

freedom from fear

Bodhini

Project Outreach

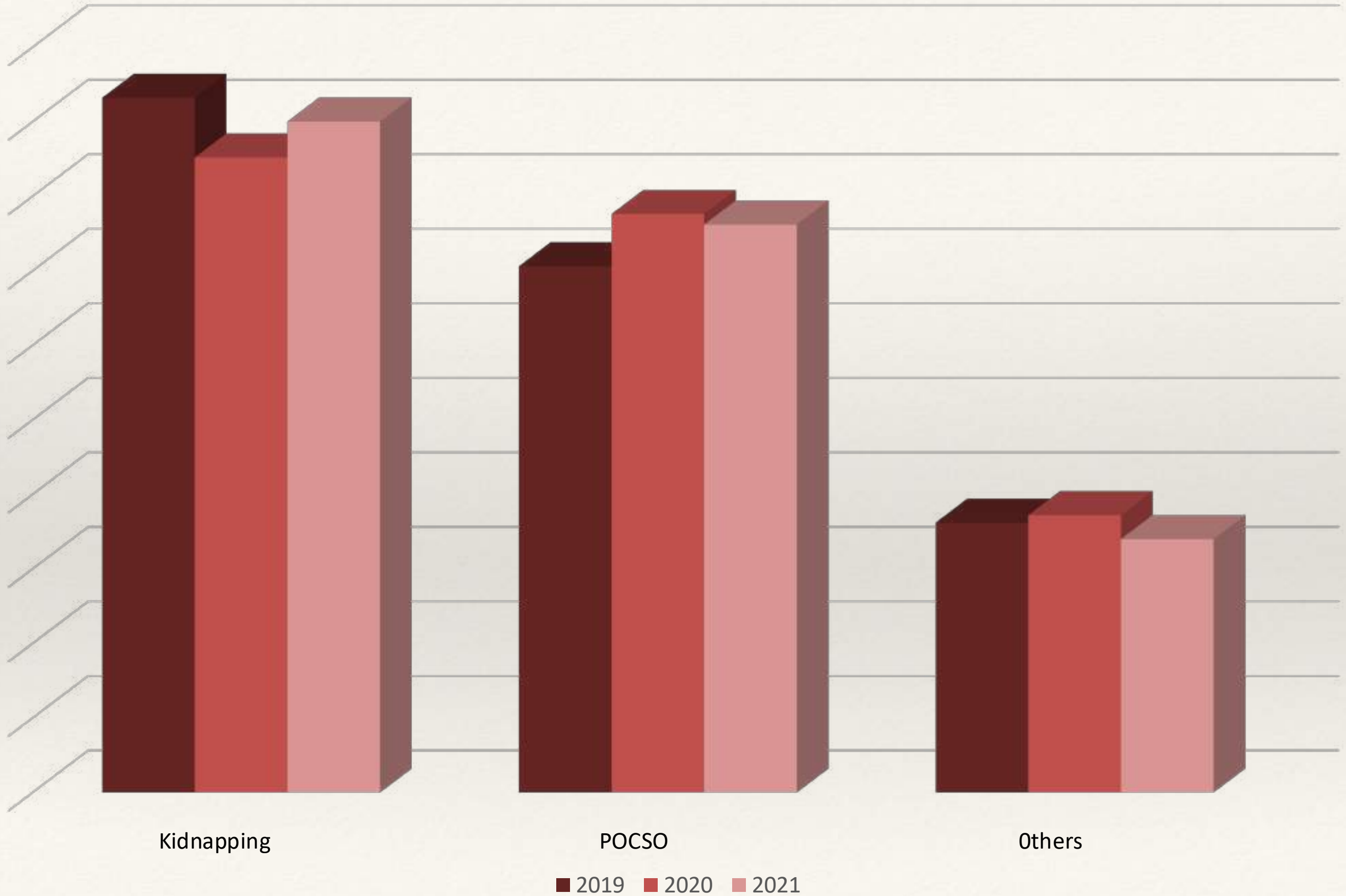
WHY THE NEED ...

- ❖ 2020 saw a 144% increase in crime against children compared to 2019.
- ❖ In India, cyber crimes have gone up by about 400% during the global pandemic.
- ❖ The first two months of 2022 saw more cyber crimes than the whole of 2018.
- ❖ The crime rate registered per lakh children population is 33.6 in 2021 in comparison with 28.9 in 2020.
- ❖ In 2021, a total of 77,535 children (girls, boy and others) were reported missing in India.

WHY THE NEED ...

- ❖ Increase in online grooming.
- ❖ Massive increase in child sexual abuse material.
- ❖ Increase in and easy access to sexual violence pornography.
- ❖ Increase in threats and blackmail through online /revenge pornography.
- ❖ Increase in stalking and cyber bullying.
- ❖ Increase in sex tourism and trafficking.
- ❖ Increase in live stream sexual abuse.
- ❖ Need to understand and help cope with trauma.
- ❖ Need for healing.
- ❖ Changing societal mindset to avoid revictimisation.

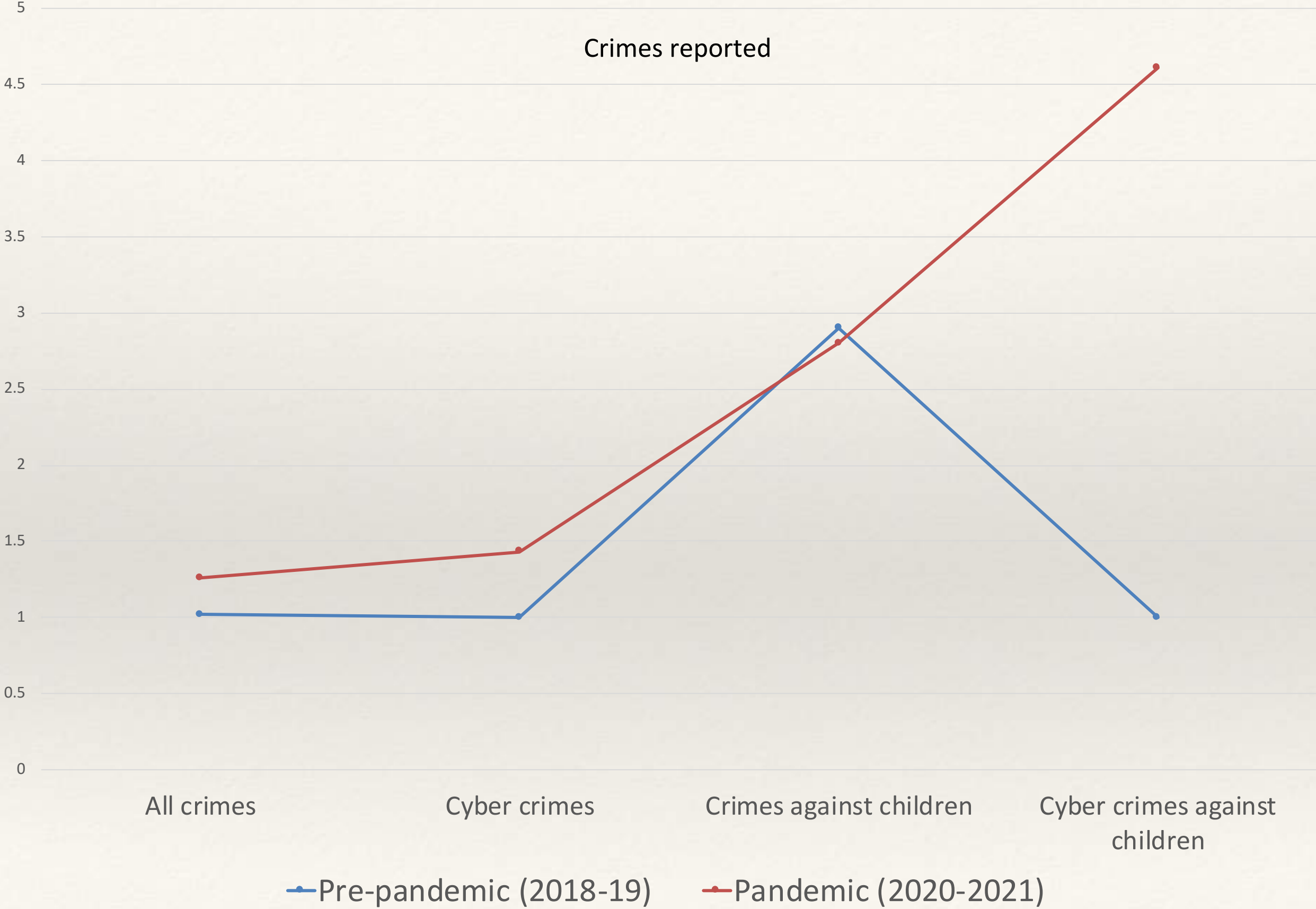
Crimes against children



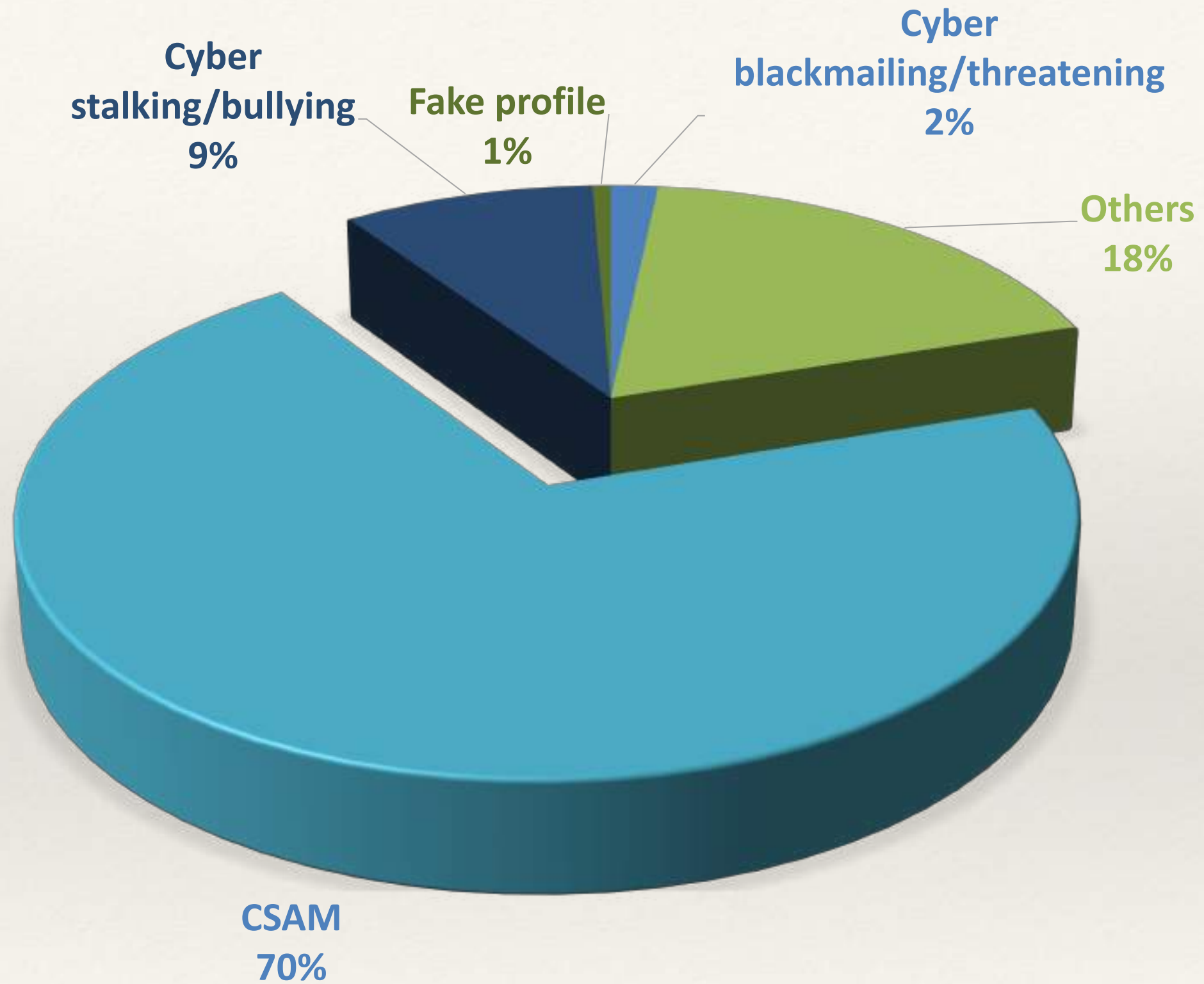
Source: National Crime Records Bureau

Crimes – Pre-pandemic and Pandemic

Crimes reported



REPORTED AGAINST CHILDREN IN 2021



WHAT WE DO...

- Preventive empowering sessions in schools and communities on online abuse, body safety and healing.
- Support to victims through counseling, rehabilitation, education and medical support.
- Creation of resource materials- movie, posters and brochures.
- Working with governments and law enforcement.
- Training programmes for police, judiciary and stakeholders.

WHAT WE DO...

- Helping to heal.
- Collaboration with international organizations in this space.
- Creating financial empowerment for survivors.
- Policy changes.
- Curriculum changes.
- Telecounselling
- Helplines.

WHAT WE DO ...

CONSULTATIONS AND TRAININGS

- ❖ UNICEF.
- ❖ Courts.
- ❖ Ministry of Women and Children.
- ❖ Bureau of Police Research and Development.
- ❖ Judicial academy.
- ❖ Police.
- ❖ Facebook.
- ❖ Child Rights Commission.

WHERE WE ARE...

- ❖ 50 lakh hits on our short films.
- ❖ One lakh plus individuals covered in our sessions.
- ❖ Outreach of short films to foreign countries.
- ❖ Consultations and training for government and judiciary.
- ❖ Helping in healing.
- ❖ Training workshops.
- ❖ Helplines for online abuse and victims of sexual violence.
- ❖ Helpline calls from within and outside the country.

WHAT WE COVER IN SESSIONS

- ❖ Staying safe online & offline.
- ❖ Staying positive.
- ❖ Stress management.
- ❖ Body safety.
- ❖ Healing.
- ❖ Loneliness / depression/ reaching out.
- ❖ Productivity - positivity.
- ❖ Relationships - personal and workspaces.
- ❖ Empowering towards productivity.

WHAT WE DO...

FOR CORPORATE TIE UPS

- ❖ Sessions within the firm.
- ❖ Sessions for other firms .
- ❖ Sessions in schools / colleges.
- ❖ Resource material in firms.
- ❖ Outreach of our messages and resource material.
- ❖ CSR tie up.
- ❖ Financially empowering victims- product sales.

Our awareness sessions in schools



Workshops in the shelter homes



NO.GO.TELL

A short film on body safety by
Jude Anthony Joseph

NO. GO. TELL is a short film directed by Jude Anthony Joseph, presented by Nivin pauly, to bring about awareness to kids and parents regarding body safety issues.

A prayer, a song,
a shelter from
the storm

FREEDOM FROM FEAR

A short film by
Shyamaprasad

The Ostracisation and taboo of sexual violence aids the perpetrator in using the victims further. Society has to take a firm stand against this if we are to save victims from further harm and trauma

Bodhini is an NGO working in the space of online safety, body safety, healing and against sexual violence.

At Bodhini we work on empowering individuals on online safety, body safety and healing through our sessions in schools and communities. We have support systems for victims and provide psycho social care in shelter homes. We also have short films on you tube on the above topics with helpline running at the end of each. We create resource material that is used as training material world over. We also do consultations for governments, courts and commissions.

OUR AWARENESS SESSIONS

For Schools & parents

- ▶ Body Safety
- ▶ Online Safety
- ▶ Dealing with Threats
- ▶ Healing
- ▶ Moving Forward
- ▶ Parenting
- ▶ Stress & Anger Management
- ▶ Loneliness
- ▶ Respect
- ▶ Power of positivity

For Workspaces

- ▶ Body Safety
- ▶ Online Safety
- ▶ Dealing with Threats
- ▶ Healing
- ▶ Moving Forward
- ▶ Parenting
- ▶ Stress & Anger Management
- ▶ Loneliness
- ▶ Respect
- ▶ Workspace safety
- ▶ Boundaries
- ▶ Life style diseases
- ▶ Power of positivity

*Our sessions are age and region specific in respect to the culture of the region

Our brochure

ROAD TRIP TO HELL

A short film by
Shyamaprasad

In today's world it is easy for a teenager to fall into the pit of drug addiction. Communication and a good relationship between parents and children can go a long way in preventing teenagers from entering drug abuse.

Freedom
from Fear

ONLINE PREDATORS

A short film by
Shyamaprasad

Use of social media is now at an all time high among teenagers. What many do not know is that everyone found online may not be a friend. Sexual predators are targeting young girls and boys online.

Our training workshops



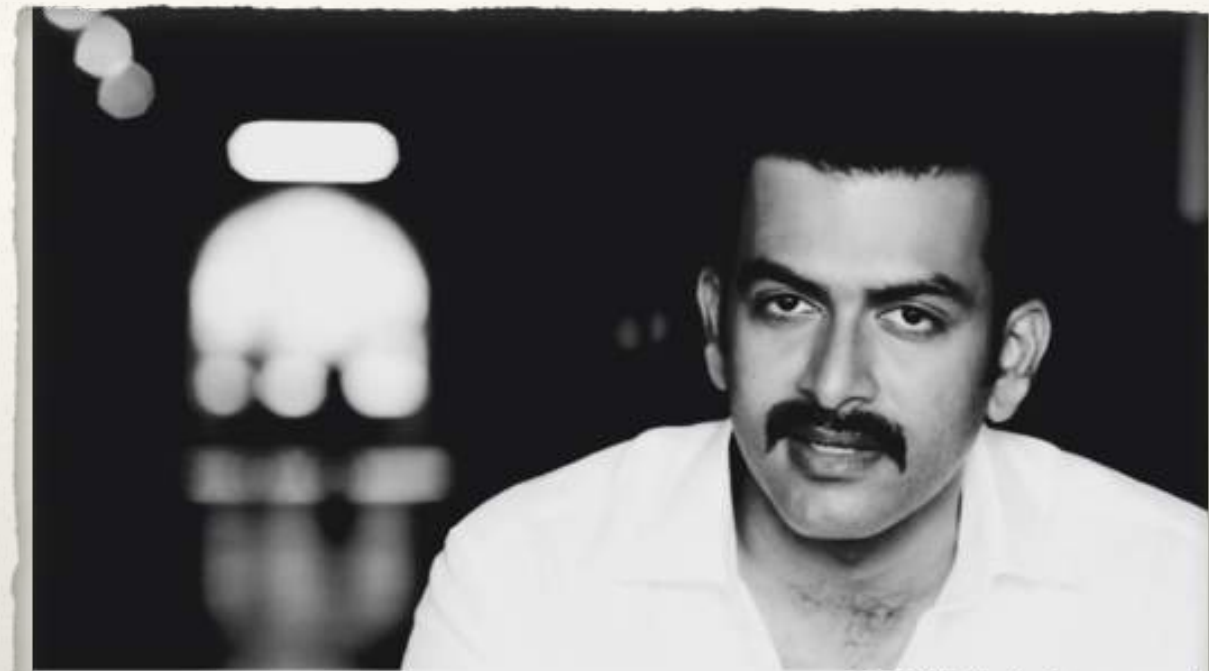
Awareness campaigns



Our Resources - Bodhini short films

Road Trip to Hell- Against Substance Abuse

Encourages young minds to say "no" to drugs.



BODHINI Film by Shyamaprasad
"A Road Trip to Hell - Story of Deepak"

Online Abuse – Dangerous Side of the Internet

45 lakh plus views on you tube.

Collated by KPMG for UNICEF for their teacher training material and their website.



BODHINI Film by Shyamaprasad
"Online Prartatns - Story of Shikha"

A Bodhini short film

Freedom from fear

A film about supporting victims of sexual violence and the need for changing the societal mindset about them.

Special Jury mention at the International Film Awards, Hyderabad



A Bodhini short film

- **No. Go. Tell-** body safety rules relayed in a friendly and paranoia-free manner to children.



You tube channel

Videos

Online safety

Healing

Body safety

Manoj Abraham
- ADGP, Head quarters &
Nodal Officer, Cyberdome



S Sreejith
- ADGP, Crimes.



Bodhini Short film release -freedom from fear

Honourable Mr Justice Jayasankaran Nambiar



“Handing over the short films to the then Chief Minister, Mr. Oommen Chandy, by director Shyama Prasad, Remy and Thomas Muthoot.”



TiEcon Kerala

“Launch of the poster on Online safety by Mr. C. Balagopal.”



Cocoon 2019

Launch of our online safety poster at the Cyber Safety Conference of the Kerala State Police.





STAYING SAFE ONLINE

Use your gadgets wisely, Do not let it use or define your life



DON'TS

- ▶ **Trust no one with your phone**
Do not leave your phone with friends or at repair shops. Remove the SIM, SD Card and reset before giving for repair. If you can't do this, stay with the phone while it gets repaired and as much as possible get it done at authorised service shops only.
- ▶ **Do not share Children's photographs Online**
The internet is not a safe place for a child's photograph, their photos can be sold online to paedophiles and sex traffickers. Let us not put their lives at risk.
- ▶ **Do not give in to threats or blackmail**
The person hiding behind a gadget and trying to scare you is a coward. Break the cycle of fear. Warn him that you will report him to the law enforcement. If he does not stop harassing you.
- ▶ **Avoid posting photos while traveling**
Photographs and updates you share while traveling can reveal way too much about you and your location. Make sure you keep this to the minimum.
- ▶ **You need to be alert and careful about what you share**
Understand that privacy settings won't protect you totally.
- ▶ **Do not bully anyone online**
Bullying people online is not only illegal, it could lead to them taking their lives and leave you with a charge of abetting to murder.
- ▶ **Do not blindly share information**
Do not share information without checking if they are genuine, as in a lot of cases, it turns to be wrong or fake.
- ▶ **Never store anything that is too personal on cloud drive, email account or in phone**
Everything stored online will get deleted or become public in time. Online is not where you should store critical materials.
- ▶ **Auto deleting apps do not protect you well**
Apps that seem to delete messages after some time do not always work and data can be retrieved. So if you don't want something to be recorded, don't say or post it.
- ▶ **Do not look up Social Media profile of people you have broken away from**
It could lead to mood swings and depression.
- ▶ **Do not spend time online when you are depressed**
It could leave you feeling more depressed looking at other people's seemingly exciting lives.
- ▶ **Do not Share**
Hate inducing posts. It not only wrecks beautiful relationships but also adds to hate and negativity in your life.
- ▶ **Do not charge your phone in public ports**

DO'S

- ▶ **Be careful about what you post online**
Never post your future plans, information that reveals your location, phone, address, school, relations or anything that will help someone learn about you.
- ▶ **Check the photographs you share once again**
Your photos may have your GPS locations, landmarks, house, vehicle number or other information that should not be made public.
- ▶ **Use a strong password**
Take three random words (TOYOTA, MONKEY, JUPITER), join them and replace characters with similar looking numbers (t0y0t4m0nk3yyjup173r). Now add a secret line and name of the app to make a unique password. (t0y0t4m0nk3yyjup173rtellagnalib)
- ▶ **Use open source softwares that are more secure**
Make use of Firefox, Open office, VLC media player, Linux net etc instead of the ones by companies. Check the list at prism-break.org
- ▶ **Make sure you are connecting to the right website**
Check if you can see the <https://> in the address bar and read out the spelling for the website.
- ▶ **Use a firewall app**
Use a firewall app in your phone and make sure incoming connections are dropped.
- ▶ **Do not use pirated software**
If you want free software search for opensource software eg "Opensource media player", Opensource camera app".
- ▶ **Be careful about downloading applications**
Spend some time reading the permissions and terms and conditions of apps.
- ▶ **Be careful when using games**
Games can at times ask for too much information from you. If you need to give false data. Don't reveal your real details including number or chat id online.
- ▶ **Be careful while making video calls**
No matter what people tell you, chats and calls can be recorded.
- ▶ **Learn to switch off**
Studies have shown links between depression and social media. Watching other people's seemingly exciting lives and feeling low seem to be connected. If you do feel low, switch off your gadgets and look for other options like arts, reading a book, listening to music, connecting with nature etc. What you see online of people's lives are what they want to project, not necessarily real. If you feel that your gadgets are taking over your life, stay off the net for 14-21 days and use them minimally thereafter.
- ▶ **Use encrypted vaults to store personal photos**
For example: <https://play.google.com/store/apps/details?id=com.netqin.ps>
- ▶ **Save Evidence**
Block out sexually suggestive messages or chats from unwanted people. Do not delete or deactivate accounts or texts. Back up information for proof.
- ▶ **Reach out**
Reach out to friends, family or the law enforcement agencies like the police if in trouble. If you give in to threats, it only gets worse.
- ▶ **Turn off bluetooth and wi-fi when not in use**
- ▶ **Use two factor authentication**
- ▶ **Lock screen for added protection**



HELPLINE
Bodhini | 8891329005
Crime stopper | 1030
Childline | 1058
Email to office@bodhini.in
Web: www.bodhini.in
Facebook: <https://www.fb.com/BodhiniHelp/>



“Launch of our resource materials on Healing
by the then Chief Justice of Kerala High Court, Mr. Justice Antony Dominic.”



“Posters on Healing displayed in court premises across the state.”

Helping to heal - post sexual violence

- Keep reinforcing the fact that it was not their fault.
- Be there for them whenever they need support.
- Different people have different reactions to trauma, some react, some internalize, some deny. Do not judge them.
- Understand that withdrawal, anger, self harm outbursts, wanting to repeatedly talk about the assault are all a part of the process of healing. The victim is trying to make sense of what happened.
- Make sure they get enough sleep and food.
- Encourage them to go for counseling.
- Get them survivor stories, information on what they are going through.
- Encourage each positive step they take.
- Show them good things to look forward to. Music, nature, books, friends.
- Strengthen their belief in themselves. Reinforce their strengths.
- Help them stay positive.
- Be Patient.
- Empower them.
- Get them professional help, if needed.



www.bodhini.in
Helpline : 8891320005
bodhini2014@gmail.com

Healing

- Your life is not to be defined by what other people make of it.
- If someone hurts you, it is because they have sick minds, not because of any fault of yours.
- You have a beautiful life ahead of you, it is not to be defined by sick minds.
- Living well is the best gift you can give yourself. Push yourself to do so until it becomes a habit.
- To start with, read books on self help, listen to music, watch movies that inspire you.
- Take care to avoid triggers that remind you of the occasion or pain till you are stronger. Any music, place or people that trigger off memories of the past is to be avoided for a while.
- Get help. Reach out, if there are people taunting or threatening you. People who threaten you are cowards who feed on your fear. The moment you break free of that fear, the perpetrator loses their control over you.
- Push yourself into doing things you love and are passionate about.
- Empower yourself with survivor stories, positive thoughts, law and self help books. Also pamper yourself mentally, emotionally and physically to make yourself strong.
- Good music, travel, books, writing, for different people it is different paths. Find your own and move forward.
- Just as we go to the doctor if our body is unwell, we need to seek support if our minds needs it. Do seek counselling support if you need to.
- It takes strength to become a survivor.
- You are strength, you are powerful



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bodhini2014@gmail.com

AFTERCARE POST SEXUAL ASSAULT

- Move to a safe environment and seek support from someone you trust.
- Sexual assault is never your fault. It is an act of aggression and the attacker is always at fault.
- Seek medical help for first aid and to rule out pregnancy, STD and other infections.
- Do not brush your teeth, use the toilet, wash or bathe after the assault until medico legal evidence is taken.
- Put the clothes you were wearing in an airtight plastic bag without cleaning them, so that evidence is not lost.
- Reach out for help immediately if someone threatens or blackmails you.
- Seek counseling against trauma.

YOUR RIGHTS POST SEXUAL ASSAULT

- You have a right to free legal aid.
- You can file a complaint at any police station.
- You are entitled to a copy of the medical report.
- You can ask for a lady police officer.
- There is no time frame within which you have to file a sexual assault case.
- If the assault happened when you are an adult, nobody can force you to file a complaint if you do not want to
- You can record the statement, in private, in front of the magistrate.
- You have a right to privacy so that your name is not revealed to the public.



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www.bodhini.in bodhini2014@gmail.com




ONLINE SAFETY



Do not share photographs that you're not comfortable being shared in the public.


Do not accept friend requests from strangers (if you have, don't meet them. Very often it leads to dangerous situations).


Information once shared online stays there forever. It can be retrieved even if deleted.


Limit information shared online, especially future plans and personal information.



Video calls and disappearing chats can be saved / recorded.


Verify information before forwarding.

Photographs can carry GPS tags. So post only after the event, if you don't want them to know where you are.


Cyber bullying is punishable.




Do not make friends with strangers through online games. Do not share personal information while gaming.

If children seem dependent on their online activities and seem moody, check if they need help or are being harassed online.



The person threatening you from the safety of a gadget is a coward. When you reach out, you break the cycle of fear.


Do not share hate inducing posts.

Do not give into threats, they will only keep getting worse. Say NO and reach out for help.



Set privacy settings at maximum, make strong passwords and be careful not to share it with anyone.



A relationship shouldn't be based on the photographs you send or compromises you make.



If harassed, do not delete or deactivate accounts, backup information as evidence.



NO 

Reach out to adults if inappropriate popups or messages come up online.

REACH OUT WHEN IN TROUBLE: Bodhini : 8891320005

Cyber Cell : 9497976004 | Childline: 1098 | Email: office@bodhini.in | Web: www.bodhini.in

Content © Bodhini 2015, a Kerala Cochin Metropolitan Initiative.

Creatives - online safety, body safety

LET US KEEP OUR CHILDREN SAFE

• A BODHINI INITIATIVE •



Does any child you know

- Show sudden behavioural changes
- Show signs of fear, mood changes, panic attacks, withdrawal or clinginess
- Have Fear or Anger to be around certain people or places
- Have pain in their private parts
- Have frequent unexplained stomach aches, headaches and fatigue

....this could be symptoms of Abuse

Teach children

- That nobody is to touch their private body parts
- To say No, to run away, and to tell trusted people, if someone touches them in their private parts
- That being abused is not their fault.
- To never feel ashamed, guilty or sad if someone has touched them inappropriately
- To not touch anyone else's private parts
- To not watch obscene videos or photographs
- To not give in to threats



Childline: 1098

Bodhini : 8891320005

bodhini2014@gmail.com

bodhini.in

Posters on issues that need to be urgently addressed - dangers of online gaming and revenge pornography.

ONLINE SAFETY RULES

UNKNOWN PLAYER

Hi
What is your Name?
Where do you live?
Can you give your phone number? _

VS

PLAYER 1

Do not reveal personal information through games. Do not make friends with strangers through online games.

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• A BODHINI INITIATIVE •

Online Safety Rules

ONLINE SAFETY RULES

A relationship shouldn't be defined by the compromises you make.

Hi
What is your Name?
Where do you live?
Can you give your phone number? _

Don't you love me
Send me a nude picture
0:15 PM

Please 🙏🙏 5:22 PM

No 💔💔 5:25 PM ✓

Everybody does this. U don't trust me, let's break up. 5:28 PM

Okay let us. If you loved me, you wouldn't have forced me. 5:30 PM ✓

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Work with law enforcement.



DEALING WITH ONLINE THREATS/BLACKMAIL

Supported by



- Stay calm.
- Reach out for support.
- Do not give into fear.
- Do not aggravate the situation.
- Do not delete possible evidence, like chats, photographs and videos.
- Train your mind to believe
 - that it is not your fault.
 - that if compromised photographs and videos of yours are posted online, it doesn't matter.
 - that there are lots of people going through such situations and getting justice.
 - that giving into blackmail will only worsen the situation, no matter what they say.
- The perpetrators know that they will get into trouble if you take the proper action. So be confident about reaching out to the police.
- Reach out to the police; they deal with such issues in a confidential manner.
- Life is to be lived well. Never in fear.

HELPLINE

Bodhini : 8891320005 | Crime stopper : 1090 | Childline: 1098

Email: office@bodhini.in | Web: www.bodhini.in

Facebook: <https://www.fb.com/BodhiniHelp/>



Bodhini Alert
Dear parents, if you have pornography content on your phone, your children could be accessing it. Please take proper precautions before handing over phones to little ones

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bodhini.in

• A BODHINI INITIATIVE •



Bodhini Alert
Capturing videos on rape by friends and people claiming to be in relationships are on the rise. Do not let them threaten or blackmail you. Do not let fear define your life. Reach out for help. Heal and move on. There is a beautiful life out there.

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• A BODHINI INITIATIVE •

Elements- sustaining the earth

Empowering survivors -


"Products made by survivors from upcycled materials."



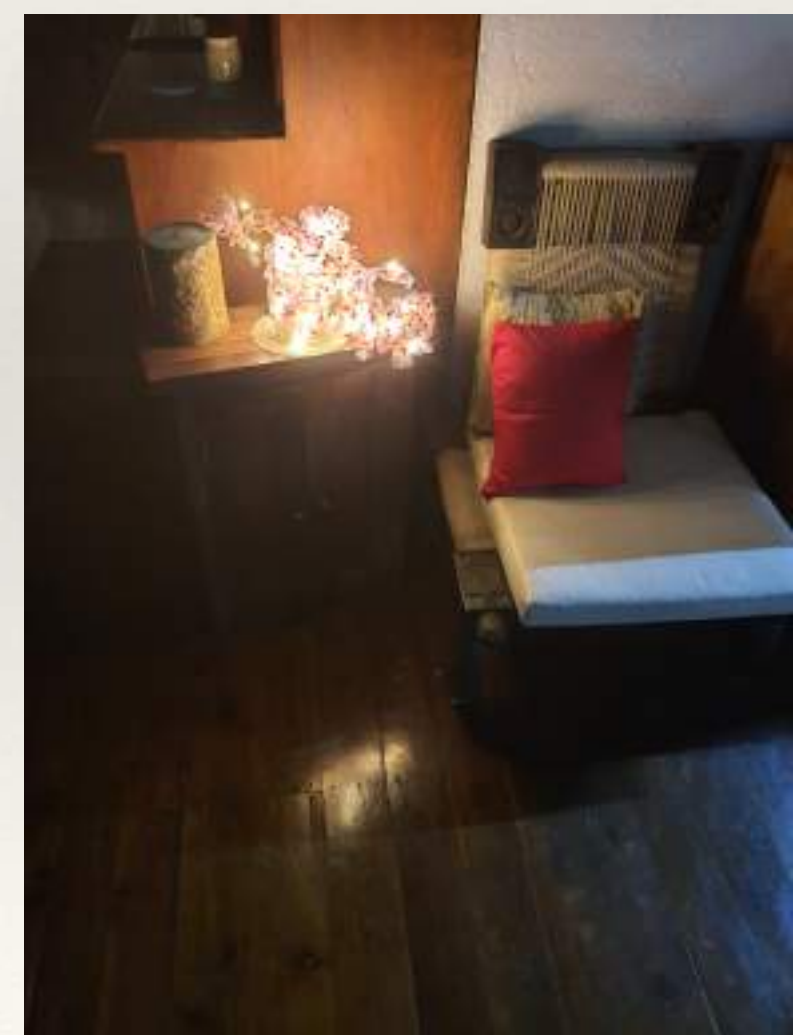
Earth

PLASTIC BAGS TAKE
200-1000 YEARS TO DECOMPOSE

*Reuse as many
objects as possible,
be it clothe, paper
or utility.*



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Our blog

blog.bodhini.in

Equipping to understand and empower.



**Why do I want to talk
about pornography
addiction to my
children?**

**Impact of pornography
addiction on children:**

check out our blog: blog.bodhini.in



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◆ A BODHINI INITIATIVE ◆



B O D H I N I

Freedom From Fear

BODHINI COUNSELLING CENTRE

A shelter from the storm

Email: help@bodhini.in, Call: 8891320005, 7994701112

Counselling support



Towards a new Earth - together.

- Accept that COVID 19 is here for a while, until a vaccine is found, and will cause/require lifestyle changes from all of us.
- Expect that there will be higher numbers affected before it comes to pass.
- Stay away from negativity ,especially overdose of non helpful information on COVID 19.
- Turn to music, books, creativity, humour, bonding to see you through.
- Understand that each of us will react to the present scenario in different ways., that it is okay to be anxious.
- Know that it could be difficult to make long term plans because we are unsure as to how things will turn out.
- Focus on what you can change and make short term plans first. When there's clarity, make more changes as you go.
- Count the blessings we have.
- Understand that there might be friction, and anger issues, but that you can change your mindset to deal with things in a better way.
- Staying positive and working together will get all of us in better spaces sooner.
- Draw a route map of possibilities and eventualities regarding ways forward.
- Plan for a new Earth ,with regards to lifestyle, family, finances and work.
- Reassure and bond with family and friends and people who need you, that we will get over this together, soon.
- Reach out for support if needed.
- Don't play the blame game. Dont bring in negativity into your spaces.
- Together we will build a new Earth.



Having sleepless nights and anxiety issues due to the present scenario of Covid 19 and economic slowdown ?

Would you like support in dealing with the stress and anxiety ?

**FREE
TELECOUNSELLING
UPTO MAY 02nd
9.30am to 6.00pm**



**8891320005 | 7994701112
8891115050 | 8089922210**

BODHINI- Our associates

Kunnel

Skyline

Abad Group

Muthoot Pappachan foundation

Specialists Hospital

Geojith BNP Paribas

Federal bank

Extra weave

Muziris

Karuna Karan Charitable trust

Chemeens group

Palm fibre

Stark Communications

Amartya communications

Find us on



BODHINI
Freedom From Fear

NEVER FEEL YOU ARE ALONE
BODHINI IS ALWAYS NEARBY





A prayer, a song, a shelter from the storm

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