

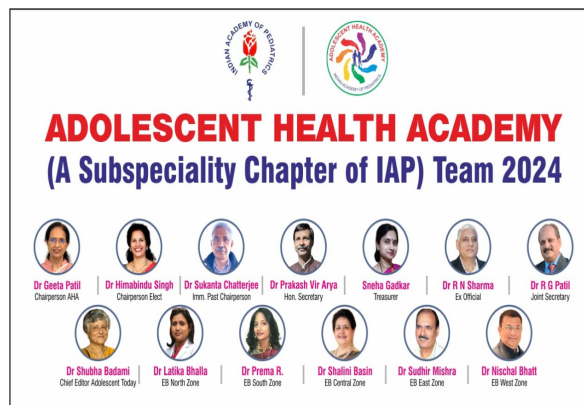


T-TEACH

(Teachers' Training and Empowerment in Adolescent Care and Health)

IAP -AHA 2024

Training Module for Teachers



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Concept Note

Adolescents, who form about 23% of our population, are the pillars of tomorrow's world. It is our utmost responsibility to shape them in the best possible way, not only for their own personal growth and well-being but also for the betterment of community and the nation, at large.

Teachers play a crucial role in shaping the young minds over the entire adolescent span of 9-19 years. Needless to say, the more they are aware about the adolescents and their issues, the more meaningfully and fruitfully, they will address their job.

The primary objective of this module is to enhance teachers' capacity to provide a supportive environment and basic guidance to the adolescents. The module aims to achieve this capacity building through the KAP (Knowledge, Attitude, Practices) methodology. It unfolds various topics of relevance to the teachers as well as students, through simple, attractive, interactive and scientifically accurate presentations. The topics include puberty, understanding adolescent behaviour, positive disciplining, learning difficulties, media, substance abuse, nutrition, healthy life style, communication skills, mental health problems, POCSO, road safety, self-defense etc. Each topic further demonstrates practical situations and offers tips to utilize the shared information in day-to-day context.

The training program is designed by the national experts in the field of adolescent health and psychology. It is proposed to be conducted for groups of teachers teaching to 5th to 12th standard. It shall be conducted in various successive sessions and shall involve interactive workshops, group discussions, case studies, situational role-plays, and other experiential learning activities. Participants will have the opportunity to sort out their problems with practical solutions. At the end of the training, teachers shall have -

- Better understanding of adolescent growth and development
- Improved communication skills to connect with adolescents.
- Increased awareness of mental health issues and strategies to support students.
- Capacity to create a supportive and inclusive learning environment in schools.
- Better academic, sociocultural and behavioral outcomes of students
- Better capability for teaming up among themselves and with parents
- Improved teacher well-being and self-care practices.

Further customization and detailed planning shall be based on the specific needs and context of the target audience in schools.