

Effectiveness of Nurse-Led School-Based Child Sexual Abuse Awareness Programmes among Primary School Children

Mansi Sharma¹, Mohsin Kamal²

¹M.Sc. Nursing 2nd Year Student, Faculty of Nursing, Rama University, Kanpur, Uttar Pradesh, India

²Associate Professor, Department of Community Health Nursing, Faculty of Nursing, Rama University, Kanpur, Uttar Pradesh, India

Corresponding Author:

Mr. Mohsin Kamal, Associate Professor, Department of Community Health Nursing, Faculty of Nursing, Rama University, Kanpur, Uttar Pradesh, India

E-mail:

[0000](mailto:mohsin.kamal@ramau.ac.in)

GFNPSS-International Journal of Multidisciplinary Research is a journal of open access. In this journal, we allow all types of articles to be distributed freely and accessible under the terms of the creative common attribution- non-commercial-share. This allows the authors, readers and scholars and general public to read, use and to develop non-commercially work, as long as appropriate credit is given and the newly developed work are licensed with similar terms.

How to cite this article: Sharma M, Kamal M. Effectiveness of Nurse-Led School-Based Child Sexual Abuse Awareness Programmes among Primary School Children. GFNPSS-Int. J. Multidiscip. Res. 2026; 7:4: 3390-3394

Submitted: 09 April 2026: **Accepted:** 17 April 2026: **Published:** 30 April 2026

Abstract

Child sexual abuse (CSA) is a severe public health and social problem with long-term psychological, emotional, and physical consequences affecting children worldwide. Nurse-led school-based awareness programmes play a crucial role in educating children about body autonomy, personal safety, and reporting mechanisms. This study aimed to assess the effectiveness of a school-based, nurse-led awareness programme among primary school children. A quantitative, quasi-experimental one-group pre-test and post-test research design was used. The findings revealed a significant improvement in children's knowledge and awareness levels following the intervention. The study highlights the importance of incorporating structured nurse-led awareness programmes into school curricula to empower children and prevent abuse.

Keywords: Child sexual abuse, Nurse-led intervention, School-based programme, Awareness, Primary school children, Prevention, Child safety education

Introduction

Child sexual abuse (CSA) is a global issue that compromises children's safety, wellbeing, and dignity. It includes any form of sexual activity involving a child where consent is absent or cannot be obtained. Primary school children are particularly vulnerable due to limited awareness and inability to identify unsafe situations.

Schools serve as an important setting for preventive education. Nurses, as health educators and child advocates, are in a unique position to conduct structured awareness programmes. These

programmes focus on teaching children about body autonomy, safe and unsafe touch, and ways to seek help.

Despite increasing awareness, many children remain uninformed due to cultural taboos, lack of communication, and insufficient school-based interventions. Therefore, evaluating the effectiveness of nurse-led programmes is essential to enhance children's knowledge and protective behaviours.

The increasing prevalence of child sexual abuse highlights the urgent need for preventive

education among children. Many children are unaware of their rights and do not know how to respond to unsafe situations. Cultural barriers and lack of open communication further aggravate the issue. Schools provide a structured environment for implementing awareness programmes effectively. Nurses, as trained health professionals, are well-positioned to deliver such education.

However, there is limited research evaluating nurse-led CSA awareness programmes, especially in developing countries. Therefore, this study is essential to assess the effectiveness of such interventions in improving children's knowledge and safety.

Problem Statement

A study to assess the effectiveness of a nurse-led school-based child sexual abuse awareness programme among primary school children at Kanpur, Uttar Pradesh.

Objectives of the Study

1. To assess pre-test knowledge regarding child sexual abuse among primary school children.
2. To implement a nurse-led awareness programme.
3. To evaluate the effectiveness of the programme by comparing pre-test and post-test knowledge scores.
4. To determine the association between post-test knowledge scores and selected sociodemographic variables.

Hypothesis

- **H₀ (Null Hypothesis):** There is no significant difference between pre-test and post-test knowledge scores.
- **H₁ (Research Hypothesis):** There is a significant increase in knowledge scores after the intervention.

Method and Material

Research Approach

Quantitative research approach.

Research Design

Quasi-experimental one-group pre-test and post-

test design.

Variables

Independent Variable

- Nurse-led school-based child sexual abuse awareness programme

Dependent Variable

- Knowledge level of children regarding child sexual abuse

Sociodemographic Variables

- Age
- Gender
- Class/Grade
- Type of family (nuclear/joint)
- Parents' education
- Previous exposure to awareness programmes

Population

Target Population

All primary school children aged 6–12 years

Accessible Population

Primary school children studying in selected schools within the study area

Sample

Sample Size

100 primary school children

Sampling Technique

Non-probability convenience sampling

Inclusion Criteria

- Children aged 6–12 years
- Students present during the study period
- Children whose parents/guardians gave consent

Exclusion Criteria

- Children with cognitive impairments affecting understanding
- Children absent during data collection

Method of Data Collection

- Permission obtained from school authorities
- Informed consent from parents/guardians

- Pre-test conducted using structured questionnaire
- Implementation of nurse-led awareness programme (role play, teaching, videos)
- Post-test conducted after 7 days

Development and Description of Tools

Section A: Sociodemographic Data

Includes:

- Age
- Gender
- Class
- Family type
- Parents' education

Section B: Knowledge Questionnaire

- Structured multiple-choice questionnaire covering:
 - Personal safety rules
 - Meaning of child sexual abuse
 - Safe and unsafe touch
 - Reporting mechanisms

Scoring:

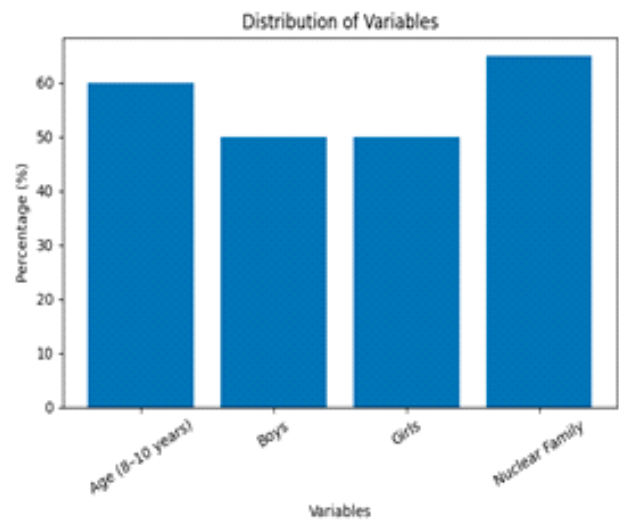
- Correct answer = 1 mark
- Incorrect answer = 0 mark

Results and Findings

Section A: Demographic Characteristics

The above graph illustrates the distribution of

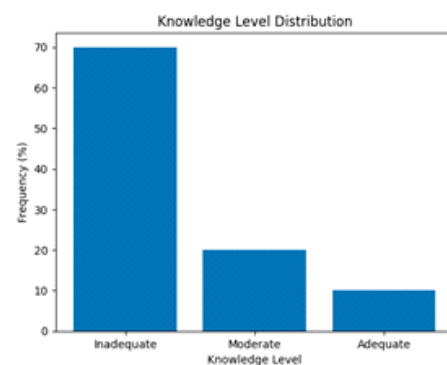
Variable	Frequency (%)
Age (8–10 years)	60%
Boys	50%
Girls	50%
Nuclear Family	65%



knowledge levels among the participants. A majority of the respondents (70%) were found to have inadequate knowledge, indicating a significant gap in awareness regarding the subject matter. Meanwhile, 20% of the participants demonstrated a moderate level of knowledge, suggesting partial understanding. Only a small proportion, 10%, exhibited adequate knowledge, reflecting a satisfactory level of awareness. Overall, the findings highlight that most participants lack sufficient knowledge, emphasizing the need for educational interventions to improve awareness and understanding.

Section B: Pre-Test Knowledge Level

Knowledge Level	Frequency (%)
Inadequate	70%
Moderate	20%
Adequate	10%

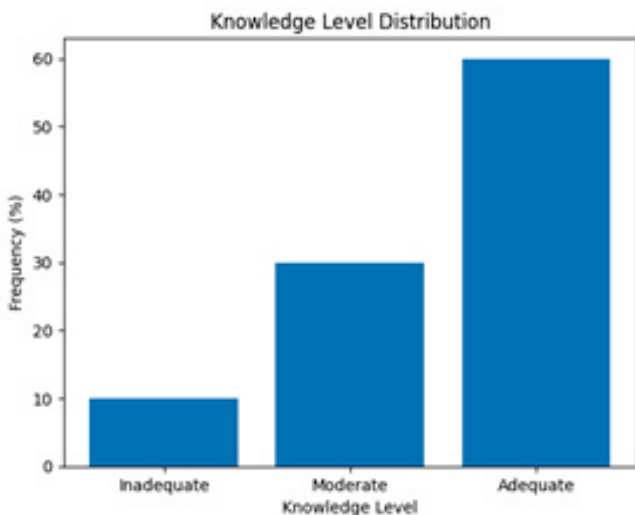


The bar graph illustrates the distribution of knowledge levels among participants, revealing that a substantial majority (70%) fall into the inadequate category. This indicates that most individuals lack sufficient knowledge in the subject area being assessed. Meanwhile, 20% of participants demonstrate a moderate level of knowledge, suggesting a basic understanding but still requiring further improvement. Only a small proportion, 10%, possess adequate knowledge, reflecting a satisfactory level of understanding. Overall, the findings emphasize a significant knowledge gap within the group and highlight the need for targeted educational programs or awareness initiatives to enhance understanding and improve knowledge levels.

Section C: Post-Test Knowledge Level

Knowledge Level Frequency (%)

Inadequate	10%
Moderate	30%
Adequate	60%



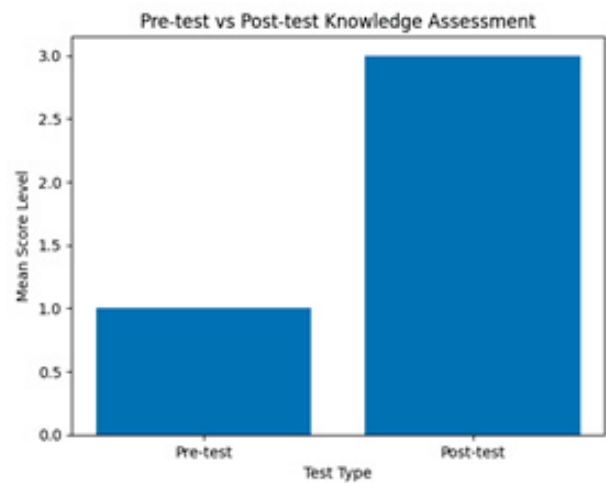
The bar graph represents the distribution of knowledge levels among participants, showing that the majority (60%) have adequate knowledge, indicating a strong understanding of the subject area. A moderate proportion (30%) falls into the

moderate knowledge category, suggesting a fair level of awareness but still some scope for improvement. Only a small percentage (10%) of participants are categorized as having inadequate knowledge, reflecting that very few individuals lack understanding. Overall, the data suggests a positive trend, with most participants demonstrating satisfactory to high levels of knowledge.

Section D: Comparison of Pre-Test and Post-Test Scores

Test Type	Mean Score	Interpretation
Pre-test	Low	Poor knowledge
Post-test	High	Improved knowledge

- Paired t-test showed $p < 0.05$, indicating statistical significance.



The bar graph illustrates the comparison between pre-test and post-test mean scores, showing a clear improvement in knowledge levels. The pre-test results indicate a low mean score, which corresponds to poor knowledge among participants before the intervention. In contrast, the post-test results demonstrate a high mean score, reflecting improved knowledge after the intervention. This significant increase suggests that the teaching or training program was effective in enhancing participants' understanding and learning outcomes.

Section E: Association with Sociodemographic Variables

Variable	Association
Age	Significant
Previous Exposure	Significant
Gender	Not Significant

Conclusion

The study concludes that the nurse-led school-based awareness programme significantly improved primary school children's knowledge regarding child sexual abuse. The intervention enabled children to recognize unsafe situations, respond appropriately, and report abuse. Integrating such programmes into school curricula can play a vital role in preventing child sexual abuse and promoting child safety.

Financial support and sponsorship: Nil

Conflicts of interests: There is no conflict of interest

References

1. World Health Organization. Child Maltreatment. Geneva: WHO; 2020.
2. UNICEF. Protecting Children from Violence, Exploitation and Abuse. New York: UNICEF; 2019.
3. Ministry of Women and Child Development, India. Child Abuse Report. New Delhi; 2018.
4. Kenny MC. Child sexual abuse prevention. *J Child Sex Abus.* 2010;19(4).
5. Wurtele SK. Preventing sexual abuse of children. *Child Abuse Negl.* 2009;33(9).
6. Finkelhor D. Prevention of childhood sexual abuse. *Future Child.* 2009;19(2):169–194.
7. National Crime Records Bureau. Crime in India Report. New Delhi; 2021.

