



# **IAP-AHA 2024**

## **T -TEACH MODULE**

### **DIGITAL DIARY**

## **Understanding Adolescent Behaviour**

**Swati Ghate ,Poonam Bhatia**

Adolescents, the individuals between 9-19 years of age, undergo rapid physical as well as mental changes. Along with their bodily changes, their emotions, their understanding of self and others and their thinking patterns also develop with a great pace. These changes make them think, feel and behave in their own peculiar way, which is neither like a child nor like that of a grown-up adult.

Teachers and adolescents spend a lot of time together. Teachers are next only to the parents in shaping the lives of adolescents. Hence, it is very important, necessary and helpful for the teachers to understand how the teen brain grows, how teens think and feel and why they behave in a certain way. This helps them not only in imparting academic contents appropriately, but also in building a good rapport with their students, which is very crucial for a fruitful scholastic outcome. Teachers, in addition, become better able to foster co-curricular and other life skills in their students, and sort out their routine problems. They also may find handholding and guiding the parents much easier.

Adolescence is divided into roughly three subparts: Early (9-13 years), middle (14-17 years) and late (17-19 years), though, the age brackets are not very strict. Some are early while others are late to bloom.

Early adolescents are more like children, in whom hormones have just started pouring. These hormones bring about changes in their body, about which they are worried. “Am I normal?” is the dilemma they constantly go through. So, they make close same sex friends and share their concerns. They need privacy to explore their newly changing body. They seek support and respect elders’ wishes but crave for an ‘adult like’ treatment from them.

Middle adolescents are very high on emotionality. They show mood swings, impulsivity and risk-taking behaviour. They distance from their elders in an effort to pave their own way for an independent identity. They value their peers more and try to cross the boundaries set by the family. This results in conflicts with parents who see them as disobedient and rebellious.

They make both sex friends and explore themselves on romantic as well as sexual domains.

By late adolescents, the search for identity is by and large over. The emotional turbulence recedes, the identity on vocational goals, sexuality and value system is achieved. The adolescent now is self-aware. He is in a position to make long term commitments in profession and personal paths. He is all set to work in a team and start an independent productive life ahead. The youth of this age is also interested in a wide range of social activities in his surroundings. He voices his opinions and rises against injustice.

If a student's journey through these changing frames is kept in mind, teachers understand most of his normal behaviours and handle them empathetically and carefully. Similarly, if the behaviour deviates and causes problems in academics, social relationships or in activities of daily living like sleep, appetite, the teacher gets an alert. He may then take timely and necessary actions.

Teachers are the best people to make use of the window of opportunity that opens up while the teen brain takes the last leap to mature fully and finally.

# Promoting a Healthy Lifestyle

**Shalini Bhasin, Shamik Ghosh**

Life Style Disorders (Non Communicable diseases) are Medical conditions that cannot be passed from person to person but are caused by a combination of lifestyle factors, eg. Heart disease, Diabetes, Cancer, High BP, Obesity, Stroke, Chronic Lung diseases & Mental health conditions. However they can be prevented by Lifestyle modifications & timely interventions.

Important preventable causes are:

- Unhealthy food
- Sedentary habits
- Improper sleep & poor Sleep Hygiene
- Excess Screen time & Social media
- Tobacco & Alcohol Abuse
- Poor Air quality
- Mental stress & Anxiety

Dietary Guidelines for Indians were given by ICMR in May 2024, to meet the requirements of essential nutrients and prevent non-communicable diseases such as obesity and diabetes. They said that 56.4% of total disease burden in India is due to unhealthy diets.

Adolescents are advised to:

- Eat a variety of foods to ensure a balanced diet.
- Half the days consumption of food should comprise of Vegetables & Fruits as they are a good source of fiber, iron, vitamins, minerals. Five different coloured vegetables & fruits should be eaten per day. Fruit should be washed properly & eaten. Avoid fruit juice.
- Cereals provide energy and several nutrients and should include millets.
- Adequate Protein should be consumed but Protein Supplements should not be used

- Healthy drink & snack options should be encouraged, not packaged and processed ones. Home cooked food has to be preferred.
- Minimize consumption of High fat, Sugar, Salt & Ultra processed food. Acronym JUNCS has been created signifying food that is **J**unk, **U**ltra processed, **N**utritionally deficient, **C**arbonated & **C**affeinated drinks, **S**ugar sweetened beverages. They cause Lifestyle disorders, digestive issues & reduce Immunity.
- Teach Kids to read food labels to make informed choices about their nutrition, helping them develop healthy eating habits early on. It empowers them to understand what they're consuming, avoid harmful ingredients, and maintain a balanced diet.
- Proper nutrition supports the Adolescents' physical and mental health during this critical stage of development. Undernutrition is deleterious for their health and leads to many problems.
- Physical activity is essential for adolescents to maintain a healthy lifestyle as it promotes proper growth, strengthens muscles and bones, and improves cardiovascular health. They should have at least one hour of any form of exercise/ play every day whether at school or home. Except sleep, avoid sitting / lying down for more than one hour at a stretch.
- Good sleep is vital for adolescents as it supports physical growth, brain development, and emotional well-being. Adequate rest enhances focus, learning, and memory, which are crucial for academic performance.
- Improving air quality is essential for a healthy lifestyle in adolescents, as clean air reduces the risk of respiratory issues like asthma and allergies. Exposure to pollutants can hinder lung development and negatively affect overall health.
- Other Lifestyle modifications needed for healthy Lifestyle are Reduction of Screen time, awareness & avoidance of substance abuse, learning to handle Mental stress & learning to address Sexual and reproductive health concerns.
- Schools should help prevent Life Style Disorders by ensuring health education, encouraging adequate physical exercise and regular health check-ups.

# Dealing with Problematic Behaviour in Adolescents

Sushma Desai, Ashim Ghosh

## Concept note on Anger & Aggression

Anger and aggression are closely related emotional and behavioral responses that significantly impact individual well-being and societal harmony. While anger is a natural emotional reaction to perceived injustice, frustration, or threat, it becomes problematic when it escalates into aggression—behavior intended to cause harm or assert dominance.

Unchecked anger often leads to aggression, manifesting as verbal abuse, physical violence, or psychological intimidation. These behaviors can harm relationships, disrupt communities, and compromise mental health. Anger and aggression are frequently influenced by factors such as stress, poor emotional regulation, environmental triggers, and cultural norms that may condone hostile behavior.

In public spaces, including workplaces, schools, and roads, aggression can lead to conflict, bullying, and even violence. For example, road rage and workplace hostility are common consequences of uncontrolled anger. These issues highlight the need for proactive measures to manage anger and reduce aggression.

Effective anger management involves recognizing triggers, practicing self-regulation techniques, and seeking support when necessary. Education, awareness campaigns, and interventions promoting emotional intelligence and conflict resolution are crucial for mitigating aggression. Addressing anger and aggression holistically fosters healthier individuals, safer communities, and a more harmonious society.

## Concept Note on Bullying

Bullying is a deliberate and repeated act of intimidating, harming, or excluding others through verbal, physical, or psychological means. It often targets individuals perceived as

vulnerable and occurs in various settings, including schools, workplaces, and online platforms.

Bullying undermines self-esteem, mental health, and social harmony, leading to long-lasting consequences for both victims and perpetrators. It stems from power imbalances, peer pressure, or unresolved personal issues.

Addressing bullying requires a multifaceted approach, including awareness programs, fostering empathy, and promoting inclusive environments. Early intervention, supportive policies, and counseling can help build a culture of respect and prevent bullying behavior. harmonious society.

### **Concept Note on Road Traffic Rules**

Road traffic rules are essential guidelines designed to ensure safety, order, and efficiency on roads. These rules regulate the movement of vehicles, pedestrians, and cyclists, aiming to prevent accidents and minimize chaos.

Key principles include obeying speed limits, adhering to traffic signals, wearing safety gear, and respecting the rights of all road users. Following these rules promotes mutual respect, reduces conflicts, and enhances road safety for everyone.

Enforcing traffic laws through education, penalties, and awareness campaigns is critical to encouraging compliance. A collective commitment to traffic rules fosters safer roads and contributes to a disciplined and responsible society.

# Positive Discipline

Shubhada Khirwadkar, Kalyani Patra

## Introduction:

Adolescents often exhibit challenging behaviors, including rebelliousness, aggression, and defiance, which can frustrate teachers. Traditional methods of discipline are less effective today due to the complex psychosocial and cognitive development of adolescents. Positive Discipline offers a modern, empathetic, and skill-based approach for managing misbehavior while fostering a productive and respectful learning environment.

## Key Principles of Positive Discipline:

### 1. Discipline vs. Punishment:

- Discipline focuses on teaching self-restraint, empathy, and rule-following, whereas punishment often induces fear, guilt, or hostility.
- Positive Discipline emphasizes awareness of consequences, self-awareness, and constructive behavior change.

### 2. Adler's Philosophy:

- Adolescents lack the skills, not the will, to behave.
- They excel when equipped with proper guidance and support.

## Understanding Adolescent Behavior:

- Adolescents face developmental challenges due to an immature brain, hormonal changes, and identity struggles.
- Misbehavior often stems from unmet needs, peer influence, or cognitive difficulties like ADHD or learning disabilities.
- Teachers must approach such behaviors with empathy and insight into root causes.

## Core Strategies of Positive Discipline:

### 1. Empowering Students:

- Involve students in setting classroom rules and consequences.
- Encourage cooperative learning and mutual respect.

## **2. Teaching Behavioral Skills:**

- Model and reinforce positive behavior through praise and trust.
- Use techniques like extinction to discourage unwanted behaviors.

## **3. Building Rapport:**

- Spend time connecting with students to understand their emotions and challenges.
- Use humor, patience, and kindness to create a supportive classroom environment.

## **4. Effective Communication:**

- Be calm, assertive, and empathetic during conflicts.
- Avoid labeling, blaming, or gossiping about students.

### **Benefits for Teachers:**

- Acquiring skills in Positive Discipline builds self-confidence, saves energy, and fosters a balanced work-life dynamic.
- Teachers grow into effective counselors, inspiring long-term behavioral change in students.

### **Acronyms to Remember:**

#### **1. SKILL for mastering discipline:**

- Sustained effort, Knowledge, Internalization, Learning, and Lifelong practice.

#### **2. CARE for connecting with students:**

- Celebrate mistakes, Appreciate differences, Relay feedback, and Evaluate personal efforts.

### **Conclusion:**

Positive Discipline may require patience and practice, but its impact on student development and teacher satisfaction is profound. By fostering trust, empathy, and mutual respect, teachers can create a nurturing environment that transforms adolescent behavior and enriches the teaching-learning experience



## Substance Abuse

Chitra Dinakar, Dr Shilpa C

The epidemic of substance use has attained alarming dimensions in India. The incidence of drug abuse among children and adolescents is higher than the general population. This is notably because youth is a time for experimentation and identity forming.

Drugs can cause havoc physically, mentally and ruin the lives of the young ones and their families. Drug misuse may have an impact on learning and participation in school. Teachers can play an important role in identifying drug related or other issues. Educational institutions are equally important in addressing drug abuse prevention. Schools, colleges, and universities provide platforms for structured learning and awareness programs which help students understand the impact of drugs on health and future prospects. It will go a long way in increasing awareness and knowledge of the potential health, social and legal consequences of illicit drug use.

When our children grow into healthy, happy and productive adults only then will our country emerge as a super power. Recognizing that preventing alcohol and drug use among young people is of crucial importance, teacher led school based prevention programs can help students:

- Recognize negative consequences associated with alcohol and drug use,
- Learn life skills which can help them build their positive qualities, handle difficult situations and develop healthy problem solving skills,
- Identify ways which they can have fun and enjoy life without substances and learn ways by which they can refuse an offer of drugs or alcohol and say no assertively and remain drug free.

Life skills related exercises have been included to develop positive coping skills. Emphasize personal responsibility and help them understand that using alcohol or drugs is not a meaningful solution to the challenging situations they may face.

**Delivery of the sessions:** The program is flexible. A single session of 1.5 hours duration can be delivered on any one of their school days. The teachers may also decide to conduct the sessions based on practical issues such as examination and holiday schedule and availability of time and other resources.

## Dealing with silently suffering Teens

Sunita Manachanda, Geeta Bansal

This session is to empower teachers to deal with adolescent boys and girls with mental health issues. The objective is to provide the teachers with simple guidelines: to detect early, intervene, and refer parents to the concerned specialists, so that timely help can be provided. Teachers are the second parents of children, they have a special bonding with them, and are able to see & understand many things as well as notice sudden changes in them.

This session is planned to make them aware of the various levels of “**Mental Health Spectrum**” i.e various stages from “in crisis” state to “excelling” state including struggling, surviving and thriving mental health state. They will be provided with information about different types of **symptoms and subtle signs** which a teen with mental health issues can have. It will help them to identify teens who may be suffering from mental health issues like Anxiety, Depression or is at risk of doing self-harm.

This session also empowers them to deal with these teenagers by providing “**Mental Health First Aid**” (MHFA) which is the first and immediate assistance given to any one experiencing a mental health problem till the appropriate help is received. It is not a substitute of counselling and treatment. A teacher can learn MHFA easily.

Mental Health First Aid (MHFA) can be provided by following ‘**ALGEE**’ approach using “**2x10 Strategy**”. It is also known as the **Two-Minute Interview** and developed by educational researcher Raymond Wlodkowski. The 2x10 strategy involves spending two minutes per day for 10 consecutive school days connecting with an individual student to build authentic relationships and offer extra social-emotional support.

It is emphasized that teacher should encourage every student to develop self help strategies at individual level and also encourage them to actively involve in group activities as a part of their routine activity as a preventive measure. In nutshell, we can say that A teacher can provide a significant support to silently suffering teen.

**Emergency Referral:** When immediate threat to life

**Urgent Mental Health Referral:** within 48-72 hours, in patients with low risk.

**Contact Helpline Number- 14416- National number;**

**All cases of Suicidal ideation or attempts, should be taken very seriously, and require referral to a mental health specialist.**

# The Good and Bad about media

Geeta Patil, Prashant Kariya

Digital media is pervasive from early childhood and we can not imagine our life without media. We are all screenagers. Mass media was invention of the century. Print media was available periodically but since electronic media was introduced which is available 24/7, all the issues started. Previously parents, teachers, community leaders were grooming the personality but now social media is playing that role.

We know that because of digital media connections all over the globe are possible and inexpensive. Acquiring knowledge is easy, financial transactions are simplified. Socialization is one of the boon. Work from home and study from home helped during COVID pandemic. But anything excessive is detrimental and same thing happened with media.

Problematic overuse started affecting physical, mental, psychosocial health of every one and specially teenagers.

More than 2 hours per day of screen viewing has been associated with lower academic performance in children and adolescents. Some of the outcomes of excessive use of media lead to Internet gaming addiction, Problematic internet use, Financial frauds, Cyber crimes, Online friendship issues.

Screen time must not replace other activities such as outdoor physical activities, sleep, family and peers interaction, studies, and skill development, which are necessary for overall growth and development.

Excessive use of media is due to curiosity, peer pressure, excitability, accessibility and incomplete neurodevelopment. Life of teenager started revolving around, like share, comment.

Pervasive sustained and heavy usage of internet and computer technologies significantly impacts daily functioning, roles and expectations.

Judicious media use is the basis

**Everyone has to learn digital detox without unplugging completely and should be aware of the ways. Social media rules to be followed. Change of lifestyle and encouraging outdoor hobbies can be used to counteract internet addiction.**

Digital Well being can be achieved by maintaining health of the individual user and the community, in all spheres while using digital media and tools for personal, professional, educational, or recreational purposes.

## **Prevent , Empower , Stand Strong (Self Defence)**

**Jayashree Deshpande, Chitra Kulkarni ,Hemant Joshi, Archana Joshi, Satish Tiwari,  
Girish Charade**

To create awareness regarding SELF DEFENCE amongst teenage girls ,Young Nurses ,  
(Residents in medical colleges and corporate ladies , who work in the wee hours of the day ).  
How to identify potential threats by understanding Body Language & by Sixth Sense .  
Develop Self Confidence & Right Attitude in young girls .  
Making teenagers aware about various Day Today Articles used in Self Defence >  
To impart knowledge regarding Legal Aspects regarding Self Defence .  
Where And How to address after a mishap has happened .  
Teach them Self Defence Technique .Teach them how to react in case of attack .  
"The Swasaurakshan" concept is a need for everyone.It should be taught to underprivileged  
girls also . Situational awareness should be taught through educational videos.  
Paediatricians should teach about the importance of mental strength , body language, sixth  
sense and legal aspects in self defence.

## **Communication skills and Self Help**

**Nishikant Kotwal, Chitra Kulkarni**

Why do we say communication is an art? When we are trying to make communication, what we many times land up ,is in miscommunication.

For adolescent communication is the most important thing because he is multitasking the communication .He/She expects different communication with him because, prior to this he/she is being pampered as a child or a baby ,and so communication is different but now he/she feels that he should be respected as an adult but at the same time should be pampered like child. The natural mood swings ,attractions, peer belongingness ,all lead to misunderstanding of whatever we tell. Since at this age he/she feels that he/she is grown up and he/she can do everything right ,whatever communication we make with him/her ,he/she takes it as a Sermon .So we have to apply different styles of communication with an adolescent .

Most of the time with whom he/she communicates more easily is a teacher and when teacher acquires this skill of communication adolescents open up and whenever they have problem or stress they talk with teachers to get relief .The communication has to be a two way communication. Acquiring skill of active listening is the most important. Only when it is done in a empathetic way, communication by teacher would yield results.

Communication makes him open up and express his problem or discomfort. Skillful communication has to be learned as there are multiple dimensions of communication . That is why this particular topic was included for Teachers . Art of communication is not a gift, but a skill which can be acquired.

## **Dealing with Disorders of Learning**

Chitra Sankar, Newton Luiz

Study is a major responsibility of adolescence, as academic performance often plays a major role in directing future career and life. However, even dedicated and hardworking adolescents may have developmental disorders that impact their ability to do well in studies. While Intellectual Disability is the most obvious of these disorders, it is but one of many, such as Attention Deficit Hyperactive Disorder, Learning Disorders, and Autism Spectrum Disorders. Teachers are often the first to recognize that an adolescent has a problem. The main objectives of this session are to equip teachers with a basic understanding of these disorders and to enhance their ability to guide adolescents with these issues.

## POCSO

**Sushma Kirtani, Himabindu Singh**

The act was passed in 2012 to comprehensively deal with the issues of sexual offences against children. Any person below 18 years is a child under POCSO.

There are 3 broad categories of sexual offenses punishable under POCSO. Sexual assault, sexual harassment and using a child for pornography. Any act done with sexual intent on a child involving physical contact is also sexual assault. Sexual assault or PSA committed by certain person in certain circumstances it is called aggravated. It is more serious & punishment is greater. If committed by Police officers, armed forces, staff of hospitals, educational or religious institution, offence caused by dangerous weapon to harm or kill the child, caused disability, offence committed on mentally or physically disabled child or on a pregnant child.

Reporting of offense is mandatory under POCSO. Any person can report the offence and even the child facing or fearing such abuse can also report the crime directly.

What is important is crime **MUST BE REPORTED**. If a person fails to report an offense under POCSO, the person can be punished with imprisonment of up to 6 months and with fine.

To the extent possible, the statement of the child should be recorded by audio visual electronic means. Medical examination of the child is to be done at very first instance. When it comes to light without formal recording of the complaint or FIR.

The girl child to be examined by the woman doctor. Examination to be done only in the presence of parents or some other person child has trust.



## Adolescent Sexuality

### Puberty

Puberty is the process where an adolescent reaches sexual maturity and become capable of reproduction.

Puberty begins between 8 – 13 yr in females and 9 -14 yr in males

Puberty is considered early if it starts before 8 yrs in girls or before 9 yrs in boys. It describes physical changes to sexual maturation.

**Thelarche:** Refers to breast growth, first sign of puberty in girls occurs around 9 to 10 years.

**Pubarche** – 6 to 12 months after breast development (Breast Bud) growth of Pubic hair (Pubarche) starts..

2 years after pubarche axillary hair will begin to grow, a secondary sexual characteristic mediated by testosterone.

### Menarche

Females first menstrual period

For Boys

Increase in testicular size is first sign of puberty in boys. Increase in testicular size causes the scrotal skin to become darker & thinner.

Boys experience ejaculation one years after testicles begin to grow. First ejaculation does not automatically signal an ability to Procreate.

. Tanner scale is a scale of physical development as children transition into adolescence and then adulthood: It focuses on size of the breasts, genitals, testicular volume and growth of pubic Tanner Staging or SMR Scoring

Precocious Puberty: Appearance of secondary sexual characteristics prior to the age of 8 years in girls and 9 years in boys.

### Delayed Puberty:

In boys considered a period longer than 4 years between the first signs of testicular enlargement and the end of puberty or absence of testicular growth by 14 years. In girls delayed puberty is considered by absence of breast growth by 13 years of age or more than 4 years between thelarche and menarche.

**Comprehensive Sexuality Education (CSE):** Imparting accurate information about sexuality and sexual & reproductive health ( Age-appropriate structured curriculum based )

It is critical for health and survival of teens .Teens lack sexuality awareness . Parents have poor knowledge and skills to communicate with Teens.Trained teachers can play a key role in imparting CSE in a healthy professional way.

### **Benefits of CSE**

- Builds knowledge about their bodies
- Builds healthy relationships
- Reduced gender based violence
- Lower risk of teenage & unwanted pregnancies and STD's.
- Practice healthy sexual behavior
- Improves health seeking behavior for sexual and reproductive health issues
- Knowing and protecting their rights

### **How to Impart CSE**

- Involve Parents and Teachers in education process
- Create a safe learning environment
- Encourage active participation of students
- Awareness Programs & life skills
- Encourage critical thinking and media literacy
- Use question box, videos, skits, role plays, essay competitions.

**Teachers role is crucial in promoting CSE & handling CSA(child sexual abuse**