spread awareness through workshops and open conversations in over 400 schools



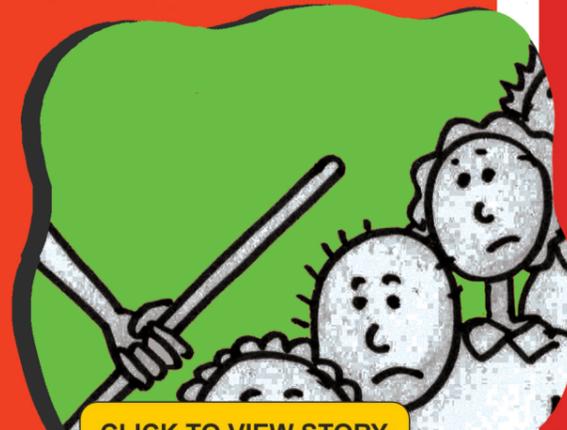
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- Conducted circle time to express points of view
- Street play to convey the necessity of this protection
- Reminders through posters
- Asked elders to enforce rules
- Made a rule that only those wearing helmets can park in the inside parking area
- Invited the traffic police to deliver a talk on safety

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- Made a discipline wheel for students to choose their own punishment
- Provided teachers with penalty cards and happy and sad faces
- Installed "attitude mirrors" for self-reflection
- Put up confession boxes and appreciation boxes
- Got teachers to make a pledge and sign they won't use corporal punishment



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- Identified the trap houses in the area
- Had a meeting with the police to share our concern
- Got the trap houses shut down!

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Using the FIDS formula, we made ourselves feel strong and protected.

## WHAT WILL YOUR STORY OF CHANGE BE?