



Growing up responsibly Session Summary (Grades III to V)

TMSGRN/CIRC/23-24/90A

3rd January' 2024

Dear Parents,

Greetings from The Millennium School, Greater Noida (W)!

This is to inform you that on December 27, 2023, Dr. Gagandeep Kaur, a compassionate Child & Clinical Psychologist and the esteemed Director of Unique Psychological Service, conducted a transformative workshop on **Growing Up Responsibly**. Tailored specifically for students of Grades III-V at our school, this session artfully addressed the various aspects of your child's adolescence.

Adolescence, a phase marked by profound physical, emotional, and mental changes in every child, set the stage for our discussions. Recognizing the significance of understanding and navigating these changes, we aimed to create a space for a crucial conversation—a conversation that sheds light on the evolving world of your child.

Here are some of the heartfelt highlights of the session:

- **Respecting Personal Boundaries:** Emphasized the importance of respecting personal boundaries, with a focus on the four zones of the body that merit utmost respect and sensitivity.
- **Good Touch and Bad Touch:** Introduced the concept of differentiating between good touch and bad touch, fostering a genuine understanding of appropriate physical interactions.
- **Private Parts:** Emphasized the personal nature of private parts, providing guidance on how to communicate the importance of treating them with care, along with practical tips for cleanliness and protection.
- **Recognizing and Responding to Abuse:** Offered thoughtful guidance on recognizing and responding to instances of abuse, covering the how, when, why, and to whom to report such incidents, ensuring parents are well-equipped to support their children.
- **Building a Supportive Community:** Encouraged the development of a nurturing community by discussing proactive actions that parents can take to help and support both their children and others within the community.
- **Supporting Friends in Need:** Explored heartfelt strategies on how to support a friend's child who might confide in them about troubling experiences, creating an environment of safety and empathy.
- **Child Helpline:** Shared the child helpline number, emphasizing the importance of immediate assistance and support.
- **Identifying Unsafe Situations:** Identified various unsafe situations where abuse can occur, empowering parents with knowledge to guide and protect their children effectively.



This workshop wasn't just an informative session; it was a heartfelt dialogue crafted to empower the students with insights and tools to navigate the critical conversations that arise during their transformative years. As we share the highlights of this enriching session, we hope you find valuable takeaways that not only illuminate the changes your child may be experiencing but also strengthen the bond with your child. Our goal is to foster open communication and equip you with the knowledge to guide them through the beautiful journey of growing up.

We appreciate your partnership in nurturing the holistic development of your child.

Warm regards,

Himani Tyagi

Dr Himani Tyagi

Principal