

SAHIL

Against Child Sexual Abuse

Senior Editor

Manizeh Bano

Editors:

Saad Ahmed Khan

Sana Adeel

Title:

Sarwat Batool

For Comments & Suggestions

Please write to:

Editor, Sahil

P.O. Box No. 235

Islamabad, Pakistan

E-mail: mag@sahil.org

Website: <http://www.sahil.org>



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0800-13518

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Sahil Head Office
No. 13, First Floor, Al Baber Center
F-8, Markaz, Islamabad, Pakistan
Phone # (92 51) 2260636, 2856950
Fax: (92-51) 2254678
Info@sahil.org

Sahil Regerral Unit, Jaffarabad
Khosa Mohalla, Near Civil Hospital,
Dera Allah Yar
Jaffarabad
Phone: 838-410912
uc_atd@sahil.org

Sahil Referral Unit, Sukkar
House # B-62, Street # 2,
Sindhi Muslim Housing Society
Airport Road, Sukkar
Phone: (92-71)5633515
uc_suk@sahil.org

Sahil Volunteer Partnership Unit,
Swat
Room # 1, First Floor, Park Hotel
Makan Bagh, Saidu Sharif Road,
Swat
Phone: 92-946-700383
Swatnewscell@gmail.com

Sahil Referral Unit, Jaffarabad
Makhdoom Colony, Nari Road
Mandian, Purana Ayub Medical
College
Abbotable
Phone: (92-992) 383880
uc_atd@sahil.org

Sahil Referral Unit, Lahore
House # 686-C, Faisal Town
Lahore
Phone: (92-42)5165357
uc_ihr@sahil.org

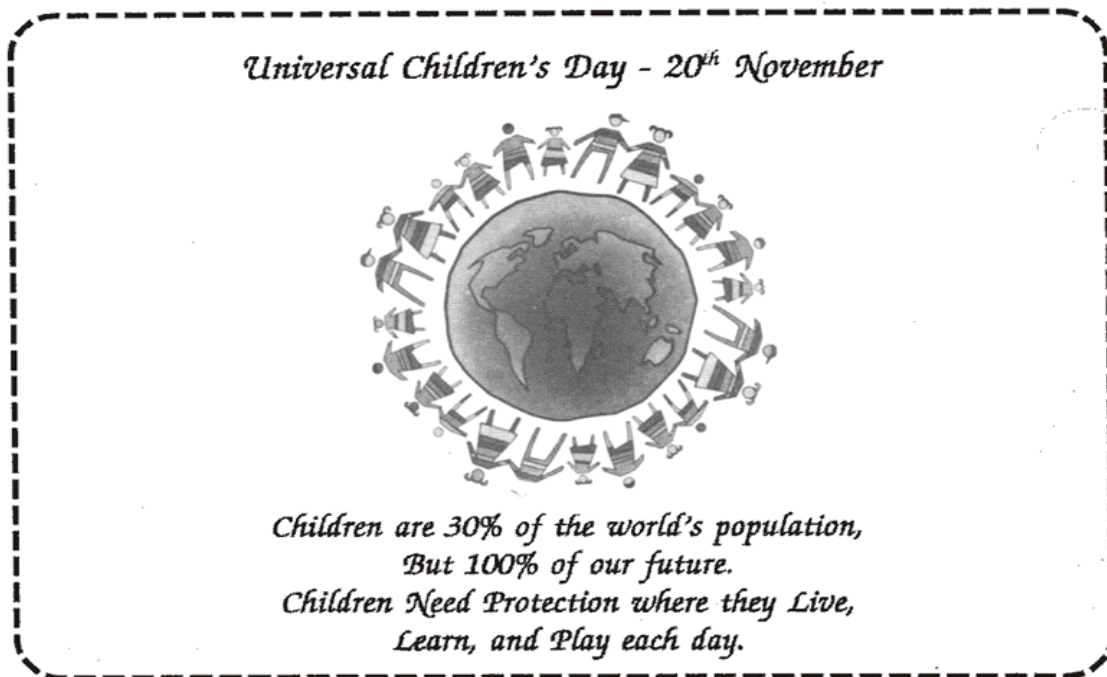
EDITORIAL

Sahil has been working on the issue of child sexual abuse for the last 13 years. During this journey we have strived to equip the people with the reality of child sexual abuse, by gathering information on actual cases of child sexual abuse in Pakistan and sharing this information on regular bases, on that people can use this information for prevention of CSA. Lack of information and ignorance also in some way increases th prevalence of abuse.

We have bee directly communicating with small segments of population regarding our work, which showed misconceptions and lack of knowledge regarding this issue. If most people don't know the realities of the problem, can't talk about it, then how would they prevent it from happening?

To know whether there was lack of awareness overall, a country wide research was conducted to know the public perception on child sexual abuse. It was also important as it would tell where the loopholes are and what strategies should be adopted for raising awareness on this issue among the people.

In this issue, we have given a brief overview of the research and its



Being a part of society, everyone has some rights and responsibilities. The development of a society is based on the fulfillment of those responsibilities. Everything on this universe has some positive and negative impacts. However, it's our responsibility to maintain a balance between the benefits and the adverse affects of any new inventions.

Today the impact of media can be seen equally on every age group. Media covers all aspects of life, and now greatly influences everyone's opinion.

Media has many positive impacts on children. Media, and especially internet, helps the children to explore and learn more and more. Media helps them in education and later in their carrier settings. Many television programs like documentaries on National Geographic Channel gives a lot of information about the world through beautiful and visual documentaries. Many cartoons highlight social and political issues helping children to be more aware about issues of their society. In the same way internet also facilitates the children and the young in getting information and explore the whole world on just a single click. In this way today's media helps a lot in education and recreation for children.

On the other hand, the widespread outreach of the electronic media, invention of the 21st century, has some negative impacts on children. Often programs shown on television screens contain some forms of violence in them. World Wrestling for example, is a display of being violent against your opponent. This violence has a negative impact on the minds of children and legitimizes violence as a winning option. Violence also makes children cruel. A huge choice of media channels contributes to restricting the social activities of a child. Now mostly children want to spend their free time watching television programs, using internet, and playing video games. Due to this, the social bond of a child with its family and friends are neglected. The desire for isolation limits their ability to develop interactions with others and think more creatively.

Future of any nation depends on its children and youth. So, nations need to focus on these groups to ensure a better future.

MEDIA HABITS OF PAKISTANI CHILDREN

According to a recent Gallup poll, the Pakistani children have a fairly high level of exposure to the mass media. Like most other resources in society, the flow of information is selectively available in larger quantity to the higher socio-economic groups.

Findings from the Gallup Survey show that nearly 30% of the children watch TV regularly and another 30% watch it occasionally. 20% listen to the radio regularly while 40% are occasional listeners.

There is a noticeable jump in children's interest in TV and radio after the age of 10.

The number of regular viewers and regular listeners is nearly twice as much in children between the age of 10 and 15 as compared to those between the age of 5 and 10.

The survey of children's media habits also looked into their readership of newspapers, magazines and story-books. There is a marked increase in children interest in reading when they move from junior high to high school around the age of thirteen.

3% of children between the ages of 10 to 12 claim to be regular newspaper readers. But this figure jumps to 12% for children between the ages of 13 to 15.



Nearly one quarter of all children take interest in reading children's magazines. Magazines readership also registers a marked jump at age 10 and further at age 13.

Among the children's magazines 'Bachon ki Duniya' and 'Naunihal' are particularly popular.

While most children are readers of children's magazines, some of them turn to such popular family magazines as Akhbar-i- Jahan.



Children's story books are read by one third of the children between the ages of 5 to 15.

Among the older children this ratio is much higher, 46% of children between the ages of 10 and 12 years and 51% of children between the age of 13 and 15 years claimed to read story books.

Source: <http://www.gallup.com.pk/Polls>

PAKISTANI YOUTH AND INTERNET USE

Pakistani children and youth are major users of the Internet. Youth are using the Internet for social interaction, entertainment, education, information and other activities.

- 89% of Pakistani youth report they have used the Internet at some point
- Almost 8% to 10% say they have Internet access at home
- Almost half say they use the Internet from home at least an hour every day

Kids say their parents know nothing about the sites they visit; parents say they do

- When asked how much their parents know about web sites they visit almost 4% to 10% young people say their parents know very little or nothing
- When parents were asked about how much they knew about the sites their children visit, 71% said they knew a great deal or a fair bit
- More than one third of young people say they erase the history that shows the web sites they've visited
- 8% to 10% young people say their parents don't talk to them at all or very little about what they do online
- While 78% of parents say they talk to their kids about their online habits a great deal or fair bit
- 50% of young people think their parents know less about the Internet than they do

Kids are on their own when using the Internet

- A large percentage of young people are alone when they go online.
- 50% say they are alone most of the time
- 33% say they are alone some of the time
- 15% of young people say they have met in person at least one friend they've made online
- Most youth have their own email accounts, but many parents are unaware they do

Chat Rooms

- 30% of 9-10 year olds go into chat rooms
- For 11-12 years, the rate is 58%
- 13-14 year olds is at 70%
- 15-17 years is 72%

Exposure to Pornography/Sexual solicitation

- More than half of young Internet users have received pornographic junk mail. Most did not tell their parents (78%)
- Almost half of youth in secondary school say someone has made unwanted sexual comments to them on the Internet
- 21% of young Internet users indicated they would give out both their name and address online in order to win a prize
- About one-quarter of youth have their own personal web site
- 57% of these provide their email address
- 26% provide their full name and
- 22% provide a photograph of themselves
- Of all young Internet users, 60% have household rules about not giving out personal information about themselves or their family

Source: <http://www.redcross.ca>

CHILDREN NEED ATTENTION

*Jeet Healing Centre Offers
Free Counseling through
In Person, Email, Telephone
For*

*Victims and survivors of Child Sexual Abuse
Confidentiality is strictly maintained
Phone :(92-51) 2260636, Email: jeet@sahil.org
Toll Free service on
0800-13518*

IMPACT OF MEDIA ON CHILDREN

Saad Ahmed

Every single day millions of children are constantly bombarded by media. Television, Internet, Movies, Video Games, Music, Videos are some of the many forms of media that continues to feed particular messages and ideas into our children and ultimately into our culture. With the 21st century offering a greater number of media than any other period in history, younger generations can view or listen to almost any sort of content at the touch of a button.

Positive impacts of Media:

Media is a great source of education for children.

Several studies have found that educational television has many advantages. The Media Awareness Network explains in its article, The Good Things about Television, that television can be a very powerful and effective learning tool for children if used wisely. The article states that television can help young people discover where they fit into society, develop closer relationships with



peers and family, and teach them to understand complex social aspects of communication. Studies have shown that those who watched educational programs as preschoolers had higher grades, were reading more books, placed more value on achievement and were more creative.

Media can be a good entertainer for kids.

Researches have shown that the media is the best source of recreation for a child. In this era of machine when people don't want to do more physical work, the trend of children towards use of media as a source of recreation also increases. In this situation different tools of media like internet, television, radio and video games become the major source of recreation. This source of recreation also enhances their knowledge because many television programs are very informative for the children.



Media is a source of socialization for children. Socialization is a lifelong process in which an infant learn the patterns of its life according to its culture. In this process of socialization, media helps a child to understand the patterns of its culture. Media gives a vast exposure of culture, norms, values and traditions to a child and helps him to adopt them. Media also helps a child to set himself in the society, gives him the sense of what to do and what not to do and also helps a child to set his carrier. Watching Sesame Street is an example of how toddlers can learn valuable lessons about racial harmony, cooperation, kindness, simple arithmetic and the alphabet through an educational television format.



Negative Impacts of Media:

Excess of media leads to violent behaviors. Unfortunately, violence is one of the most popular forms of entertainment. Over sixty percent of television shows being shown in prime time contain some form of violence. Violent media is associated with aggressive behavior. Risky behavior by children and young adults can include violence against others, lack of remorse for consequences. The dangers inherent in this relatively uncontrolled 'wired' world are many and varied, but often hidden. These dangers must be unmasked and a wise parent will learn how to protect their children by immersing themselves in the medium.

Media also causes decrease in physical and mental efficiency of a child. In this age of media mostly children want to have recreational activities on their television screens. The trend of going to parks and other picnic points is gradually decreasing. As far as the concerned of playing outdoor games that are also been displaced by video games. As a result the physical and mental health of a child has been badly affected due to this unnatural source of recreation. The substitute of outdoor games also put negative impacts on the physical health of a child. Their risk of obesity goes up 31 percent just by virtue of having a TV in the bedroom. Poor grades in school are also caused by the un necessary use of media. The presence of television in the study area definitely diverts the attention and as a result the school grades may go down.

Source: www.areforum.org

EXPOSURE OF CHILDREN TO PORNOGRAPHY **A RESEARCH REPORT**

BY
DR. TUFAIL

There has been a major technological revolution during the past decade, changing the dimensions and scope of communications. While this has resulted in rapid exchange of information at nominal cost and increased the number of users through easy replication, there are certain related disadvantages which pose risks to the protection of children.

The objectives of the research were:

- (1) Understanding the dynamics of exposure of children to pornography in Lahore
- (2) Understanding the perspectives of parents/ caregivers about this exposure and
- (3) Understanding any possible links between exposure of children to pornography and their vulnerability to sexual abuse

Qualitative and quantitative data was collected from 121 people of 19 different localities of Lahore city in three socio-economic classes.

The findings indicate that children in Lahore are at great risk of exposure to pornography within and outside their homes. Bookshops, Internet cafes, mini cinemas, and CD/video shops give easy access to children and thus propagate the issue.

Moreover, in the case of children living on the streets, adults force children to view pornography at mini cinemas. Runaway and street living/working boys are especially prone to exposure, where the concurrent viewing of pornography by adults and children leads to their sexual exploitation as well.

Boys as young as eight years were found watching porn in net cafes. In all, 13 of the 15 net cafes had children watching porn at the time of the survey. Boys aged below eighteen years (especially 12-16 years) are the largest customer group in these cafes, comprising at least half the total clientele

Even children aged below ten years demand mujras and Punjabi stage dramas on CD/videos. Another aspect identified is that of college student unions forcing students to purchase porn and other CDs as a side business of these union members.

According to the shopkeepers, about 60% of their sales are dependant on pornography, selling both to adults and children.

The sporadic efforts taken by the police in taking action against closed cabins are not concrete measures that will help reduce exposure of pornography to children.

The key finding of this study has been that there is apathy and general disregard by adults of all categories (including parents) of caregivers, to the need for creating a protective environment for children. Parental/child thematic education programs are required to help curtail the issue.

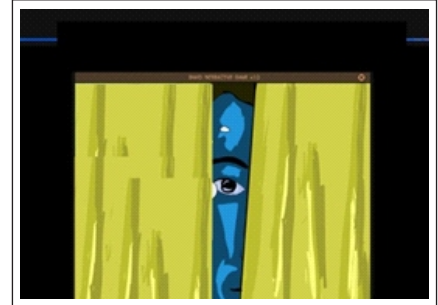
Recommendations

- Implement the existing legislation regarding entry of unaccompanied children into Internet cafes and mini cinemas
- Create better control of unlicensed/ licensed cable operators
- Use cable TV and other media as a source of general public awareness about child protection from pornography

BHAID: LEARNING THROUGH A MEDIA TOOL

Sana

Bhaid is about suspense, mystery and the unraveling of a secret that is hidden under many motives. The game engages the user into an interactive dimension of learning and entertainment.



Adolescent is a particularly difficult stage of growth that leaves young children vulnerable to all forms of abuse. The game addresses a number of ways in which adolescents can protect themselves from potentially dangerous situations.

The incidents in this story can happen to any one. Children of any age, gender, religion, socioeconomic and educational background can be trapped into these activities.



The game has 7 Interactive Quiz's, 3 Interactive Clue. The Player's sessions are maintained in a database. When a player re-starts the game, they will continue from where they left. There is an individual scoreboard and game can be paused anytime by shifting control to any other window.

This CD game is a tool for the teachers to use with adolescents as a part of adolescent health teacher training program being conducted by Sahil. This game relates the story line with the specific adolescent behaviors and the relevant questions that are included in the interactive game.

For example some of the questions asked during the game are as follows

Question: What are the dos and don'ts of friendship?

(Yes/No)

1. Always agreeing to your friends demands. (No)



2. Making friends with the same age group. (Yes)
3. Ignoring bad habits of friends to save the friendship. (No)
4. Devising certain limits of friendship for your protection. (Yes)
5. Providing essential information to your family about friends. (Yes)

Question: Why is it difficult to quit illegal activities? (Yes/No)

1. It is easy money. (Yes)
2. No one will want to associate with you. (Yes)
3. Can be threatened or blackmailed. (Yes)
4. He was involved in many illegal activities. (Yes)
5. Due to suffering from a fatal disease. (Yes)
6. No one will believe you were unaware of the consequences. (Yes)

Sahil provides training for teachers of secondary schools. Requests for training can be sent to Sahil, Head Office Islamabad.

SUBMIT YOUR ARTICLES

Dear Readers!

For the Readers' Corner segment of Sahil quarterly magazine we will publish the writings of our readers. Submissions of your articles are welcomed for Sahil's upcoming issue July-September 2011 on:

“Child protection in school”

You can send your writings (articles) in English or Urdu. The editors reserve the right to make the final decision.

The last date for submission of articles is 15th December 2011.

Send your contributions, on:

The Editor

No. 13, First Floor,

Al-Babar Centre, F-8 Markaz,

Islamabad, Pakistan.

P.O. Box # 235

Or E-mail: mag@sahil.org

TEACHING GOOD TV HABITS

Here are some practical ways to make TV-viewing more productive in your home:

- Limit the number of TV-watching hours
- Stock the rooms in which you have your TV with plenty of other non-screen entertainment (books, kids' magazines, toys, puzzles, board games, etc.) to encourage kids to do something other than watch the tube
- Keep TVs out of bedrooms
- Turn the TV off during meals
- Don't allow kids to watch TV while doing homework
- **Try a weekday ban-** find extra family time during the week for more family togetherness at meals, games, physical activity, and reading during the week
- **Check the TV listings and program reviews ahead of time** for programs your family can watch together
- **Come up with a family TV schedule** that you all agree upon each week
- **Watch TV together.** If you can't sit through the whole program, at least watch the first few minutes to assess the tone and appropriateness, then check in throughout the show
- **Talk to kids about what they see on TV** and share your own beliefs and values **talk to other parents, your doctor, and teachers** about their TV-watching policies and kid-friendly programs they'd recommend

Offer fun alternatives to television. If your kids want to watch TV but you want to turn off the tube, suggest that you all play a board game, start a game of hide and seek, play outside, read, work on crafts or hobbies, or listen and dance to music. The possibilities for fun without the tube are endless so turn off the TV and enjoy the quality time together

Source: http://kidshealth.org/parent/positive/family/tv_affects_child.

EFFECTS OF VIDEO GAMES ON CHILDREN

Video and computer games, like many popular, entertaining kid activities, are looked down upon by many parents as time-wasters, and worse, parents think that these games slow down the thinking ability of the brain. Also, violent video games are highlighted by the media and some experts as the reason why some youth may become violent or commit extreme anti-social behaviours.



However, many scientists and psychologists find that video games actually have many benefits the main one being making kids smart. Video games may actually teach kids high-level thinking skills that they will need in the future.

Below are the benefits and harmful effects of video games, according to child experts:

Good Effects of Video Games

- Video games give child's brain a real workout. In many video games, the skills required to win involve abstract and high level thinking. Often these skills are not even taught at school
- Video games introduce child to computer technology and the online world
- Video games make kid adapt and be comfortable with the concepts of computing.
- Video games allow parents and children to play together and can be a good bonding activity. Some games are attractive to kids as well as adults, and they could be something that they share in common
- Video games make learning fun. Kids like games because of the colours, the animation, the eye as well as the interactivity and the challenge and the rewards of winning. The best way to learn is when the learner is having fun at the same time. That's why video games are natural teachers. Having fun gives kid motivation to keep on practicing, which is the only way to learn skills
- Video games increase kid's self-confidence and self-esteem as he masters games. In many games, the levels of difficulty are adjustable. As a beginner, kid begins at the easy level and by constant practicing and slowly building skills; he becomes confident in

handling more difficult challenges. Since the cost of failure is lower, he does not fear making mistakes. He takes more risks and explores more

Games that involve multiple players encourage the child to work cooperatively to achieve his goals. They learn to listen to the ideas of others, formulate plans with other kids, and distribute tasks based on skills



Some online games are even played internationally, and this can introduce kid to players of different nationalities and cultures. This fosters friendships among different people

Bad Effects of Video Games

Most of the bad effects of video games are blamed on the violence they contain. Children who play more violent video games may be more likely to have increased aggressive thoughts, feelings, and behaviours, and decreased pro-social helping attitudes

The effect of video game violence in kids is worsened by the games' interactive nature. In many games, kids are rewarded for being more violent. The act of violence is done repeatedly. The child is in control of the violence and experiences



the violence with his own eyes (killings, kicking, stabbing and shooting). This active participation, repetition and reward are effective tools for learning behaviour

Too much video game playing makes your kid socially isolated. Also, he may spend less time in other activities such as doing homework, reading, sports, and interacting with the family and friends

Video games do not exercise kid's imaginative thinking. Using imagination is important for developing creativity

Games can confuse reality and fantasy

Source: www.articleonlinedirectory.com/.../computers-and-its-effects-on-children.html -

WHAT'S ON AT SAHIL

Activities at Head Office Islamabad

Activities of Media Department

- ✓ Executive director of Sahil was guest speaker at Lights Asia TV channel
- ✓ Media department attended press conference at Islamabad press club
- ✓ Media department attended discussion forum organized by Lead Pakistan
- ✓ Media department attended SDPI Seminar on Citizen Report Card
- ✓ Directorate General of special education arranged a seminar regarding Functions and obligations of the Government of Pakistan after rectification of the optional protocol to the UN convention on the rights of children attended by Media department

Activities of Jeet Heaing Centre

- ✓ Reiki Healing session was conducted by JHC, 118 participants were present
- ✓ **Executive Director and JHC staff had conducted a session on “Child Trafficking” in a training organized by SAARC**
- ✓ **Executive Director and JHC staff had conducted a 3 day TOT for HRLC on “Child rights and protection” from 20th to -22nd July, 2011 at Sahil office, Islamabad.**
- ✓ **Executive Director and JHC had conducted a session on “Child Sexual Abuse in Pakistan” in a training organized by UNHCR**
- ✓ **JHC staff attended 4 days trainings on “Capacity Building on GBV”, organized by UNHCR**
- ✓ **JHC staff attended a meeting regarding “Establishment of counseling centers for children of broken family”**

Activities of Training Department

- ✓ Training department staff attend Seminar of Helping Hand in Islamabad
- ✓ Training department staff attended seminar about implementation of CRC (Citizen Report Card) by SDPI
- ✓ 479 participants attended the training on MH in Gujrat district
- ✓ 56 participants attended MH trainings with Army Public School in 5 different districts

Activities at Refferal Units

Activities at RU Lahore:

- ✓ **RU Lahore is keep working on four months project of Wafaqi Mohtasib funded by SPGRM**
- ✓ **A baseline survey was conducted to check the awareness level of the people regarding services of the Wafaqi Mohtasib in Lahore**

- ✓ A seminar on “Redressing Public Grievances through Administrative Justice” was conducted and
- ✓ 85 participants attended the seminar
- ✓ Sahil RU Lahore disseminated more than 20,000 IEC material about the services of Wafaqi Mohtasib in the educational institutions, offices of the federal agencies, NGOs and other places in Lahore
- ✓ UC and POC attended one day seminar on Disability in Japan and Pakistan organized by University of the Central Punjab
- ✓ There are 25 CSA cases in which Sahil RU; Lahore is providing free legal assistance. These are still pending at different stages before courts or investigation
- ✓ POC Sahil Referral Unit Lahore contacted telephonically 3 cases and provided in person counseling services to 2 people during 3 months
- ✓ POC participated in one day workshop arranged by GVO, as a speaker and judge for speech competition in students on child rights
- ✓ POC visited and conducted trainings to GUJRAT for MH sessions with government primary school teachers

Activities at RU Sukkur:

- ✓ Sahil referral unit Sukkur arranged an introductory presentation of Sahil to UNICEF, SRSO, IRC and World Vision

Activities at RU Jaffarabad:

SAHIL RU-Jaffarabad organized Meri Hifazat Teacher Training in collaboration with Ray of Hope organization in district Loralai Baluchistan 34 Teachers, Students, journalists, volunteers were participated in the even



FACTS ABOUT INTERNET AND TECHNOLOGY

(Compiled by Sana Adeel)

Pakistan is ranked fourth in terms of broadband internet growth in the world.
Pakistan is proud of 12 year old Babar Awan, youngest
Microsoft Certified Technology Specialist.

ATTENTION TO VOLUNTEERS

Renew your Registration Card after it completes one year. To get the new registration card, kindly send us two passport size photos, copy of National ID card, old registration card and complete postal address along with contact Number.

**For Contact: Incharge Volunteer Program,
No.13, First Floor, Al-Babr Centre, F-8 Markaz, Islamabad.
Phone: (92-51) 2260636
Fax :(92-51) 2254578**

