

# • Adolescence Education



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## Adolescence

Adolescence is a phase when children go through several changes as they journey from childhood to maturity.

It is also a vulnerable time for children since they may experience several problems of adolescence, such as unhealthy behaviors, which may lead to significant problems later in life.

**Concerns about adolescent behavior are also common during this time, making it difficult for parents to connect with their children.**



# WHO ARE ADOLESCENT?

- Adolescents: 10-19 Yrs.

## Growth phases.

- Early adolescence: 10-13 Yrs.
- Mid adolescence: 14-16 Yrs.
- Late adolescence: 17-19 Yrs.

## WHO's Concept

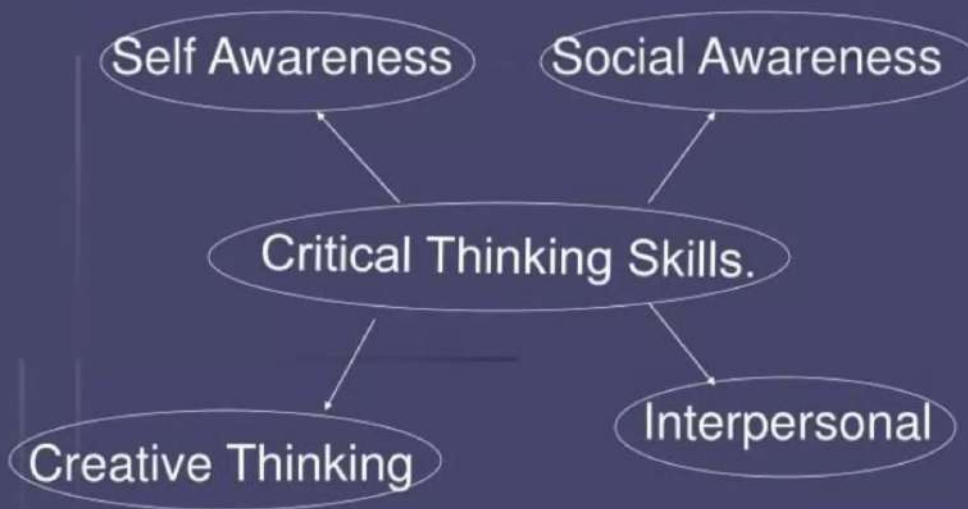
The World Health Organization (WHO) considers “adolescence” as the period between 10-19 years of age, which generally encompasses the time from the onset of puberty to legal age of majority.

Adolescence in the sociological sense refers to the experience of passing through a phase that lies between childhood and adulthood. The contributions of great anthropologist Margaret Mead, gave us much insight into perspectives on adolescent development in a cultural context.

The sociological and psychological definitions complement each other insofar as they call attention to the principle that an undefined social situation will have a corresponding repercussion in the personality of the individual who goes through it.

Erik H. Erikson's concept of *identity crisis* has been considered to be of as much relevance to our epoch as the problems of sex seemed to be to Freud's.

## LIFE SKILLS TO BE FOCUSED.



- **Aims of Adolescent Education:**

- 1. To enable and to develop one's fullest capacity of live.
- 2. To make one fit to lead a life which is free from guilt-feeling and unnecessary complex associated with sex.
- 3. To enable one to be physically and mentally fit to enjoy one's partner's company in the married life.
- The family life is full of pleasure, pain, happiness, sadness etc. These facts of life, make the child conversant with the realities of life. Experiencing of pain is necessary to understand life. So proper training of the child's innate urges and desires is of great importance.
- The doubts of children should be carefully removed. The curiosity should be satisfied through proper explanation or activities. We should not try to hide the answer of a question from a child . Boys and girls are to be treated alike in the matter of gaining information on sex. The girls have the same right to knowledge as boys. The girls should acquire some rudiments of the knowledge regarding menstruation and the hygiene of sex.



# Challenges Faced By Adolescents



## Puberty in Girls



## Puberty in Boys



- **1. Coping up with Stress:** Teenagers or adolescents feel stressed when they feel like the demands or pressure on them are more than what they cope with.
- They may feel under pressure, worried, tense, upset, sad and angry or maybe a mixture of uncomfortable feelings.
- Sometimes can get too much stress can even trigger a mental illness.
- Some of the reasons to feel stress are-
  - The pressure of school work
  - Preparing for examination
  - Being teased or bullied at school
  - Arguing with parents and other members



## **2. Teenage social Problems:** Teenagers or Adolescence is a period of "[Stress and Storm](#)"

Act and live according to social values: home , society, school

Not willing to obey –out dated

- Fear of being judge

- Refusing to take part in social activities

- Cyberbullying including cruel text, posting image or text on social media

- Peer Pressure

- Drug Abuse

## **3. School or Study Problems:** School constitutes a large part of an adolescent's existence. Difficulties in almost any area of life often manifest as a school problem.

- Fear of going to School

- Absenteeism without permission

- Dropping out

- Academic poor performance

## **4. Body Image problem faced by teenagers:** Body image is how you view your physical self-including whether you feel you are attractive and whether others like your looks.

- Body changes during puberty

- Compare with others peers

- Compare themselves with celebrities

- Negative comments and teasing about the way they look from classmate and peers

## **5. Teenage problems with parents:** There is a family conflict between teenagers and parents.

- Generation gap between the parents and children cause serious problems of adjustment

- [Adolescence](#) seeks greater independence( Social and Economic)

- Social Taboos and moral code

- Pressurised on study for better grade

- Separation-cause disagreement over time with peers versus time with family

- Living on parental Terms and Condition



**6. Teenage Pregnancy:** They develop secondary sexual organs that give rise to new feelings in teenagers and push them to experiment with their body.

Without proper knowledge of appropriate use of contraceptive pills or guidance, teenagers may become sexually active this could result in unwanted pregnancy. Unwanted pregnancy is the biggest risk that teenagers or adolescence girls face

seek information from inexperienced friends

Unprotected sex can also lead to sexually transmitted disease

**7. Adolescent Behaviour Problem:**

The raging hormones in teenage boys give more strength inside the body to do new things this can even push to get into physical confrontations. At this age they wanted to listen loud music

Children wanted to be independence. Stand up for what they believe is right

Significant developmental changes in the brain makes teen moody, tired and difficult to deal with.

The most troubling behaviour is perhaps teens hanging out with problem children and adopting to dangerous lifestyle

Peer pressure make certain bad habits that's are hard to break

**8. Teenage Health issue:** Teenagers are very vulnerable emotionally and physically. Without proper healthcare and nutrition lead to falling ill.

Teenagers have very hectic schedule in school from one activity to another, they have very little time to rest or eat. Un-healthy eating habits resist them from getting proper nutrition.

In this period they are conscious about their body can lead to eating disorder, obesity especially in girls sudden increase of weight during adolescence they start dieting to maintain their appearance this lead to serious health problem .

Stress can also lead to loss appetite

**9. Teenage Emotional Problems:** Hormones changes inside the body during adolescence affects physically as well as emotionally.

Mood swings are common among teenage boys and girls

Gender roles in some family may affects emotionally

Teenage girls are more vulnerable to cry

Feelings of inferiority or superiority

Teenagers is the age when sexual feelings arise .Feelings and thoughts about sex can trigger a sense of guilt

**10. Teenage Anger Issue:** Teenagers is a challenging time for both them and their parents.

At this stage, they are moody, reckless and unpredictable.

Teenagers with a serious anger issue is consumed with anger they have very little control over their anger.

- Low self-esteem

- Negative peer pressure

- Conflicts with family

- Breakup with love one

- Bullying

### **11. Gender-related problems in adolescence:**

Gender-related issues are more commonly seen in rural areas.

Many health behaviours acquired during adolescence are influenced by gender norms and beliefs these impact both boys and girls.

**12. Physical Changes:** Physical changes happen during adolescence due to changes in hormone levels.

Development of full breasts in girls can be awkward in the beginning, girls may start feel conscious about their figure.

Acne / Pimples is one of the major problems

Changes of voice and appearance of facial hairs in boys is perhaps the most prominent change takes place during adolescence

The growth of pubic hairs in girls and boys

Girls start their periods

### **13. Peer Pressure:**

During adolescence, peer pressure is common both positive and negative peer pressure.

- Negative peer pressure can lead to serious problems.

- Pressure to use alcohol, cigarette, drugs etc.

- Pressure to engage in risk taking behaviour

- Distraction from school work

- Drastic changes in behaviour and attitudes.



# CO-CURRICULAR ACTIVITIES.



A number of activities may be planned and conducted to attain the objectives of skill development. some of the activities are:

- 1.Question Box Activity.
- 2.Role play.
- 3.Value clarification.
- 4.Group Discussion.
- 5.Debate.
- 6.Case study.
- 7.Quiz contest.

## Teacher's Role



- The teachers have to take up seriously Sex Education in order to develop healthy attitude towards sex. The more informal the sex education, the better it is.
- Children are likely to be stimulated, if formal instruction is given in a formal period. The whole thing must be ordinary and every day.
- We should impart knowledge about sex to our children in the most spontaneous and natural way.

1. The teacher should establish a warm, friendly, open-minded class-room climate free of embarrassment and self-consciousness in which students feel free to ask questions and expect to get sensible answers.
2. discuss matters relating to sex in a direct, unemotional and unembarrassed manner.
3. talk in an objective, matter-of-fact way as in dealing with the normal aspects of sex.
4. Seek to build up healthy attitudes which will enable a student to make wise choices.
5. discuss problems with students and let them draw their own conclusions.
6. give appropriate facts to the students to participate in planning the lesson.
7. use a question box in which students may put questions anonymously, if they do not feel free enough to ask questions in class.
8. use films and other visual aids to help clarify.
9. see that adequate and selected books are in the school library
10. start doing something concrete to make out future citizens fuller and happier.

## Role of School



- Schools take greatest responsibility to impart Sex Education. The children can be given knowledge of male and female animals from elementary school age. The nature study lessons offer a valuable medium for the study of sex and reproduction. The study of plants can give idea of sexual cells, of fertilization, of embryological development.
- Formal instruction of sex at the secondary stage is highly essential. Children pick up so much sex knowledge at so early age from films, newspapers, magazines, and conversation of elders. So it is necessary for the education to estimate the degree of their instruction in this regard.
- Schools should explore the possibility of Sex Education through hygiene lessons. Reference can be made to dangerous diseases such as HIV/STD/AIDS. In this regard, the teacher must be very thorough of the facts.

- **Educate Adolescence for a healthy future**



**Thank You**