

*freedom from fear*

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Bodhini



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Project Outreach

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# SPACE OF WORK

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Online safety, Body safety, Healing, Wellness and Environmental awareness.



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# WHAT WE DO...

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- Preventive empowering sessions in schools and communities on online safety, body safety, healing and wellness.
- Creation of resource materials - movies, posters, booklets and brochures, used around the world.
- Support to victims through counselling, rehabilitation, education and medical support.
- Working with Governments and the Law enforcement.
- Training programmes for the Police, the Judiciary and Stakeholders.
- Workshops.
- Consultations.

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# WHAT WE DO...

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- Helping to heal.
- Collaboration with international organisations in this space.
- Creating financial empowerment for survivors.
- Policy changes.
- Working on Curriculum changes.
- Tele-counselling.
- Helplines.
- Promote digital wellness and safe internet practices.
- Creating awareness on combatting newer technologies and safety issues.



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## WHERE WE ARE

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- More than 1,50,000 individuals covered in our intensive sessions.
- Reach of our movies to more than 50 lakh individuals.
- Resource material in schools, colleges, workspaces, metro trains, court premises in the State, used for training Law enforcement around the world.
- Consultations for Governments, Commissions, Meta, UNICEF India, Courts.
- Collaboration with some of the best organisations in the world working in this space.

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## WHERE WE ARE...

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- Helping in healing, through trainings, workshops, counselling.
- Training workshops for Stakeholders - Law enforcement, Lawyers, Doctors, Counsellors, Teachers, Asha workers.
- Helplines for victims of online abuse and sexual violence.
- Counselling for victims and families.
- Free tele-counselling lines.
- Helpline calls from within and outside the country.



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# WHY THE NEED

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- Cybercrimes have gone up at an alarming rate of recent times.
- Like road safety rules, it is important to teach children online safety rules and ethics.
- Artificial Intelligence exponentially helps increase in cybercrimes with it's ease of use in this space.
- Cybercrimes against individuals, of sextortion, of cyber bullying, of stalking have gone up alarmingly.
- Child sexual abuse material has increased in numbers, with AI creating much more and of abnormal content.
- Pornography addiction is on the rise with consequences in different ways.

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## WHY THE NEED ...

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- Increase in online grooming.
- Increase in and easy access to sexual violence pornography.
- Increase in threats and blackmail through online/revenge pornography.
- Increase in sex tourism and trafficking.
- Increase in live stream sexual abuse.
- Need for healing.
- Changing societal mindset to avoid revictimization.



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## WHY THE NEED - FOR TRAUMA HEALING AND DIGITAL WELL-BEING...

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- Increase in trauma and secondary trauma.
- Increase in uncertainty.
- Imbalance in work, life and gadget balance.
- Digital addictions.
- Emotional and mental health issues related to gadget use.
- Increase in family issues leading to trauma in children.
- Increase in suicides, self-harm and crimes.

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# WHAT WE DO...

## CONSULTATIONS, ASSOCIATIONS AND TRAINING

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- UNICEF India
- United Nations Interregional Crime and Justice Research Institute (UNICRI)
- Child Rights Commission
- Human Rights Commission
- KeLSA
- Ministry of Women and Child Development
- Bureau of Police Research and Development
- Judicial Academy
- Cyberdome
- Law enforcement
- Meta platforms



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# WHAT WE COVER IN SESSIONS

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- Online safety
- Digital addictions
- Artificial Intelligence, new technology and safety issues
- POCSO and Cyber crimes
- Pornography addiction
- Digital wellness
- Body safety
- Work-life balance
- Toxic relationships
- Healing
- Dealing with threats



## Our awareness sessions in schools



## Workshops in the shelter homes





# Our brochure

## OUR AWARENESS SESSIONS

### Why the need

- ▶ In India, cyber crimes have gone up by about 400% during the global pandemic.
- ▶ 2020 saw a 144% increase in crimes against children compared to 2019.
- ▶ Increased pornography addiction in children.
- ▶ Massive increase in child sexual abuse material online.
- ▶ Increased cybercrimes and related deaths.
- ▶ Increase in digital usage and related mental health issues.
- ▶ Increase in substance abuse.
- ▶ Increase in relationship issues and family issues.
- ▶ Need for awareness on online threats and how to report them.
- ▶ Need to empower individuals to be free from fear and threats.
- ▶ Need to offer better support to survivors.
- ▶ Need for demystifying the fear and paranoia surrounding child sexual abuse/online abuse.
- ▶ Need for understanding and coping with trauma.
- ▶ Need to promote healing.

*Thank you for being a candle in someone's darkness*

- ▶ Cyber safety
  - ▶ Digital wellness
  - ▶ Online sexual harassment
  - ▶ Cyber bullying
  - ▶ Cyber stalking
  - ▶ Online ethics
  - ▶ Dealing with threats
  - ▶ Gadget/Gaming addiction
  - ▶ Impact of social media
  - ▶ Pornography addiction
  - ▶ Toxic relationships
  - ▶ Body shaming
  - ▶ Revenge pornography
  - ▶ Substance abuse
  - ▶ Consent
  - ▶ Body safety
  - ▶ Healing
  - ▶ Wellness
  - ▶ Loneliness
  - ▶ Work-life balance
  - ▶ Stress and Anger management
  - ▶ Power of Positivity/Forgiveness/Gratitude
- \*Our sessions are age and region specific*

## HELPLINE

*Emergency response number: 112*

*Bodhini - online abuse: 8891320005*

*Childline - abuse against children: 1098*

*Mitra - Women's helpline: 181*



Contact: 8891320005  
Tele counselling: 7994701112  
[bodhini.in/blog](http://bodhini.in/blog)  
[youtube.com/bodhiningo](https://youtube.com/bodhiningo)  
[facebook.com/bodhiningo](https://facebook.com/bodhiningo)  
[twitter.com/bodhiningo](https://twitter.com/bodhiningo)  
[instagram.com/bodhiningo](https://instagram.com/bodhiningo)



## Sessions on Online & Offline Safety, Wellness and Healing

Contact: 8089922210  
[admin@bodhini.in](mailto:admin@bodhini.in)  
[www.bodhini.in](http://www.bodhini.in)





## NO.GO.TELL

A short film on body safety by  
*Jude Anthany Joseph*

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

# Our brochure

Bodhini is an NGO working in the spaces of Cyber Safety, Body Safety, Healing and Wellness since 2014.

At Bodhini, we work on awareness sessions and creating resource materials for prevention and empowerment in the aforementioned spaces in schools, colleges, communities, workspaces and among corporates. We have also been focussing on advocating for policy changes. We have helpline numbers and dedicated numbers for tele-counselling by psychologists.

Our resource materials like our posters, FAQ booklets, blog articles and short films are being used by governments, UNICEF India, UNICRI, the law enforcement, in workspaces, court premises and other NGOs. We have been doing consultations for government, UNICEF India, law enforcement and commissions. We are a CSO partner of the Ministry of Women and Child Development.

## 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.

A prayer, a song,  
a shelter from  
the storm

## ONLINE SAFETY

**Manoj Abraham IPS**  
ADGP Intelligence

A short video on how to stay safe online (English)

Freedom  
from Fear

## HEALING

Your life is not to be defined by what other people make of it.  
It takes strength to become a survivor.  
You are strong, you are powerful.  
If you have been hurt, it's not your fault, it is because of their short coming.



## 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.

## 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





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## Our Resources - Bodhini short films

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### 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 Predators –

Dangerous Side of the Internet

45 lakh plus views on YouTube.

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



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



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## Our Resources - Bodhini short films

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**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.



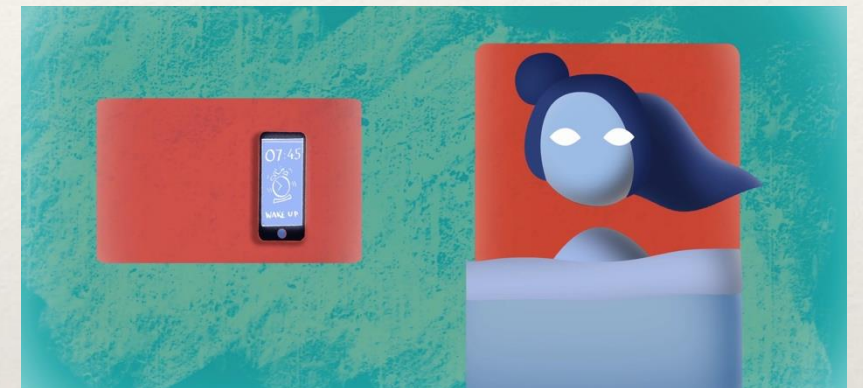
**No. Go. Tell** -  
Body safety rules relayed in a friendly and paranoia-free manner to children.





# YouTube Channel

## Videos on Online safety, Healing, Body safety





Bodhini Short film release -  
*Freedom from fear* by Honourable  
Mr. Justice Jayasankaran Nambiar



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





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# TiEcon Kerala

Launch of the poster on Online Safety by Mr. C. Balagopal

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# COCON 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 (t0y0t4m0nk3yyjupi73r). Now add a secret line and name of the app to make a unique password. (t0y0t4m0nk3yyjupi73rhellogmailb).
- **Use open source softwares that are more secure**  
Make use of Firefox, Open office, VLC media player, Linux riot 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 : 8891320005  
Crime stopper : 1090  
Childline: 1098  
Email: [office@bodhini.in](mailto:office@bodhini.in)  
Web: [www.bodhini.in](http://www.bodhini.in)  
Facebook: <https://www.fb.com/BodhiniHelp/>







## Launch of our resource materials on Healing

by the then Chief Justice of the Kerala High Court, Mr. Justice Antony Dominic



## Launch of Bodhini website and recorded sessions

by Honourable Mr. Justice Devan Ramachandran, Judge of the Kerala High Court, Sri. Manoj Abraham IPS, ADGP (Vigilance) and Sri. P. Prakash IPS, IG of Police (Intelligence) & Nodal Officer, Cyberdome





# "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

Rewrite the story of your life

- Your life is not to be defined by other people or their actions.
- If someone has hurt you, it is not your fault; It is because of their shortcomings.
- You have a beautiful life ahead of you; do not let someone else define it.
- Living well is the best gift you can give yourself. Do it every day until it becomes a habit.
- To start with, empower yourself with self-help books, survivor stories, music or movies that inspire you.
- Take care to avoid triggers that remind you of the occasion or pain till you are stronger. Any music, place, people, or anything 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.
- Take care of yourself mentally, physically, and emotionally to make yourself stronger.
- There may be challenges in your healing journey. Find strength not to let other's emotions and discouragements impede your progress.
- Good music, travel, books, writing, spirituality; for different people, it is different paths. Find your own and move forward.
- The first step to healing is acceptance; accept the situation, without putting yourself down or questioning your role.
- Just as we go to the doctor if our body is unwell; seek counselling support if your mind needs it.
- It takes strength to become a survivor.
- You are strength, you are powerful.



www.bodhini.in, Helpline : 8891320005  
office@bodhini.in fb.com/Bodhiningo

## 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.



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



# Launch of poster on 'Rights of a POCSO victim', Booklets on FAQ on Online Safety and 'We Are With You' campaign



Hon'ble Mr. Justice A. Muhamed Mustaque and Hon'ble Mrs. Justice Shoba Annamma Eapen launched the poster 'Rights of a POCSO victim' online. The Kerala State Legal Services Authority (KeLSA) has given permission to display the poster in the POCSO court premises of Kerala.



'We Are With You' campaign to promote cyber security and digital wellness was inaugurated by director Jude Anthany.






Booklet on FAQs from children on online safety created with the technical support of UNICEF was launched by R. Nishanthini IPS.

Mr. C. Balagopal launched Bodhini's Brochure.



# 'Rights of a POCSO victim' poster, Booklets on FAQ on Online Safety



## Rights of a POCSO victim


1. The courts are there for your protection. You do not have to be afraid of it.
2. You are not required to face the offender in the court. The offender is not supposed to be in your vicinity.
3. Your identity shall be protected throughout the entire legal process, including from the media. Your name, address or photo will not be revealed and you will be referred to as X.
4. You are being represented by a prosecutor for protecting you. You can discuss about the case and what to expect during the trial with the prosecutor.
5. You can ask for counselling support if you feel you need it.
6. The prosecutor, the defence lawyer and the judge may ask you questions about the incident. Answer these questions without fear. Do not say anything false or things that you are not sure of to the court.
7. During the chief or cross examination, you might come across materials or conversations that may bring up painful memories. If you feel uncomfortable, you can ask for a break.
8. You can have your friend or relative sit with you, even during your examination. Do not be afraid of being alone inside the courtroom.
9. You have done your part by coming to court. You do not have to worry about the rest of the legal process or the outcome of the case.
10. The law is designed to protect you. If someone threatens and asks you to give false evidence, you can report it to the court or to the police.
11. Never post anything on social media about the case at any stage. The consequences of it might not be what you expect.
12. Always remember that it was not your fault. You have done the right thing. It takes courage to speak up. You might be keeping others safe by reporting the incident.
13. You have a beautiful life ahead of you. You deserve to heal and move on.

**Do not put yourself down or believe anything less of yourself.  
You are strength, you are powerful.**



For help, contact Victim Rights Centre (VRC) – 8330035547, vrckhclsc@gmail.com  
For more information, look up our blog - <https://www.bodhini.in/rights-of-a-pocso-victim/>

8891320005 • bodhini.in • office@bodhini.in — A BODHINI INITIATIVE


## Online Safety



### Booklet on Frequently Asked Questions (FAQ) "FOR PARENTS"



 

## Online Safety



### Booklet on Frequently Asked Questions (FAQs)

FOR CHILDREN  
ABOVE THE AGE OF 10 YEARS



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## Launch of poster on 'POCSO – What Children Need to Know', vCards on Parenting and Healing

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The English poster on 'POCSO - What Children Need to Know' was launched by Hon'ble Mr. Justice Bechu Kurian Thomas.

The Malayalam poster was launched by Mr. Putta Vimaladitya IPS, DIG and Commissioner of Police, Kochi.



Parenting vCard was launched by Mr. Rahul R. IRS (Ex).

Healing vCard was launched by Dr. P.J. Saju, Psychotherapist.





# Poster on 'POCSO – What Children Need to Know', vCards on Parenting and Healing



## POCSO - What children need to know



1. POCSO is the Protection of Children from Sexual Offences Act, 2012.
2. Adults or minors engaging in sexual acts with minors, even if it is with their consent/permission, are punishable.
3. Sending nudes or sexually explicit content (including texts) or pornography to minors, even if the exchange is mutual and consensual, are offences.
4. Creating, possessing and sending AI-generated, fake or actual nude images / videos of minors or pornographic content involving minors are also punishable under the Act.
5. Real-life stalking as well as cyber stalking of minors are offences punishable under the Act.
6. Committing offences under the POCSO Act could be punished with life imprisonment and sometimes, even, the death penalty.
7. It is mandatory under law to report any event or instance of child sexual abuse when a person comes to know about it.
8. It is an offence to disclose the name, photos or other details of a victim that help others to identify the child.
9. If you have or are experiencing any form of sexual abuse, you can report to any Police station, Childline or through the POCSO e-Box (<https://ncpcr.gov.in/pocso/>).
10. Never give into threats and always remember that there are support systems available.
11. It is not your fault that the incident happened.
12. Do not let the perpetrator have any more control over your life or your mind. You have a beautiful life ahead of you. Heal and move on.

**YOU ARE STRENGTH. YOU ARE POWERFUL.**

For support, contact: **Childline: 1098, Crime stopper: 1090,**

**National Legal Services Authority (NALSA) : 15100, KeLSA 24-Hour Helpline: 9846700100**

For more information, look up our blog - <https://www.bodhini.in/rights-of-a-pocso-victim/>



## RESOURCES FOR PARENTS

Click on any of the images below to know more...

Communicating With Older Children



Handling Anger Issues



If A Child Talks About Abuse



Communicating With Younger Children



Grooming In Child Sexual Abuse



Warning Signs Of Online Abuse



Pornography Addiction



Creating Safe Cyber Space



## HEALING POST SEXUAL VIOLENCE

Click on any of the images below to know more...

Aftercare post sexual assault



Healing



Helping to heal post sexual violence



Rights of a POCSO victim



Overcoming PTSD related trauma





The fact sheet for parents on safer AI for children released by UNICRI, developed under the project “AI Literacy for Children: New skills for a changing world”, on which Bodhini was on the advisory and where our resources were shared.

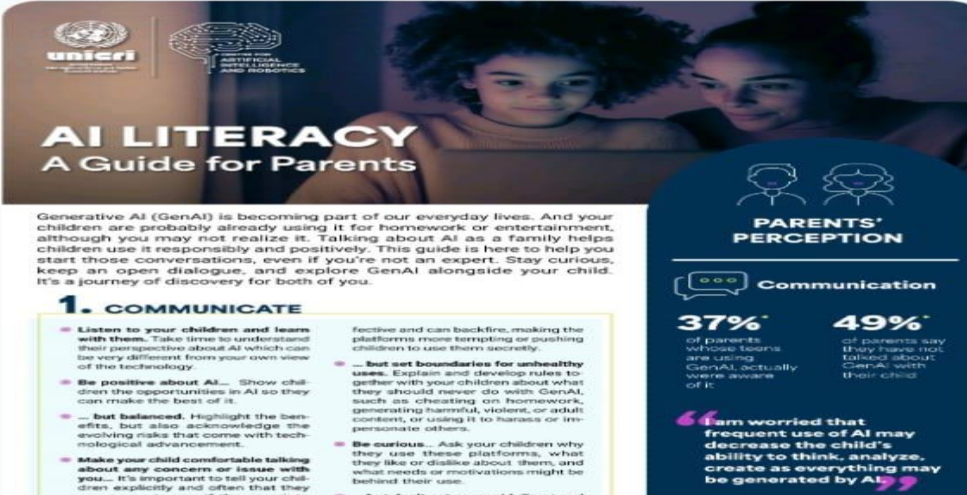
Special Thanks to **Vicky Charisi, Yalda Aoukar, Bodhini NGO, Steven Vosloo** and our own **Maria Eira !!!**

**UNICRI - United Nations Interregional Crime and Justice Research Institute, Emma Persson, Inês Gonçalves Ferreira, Inna Kotova, Odhran McCarthy, Roshni Deepta Acharya, Marina Mazzini, David Haddad, Stephen McNamara, Kseniia Fontaine, Fred Werner, Adam Ingle, Rafaela Nicolazzi, Stéphan Vincent-Lancrin, everyone.AI, Mathilde Cerioli, Ph.D, Robbie Torney, Bodhini NGO, Joanna Shields**

👉 Stay curious, communicate openly, and explore AI responsibly — together.

**#AI #Alliteracy #Parenting #GenerativeAI #ChildSafety #DigitalParenting #UNICRI #Disney**

## AI Literacy – Guide for Parents • 5 pages



**AI LITERACY**  
A Guide for Parents

Generative AI (GenAI) is becoming part of our everyday lives. And your children are probably already using it for homework or entertainment, although you may not realize it. Talking about AI as a family helps children use it responsibly and positively. This guide is here to help you start those conversations, even if you're not an expert. Stay curious, keep an open dialogue, and explore GenAI alongside your child. It's a journey of discovery for both of you.

### 1. COMMUNICATE

- Listen to your children and learn with them. Take time to understand their perspective about AI which can be very different from your own view of the technology.
- Be positive about AI... Show children the opportunities in AI so they can make the best of it.
- ... but balanced. Highlight the benefits, but also acknowledge the evolving risks that come with technological advancement.
- Make your child comfortable talking about any concerns or issues with you... It's important to tell your children explicitly and often that they can come to you if they run into
- ... but set boundaries for unhealthy use. Explain and develop rules together with your children about what they should never do with GenAI, such as cheating on homework, generating harmful, violent, or adult content, or using it to harass or impersonate others.
- Be curious... Ask your children why they use these platforms, what they like or dislike about them, and what needs or motivations might be behind their use.
- ... but don't get paranoid. Trust and

**PARENTS' PERCEPTION**

**37%** of parents whose teens are using GenAI actually were aware of it.

**49%** of parents say they have not talked about GenAI with their child.

**Communication**

**I am worried that frequent use of AI may decrease the child's ability to think, analyze, create as everything may be generated by AI.**

### 2. LEARN

- Learn the basics of AI and search online for anything you don't understand. Explore AI literacy courses at ITU or Elements of AI.
- Try the tools for yourself and test them as if you were a child (for example, by changing the date of birth).
- Get updated on the current risks and benefits of AI that are relevant to your children's use.
- Explore positive and creative uses of AI for children, such as to create art and music, practice language skills, write stories, or engage in personalized learning.
- Learn about child development and the impact GenAI can have on their cognitive, emotional and social development. Find information at Everyone.AI.

### 3. EXPLAIN

- Emphasize that AI chatbots are not real humans. They don't think and they cannot replace human beings — they are software tools that predict words based on patterns.
- Talk about both the risks and benefits of using AI.
- Encourage thinking critically about when and how to use GenAI.
- Show how to design good prompts and fact-check AI responses to get good results from GenAI.
- Teach your children to self-regulate and recognize when they are negatively affected by the technology...
- ... and be mindful of your own use of AI. Involve your children in setting shared boundaries and healthy habits.
- Make it fun! Exploring AI in playful ways helps children see it as a tool for discovery and creativity, not just for getting easy answers.

### 4. MONITOR

- Support your children in picking the right tool for their purpose and age. Learn more at Common Sense Media.
- Use an AI tool together with your child for common activities, like a school-related task or fun creative project. This helps you both see the different ways AI can be useful in school and home life.
- encies or even offer inappropriate or harmful advice. Learn more at Common Sense Media.
- Monitor your child's well-being and tech use. Look for signs of loneliness, emotional struggles, or behavioral changes. The time children spend on their devices and manner of use may reflect other deeper challenges.



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UNICRI's short animation in collaboration with Walt Disney "What to Be? A Journey Through AI" was launched at the AI for Good Summit 2025 during the AI Film Festival. Bodhini has been on the advisory for the project.

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Lovely journey ❤️ . Thank you UNICRI - United Nations Interregional Crime and Justice Research Institute




What to Be? A Journey  
Through AI

[youtube.com](https://youtube.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.**

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

**Do not share hate inducing posts.**

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

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

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

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

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

**NO**

**REACH OUT WHEN IN TROUBLE: Bodhini : 8891320005**

**Cyber Cell : 9497976004 | Childline: 1098 | Email: [office@bodhini.in](mailto:office@bodhini.in) | Web: [www.bodhini.in](http://www.bodhini.in)**

Content © Bodhini 2015, a Rotary Cochin Metropolis 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](mailto:bodhini2014@gmail.com)

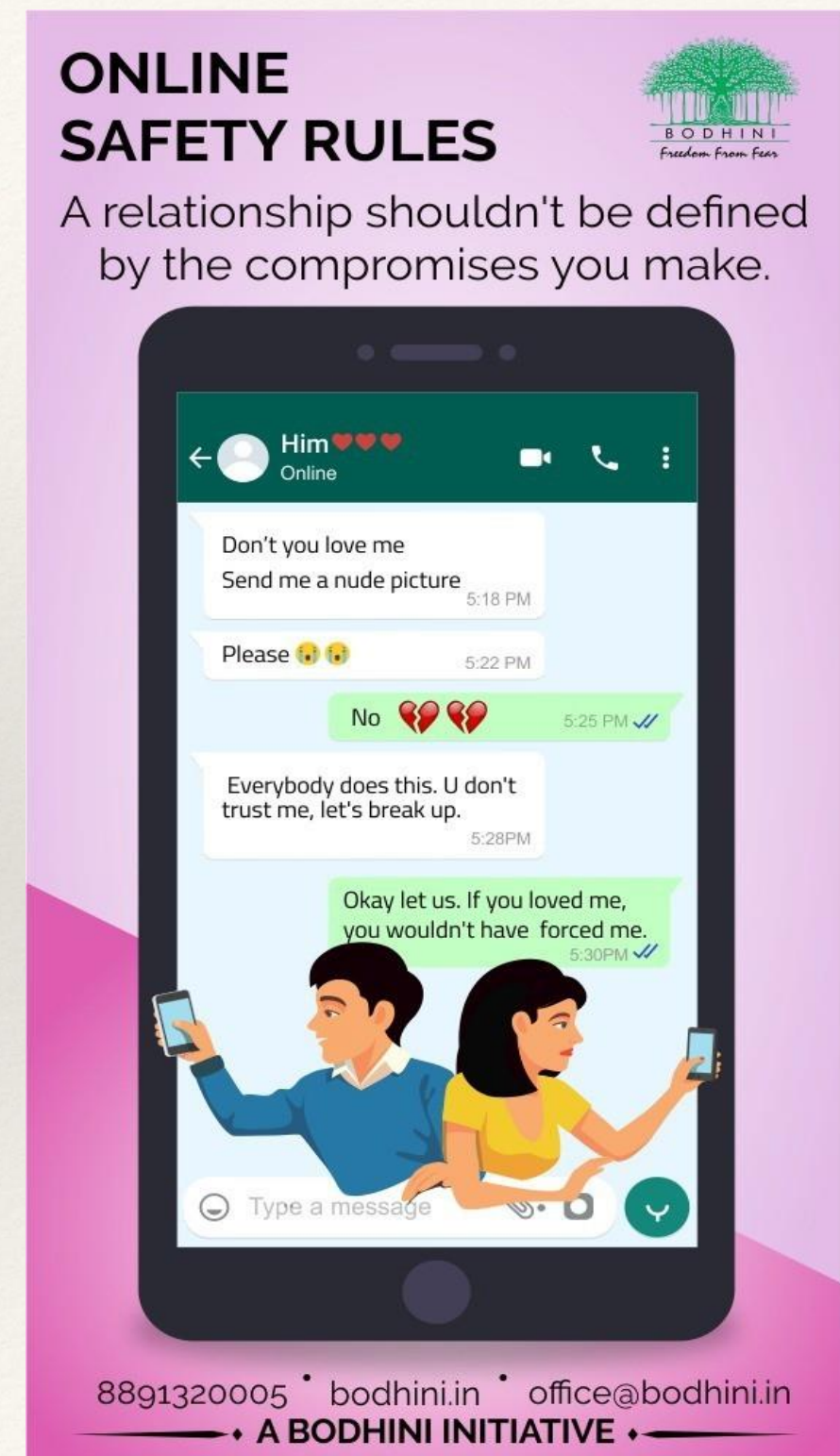
[bodhini.in](http://bodhini.in)



# Posters on issues that need to be urgently addressed - Dangers of Online Gaming and Revenge Pornography



## Online Safety Rules







## 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

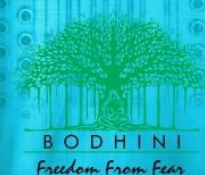
Bodhini : 8891320005 | Crime stopper : 1090 | Childline: 1098

Email: [office@bodhini.in](mailto:office@bodhini.in) | Web: [www.bodhini.in](http://www.bodhini.in)

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



## Work with Law enforcement



### Bodhini Alert

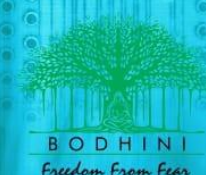
*Dear parents, if you have pornography content on your phone, your children could be accessing it. Please take proper precautions before handing over phones to little ones*

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[bodhini.in](http://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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# Elements - sustaining the earth

Empowering survivors -

"Products made by survivors from upcycled materials."



## Earth

We are careful about closing the tap to save water, but are we aware of the environmental impact of AI?

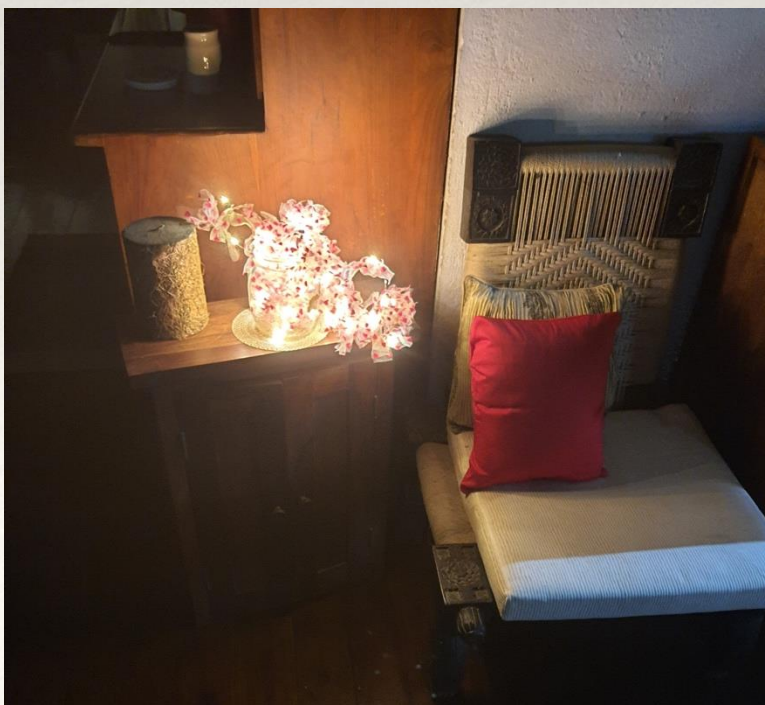


### Use AI responsibly

For more information, look up our blog - [www.bodhini.in/environmental-impact-of-artificial-intelligence-ai/](http://www.bodhini.in/environmental-impact-of-artificial-intelligence-ai/)

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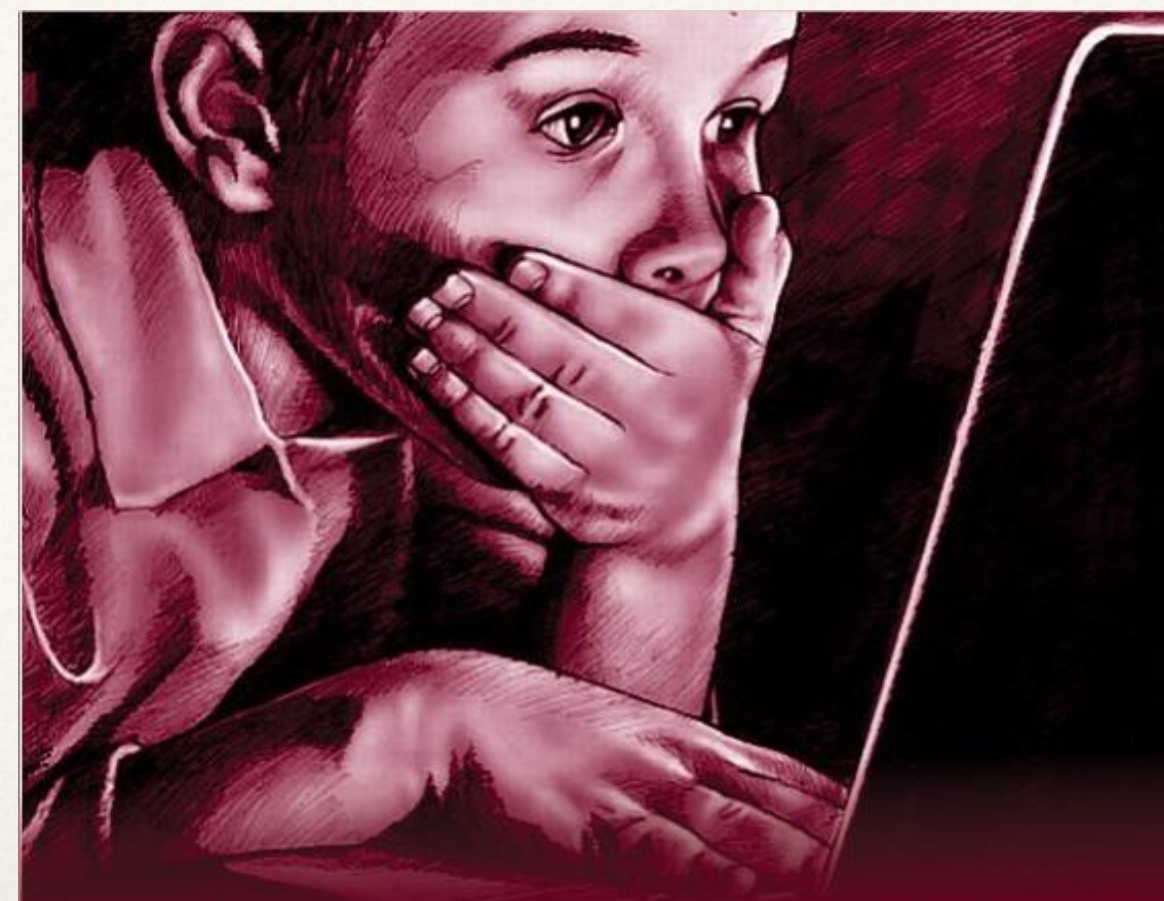
# Our blog

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[bodhini.in/index](http://bodhini.in/index)

Equipping to understand and empower.

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**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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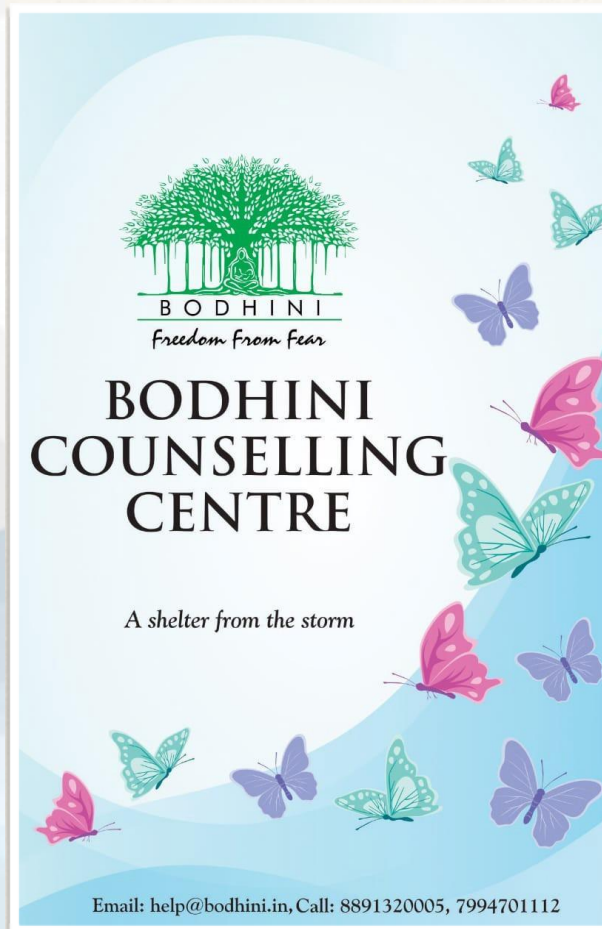
# Counselling support



## Moving Forward Together - For Families / Workspaces / Communities

- ▶ Check up on each other from time to time.
- ▶ If someone seems to be struggling, give them the space to recoup while letting them know you are there for them.
- ▶ Give them support in whatever ways (big/small) you can.
- ▶ Encourage everyone, including yourself, to acknowledge emotions and to reach out for support if needed.
- ▶ Prioritise me-time, in work and family settings.
- ▶ Enjoy and appreciate the small things in life.
- ▶ Prioritize self-care like sleep, water and food.
- ▶ Make sure to practice digital switch-off, mindfulness, and set aside time to connect with nature and with one another.

For more information, look up our blog on work-life balance -  
<https://www.bodhini.in/wellness-balancing-work-life-home/>



## Moving Forwards – Together

- ▶ Accept that we seem to be going through uncertain times; that it's best to keep moving forward than to overthink.
- ▶ Each of us could react to the present scenario in different ways; it is okay to be anxious, experience anger or frustration.
- ▶ Acknowledge your emotions; don't suppress them.
- ▶ Change our mindset to deal with things in a better way.
- ▶ Stay away from negativity; especially overdose of non-helpful/false information.
- ▶ Take one step at a time and make short-term plans first; when there is more clarity, think of long-term ones.
- ▶ Have a routine; focus on practical solutions.
- ▶ Count your blessings.
- ▶ Staying positive and working together will help us to face difficult situations.
- ▶ Don't play the blame game.
- ▶ Draw a route map of possibilities and eventualities regarding ways forward, with regards to lifestyle, family, finances and work.
- ▶ Turn to music, books, creativity and humour to see you through.
- ▶ Reassure and bond with family, friends and people who need you and who you need so that we can move forward together.
- ▶ Reach out for support if needed.

For more information, look up our blogs -  
<https://www.bodhini.in/index/>



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## BODHINI- Our associates

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- Kunnel
- Skyline
- Abad Group
- Muthoot Pappachan Foundation
- Specialists Hospital
- Geojith BNP Paribas
- Federal bank
- Extraweaves
- Muziris Softech (P) Ltd.
- Karunakaran Charitable trust
- Chemeens group
- Palm Fibre
- Stark Communications
- Amartya communique



# Organisations that we associate with

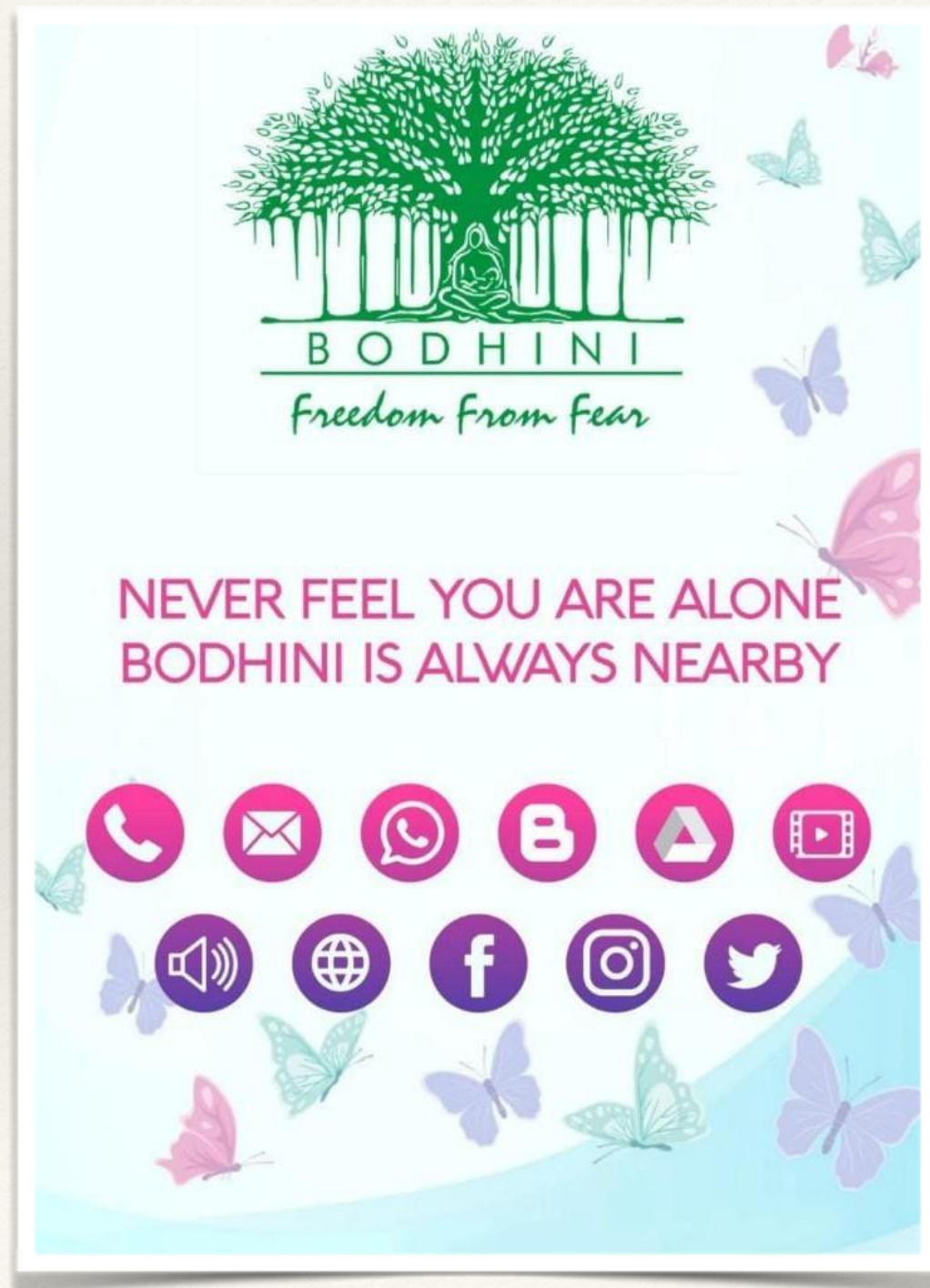




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# FIND US ON

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Join our social media pages

<https://linktr.ee/bodhiningo>





A prayer, a song, a shelter from the storm

[bodhini.in](http://bodhini.in)