

A VAAG VATIKA PUBLISHERS FAMILY SAFETY GUIDE • INDIA

Safe Women, Safe Children

A Practical Family Guide to Everyday Safety

Awareness • Prevention • Response • Reporting — **without fear or victim-blaming**



Build A Safety Circle

Safety is not about living in fear. It is about being **prepared, aware, confident, and connected**. Women and children are never responsible for someone else's violence, harassment, abuse, or crime.

Women & girls

Parents & guardians

Children 6–17

Teachers & school staff

Housing societies

SAVE
THESE NOW

112

Emergency

181

Women

1098

Child

1930

Cyber

14490

NCW

Thank you for reading — share this guide freely with the families around you.

<https://vaagvatika.com>

1 Core Safety Principles Everyone Should Know

Safety is a **shared responsibility** of families, schools, workplaces, communities and authorities — not a burden placed on women and children. These six principles work for every age.



Believe them first

1 • Trust your discomfort

If a place, person, message, touch, ride or request feels wrong, take it seriously. You do **not** need to prove danger before moving away.

2 • Safety over politeness

It is okay to say no, leave, shout, call someone, or ask for help. Staying silent to avoid seeming rude protects no one.

3 • No secret should create fear

A **surprise** is temporary and happy. A **bad secret** makes a child scared, ashamed or confused — and must always be told.

4 • Private boundaries matter

Every person has a right to body privacy. No one should demand physical contact, private photos, secrecy or emotional control.

5 • Report early

Harassment, stalking, grooming, bullying, threats, blackmail, cyber abuse and unsafe touch should never be ignored or postponed.

6 • Safety is a network

No one protects themselves entirely alone. Build a **safety circle**: parents, relatives, neighbours, school staff, trusted friends and emergency services.

Teach the whole family one line: **"If something feels unsafe, you are allowed to act — and we will always listen."**

Emergency Readiness: Numbers, Phone & Family Plan

India-wide helplines — save them in every family phone today (national numbers; confirm local police/society numbers too).

112 Emergency Response
Police · fire · health · rescue (all-in-one)

181 Women Helpline
24×7 support & referral

1098 Child Helpline
Children in crisis (or adults for them)

1930 Cyber Fraud Helpline
Report financial fraud fast

14490 NCW Women Helpline
24×7 — violence, harassment, abuse

cybercrime.gov.in Cyber Crime Portal
Online complaint & tracking

Phone safety setup

- ▶ Save key contacts as **ICE 1, ICE 2** — “In Case of Emergency”.
- ▶ Turn on live location sharing with one or two trusted people.
- ▶ Keep the battery above 30% on the move; carry a power bank.
- ▶ Learn your phone's **SOS shortcut** (it can auto-call & share location).
- ▶ Back up Aadhaar, school ID, medical info & contacts to the cloud.



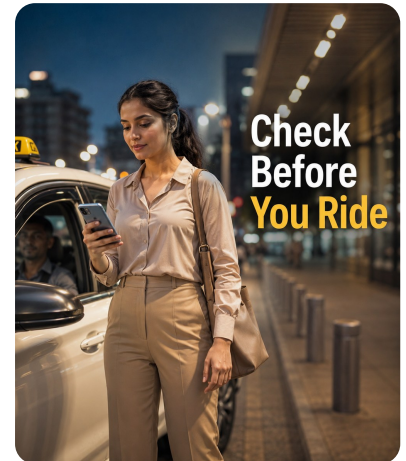
Prepare before panic

Family safety plan

- ▶ Agree a **family code word**: “If I say this on a call, come / pick me up / call police.”
- ▶ Children should know their full name, parents' names & home address.
- ▶ Every child memorises at least **one emergency phone number**.
- ▶ Fix **safe places**: neighbour, school office, society guard room, nearby shop, police booth.

Women's Safety in Public, Travel & Transport

Silence often protects the harasser, not the victim. Being loud, specific and visible is a safety skill — practise it.



Check before you ride

Before you leave

- ▶ Share your route & expected arrival time with someone.
- ▶ Note the cab/auto number before getting in.
- ▶ Avoid full-volume headphones in isolated areas.
- ▶ Keep your phone in hand, not deep in a bag.
- ▶ Carry: charged phone, small torch, whistle, ID, emergency cash.

In a cab or auto

- ▶ Match vehicle number & driver before boarding.
- ▶ Sit where the exit is easy; keep maps open.
- ▶ Don't share unnecessary personal details.
- ▶ If the route changes: ask clearly, **"Why this route?"**
- ▶ Call someone loudly and say your location aloud.
- ▶ Get down at a crowded, well-lit place if unsafe.

Public transport

- ▶ Stay near families, women, the conductor or CCTV zones.
- ▶ If touched: say loudly **"Stop touching me. Move away."**
- ▶ Ask one specific person: **"You in the blue shirt, please call the police."**

On the street

- ▶ Walk aware and confident; trust your instinct.
- ▶ Avoid isolated shortcuts at night — prefer well-lit roads.
- ▶ If followed, step into a shop, clinic, hotel lobby, metro station or police booth and ask for help.

Home, Domestic & Neighbourhood Safety

Many risks come from **known people**, not strangers. Familiar settings still deserve clear rules and boundaries.



Choose Visible Paths

Choose visible paths

Home safety

- ▶ Keep the main door secured; use a chain or video doorbell.
- ▶ Verify delivery, repair staff, drivers, tutors & domestic workers.
- ▶ Don't leave children alone with unknown service providers.
- ▶ Teach children not to open the door without permission.

Domestic-abuse warning signs

- ▶ Controlling phone, money, clothes, movement or friendships.
- ▶ Threats, humiliation, forced isolation.
- ▶ Physical or sexual violence; intimidation.
- ▶ Threats to children, pets, parents or reputation.
- ▶ Apologies followed by repeated violence.

If you are facing abuse — quiet safety plan

- ▶ Keep emergency documents and some cash ready.
- ▶ Save evidence safely: photos, medical records, messages, call logs.
- ▶ Identify one safe person you can call.
- ▶ Plan a quiet exit if danger is escalating.
- ▶ Contact **112 • 181 • local police • One Stop Centre • NCW 14490**.

One Stop Centres

Provide integrated support to women affected by violence **under one roof**: medical aid, police assistance, legal aid & advice, temporary shelter and psychosocial counselling.

Children's Body Safety & Personal Boundaries

■ My safety rules (say them together)

- ▶ My body belongs to me.
- ▶ I can say **no** to unwanted touch — even from people I know.
- ▶ I will tell a trusted adult if someone makes me uncomfortable.
- ▶ I will not keep secrets that make me scared, confused or ashamed.
- ▶ I can shout, run and ask for help if I feel unsafe.



No. Go. Tell.

No. Go. Tell.

The No-Go-Tell rule: **NO** — say no loudly · **GO** — move away from the person or place · **TELL** — tell a trusted adult right away.

■ Touch, in simple words

Safe touch: care, comfort, health or help.

Unsafe touch: hurts, scares, confuses, is forced, or is asked to be kept secret.

Unwanted touch: even if it doesn't hurt — you can still say no.

■ Important for parents

Never scold a child for reporting. Avoid “Why did you go there?” or “Why didn't you shout?”

Say: “I believe you. You did the right thing by telling me.”

■ Legal awareness

The **POCSO Act, 2012** protects children from sexual abuse and offences, and defines a child as **any person below 18 years**.

■ My 5 trusted adults

- ▶ Parent / guardian
- ▶ Grandparent / relative
- ▶ Class teacher
- ▶ School counsellor
- ▶ Neighbour / family friend

School, Tuition & Activity-Centre Safety

Know who picks up. Fix in advance exactly who is allowed to collect your child — and make sure the school knows too.

Know Who Picks Up



Know who picks up

■ For parents

- ▶ Know the school/tuition transport & verify driver, conductor, route & emergency contact.
- ▶ Check isolated tuition locations before sending your child.
- ▶ Visit activity centres before enrolling.
- ▶ Ask about CCTV, staff verification, complaint process & child-protection policy.
- ▶ Confirm who has permission to pick up the child.

■ For schools

- ▶ ID cards for all staff & visitors; a visitor register.
- ▶ No child alone with an adult in a closed, unviewable room.
- ▶ Complaint box + a child-friendly way to report.
- ▶ Female staff / counsellor available where possible.
- ▶ Regular safety sessions & an anti-bullying policy.
- ▶ Transport monitoring & staff background checks.

■ For children

- ▶ Don't leave with anyone unless your parents approved it.
- ▶ Don't accept gifts, rides, food or private invitations without telling parents.
- ▶ Report bullying, threats, photos, touch or blackmail immediately.
- ▶ If lost, go to police, a guard, a shopkeeper, a teacher, or a mother with children — never an isolated stranger.

7 Digital Safety for Women & Children

For women

- ▶ Lock profiles where needed; don't post live location publicly.
- ▶ Never share private photos under pressure.
- ▶ Screenshot threats **before** blocking.
- ▶ Report cyber-stalking, fake profiles, morphed images, blackmail & fraud.
- ▶ **Never pay blackmailers** — preserve evidence and report.



Think before you share

For children

No private chats with unknown adults. Never share school name, address, phone, live location or family details. No private photos or videos.

Tell a parent at once if anyone says:

- ▶ "Don't tell your parents."
- ▶ "Send a photo." · "I'll give you a gift."
- ▶ "I know where you live." · "I'll harm you if you tell."

Cyber-fraud basics

- ▶ Never click unknown APK links.
- ▶ Never share OTP, UPI PIN, card PIN or passwords.
- ▶ Banks, police, couriers & govt offices **never** need your OTP.
- ▶ For financial fraud, call **1930** fast & report at cybercrime.gov.in.

Evidence checklist — save before deleting

Screenshots · URLs · usernames · phone numbers · payment IDs · dates & times · call recordings (where legally permitted). **Don't delete chats before saving the evidence.**

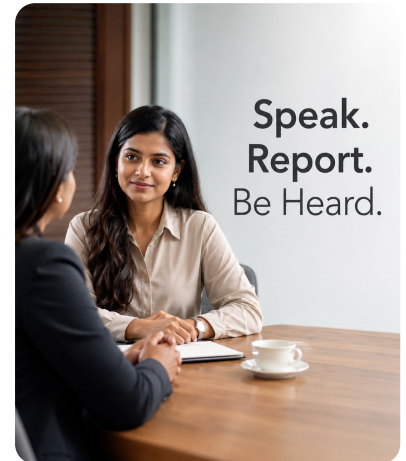


Pause before payment

Reporting, Support & Evidence

Immediate danger

- ▶ Move to a safer place.
- ▶ Call **112**.
- ▶ Call a trusted person.
- ▶ Don't confront the offender alone if it raises the risk.



**Speak.
Report.
Be Heard.**

Speak. Report. Be heard.

After harassment, assault, stalking, abuse or cybercrime

- ▶ Write down what happened as soon as you can.
- ▶ Save evidence; seek medical help if injured or assaulted.
- ▶ Report to police / helpline; ask for a copy or acknowledgement.
- ▶ Contact a women/child support service if you feel unsure.

Where women can get help

- ▶ Police / **112**
- ▶ Women Helpline **181** · NCW **14490**
- ▶ One Stop Centre · NCW online complaint
- ▶ **SHe-Box** — workplace sexual harassment (under the 2013 Act)

Where children can get help

- ▶ Parent / guardian
- ▶ School counsellor / teacher
- ▶ Child Helpline **1098** · Police **112**
- ▶ District Child Protection Unit

What NOT to say to a victim

- ▶ “Why were you there?”
- ▶ “Why didn't you shout?” · “What were you wearing?”
- ▶ “Are you sure?” · “Don't tell anyone.”

Say instead

- ▶ “I believe you.” · “You are safe now.”
- ▶ “It was not your fault.”
- ▶ “We will get help. You did the right thing by telling me.”

This guide is for awareness and first response. For legal advice, contact police, a lawyer, a legal services authority, the NCW / State Women's Commission, the Child Welfare Committee, or an authorised support service.

Family Safety Checklist & Emergency Card

■ For women

- ☐ Emergency contacts saved (ICE 1/2)
- ☐ Location sharing on with a trusted person
- ☐ Phone SOS shortcut learned
- ☐ Cab/transport safety habits
- ☐ Documents backed up · evidence method known

■ For parents

- ☐ School/tuition transport verified
- ☐ Pickup rules fixed
- ☐ Domestic staff / driver / tutor verified
- ☐ Child's internet use supervised
- ☐ Weekly open conversation with child

■ For children

- ☐ Knows full name, parent name, address, one number
- ☐ Knows the No-Go-Tell rule
- ☐ Can name 5 trusted adults
- ☐ Won't keep unsafe secrets
- ☐ Won't go with anyone without permission
- ☐ Won't share private info online

■ For schools & societies

- ☐ Visitor register · staff verification
- ☐ CCTV in common areas
- ☐ Working complaint system
- ☐ Emergency numbers displayed
- ☐ Safe-transport rules · awareness sessions

■ My Family Emergency Card (fill in & keep in wallet/bag)

Contact 1: _____ Ph: _____

Contact 2: _____ Ph: _____

Contact 3: _____ Ph: _____

Home address: _____

Nearest police station: _____

Family code word: _____ Allergy/medical: _____

112 Emergency · 181 Women · 1098 Child · 1930 Cyber · 14490 NCW · cybercrime.gov.in

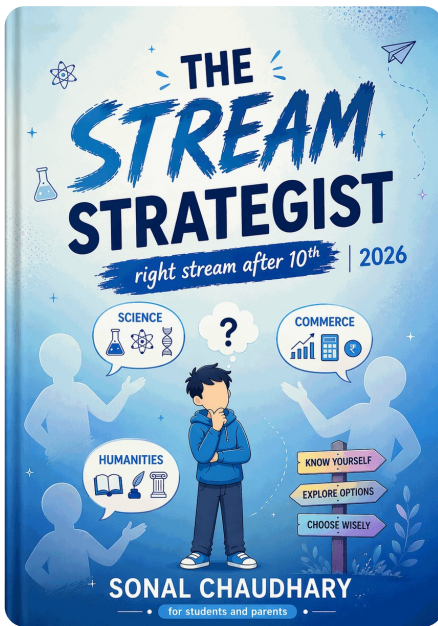
■ Red flags in a person's behaviour

- ▶ Forces secrecy · ignores “no”
- ▶ Touches without consent · gives gifts privately
- ▶ Isolates you from others
- ▶ Threatens reputation or family
- ▶ Tracks phone/location · demands private photos
- ▶ Says “No one will believe you.”

Safety begins with awareness, but it grows through **trust**. When women and children are **believed, supported and protected**, families and communities become stronger.



Helping Your Child Choose the Right Path After Class 10



The Stream Strategist 2026

by Sonal Chaudhary · for students (Class 8 onwards) & parents

Science, Commerce or Humanities is one of the biggest decisions after Class 10 — and it doesn't have to be the scariest. This book treats it with the seriousness it deserves: real data, honest career maps and a framework built around **your** child.

- 55 chapters across 11 parts — every stream covered
- Verified entrance-exam calendars & prep roadmaps
- 40+ career & salary maps with 2026 data
- AI-era career analysis — what's safe, what's changing
- Interactive quizzes, decision tools & a Parent Corner in every chapter
- Scholarships, global-study options & a gap-year guide

"You are not your stream. You are what you do with it." — From the Conclusion



Get the book — scan or visit:

<https://vaagvatika.com/books/the-stream-strategist/>

ISBN: 978-93-5914-131-2

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