



S. No.	Particulars	Page Nos.
	Acknowledgements	5
1.	Introduction	7
2.	Preventing Unwanted Pregnancies	9
3.	RTIs/STIs	21
4.	HIV/AIDS	25
5.	Adolescence: The Period of Growing Up	28
6.	Helping Adolescent Girls to Take Care of Themselves During Menstruation	31