

# »»» QUARTERLY NEWSLETTER «««



[www.mukhlasi.org](http://www.mukhlasi.org)



## EVERY CHILD MATTERS: TIME TO SPEAK OUT

**“YOU CAN RECOGNIZE SURVIVORS OF ABUSE BY THEIR COURAGE. WHEN SILENCE IS SO VERY INVITING, THEY STEP FORWARD AND SHARE THEIR TRUTH SO OTHERS KNOW THEY AREN'T ALONE.”**

- Jeanne McElvaney

### »»» THE COURAGE TO SPEAK OUT

Speaking about abuse is not easy for anyone. So why do some people still choose to speak out, especially when they are raised in societies like India, where people around them are often hesitant to even discuss sexual abuse? This topic is filled with shame, guilt, and labelling.

The answer to this question is: they understand that speaking out could help other victims. It helps others to understand that they are not alone, that it's not their fault, and that today

it was one person, but tomorrow it could be them or their loved one.

We understand courage to speak out is a beacon of hope in the fight against abuse. With the intention to make a difference and create an impactful project for preventing Childhood Sexual Abuse, our founder Sara Tandel joined kanthari Social Impact leadership program.

Where along with 22 participants from 11 countries, She got the tools to develop the project and analyse the steps that we as an organisation need to take further to develop our project which will make a difference in the lives of children.

## SPREAD THE SPICE

From October 13-15, we participated in kanthari's "Spread the Spice 2023". Where we had a stall for 3 days. Our stall, split into a fundraising Pani Puri stand and a safety quiz, aimed to engage visitors in child safety conversations. Like the name of the Private body parts, what is grooming in Child sexual abuse, which law protects children in India from Sexual abuse.

Despite numerous visitors, only a few could correctly identify private body parts or understand child sexual abuse grooming. This lack of awareness, even among professionals, highlighted cultural and systemic barriers. The need for change is evident - just as we learn about hands, eyes, nose and legs in school, private body parts should also be taught effectively.

## KANTHARI TALKS 2023

The kanthari talks are the one in which current participants of kanthari leadership course, got opportunity to present their project ideas and their solutions, followed by Question and Answer round. Our founder being one of the participants got the opportunity to share her story and the project on the international platform.

You can watch her speech again [HERE](#)

## TRAINING AT KANTHARI

The Social Impact leadership course at Kanthari is intense and focuses on 'Change from within'. It encourages one to critically examine every step. 'Hotseats' are the cherry on top of the ice cream, where other participants and the catalyst critically examine various parts of an organization and ask thought-provoking questions.

Our founder had the opportunity to create a workshop on the awareness of assertiveness. During the activity, a few participants who struggled to say 'no' were instructed to do so, and those who were strong negotiators had to elicit a 'yes' from them. This activity taught all the participants that even as adults, one can struggle to say 'no'.

So, how do we change this?

Childhood plays a major role in shaping a person as an adult. It is important to tell every child that they can say 'no' and that others need to respect that 'no'. Let's nourish assertive behavior in children, so that they grow up in a safe and nourishing environment." can this be written in better way or this content is okay to understand



- DO YOU KNOW THE NAMES OF YOUR PRIVATE BODY PARTS?
- MANY INDIVIDUALS WHO VISITED OUR STALL AT 'SPREAD THE SPICE' WERE UNAWARE.
- WE KNOW ABOUT OUR HANDS, EYES AND LEGS, SO WHY NOT ABOUT OUR PRIVATE BODY PARTS?"





# INTRODUCING MUKHLASI

Mukhlasi is an Urdu word which means freedom. We are in the process of registering as a Non-Governmental organization(NGO). We began our journey at an international institute for social change makers called 'kanthari' in Kerala. We envision a world where children are free from sexual abuse. The world where children are able to express themselves freely, where they dance to the rhythm of their hearts without any hesitation, and to be the painters of their own life.

## ➤➤➤ OUR PHILOSOPHY

Our philosophy is rooted in the belief that children have the power to voice their concerns about unsafe behaviors, and when in existential danger, they possess the ability to protect themselves and seek support. We advocate for self-reliance and personal responsibility as key elements in their self-protection

## ➤➤➤ OUR UPCOMING PROJECT

As we step into 2024, we are preparing to launch our first pilot project, where we will be working through workshops with 200 children and their caregivers. We are addressing 2 major problems in the prevention of Child Sexual Abuse: first, children don't know about it, and second. parents and caregivers don't speak about it with their children. We are on a mission to equip children with the knowledge and tools to protect themselves and we will help parents to talk openly to their children, so they can venture into a safer future.

## JOIN US TO CREATE A SAFER FUTURE

We invite you to join our journey, where we empower children to be assertive and equip them with the necessary tools to ensure their safety. You can join us by:

1. Becoming a volunteer/intern: Share your skills, knowledge, and time.
2. Becoming a mentor: Lend your expertise to help develop our programs.

For more details contact:  
[info@mukhlasi.org](mailto:info@mukhlasi.org)

Scan the QR  
 code to donate



## YOUR DONATION MAKES A DIFFERENCE

With your generous donation, you support the training of children and their caregivers and enable them to venture into the safe future. Your donation has an impact over many years and reaches people in need in India.

You can donate [HERE](#)

Thank You