

Contents

Part I Child Rights Education for Child Participation and Development

1	Introduction to Child Rights Education	3
	The Ideology of Child Rights and Child Rights Education	3
	Child Citizenship Rights	12
	Primary Duty-Bearers of Child Rights	18
	Concluding Activity: Achievement of the Learner Objectives	25
	Appendix: Summary Charts and Exercises	26
	References	34
2	Child Rights to Participation and Children's Associations	37
	Introduction to Child Rights to Participation	37
	Introduction to Child Participation Through Children's Associations	41
	Types of Children's Associations	43
	Formation of Children's Associations	49
	Governance of Children's Associations	51
	Activities of Children's Associations	56
	Concluding Activity: Achievement of the Learner Objectives	59
	Appendix: Summary Charts and Exercises	61
	References	67
3	Child Rights to Education	69
	Introduction to Child Rights to Education	69
	Child Rights to Education in India	73
	Differentiated Instruction for Learning Disabled	84
	Vocational Guidance	87
	Concluding Activity: Achievement of the Learner Objectives	89
	Appendix: Summary Charts	91
	References	94

4	Child Rights to Recreation and Mass Media Literacy	97
	Child Rights to Play, Recreation and Cultural and Artistic Life	97
	Introduction to Child Rights to Mass Media Literacy	100
	Awareness of Stereotyping and Violence Through Mass Media	107
	Regulation of Child's Mass Media Consumption	113
	Concluding Activity: Achievement of the Learner Objectives	115
	Appendix: Summary Charts and Exercises	116
	References	122

Part II Child Rights to Health and Environmental Education

5	Child Rights to Physical Health and Hygiene	127
	Introduction to Child Rights to Physical Health and Health Education	127
	Personal Hygiene	136
	Physical Activities	143
	Basic Yogasanas for Children	144
	Concluding Activity: Achievement of the Learner Objectives	151
	Appendix: Summary Charts and Exercises	153
	References	157
6	Child Rights to Healthy and Hygienic Food and Nutrition	159
	Conceptual Framework of Child Rights to Healthy and Hygienic Food and Nutrition	159
	Nutrition, Food Hygiene and Healthy Cooking	163
	Conceptual Framework and Policy for Food Security	170
	Concluding Activity: Achievement of the Learner Objectives	175
	Appendix: Summary Charts and Exercises	176
	References	182
7	Child Rights to Sexual Health	183
	Introduction to Child Rights to Sexual Health and Sexuality Education	183
	Sexual and Reproductive Anatomy	190
	Biological Changes in Puberty	195
	Psychosocial Implications of Puberty	201
	Conception and Childbirth	211
	Concluding Activity: Achievement of the Learner Objectives	213
	Appendix: Summary Charts and Exercises	214
	References	219
8	Child Rights to Prevention of Substance Abuse	221
	Introduction to Child Rights to Prevention of Substance Abuse	221
	Prevention of Tobacco Abuse	228
	Prevention of Alcohol Abuse	235

Prevention of Drug Abuse	241
Concluding Activity: Achievement of the Learner Objectives	247
Appendix: Summary Charts and Exercises	248
References	253
9 Child Rights to Environmental Harmony and Hygiene	257
Conceptual Framework of Natural Environment and Its Degradation	257
Harmony with Nature	268
Environmental Cleanliness	270
Hygienic Sanitation	275
Solid Waste Management	278
Sustainable Consumption	283
Concluding Activity: Achievement of the Learner Objectives	286
Appendix: Summary Charts	288
References	295
10 Child Rights to Sustainable Environment	297
India's Environment Policy and Laws	297
Protection of Plant Life	301
Protection of Animal Life	310
Conservation of Natural Resources	315
Prevention of Pollution of Natural Resources	322
Concluding Activity: Achievement of the Learner Objectives	328
Appendix: Summary Charts	329
References	335
English–Hindi Glossary	337