

COVID-19 Support – An Update

(1st Mar – 30th June 2020)

Objective of the activity

Provide support to people as they grapple with the COVID-19 Pandemic.

Services offered

Digital

- Chat-based counselling support made available via direct messaging on Facebook, Instagram, Twitter and through live chat on www.arpanelearn.com.
- Call based counselling support made available on our helpline number +91 98190 86444.
- Parenting and mental health resources and live sessions made available across our digital platforms, including WhatsApp.
- Webinars on Zoom, Facebook Live, YouTube Live and other platforms.

Details of the services are available at: <https://www.arpan.org.in/mental-health-support-covid-19/>

Community Support

- In Phase 1 our team contributed towards buying ration supplies as a community support measure. Arpan distributed ration kits to 2065 families through our school partners across Mumbai

Details of the services are available at: <https://www.arpan.org.in/community-support/>

Digital Initiatives

Webinars

WEBINAR

TALK THE "TALK"

HANDHOLDING PARENTS TO INITIATE CONVERSATION WITH ADOLESCENTS ON:

- PUBERTY AND SEXUALITY
- RELATIONSHIPS
- CHILD SEXUAL ABUSE
- ONLINE SAFETY

MODERATOR
NEHAL PAREKH
Director of Research, Policies and Resource Development

PANELLIST
DR MANJEER MUKHERJEE
Senior Director - Programmes

PANELLIST
ANUPRIYA DAS
Senior Knowledge Manager, Healing Services

FRIDAY JUN 12, 2020 3.30 PM TO 4.30 PM IST

REGISTER bit.ly/arpan_talkthetalk

@ArpanCSA @arpan_csa @Arpan_CSA /arpan-csa /arpancsa

Arpan has hosted multiple webinars across different platforms and started a webinar series called 'Talk the Talk' on topics related to Parenting, Mental Health and Keeping Children Safe. Through this we have had over 2000 participants in our webinars. We have also participated as experts on external webinars

Website

arpan.org.in/mental-health-support-covid-19/

MENTAL HEALTH SUPPORT – COVID 19

In case you are feeling anxious, lonely, sad or scared because of the COVID-19 outbreak or related news, we are here for you. Arpan is extending its counselling services entirely free of cost beyond issues related to Child Sexual Abuse to provide counselling and parenting support for those affected by COVID-19.

FREE SERVICES

- Chat-based counselling support will be available via direct messaging on Facebook, Instagram, Twitter and through live chat on the Arpan learn website.
- Call based counselling support on our helpline number at 011-261203696.
- Chat and phone-based counselling will be available as follows:
 - 9 AM to 5 PM | Saturday to Friday
 - 9 AM to 3 PM | Saturday and Sunday

FREE RESOURCES

- Parenting and mental health care based resources across our digital platforms, including YouTube and WhatsApp.

POOJA TANNA, FOUNDER & CEO, ANNOUNCES ARPAN'S COVID-19 SUPPORT CAMPAIGN

Arpan's COVID support section had over 1700 visitors. While the visitors on these pages were largely from India, these pages have had visitors from United States, Australia, Chile, United Kingdom, Singapore, Japan, Bangladesh, New Zealand, Sudan.

Social Media Reach



Arpan's social media reach across platforms was over 250,000.



Digital Initiatives

Whatsapp Support Groups



Arpan shared self-care and parenting resources in English, Hindi and Marathi with over 300 members across groups from India, Pakistan, Kuwait, Saudi Arabia, Bahrain, United Arab Emirates, Australia, Singapore.

Email based programme



Arpan launched an email based programme with over 100 people registering to get self care tips and counselling support from our trained counsellors

Mental Health Study Groups



Arpan launched a Study group for mental health professional to help in understanding how one can support clients with limited resources in the current situation

Community Support

- Our team contributed towards buying ration supplies for communities around our office as a community support measure.
- Arpan distributed ration kits to 2,065 families through our school partners across Mumbai



Counselling Provided

Arpan provided counselling and Therapy to people across platforms details of which are as under:

- 7 people reached out on social media and our website chat for anxiety issues related to COVID-19.
- 26 people reached out on the telephonic helpline for anxiety issues related to COVID 19.
- 9 people reached out on the telephonic helpline because their past CSA memories had got triggered because of the lockdown situation.
- 2 calls on child safety were received during lockdown.

**For counselling support call-
+91 9819086444**

Between 9am to 5pm Monday –Friday and
9am to 1pm on weekends and holidays

Join us on social Media-

 @Arpan_CSA  /arpancsa

 @Arpan_CSA  @arpan_csa



Way Forward

Digital

- Organise webinars and Facebook/Youtube/Instagram live sessions on CSA Awareness and prevention.
- Partner with parenting portals, social media platforms, other organisations etc. to disseminate information, resources and provide support.
- Storytelling session on Arpan's My Safety Book.

Community Support

- Continue to distribute ration kits to needy families of daily wage earners and migrant workers through schools in the communities across Mumbai.

Media Coverage

Early intervention at home, school can raise responsible adults'

Programmes for adolescents' parents, involvement of teachers important, say experts



GAREEMA BANGAD
MUMBAI

The recent Bois Locker Room incident, where adolescent boys were found to be sharing pictures of girls along with lewd comments, has brought to the fore the need for early interventions at the school and parental level, to raise responsible youngsters.

"My first thought was that we need to educate our boys. All of us blame the girls, but we actually need to teach our boys to respect girls. All this needs to be taught right from primary school and not after they enter the fifth grade," said Dr. Zoya Rizvi, Deputy Commissioner (Adolescent Health), Ministry of

Health and Family Welfare.

Personal safety, health
Dr. Rizvi was speaking at a webinar on Thursday, on the personal safety and health of adolescents and the role of parents, teachers and society in helping them become responsible adults. The webinar was organised by the NGO Arpan, which works in the field of child health.

Soledad Herrero, Chief of Child Protection, UNICEF India, said the focus has been more on a legalistic and responsive approach, and less on prevention and changes in social behaviour.

"It is critical to provide the right protection programmes to adolescents as life skills are important for the children to become self-reliant and emotionally regulated humans who can make the right decisions," she said. Ms. Herrero said pro-

grammes for adolescents' parents are important to ensure the family is well equipped and prepared to deal with their needs and questions, energy and excitement.

Professor Saroj Yadav, Dean (Academic), National Council of Educational Research and Training (NCERT), spoke of the role teachers play in shaping adolescents' lives. "Gone are the days when teachers thought they will be called out for discussing sensitive issues in schools. A matter might be sensitive for a teacher, but the child might not think so," she said.

'Question Box'

The NCERT has suggested a 'Question Box' activity, wherein students can put in their queries anonymously, and are involved in the process of question collection and answer preparation.

Prof. Yadav also said it was important to invest in the health requirements of the younger generation. "The number of adolescents is very high in India and are a positive resource, but if they are not provided accurate and scientific information to build their life skills, we won't achieve sustainable development."

While the adolescent period is full of opportunities, it is also associated with a lot of risk, said Ms. Herrero. "Sexual abuse is a worldwide issue and one out of five children faces it. The largest number of violent deaths happen in this age group."

According to the National Family Health Survey, at least 16% of adolescent girls have reportedly suffered violence, she said. "The main issue is the lack of a good support system."

A BM-BME

We hosted a webinar on 'Unlearning Stereotypes: Adolescents taking a step towards safety' with Pooja Taparia as the moderator and Dr. Zoya Ali Rizvi, Deputy Commissioner (Adolescent Health), Ministry of Health and Family Welfare, Govt of India; Prof. Saroj Yadav, Dean (Academic), NCERT; Soledad Herrero, Chief of Child Protection, UNICEF India; Sonali Patankar, Founder, Responsible Netism; Dhaval Sheth, (age 17); and Bhavika Sable, (age 15) as panellists -- with over 1500 attendees joining us.

The article in the Hindu about the webinar highlights a key element of the webinar: early intervention at home and at school can raise responsible adults.

THANK YOU