# Nurturing Confidence and Security in Our Children through Quality Education

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## Abstract

Education is the best vehicle to nurture self confidence and security in our children. The paper deals with the role of teachers and parents in nurturing self confidence and security in our children by giving them warmth and support , providing counseling for facing struggles of life, by presenting themselves as role model for them and by using socio emotional teaching strategies. The paper also highlights UNESCO's concept of "Child Friendly Schools". Sex education and Education for security against cyber crimes are also mentioned as the best tools for providing security in our children.

**Keywords:** Self Confidence, Security, Child Friendly Schools, Sex Education, Security against Cyber Crimes.

**Introduction**

"Your body is a weapon and consider it very strong. Consider your mind to be very strong  as only with strong mind and body you will be able to cross the ocean of life. Have a strong faith in yourself, your body and mind."

**Swami Vivekananda**

It is a well known fact for all of us , the teachers ; especially the teacher educators that education deals with all round development of the personality of an individual. According to Swami Vivekananda education is the manifestation of perfection already in man. This perfection is the realization of the infinite power which resides in every thing and every where. He took a pity on the system of education that did not enable a person to stand on his own feet or teach him self confidence and self respect and feeling of security. He always propagated that fearlessness and self confidence must be inculcated in our youths.

To be self confident is to be secure in oneself and one's abilities. Confidence is a belief in your ability to master your body, behavior, and the challenges you encounter in the world. Children who are confident are eager to learn new skills and face new challenges. They also expect adults to be helpful and supportive of their efforts. Self-confidence is also crucial for getting along with others and working out the many social challenges—such as sharing, competition, and making friends—that children face in school settings. Being or feeling secure involves emotional security, secure in one's own body and having trust in relationships.

Quality Education is described in detail in a paper, presented by UNICEF at the meeting of The International Working Group on Education Florence, Italy June 2000. Salient features of Quality Education as  derived from the paper are as follows:

1. The curriculum content of quality education is concerned with the acquisition of basic skills, especially in the areas of literacy, numeracy and skills for life and knowledge in areas such as gender, health, nutrition, HIV/AIDS prevention and peace.
2. The process of teaching includes child centred teaching approaches in well managed classrooms to facilitate learning.
3. Teaching learning environment is healthy, safe, protective and gender sensitive and used to be equipped with adequate facilities and resources.
4. Learners are ought to be healthy, well nourished, participating and possessing support of their families and communities.
5. Outcomes of education lead to self sufficiency and social efficiency.

**Aim of the study**

This era of globalization  is an era of rapid social changes. Our children are highly receptive to these changes. The present paper aims to make our teachers and guardians  aware  with the strategies of teaching

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and quality education so as to develop confident and secure children in this new horizon.

## Nurturing Self Confidence in Children

In order to promote feeling of security and self confidence in our children, we the parents and the very early, it wouldn't be too much to say from the very done a day or two. The process of building teachers have to play a major role. Nothing can be in confidence is to be initiated infancy as Erickson , a Developmental Psychologist in his psychosocial stages of development starts with building basic trust vs. Mistrust at the infancy stage. Confidence nurturance passes through the stages of infancy to adolescence, hence the responsibility remains with us the parents, teachers and schools by using child friendly approaches at home and in schools, making our adolescents aware with the sex related issues through Sex Education and cyber issues leading them to cyber secure life in this digital era.

To facilitate courage and up bring children in a healthy, confident skillful and efficient member we must encompass certain strategies as given below:

1.  The first and foremost way to develop confidence and security in our children is to develop physical strength in them. Proper health care, nutrition, play, exercise and sleep are the basics for proper physical development. Its prime responsibility of the parents to take care of  the proper  physical development of their children.
2.  A child feels safe and secure in an environment when events are well managed and predictable. If day to day events seem to occur randomly, it may cause anxiety in child. So establishing a routine with our children is to pave the way to a secure and confident personality.
3.  Children should be provided with the opportunities to play as play develops feeling of healthy competition, cooperation and confidence in them. Play also develops assertiveness, leadership and problem solving skills in children.
4.  Let your child solve his problem by his own. Just keep watching and guide and support them whenever required. The times of struggle while solving problem are the golden opportunities for them to develop feeling of confidence, competence and mastery in them.
5.  Give responsibilities to your child as feeling useful and needed make them feel important and builds confidence in them.
6.  Show your children their worth by celebrating their success. Use motivating and reinforcing language such a Nice  job ; such types of words instill confidence in them.
7.  Children have keen observation power. So try to be a role model for them. Children keep on learning latently how you manage your emotions like hurt, anger, frustration etc.

Thus parents can grow their children in a confident secure individuals by just a little conscious efforts in their child rearing practices. Along with home environment school climate also play a major role in developing secure and confident individuals. The concept of child friendly schools is ought to be mentioned in this regard. So now let's  discuss the concept of child friendly schools.

## Child Friendly Schools

UNICEF has given the concept of child friendly schools. It has developed a framework for rights based, child friendly educational system and schools that are characterized as "inclusive, healthy and protective for all children, effective with all children, and involved with families and communities- and children" (Shaeffer,1999). Salient features of this framework are:

1.  A child friendly school ensures physically safe, emotionally secure and psychologically enabling school climate to every child.
2.  Teachers' role is crucial. He has to create an effective and inclusive classroom.
3.  A child friendly school recognize , encourages and supports child's capacities and potentials by providing child centred curriculum and methods of teaching.
4.  It seeks the support and participation from families.
5.  It respects the diversity and ensures equality of opportunities for all children. It promotes gender equality.
6.  It provides good curriculum content and resources.
7.  IT ensures a healthy, hygienic and safe learning environment, with adequate water and sanitation facilities, healthy classrooms, healthy policies and practices and provision of health practices such as nutritional supplementation.
8.  It seeks to protect all children from any kind of abuse and harm.
9.  Seeks to establish harmonious relationship with parents of the children.
10. Ensures community's participation by encouraging local partnership in education.

Adopting this child friendly model is a sure way to nurture and grow our children in self confident and secure personalities.

## Role of Teacher in Nurturing Self Confidence and Feeling of Security

Teachers play a major role in developing self confidence and security in children by remaining sensitive to their needs. They should be attentive to socio emotional needs of the children. Teacher's attention and presence works as a pillar of confidence for children in stress. Positive relationships with parents and teachers are crucial for children's socio emotional development. First step towards security is trust. Children must have trust in their relationships with adults and their teachers that they can share their problems whether physical or emotional, with them. If they are confused, teachers can provide them counseling, if they are risk takers elders can provide them reasonable limits to ensure their safety. When a child finds consistent trust and confidence in his teachers or elders, this experience of consistency makes them feel more comfortable and less threatened, resulting in a strong sense of security that can generalize to all the aspects of their lives.

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Another important issue to make our children and adolescents feel secure in today's world is to develop gender and sex related awareness in them.

## Importance of Sex Education in Nurturing Confidence and Security

Sex education is now not a taboo. It is now considered essential to make our younger generation more aware and responsible about the sexual health of themselves and the other gender as well. Sexual health is regarded as a state of physical, emotional, mental and social well being in relation to sexuality and not just the lack of disease or disability. Sex Education is vital so that the  young can understand the bad touch and abuses. It will help our children to understand that something wrong is being done to them and will be able to communicate to their parents and teachers or elders without fear or hesitation.

Along with, the skills developed through sex education are also linked with general life skills such as communication, decision making, negotiating, identifying sources for help such as parents and professionals etc. These life skills are not only beneficial for the social, emotional and physical security of adolescents, but also in other aspects of life. They are taught to recognize the situations in life when they have to resist and overcome the pressures of others.

Hence it is realized that by obtaining information, developing beliefs and attitudes and relationships and trusts, a strong foundation for life long sexual health can be laid. Keeping this in view, The Government of India has brought out the National Education Policy, 2016, which accepts the significance of sex education in schools for adolescents for safety measures. Although a research study on reasons for sex education says that as far as abstinence is concerned; only education does not work. A comprehensive education along with parental guidance is required.

## Education in Cyber Related Issues

In this digital era, our children also require protection in cyber space. It is a collective responsibility of all of us; the parents, teachers and stakeholders including Government. It is our prime responsibility to take care of our children when they use internet and Information and communication technology. While dealing with cyber space , children may be victim of cyber crimes, cyber bullying and pornography etc. So they must be made suitably aware as well as protected from these cyber threats.

Therefore our children should be made aware of cyber security and cyber law at the school level itself. School children must be made aware about the provisions of Information Technology Act 2000, so as to make aware of the consequences of their acts or omissions in cyberspace. Similarly , they must be made aware with the cyber security related issues to make them cyber safe. Online skill development programmes, virtual campus and e-learning platforms that they can access from both school and homes are good and secure for the students. The Union Ministry is planning to set up an apex coordination centre to deal with cyber crime such as financial fraud, circulation of communal and pornographic content, and has asked states to establish a similar mechanism in every district. It has also released a sum of Rs. Eighty three crore for setting up a cyber forensic training laboratory-cum-training centre for police officials in each state. The funds were given under the cyber crime prevention against women and children.

## Conclusion

Thus in this era of globalization, we have to let our children grow and develop fully to brighten their future and to make them shine like a star in this global sky. Our youngsters need to be physically and emotionally strong. Parents and teachers are the prime source for nurturing confidence and security in our children through quality education including sex education and education for cyber security. So let us make efforts to make our children physically, mentally, socially and emotionally confident and secure and motivate them as in the words of Swami Vivekananda;

"Throw away all the weakness. Tell your body that it is strong, tell your mind that it is strong and have unbounded faith and hope in yourself."

-Swami Vivekananda

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