

# RUBAROO BREAKING SILENCES FOUNDATION

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ANNUAL REPORT  
2017-18



# Index



Directors' Foreword	01
Highlights of the year	02
Outcomes and Outreach	03
What They Say	08
Financial Statement	10
Note of Thanks	11



# OUR VISION

To be an agent of change to reduce the incidences and menace of Child Sexual Abuse prevalent in our society.

# OUR MISSION

To spread awareness among individuals, families, and communities by providing them with resources to prevent occurrences of child sexual abuse; to empower children, equip them with strategies to keep themselves safe and to provide psycho-therapeutic interventions for child sexual abuse survivors.

# GOALS

- Exploring further opportunities to work with marginalised groups of individuals and communities.
- Improving our healing services by training and collaborating with mental health professionals.
- Engaging in policy making and advocacy.
- Contributing to the field by conducting research.



# Directors' Foreword

*The fiscal year 2017-2018 was a year of beginnings and realization for us. It was a year in which we gained an independent identity for ourselves as we got registered as a non-profit Section 8 Company.*

*Our dedicated team worked to their full capacity to conquer new heights and surpass the targets we had set for ourselves. In fact, our outreach also included a therapeutic intervention-based research study that we undertook. The support we received from our partners and well-wishers left us overwhelmed and it motivates us to do more and better. It reminded us yet again of the importance of collaborative efforts to help tackle the problem of child sexual abuse in our country.*



Lisha Chheda  
Director

*In light of the depraved and violent cases that are now being brought forward by the media, it becomes difficult to envision a safer world for our children. In lieu of this, it is all the more important for us to increase our efforts in protecting children and work towards creating a more sensitized society that doesn't brutalize, terrorize and victimize children.*

*Thus, this year we want to reach out to more individuals and look for systemic solutions that unify adult stakeholders to engage more effectively for child safety. We hope to increase our scope of therapeutic intervention for children, young adults and families in distress. We also aim to monitor and evaluate our programmes to increase our efficacy and ensure that they continue to effectively imbibe messages of safety, body knowledge and empathy. We, lastly, look forward to more collaborative efforts to eventually rid society of the menace of child sexual abuse.*



Ishita Manek  
Director



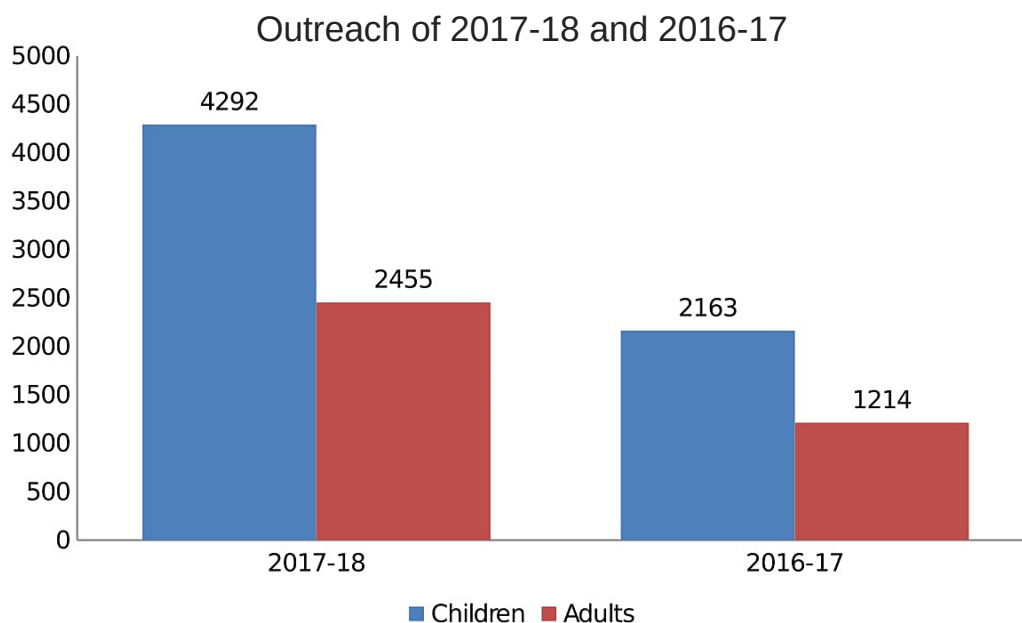
# Highlights of the year



- This year we reached out to over 4000 children and over 2400 adults, which is double the previous year's total reach.
- We got a chance to conduct Body Safety programmes that were customized for 44 adults with hearing and speech impairment and 10 adults with intellectual disability.
- We initiated the Teacher Training Programme with 6 such programmes conducted in year 2017-18.
- We did our first out of state programmes for 2 schools in Karnataka.
- We initiated a research on trauma in children with over 170 participants. The aim was to understand if group psychotherapy sessions can help children deal with traumatic memories.
- This year we started our quarterly newsletter. The first issue was released in the month of January 2018.
- Our team size increased with 2 counsellors joining us in the year 2017.

# Outcomes and Outreach

This year we worked with 19 schools, 2 colleges, and 4 NGOs. We doubled our outreach and initiated the teacher's training programme. Here is a brief report about our progress this year with our various programmes:



My Body My Safety (Children)	3875
Comprehensive Sexuality Education (Children)	417
Comprehensive Sexuality Education (Adults)	64
Programmes for Adults	2391

## My Body My Safety (MBMS) Programme

The MBMS programme aims at holistic empowerment of children by imparting knowledge and skills to deal with unsafe situations in order to prevent occurrences of Child Sexual Abuse. It also promotes gender sensitivity among children and provides age-appropriate sexuality and reproductive health education.

The target age group is 4-15 years old.

**A total of 101 MBMS programmes were conducted which covered 3875 children.**



# Child Sexual Abuse Awareness

This programme is designed for parents and caregivers of children and consists of information about child sexual abuse that can help adults prevent occurrences of child sexual abuse, recognise signs of distress and effectively reach out to support their children in such times.

**We reached out to 2161 parents and caregivers through 35 awareness programmes in 2017-18.**



## Teacher's Training Programme

For children, teachers and staff are the adults they are familiar with, influenced by and interact with regularly. The aim of conducting an intensive Teacher's Training Programme is to sensitize and build empathy among them, help them recognise signs of distress in children and handle crisis situations effectively on school premises.

**This year we conducted 6 such trainings for 151 teachers & staff.**

# Comprehensive Sexuality Education (CSE)

Sexuality education helps young people become more responsible with their behaviour towards sexual health.\* This programme targets young adults as well as children above the age of 16, with the aim to give extensive, scientific knowledge on sex and sexuality, to encourage participants to make safer and better choices and, to build conversations around important concepts such as consent and healthy relationships.

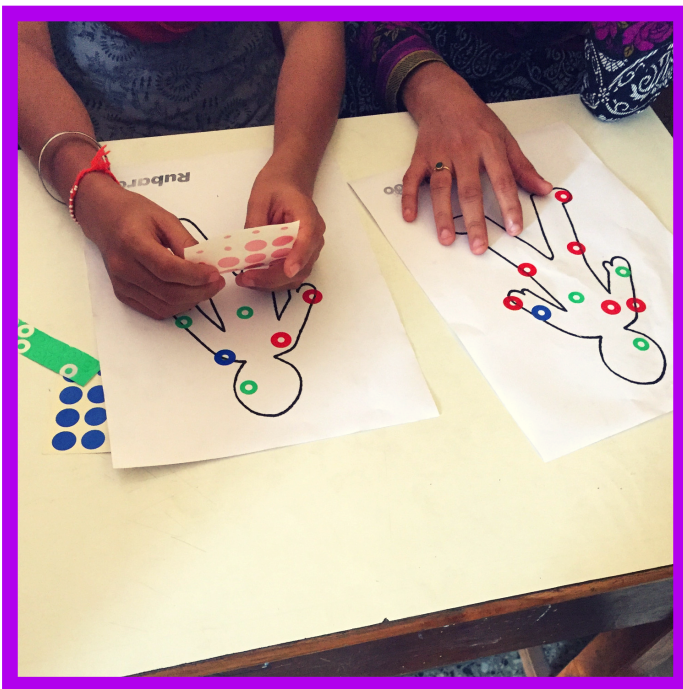
**This year we conducted 7 CSE programmes for 481 individuals overall.**



## Customized Body Safety Programme

We care and understand the needs of our beneficiaries, therefore, we created a customized safety programme to help them best. We designed a programme for adults with hearing and speech impairment as well as adults with intellectual disabilities. We also designed a Gender sensitivity programme for young adults as requested by one of our collaborators.

**We conducted 7 customized programmes this year for 79 individuals.**



\*UNAIDS. (2018, January 10). UN urges comprehensive approach to sexuality education. Retrieved August 14, 2018, from [http://www.unaids.org/en/resources/presscentre/featurestories/2018/january/20180110\\_sexuality-education](http://www.unaids.org/en/resources/presscentre/featurestories/2018/january/20180110_sexuality-education)



# Research Study

Rubaroo Breaking Silences Foundation conducted a research in collaboration with the EMDR Association of India to study the effectiveness of EMDR Integrated Group Protocol (EMDR IGP) for dealing with psychological distress, caused by unsafe situations, that children from underprivileged backgrounds experience in life.



Various studies have been done to assess the effects of EMDR in different traumatic conditions, however, very few have studied the Indian population, specifically with regards to vulnerable children in urban areas. We conducted this study using the EMDR IGP for 3rd and 4th Std. students of a school for underprivileged children that is run by the NGO – Reality Gives.

The Principal investigator of the study was Saloni Sawnani and the associate investigators were Lisha Chheda, Meghana Jadhav, Dr. Sushma Mehrotra and Dr. Mrinalini Purandare. Saloni Sawnani, from Rubaroo, supervised the research from conduction to data gathering and analysis. Ms. Lisha Chheda and Ms. Meghana Jadhav (both also from Rubaroo) conducted the EMDR IGP with the participants and analysed the data collected in the study. The EMDR Association of India's Dr. Sushama and Dr. Mrinalini played an important role in the formulation of the research study, data analysis and evaluation. They provided the training for EMDR Integrated Group Protocol for the conductors. For any concerns and queries, they provided their expertise and guidance throughout the research process.

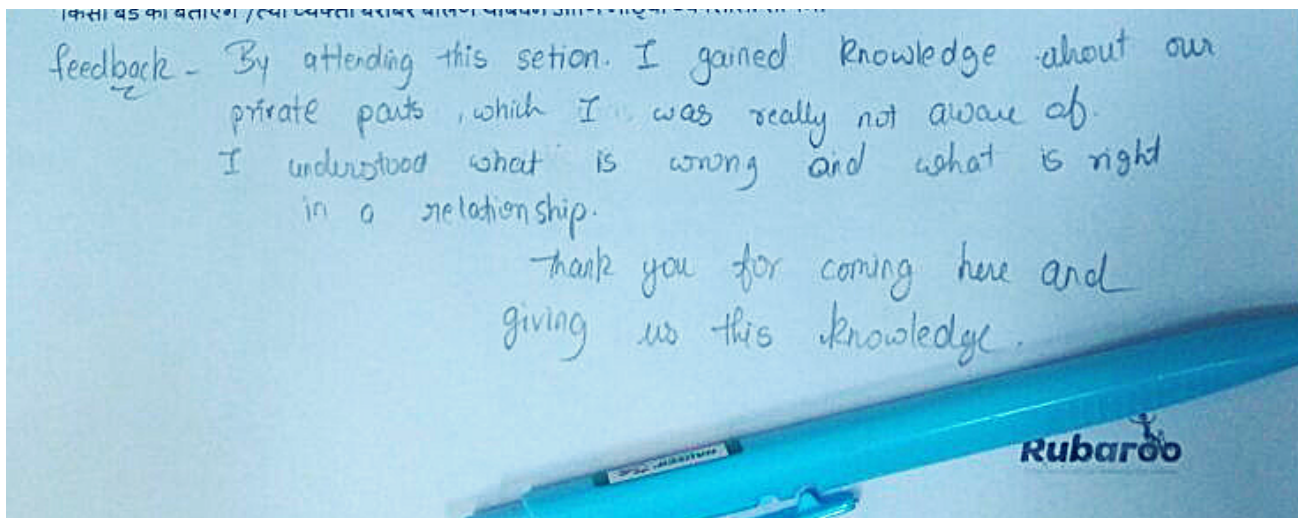


Children living in slums seem to be facing many unsafe situations and we hope that this study will help us shed light on the concerns of this specific population in order to give them much-needed therapeutic support.





# What They Said



Feedback from a 10th Std. student

One of the participants of the MBMS programme shared with us that she was quite apprehensive about us giving them sex education at this age and she shared the same concern with her mother. Her mother responded that she had attended our Awareness Programme for parents and was happy to know that we covered sex education in our programme as she believed it would help her child stay safe.



A response from a  
CSE Participant.

"I liked that we can  
take our own (sexual  
health related)  
decisions and I got to  
know about things I  
wasn't aware of. Now I  
am aware and not  
feeling afraid, (I know  
that) if someone tries  
to hurt me I can stop  
them."

Mujhe ye acha laga ki hum apna decision  
~~khud~~ khud le sakte hai aur mujhe jo nahi  
malum tha wo bhi malum pad gaya  
aur isse mujhe abhi koi darr nahi  
kyu ki abhi me free mind hu agar  
koi more saath kuch ho to me rok  
sakti hu.

In one of our Awareness Programmes, a parent shared how she  
stood up against a perpetrator in her locality and made sure that the  
person was sent behind bars.



"I have also experienced this as a child, and I don't want my child to  
go through the same..which is why I am glad that you'll are doing this  
programme"- A parent who attended one of our awareness building  
sessions

# Financial Statement

## Rubaroo Breaking Silences Foundation

### Balance Sheet as at 31/03/18

Particulars	Note No	As at 31st March 2018
<b>I. EQUITY AND LIABILITIES :</b>		
<b>(1) Reserves &amp; Surplus</b>	1	-312576.00
		-312576.00
<b>(2) Current Liabilities</b>		
(a) Short-Term Borrowings	2	292200.00
(b) Trade Payables - others		309020.00
(c) Other Current Liabilities- TDS		83650.00
<b>Total</b>		<b>372294.00</b>
<b>II.Assets :</b>		
<b>(2) Current assets</b>		
(b) Cash and cash equivalents	3	347334.00
<b>(2) Miscellaneous Expenditure</b>		24960.00
		<b>372294.00</b>
<b>Total</b>		<b>372294.00</b>
<b>Notes To Accounts</b>	6	



# NOTE OF THANKS

*"We owe our children, the most vulnerable citizens in our society, a life free of violence and fear."*

*- Nelson Mandela*

We had a phenomenal year! Each year our organization is taking bigger steps towards prevention of CSA.

We want to say *Thank You* to our donors, partners and well-wishers for trusting us and supporting our cause. Your support in any way is valuable and motivates us to work towards this cause with full determination.

*- Team Rubaroo*



Special thanks to our corporate partner K-Line for their support.

