

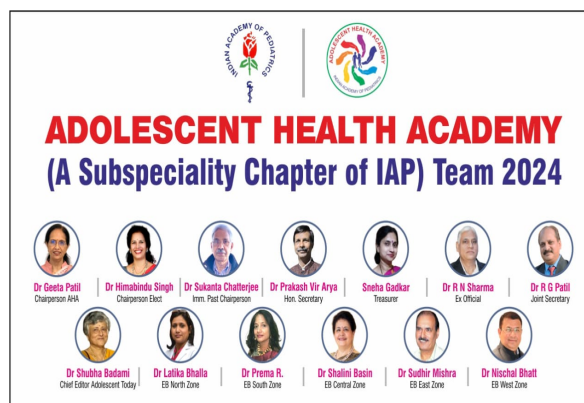


T-TEACH

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

IAP -AHA 2024

Training Module for Teachers



Dr Shubhada Khirwadkar (National Convenor)

Dr Swati Ghate (Academic editor)

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To,

The Principal,

..... School

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Dear Sir/Madam,

Greetings from Adolescent Health Academy.

We are a subspeciality chapter of Indian Academy of Pediatrics, the national apex organization of over 48000 pediatricians, working for the betterment of children and adolescents across the country.

Adolescents, aged 9-19 years, constitute about 23% of our population. They are rapidly growing in their physical, emotional, social and cognitive domains and hence have their unique problems. In the contemporary fast paced world, these problems are increasing in numbers and magnitude and come across as behavioural issues, indiscipline, academic underperformance, high risk behaviours, physical problems like obesity, mental problems like depression, to name a few.

Unfortunately, there are very few empowered adults around, who may understand these peculiar issues and provide a supportive environment for the holistic growth and development of our adolescents. Teachers, who look after them consistently for several years, can most appropriately fill this void and bring out the best in the students, on both curricular and co-curricular fronts.

Our national experts in the field of Adolescent Health and Psychology, have, hence, designed a comprehensive module for teachers' training on Adolescent Health. In addition to normal physical and psychosocial development of adolescents, it addresses the burning issues like disciplining, problematic media use, substance abuse, mental health first aid, child abuse, road safety, self-defense etc. The module also includes sessions on communication skills and self-care for the teachers.

All the 11 sessions in the module are designed to be carried out by our trained pediatricians in an interactive and activity-based manner with a group of teachers.

The list of sessions is attached herewith. Each one will require about 45 minutes time.

We are confident that these sessions shall make the teachers more aware about adolescent life and empower them with the skills to deal with their students more meaningfully and fruitfully. This in turn shall result into good rapport building, supportive environment and overall betterment of the school functioning.

It will be our pleasure to conduct the sessions for your esteemed school.

Sincerely,

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Key Components of the module:

1. Understanding adolescent Behaviour
2. Disorders of Learning
3. Handling teens with problematic behaviours
4. Dealing with silently Suffering Teens
5. Positive Disciplining
6. The good and the bad about media
7. Substance Abuse : What teacher should know
8. Puberty and Sexuality
9. Child Abuse, POCSO and Self Defence
10. Promoting healthy lifestyle
11. Communication skills and self help