



WORKSHOP ON TEENAGE PREGNANCY AND SUBSTANCE ABUSE

1. **Title: Workshop on Teenage Pregnancy and Substance Abuse**
2. **Objective:** The objective of the program is to provide adolescents with the tools they need to grow and develop in a healthy manner, with an emphasis on age-appropriate comprehensive sexuality education as well as the problems and challenges associated with teenage pregnancy.
3. **Dates:** 17th May 2024
4. **Duration:** 3 Hours
5. **Collaborations:** The Department of Social Work-PG, St. Edmund's College Shillong in collaboration with the Birds and Bees Talk Project (Plan India) & Adolescents Friendly Clinic, GDH, Shillong.
6. **No of participants students:** 78
7. **No of Participants faculty:** 1
8. **No of participants others:** 9

9. **Sessions:** The session started with a role play which was prepared and presented by the MSW students depicting the high prevalence of drugs users and teenage pregnancy. After the role play the resources person Ms. Christy Najir took over the session. She starts the session by asking the students if they have understood the role play, and what does the role play teach everyone. Then she speak about teenage pregnancy and substances abuse at the same time by highlighting that relationship at a very young age should be avoided because it may lead to teenage pregnancy and also using of substances may lead to many problems which can cost life. During the session the resources person spoke a lot about teenage pregnancy and substances abuse and also give a brief explains about the four mode of transmission method which is unprotected sex, sharing needles, Mother to child at a young age, and also it can lead through blood transmission. In addition, she stated that teenagers should abstain themselves from drugs and take precautions and indulge in safer practices while getting intimate with their partner. She also highlighted on the consequences of teenage pregnancy and substances abuse, 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. She also brought out An ABCD method of prevention where A stand for Abstain /Avoid, B Stand for Be faithful / Be careful and C stand for Communication with the elderly and if we can do this ABC method it can lead to a D which mean Disaster. She motivated the student to avoid all these problems and encourages them to live s healthy lifestyle. 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 their overall healthy growth and wellbeing.

- 10. Outcome:** An awareness program focusing on teenage pregnancy and substance abuse can have several significant outcomes. A number of teenagers getting pregnant is just one result that an awareness program on teen pregnancy and substance abuse could have. In part due to the recognition among young people of risks and consequences (to health, well-being and young adults) related to those two matters; and This increased exposure commonly dispels myths and inaccuracies, which balms a groundwork for well informed decisions. Behavioural changes are a key outcome, as participants may adopt healthier lifestyles, avoiding risky behaviours such as unprotected sex and substance use. Improving public health is another critical outcome, as the program can reduce the rates of teenage pregnancies and substance abuse. This, in turn, can lead to better overall health outcomes for teenagers, including fewer cases of sexually transmitted infections (STIs) and reduced incidence of substance-related health problems. Effective evaluation allowing program organizers to measure the impact of their efforts, identify successful strategies, and make necessary adjustments for future initiatives. This continuous improvement ensures that the program remains relevant and effective in addressing teenage pregnancy and substance abuse.
- 11. Feedback:** The participants actively participated in the whole workshops, they raise questions and concerns related to health consequences of Substance abuse, health consequences of teenage pregnancy and so on. The resource person answered and addressed all their queries one by one. The resource person in the sessions provides with so many facts about the high prevalence of drugs suers and teenage pregnancy in the state with real case examples. It was a successful programme and along with the session from the resource person, additional materials were also provided to the participants which will go a long way for further references and re-reading, it was worth the invested time and resources.



12. Geo tagged photo –





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