

AWARE AND EMPOWERED

Rakhi Jain

Foreword by

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FOREWORD

In today's fast-changing world, knowledge is not only power—it is also protection. While we often teach our children mathematics, science, and languages, we sometimes forget an equally important subject: the law. Laws are not distant rules meant only for lawyers, judges, or police officers; they are everyday safeguards that guide us, protect us, and help us live together with fairness and respect.

This handbook, “Children Handbook - Aware and Empowered,” is a timely and much-needed effort to bridge that gap. Written in simple language, with relatable examples and stories, it helps young readers understand that laws are not abstract ideas but living companions in their daily lives. From the Constitution of India to road safety, from women's rights to cyber awareness, from environmental protection to the courage of being a Good Samaritan—every chapter is designed to empower children with clarity and confidence.

What makes this work truly special is its child-centric approach. It does not overwhelm with jargon, but instead speaks to children in a way that resonates with their curiosity and sense of justice. By introducing children to their rights, responsibilities, and the mechanisms of protection available to them, it equips them to stand up

against injustice, help others in need, and become responsible citizens of tomorrow.

This handbook is not just a guide – it is an invitation to courage, empathy, and awareness. It reminds every child that they are not too young to make a difference, that their voices matter, and that their actions, however small, can spark positive change in families, schools, and communities.

I warmly commend this work to parents, teachers, and children alike. May it inspire a generation that is not only aware of the laws that govern their lives but also empowered to uphold them with kindness, fairness, and integrity.

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INTRODUCTION

A. Why Should We Know About Laws?

Laws are the invisible threads that bind a community together. They help us live safely and treat each other fairly. For young citizens like you, understanding laws is an important part of growing up and becoming responsible members of society. Let's break it down to see why knowing about laws matters and how it affects our daily lives.

1. Laws Keep Us Safe

Imagine a busy road where cars, buses, and bikes are all zooming around with no traffic signals or signs. Sounds scary, right? Without rules like stopping at red lights or driving on the correct side of the road, things would quickly become dangerous. That's why we have traffic laws—and more importantly, why they are enforced by traffic police and cameras. If someone runs a red light, they might be fined or even lose their driving license. This enforcement ensures people follow the rules, keeping everyone on the road safe. Laws work the same way in other parts of life too, helping protect us at school, work, and in public places.

2. Laws Protect Our Rights

Everyone has rights, like the right to go to school, to live in a clean environment, and to feel safe. These rights are protected by laws. Think of rights as promises that everyone must respect.

3. Laws Help Us Understand Our Responsibilities

Just like we have rights, we also have responsibilities. Responsibilities are the duties we must fulfill to help others and prevent harm. Laws guide us in understanding these responsibilities and ensure that we follow them. For example, littering in public places is against the law and can result in a fine, running a red light may lead to a traffic ticket or even an accident, and bullying someone can lead to serious consequences in school or even legal action. These laws are enforced by the police, schools, and other authorities to help keep our communities safe, respectful, and fair for everyone.

4. Laws Ensure Justice

Imagine playing a game where one team invents its own rules while the other team has to follow different ones. That wouldn't be just, right? Laws ensure that everyone is treated equally, no matter who they are. They ensure that everyone follows the same rules in real life.

5. Laws Empower Us to Help Others

Have you ever wanted to help someone but weren't sure how? For example, if you see a person collapse in a public place and you call an ambulance or perform basic first

aid, the Good Samaritan Law protects you from legal trouble as long as you were trying to help in good faith. Or, if you report child abuse or neglect, mandatory reporting laws ensure that your concern is taken seriously by authorities and acted upon. Knowing these kinds of laws gives you the confidence to do what's right without worrying about getting into trouble.

B. How Laws Protect Us

Have you ever wondered what keeps our schools, roads, and playgrounds safe? The answer is laws! Laws are like a giant safety net that protects everyone, ensuring that life is safe, peaceful, and secure. Just like rules in a game make sure everyone follows the same rules, laws help people live together without problems. Let's explore how laws protect us in different ways.

1. Laws Keep Us Safe from Harm

Imagine a world without rules—where people could drive as fast as they wanted, take things that don't belong to them, or harm others without consequences. It would be chaotic and dangerous! Laws make sure that such things don't happen.



For example:

- **Traffic laws** make sure people drive carefully, stop at red lights, and wear seatbelts. If someone breaks these rules, traffic police can issue fines or suspend their license to keep roads safe.
- **Health and food safety laws** ensure that the food we eat is clean and safe. Health inspectors regularly check restaurants and food factories, and they can shut down places that don't meet hygiene standards.
- **Criminal laws** protect people from theft, bullying, or harm. Police investigate crimes and courts decide on punishments, helping to keep our communities safe and fair.

2. Laws Protect Our Rights

Every individual has rights—such as the right to education, safety, and fair treatment. Laws make sure that no one can take these rights away from us.

For example:

- **The Right of Children to Free and Compulsory Education Act, 2009**, ensures free and compulsory education for children aged 6 to 14 years in India. It mandates provisions for proper school infrastructure and prohibits discrimination in school admissions.
- **POCSO 2012**, primarily protects children from sexual offenses but does not address child labor while the JJ Act focuses on children in conflict with the law and those needing care and protection, it

is the Child Labour (Prohibition and Regulation) Amendment Act, 2016, that specifically prohibits child labor.

- **Articles 14-18** of the Indian Constitution guarantee the Right to Equality, ensuring no discrimination on grounds of religion, race, caste, sex, or place of birth.

By protecting these rights, laws help everyone live a happy and secure life.

3. Laws Help in Emergencies

Sometimes, unexpected things happen—like accidents, fires, or natural disasters. Laws are in place to make sure that help reaches people quickly.

For example:

- The Good Samaritan Law allows people to help accident victims without fear of getting into trouble.
- Emergency response frameworks in India, such as the Disaster Management Act, 2005, and Motor Vehicle Amendment Act, 2019, mandate timely assistance during emergencies.
- The Disaster Management Act, 2005, provides a legal framework for disaster risk reduction, preparedness, and mitigation.

When everyone follows these laws, it becomes easier to keep people safe in difficult situations.

4. Laws Prevent Unfair Treatment

Laws make sure that people are treated fairly and with respect. If someone is being bullied, treated unfairly, or

cheated, they can seek help because the law is on their side.

For example:

- **The Information Technology Act, 2000** helps protect people from cyberbullying, online scams, and misuse of personal data.
- **The Minimum Wages Act, 1948** ensures that workers are paid fairly and are not exploited at their workplace.
- **The Protection of Women from Sexual Harassment at Workplace Act, 2013** and **The Dowry Prohibition Act, 1961** help safeguard girls and women from harassment, abuse, and discrimination.

5. Laws Teach Us Responsibility

Laws are not just about stopping bad things; they also guide us to do the right thing. By following laws, we learn to respect others, take care of our environment, and be good citizens.

For example:

- **The Environment (Protection) Act, 1986** reminds us not to damage our environment and encourages us to keep it clean and safe.
- **The Information Technology Act, 2000** helps us understand the right and wrong ways to use computers, smartphones, and the internet.
- **The Motor Vehicles Act, 1988** provides clear rules for driving vehicles safely and responsibly on the roads.



THE CONSTITUTION OF INDIA

A. Fundamental Rights

Imagine if you were playing a game, but only some players were allowed to score points while others were not. Would that be just? Certainly not! Just like games have rules to keep things fair, *our country has a set of rules to regulate the relationship between the different organs of the State and the relationship between the State and the citizens*. These rules are written in a very important book called the Constitution of India.

One of the most important parts of the Constitution is Fundamental Rights. These rights are special because they protect every person in India in *living a life of dignity and in pursuing their choices*. *The State is under an obligation to honour and protect the fundamental rights of every person, including, in some cases, non-citizens*. Let's explore them with real-life examples so you can understand them better!

1. Right to Equality (Article 14-18)

What it means: Everyone is equal, no matter where they come from, what they look like, or how much they earn.

Example: Imagine Adyaa and Kanishk go to the same school. Adyaa comes from a rich family, and Kanishk's parents work as farmers. If the school allowed only rich children to sit in the front and poor children at the back, would that be fair? No! The Right to Equality ensures that no one is on the basis of their background, caste, or religion.

2. Right to Freedom (Article 19-22)

What it means: People have the right to express their thoughts, carry on any trade, business or occupation, move around freely, not to be illegally confined or detained, and live their lives without unnecessary restrictions.

Example: Zahid loves art, and he wants to share his artwork in an exhibition. But what if someone stops him and says, "You can't show your art because we don't like it"? That wouldn't be fair! The Right to Freedom allows Zahid to express his ideas and opinions freely, as long as he doesn't harm others.

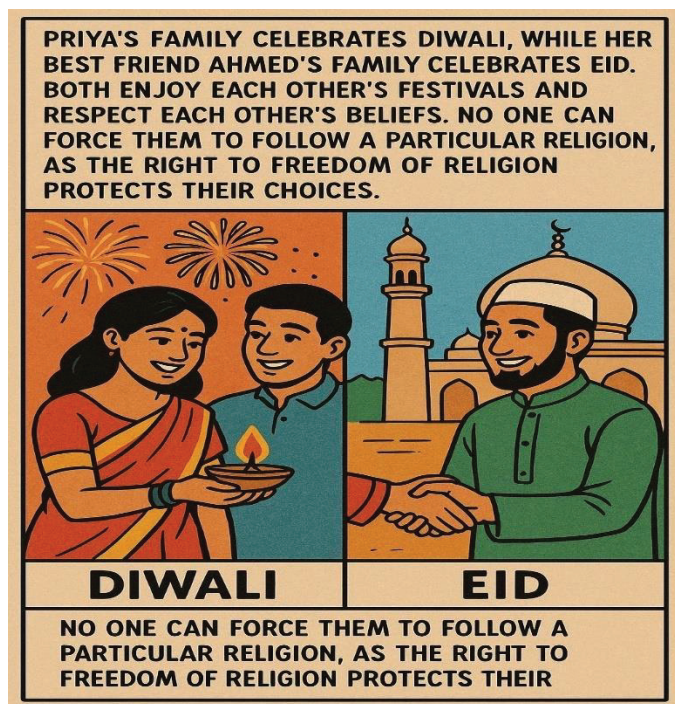
3. Right Against Exploitation (Article 23-24)

What it means: No one can force children to work instead of going to school, and no person can be treated like a slave.

Example: Have you ever seen small children working at tea stalls or cleaning cars? This is illegal! Every child has the right to study and enjoy their childhood. If a child is forced to work, the law protects them under this right, and action is taken against those who exploit them.

4. Right to Freedom of Religion (Article 25-28)

What it means: Everyone is free to follow and practice any religion they believe in.



5. Cultural and Educational Rights (Article 29-30)

What it means: People have the right to protect their culture and get an education in their own language.

Example: In some parts of India, children speak Tamil, Bengali, or Marathi. Schools must allow them to learn in their own language if they wish. This right ensures that no one is forced to give up their language or culture.

6. Right to Constitutional Remedies (Article 32)

What it means: If someone's fundamental rights are taken away, they can go to the Supreme Court for enforcement of their fundamental rights. Additionally, they can also approach the concerned High Court under Article 226 of the Constitution.

Example: If a government school denies admission to a child just because of their religion or caste, their family can go to court to enforce their Right to Equality. This right acts like a shield of justice that protects people's freedoms!

B. Fundamental Duties & Directive Principles of State Policy

Just like every game has rules that players must follow, a country also has guidelines that help it run smoothly. In India, the **Fundamental Duties** and **Directive Principles of State Policy (DPSP)** are two important parts of the **Indian Constitution** that guide both the **citizens** and the **government** in building a better nation. Let's break them down in a simple way!

Fundamental Duties – What Every Citizen Should Do

(Article 51A of the Constitution)

While **Fundamental Rights** give us freedoms, **Fundamental Duties** remind us of our responsibilities as citizens. Think of them as a list of good habits that help make our country a better place. These duties are like

traffic rules—if everyone follows them, there will be fewer problems, and life will be smooth for all.

Here are some **Fundamental Duties** with real-life examples:

1. Respect the Constitution, National Flag, and National Anthem

Example: Imagine you are at school, and the national anthem is being played. Standing up and singing it with respect is one way of showing love for your country. (Clause (a) of Article 51A)

2. Protect and Preserve India's Heritage

Example: Have you visited places like the Taj Mahal or a fort? These are part of India's rich history. If we don't litter or damage such sites, we help preserve our culture. (Clause (f) of Article 51A)

3. Help in National Defense and Service

Example: Soldiers protect our country, but we can also help by being responsible citizens—like helping during disasters, supporting local industries, and following security rules. (Clause (d) of Article 51A)

4. Promote Harmony and Brotherhood

Example: We all have friends from different backgrounds, religions, and languages. Treating everyone with kindness and fairness makes our country stronger. (Clause (e) of Article 51A)

5. Protect the Environment

Example: If everyone plants trees, avoids using plastic, and saves water, our planet will stay healthy. Taking care of nature is our duty! (Clause (g) of Article 51A)

6. Value and Develop Scientific Thinking

Example: Superstitions can be harmful, like believing in fake miracle cures instead of real medicine. We should encourage logical thinking and learning. (Clause (h) of Article 51A)

Directive Principles of State Policy – What the Government Should Do

While Fundamental Duties are for citizens, Directive Principles of State Policy (DPSP) are for the government. These are goals that guide the leaders of India in making the country a better place for everyone.

Here are some important Directive Principles with examples:

1. Provide Good Education for All

Example: Schools and colleges should be available to every child, whether rich or poor. That's why the government provides free education up to a certain level.

2. Ensure Equal Pay for Equal Work

Example: If a man and a woman are doing the same job, they should get the same salary. The government works to prevent discrimination in workplaces.

3. Improve Public Health

Example: Government hospitals provide free or low-cost medical services so that even the poorest people can get treatment. The Ayushman Bharat Pradhan Mantri Jan Arogya Yojana, a Government funded health insurance scheme, enables persons from the economically weaker sections of the society to avail cashless treatment for upto Rs. 5 lakhs per family in a year at designated hospitals.

4. Support People in Need

Example: The government runs programs that provide food, houses, and jobs to those in need, ensuring that no one is left behind.

5. Protect the Environment and Wildlife

Example: The government creates laws to prevent pollution, protect forests and animals like tigers and elephants and create a better environment.

6. Work Towards Reducing Economic Inequality

Example: Some people are very rich, while others struggle to buy food. The government tries to bridge this gap by providing support and opportunities for all.

Why Are These Important?

- Fundamental Duties make sure that every citizen contributes positively to society.
- Directive Principles ensure that the government works for the welfare of all people, not just a few.

ROADMAP FOR ACTION

If you see or face something wrong—like bullying because of your identity, being denied admission unfairly, or a friend not being treated with respect:

- Tell a trusted adult: Your teacher, parent, or school counsellor.
- Call the Police Helpline: 112/100 – They protect everyone.

a) For unfair treatment at school, you can reach:

National Commission for Protection of Child Rights (NCPCR): Website:

<https://ncpcr.gov.in>

Call: 1800-121-2830 (It's FREE!)

b) If someone's being mean or unequal online (like cyberbullying), report it here:

Website: www.cybercrime.gov.in Call: 1930

How Do Courts Help You?

Did you know? Even children can approach courts with the help of a guardian or a lawyer if something really unfair or illegal is happening.

Public Interest Litigation (PIL) can be filed in court to protect children's rights. Many such PILs have helped build toilets in schools, provide free textbooks, and stop child labour!

You don't need to go alone—just talk to a trusted adult, teacher, or local lawyer. There are also groups who help children for free:

- 1. Childline (1098)**
- 2. National Legal Services Authority (NALSA)**
- 3. Visit: <https://nalsa.gov.in> or Dial: 15100**
- 4. Odisha State Legal Services Authority (OSLSA)**
- 5. Visit: <https://oslsa.odisha.gov.in> or Dial: 15100/9438578586 / 9437179093**

When both citizens and the government follow these principles, India becomes a stronger, fairer, and happier country! So, as young citizens, let's be aware, responsible, and work towards making our nation better every day.

GOOD SAMARITAN

Imagine you're walking home from school, and you see someone fall off their bicycle. They're hurt and need help, but people around them just keep walking by. What would you do? Would you stop and help, or would you be scared that if you help, you might get into trouble?

This is where the Good Samaritan Law comes in! It's a special law in India that protects compassionate people like you who help victims of road accidents. It makes sure that if you help someone, the police or hospitals won't trouble you. Let's understand this law with real-life situations.

A. The Good Samaritan Law (Explained through Scenarios))

The Good Samaritan Law encourages people to help road accident victims or those in need without fear of being harassed by the police, hospitals, or courts. Here are a few scenarios to understand how it works:

Scenario 1: A Road Accident



Scenario 2: Helping a Child in Need



B. Steps to Help in an Emergency

If you see someone in trouble, follow these simple steps:

1. Stay Calm and Think Smart

First, make sure the area is safe. If someone is injured in the middle of a road, do not rush in if cars are speeding. Look around and act wisely.

2. Call for Help

Dial 112 (Emergency Helpline) or 108 (Ambulance) for medical help. If it's a serious accident, the hospital must treat the patient immediately—they cannot refuse treatment.

3. Move the Person Safely (If Necessary)

If the injured person is in danger, like on a busy road, gently move them to safety. Never move someone with a serious head or spine injury unless absolutely necessary—wait for professionals.

4. Provide Basic First Aid

If the person is bleeding, try to stop the bleeding with a clean cloth. If they are unconscious but breathing, place them on their side to prevent choking.

5. Stay Until Help Arrives (If You Can)

If possible, stay with the injured person to comfort them until medical help arrives.

No-Fear Guidelines: Police and Medical Help

Many people hesitate to help because they fear getting into trouble with the police or hospitals. But the Good Samaritan Law protects you! Here's what you need to remember:

- a. You don't have to reveal your name or personal details if you don't want to.
- b. The police cannot force you to be a witness unless you choose to.

- c. Hospitals must provide emergency treatment without waiting for police formalities.

Why Is This Important?

A simple act of kindness can save a life. Imagine if everyone walked away thinking, “Someone else will help.” What if that injured person was someone you knew? Wouldn’t you want someone to help them?

The Good Samaritan Law exists to make sure that people don’t hesitate to help in emergencies. By knowing about this law and sharing it with others, we can create a world where kindness and courage always win!

So next time you see someone in need, be a Good Samaritan—because heroes don’t always wear capes, sometimes they simply lend a helping hand!

CHILD-FRIENDLY LAWS

Every child has the right to grow up in a safe, happy, and healthy environment. That's why there are special laws in India that protect children, ensure they get an education, and keep them safe from harm. These laws make sure that children can enjoy their childhood, learn, and grow without fear. Let's understand three important child-friendly laws in a simple way!

A. The Right of Children to Free and Compulsory Education Act, 2009 (RTE Act) - Education is Every Child's Right!

Imagine a world where some children go to school while others are left behind just because their families cannot afford education. That wouldn't be just, right? (RTE) Act, 2009, ensures that every child in India has the right to free and compulsory education up to Class 8.

What Does This Law Do?

1. Free education for all children aged 6 to 14 years in government schools and to an extent in government aided schools.
2. Private schools must reserve certain percentage of their seats for children from weaker sections of society.
3. Such children cannot be denied admission or forced to drop out because of money.

4. Schools must provide safe, quality education with trained teachers.

Example:

Kunal's parents are daily wage workers. They worried they couldn't afford school for him. But thanks to the RTE Act, Kunal got admission to a good government school for free. Today, he is learning and chasing his dreams!

B. Protection of Children from Sexual Offences Act, 2012 (POCSO Act) – Keeping Children Safe

Children have the right to feel safe at home, in school, and outside. Unfortunately, some people may try to harm them. The POCSO Act is a powerful law that protects children from any kind of sexual abuse or harassment and imposes stringent punishment on those who are found to have committed sexual offences against any child.

What Does This Law Do?

1. Protects all children below 18 years from any form of sexual abuse or harassment.
2. Ensures that children feel safe to report if someone is making them uncomfortable.
3. Provides special courts to handle cases quickly and sensitively.
4. The victim's identity is kept confidential, so they do not feel ashamed, afraid, or isolated.

*Actions or incidents punishable under the POCSO Act
include under the POSCO Act:-*

- Touching private parts of a child or asking the child to do the same.
- Showing private parts or making the child see dirty photos or videos.
- Using bad words, messages, or gestures that make a child feel uncomfortable.
- Taking or sharing photos or videos of a child in a bad way.
- Forcing a child to do something sexual or hurting them in a sexual way.
- Constantly following a child physically or online
- Threatening to use or broadcast make viral (in common language) any body part of a child or the involvement of a child in sexual act.

Even if someone tries or plans to do any of these bad things, they can be punished.

Example:



In case you are in such a situation then you can directly reach out to Child Helpline number at 1098 or the Police at 100.

**Remember: If any person, including any child, makes a child feel unsafe, they should immediately tell a parent, teacher, or trusted adult. There are child helplines like 1098 where children can seek help without fear.*

C. Juvenile Justice (Care and Protection) Act, 2015 (JJ Act)- Helping Children in Need

Some children may face tough situations—like being abandoned, lost, or in conflict with the law. The JJ Act,

2015 ensures that such children are given protection and support instead of being treated harshly.

What Does This Law Do?

1. Helps children who are orphaned, abandoned, or neglected by providing care homes and rehabilitation.
2. Ensures that any child accused of any criminal offence i.e., child in conflict with law is treated differently from adults and is given a chance to reform.
3. Helps children find safe homes through adoption or foster care.
4. Children found begging are treated as “Children in need of care and protection” under the Act. This includes any child who is without a home, care, or protection, or who is engaged in begging or is at risk of being exploited.

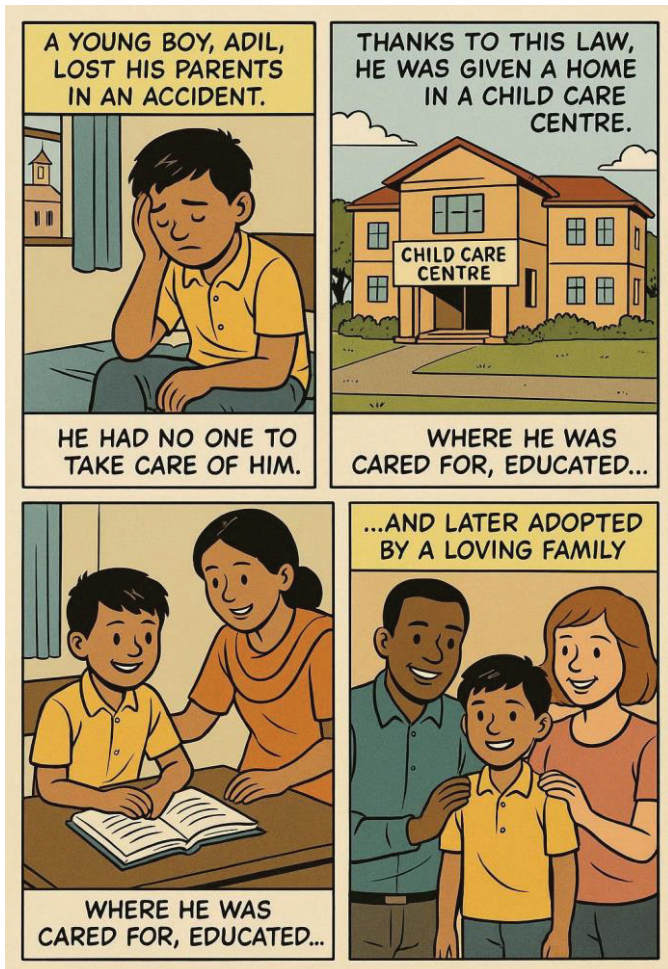
If Found Report at:

1. **Childline India Foundation -**
<https://childlineindia.org/a/about/childline-india> or Call 1098
2. **National Commission for Protection of Child Rights (NCPCR)**
<https://www.ncpcr.gov.in>
3. **State Commission for Protection of Child Rights, Odisha (SCPCR)**
<https://oscpcr.odisha.gov.in/about-commission>
(Toll Free No.: 1800 345 4494)

4. Juvenile Justice Act Info Portal (National Tracking System for Missing and Vulnerable Children)

<https://missionvatsalya.wcd.gov.in> or call in Childline 1098.

Example:



The Child and Adolescent Labour (Prohibition and Regulation) Act, 1986 ('Child Labour Prohibition Act')

Some children may be forced to work due to poverty or other reasons and give up their school education. The Child Labour Prohibition Act prohibits employment of children below 14 years in any occupation and that of adolescents in hazardous occupation.

What Does This Law Do?

- Prohibits the employment of children below 14 years in any occupation (except in family enterprise of a non-hazardous nature, artistic activities, sports)
- Prohibits the employment of adolescents (14 to 18 years old) in hazardous occupations
- Rehabilitation for children rescued from illegal work.
- Regulates the condition of work of adolescents in permitted occupations
- Provides for punishment to those who are found in violation.

Example:



If Found Report at:

1. Childline India Foundation -
<https://www.childlineindia.org> or Call 1098
2. Local Police Station: Call 112 or 100

Why Are These Laws Important?

- Education empowers children and gives them a better future.
- Safety and protection ensure that children can grow without fear.

- Care and support give children hope, even in difficult times.

As young citizens, knowing these laws helps you and others. If you see a child being denied education, engaged in any occupation, treated unfairly, or unsafe, you can speak up and seek help. Because every child matters, every child deserves a bright future!

Action Plan: The Right to Education (RTE) Act

Ask Questions

1. If you or a friend aren't in school, ask your parents or guardian why.
2. Tell them that every child aged 6 to 14 must be in school – it's your RIGHT!

Visit the Nearest Government School

1. Go with your parent/guardian and ask for admission.

If they say "no" or ask for money, politely say: *"According to the RTE Act, school is free for all children like me."*

Still Not Admitted? Don't Worry!

1. Ask your family to write a letter to the Block Education Officer (BEO) or the District Education Officer (DEO).
2. You can also file a complaint online: <https://rteparadarshi.odisha.gov.in/>

3. If you don't get help, approach the High Court through a lawyer or through the OSLSA
4. Action Plan: POCSO Act - Keeping Yourself and Others Safe

Trust Your Feelings

1. If someone makes you feel uncomfortable, scared, or touches you wrongly—tell a trusted adult immediately.
2. It could be your teacher, parent, school counsellor, or even a friend's parent.

Know the Magic Number

1. Dial 1098 - CHILDLINE
2. It's a free, 24x7 helpline for children in trouble.
3. You don't need balance or permission to call!

Talk to a Police Officer

1. You can go to the police station with a trusted adult or even alone say,
2. "I want to report something under the POCSO Act. Please help."
3. The police will protect your identity and support you.
4. They may take you to a special child-friendly room and help you feel safe.

Write It Down (If You Feel Nervous Talking)

Draw or write what happened and give it to a teacher or adult to help you report it.

Summary of What Every Child Can Do:	
Denied School Admission	Unsafe Situation
	
Speak to adult, call child-line	Report to teacher or call Childline
Report Abuse	Go to Court
	
Trusted adult + Police	Free legal help is available
Parents can file a writ petition in High Court or approach a Legal Aid Clinic	

ROAD SAFETY AND AWARENESS

Roads are bustling with cars, buses, bicycles, and pedestrians moving everywhere. While roads help us travel, they can also be dangerous if we don't follow the rules. Many accidents happen because people do not follow road safety measures. That's why it's important to know how to walk, cycle, and cross roads safely.

Let's understand some simple rules that can help keep everyone safe!

A. Rules Every Pedestrian and Cyclist Should Know

Pedestrian Safety (Walking on Roads)

Always walk on the footpath (sidewalk). If there is none, walk on the left side of the road so you can see oncoming traffic.

1. Always use zebra crossings to cross roads.
2. Look left, then right, then left again before crossing.
3. Do not run across roads – it is dangerous!
4. At night, wear bright clothes so that vehicles can see you.

Cyclist Safety

1. Always wear a helmet while cycling – it protects your most important organ, your brain.

1. Ride your bicycle on the left side of the road and follow traffic rules.
2. Use hand signals before turning left or right.
3. Never listen to music or use a mobile phone while riding.
4. At night, use a front light and reflectors to make yourself visible.



*Scan this QR to Learn more about
Internation Road Safety Rules*

Example:



Basics of Road Safety: Do's and Don'ts

Do's:

1. Follow traffic signals – Red means stop, Green means go, Yellow means slow down.
2. Use seat belts and helmets – Always wear a seatbelt in a car and a helmet on a bike or two- wheeler.
3. Stay alert – Always be aware of vehicles around you, especially in busy areas.
4. Encourage others – If you see a friend breaking the rules, remind them to be safe!

Don'ts:

1. Never cross a road suddenly or run between moving vehicles.
2. Do not use a mobile phone or listen to music while walking or cycling near roads.
3. Do not drive a motor vehicle unless you are licensed to drive one.
4. Never hang outside a moving vehicle or put your hands out of a car window.
5. Do not try to get on or off a moving bus or train – wait until it stops!

Example:



How to Report an Accident

Even if we follow all rules, accidents can still happen. But knowing what to do in an emergency can save lives! If you see an accident:

Step 1: Stay Calm and Check the Situation

1. If someone is injured, do not panic. Stay calm and act quickly.
2. Ensure your own safety before helping others.

Step 2: Call for Help

1. Dial 112 (Emergency Number) or 108 (Ambulance) for immediate medical help.
2. Call the police (100) if needed.
3. If the injured person is unconscious, wait for the ambulance instead of moving them yourself.

Step 3: Be a Good Samaritan

1. If you help someone in an accident, the Good Samaritan Law protects you from police trouble.
2. If you can, stay with the injured person until help arrives.

Example:



Why Road Safety Matters

1. Thousands of accidents happen every day—most can be prevented!
2. Simple rules can save not just lives—but your life too.
3. Being alert and responsible helps make roads safer for everyone.

Now that you know these roads safety rules, share them with your friends and family! Because safe roads mean happy journeys!

Roadmap For Road Safety

Understand the basics

- Always walk on the footpath.
- Cross roads only at zebra crossings.
- Follow traffic lights: Red – Stop, Yellow – Wait, Green – Go.
- Never run across the street.

Be Safe on Two-Wheelers

- Always wear a helmet.
- Never ride without an adult.
- Avoid speeding or doing stunts.

While in a Vehicle

- Always wear your seatbelt.
- Do not distract the driver.

- Enter and exit from the side closest to the pavement.

Learn and Educate

- Attend school programs on road safety.
- Spread awareness among your friends and family.

Useful Websites

- Ministry of Road Transport and Highways (MoRTH)] (<https://morth.nic.in/en/road-safety>)
- My government portal (<https://www.mygov.in/campaigns/national-road-safety/>)
- World Health Organization - Road Safety (<https://www.who.int/roadsafety/en/>)

ENVIRONMENTAL LAWS

Have you ever walked on a road and noticed plastic bags flying around, or breathed in the smoky air from a car? Do you feel sad when you see rivers full of waste or trees being cut down? You are not alone. Many children and adults feel the same. But here's the good news: You can help — and the Law is on your side.

What Are Environmental Laws?

Environmental laws are rules made by our government to protect nature — like forests, water, air, animals, and even us, humans. These laws say that *no one has the right to harm the environment*, and if they do, they can be stopped or punished.

Here are some important ones:

- **Environment Protection Act, 1986** – Protects air, water, and land.
- **Air (Prevention and Control of Pollution) Act, 1981** – Keeps our air clean.
- **Water (Prevention and Control of Pollution) Act, 1974** – Makes sure our rivers and lakes are not polluted.
- **Forest Conservation Act, 1980** – Prevents excessive cutting of trees.

- **Wildlife Protection Act, 1972** – Protects animals and birds from being hunted or harmed.

How Can YOU Help?

You may think, "I'm just a kid, what can I do?" But the truth is, **you are powerful**.

1. ***Don't Litter:*** Throw your waste in bins. If you see someone else littering, politely ask them not to.
2. ***Say no to plastics:*** Use paper or cloth bags instead of plastic ones.
3. ***Plant Trees:*** Even one tree can clean air, give shade, and save lives.
4. ***Save Water & Electricity:*** Close the tap. Switch off lights when not in use.
5. ***Speak Up:*** If you see someone burning garbage, cutting trees illegally, or polluting rivers – **report it**.
6. ***Report Pollution:*** Be a Young Environmental Hero!

You can visit websites and apps to report pollution:

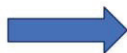
- National Green Tribunal (NGT)
- Central Pollution Control Board (CPCB)
- Use the "**Sameer App**" (by CPCB) to report air pollution in your area.
- Use <https://pgportal.gov.in/> for filing complaints.

You can even write letters to your school principal, or local government officer, or use social media responsibly to spread awareness.

Be the Change

The Earth is like our home. If something breaks at home, we fix it, right? In the same way, **you are not too small to protect the environment.** By learning about environmental laws and using your voice, you can help make India – and the world – a cleaner, greener place.

You are not only a child—you are a guardian of the planet.



*Scan this QR to access Public
Reforms and Grievances
Portal*



*Scan this QR to access
National Green Tribunal
Portal*

Example:

RIYA CLEANS UP THE PLAYGROUND

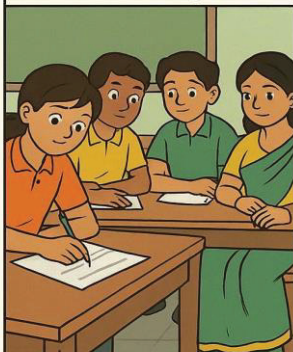
Riya, a 12-year-old from Pune, saw her playground being used as a garbage dump.



She took photos and asked her teacher for help.



With her class, they wrote a letter to the city council.



Guess what? The council cleaned it, put up a fence, and planted trees.



EVERYDAY LAWS FOR CHILDREN

Laws are not just for adults. As young citizens, you also have rights and responsibilities to keep yourself and others safe. Every day, you may face situations where knowing the law can help you protect yourself and take the right action. Let's explore some common situations and what you should do if you ever face them!

A. What to Do If Someone Steals Your Things

Imagine you bring your favourite cricket bat to the park, and when you turn around, it's gone! Or someone takes your lunchbox or bicycle without asking. That's called theft, and it is a crime!

What the Law Says (Bharatiya Nyaya Sanhita - BNS, 2023).

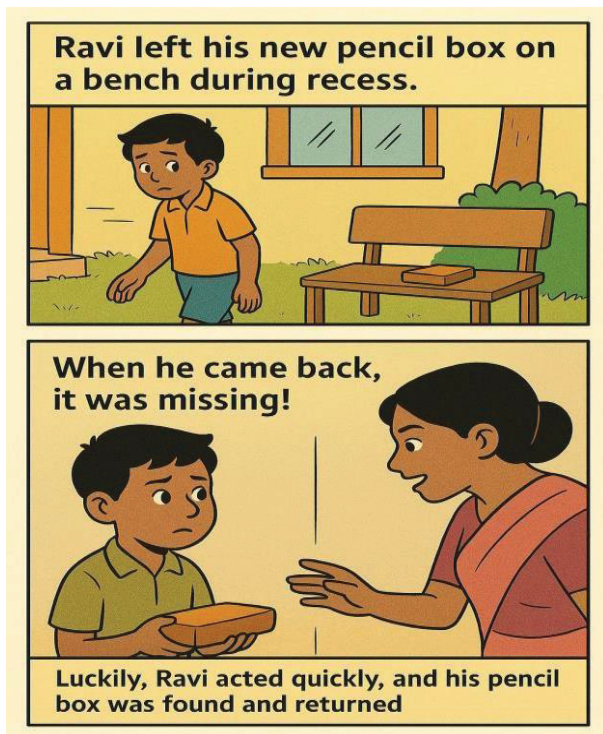
1. Theft is a crime, whether it involves a small toy or a big vehicle.
2. If someone steals from you, you have the right to report it to an adult or the police.
3. Punishment for theft can include a fine or jail or both for serious cases.

What You Should Do:

1. Tell a teacher, parent, or guardian about what happened.

2. If it happens in school, report it to your principal or class teacher.
3. If it's something valuable, your parents can file a police complaint.

Example:



Understanding Bullying and How to Report It

Bullying is when someone hurts, teases, or scares you on purpose. It can happen at school, in your neighbourhood, or even online. Bullying is wrong and unlawful, and harmful.

What the Law Says (Juvenile Justice Act, 2015 & POCSO Act, 2012)

1. Bullying and ragging (forcing someone to do something they don't want to) are punishable offenses.
2. If bullying involves hurting someone physically or threatening them, it can be reported to the police.
3. Schools must have anti-bullying rules to protect students.

What You Should Do:

1. Speak up! If someone is bullying you, tell your teacher or parents.
2. Don't fight back—use your words and stay calm.
3. If you see someone else being bullied, help them by reporting it at <https://www.cyberbaap.org/>

Example:



Cyber Safety: Stay Safe Online

Today, children use phones, computers, and the internet for studies, games, and fun. But the internet can be risky if we are not careful. Cyberbullying, hacking, and online scams happen when people misuse technology.

What the Law Says (Information Technology Act, 2000)

1. Cyberbullying, hacking, and sharing private photos without permission are crimes.

2. If someone threatens or misuses your personal information online, they can be punished.
3. No one has the right to force you to share personal details like your phone number or address.

What You Should Do:

1. Never share passwords or personal details with strangers.
2. Never open a hyperlink received from a stranger.
3. Be careful online – not everyone is who they claim to be.
4. If someone is troubling you online, block them and tell a trusted adult.

Why These Laws Matter

1. They protect you from harm – whether it's theft, bullying, or online dangers.
2. Knowing your rights helps you take action when something is wrong.
3. Following these rules makes you a responsible and smart citizen!

By understanding these everyday laws, you can stay safe and help others too!



*Scan this QR to Know
more and Report,
Cyber Bullying*

Example:



Roadmap in case of Theft

What to Do If Someone Steals Your Things

Sometimes, things get stolen. Maybe someone took your bicycle, your school bag, or even your phone. If this happens, don't panic. You can take action and try to get it back. Here's what you should do:

Step 1: Stay Calm and Look Around

- Check carefully if you misplaced the item or if you just misplaced it.
- Ask people nearby if they saw anything.

Step 2: Tell a Trusted Adult

- If you are at school, tell your teacher or principal.
- If you are outside, tell your parents or any responsible adult.

Step 3: Report It to the Police

- Call 112 or 100 to report the theft.
- If it's a small theft, you can visit the nearest police station with an adult.
- At the station, ask to file an FIR (First Information Report).

Step 4: Give Details Clearly

- Tell the police what was stolen, when, and where it happened.
- If you saw the thief, describe them.
- If it was your phone, share the IMEI number (a special code for phones).

Step 5: Keep a Copy of the Report

- The police will give you a copy of the FIR. Keep it safe.

Step 6: Check Online for Updates

- You can track your complaint at www.cybercrime.gov.in if it's related to an online theft or fraud.
- For general complaints, visit the website of your state's police department.

Step 7: Be Careful in the Future

- Keep your things safe and locked when possible.
- Don't share personal details like your address or phone number with strangers.
- If something feels wrong, trust your instincts and walk away.

LAWS FOR WOMEN SAFETY

Women and girls have the same rights as men and boys – the right to education, freedom, respect, and safety. But sometimes, women face unfair treatment, harassment, or violence. To protect them, India has important laws that ensure their safety, dignity, and equality.

Let's learn how these laws help create a safer and fairer world for everyone!

A. Understanding Gender Equality

What is Gender Equality?

Gender equality means treating boys and girls the same way. No one should be treated unfairly just because of their gender. Girls have the same rights to study, play sports, work, and express their opinions as boys do.

What the Constitution of India Says

1. Article 14: Everyone is equal before the law – whether they are male or female.
2. Article 15: No one can be discriminated against based on gender.
3. Article 39: Women should have equal pay for equal work.

Example:



Your Role:

1. Never assume that girls can't do something just because they are girls.
2. Support and encourage both boys and girls equally.
3. Speak up if you see someone being treated unfairly because of their gender.

B. Protection Laws: Sexual Harassment and Domestic Violence

Sometimes, women and girls face harassment or violence at home, school, or public places. But laws exist to protect them and punish those who harm them.

a. Protection from Sexual Harassment

Sexual harassment means any unwelcome touch, comment, or action that makes someone uncomfortable. It is a serious crime and is covered under:

1. **Prevention of Sexual Harassment Act, 2013 (POSH Act):** Protects women from sexual harassment at workplace, which includes offices, factories, educational establishments, hospitals and even private household.
2. **Protection of Children from Sexual Offences Act, 2012 (POCSO Act):** Protects children from sexual abuse of any form.
3. **Bharatiya Nyaya Sanhita, 2023 (BNS):** Provides punishment for those who misbehave with women in public places in any manner i.e., harass, stalk, insult modesty etc.

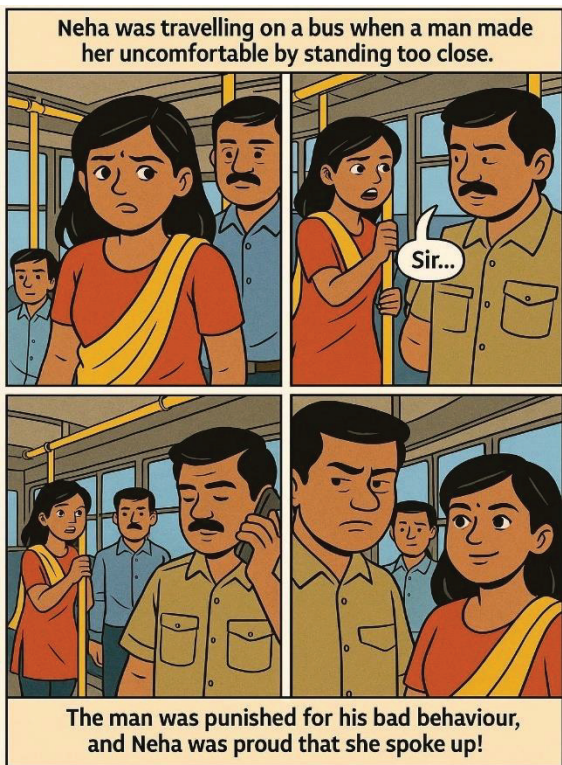
Your Role:

1. Say NO loudly if someone makes you uncomfortable.
2. Tell a trusted adult (parent, teacher, or police) if you experience or witness harassment.
3. Support friends who may be too scared to speak up.



*Scan the QR to access
SHE- BOX, to register a
complaint if you are
facing sexual harassment
in the workplace or
anywhere else.*

Example:



Protection from Domestic Violence

Domestic violence happens when a woman is hurt physically or mentally at home—by family members or relatives residing in a common household. The Domestic Violence Act, 2005, protects women from:

1. Hitting, slapping, or any physical harm.
2. Verbal abuse or threats.

3. Forcing a woman to do something against her will to meet any demand for dowry or other property.

Your Role:

1. If you see a woman being hurt at home, tell a trusted adult.
2. Help spread awareness – women should never stay silent if they are in danger.
3. Remember: Every woman deserves to live free from fear, with dignity and respect.

Why These Laws Matter

1. They protect women from harm and injustice.
2. They create a more equal world where everyone is treated with respect.
3. They give women the courage to stand up for their rights.

By understanding and respecting these laws, you can help build a society where everyone is safe and equal and if you find yourself stuck in these kinds of scenarios, don't hesitate and take necessary actions immediately.



*Scan this QR to
access Childline Care
and Services Portal*

Example:



Roadmap For Action

1. Call the Police

- The police in India can be called by dialling 100 or 112.
- You can call them from any phone. Even if you don't have balance or internet, the call will go through.

- When they pick up, you can say: *"I am a child. Someone is being hurt at home. Please send help to [your address]."*

2. Call the Child Helpline

- If you are scared to call the police, you can call the CHILDLINE at 1098.
- This is a number meant only for children who are in trouble or need help.
- The people there will listen to you, protect you, and send help.

3. Go to a Police Station

- If you feel safe and strong, you can go to the nearest police station and say, *"My mom is being hurt at home."* Or, *"Someone is doing wrong things to another person. I need help."*
- The police must help you. It is their duty.

4. Tell a Trusted Adult

- **If you are too scared to go alone, you can tell:**
 - 1) A schoolteacher
 - 2) A school principal
 - 3) A neighbour you trust
 - 4) A friend's parent who is kind
- You can say, **"Can you please help me call 100/112 or 1098? Someone is being hurt."**

5. Important Websites

If you can use the internet safely, these websites can also help:

- www.childlineindia.org
- www.ncpcr.gov.in This is for child rights in India.
- <https://ospcr.odisha.gov.in> – This is for child rights in Odisha
- www.cybercrime.gov.in – For offences done using the internet

6. Remember

- You are not wrong for telling.
- You are not weak for asking for help.

YOUR ROLE AS A YOUNG & RESPONSIBLE CITIZEN

Being a citizen of India is not just about living here – it's about taking responsibility and helping make our country a better, safer, and happier place for everyone!

As young citizens, you have a role to play too! Whether it's reporting something wrong, taking care of public property, or helping others in your community, every small action makes a difference. Let's learn how!

A. Reporting Crimes Anonymously

Sometimes, you may see someone breaking the law – stealing, hurting others, or damaging things. But many people are scared to report crimes because they think they'll get into trouble. That's why India allows anonymous reporting—where you can tell the police without giving your name!

What the Law Says:

1. Bharatiya Nagarik Suraksha Sanhita, 2023 (BNSS) allows people to report crimes without revealing their identity.
2. The POCSO Act (Protection of Children from Sexual Offences Act, 2012) lets anyone report child abuse anonymously.

How to Report a Crime Anonymously:

1. Call 100 (police helpline) or 1098 (child helpline).
2. Use online police portals – <https://citizenportal-op.gov.in> to report crimes.
3. If it happens in school, tell your teacher or principal.

Your Role:

1. If you see something wrong, don't stay silent.
2. Use helplines or tell an adult if you're unsure what to do.
3. Speaking up can stop crimes!

Example:



Respecting Public Property

Public property means things that belong to everyone — parks, buses, schools, libraries, and even roads! If we damage them, we are harming our own country.

What the Law Says:

1. The Prevention of Damage to Public Property Act, 1984, makes damaging public property a crime.

2. Defacing, such as scribbling on school walls, breaking benches, or destroying parks in the government schools can lead to fines or punishments.

Example:



Your Role:

1. Don't scribble, break, or damage school or public property.
2. Stop others if you see them doing it.
3. A clean, well-kept place helps everyone!

What You Should Do: Report to the Police at 100

B. Helping Your Community Stay Safe

A strong country is built by strong, helpful communities. If neighbours and friends look out for each other, crime reduces, and people feel safer.

How You Can Help:

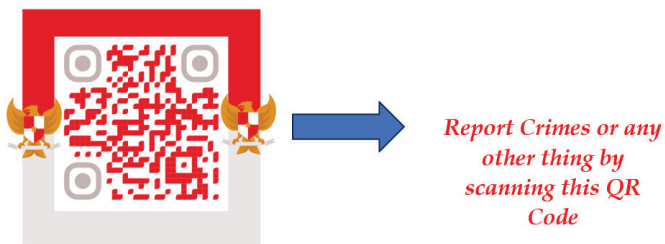
1. Be a good neighbour—help elders, greet people, and build trust.
2. Follow rules—traffic signals, school guidelines, and public safety instructions.
3. Keep your surroundings clean—a clean area prevents diseases.
4. Help in emergencies—if someone is hurt, call for help immediately.

Your Role:

1. Help make your neighbourhood safe and friendly.
2. Encourage your family and friends to care for the environment.
3. Small actions can lead to significant change.

Why This Matters

By reporting problems, respecting public places, and helping others, YOU are shaping the future of our country!



Example:



STORY TIME

The Day Aryan Became a Hero

Aryan was on his way home from school, cycling down the busy street as the evening sun painted the sky orange. He loved the ride home—it was his time to enjoy the cool breeze and hum his favourite songs. But today, something unusual caught his eye. At the corner of the road, a small crowd had gathered. As Aryan got closer, he saw a man lying on the ground beside a fallen scooter. His forehead was bleeding, and he looked weak. A few people stood nearby, whispering, but no one was stepping forward to help.

Aryan's heart pounded. He had learned in school about the Good Samaritan Law, which protects people who help accident victims. "If I don't help, this man could be in danger," Aryan thought. Taking a deep breath, he parked his cycle and rushed forward. "Uncle, are you okay?" he asked gently. The man groaned but didn't reply. Aryan quickly turned to the bystanders. "Please, someone call an ambulance!"

An old man hesitated. "But what if the police question us?"

Aryan stood tall. "Sir, we don't have to worry! The Good Samaritan Law protects helpers. No one will get into trouble for helping him." Encouraged by Aryan's words, a shopkeeper dialled 108, the emergency ambulance number. Another man gave Aryan a bottle of water, which he carefully used to wipe the blood from the injured man's forehead.

Within minutes, the ambulance arrived. The paramedics thanked Aryan for his quick action. "Because of you, this man will get the care he needs," one of them said, loading the injured man into the ambulance. As the vehicle drove away, Aryan felt something warm inside him. He had helped someone when others were too scared to act. A few weeks later, Aryan saw something troubling at school. His classmate, Rohan, was sitting alone on the playground bench, looking miserable.

"What's wrong, Rohan?" Aryan asked, sitting beside him.



Rohan hesitated, then whispered, "Some seniors keep calling me names and pushing me in the hallway. I... I don't know what to do." Aryan clenched his fists. This was bullying, and he had to stop it. "You don't have to be afraid, Rohan. Let's talk to our teacher. Bullying is wrong, and no one has the right to make you feel like this." "But... what if they get angry?" Rohan asked, his voice shaking.

Aryan placed a reassuring hand on his friend's shoulder. "There's a law against bullying, and our school has strict rules too. If we speak up, we can stop them from hurting others."

Encouraged, Rohan agreed. Together, they told their teacher. The school immediately took action, warning the bullies and ensuring they wouldn't trouble anyone again. As they walked out of the office, Rohan smiled for the first time in days. "Thanks, Aryan. You stood up for me when I couldn't." Aryan grinned. "That's what friends do." That night, as he lay in bed, Aryan realized something: Being a hero doesn't mean wearing a cape. It means standing up, speaking out, and doing the right thing—even when others don't.

The Little Hands That Saved a Life

It was a bright Sunday morning, and Meera was excited. Her mother had promised to take her to the park, and she couldn't wait to play on the swings. As they stepped out of their apartment building, Meera heard a loud BANG! She turned her head just in time to see a man on a bicycle crash onto the road. His bike skidded across the street, and the man lay still, groaning in pain.

People gathered around but did nothing. Some whispered, some took out their phones, but no one stepped forward. Meera's heart raced. He needed help! She tugged at her mother's hand. "Mumma, we have to do something!" Her mother looked around nervously. "Meera, we don't know him... What if the police—"

Meera shook her head. "I read in school about the Good Samaritan Law! If we help, we won't get into trouble. Please, Mumma!" Her mother hesitated for a second but then nodded. "Okay, let's do it." She quickly took out her phone and dialled 108 for an ambulance while Meera ran to the man. "Sir, are you okay?" she asked gently. The man groaned. "My leg... it hurts."

Meera spotted a water bottle lying nearby. She picked it up and carefully handed it to him. "Here, drink some water." A few people from the crowd began whispering, "If a little girl can help, why can't we?" Soon, someone brought a cloth to tie around the man's injured leg, and

another person helped move his bicycle to the side. Within minutes, the ambulance arrived. The paramedics smiled at Meera. "You're very brave, little one. Your quick thinking saved this man."

Meera beamed. As the ambulance drove away, she squeezed her mother's hand. "See, Mumma? Helping people is never wrong." Her mother wiped a tear from her eye and hugged her. "I'm proud of you, my brave girl." The next day at school, Meera saw her friend, Anaya, looking sad. "What happened?" Meera asked, sitting beside her in the classroom. Anaya hesitated before whispering, "A boy from another class keeps sending me mean messages online. He says if I tell anyone, he'll embarrass me in front of everyone." Meera frowned. This was cyberbullying. She had learned about it in school. No one should feel unsafe, even online.

"You have to tell your parents or a teacher," Meera said firmly. "But what if they don't believe me?" Anaya asked, her voice trembling. Meera took out her phone and showed Anaya something she had learned. "Look, this is The IT Act of 2000. It protects people from cyberbullying. The police can take action against anyone sending threats or mean messages online. You are not alone." Anaya took a deep breath. "Will you come with me?"

THE LITTLE HANDS THAT SAVED A LIFE



Meera held her friend's hand. "Of course." Together, they spoke to their teacher, who assured Anaya that the school would take action. By the next day, the boy had been warned, and he deleted all the messages. "You saved me," Anaya whispered, hugging Meera. Meera smiled. Helping doesn't always mean running into danger. Sometimes, it just means standing by a friend when they need you the most.

IMPORTANT NUMBERS AND APPS FOR CHILDREN

Sometimes, emergencies happen when we least expect them. It could be an accident on the road, someone feeling unsafe, or even a friend who needs help. But don't worry! There are people who are ready to help – you just need to know who to call!

Here's a super easy guide to what you should do in different situations and the important numbers to remember!

What to Do in an Emergency?

A. If You See an Accident

1. Stay calm and don't panic.
2. If the person is conscious, ask them if they're okay.
3. Call an ambulance (Dial 108) – this is the fastest way to get medical help.
4. Don't be afraid of the police! The Good Samaritan Law protects you if you help.

Remember: Helping someone in need makes you a hero!

B. If You Feel Unsafe or See Someone in Danger

1. If a stranger is following you, go to a crowded place and call someone you trust.

2. If you see someone being bullied, harassed, or feeling unsafe, don't ignore it.
3. Call the police at 112/100 – they will help you!
4. If it's about women's safety, call 1091.

Your voice matters. Speaking up can protect someone!

C. If a Child is in Danger or Needs Help

1. If you see a child being treated badly or working when they should be in school, call 1098 – the CHILDLINE Helpline.
2. If you or someone you know is in trouble, don't be scared to ask for help.

Every child deserves to be safe and happy. Let's help each other!

D. If Someone is Being Cyberbullied or Hacked

1. If someone is sending mean or threatening messages, take a screenshot as proof.
2. Don't reply to bullies – it can make things worse.
3. Tell a parent, teacher, or trusted adult.
4. Report online crimes at www.cybercrime.gov.in or call 1930.

E. If There's a Fire

1. Stay low to the ground to avoid smoke.
2. Don't try to put out a big fire yourself – get help!
3. Call the fire brigade at 101 immediately.
4. If your clothes catch fire, STOP, DROP, and ROLL to put it out.

Firefighters are trained to help – call them fast.

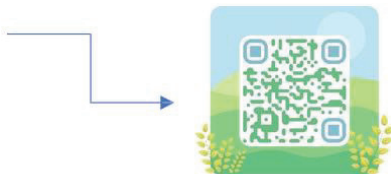
Important Helplines to Remember

1. Police: 112/100
2. Ambulance: 108
3. Fire Brigade: 101
4. Child Helpline: 1098
5. Women's Helpline: 1091
6. Cyber Crime: 1930 or www.cybercrime.gov.in
7. Poison Helpline: 1800-425-1213

Important Apps with regards to Air Pollution

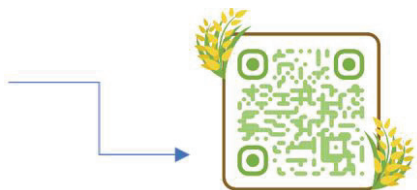
SAFAR-Air (System of Air Quality and Weather Forecasting and Research)

- Developed by the Indian government (Ministry of Earth Sciences).
- Shows AQI (Air Quality Index) in major Indian cities.
- Includes health advisories based on pollution levels.
- Available on: Android, iOS
- Website: <http://safar.tropmet.res.in>



AirVisual (IQAir Air Quality)

- Global air pollution data with real-time AQI readings.
- Provides health recommendations based on current air quality.
- Covers both India and international cities.
- Available on: Android, iOS
- Website: <https://www.iqair.com/world-air-quality>



A Little Reminder, You Can Be Brave – Even as a Child

Sometimes, you might feel small. You might feel like you're "just a kid," and that the grown- up world is too big or too scary to face. But let us tell you something important: you are not powerless.

If you ever see someone hurting your parents – if your mom is being shouted at, beaten, or treated badly – it is not your fault. And it is not something you have to quietly accept. You may not be strong like superheroes in the movies, but your heart, your courage, your voice – those are stronger than you think.

Being a child does not mean you cannot take a stand. It does not mean you cannot protect the ones you love. You can speak up. You can ask for help. You can call 100 for the police or 1098 for the child helpline. You can tell a teacher or a kind adult nearby. You can bring light to a dark room.

You might be the reason your parents find safety. You might be the one who helps your family breathe again. That's how powerful you are.

Don't ever feel that age decides how brave you can be. Your heart does.

Even if your hands are small, they can still hold someone who is crying. Even a soft voice can speak the truth. Even if you're scared, you can still choose to do what's right.

You matter. What you do matters.

And when you choose to help, even in the smallest way —
you are already a hero.



CONCLUSION

This project was never just about reading laws or memorizing rules—it was about *understanding your own power* as a child, as a student, and as a citizen of India.

From learning about your rights and duties under the Constitution, to understanding how to help in an emergency or safely report a crime, this project has shown that age does not define courage. Even a child can be a protector, a reporter, a good Samaritan — someone who stands up not only for themselves but for others too.

You've seen how the Right to Education, the POCSO Act, and the Juvenile Justice Act exist to *protect and uplift children*. You've learned how to stay safe online, how to walk safely on roads, and how to help others without fear — because laws are not just for grown-ups; they are for everyone.

Through stories, illustrations, and real-life scenarios, this handbook was made to feel like a conversation — like a hand reaching out to guide you. Whether it's reporting child abuse, helping in an accident, standing up to bullying, or planting a tree — each action matters. *You* matter.

Every number shared, every law explained, every principle highlighted is a step toward a more responsible

and safer India — and you are at the centre of that change.

So as this project ends, let it also be a beginning — a beginning of a generation that knows its rights, respects its duties, protects its planet, helps others in need, and always dares to do the right thing.

Be brave. Be aware. Be kind and remember- one informed child can change a community. A community of brave children can change the world.