

GOOD SHEPHERD INDIA NEPAL

Voices of Change: Invest in Girls' Rights

Safe Spaces



Every voice matters. Every story matters. Every girl deserves a Safe Space.

Welcome to the third edition of the Safe Spaces Newsletter and a special milestone in our journey, the first student-led editorial collaboration bringing together the voices of girls and allies from across the Good Shepherd India Nepal Region.

For the past three years, students from our region have actively participated in the International Day of the Girl (IDG) initiatives at both the India/Nepal and Asia Pacific levels. These experiences have connected us with young people from diverse cultures, communities, and realities. Through dialogue, reflection, and shared learning, we have come to understand that while our circumstances may differ, our hopes remain the same: to live in a world where every girl is safe, respected, valued, and empowered to reach her full potential.

Over the past year, the Conversation Circles have deepened this journey. They have provided spaces where young people could speak honestly, listen deeply, and learn from one another. In these circles, many discovered the courage to express thoughts that had remained unspoken, while others learned the importance of listening with empathy and respect. These conversations reminded us that every voice matters, not because it is loud, but because it is uniquely human and worthy of being heard.

For all of us on the editorial team, this experience has been enriching and transformative. It has strengthened our confidence, broadened our perspectives, and helped us appreciate the stories, struggles, and dreams of our peers. It has shown us that leadership begins with listening and that meaningful change begins with dialogue.

Highlights

Featured Article • Voices and Artwork • Message

Quiz me! • Open Mic • Upcoming Events

At its heart, a Safe Space is more than a place. It is an environment where people feel accepted, respected, trusted, and free to be themselves. It is where differences are welcomed, voices are encouraged, dignity is protected, and dreams are nurtured. Safe Spaces allow girls not only to feel secure, but also to grow in confidence, discover their strengths, and find the courage to lead.

The poems, reflections, stories, artwork, and creative expressions featured in these pages beautifully capture what Safe Spaces mean to young people. Through words, colours, images, and imagination, they express a longing for a world where girls can live without fear, speak without hesitation, and grow with confidence. Together, these contributions remind us that safety is not only about protection. It is also about belonging, acceptance, participation, equality, hope, and opportunity.

We express our heartfelt gratitude to **Sr. Lissy Chacko, Sr. Pushpa Louis**, and the Province Leadership Teams for their vision, encouragement, and steadfast commitment to keeping this mission alive. By creating opportunities for girls and allies to participate, collaborate, and lead, they ensure the voices of young people remain at the heart of the Good Shepherd mission.

We also extend our sincere appreciation to **Mrs Sashi Natarajan**, whose unwavering belief in young people has inspired and guided this journey. Her dedication to creating spaces where girls can speak, be heard, and take leadership has empowered many young people to discover their voice and use it with confidence and purpose.

As you journey through these pages, we invite you to listen to these voices. They are voices of courage and creativity. Voices of dreams and determination. Voices that call for a world where every girl is safe, respected, included, and empowered.

For when girls are given Safe Spaces, they find their voices. When voices are heard, confidence grows. When confidence grows, leaders emerge. And when leaders emerge, transformation begins.

Hannah, Susan and Yashwanth
THE EDITORIAL TEAM
Safe Spaces Newsletter 2026
Good Shepherd India Nepal Region

Voices of Change: Listening to Girls' Voices

In today's rapidly changing world, listening to girls' voices is more important than ever. Girls are not merely recipients of care, protection, or development programmes. They are individuals with ideas, experiences, dreams, concerns, and the capacity to contribute meaningfully to the decisions that affect their lives and communities.

Creating Safe Spaces to Speak: A person can only truly express herself when she feels safe. Families, schools, communities, workplaces, religious institutions, and organisations all have a responsibility to create spaces where every person can speak without fear of punishment, humiliation, discrimination, or retaliation.

A safe space is not only a physical place. It is also an environment of trust, respect, confidentiality, and acceptance. Girls should know that their concerns will be taken seriously and that speaking about something difficult will not result in blame being placed upon them.

Listening Beyond Words: Sometimes girls do not have the words, confidence, or opportunity to explain what they are experiencing. Silence, withdrawal, changes in behaviour, hesitation, fear, or a sudden lack of participation may communicate something that words cannot. At the same time, adults must avoid making assumptions. Noticing a change invites us to listen more carefully, not to interpret a girl's experience without her participation.

The question should move from
 “What do adults think is best for girls?” to
 “What are girls telling us about what they need,
 what they experience, and what they hope for?”

Recognising That Every Girl’s Experience Is Different: There is no single experience of being a girl. Girls may face different realities depending on poverty, disability, geographical location, family circumstances, social and cultural background, access to education, and other forms of inequality. Some girls may have opportunities to speak easily, while others may remain unheard.

Listening in the Digital Age: For today’s generation, an important part of girls’ lives takes place in digital spaces. Girls use technology to learn, communicate, build friendships, express opinions, and participate in public conversations. Listening to girls today therefore means understanding both their online opportunities and their online experiences. Adults and institutions need to create spaces where girls can speak openly about what happens online and receive support without being blamed for the harm they experience.

From Listening to Action: Perhaps the most important aspect of listening is what happens afterwards. If girls repeatedly share the same concerns but nothing changes, they may eventually stop speaking. Listening without action can create frustration and mistrust.

Meaningful listening asks:
 What have we heard?
 What have we learned?
 What needs to change?
 How can girls be involved in that change?

When girls see that their voices can influence decisions, programmes, policies, and practices, participation becomes meaningful.

The challenge is whether we are ready to hear them, whether we are willing to take them seriously, and whether we will act on what we hear.

Let us therefore create spaces where every girl can say what she thinks, share what she experiences, express what she hopes for, and participate in decisions that affect her life.

Listen to her. Believe her. Protect her. Walk with her.

And, most importantly, create opportunities for her voice to become part of the change she wants to see.



Sr. Precilla Noronah

Asia Pacific Working Party Member



SAFE AND UNSAFE ?

A SAFE SPACE FOR EVERY PERSON, PLANT, TREE & BEE

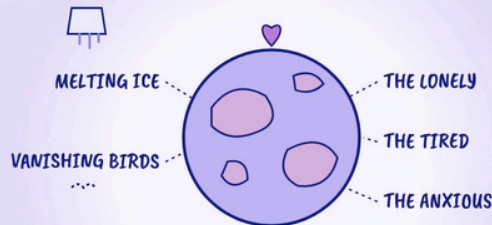
SOMEWHERE IN 2030



MORE CONNECTED, LESS ME



THE EARTH IS ASKING...



WHAT KIND OF HUMAN ARE YOU BECOMING?

HOW HUMAN?

TELL ME...



AM I SAFE?

WHAT IS SAFETY?



DEAR FUTURE ME



MY SAFE SPACE PLEDGE

- ✓ PHONE DOWN, EYES UP
- ✓ I RESPECT EVERY "NO"
- ✓ I INCLUDE ANYONE LEFT OUT
- ✓ I SPEAK UP AGAINST HARM
- ✓ I PROTECT EVERY PLANT & BEE



IF NOT NOW, WHEN? IF NOT ME, WHO?

FEEL UNSAFE? YOU ARE NOT ALONE · CONNECT TO YOUR SAFE ADULT



OPEN MIC- LETTER TO ME

Dear Me,



*May every page of my life may be safe ,
May every page of yours be safe too !
May every page that we together write
be the safest !*

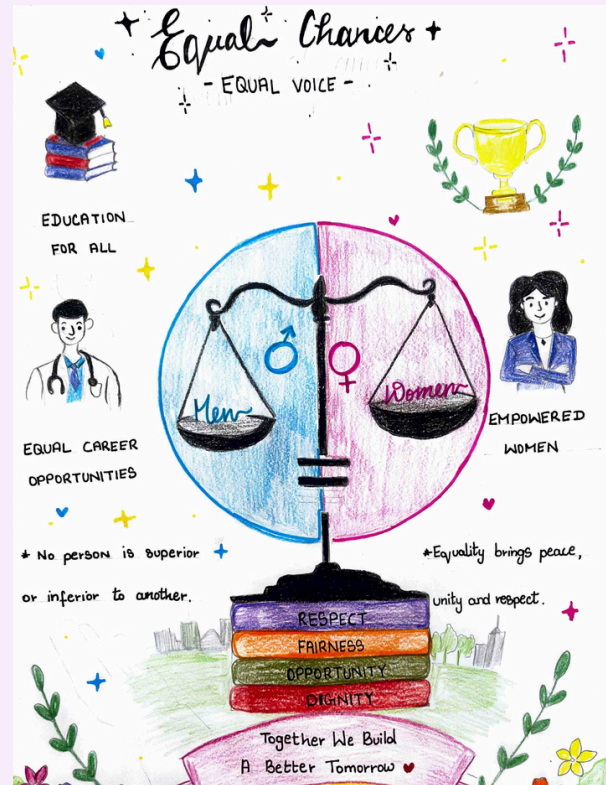
– with love, Me





Voices and Artwork

In this special feature, we bring together a tapestry of original artwork, reflective poems, and creative expressions submitted from across our widespread communities. Each contribution offers a personal glimpse into what a truly safe space looks like—a testament to resilience, hope, and the collective call to listen to, protect, and empower young voices.

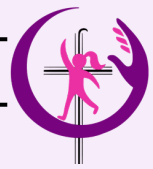


VOICES RISING

I have a voice, and it is strong,
I sing the earth a happy song.
I tell the trees, I "ll care for you,"
And make the oceans pretty blue.

We pick up trash and plant a seed,
To give the bugs the home they need.
We tell the world to please be kind,
To every flower we can find.

Even if I'm small today,
I have an important thing to say!
Girls bring hope and make a change,
We can fix the world today.



Guardians of the Earth

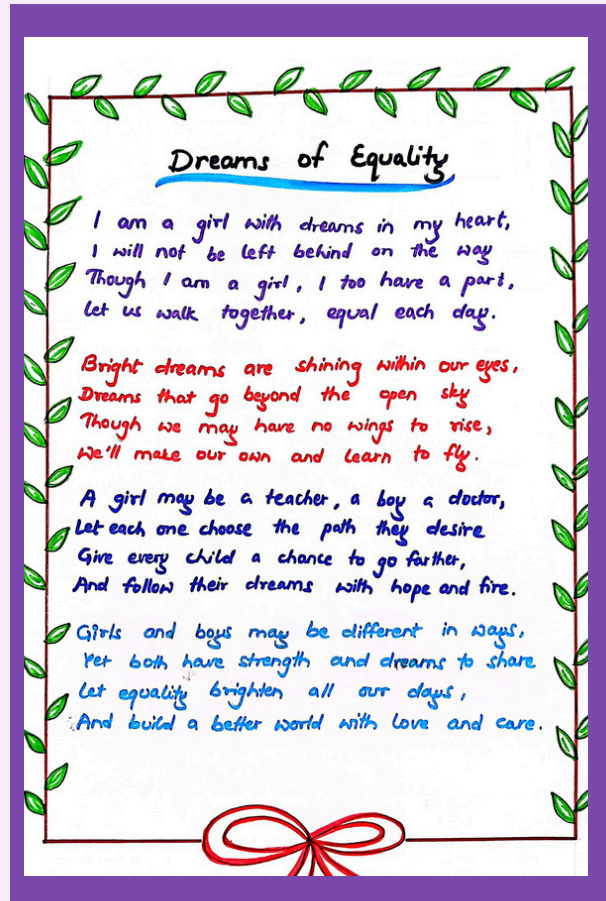
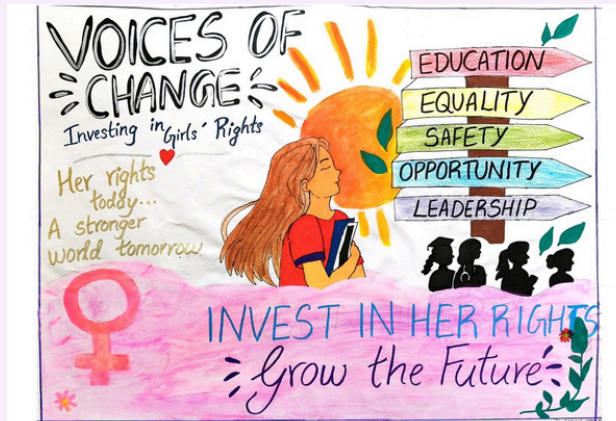
In quiet groves where shadows play,
a young girl leads the gentle way. With
sunlit hair and dirt on hands, hands,
She tends the soil of native lands.

She plants a seed in softly tilled ground,
Where life and green begin to abound.
She list'ns close to the whispering breeze,
And shields the saplings, flowers,
and trees.

No shining armor, no heavy blade,
Just quiet vows that she has made.
To clean the streams and clear the air,
To hold the earth in loving care.

A tiny guardian, fierce and sweet, With
living moss beneath her feet, She holds
the future in her sight, And guides our
world into the light.





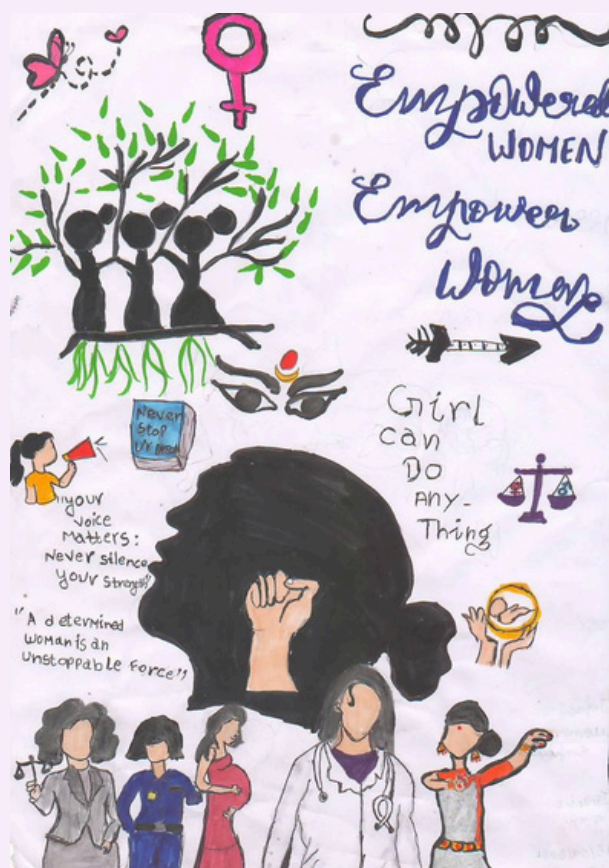
The Right to the Sky

Paper stars, folded and strung together
The little hands, grasping the needle
Following what her grandmother taught her
Bound to the prophecy of an idol.

The chart of her future, once bright with her wonder,
Now dulled to fix it with an older.
Like paper stars strung together,
Her life is strung with another.

But hands that could shape skies,
Should claim the charter where she alone decides.
Instead she carries the burden of traditional ties,
And the weight of the world without a cry.

She strings paper stars just like her family taught her,
At least until she breaks that tether.





म अधुरो

बल्ल त म संसारमा आएको थिए । २
आमाको न्यानो काखमा रमाएको थिएँ ।
म मिठो मिठो सपना देखेर सुतिरहेको थिएँ ।
म ब्युझिदा आमा सबै बगर भईदिए ।

म रहेन, मेरो सुन्दर संसार रहेन । २
भरोसा बनी जन्मिएको सन्तान रहेन ।
हेर्न खोजेको दिन उज्यालो भएन ।
म रहेन र मेरो सुन्दर संसार रहेन ।

I am incomplete

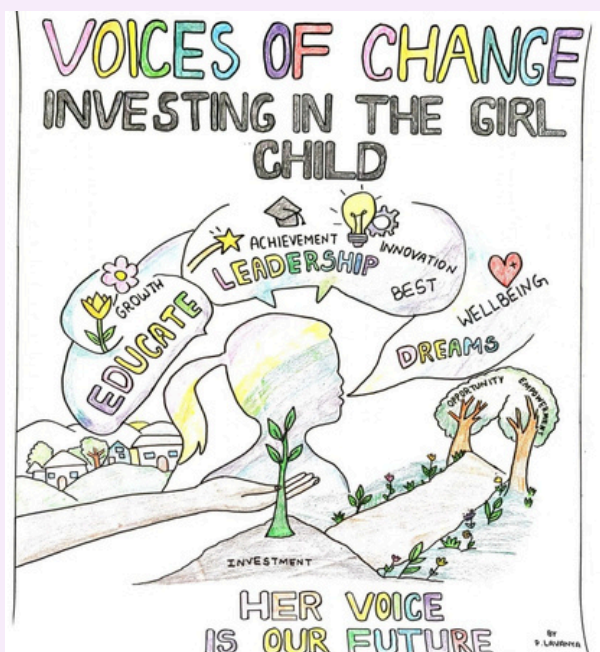
At last, I had come into this world,
Wrapped in my mother's warmth and love.
I slept peacefully, dreaming sweet dreams,
But when I awoke, my mother was gone—
Swept away, leaving only the riverbed
behind.

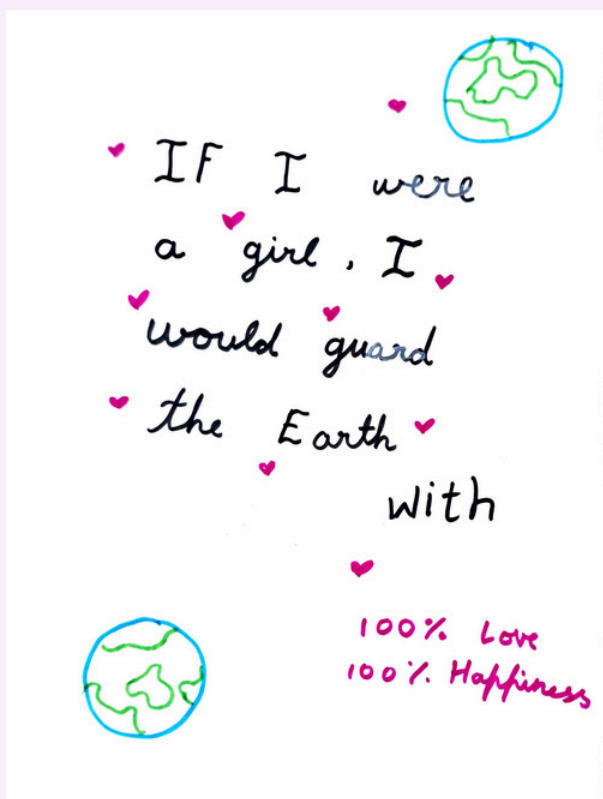
I was gone, and so was my beautiful world.
The child born to carry hope was no more.
The bright tomorrow I longed to see never
came.

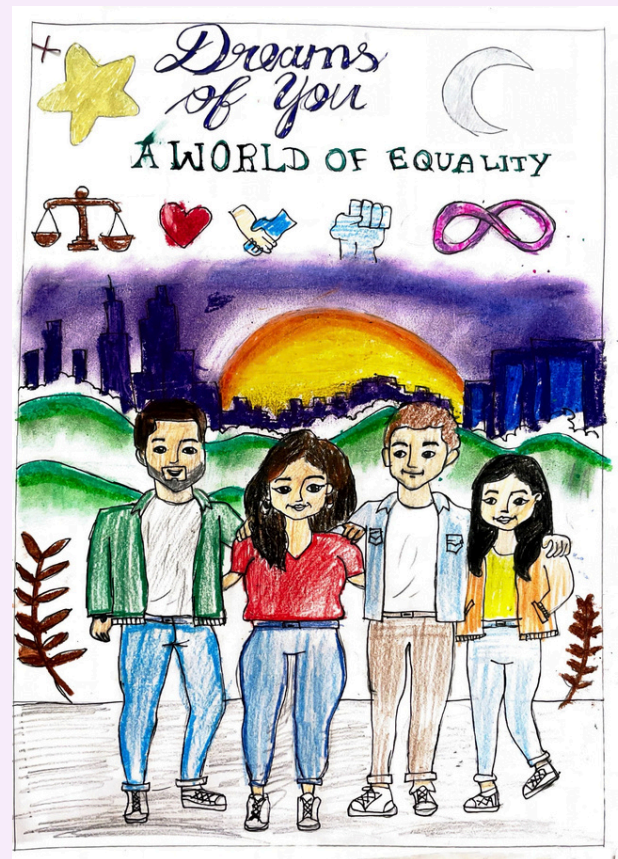
I was gone,
And with me, my beautiful world was gone.



*Silent, yet strong enough to leave down every
wall of inequality.*







My safe space

Once my hands carried heavy loads,
while dreams waited inside.

I was a child who knew hard work,
but barely knew the joy of learning.

Then came a classroom—
with laughter, books, and caring hearts.
Here, my voice is heard,
my feelings respected,
and differences welcomed.

No child should trade a childhood
for wages, fear, or days.

Every child deserves a safe space
where learning opens tomorrow's door.
Now I hold a pencil, not a burden,
and hope walks beside me.

Together, our voices become change—
a world where every child can learn,
belong, dream, and grow.



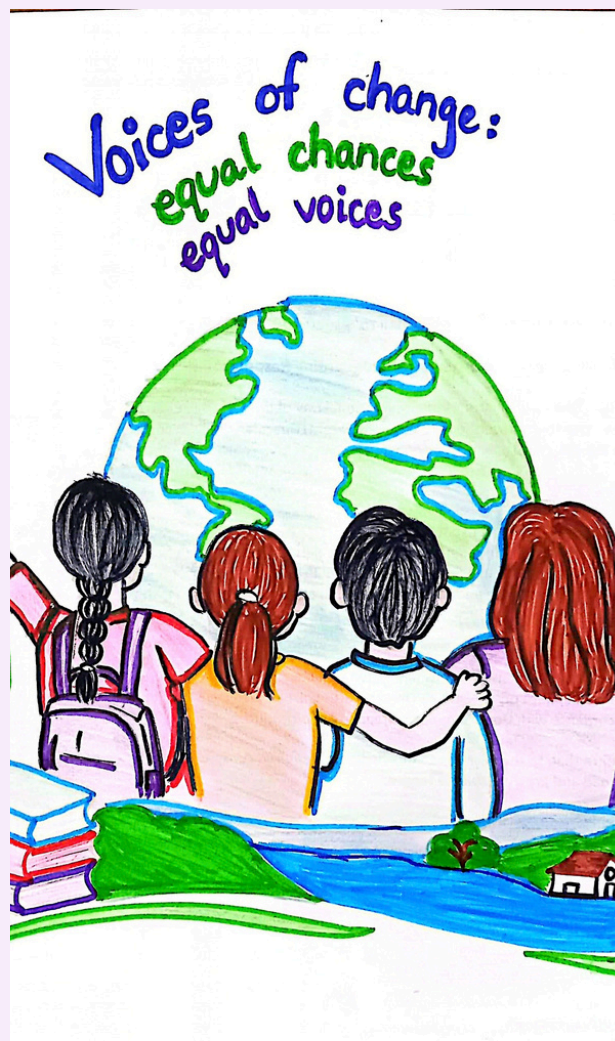
HOW GIRLS' VOICES BRINGS HOPE AND CHANGE

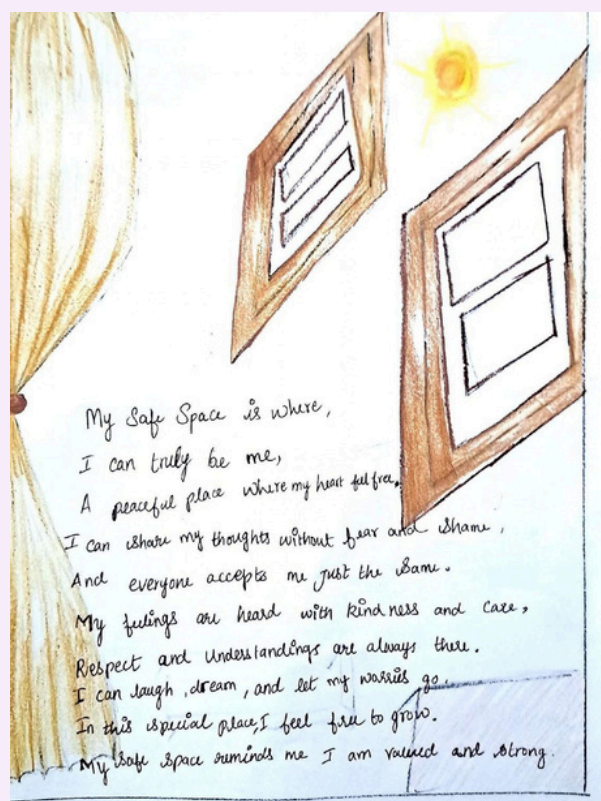
A girl has a voice, which is filled with dream and choice. She may speak quietly in the first, but her confidence will lead the way. When her voice is raised, she brings hope and light. It allows her to stand firm with confidence and courage to speak up.

One voice can bring a huge change in the world. When a girl rise and share dreams, she completely looks forward

to accomplish it. A girl not only focus on herself but also to inspire others to make a better choice.

"A GIRL'S VOICE CAN BRING HOPE AND CHANGE."





MY SAFE PLACE- A PLACE WHERE I FEEL FREE AND RESPECTED

A SAFE SPACE IS MORE THAN FOUR WALLS AROUND ME,
IT IS WHERE I CAN BREATHE , SPEAK ,AND SIMPLY BE
WHERE NO VOICE IS TOO SMALL,NO DREAM IS TOO HIGH
WHERE A GIRL CAN SPREAD HER WINGS AND REACH FOR THE SKY.

MY SAFE PLACE IS WHERE I NEED NOT CHANGE WHO AM I ,
WHERE MY DREAMS ARE RESPECTED ,WHATEVER THEY MAY BE .
WHERE **"YOU ARE A GIRL"**IS NEVER A LIMITATION ,
BUT A REMINDER OF COURAGE ,STRENGTH ,AND DETERMINATION .

AT **SCHOOL GOOD SHEPHERD CONVENT CONVENT** ,I FOUND SUCH A PLACE ,
WHERE KNOWLEDGE GIVE MY DREAMS THEIR WINGS AND GRACE .
IN EVERY CLASSROOM,CORRIDOR AND MORNING PRAYER,
I FIND ENCOURAGEMENT ,KINDNESS, AND PEOPLE WHO CARE .

HERE ,I LEARN THAT RESPECT IS NOT SOMETHING I MUST EARN,
AND THAT EVERY VOICE DESERVES ITS CHANCE TO BE HEARD.
I LEARN TO STAND TALL,TO QUESTION ,TO LEAD ,
AND TO BECOME THE GIRL MY DREAMS HAVE ALWAYS NEEDED .

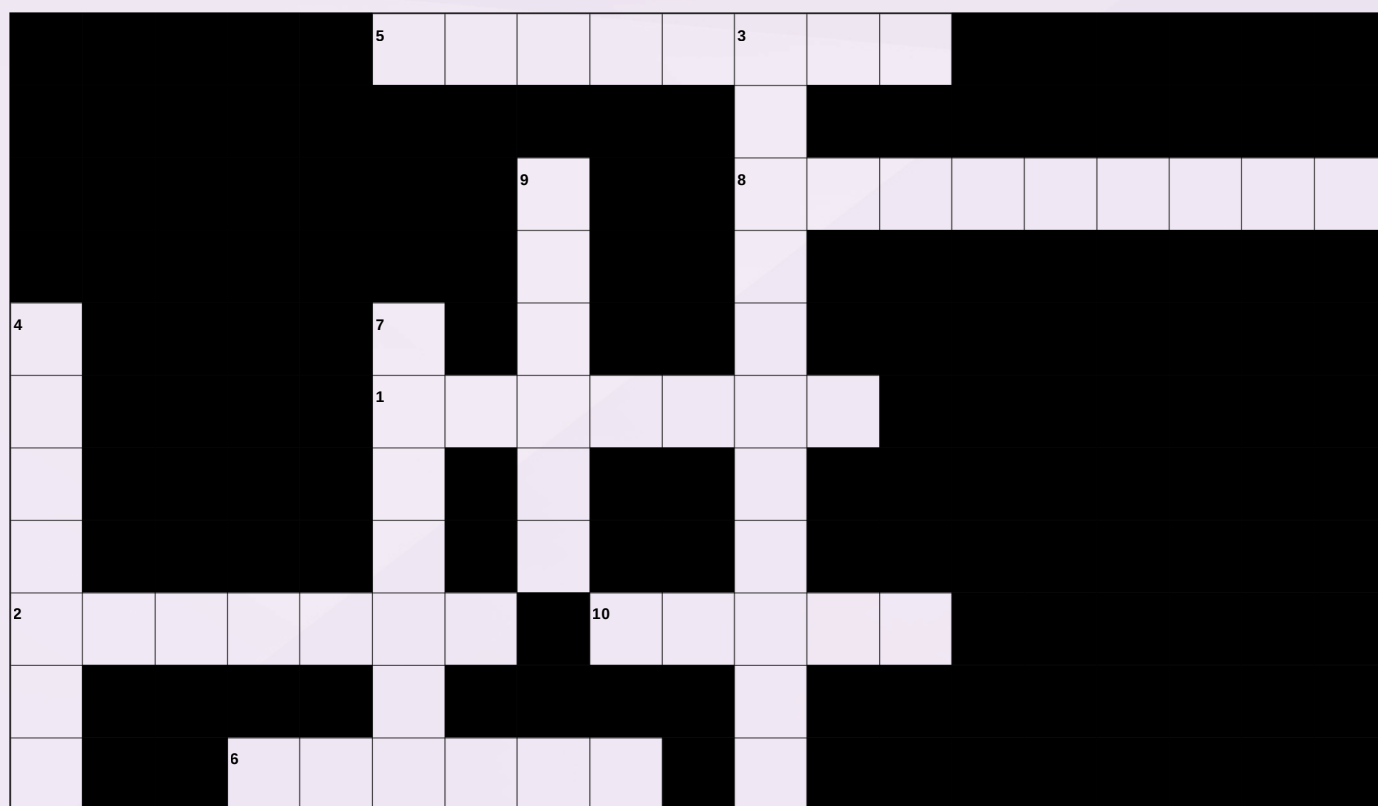
HERE,**FRIENDSHIP BLOOM** WITHOUT FEAR OR DISGUISE
AND TEACHERS HELP ME SEE THE STRENGTH IN MY EYES.
EVERY CHALLENGE BECOME A LESSON TO A EMBRACE ,
EVERY FAILURE ,ANOTHER STEP TOWARD FINDING MY PLACE.

AND WHEN TOMORROW CALLS ME BEYOND THESE SCHOOL DOORS,
I" WILL CARRY THESE LESSON TO DISTANT SHORES .
FOR THE GIRL WHO ONCE SEARCHED FOR A PLACE TO BE FREE
NOW KNOWS THAT HER SAFEST SPACE LIVES WITHIN ME .

MY SAFE PLACE IS NOT MERELY A ROOM OR A WALL-
IT IS THE COURAGE TO RISE WHENEVER I FALL.
AND IF YOU ASK ME WHERE MY HEART FEELS FREE,
GOOD SHEPHERD IS THE PLACE THAT **LETS ME SIMPLY BY ME.**



Instructions: Solve the crossword using the clues below. Write one letter in each square.



ACROSS

1. If you ___ a woman, you ___ a family and a nation – Sabitribai Phule.
2. Giving girls strength and confidence.
5. The ability to make independent decisions.
6. Girls are the ___ of the world.
8. Do not hide a girls' ___.
10. ___ of change – Invest in girls' rights.

DOWN

3. Feminism fights for equal ___.
4. To keep girls safe is to ___ them.
7. Something all women and girls deserve.
9. Girls should be ___ in a society.

ANSWER KEY — TURN THE PAGE UPSIDE DOWN TO READ

answer key
 across: 1. educate 2. empower 3. autonomy 4. future 5. potential 6. voice
 down: 3. opportunity 4. protect 5. respect 6. valued



Instructions: The hidden words in the grid and use the clues below to identify them.

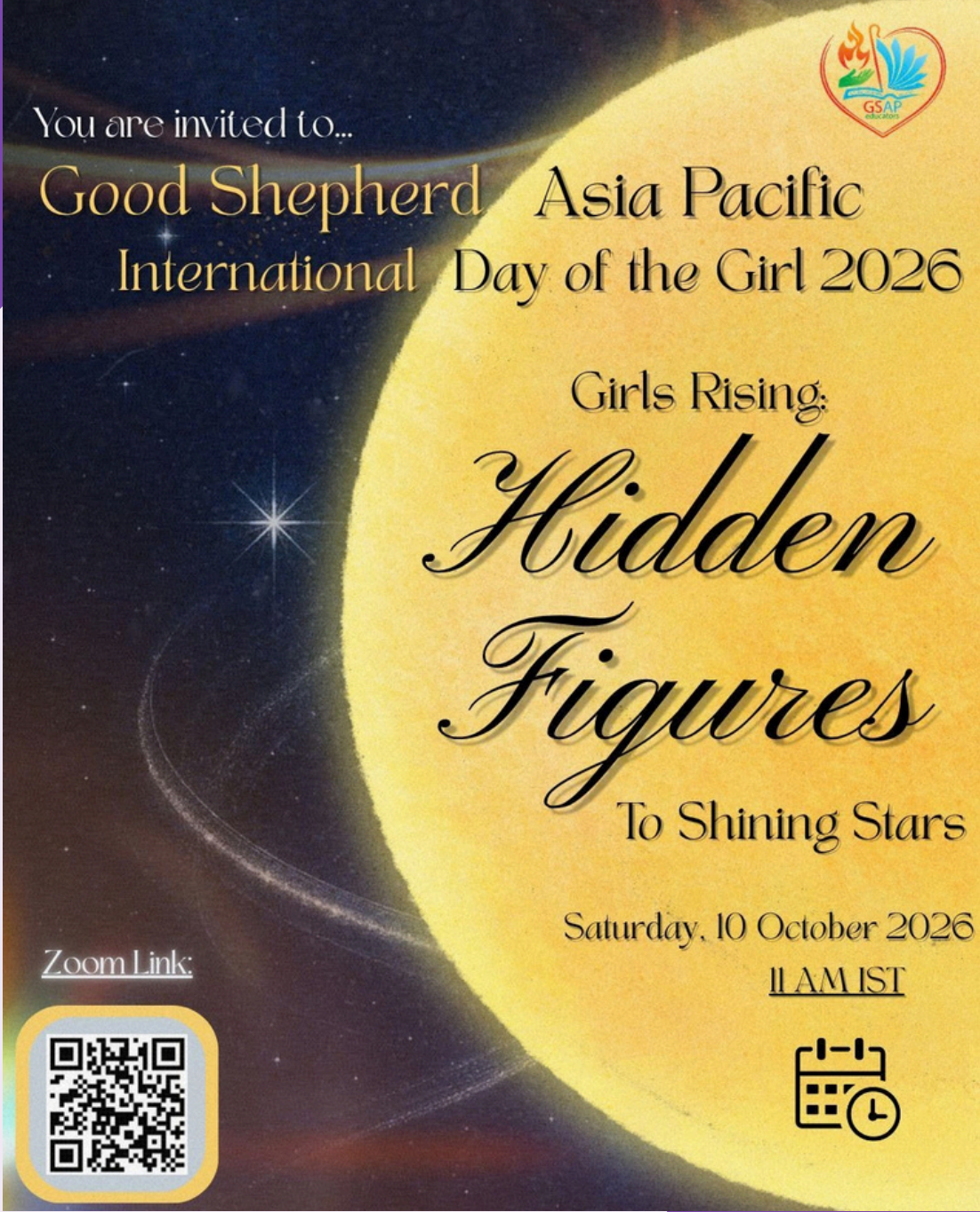
U	D	A	X	I	H	H	E	X	D	V	X	R	C	S	N	B	A
C	G	H	Q	T	A	R	G	W	U	W	R	N	H	O	E	S	I
Z	A	R	E	S	P	E	C	T	Y	Z	F	W	N	K	M	I	E
G	Y	K	D	C	M	D	L	L	T	I	Z	B	X	O	P	R	D
M	C	R	B	J	U	T	L	S	G	W	C	B	V	H	O	Y	J
C	H	D	M	E	I	O	U	L	F	L	L	G	V	I	W	W	V
U	C	T	U	F	A	R	X	H	F	O	M	I	U	W	E	R	H
V	K	Y	Y	B	H	U	B	Z	K	M	I	C	G	S	R	W	K
G	U	P	M	U	O	E	T	I	E	H	X	R	R	I	M	X	S
N	Y	S	M	L	H	E	Q	I	P	C	Y	B	D	E	E	U	F
Z	T	V	N	T	C	M	M	T	F	O	Q	I	R	A	N	V	X
D	I	V	R	Y	I	Y	U	K	D	U	J	N	F	O	T	A	X
X	L	I	Q	Y	F	Q	D	U	J	U	L	Q	T	G	E	L	Y
F	A	R	Y	Q	A	T	K	P	A	D	L	Z	J	H	B	H	S
C	U	C	X	P	C	Y	R	Y	E	E	V	P	R	F	I	Q	T
N	Q	G	R	Y	X	W	G	W	J	M	V	U	L	O	Q	O	D
H	E	H	C	K	A	S	R	H	S	H	A	C	W	U	B	H	C
B	K	C	Q	H	I	V	P	H	O	N	O	U	R	G	R	E	X

CLUES

1. What should we show to others as a way of treating them with dignity and consideration?
 2. What do we call the process of giving women and girls greater power, confidence, opportunities, and a stronger voice?
 3. What principle means that women and girls should have equal rights and opportunities?
 4. What word means treating a woman or girl with great respect and esteem?
 5. What word describes something that is pleasing or admirable in appearance or character?
- BONUS. What word in the grid means having the same rights, status, or opportunities?

Answer key - Turn the sheet upside down
 1. RESPECT. 2. EMPOWERMENT. 3. EQUALITY
 4. HONOUR. 5. BEAUTIFUL. BONUS: EQUAL

UPCOMING EVENTS



You are invited to...

Good Shepherd Asia Pacific
International Day of the Girl 2026

Girls Rising:
Hidden Figures
To Shining Stars

Saturday, 10 October 2026
11AM IST

Zoom Link:



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Reach out to us at anytime.
we are there for you

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