



Child sexual abuse (CSA) is a violation of a child's body as well as of the trust, implicit in a care giving relationship. This violation can have a significant impact on how the child, as a victim and later on as an adult survivor, sees and experiences the world. The effects of child sexual abuse (CSA) can be damaging but need not be permanent.

According to WHO (World Health Organization), India has the world's largest number of sexually abused children, with a child below 16 years raped every 155th minute, a child below 10 every 13th hour and one in every 10 children sexually abused at any point of time.

According to the National Study on Child Abuse 2007 by Ministry of Women and Child Development

- 53% children reported facing one or more forms of sexual abuse
- 22% reported facing severe forms of sexual abuse
- Boys were equally at risk as girls
- 50% abusers were persons known to the child or in a position of trust
- Most children did not report the matter to anyone

Our Activities:

Empowering:

- Parents, teachers, NGO professionals, caretakers and student professionals with prevention and intervention skills to help prevent CSA through awareness and training
- Children and adolescents with personal safety skills to protect themselves from CSA through teaching in classroom setups in schools
- Mental health professionals with therapeutic skills to deal with CSA cases effectively through regular trainings and workshops

- Child, adult survivors and rescued minors to heal from trauma caused by CSA through counseling and other therapeutic activities like dance, yoga
- Sex offenders with therapeutic assistance to prevent re offence through counseling

Advocating with:

- Policy makers for systemic changes
- School and Educational systems to incorporate personal safety skills into their curriculum to empower children and adolescents

Outreach and Impact:

Arpan has so far reached out to over 66,000 parents, teachers, children, adolescents, young adults, NGO professionals, caretakers and mental health professionals directly and over 2,11,000 indirectly with our prevention and healing programs.

We have seen the foll. impact of our programs:

Prevention Programs

- 30% average increase in awareness amongst children after personal safety skills taught has been seen through our pre and post tests
- Many children shared with us that they said 'NO' to attempted and ongoing abuse after the skills they learnt in the Personal Safety Education (PSE) Program
- As a result of successful implementation of our PSE program, 10% children reported that they had been or were being sexually abused or inappropriately touched. The children were supported with psychotherapeutic intervention by Arpan's counsellors and abuse has stopped
- 95% of the parents thought the Personal Safety Education (PSE) Program run by Arpan was very essential and useful for their children as well as for them
- 85% parents and teachers have a better understanding of CSA post our awareness and training session with them

It was a very informative program. Things which we had not talked about with our children were understood by them. It was very essential. The awareness in them has brought a change in them. - a parent

The session was really very good, full of information and it will definitely help us to deal with the problems which are being faced by student. - a teacher

Healing Programs

I can see a change in me being able to contain my feelings at work and also not needing to cry so easily. I learnt a lot about trauma and how it could have affected my thinking patterns. Also learnt so much about myself and my relations. I wish I could come twice a week for counseling. - adult survivor of child sexual abuse, age 29 yrs undergoing counseling at Arpan

I am feeling much relieved and can understand my feelings better. I feel much lighter and understood. I am able to concentrate better on my studies. - adult survivor of child sexual abuse, age 19 yrs undergoing counseling at Arpan

Changes seen by counselor and caretakers amongst minors as a result of a year's therapy and counseling:

- Reduced self harming behaviour amongst the girls 40 rescued
- They are more communicative of their needs
- Less violence and fights amongst themselves is seen
- They have a more positive outlook towards life
- They have started planning for their future; they are now able to envision relationships and marriage

I have been angry ever since my childhood. I used to shout and hit. Initially I would not approach the counselor who came for us. I would look at her angrily. I could not trust her. I would hurt myself a lot. I would slit my hands. Now I don't do that. I have learned to take care of myself. - rescued minor undergoing counseling at Arpan

You too can help, by:

Talking about the issue

- Talk to your friends and family about CSA. Learn more about CSA on www.arpan.org.in
- If you have experienced CSA or know of someone who has, reach out to us on support@arpan.org.in or 98190.86444
- If you see warning signs (inappropriate behaviour) in adults/older children, namely crossing personal boundaries, reach out to us on support@arpan.org.in or 98190.86444

Volunteering

- We need individuals with varied skills and resources to help our work grow
- Tell people about Arpan and the work we do
- Help us get access to networks like schools, clubs, residential societies, NGOs, any platform to talk about CSA and create awareness

Donating

- Sponsor Teaching @ Rs.1500 X _____ no. of children personal safety skills
- Sponsor Training @ Rs. 200 X _____ no. of parents, teachers and other adults on CSA
- Sponsor Counseling for _____ no. of survivors heal @ Rs. 1500 per month per person

Ways to donate:

- You could send a cheque in the name of 'Arpan' to our office
- For bank transfer details contact us on finance@arpan.org.in

You will be sent a receipt and 80G tax exemption certificate.

If you are an NRI holding Indian passport you can pay directly to Arpan from any account either in India or abroad.

If you are a PIO (holding passport other than of India) or a person of foreign origin you can donate to our partner 'Connect India' in the UK. Send a cheque in the name of 'Connect India' to P. O. Box 667, Borehamwood, London, United Kingdom, WD6 9DR.

Arpan's supporters include:

- R. Jhunjhunwala foundation, India
- The Marshall Foundation, France
- I Like Giving Foundation, UK
- I Partner India, UK
- Erach and Roshan Sadri Foundation, UK
- Sanjeevani Jyoti Charitable Trust, India
- Narottam Seksaria Foundation, India
- Mr. Sonjoy Chatterjee, Goldman Sachs, India
- Connect India, UK
- Global Fund for Children, USA

And numerous other organisations and individuals

Arpan is a registered NGO based in Mumbai working on the issue of child sexual abuse with a team of dedicated and skilled professionals since the year 2006.

Our Vision:

World free of Child Sexual Abuse

Our Mission:

To empower individuals, families, communities and society with prevention and intervention skills to reduce the occurrence of child sexual abuse and heal its psychological, social, sexual and physical consequences

Our effort is also to break the silence around child sexual abuse in our society and make people aware of the impact of this phenomena on their lives as well as support them into a process of healing.

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