

1 Adolescence Health Education Programme

ADOLESCENT HEALTH EDUCATION PROGRAMME



SKILL DEVELOPMENT IN ADOLESCENCE EDUCATION



Kerala State AIDS Control Society
State Council of Educational Research and Training

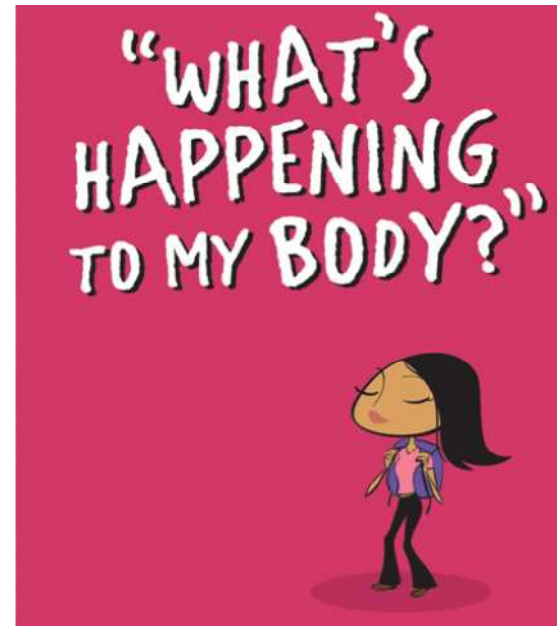
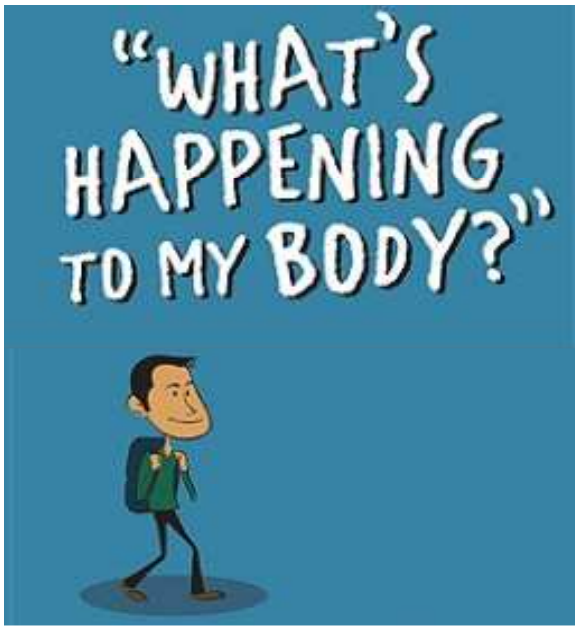


ADOLESCENCE

- Adolescence is the period between childhood and adulthood.
- Adolescence is a period of growth and development from the onset of puberty to maturity.
- Adolescence is a period of physical, physiological and emotional changes extends from the age of 10-19 years
- Adolescence is a period of rapid development, when young people acquire new capacities and are faced with new challenges



ADOLESCENCE

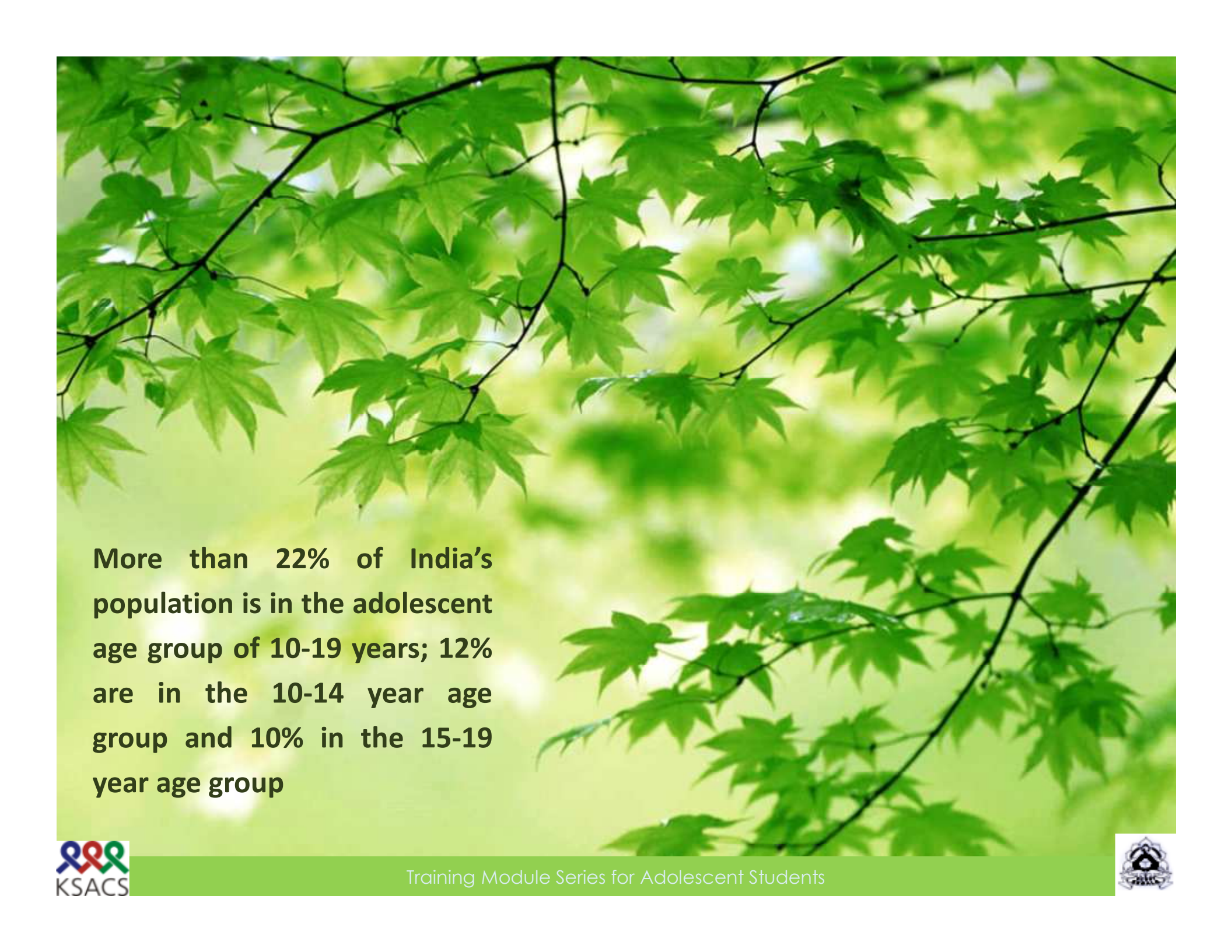


Adolescence begins with the onset of a period of rapid physical and especially sexual development called **puberty** and ends when an adolescent reaches reproductive maturity.

ADOLESCENCE

World Health Organization defines adolescence as the progression from appearance of secondary sex characteristics (puberty) to sexual and reproductive maturity, development of adult mental process and adult identity, and transition from total socio-economic dependence to relative independence.





More than 22% of India's population is in the adolescent age group of 10-19 years; 12% are in the 10-14 year age group and 10% in the 15-19 year age group

Who are Adolescents?

- Adolescents: 10-19 years
- Youth: 15-24
- Young People: 10-24

Growth Phases

- Early Adolescence: 10-13 years
- Mid Adolescence: 14-16 years
- Late Adolescence: 17-19 years



ADOLESCENCE-A PERIOD OF CHANGE

Physical :

- Hormonal changes that result in sudden increase in the activity of certain glands
- Changes are correlated with sexual development-development of secondary sexual characteristics.



ADOLESCENCE-A PERIOD OF CHANGE

Psychological changes :

- Assert their identity and display a tendency to be independent like an adult rather than remaining dependent on parents like a child.
- Start distancing themselves from their parents and depending on the peer groups.
- Feel intense sex-drive and attraction towards the opposite sex.



With these characteristics the stage of adolescence occupies a distinct place in the life-span of human life.

Adolescents Concerns

- Growing up concerns
- Developing an identity
- Managing emotions
- Body image concerns
- Building relationships
- Resisting peer pressure



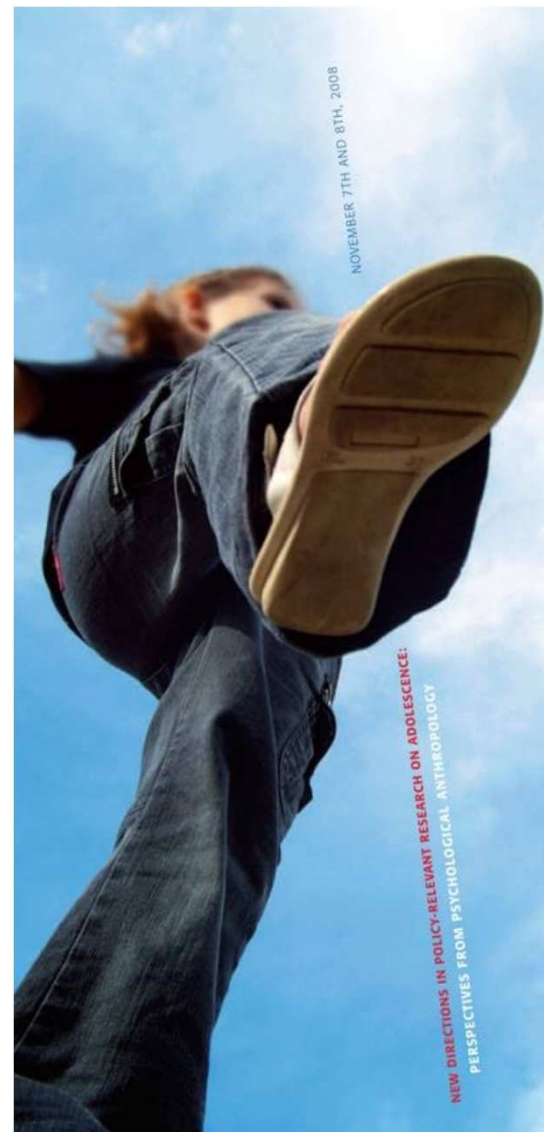
Problems of Adolescence

- Adolescence is a critical period during which significant personality reorganization occurs.
- The sudden and rapid pace with which the changes take place in the body and mind generate number of problems.
- They observe and experience the changes occurring, they are unable to understand these developments.



Problems of Adolescence

- No authentic source available through which they can get scientific knowledge.
- They fall back upon the peer group itself is ill-informed or cheap literature, which provide wrong information.
- Being misinformed they fall prey to myths and misconceptions which adversely affect the process of personality development



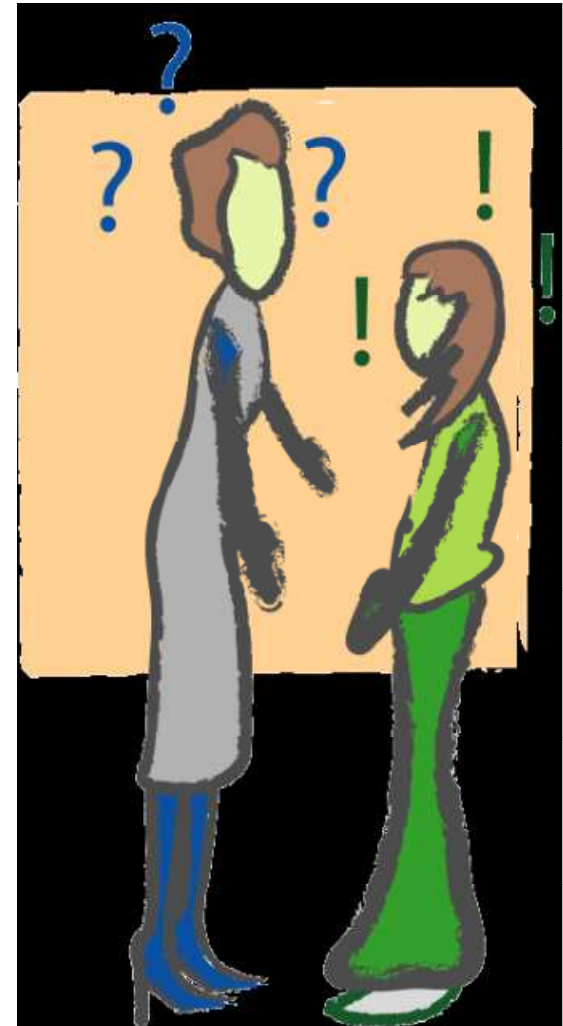
Problems of Adolescence

- Unable to manage the sudden development of their interest in opposite sex
- Absence of well informed adult intervention to help them understand and appreciate the problems and issues , they turn to peer group.
- Vulnerable to peer group pressure and pushed into action without giving any thought to its consequences.-experimenting smoking, alcohol or drugs and also with sex



How do Adult Perceive Adolescence?

- Not appreciate the changes and developments
- Instead of giving help and guidance, they are misunderstood and considered as problems.
- All adolescent generations have been denied their right to get scientific knowledge about the changes and development taking place in them.
- They have been experiencing physical, emotional and social changes but they are not equipped to understand and appreciate those appropriately and adequately.



How do Adult Perceive Adolescence?

- Adolescents of today are growing up in a world that is fundamentally different from the one that existed when their parents were young.
- Society is also becoming more urban and industrialized and is in a constant state of transformation.
- There is a tremendous impact of media particularly electronic media.



Need for Adolescence Education



- Adolescents desire and seek authentic knowledge on sexual development that they experience.
- No authentic source available
- Create anxiety and confusion and generates myths and misconceptions that are carried over to their adulthood, adversely affecting their attitude and behaviour through out their lives.

Need for Adolescence Education

- A longer interval between sexual maturity and marriage.
- Increased the possibility of their being engaged in premarital sexual relationships.
- Growing incidence of sex crimes
- Sexual abuse and exploitation of young girls and boys.



Need for Adolescence Education

- The impact of traditional value system has been waning because of social development and changing lifestyles.
- Adolescents are exposed to sex-related issues.
- Adolescents constitutes largest group among the victims of HIV Infection.
- Increasing incidents of smoking, alcohol, dangerous drugs

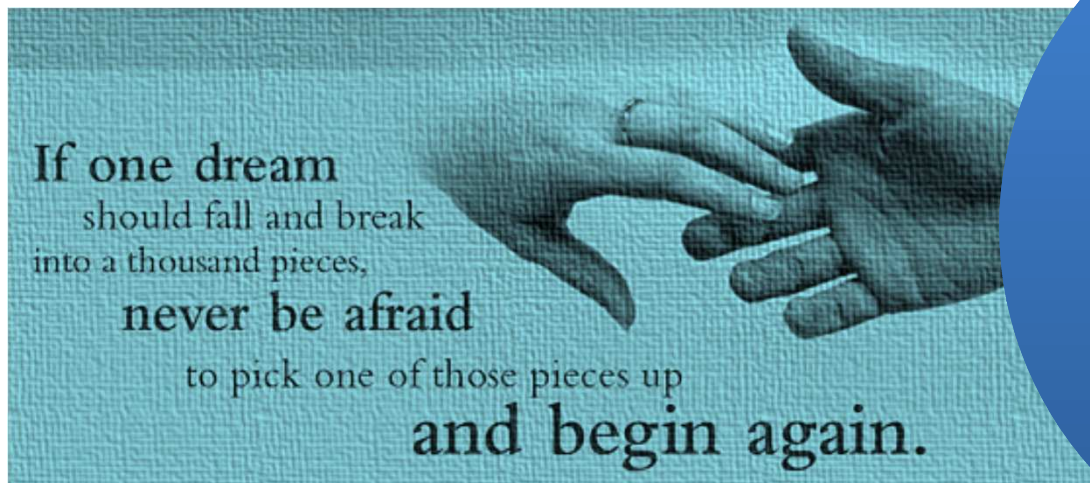


Objectives of AEP

- To enhance essential life skills for coping and managing concerns of adolescents
- To provide accurate and authentic knowledge about :
 - Process of growing up
 - HIV/ AIDS
 - Substance abuse
- To inculcate healthy attitude towards ARSH (Adolescent Reproductive and Sexual Health) issues
- To promote respect for opposite sex and responsible sexual behaviour.



AEP



Components

- Life Skills
- Process of growing up
- Health and Hygiene
- Food and Nutrition
- HIV / AIDS
- Counselling

Life Skills

Definition by WHO:

Life skill are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of every day life.



Life Skills

- Self awareness: Recognition of self of our character, strength and weakness, desires and dislikes.
- Critical thinking: Ability to analyze information and experiences in an objective manner.
- Problem solving: Enables us to deal constructively with problems in our life.



Life Skills

Creative thinking:

- Exploring the available alternatives and various consequences of our actions or non-actions.
- Look beyond our direct experiences
- Respond adaptively and with flexibility to the daily life situations

Decision-making:

- Help us to deal constructively with decisions about our lives.



Other Life Skills

- Inter personal relationships
- Effective communications
- Empathy
- Dealing with emotions
- Coping with stress



Process of Growing Up

- **Physical growth and development**
- **Psychological development**
- **Problems faced by Adolescence and their Solutions**
- **Social and Psychological problems during adolescence and solutions**
- **Reproductive health**



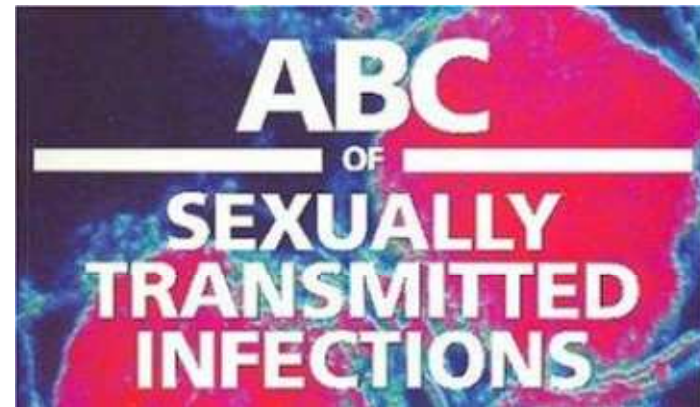
REPRODUCTIVE HEALTH

- Food and nutrition
- Hygiene
- Reproductive system and reproduction



SEXUALLY TRANSMITTED INFECTIONS

- Reproductive tract infections
- Sexually transmitted infections
- HIV (Human Immuno Deficiency Virus)
- AIDS (Acquired Immuno Deficiency Syndrome)



HIV / AIDS

- HIV / AIDS: Cause and consequences.
- Preventive measures
- Treatment
- Individual and social responsibilities towards people living with HIV /AIDS.



Substances Abuse

- Situation in which adolescents are driven to substance abuse.
- Consequences of substance abuse
- Preventive measures
- Individual and social responsibilities



TEACHER AS A COUNSELLOR

- Objectives of Counselling
- Basic assumptions of Counselling
- Basic skills in Counselling
- Stages of Counselling
- Difficult situations in Counselling the adolescents



Thank you



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