

Post-Traumatic Stress Disorder among Children: Effectiveness of a Psychotherapeutic Model

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Abstract

Natural and man-made disasters have become rampant in recent times. Whenever a disaster occurs there is a lot of impact not only on the psyche of the people directly affected by the disaster but also by those who are not affected by it. Whatever be the reason for the disaster, children are the most vulnerable group who exhibit an array of psychological reactions. In many situations these disasters create an irreparable damage on the functioning of the child's personality. Many a times the perception of children towards the society and the people around may drastically change. There may also be an adverse effect on the adjustment levels and the coping mechanisms of children affected by the disaster.

In this context there is an urgent need to focus on an intervention programme. The aim of the programme is not only to identify the symptoms of cognitive, affective and behavioural malfunctioning but also equip the child with required coping skills in dealing with traumatic life events.

The present paper focuses on developing a psychotherapeutic design for a wider application. The purpose of this design is not only to enable the children to function effectively but also those families, caretakers and volunteers in helping children affected by disasters.

2nd INDIA DISASTER MANAGEMENT CONGRESS, 2009
New Delhi, November 04 to 06, Vigyan Bhavan

Contribution Paper to Thematic Sector on Children & Disasters:
Child Centred Community Based Disaster Risk Reduction (CC CB DRR)

This paper will examine and demonstrate the experiences of effective Child Centred Community Based Disaster Risk Reduction, drawing on case studies of Save the Children **Bal Raksha Bharat's** (SC BR) work on CC CB DRR in hazard /conflict prone / disaster intensive areas. The collaboration between government, NGOs and CBOs has also ensured children's right to participation and safety as critical to the process and practice of Child Centred Community Based Disaster Risk Reduction.

This concept of CC CB DRR places a Child at the center of DRR programming and programs are designed radiating out from a child and eliciting change at points of intersection to ensure sustainable change occurs through fundamental and institutionalized adjustment. Common intersection points are considered to be; family, community, local NGO & CBO's, Local Authorities, Institutions and Legislation. This approach is consistent with both a *Rights based approach* and the *Hyogo Framework* and Save the Children Bal Raksha Bharat and ISDR definition of DRR. It strives to ensure that SC has a unique role toward DRR by ensuring the special needs of children are addressed.

On the other hand, Child-Led Disaster Risk Reduction recognizes that children can play an important role in helping their families, villages and communities to reduce the risks associated with natural disasters and/or conflict. Children should be involved in all aspects of DRR work in their communities, from assessment to implementation as well as overall management.

Children are key players in Disaster Management: a case study

<http://www.hindu.com/2009/08/18/stories/2009081857940300.htm>

As we celebrate our nation's 63rd Independence Day people here in this three panchayats have yet another reason for celebrating the day. Grama sabha has approved the Disaster Management Committee and Disaster management Teams constituted in the panchayats.

The panchayats of Prathabaramapuram, Kameshwaram and Vizhunthamavadi of Keelaiyur block have endorsed the inclusion of children in its disaster management committees (DMCs) and this was ratified by the grama sabha recently. G. Kanakasundram, Kameswaram Panchayat President, stated that the community has witnessed and experienced the capacity of children in disaster risk reduction activities. Each DMC would consist of two to three children represented from the village Task Force Group (TFG). The village TFGs function at hamlet level and was constituted by 60 per cent of children trained in disaster risk reduction (DRR). These TFGs were engaged in preparing disaster management plans for villages, proposing mitigation strategies to panchayats, creating awareness of DRR in the community and schools and conducting disaster mock drills.

The objective of the initiative was to recognise children, who were generally categorised as the most affected in any disaster, as potential contributors of disaster management. This was to shift disaster management approach from relief centric to prevention centric with children's needs and rights as its core components.

Disaggregated data of DMC/DMTs:

Sl. No	Name of panchayat	DMC						DM teams								Total	
		Adults		Children		Total		PRIs		TFG Adults		Children		Others		M	F
		M	F	M	F	M	F	M	F	M	F	M	F	M	F		
1	Prathabaramapuram`	16	8	1	1	17	9	7	4	9	23	8	5	25	9	49	41
2	Kameswarm	18	6	1	1	19	7	6	4	46	29	7	7	4	4	63	44
3	Vizhunthamvadi	12	8	2	2	14	10	7	5	42	17	8	7	15	4	72	33
	Total	46	22	4	4	50	26	20	13	97	68	23	19	44	17	184	118

Strengthening Primary education and psychosocial resilience of children in flood affected area of North Bihar: case study from Bihar

Disaster damages the homes, schools, playground and the worst sufferers were the children. They were helpless as they were displaced in the camps far from their villages, friends. The breakdowns of Educational settings during the natural disaster created more threats to children's safety and exposed

them to risks of trafficking, child labour, etc.. The parents and care givers were forced to neglect their children because of their engagement in collection of relief, searching of new work.

In this situation, any education intervention in emergency should include activities that ensure children's basic rights to survival, protection and psycho-social well being. Return Back to School is a critical area that actually enables children to return to normalcy. During normal days, the initial period of formal education is already a stress filled process for all the children. Upon entering in primary education a young child faces many transitions including shift to formal learning , a transition from oral to written progressing from being a child to a student .This anxiety combined with the stress of disaster results in non attendance of school, low self esteem and other psychosocial problems . Therefore, non-formal and creative environment created through Child Safe Spaces provide children with protected environment in which they participate in organized activities to play, socialize, learn, and express them as they rebuild their lives. It is in these supervised environments where the parents can leave their children while they are busy with collecting the relief materials and searching for the new livelihood option. Education in this case becomes all inclusive where young girls begin to experience equity and dignity!

Risk Reduction measures were realized through flood resistant water and sanitation interventions with principles of gender equity and technical humanitarian standards.

The complete paper will extrapolate from the case studies and cull out the approaches and strategy as highlighted in the Hyogo Framework of Action (2005-2015) and National Disaster Management Act (2005).

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Prabhat Kumar & Yudhistir Panigrahi

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**Second India Disaster Management Congress, November 2 – 4,
2009, New Delhi
Children and Disaster
A Paper by Gerry Pinto with inputs from Sameer, Butterflies
ABSTRACT**

A Rights Based Approach to Children in Disaster

(Based on Butterflies' experience in responding to Tsunami in Andaman and Nicobar Islands)

BUTTERFLIES, New Delhi

Butterflies is a voluntary organization which believes in the right of every child to have a complete childhood where she/he has protection, respect, opportunities for participation in her growth and development as a Right.

Butterflies has been working with street and working children and urban poor children since 1989. Butterflies approach is democratic and decentralized. Therefore, the strategy aims to ensure that children actively participate in the decision making process through Bal Sabhas in all issues that are relevant to them.

Butterflies does not have centers or institutions. Infact advocacy is against institutionalization of children and commitment is to promote more and more non-institutional approaches to address the protection needs of children. Its activities include formal and alternate education, Children's Development Bank (Bal Vikas Bank), Child Health Co-operative, technical education, alternate media - radio programme (Butterflies Broadcasting Children), street theatre (Bal Rang Manch), Newspaper (National Children's Times), Crisis Centre and Advocacy and Research Centre (ARC). It initiated the Delhi Child Rights Club which has now children from 12 NGOs as it members. Butterflies is also part of Childline in Delhi, a National project of the Ministry of Social Justice and Empowerment and was the nodal agency for 3 years.

While our service delivery programmes are located in Delhi, we network and have partnership with NGO's in various parts of the India and the world. Post Tsunami, Butterflies initiated a programme to address the situation of children in Andaman and Nicobar Islands.

Andaman and Nicobar Islands

Floating in splendid isolation, southeast of the Indian subcontinent is the archipelago of 572 emerald islands, islets and rocks known as Andaman & Nicobar Islands. This Union Territory is stretched over a distance of more than 700 Km. from north to south with 36 inhabited islands. These undulating islands are covered with dense forests and endless variety of exotic flowers and birds. The sandy beaches on the edge of meandering coastline are fringed with coconut-palms that sway to the rhythm of the sea. The rare flora and fauna, underwater marine life and corals, with crystal clear water and mangrove-lined creeks, offer a dream-view. These islands offer a wonderful experience to the nature lover to experience peace and tranquility in the lap of the Mother Earth.

These islands are home of aboriginal tribes of Negrito and Mongoloid stock. The Negrito stock comprises of Great Andamanese, Onges, Jarawas, and Sentinelese . They are inhabitants of Andaman group of islands. The Mongoloid stock comprises of Nicobarese and Shompens inhabiting in Nicobar group of islands. The British after aborting the first settlement taken up in 1789 came back again in 1858 to these islands for establishing a penal settlement, after the First War of Independence.

In these islands, people of all faiths and regions from all parts of India and cultures live together in complete peace and harmony. This harmonious and well knit society has been aptly described as Mini-India.

The total forests cover of these islands is more than 92% out of which about 84% is the reserved and protected forest. About 50 % of the forests have been set aside as tribal reserves, National Parks and wildlife sanctuaries. Luxuriant mangroves, perhaps the richest in the world, occupy nearly 11.5 percent of the territory. These islands are home to some of the rarest plants and animal species

Population: 356152 (2001 Census)

Male 192972

Female 163180

Population Composition

Tribal: Onges, Sentinelese, Jarawas, Shompens, Great Andamanese, Nicobarese

Non-Tribal: Bengali (64706), Hindi (49469), Tamil (53536), Malayalam (26075), Telugu (32979), Others (5690)

Decadal Growth Rate(India – 21%):27%

Annual Growth Rate

(India – 1.93): 2.4

Urban Population (India – 28%) : 33%

Tribal Population : 8.3%

Tsunami

On the 26th December 2004 India experienced the devastating effects of a tsunami caused by a series of earthquakes in the Bay of Bengal. It caused extensive damage in the Union Territories of the Andaman and Nicobar Islands¹, and the coastal districts of Andhra Pradesh, Kerala and Tamil Nadu and the Union Territory of Pondicherry.

The massive destruction and loss of life caused by tsunami in Andaman and Nicobar Island required an unprecedented emergency response. National and International relief agencies did respond, speedily and generously and involved themselves in consultation with the administration in the relief and rehabilitation work right from the beginning. About 4 lakh population of the islands went through tremendous shock and suffered huge losses on account of the devastating earthquake and tsunami.

BUTTERFLIES RESPONSE IN ANDAMAN & NICOBAR ISLANDS

¹ The Andaman & Nicobar Islands is a union territory of India and comprises of 572 Islands, big and small, inhabited and uninhabited. The capital of this territory is the Andamanese town of [Port Blair](#). The territory's population as per the most recent (2001) [Census of India](#) was 356,152. Added together, the total land area of the territory is approximately 8,249 [km²](#).

First week of January 2005, Butterflies team visited across the Andaman & Nicobar Islands and assessed the impact of the Tsunami disaster on children by contacting various relief camps in Port Blair, South Andaman, Little Andaman and Great Nicobar.

Children below 15 years constitute one-third of total population. However, the proportion of children affected by tsunami is larger to the total population due to their vulnerability. In any disaster situation children and women are the most vulnerable. In the very early days of our work in Andaman Nicobar Islands we involved children in both the relief and rehabilitation activities. Children were consulted on what they felt were their needs and requirements, they formed groups to do a quick survey of the needs of children and adolescents in the relief camps. We facilitated children to form Butterflies Children's Clubs (BCC) through which children were helped to set up a library and organize sports and cultural evenings. BCC, in the initial phase acted as a therapy for children to handle their trauma. This was the first time in the history of the islands that children were mobilized to have their own forum.

Butterflies has an extensive experience of working with 'street and working children' in Delhi. In Andaman & Nicobar Islands it initiated its programme with the support of 'Save the Children' in the Islands in the month of March 2005. To begin with, it started its intervention in the non-tribal areas, and later initiated the project activities in the tribal areas of Nicobar district. The main objective of the intervention is to *'Empower children for Protecting Rights and for Participation in Development'*.

There was hardly any civil society groups in any part of A&N Islands, when Butterflies began the work in March 2005. However, some parts of Andaman, tribal society had fairly strong and stable tribal authority structures (tribal council), where little could happen without the concurrence of the Captain. It was in such a society that Butterflies began its work.

Butterflies, broadly has a child rights centered community based approach, thereby having extensive interface with local community, PRIs and departments of the Administration. The focus of the programme was on creating awareness of the rights of children among children contributing to their empowerment. During the period Butterflies was able to deliver what was planned and thus earned respect, cooperation and support from the community and Panchayat members to a considerable extent and was also recognized by the Administration as one of the NGOs which was effective in responding to the felt needs of the children, their families and communities thus contributing to creating awareness among the children on their rights.. Butterflies operated 42 CDCs in 41 villages

BUTTERFLIES PROGRAMME ACTIVITIES:

At the CDC's, Butterflies programme activities are educational support, sports & recreation, cultural programmes, children's theatre performances, quiz competitions, health cooperatives, trainings on child rights & responsibilities, club setting & management trainings, Butterflies Children's Clubs, Bal Sabha's (children's assemblies), children's newspaper- Andaman & Nicobar Children's Times (ANCT), child journalist training (island level) and child editorial meetings (island level).

Through a combination of many of these participatory tools and regular mentoring by Butterflies cadre of community workers, the children attending the programme have conducted several social issue based theatre performances and cultural evenings at village/ island forums, written in their newspaper and organized school enrollment rallies. They have also made

representations before administrative officials to address matters concerning/affecting their lives following discussions in Bal Sabha's.

The Child led research-planning by children is a very significant part of the programme activities, where children participated in identification of their problems and working out solutions with the objective of influencing stakeholders to incorporate the findings into village level planning.

Butterflies also organised 'school focused disaster preparedness' programme in schools, This emphasized preparation of school risk and resource maps in participation with children and teachers which were followed by mock drills for children in schools.

In efforts to mobilize and strengthen the local governance and help put children on their agenda Butterflies conducted a series of training workshops and periodical consultations with PRI (local self government system at village level) across the islands on child rights, child protection and jointly evolved action plans to address issues of substance use, poor education system in schools, strengthening of VEC (Village Education Committee) to work on UEE (Universalisation of Elementary Education) and child protection issues. Regular follow-up with participation of children are done with these local institutions to make them accountable and child-friendly to ensure children's rights are respected and protected. Butterflies focus in the subsequent months was to work with local self government to increase their understanding on child rights issues and to encourage them to have children and their developmental rights on their agenda .

Health awareness initiatives were taken in villages through Child Health Educators (CHE) to spread the message to the children and community through formal and informal peer group discussions.

OUR APPROACHES, REFLECTIONS AND LESSONS LEARNT

Approaches

Butterflies, from day one even when engaged in relief had the long term development perspective within its vision. The plan was to build a local organization with focus on community and children's participation in partnership with the local bodies (the Panchayats).

Rights approach rather than welfare was the orientation in all our plans and activities. It was a big battle when numerous funding organizations flooded the islands with much funds to be spent, lot of material to be distributed and all within ambitious targets mainly because of donor pressure, Butterflies believed that nothing was to be dumped free except the most critical relief material. Communities had to play their role as partners and mobilize community participation.

Butterflies also emphasized the need to collaborate and coordinate with other NGO initiatives in the islands. Thus Butterflies took leadership in establishing networks even when it was not easy as each of the funding agencies and the other Indian NGOs wanted to keep their individual identities and did not necessarily promote that there should be a broad alliance to work together. Thus the problem of overlapping and unhealthy competition.

Local administration did take considerable time to put in place a system of coordination among funding agencies and also NGOs beginning with the initial reluctance of accepting "outside help"

Funding agencies

Children are an emotional subject, particularly in times of disaster. Even those organizations who have not worked on children issues get involved in responding to children's needs not necessarily through the right approach and much less with consideration for children's participation.

Funding agencies come with their own preconceived models and approaches of working, often dictated to by their headquarters located in developed countries miles away from the location of action. Added to this a crowd of foreign Consultants and Experts supposedly experienced in disaster management elsewhere. Their efforts are more to replicate which they think is required rather than build on initiatives and practices of local communities and NGOs. The series of trainings and workshops they conduct are more to accommodate their experts and spend the funds collected for relief rather than those felt needs of the local organization.

In situations where they find difficult to get staff the easy option they follow is take away the staff of their own partner NGOs by paying the local much more than what the grassroots NGOs pay. It becomes all the more tragic when many funding agencies do not have a well drawn out exit policies. The communities are thus ill prepared to sustain or take over what was initiated, the local staff they had engaged at attractive remuneration is left with no where to, much less equipped to maintain the standard of living earlier affordable with good salaries.

As the Government does not set standards for operations by external agencies it is almost free for all in terms of where one chooses to work – places which are easily accessible from the main road, what they choose to do – visibility in distributing goodies, how they choose to work – spend a lot in good offices, hotel based training programmes and meetings, delivery style – highly paid staff doing work which NGOs can do with much lesser costs.

Lessons Learnt

Distribution of relief with pressure of offloading can create unhealthy dependency among the affected people;

Uncoordinated efforts in relief and rehabilitation is often wastage of resources, duplication, misuse, creating unnecessary undesirable habits, need for caution in distributing “cash for work”

Need to build in long-term sustain development elements even at the stage of relief and rehabilitation;

Building capacities within local communities and beneficiaries themselves rather than “importing outside personnel” except for very critical jobs where skills are not available locally.

CONCLUSION

Though often said in a lighter vein it is so true that what follows a disaster as relief and rehabilitation is a bigger disaster. In spite of documentation and publications of good practices in relief and rehabilitation those who get involved in relief and rehabilitation post disasters seem to be facing the situation for the first time.

Children are the most vulnerable of the affected population there is need for people with special skills to address their trauma and effects of disaster. It is important that any agency that gets involved with relief must have a long term perspective and a development orientation and

definitely a well defined exit policy understood clearly by the local administration, local community and local staff.

Author

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Exploring the ICDS potential to contain the effects of disaster on children

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Context

In the light of the fact that a disaster may be pending at any moment at any place at any given point of time, it is essential to remember its characteristic feature that it neither will give us the time to prepare for it nor the trail to follow it. Thus it is important to mainstream it into the existing programmes and include it in the behaviour repertoire of persons in governance.

Children are most vulnerable in the disaster ravaged areas. They have limited abilities and opportunities to fight or flight from the calamity. Their margin of respectable survival diminishes because of their restricted movements, limited information and higher dependence.

Thus, it is imperative to have a special contingent plan for children. In the present scenario where mental health professionals are in short supply, the issues of children in catastrophic situations can still be handled in an effective manner by using alternate therapies whilst putting into action, non professional manpower who have the requisite knack and skills to do it. The present structure of ICDS which has successfully delved into the lives of millions of children from 0-6 years can be utilized effectively.

Objective:

- *To institutionalize service delivery to children during disaster*
- *To weave in disaster preparedness in ICDS to alleviate the psychosocial burden on children*

Issues:

The vulnerability of children

The SWOT Analysis of the envisaged role of ICDS

The Strategy

Constitution and Training of multi level Child Support Groups (CSG) comprising select Supervisors, Anganwadi Workers, SHG members and counselors.

The Ambit of Training

- NIDM , NIMHANS , NIPCCD, DCSG , BCSG and CCSG

Conclusion

Efforts to reach out to children in disaster situation through the system of ICDS could be the most cost effective strategy in terms of investment of man, money and material .

CHILDREN IN TIMES OF DISASTER

Summary of Paper for presentation at the Second India Disaster Management Congress at Delhi - 4th.-6th Nov.2009

By

**Mrs Andal Damodaran, Vice President,
Indian Council for Child Welfare, Tamil Nadu**

The Indian Council for Child Welfare, Tamil Nadu is a State -level organization, affiliated to the Indian Council for Child Welfare, (National) New Delhi. As Tamil Nadu was the worst affected State, the Council responded extensively with both relief and rehabilitation work in three most devastated districts with a special focus on orphaned and single parent children. While the organization's focus was on children in distress, a holistic approach was taken, as the wellbeing of children cannot be achieved in isolation from family and community. This led to refurbishing of schools, livelihood assistance to families, empowering communities through training of mothers as Self Help Groups, Village Education Development Committees to prevent school dropouts, and Village Watchdog Committees to prevent trafficking of Children.

The paper is based on the Tsunami experience outlining the interventions both successful and problematic of not only the Council but other NGOs and the Government. The challenges, good practices and innovative approaches are highlighted.

This presentation not only draws on the Tsunami work but also draws on the Council's earlier work after the Fire accident at the Kumbakonam School and the visit of the presenter to Gujarat after the Earthquake as part of the ICCW team for relief work, and gives recommendations on policy, preparedness and programmes targeting Children, their families and communities.

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BIHAR KOSI FLOOD 2008 AND ITS IMPACT ON CHILDREN

Sanjeev Bhanja

A child is vulnerable if sh/e is deprived of her/his rights within a context and legitimacy of

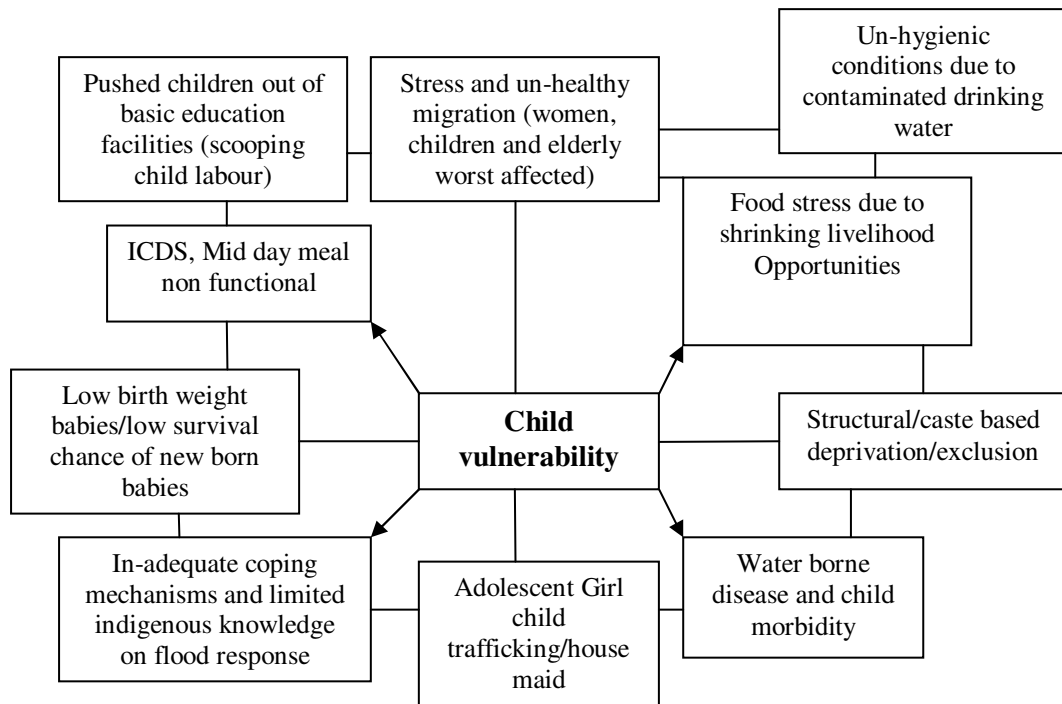
- **Right to Survival:** meaning right to life or dignified living, health, nutrition, food
- **Right to Protection:** free from trafficking, exploitation, abuse, or negligence
- **Right to Development:** right to education, care, leisure, grow in existing socio-cultural milieu
- **Right to Participation:** to express, inform, thought, religion

The above mentioned rights of a child gets distorted often in the context of poverty where the survival is prime prerogative of the family members and therefore upholding the rights of a child is seemingly difficult. The deprivation and exclusion factors for children get compounded in case of emergency arising out of natural disasters and ethnic conflicts.

The BIHAR Kosi flood in 2008 adversely affected the lives and livelihood of 2.5 million people of six districts namely, Madhepura, Saharsha, Purnea, Supaul, Araria and Khagadia. The damage caused to livelihood and housing compelled many to migrate out of the districts, particularly the able bodied youth migrated out leaving the women, children and elderly behind in the villages.

The children are deprived of proper education as most of the schools are still dysfunctional. Food insecurity at household level has aggravated the malnutrition trend among small children less than 5 years of age. Children are seemingly taken to odd jobs at nearby urban centres which has propped up child labour. The adolescent age group of children especially those of the dalit community are out of school. The food and livelihood insecurity has badly affected the pregnant and lactating mothers who suffer maternal nutrition deficiency that would affect the new born babies.

Vulnerability of a child gets compounded in Emergency:



EFICOR has been working among the flood affected community with a focus on children got bring out some change through its child focused intervention in 25 villages of Kumarkhand block of Madhepura . The child focussed intervention is integrated with Disaster Risk rduction strategy.

The following is a summary of the intervention:

Community mobilisation and capacity building focusing child rights and safety: Community capacity building and empowerment will be done by providing informed choices on rights of flood victims to access government compensation and more so the restoration of services for women and children (especially on health, water sanitation and education).

Mobilization of children and imparting Life skill education to adolescent children to have informed choices and manage the disasters through skill, knowledge and attitude building

Child resource package consisting of educational material such as books, bag, stationeries and school uniform has been provided with motivational campaign to retain education and not to be dropped out.

Liaise with ICDS centres for appropriate function and support to children who are enlisted in the centre has also been taken up. EFICOR also provides nutrition packages for extremely por amilies who ae left out from the purview of ICDS.

The project works towards sensitising family members on **Child rights** as per UN Child Rights convention 1989.

DRR strategies has been integrated to mainstream development processes by imparting knowledge to the community and developing institutions for building resilient towards hazards.

Children and Disasters

2nd India Disaster Management Congress (4-6 November 2009)

Presented by: Nirali Mehta, Technical Advisor- ECCD, Plan India

Abstract

Introduction:

Children in disasters are often the most affected segment of the population but also the most overlooked. Children tend to make up a large proportion of a population affected by a disaster. Overlooking children prevents relief efforts from properly identifying the specific vulnerabilities and the need for protection of a substantial portion of the affected population. Children are not a homogeneous group, and their vulnerabilities will be a function of many factors like: their age; whether they are girls or boys; whether they live in urban or rural settings; their ethnicity or tribe; whether they are earning or non-earning. In addition, some children are more vulnerable than others in a disaster. In particular, those showing signs of trauma; those at risk of abandonment or separation; those with disabilities and other children in especially difficult circumstances, such as street children. Due to this it is important that children's voices are heard in the aftermath of a disaster to better take account can be taken of their specific capacities and vulnerabilities

The physical survival needs of children (safe water, food, shelter, clothing, primary health care) and especially young children are usually given a very high priority during a disaster. However, exposure to a disaster is a traumatic experience for any person, but particularly so for a child. Childhood is a unique development period when an individual's main physical, mental, emotional and social development and growth takes place. Damage at this stage often cannot be overcome later. Children exposed to a disaster experience harmful psychological and emotional impacts that often scar them for life. *Therefore interventions to ensure the survival of children after a disaster are very necessary, but not sufficient to ensure that the disaster does not hinder their overall development.* Children have a right not only to protection and assistance in times of disasters but also to respect for the full range of children's rights.

Plan India's experience and Learning

Plan is working in India since 1979 and has been responding to disasters in supported communities for many years (Orissa super cyclone, recurrent floods in Bihar and droughts in Rajasthan), but with the Asian Tsunami of 2004 Disaster response and risk reduction with focus on children's rights became one of the key program areas. The tsunami response primarily focused on addressing the violations of child rights in the post disaster situation.

One of the key learning from these interventions has been that children are social agents in their own right and have the capacity to influence the situation in their own way even in such crisis situations. This positive engagement of children also contributes in bringing back some normalcy in their lives which is of vital importance during such times. One such project on Child led Social Equity Audit (CLSEA) was rooted in this firm belief in **child participation**. Plan India, in line with its child centered community development approach, created a niche role for children in the post-disaster communities through a process of child led social equity auditing. The CLSEA initiative was initially named

Pictures for Life (PFL) project (www.picturesforlife.org) and aimed at equipping children with the skills and the means to provide feedback to Plan about the community's perceptions of the quality of delivery of Plan's post-tsunami relief and rehabilitation services. The project merely sought to validate the mechanisms of CLSEA in the context of Plan's operations in post disaster situations. After fine tuning the CLSEA mechanism over three phases within ten tsunami affected villages in the Nagapattinam district of Tamil Nadu, the CLSEA model was put to test in the earthquake affected villages of Kashmir.

Plan used various innovative techniques to involve children in a meaningful way. Post Tsunami, together with One World South Asia, '**Amazing kids**' project was started which was to create skills and opportunities for communication at the grassroots level for children through various media like radio, camera, cartoons, computer training and traditional Villupattu (folk songs sung while playing a traditional bow). The idea was to promote local voices and knowledge especially from children's perspective.

Another key area that Plan focused on in post disasters was **child protection**. As mentioned earlier, apart from survival needs the need for protection becomes paramount in post disaster situation. Plan believes in **community based approaches** and hence established childcare and activity centres within the communities/camps with the objective of providing **safe spaces** for all children to help them recover from the trauma of disaster. These spaces apart from learning and recreation also proved to be useful to the parents or family members as they were themselves recovering and were busy with the relief activities. It offered a social space that enabled children to express themselves, access information and interact with others. It also provided opportunities to better organise service provisions and other support and reach that affected children quickly and effectively.

Plan partnered with Childline India Foundation (CIF) in Tamil Nadu which, through 1098—the help line number for children in difficult circumstances- was able to reach out to more than 43,600 children with various issues like, medical, health, educational and counseling needs along with the helpline outreach programs to create awareness about the Child help Line number were also conducted.

Along with children, **community participation** and capacity building as a strategy from the beginning also worked. In all its post disaster interventions Plan involved community groups, Self-help Groups (SHGs) and parents. These adults groups also proved to be a support system for children's groups. And along with community, the capacity building of the local NGOs involved in the disaster management efforts, on children's issues is also very critical.

Lastly, it is important to remember in any post disaster situation that **children are not merely the victims but are important actors** who can contribute in rebuilding the lives. And for this to happen it is critical to mainstream child centeredness in all stages of disaster- preparedness, rescue, relief, recovery and rehabilitation.

Child Care and Protection during Disasters*

Context

Disasters are regular phenomena for all countries. The difference is the intensity and the resultant impact on living organisms. Human, at the top of the intellectual ladder, hold the key to re-think and re-strategize to face disasters, predict them with the use of technological and scientific investigation and tools as well as protect human populations, especially, the vulnerable ones such as children during times of such crises.

Introduction

Disasters affect communities and families. They interrupt the daily routines and other events normally associated with day-to-day life. Families affected by disasters will miss most of their normal routines including domestic chores, running errands and pursuing various avocations – be it for leisure, livelihood or other reasons. Services such as schooling, entertainment, health, social networking etc are also rudely disrupted during disasters.

Demographic trends indicate that children form almost 36% of the total population of India. This translates to a phenomenal implication that in every disaster, 36% of the population affected is children! Considering their vulnerability to vagaries of nature and challenges posed by disasters, it is imperative that this demographic group is prioritized during disasters.

Objectives

The paper argues that a review in approach to disaster management can have positive results. A bottom-up approach to post-disaster operations of placing prioritizing children can yield better results in terms of better healing (psycho-social), peoples participation, optimization of use of resources, faster and effective relief and rescue operations, better coordination, accountability and faster return to normalcy.

Main Issues

The paper attempts a conceptual position of placing children first in the Relief & Rescue (RR) chain. It argues that this approach called as ***Child-centric Approach to Disaster Management (CADM)*** not only addresses the needs of children but also takes care of all members of the family and the community at large. The basis of this postulate is that (a) children constitute a sizable percentage of our population; (b) they are on the lowest rung of the vulnerability ladder, (c) Working for children can generate a special sense of purpose, commitment, attainment and intrinsic satisfaction among the helping profession in general, the family, community and among the Relief and Rescue (RR) teams, (d) The thrust in children ensures that all children are accounted for while preventing problems such as abuse, trafficking, abduction etc. And lastly, (e) Children helped is family helped and consequently community helped.

Conclusions / Recommendations

The paper proposes that a Child-centric Disaster Management Approach may be the adopted to address various concerns of children usually associated with during disaster relief.

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Contribution Paper to Thematic Sector on Children & Disasters:
Child Protection in Emergencies (CPiE) - Abstract

This paper will examine key principles, policies and experiences of effective child protection in emergencies, drawing on case studies of Save the Children **Bal Raksha Bharat's** (SC BR) work on child protection in conflict areas, post-disaster child trafficking, and collaboration between government, NGOs and CBOs to meet children's **nutrition, education** and **protection** needs in the aftermath of disasters including conflict.

Child Protection in Jammu & Kashmir

Approach: *Institutional and Home / Community Based Care of Orphans – Changing Paradigm*
GO-NGO Partnership: *Development and Adoption of Quality Standards under the auspices of Department of Social Welfare, J & K*

Twenty years of unrest in Jammu and Kashmir has caused immense damage to the lives of children, affecting their survival, protection, development and orphaning some 100,000 children. Further, the volatile situation has rendered many social institutions and traditional security mechanisms dysfunctional, thus reducing the support available for children at risk. Save the Children has established and trained a network of Child Protection Committees (CPCs) and Children's Groups to ensure that all orphans and children of underprivileged families are protected and monitored within their villages. Senior officials in the state government have reacted very positively to this work, and have adopted the Quality Standards for Care in orphanages. Further, J & K Government's Department of Social Welfare along with Save the Children Bal Raksha Bharat and partners are working together in partnership towards developing a child protection policy for the state of Jammu & Kashmir.

Child Trafficking following Cyclone Aila

Approach: *Relief to Restoration - Child Friendly Spaces (CFS) to Bridge Course Centres (BCC)*
Goal: *Mainstreaming into Formal Education (realization of RTE)*

Cyclone Aila hit the Sunderbans region of West Bengal on 25 May 2009, bringing catastrophe to some 6.6 million people. Since the disaster exceptional levels of migration have been reported and the long-term damage to household livelihoods has significantly increased the vulnerability of children to trafficking and exploitation. Save the Children Bal Raksha Bharat (SC BR) is supporting communities to run Child-Friendly Spaces (CFS) and Bridge Course Centres (BCC) to protect vulnerable children and help adolescents who have been trafficked to reintegrate into school or normal life.

Ready to Eat (RTE) food intervention in flood-hit Orissa

Approach: *GO-NGO/CSO-CBO cooperation to support Early Childhood Care and Development*
Available for the final write-up: *Case Study*

Flooding in Orissa in 2008 affected 4.2 million people in 19 districts. Children were especially hard hit and many schools and *Anganwadis* were damaged. Poor child nutrition is already a serious problem in Orissa but the disaster made them much more vulnerable. The sub-divisional administration therefore requested Save the Children Bal Raksha Bharat (SC BR) to support the establishment of a Ready-to-Eat (RTE) food processing unit for the ICDS in one district. The Department of Women and Child Welfare and local NGOs have conferred responsibility for managing these units to four self-help groups at the block level. The food mix from the units will substantially improve the nutritional status of the infants and preschool children across 77 ICDS centres initially targeting 10,000 children. In addition, it helps attract children to the *anganwadis*, provide a source of employment for 12-16 women per plant per day, and also strengthen the self-help and federation movements in the district.

1. Child Survival in Emergencies (CSiE) – a major campaign: Climate change and natural disasters

Shiren Miller, Ben Hewitt, & Pragma Bhatt

Save the Children is launching a 5 year long campaign on Child Survival. A silent disaster is to become aware and come to terms with the silent emergency of approximately 2 million children dying before they see their 28th day after birth in our country. The purpose of this paper is to set up a stall and show case this and communicate with the delegates and visitors on the importance of Child Survival in Emergencies. Climate change is already having serious effects on children's health, access to food and water supplies, and on the distribution, frequency and severity of disasters which impact disproportionately on children. Some of the major child killer diseases, including malaria and diarrhoea, are highly sensitive to climatic conditions such as flooding and higher temperatures.

2015 is the target date for the achievement of the Millennium Development Goals, including MDGs 4 and 5 to reduce child and maternal mortality. On current trends, these targets will not be met. This coming year, 2010, is therefore an absolutely critical one for getting on track for meeting its promises to the world's poorest children and their mothers. However, climate change is already increasing the frequency of disasters that kill poor children and extra attention and resources will be needed to avert further deaths.

250 million people globally, around half of them children, are already affected by climate-related disasters in a typical year. It has been estimated that in the next 20 years, as a result of climate change and other factors, the number of people affected by disasters will increase by over 300 per cent.

Save the Children is working with others to improve newborn and child survival in India. Our goal is that Millennium Development Goal 4 is achieved. This means that we need to ensure that the under five mortality rate is halved between 2010 and 2015. By 2015, that would mean 1 million children's lives will be saved each year. This effort must include serious efforts to tackle climate related disasters and emergencies.

Respond to emergencies and build resilience

Children are at a greater risk of illness and death in a conflict or an emergency situation and need immediate, life-saving interventions. Individuals, Government Ministries and humanitarian agencies like the United Nations and NGOs must commit additional resources to support the needs of children during this critical time, as well as coordinate actions to ensure that there is a rapid and equitable response that reaches all communities affected by the emergency. Whether it is a drought or other climate related crisis that inhibits children and families from accessing critical health services, we must work in partnership to ensure the most vulnerable groups are not only supported through the acute initial period of the emergency, but that resources and global commitment continue and that children and families continue to receive sustainable services and support after the emergency.

One way to help reduce the impact of conflict and disasters is through building the resilience of national and local systems like health and education, and by supporting disaster risk reduction (DRR) programmes that incorporate planning and preparing in advance so that communities are stronger when a disaster strikes. Governments Ministries and other stakeholders must work together now to include DRR into local plans and systems to help protect their populations and reduce the impact of any emergency. Save the Children believes that there should be a real drive to expand the

coverage of proven interventions that reduce maternal, newborn and child mortality and this must be applied in many different settings, from poor and marginalised communities most vulnerable to drought and other climate challenges through to rapid fast-onset disaster situations.

Save the Children work on Disaster Risk Reduction and Emergencies

Save the children in currently working in 4 multi-hazard prone states of India (Bihar, West Bengal and Tamilnadu) covering 243 villages and schools, reaching approximately 93,887 children through the Child Centred Community Based Disaster Risk Reduction (CC CB DRR). Communities and local institutions will be energized to develop their own Community Disaster Management Plans and School Disaster Management Plans to sustain and strengthen the preparedness with the leadership of children (under 18).

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Shashank Kumar Padhi

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Child Right to Disaster Safe Education - Case study of School Safety

programme in Delhi

Amir Ali Khan¹ & Shagufta Naseem Khan²

Key words: children, earthquake, school, safety, structural & non-structural mitigation

Among various rights, children have the right to safe, healthy and conducive environment for education. Under this right, it is an obligation on the society to provide sufficient and necessary safety at schools not only against natural and human made disasters but also from other conditions, which may cause harm to them. It has been observed from the past disasters resulting due to events like earthquakes and fires that school going children constitute one of the most vulnerable population group during such situations. It had been observed that during disasters, school buildings are destroyed, taking away the precious lives of children and teachers, and stalling access to education in the aftermath of a disaster. It is very costly and time consuming

to rebuild the educational infrastructure in such situations. It has been documented from the past disasters that school buildings had been destroyed due to earthquakes and other natural disasters through out the world, causing deaths to large number of students, teachers and other functionaries of the schools.

Few of the prominent earthquakes like Sichuan (2008), Kashmir (2005), Bam (2003), Bhuj (2001) and Armenia (1988) had caused huge devastations to the school buildings taking away thousands of precious lives of school going children and teachers.

Schools provide tremendous opportunity in developing the culture of preparedness and culture of prevention against hazards like fire and earthquakes. Similarly, resources available with schools like buildings can be utilized for emergency shelters and relief centers.

Vulnerability of schools in Delhi is quite high, where schools are being run in all sorts of buildings and premises with limited know-how about disaster (earthquake and fire) safe construction. Placement of non-structural components increases the level of vulnerability of majority of school buildings and putting them on higher risk due to earthquakes and fires. Government of Delhi is making an attempt to reduce the vulnerability of schools by taking structural and non-structural measures at school levels. The paper explores the efforts of the state government in dealing with the situation. The paper will explain in detail about the non-structural mitigation measures which come with little effort and are least costly, but contribute volumes to safety. In the paper an effort will be made to document the lessons learnt through case study of school safety programme in Delhi.

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Sharif Bhatt & Md. Aftab

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Manavendra Ray

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