



GOOD SHEPHERD CENTRAL EAST INDIA NEPAL

Safe Spaces

With great joy, we share the first edition of SAFE SPACES—the newsletter of Good Shepherd Central East India Nepal Province.

This is a space to listen to the voices of children, especially girls, who are often unheard at the margins. Through their poems, art, stories, and reflections, we hope to shine a light on their dreams and realities.

Safeguarding is at the heart of our mission. It means protecting the dignity of every child, preventing harm, and ensuring that no child is silenced or left behind. We are committed to making children’s rights a living reality in our communities.

As the Good Shepherd Position Paper on the Girl Child reminds us: “Our first response to the girl child is to accept and cherish her, affirming her immeasurable worth as a human person.”

When girls’ voices are valued, they can transform families, communities, and the world. May SAFE SPACES be a channel of hope, courage, and empowerment.

The Editorial Team

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Safety is our priority

Safeguarding Policy – Good Shepherd Central East India/Nepal

“The Church entrusts to us a share in her mission of reconciliation and the continued experience of mercy in all aspects of our lives, sending us to be a presence of Jesus, the Good Shepherd.” (Const. Art.: 4 & 5)

The Congregation of Our Lady of Charity of the Good Shepherd, as part of the Church and society, holds safeguarding of children and persons in vulnerable situations as its first priority.

As the Good Shepherd Position Paper on the Girl Child affirms: “Every girl is born with dignity, possesses the same rights as every human being, and must be assured the special rights of childhood so she may reach her potential as an individual, a woman, and a member of society.”

Safeguarding is more than policies—it is the way we live, ensuring respect, care, and responsibility in our treatment of children and vulnerable persons. Every program must create safe spaces that help children grow, protect them from harm, and work with others to uphold their rights.

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For nearly 400 years, the Congregation has cared for those facing violence, discrimination, poverty, and exclusion. Guided by St. Mary Euphrasia’s words, “One person is more important than the whole world,” we continue to protect human dignity and foster hope. This Safeguarding Policy reflects the commitment of all Good Shepherd Mission Partners to make sure every child and vulnerable person is safe, respected, and valued.

Safeguarding is everyone’s responsibility. Leaders, teachers, caregivers, and mission partners are called to be alert, caring, and courageous—never remaining silent when harm occurs. Every safe space is a sign of God’s love, where children feel protected, heard, and free. Inclusion is at the heart of safeguarding. Every child—regardless of gender, religion, culture, ability, or background—has the right to safety and dignity.

“Everything is interconnected...” (Laudato Si’, 70).

Caring for children means caring for the whole human family.

We therefore commit to:

- Creating and maintaining safe spaces,
- Responding quickly and responsibly to harm,
- Reviewing this policy regularly.

Safe spaces are not just about protection; they are places where children’s voices are heard, where they can dream and grow with confidence.

Together, let us build a culture of care where all feel secure, included, and free to flourish.

TOGETHER WE CAN



Sr. Pushpa Louis

Province Leader

Province - Central East India/Nepal





Safeguarding: A Shared Responsibility, A Daily Commitment

Safeguarding is more than a policy—it is a collective responsibility to protect the safety, dignity, and wellbeing of all, especially children and vulnerable individuals. As we mark the International Day of the Girl Child this October, we are reminded that safeguarding is not just written in policy but lived out in daily practice.

At Opportunity Village Nepal, safeguarding is embedded in our programs, trainings, and meetings. Contact person and focal person have been trained to strengthen their knowledge and skills, and they now take the lead in applying safeguarding in everyday activities. Safeguarding has also become a standing agenda in monthly check-ins, ensuring awareness and accountability across our work.

We follow a clear principle: report without delay, never do nothing. Every concern is taken seriously, handled with confidentiality, empathy, and professionalism under a strict zero-tolerance stance toward abuse or neglect. A child-friendly complaint box and accessible reporting through trained contact persons provide safe channels for children and vulnerable adults to share concerns.

Safeguarding is everyone's responsibility. As we celebrate the International Day of the Girl Child, let us renew our commitment to creating safe, inclusive, and empowering spaces for all.

Bikash Dhungana

Program Manager and Focal Person
Opportunity Village Nepal



Looking Beyond

I attended a training on the Safeguarding Policy organised by the Congregational Facilitation Team of the Sisters of Our Lady of Charity of the Good Shepherd. Towards the end, we were asked to share our reflections through creative art. Though hesitant at first, I used my spectacles as inspiration and titled my drawing “Looking Beyond.”

The image carried deep meaning. My spectacles symbolise farsightedness, clarity, and overcoming barriers. They reminded me that safeguarding is not confined to those close to us but calls us to look beyond—to every child in a vulnerable situation who deserves safety, dignity, and care. Safe spaces are where children feel valued, respected, and free to express themselves. Looking beyond challenges us to recognise their potential, empower them to grow, and stand with them in their struggles.



Such vision flows from a compassionate heart. Only by seeing children as persons with dignity regardless of background, gender, or ability can we support them in realising their unique worth as children of God. Jesus himself modelled this outlook, reaching beyond cultural boundaries: speaking to the Samaritan woman, forgiving the woman caught in adultery, dining with Matthew, and calling Zacchaeus by name. His compassion transformed lives, and he calls us to do the same for children and vulnerable persons today.

In a world where consumerism and social pressures often reduce human value, “looking beyond” is essential. Teachers, caregivers, and professionals must ensure children feel safe, heard, and included in decisions that affect them.

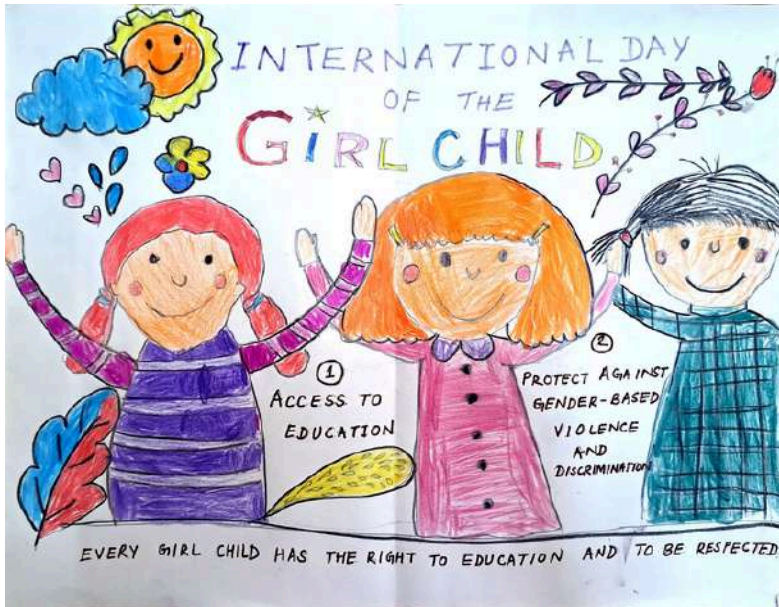
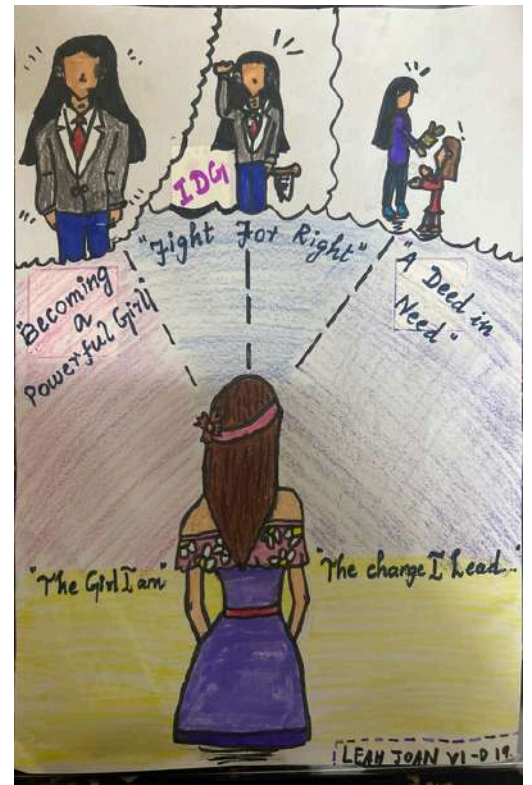
By removing our masks, listening with empathy, and creating environments of safety and respect, we can truly look beyond. Then every child will have the space to grow, dream, and thrive.



Sr. Annie Thomas
Province Link Councillor for Safeguarding

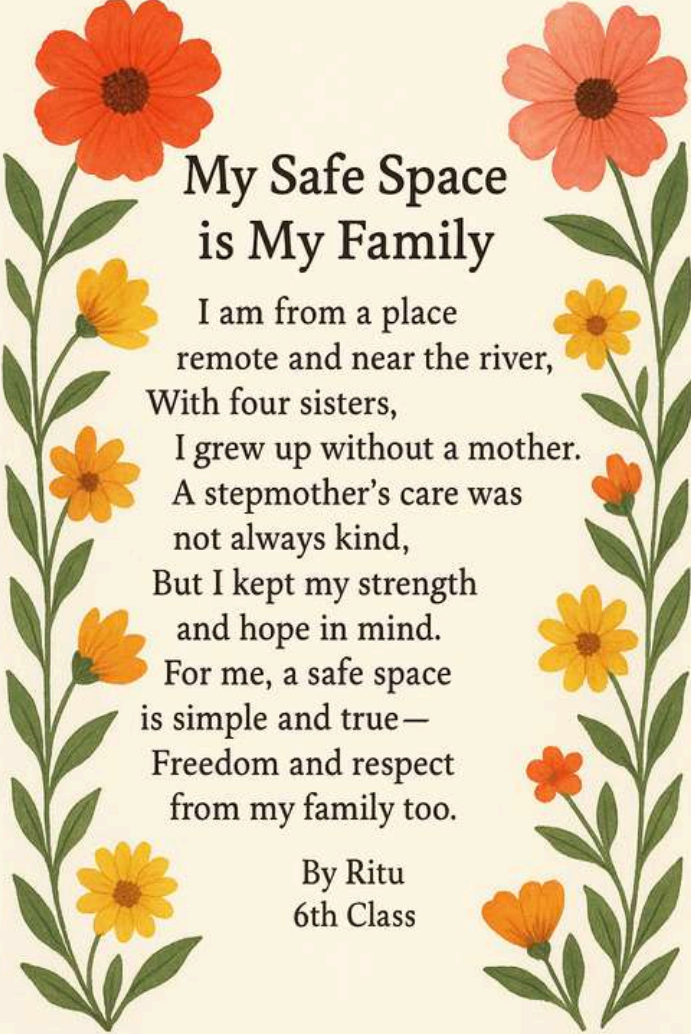


Voices and Artwork





Voices and Artwork



My Safe Space is My Family

I am from a place remote and near the river,
With four sisters,
I grew up without a mother.
A stepmother's care was not always kind,
But I kept my strength and hope in mind.
For me, a safe space is simple and true—
Freedom and respect from my family too.

By Ritu
6th Class

Empowerment begins in safe places where dreams unfurl

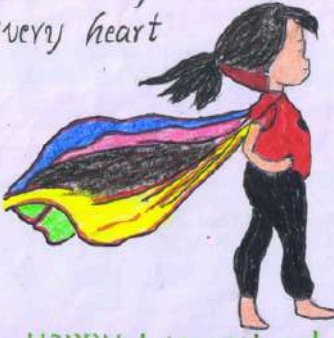
Girls with dream become women with vision

From this to this

Nurture her dreams she will nurture the world




*Equality in every step.
Strength in every heart*



Happy International Girl Child Day
8th class Ananthavaram

Art by Sanam Pavani

FAMILY IS MY SAFE SPACE











Name: V. Divya
age: 17
Mottukal...



Pathways to Protection

LAWS WHICH SAFEGUARD CHILD RIGHTS

"Safety is not a privilege for children; it is their right."

 THE CHILD LABOUR (PROHIBITION AND REGULATION) ACT, 1986	 THE PRE-CONCEPTION AND PRE-NATAL DIAGNOSTIC TECHNIQUES (PCPNDT) ACT 1994
THE COMMISSIONS FOR PROTECTION OF CHILD RIGHTS (PCR) ACT, 2005 	THE PROHIBITION OF CHILD MARRIAGE ACT, 2006 
THE RIGHT OF CHILDREN TO FREE AND COMPULSORY EDUCATION ACT (RTE), 2009 	THE PROTECTION OF CHILDREN FROM SEXUAL OFFENCES (POCSO) ACT, 2012 
THE NATIONAL FOOD SECURITY ACT, 2013 	THE JUVENILE JUSTICE (CARE AND PROTECTION OF CHILDREN) ACT, 2015 

Good Shepherd Convent,
Nochipatti, Ayothiyapattinam, Salem

Do's and don'ts

Responding to the Disclosure of Abuse

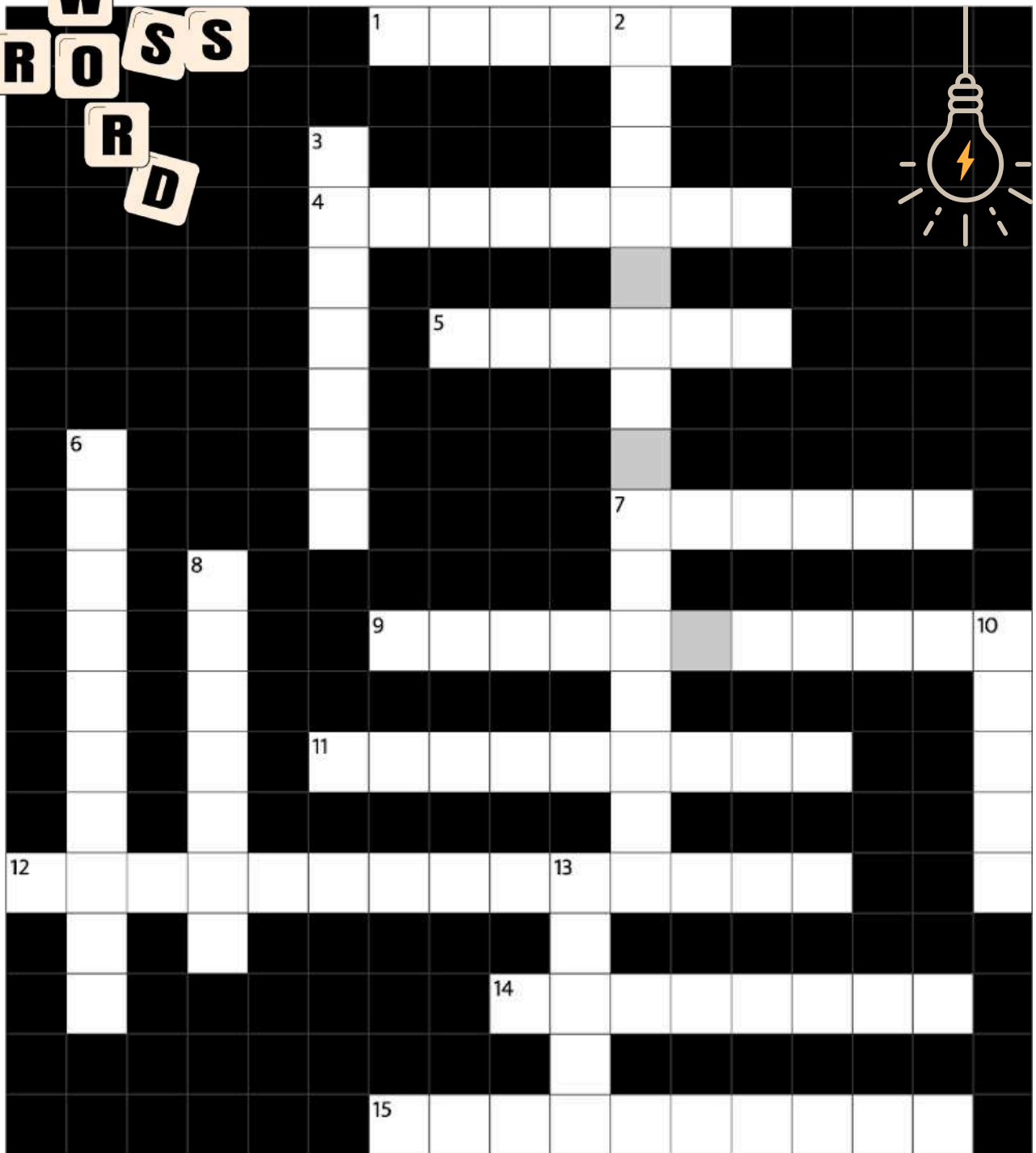
Do's:	Don'ts:
 Listen Actively Stay calm: Listen carefully and Patiently	 Make judgement about the alleged abuser
 Assure them it was not their fault. That you will tell them that it was not their fault. That you will listen to their story	 Promise to keep secrets
 Explain that you will have to inform the appropriate personell	 Tell them stories about other peoples
 Write down what they said as soon as possible after the incident. Use their own words as far as possible	 Tell them Everything will be fixed straight away.
 Express your anger or embarrassment	 Convey your anger, or embarrassment your opinion

OPPORTUNITY VILLAGE NEPAL
शुभ अवसर ग्राम नेपाल

We prepare training materials, posters, and simple learning aids to teach girls how to stay safe and claim their rights. These resources are also shared with others, so that together we can foster safe spaces where every child feels valued, respected, and protected.



CROSSWORD



Across

1. Rules or instructions for safe behaviour
4. Harmful act or event requiring attention
5. Formally complain
7. A dangerous situation
9. Basic freedom all people have
11. Measures taken to protect from harm
12. Unjust treatment based on identity
14. Hostile behaviour to intimidate or harm
15. Safety measure to keep someone from harm

Down

2. Rules that guide acceptable behaviour
3. Self-worth and respect
6. A formal claim or accusation
8. Failure to care properly for someone
10. Confidence in someone
13. Above the age of 18 years



Expressions

SAFE SPACE

A safe space is a world so bright,
Where no one trembles in the night.
Streets are free for woman and children,
A dream of safety and no sorrow will remain,
They walk with joy and dignity,
Let our hearts be pure,
Our souls be light
We'll build a safe and peaceful place.

**S AMEERAH FATHIMA
CHENNAI**

My Voice, My Dream

My voice is tender, yet strong and clear,
It carries hope for all to hear.
My dreams are vast, my spirit free,
A brighter world belongs to me.
I learn, I rise, I strive each day,
With courage guiding all my way.
I'm a girl—that is my power,
I bloom with strength each passing hour

**MONALISA ISLARY
BISPANI VILLAGE, BTR ASSAM**

Where Fear Starts to Fade

The world can be heavy with whispers and stares,
With judgments, with dangers, with wounds no one shares.
Girls walk through the fire of trials each day,
But here lies a refuge to keep fear at bay.
A space where no mocking, no harm can break through,
Where voices are lifted, respected, and true.
The scars of the outside can start to repair,
For safety and comfort are woven with care.
Through struggle and silence, a haven is made,
A place for all girls, where fear starts to fade.

**MARIA AKSHAYA PELICKS
CHENNAI**



பெண்களின் பாதுகாப்பான இடம்

பார்த்துச் செல் பார்த்துச் செல் வெளியே
சொல்வதோ அம்மா
பயப்படாமல் போ சொல்வதோ அப்பா
சொல்வதோ அப்பா
கலையவாயான அறிவுரையா கடந்து
செல்கிறேன் நான்
போகும் வழியில் பொது இடத்தில்
இருக்கிறாரா பாதுகாப்பு
கேள்விலே கேள்விலே நான்
கேட்கிறதுண்டாகவே பெண்ணினம்?
பதிலளிவது எங்கனம் ..
வீட்டிலேயே பாதுகாப்பு
வெளியிலே வரையறை
வேறெங்கே வேறெங்கே பாதுகாப்பு
எம் பள்ளி எம் பள்ளி என்கிறேன் நான்!

அஸ்மிதா. ஹ
சென்னை

Unshackled dreams

Girls' safe spaces, a haven true,
Where dreams unfold, and hearts renew.
Free from shadows and pain,
They rise, they shine and break the chain.
With every step, they find their might,
And their voices echo, shining bright.
In these safe zones, they heal and thrive,
And their potential, limitless comes alive

KIONA NIEVES SA
CHENNAI

La Fille Que Je Suis, Le Changement Que J'inspire"

La fille que je suis, forte et libre, Je
mène le monde vers l'équilibre. Je
me lève sans peur, le regard assuré,
Parmi les haineux, je reste éclairée.
Je suis sincère, je marche avec
grâce, Je brise les murs, je prends
ma place. La fille que je suis, forte et
libre, Je mène le monde vers
l'équilibre.

AVIGNA.M
CHENNAI



Here I stand, a girl of courage and
confidence,
A girl advocate, ready to champion a worthy
cause: I dream of speaking up for girls who
are silenced

By society's cruel ostracism, in terms of
gender or class, To live a life that contributes
to enriching and sustaining Our mother earth,
keeping it green and full of sap. Through
speech and deed let us onward proceed, Till
we make our mark, achieve our dream.

**ANNE ROSE
CHENNAI**

Created by a woman

As the last light leaves the sky Her
smiling face, she won't let to die. She
faces her life from dawn till dusk Using a
sword - old with rust The seasons may
change,
The leaves turn from green to yellow Yet
a woman holds the light in her hands
Heralding generations to rule the lands.

**ROWENA NADETTE A
CHENNAI**

Unstoppable Girl

She's fire in motion, a storm on the run,
Her battle's not over until it is won.
dreams
on her shoulders, courage in her eyes, She
builds her own wings and dares to fly.
No chain can bind her, no wall too tall,
She'll break through the limits, she'll
conquer it all.
An unstoppable girl, fierce and true.
Success bows down when she walks
through.

**SIYA OSWAL
KARJAT**

