

REPORT ON COUNSELLING SESSION — “MY SAFETY WORLD (EMOTIONAL, DIGITAL & PHYSICAL SAFETY)”

Month: September–October 2025

Conducted by: Vandana Rana

Classes Covered: VI–XII

Venue: School Auditorium / Counselling Room

Objective:

The session aimed to educate students about *emotional, digital, and physical safety*, and to introduce the concept of “**My Safety World**” — a personal code or phrase students can use to seek help when they feel unsafe or uncomfortable. The purpose was to empower students to recognize unsafe situations, protect themselves, and communicate effectively with trusted adults.

Session Highlights:

- The counsellor began with an interactive discussion on what safety means in different contexts — at home, in school, online, and among friends.
- Students learned how to identify unsafe or uncomfortable feelings (fear, confusion, pressure, or threat).
- The session was divided into three key parts:

1. Emotional Safety:

- Recognizing feelings of sadness, anxiety, or pressure.
- Knowing when and how to seek emotional help from trusted people.
- Stress-relief techniques and self-care practices were discussed.

2. Digital Safety:

- Responsible use of social media, online games, and messaging apps.
- Awareness about cyberbullying, fake identities, and oversharing personal information.
- Students were taught how to use their safety word or approach an adult if they face online threats or discomfort.

3. Physical Safety:

- Understanding personal boundaries and body autonomy.
- Saying “NO” to inappropriate touch or unsafe requests.
- Using the safety word as a signal to get immediate help.

Learning Outcomes:

After the session, students were able to:

- Understand the importance of maintaining safety in emotional, digital, and physical spaces.
- Recognize warning signs of unsafe situations.
- Use the “Safety World” as a practical tool to seek support.
- Demonstrate greater confidence in communicating with teachers and parents.

Feedback: Students participated enthusiastically, sharing their thoughts and examples. Teachers appreciated the relevance of the topic in today’s world, especially regarding digital safety.

Conclusion: The counselling session on “*My Safety World*” effectively sensitized students about emotional, digital, and physical safety. It empowered them to take proactive steps in safeguarding their well-being and highlighted the importance of open communication with trusted adults.





