

Theme I: Growing up Healthy



Introduction

- Adolescence: Period of rapid physical, mental and socio-emotional changes
- For healthy transition to adulthood, children need to :
 - Understand and manage changes within themselves as well as changing expectations from the outside world
- Build skills such as critical thinking, problem solving and decision making to:
 - Manage these changes, and
 - Counter myths and misconceptions associated with adolescence



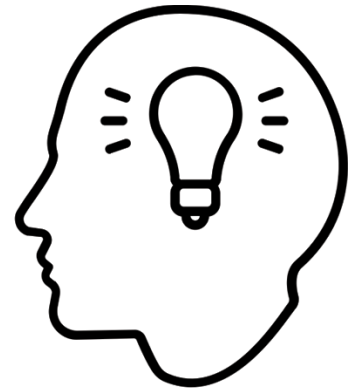
Module I: Growing up Health

S. No.	Activities	Methods
1	I am changing	Case study
2	Physical changes during Adolescence	Case study
3	Attaining Puberty	Case study
4	Myths about Growing up and other changes	Discussion
5	The Beauty that Matters	Case study
6	Skills to counter stigmas and stereotypes during adolescence	Case study

Activity: I am changing

Learning Outcomes

- Describes the changes (mainly physical) that occur during adolescence
- Recognizes adolescence and the process of growing up as a positive phase



Case Studies

Case-I: The Tri-cleaners

Three friends (13-14 years old) on completing their studies, return to their village. They are very sad to see the lack of cleanliness in their village. They plan and divide responsibilities to improve their village, such as increasing awareness among villagers about health, hygiene and wellness; ensuring re-cycling; and bringing children together to clean the village. When they approach the villagers for joining hands with them, they do not get their support. The three friends decide to take forward the work and their actions inspire the villagers to join them.

Points for Discussion

- 1. Which traits of the three young people make them up take responsibility for improving cleanliness in the village even though others did not support them initially?*
- 1. How can these traits be used by children for their own and their community's benefit?*
- 1. Can there be any negative effects of these traits? If yes, how can these be reduced?*

Case Studies

Video

Case-2: Ayush and his experiment

Ayush is not 15 years old yet. He is very good at sports and adventure activities. He is keen on trying out new things. He recently saw an advertisement on television that showed a boy performing high jump on a motor bike. Ayush was thrilled to see this and decided to imitate the same. Fortunately, one of his relatives overheard Ayush's plan, and forcefully stopped him.

Points for discussion

- 1. Why did Ayush decide to take the plunge?*
- 2. What would you call this trait that Ayush has?*
- 3. What could have been probable consequences of the act?*
- 4. Is it common at this age to get influenced by what is seen in media?*

Case studies

Video

Case-3: Rebati feels caged

Rebati is a 13-year-old girl. She studies in a Government Girls Senior Secondary school. She lives with her parents. Rebati's mother often tells her not to talk for very long on the phone, to spend more time studying rather than watching TV. Rebati feels that her mother treats her like a small child and does not respect her ability to take good decisions. Rebati feels very restricted and angry.

Points for discussion

- 1. Is the conflict between Rebati and her mother a common occurrence? If yes, what are the reasons for these conflicts between parents and children?*
- 2. What can Rebati and her mother do to resolve this conflict?*

Changes During Adolescence

- Physical changes in body
- Improved gross and fine motor skills
- Eagerness to experiment and learn new things
- Increased attention towards own appearance and looks
- Trying to build independent identity and be treated with respect by parents, other adults, and peers
- Desire to make new friends and to socialise
- Increasingly influenced by peers
- Energetic and enthusiastic with increased spirit of fun and adventure
- Mood swings and emotional instability—frequent changes in emotions like anger, love and feelings towards friends; impulsive behaviour
- Development of aspirations for future; increased concern about career
- Begins taking decisions about self
- Need for appreciation and recognition

Summary of discussions

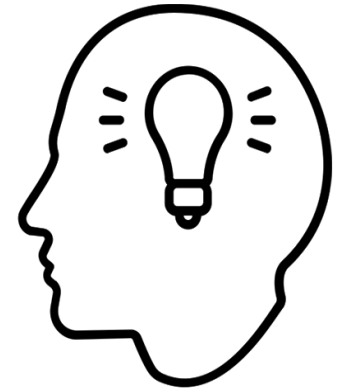
- Change is a hallmark of adolescence.
- Changes occur in the body, in the way they feel and think which in turn impacts their behavior.
- Adolescence is phase in life when individuals develop:
 - ✓ Unique identity
 - ✓ Independent thoughts
 - ✓ Relationships
 - ✓ Interests and opinions which are vital to the process of growing up.
- Adolescence is a time for explorations and fun, new hopes and excitement
- Adolescence is also a time to know oneself and learn to better manage one's emotions and behaviour.



Activity-2: Physical changes during Adolescence

Learning Outcomes

- Identify physical changes occurring during adolescence and demonstrates comfort with them
- Recognizes that changes during adolescence can occur at a different pace and timing in different individuals
- Develops a positive acceptance of self



Case Studies

Video

Case-I: My father calls me ‘Sher’

Rakesh and Mihir, students of Class IX, are walking home together from school. Rakesh begins to tease Mihir, saying that he speaks in a girl’s voice. He also laughs at the fact that Mihir has got no hair on his upper lip. “Look at me,” Rakesh says, “I am a real man. My voice is strong and my face is manly—I have so much facial hair. My father calls me sher.” Mihir wonders what is wrong with him. He recalls that his mother still calls him ‘my sweet boy’. He decides to go home and ask his mother why he is so different from Rakesh and whether something is wrong with him.

Points for discussion

- 1. What do you think Mihir felt with Rakesh’s remarks?*
- 2. Do you think that there is something wrong with Mihir? Why?*
- 3. What should Mihir’s mother tell him?*
- 4. Do you think it is important to prepare children regarding the changes likely to occur in them? Why?*

Case Studies

Case-2: Each one is unique

Pooja, Sujatha, Abida and Radha are good friends. All of them are 13 years old and love to spend time with one another. They have so much to talk about, the new film, the new dress, homework, the boys in the class and just about everything. Yesterday, Radha seemed uncomfortable. She was having her periods and was concerned about staining her uniform. Last month, Sujatha's family had organized a big celebration in her honor as she had started her periods. Pooja recalled that three months ago, Abida had started her periods in school and had to borrow a sanitary napkin from her older cousin. Except Pooja, all her friends have started their periods. Is there something wrong with her?

Points for discussion

- 1. What do you think Pooja felt when she realised that she is the only one who had not started her periods?*
- 2. Do you think there is something wrong with Pooja?*
- 3. If Pooja came to you for advice, what would you tell her as a peer?*
- 4. Do you think it is important to prepare children regarding the changes likely to occur in them? Why?*

Summary of discussions

- Adolescence is a period of physical and emotional changes which are triggered by a set of hormones.
- Do not compare your own physical changes with others.
- Changes occur at different times for different individuals.
- Natural to feel awkward or conscious of the changes that occur but try to support each other by accepting these as part of a natural process and don't let these decrease your self-confidence.
- For any doubts or concerns about changes that are occurring reach out to a trusted adult or nearest Adolescent Friendly Health Clinic or Health and Wellness Centre



Activity-3: Attaining Puberty

Learning Outcomes

- Describe basic understanding of menstrual cycle and nocturnal emission
- Describes ways to maintain personal hygiene especially during menstruation and after nocturnal emission



Discussion about Menstruation



Video

Reena's Story

Reena is a 13-year-old girl studying in Class VII. Her menstrual periods started for the first time while sitting in the class. She was totally unprepared for the situation and hence she panicked and thought she had some major illness. She shared her situation with Jyoti, her good friend.

Discuss

- 1. What is 'periods' or menstruation?*
- 2. If you were Reena's friend what would you tell her ?*



Facts about Menstruation



- Menstruation is the regular flow of blood and tissues from girls' uterus in a monthly cycle.
- It usually continues for three to five days in each cycle. Individual variations may occur.
- If the bleeding continues for more than seven days regularly, consult a doctor.
- Should not interfere with the daily routine or anything they may want to do.
- Some girls and women feel energetic during their periods. Some experience low energy, or have backache, abdominal pain, headache, etc.
- Some experience anxiety or feel emotional or/and some discomforts due to hormonal fluctuations in the body.
- It usually begins in girls anytime between the ages of 9-16 years (menarche) and stops (menopause) around 45-55 years. Length of cycle varies from 21 to 45 days.
- If a girl does not begin her periods until the age of 16, it is advisable to consult a qualified doctor.



Maintaining Hygiene



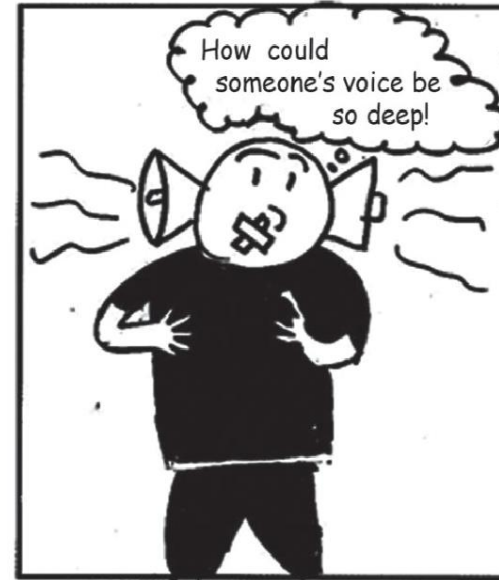
- Regular bath and washing self properly are important for avoiding infections.
- Change undergarments regularly (at least once a day) and avoid synthetic cloth.
- During menstruation, cloth, cloth pads, or napkins should be changed after every four to six hours to avoid infection.
- You can also make sanitary napkins at home with old cloth and cotton. Use only clean, soft cotton cloth.
- Ensure that the does not have any metal or plastic parts in it like glitter, 'gota' or hooks and buttons. This may hurt or cause infection.
- If cloth is reused, it should be washed thoroughly with soap and dried in sun before next use as sunlight is an excellent disinfectant. Do not use dirty or damp cloth as it causes infections.
- Sanitary pads should be wrapped in paper and disposed in trash bins or buried deep in a pit.
- Some schools have incinerators which offer another safe way to dispose sanitary pads. There should be no shame associated with in the process of disposing sanitary pads.



Government is supporting schemes for promoting menstrual hygiene among adolescent girls (10-19 years). Sanitary napkins are made available free in schools or by (ASHA) Accredited Social Health Activists at a subsidised rate.

Discussion on Comics

😊 ITS ALL NATURAL... 😊



AKASHDEEP BARMAN
KENDRIYA VIDYALAYA
DRDO
BENGALURU - 93

Points for discussion

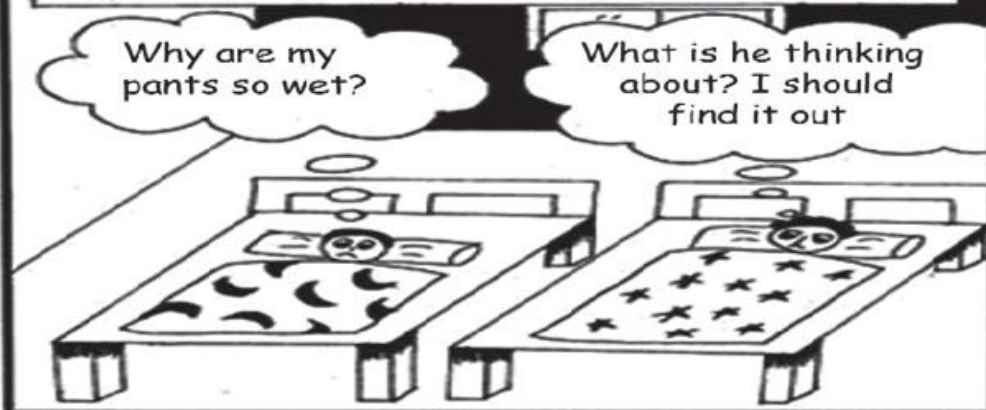
- 1. What is being shown in the comic?*
- 2. What are the boy's feelings?*
- 3. What would be your advice to the boy?*

TESTS IN A TUTORIAL

A boy names Raju find his pants wet after waking up and his brother sees him so confused

Why are my pants so wet?

What is he thinking about? I should find it out



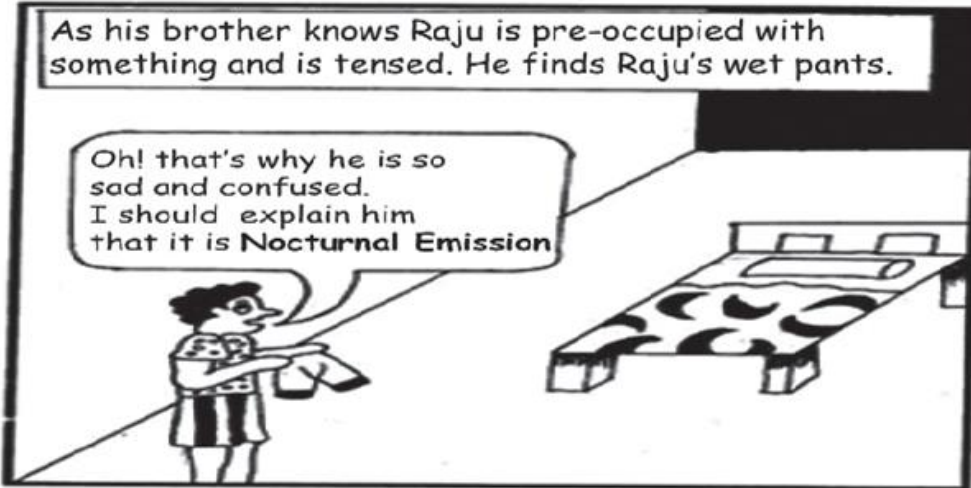
In Raju's class, (Morning)

What happened to me last night? I felt something came from my penis. I'm afraid.



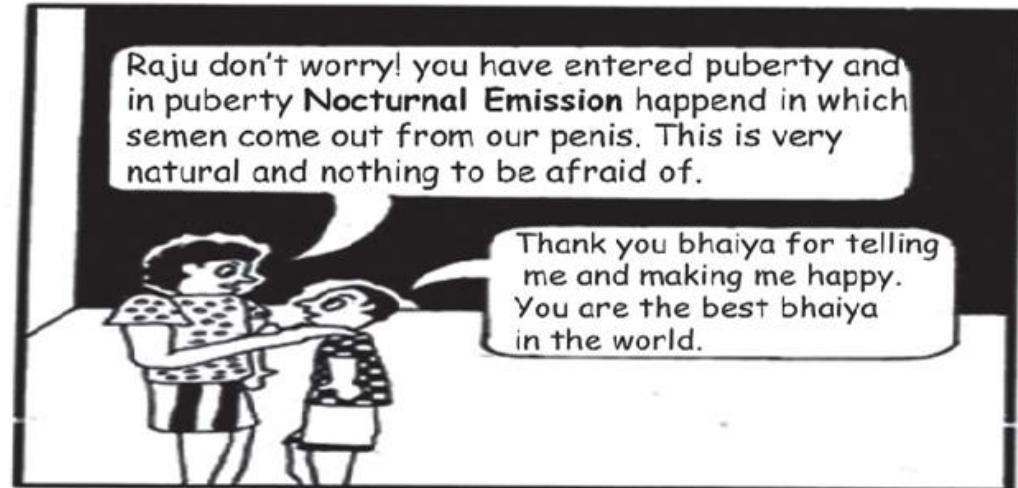
As his brother knows Raju is pre-occupied with something and is tensed. He finds Raju's wet pants.

Oh! that's why he is so sad and confused. I should explain him that it is **Nocturnal Emission**



Raju don't worry! you have entered puberty and in puberty **Nocturnal Emission** happend in which semen come out from our penis. This is very natural and nothing to be afraid of.

Thank you bhaiya for telling me and making me happy. You are the best bhaiya in the world.



Points for discussion

1. Why is Raju worried?
2. What did Raju's brother explain to Raju?
3. What do you understand by Nocturnal Emission from this comic?

Nocturnal Emission

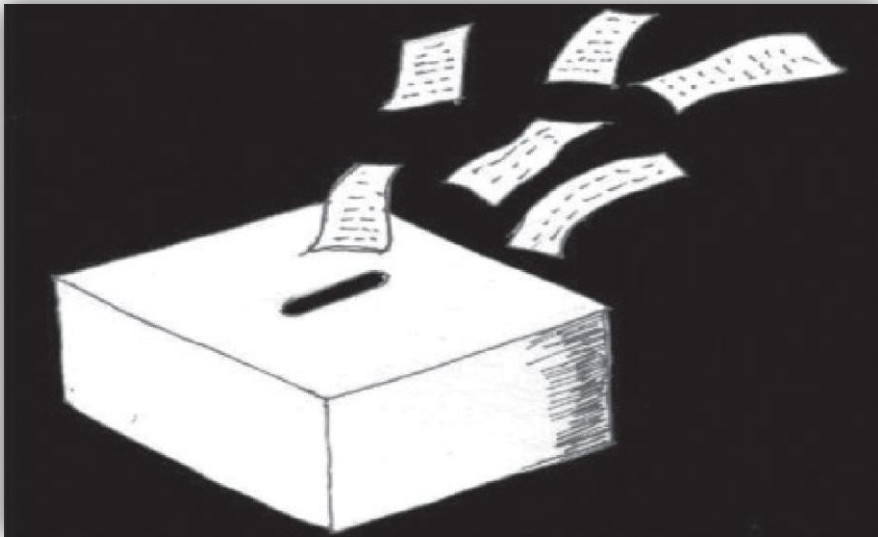
- Formation and discharge of semen can occur during mid-adolescence and manifests as nocturnal emission.
- It signifies reproductive maturity for an adolescent boy.
- It indicates that sperm production has started in the body.
- Nocturnal emission, also known as nightfall/wet dream, is normal and does not require any form of treatment.
- It is a natural process that many boys (but not all) may experience during adolescence.
- It has no negative influence on the body.
- It is important to maintain hygiene.

Summary of discussions

- Nocturnal Emission is a natural process that many boys (but not all) may experience during adolescence. It has no negative effect on the body.
- Menstruation is a natural process that begins in girls during adolescence.
- Take special care and maintain genital hygiene to stay healthy.
- Having correct information about our body is very important.



Question Box

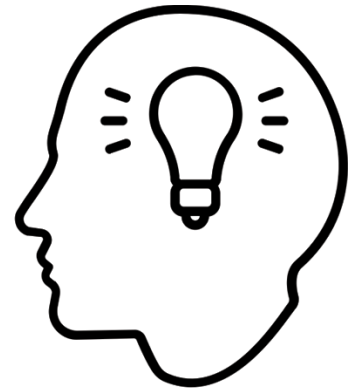


- How to make a question box?
- Take any cardboard box and make a slit in it, big enough to put a slip of paper.
- Make sure you keep it in a discrete ,but easy to access place in your school

Activity-4: Myths about Growing up and other changes

Learning Outcomes

Questions social taboos associated with changes during adolescence



Addressing Misconceptions/Challenges

Challenges	Possible Responses in the Situation
Entering religious places, kitchens, etc., during menstruation.	any practices we follow because they are part of our culture even if others may not believe. We may ask our elders and make informed choices.
Pickle going bad if touched during menstruation	There is no scientific basis for pickles to get spoilt if a girl touches it during her periods. These beliefs are followed in some communities only; girls around the world do not even know of these taboos. Dialogue may result in gradual change
Believe that social taboos related to menstruation are true.	It may be unreal to expect that learners may change the practices and beliefs which they may have observed and followed for many years in one hour. The purpose of the discussion is to raise doubts in their mind so they perspective immediately. It is important that scientific and accurate information is shared with them.

Addressing Misconceptions/Challenges

Belief Statement	Response True/False
Having a wet dream in adolescence is a medical problem.	
Nocturnal emission causes physical weakness	
All boys must have beard to become a man.	
It is not right to seek information about reproductive organs at this age.	
Girls can start menstruating anywhere from 9 to 16 years of age	
An adolescent girl's body may not be fully prepared to bear and nurture a child even though she may have started menstruating	

Addressing Misconceptions/Challenges

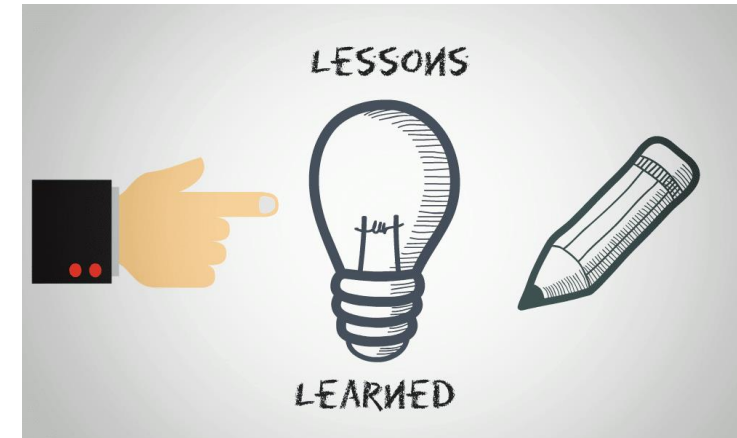
Belief Statement	Explanation
Having a wet dream in adolescence is a medical problem.	Wet dreams are natural phenomena that occur during adolescence in many boys. It is a part of normal growing up.
Nocturnal emission causes physical weakness	When there is an excess of semen, the body releases it. Semen is continuously produced in the male body throughout this lifetime. Release of semen does not cause any kind of weakness.
All boys must have beard to become a man.	Growth of body or facial hair depends on our genes and hormones and there is no set pattern in which they may appear. This differs from person to person and some men may not develop lot of body hair while others may have a dense growth. This has no connection with being a 'man'
It is not right to seek information about reproductive organs at this age.	During adolescence, rapid changes take place in bodies which include changes in our reproductive organs. It is absolutely right to seek information from the right source such as teachers, parents, counselors, and trusted adults.
Girls can start menstruating anywhere from 9 to 16 years of age	Menstruation usually begins in girls between the ages of 9-16 years and stops (menopause) around 45-55 years. The onset differs from one girl to another. If a girl does not begin her periods until the age of 16, it is advisable to consult a qualified doctor

Addressing Misconceptions/Challenges

Belief Statement	Explanation
Girls can start menstruating anywhere from 9 to 16 years of age	Menstruation usually begins in girls between the ages of 9-16 years and stops (menopause) around 45-55 years. The onset differs from one girl to another. If a girl does not begin her periods until the age of 16, it is advisable to consult a qualified doctor
An adolescent girl's body may not be fully prepared to bear and nurture a child even though she may have started menstruating	While menstruation is a sign that a girl can reproduce, it does not mean that her body is fully prepared to bear a child. It is after 20 years of age that a girl may be better prepared to become a mother mentally and physically. If a girl gets pregnant when she is not prepared for child birth it can have adverse effect on both the mother and the baby

Summary of discussions

- There are a number of beliefs around what girls can or cannot do during menstruation—it is important for everyone to evaluate them and check if they are accurate.
- Socio-cultural norms related to menstrual cycle pose barriers for many girls to seek the knowledge and skills required for its hygienic management leading to unnecessary fear, embarrassment and shame among adolescent girls.
- Poor hygiene can lead to infections.



Activity-5: The Beauty that Matters

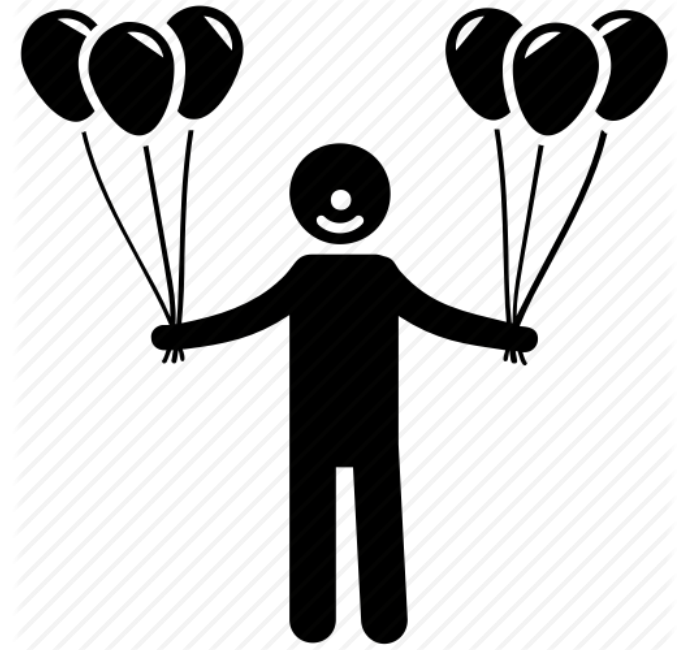
Learning Outcomes

- Recognizes that the qualities which matter most in life are beyond physical appearance
- Recognizes and expresses qualities and attributes, beyond physical appearance that are admirable



Story-I

There was a man who made a living selling balloons at a fair. He had all colors of balloons, including red, yellow, blue, and green. Whenever business was slow, he would release a helium-filled balloon into the air and when the children saw it go up, they all wanted to buy one. They would come up to him, buy a balloon, and his sales would go up again. He continued this process all day. One day, he felt someone tugging at his jacket. He turned around and saw a little boy who asked, “If you release a black balloon, would that also fly?” Moved by the boy’s concern, the man replied with empathy, “Son, it is not the colour of the balloon; it is what is inside, that makes it go up.”



1. *What is this story trying to tell us?*
2. *How does this story relate to our real life?*
3. *If we compare the balloons to human beings, what qualities are there within us that make us distinct from each other?*

Case studies

Case Study-I: I am Happy with My Complexion

Shalini and her friends in Class VIII were preparing for the school's annual function. All of them were very excited. Shalini was taking part in classical dance, while her classmates Anita and Farah were in the play. One day Anita said mockingly to Shalini, "You are so dark. We will need additional light to be able to see you on stage." Shalini did not reply to her. Farah felt bad for Shalini and said, "You dance so well. Why don't you use a fairness cream, to get a fair complexion? Can you imagine how nice you will look on the stage if you had a lighter complexion?" Shalini smiled and said, "Thank you, Farah. I appreciate your concern, but I am happy with my complexion as it is. My teacher and I are working hard on my dance practice and are confident that our efforts and your good wishes will lead to a good performance"

Points for discussion

- 1. What do you think of Anita's remark about Shalini?*
- 2. What do you think of Farah's remark? Explain your answer.*
- 3. What do you think of Shalini's response? How does she see herself? Give reasons for your answer.*
- 4. If you were in Shalini's place, what would you have done and why?*

Case studies

Case Study-2: Krishnan and the Magic Drug

Krishnan is in Class VII. He is short and slim, the shortest boy in his class. Although he likes to play football, he is never selected for his school team. He is quite swift and skillful, but the coach always rejects him saying that he will get pushed around by the other players, who are much bigger than him. One day, on the roadside, Krishnan sees an advertisement outside the tent of a travelling medicine-man. It shows a thin, weak looking boy in one picture and a muscular glowing man in another. The advertisement claims that a magic drug can bring about this transformation. Krishnan wants to try this drug but is scared.

Points for Discussion

- 1. Why do you think Krishnan looks different from the other boys in his class?*
- 2. Can Krishnan become a good football player?*
- 3. What do you think of the coach's behaviour?*
- 4. What do you think about the drug that is being advertised? Should he take it?*
- 5. If you were in Krishnan's place, what would you do?*

Summary of discussions

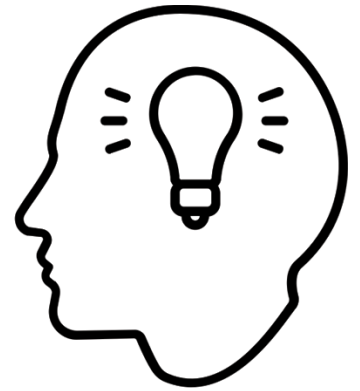
- Normal to think about one's appearance at this age.
- Each one of us is unique.
- All have strengths and areas that may need to be improved but improvement can only be made when we accept who we are.
- Acceptance of our body and recognition of our unique qualities will build our confidence and help us move ahead in life.
- Feeling negatively about our own bodies or making people feel negatively about their bodies can have adverse effects on individuals.
- A negative image of oneself can make people do things that can harm their body and mind, such as excessive diet control, trying beauty products that may be harmful, etc.
- Positive thoughts about oneself and a greater focus on positive qualities will help in boosting self-confidence and enable us in living a fulfilling life.



Activity-6: Skills to counter stigmas and stereotypes during adolescence

Learning Outcomes

- Displays sensitivity towards variations in developmental milestones among peers
- Demonstrates how to counter stigma and stereotypes related to adolescence
- Describes youth friendly services that can support children during the growing up process



Case studies

Situation-1

Rongden and Sara are childhood friends and now study in the tenth grade. Since last month, Sara has become very irritable as she is always conscious and concerned about the grains appearing on her face as they do not go away even after a face wash three to four times a day. Yesterday, a girl in her class jokingly asked Sara if she was having 'dirty thoughts', which led to rash. The next day, Sara does not come to the school.

Points for Discussion

- *Do you think she understands the changes Sara is going through?*
- *What misconceptions are clear in this situation?*
- *If you were Rongden, what would you do?*

Situation-2

Kalai and his friend (class IX) were discussing the hairstyle and beard of an actor in a film when a friend of his joked about a classmate boy who has no hair on his face. Other people in the group also began to speculate about what his problem might be.

- *Do you think that Kalai's friends understand the changes in adolescence that boys go through?*
- *What misconception do you see in this situation?*
- *What would you have done if you were Kalai?*

Case studies

Situation-3

Rajesh, Sonia and Robin (class IX) are friends. Rajesh has always been good in basketball, but recently he has started missing his practice. One day Rajesh tells Sonia that two years ago he used to be a tall boy in the classroom, but suddenly he finds that all his friends including Robin have attained heights, but he has not. He feels that he will always be small and, therefore, is losing interest in basketball. He is taking several pills to increase his height, but nothing works.

Points for Discussion

- *Do you think Rajesh understands the changes happening in adolescence?*
- *What misconception do you have in this situation?*
- *If you were Sonia, what would you do?*

Summary of discussions

- Physical change varies across individuals.
- Important to be sensitive towards peers who may be experiencing these changes faster or slower than others.
- Accurate knowledge can equip us to counter some of the myths and stigmas related to puberty.
- Youth friendly services can be accessed by adolescents to deal with growing up issues.



Adolescent Friendly Health Clinics: A whole gamut of clinical and counselling services on diverse adolescent health issues ranging from Sexual and Reproductive Health (SRH) to Nutrition, Substance abuse, Injuries and Violence (including gender based violence), Non-Communicable Diseases (NCD) and Mental Health issues are available to adolescents through more than 7500 Adolescent Friendly Health Clinics (AFHC) at various levels of health care facilities. Commodities available at AFHCs include Weekly Iron and Folic Acid supplementation and Albendazole tablets, sanitary napkins, contraceptives, basic medicines. Services include blood pressure measurement, weighing machine, to name a few.

Phone Helpline

1098: Child Helpline number

104/108: This Government helpline also extends services to adolescents in many states.

Different state governments have also launched helplines for adolescents and it is important that this information is shared with the teachers and students.

Thank You