

Awareness on Adolescent Reproductive and Sexual Health



18th November 2022

Centenary Programme
St. Edmund's College,
Shillong

Organized by:

The Department of Social Work-PG,
St. Edmund's College in
collaboration with the ARSH Clinic,
Ganesh Das Hospital

Venue:

Sunray's Secondary School



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Introduction

Adolescent sexual and reproductive health (ASRH) comprises a major component of the global burden of sexual ill health. Although ASRH has historically been overlooked by international agencies, they are now focusing on improving it and providing funding for its implementation. ASRH rights are based on various legal instruments: in 2002, the UN General Assembly Special Session on Children recognized the need to develop and implement health policies and programs that promote adolescent mental and physical health; in 2003, the Committee of the Convention on the Rights of the Child issued a General Comment recognizing the specific health and development needs and rights of adolescents and young people. There are serious risks associated with neglecting ASRH; an uncomfortable or damaging transition into adulthood can have adverse consequences for the rest of the individual's life. For girls, early pregnancy/ motherhood can be physically risky and can compromise educational achievement and economic potential. Especially among girls, adolescents are at high risk of being exposed to HIV, sexually transmitted infections (STIs), violence, sexual coercion, and exploitation. Adolescence is a stressful period in human life, and adolescents are particularly vulnerable to poor sexual health outcomes, such as high rates of sexually transmitted infections (STIs) and unplanned pregnancy. As a result, they engage in riskier sexual behaviors and are also more vulnerable. Each of these factors can have a significant impact on an individual's physical and mental health, as well as long-term consequences for the individual, their family, and their community.



To ensure the healthy development of students, it is essential that the relationship between the student, the teacher, and the parent as well as the relationship between the family and the school be strengthened. A better understanding of sexual and reproductive health is necessary for the development of students as a whole. In this regard, the Department of Social Work-PG, St. Edmund's College Shillong in collaboration with the Adolescent Reproductive & Sexual Health Clinic, Ganesh Das Hospital & Sunray's Secondary School, Mawlai Nonglum organized an "Awareness Programme on Adolescent Reproductive & Sexual Health" with the class X students of Sunay's Secondary School, Mawlai Nonglum on 18th November 2022. The aim of the programme is to provide adolescents with the tools they need to grow and develop in a healthy manner, including age-appropriate comprehensive sexuality education and life skills in a safe, supportive environment. Ms. Christy Najair, Counsellor of Adolescents Reproductive and Sexual Health (ARSH) Clinic, Ganesh Das Hospital, Shillong was the resource person for the programme.

Technical Session

Introduction

The programme started by a note of welcome by Ms. Hazel B. Wahlang, Field Coordinator, St. Edmund's College, Shillong. She introduced the resource person Ms. Christy Najair, Counsellor, ARSH Clinic, Ganesh Das Hospital and the interns who have come along with the counsellor for the programme to the participants. She welcomes and thanked the resource person for the collaborative work that the Department have been carried out with ARSH Clinic. Ms. Hazel Wahlang also highlights the important of Adolescents Reproductive and Sexual Health to all the participants.

Role play-based approach to raising awareness of substance abuse and teenage pregnancy

A role play was performed by four intern students who were doing their internship in ARSH Clinic. The role play is based on the issues of Negative peer influence, influence of social media and drug abuse. The purpose of this role play was to demonstrate that young students should be able to make informed decisions on their own and that they should be self-sufficient, and they should fall into negative influences and be a victim of internet and drug addiction. Therefore, it is imperative that they become aware of all these things before it is too late. It is therefore important for them as youngsters to understand negative influences

and to prevent themselves from such influences in order to have a brighter and more prosperous future.



Interactive sessions with the students

Following the role play, the resource person Ms. Christy Najair facilitated a discussion with the students about the role play. The participants shared their understanding based on the role play and they have pointed out some important points from the role play that highlights some points such as:

- Fake friends from internet
- Peer pressure
- Online dating
- Drug abuse
- Teenage pregnancy

As part of the discussion on the main causes of teenage pregnancy, substance abuse, peer pressure was highlighted as one of the most important causes of substance abuse. Peer

pressure is commonly experienced by adolescents during their adolescent years. Often, during this period of time, the pressure teens experience from their friends can lead them to take substances that have a negative impact on them and their surroundings. Additionally, the resource person discusses sexual and reproductive health, a topic that is important for children at this stage because most of them were not instructed about reproductive health, which explains why teenage pregnancy is highly prevalent during adolescence. Regarding teenage pregnancy, she discussed the paralegal perspective, such as bringing to the participants' attention the POCSO Act and paralegal services that are available, which was very informative and valuable to each participant. She also highlighted on the consequences of teenage pregnancy, the problems and challenges of teenage pregnancy which could also lead to problems such as Sexual Transmitted Diseases (STD) and HIV/AIDS, she also brought into attention that teenage pregnancy and HIV/AIDS are very high in the state of Meghalaya.



An ABCD model of improved sexual and reproductive health was illustrated by the resource person, in which

- "A" implies abstinence from sex prior to marriage, and if the individual cannot abstain from sex before marriage,
- "B", being faithful to one partner, and if he or she cannot follow this, then
- "C" is to use contraceptives. By failing to adhere to the ABC of sexual and reproductive health, one may come into contact with
- "D" which refers to the dangers of social, economic, and political dimensions in one's life.

The Resource person encourages the students to reach out to their parents or teachers for assistance with their problems and challenges. Seeking professional supports when needed is also very important for adolescents' groups for the overall healthy growth and overall development.

After the sessions the resource person also talked to the female students separately discussing regarding issues and problems with menstrual health and hygiene. She highlights the importance of menstrual hygiene and to be aware about menstrual problems and ways to manage and deal with such issues.

Conclusion

The programme was an initiative taken by the Department of Social Work -PG (MSW) in collaboration with ARSH Clinic, GDH, and Sunray's Secondary School. This Awareness Programme proves to be a very important and beneficial initiative. During the program, the Resource Person, highlighted the increasing numbers of teenage pregnancy, HIV/AIDS, STD and substance abuse. Through the Programme, the participants were made aware of the importance of education and having knowledge, as well as the difficulties adolescents may face as a result of teenage pregnancy and substance abuse. As a result of the participants' undivided attention towards the efforts of the faculties of St. Edmund's college and the resource person, the programme has proven to be a highly productive and fruitful one. The Department of Social Work-PG of St. Edmund's College looks forward to facilitating similar events in the future.

List of Participants

AWARENESS ON ADOLESCENT HEALTH					
Venue - Sunray's Secondary School					
Date - 18 November 2022					
Sl. No.	Name	Age	Gender	Class	Signature
1.	Phibansha Pathaw	15	Female	X	P. Pathaw
2.	Tomon L.N. Tona	15	Female	X	[Signature]
3.	Sanaphi Kheyllait	16	female	X	S. Kheyllait
4.	Abanphun - sananai	17	female	X	[Signature]
5.	Cheerfulness Nongsiej	15	Female	X	[Signature]
6.	Quenty Dthor	15	Female	X	[Signature]
7.	Sakmenlang Jana	16	female	X	[Signature]
8.	Calvinia L. Lyngkhoi	16	female	X	[Signature]
9.	Phidansha Jana	17	Female	X	[Signature]
10.	Clarisa Langkon	17	Female	X	[Signature]
11.	Panompheang Wahlang	15	Male	X	[Signature]
12.	John Kerry Wanniang	15	Male	X	[Signature]
13.	Sanki wa-u-ni Sutnga	16	male	X	[Signature]
14.	P. Ricken B. Pakhom Tian	16	Male	X	S. Sutnga
15.	Sandame Synkli	17	Male	X	[Signature]
16.	Dawanpi Lyngdoh	18	Male	X	[Signature]
17.	Steven Nongsiej	15	Male	X	[Signature]
18.	Ethanand Lyngkhoi	16	Male	X	[Signature]
19.	Tristian K. Blah	16	Male	X	[Signature]
20.	Pyntungenlang warjai	15	Male	X	[Signature]
21.	Fidel Jana	15	MALE	X	[Signature]
22.	Hiamsalon Mylthem Untong	15	MALE	X	[Signature]
23.	Pozario Syiemlieh	17	Male	X	[Signature]
24.	Meban Pyntthem Sutnga	18	Male	X	[Signature]
25.	Calvinia Lynga	15	Female	X	[Signature]

26. Haphishisha Khyuem 16 Female X Hysa

27. Laria Lone Malngiang 16 Female X Lg

28. Kyrsan Marweir 14 Male X K. marweir