

# Awareness on Adolescent Reproductive and Sexual Health

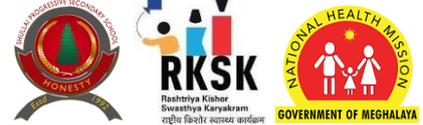
Pre-Centenary Outreach Programme



Organized by the Department of Social Work-PG, St. Edmund's College in collaboration with the ARSH Clinic, Ganesh Das Hospital and Shullai Progressive Secondary School, Mawroh



Department of Social Work-PG  
St. Edmund's College, Shillong  
9th September 2022



## Contents

Introduction .....	2
Sessions Conducted .....	3
1. Interaction with Parents .....	3
2. Short Video Screening.....	4
3. Role play-based approach to raising awareness of substance abuse.....	6
4. Interactive Session with Students.....	7
Conclusion.....	9
Annexure.....	10
Annexure 1: Event Poster .....	10
Annexure 2: List of Students Participated in the Role Play.....	10
Annexure 3: List of Participants .....	11



## 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 & Shullai Progressive Secondary School, Mawroh organized an **“Awareness Programme on Adolescent Reproductive & Sexual Health”** with the High School students



of Shullai Progressive School, Mawlai Mawroh on 9th September 2022, as part of the **Pre-Centenary Outreach Programme**. 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.

## Sessions Conducted

### 1. Interaction with Parents

The first session of the day consisted of an interaction with the parents. As part of the session, the resource person asked a few prepared questions and conducted a kind of survey. In her inquiry, she sought to understand the relationship between parents and adolescents. Following is a list of some of the questions:

- How often do they sit down and speak with their children?
- How do they provide personal space for their children?
- Do the parents discuss sexual health with their children?
- How often do they spend time with their children?
- Does the parent assign work to the children at home?
- Do they give mobile phones to their children?
- Do they discuss with their children the changes in their bodies as a growing person?
- Do they discuss sex with them and what they should know and understand about it?

The resource person then explained to the parents how adolescents gather information and learn about sexual health and sexuality through friends and social media and most of the information they receive from friends, social media, and the internet is inaccurate and unscientific. In many cases, adolescents are very curious and concerned about the sexuality of their own gender and that of the opposite sex. It is sometimes difficult for them to receive accurate information on issues relating to sexuality and sexual health, nor are they able to find a suitable solution to their problems as a result of socio-cultural barriers and social taboos regarding sexual and reproductive health. It is not a topic that is openly discussed and openly discussed among parents, teachers, and adolescents. Therefore, it is very important for



parents to be alert, watchful, and to teach their children about this topic. It is important for parents to teach their children about sexuality development. Furthermore, the resource person provided some examples from her perspective as a counselor of how teenage pregnancy is a high number, particularly in rural areas, as well as the dangers of unsafe sexual practices. Moreover, adolescents aged 15-24 years contribute a disproportional 31% to the burden of AIDS in India, and there are also cases in Meghalaya.

Additionally, the resource person consults with the parents, asking if they are able to spend time with their children and understanding how they live. It is also the parents' responsibility to guide their children to walk in the right direction in life. She further provided examples such as: when someone is seeking love and affection from their parents but does not receive it, they are more likely to seek that attention and love elsewhere, which can create more distance between them. Further, the resource person discusses how they can prevent teenage pregnancy by being open and discussing sex with them since they also require knowledge about sex as a growing adult.



## 2. Short Video Screening

During the second session, the resource person, Ms. Christy Najjar, introduced a short video about the puberty stages for girls and boys. In this video, the subject matter was the five phases of adolescence, which lasted about six minutes. The following signs and symptoms are indicative of the onset of puberty:



## For girls

- Her breasts begin to develop.
- She gets hair in her armpits, on her legs, and on her pubic area.
- She has her first menstrual period.
- She may develop acne.

## For boys

- His testicles and penis increase in size.
- He gets hair in his armpits, on his face, and on his pubic area.
- He develops a small amount of breast tissue.
- His voice deepens.
- His muscles strengthen.
- He may develop acne.

After showing the student the video, the resource person explained that puberty is a period of significant changes for a teen that ends with the full maturation of the body. It can be challenging and even confusing for teenagers to navigate the different stages of their development. As a result, Ms. Christy presented the students with the video in order to educate and give a clear understanding of puberty. By doing so, students are provided with an explanation of the process, as well as information about what to expect. Last but not least, she explained to the students that puberty is a time in life when their bodies become sexually mature and undergo many changes. Furthermore, she stressed that these changes and growth are normal and healthy for their bodies.





### 3. Role play-based approach to raising awareness of substance abuse

In order to raise awareness about substance abuse, the third semester MSW students of St. Edmund's College, who were placed at Plan International (India Chapter) and Riangmang village, performed a role play. A role play was performed by ten students. 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, as life as a young student is like a bait, and if students make a mistake, they will be a victim of a trap. Therefore, it is imperative that they become aware of all these things before it is too late. It is therefore important for them to understand everything about it and to avoid all the negative things in order to have a brighter and more prosperous future.



#### *About the play*

In the role play, there is a student named Max who, at the beginning of the play, is very good and sincere, but later on he faces a problem, which is peer pressure, causing him to get involved in doing bad things such as drugs and alcohol, and after he becomes addicted to these substances, he is no longer active at home or at school. Upon becoming addicted to these substances, his academic performance was very poor and resulted in a lack of interest, demotivation, and distraction, which ultimately led to his failure.

In the following section, we can observe that Max's parents became angry after discovering that he failed the exam and was also addicted to drugs and alcohol. As a result,



the parents decided to send him to a counsellor until Max became aware of the issues and decided to change his life for the better in the future by staying away from all of the bad things in his life.



#### 4. Interactive Session with Students

Following the role play, the resource person briefs the students about substance abuse and how it affects them and their surroundings, as well as their families. As part of her discussion on the main causes of 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.



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.





## Conclusion

As a result of the Department of Social Work –PG (MSW)'s initiative in collaboration with ARSH Clinic, GDH, and Shullai Progressive Secondary School, this Awareness Programme proves to be a very important and beneficial initiative. In particular, the program involved not only the students, but also their parents in addressing topics that educated the participants about sexual health and reproductive rights for adolescents. During the program, the Resource Person, as well as the St. Edmund's College teachers and student social workers, highlighted the increasing numbers of teenage pregnancy and substance abuse. Through the Programme, the participants were made aware of the importance of education, the importance of spending quality time with family members, 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 student social workers 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.



## Annexure

### Annexure 1: Event Poster



# Awareness programme on Adolescents Sexual and Reproductive Health

## Organized by

Department of Social Work-PG, St. Edmund's College  
(Centenary Outreach Programme) in collaboration with  
ARSH Clinic, Ganesh Das Hospital and  
Shullai Progressive Secondary School.





**Venue:** Shullai Progressive Secondary School, Mawlai Mawroh

**Date:** 9<sup>th</sup> September 2022

### Annexure 2: List of Students Participated in the Role Play

Sl. No.	Name
1	Sonia paslein
2	Chongdeinieng changsan
3	Ibansara syiemllieh
4	Pynhunlang Thongni
5	Nathan Dondor langstieh
6	Charemiki diengdoh
7	Shyamsa marak
8	R Movin rickson
9	Lisidora suting
10	Larisa Nonghyndah



### Annexure 3: List of Participants

Venue: Shullai Progressive Secondary School  
Date: 9/09/2022

STUDENTS ATTENDANCE OF SHULLAI PROGRESSIVE SCHOOL				
No	Name	Age	Sex	Signature
1.	Akborlang Dolor	15	male	<i>Akborlang</i>
2.	Darmestwa Wazyji	15	male	<i>D. Wazyji</i>
3.	Shemborlang Mawlong	15	male	<i>S. Mawlong</i>
4.	Jarailang Kharbuli	15	male	<i>J. Kharbuli</i>
5.	Ojilia Mawlieh	15	female	<i>O. Mawlieh</i>
6.	Phidakysiew Nongbri	17	female	<i>P. Nongbri</i>
7.	Mattibakor Nongdhar	15	female	<i>M. Nongdhar</i>
8.	Phibalari Leitmon	16	"	<i>Phibalari</i>
9.	Rachelle Jane Malngiang	15	female	<i>R. Malngiang</i>
10.	Owen. K. Sawian.	14	M	<i>O. Sawian</i>
11.	Aaron. M. Nongbri.	14.	Male.	<i>A. Nongbri</i>
12.	Kiddorlang Sun	15	Male	<i>K. Sun</i>
13.	Damankhraw. K. Knardlyngdoh	16	Male	<i>D. Knardlyngdoh</i>
14.	<del>Aame</del> Debilmanbha nongrang	14	Male	<i>D. nongrang</i>
15.	Batskhem Kuper Suen	14	Male	<i>B. Suen</i>
16.	Jerameel. G. Kharmujai	15	Male	<i>J. Kharmujai</i>
17.	Damangchani Pehlthui	15	Male	<i>D. Pehlthui</i>
18.	Mark Ryan Wazyji	13	Male	<i>M. Wazyji</i>
19.	Genesis star wahlang	13	Male	<i>G. wahlang</i>
20.	Kyishan lang Lanvai	16	Male	<i>L. Lanvai</i>



21	Rebornson Nongkynrik	16	Male	
22	Damen Nynghong	14	Male	
23	Valerian Marbaniang	13	Male	
24	Hamekyrmen Makdoh	13	Male	

Venue: \_\_\_\_\_

Date: 9/9/2022

STUDENTS OF SHILLAI PROGRESSIVE SCHOOL.

Sr/No	Name	Age	Sex	Signature
1	Alfred Gable Momin	15	Male	<i>Alfred</i>
2	Eric W. Nassau	15	Male	<i>Eric Nassau</i>
<del>3</del>	<del>Max</del>			
3	Bennetzer Mabbai	14	male	<i>B. Mabbai</i>
4	Kevin George Marbaniang	15	male	<i>Kevin Marbaniang</i>
6	Davien Anders Lynch	16	male	<i>Davien</i>
7	Jonathan Syiemlieh	<del>17</del>	Male	<i>Syiemlieh</i>
8	Corein L. Nonglait	15	Male	<i>Nonglait</i>
9	Pynskhenlang Marbaniang	15	Male	<i>P. Marbaniang</i>
10	Sebastian Marbaniang	15	"	<i>S. Marbaniang</i>



Venue: Shullai Progressive Sec. School

Date: 9.9.2022

STUDENT ATTENDANCE OF SHULLAI PROGRESSIVE SEC. SCHOOL				
Sl. No	Name	Age	Sex	Signature
1	Cheerful Masher	12	Female	C. Masher.
2	Dashisha Marbariang	13	Female	D. Marbariang.
3	Lomonpyndap Marbariang	13	Female	<u>Lmarb</u>
4	Albarisha . S. Nonglait	14	Female	A.S. Nonglait
5	Ritamatti Maublei	13	Female	R Maublei
6	Manuela Makdoh	13	Female	<u>M. Makdoh</u>
7	Naphisabet Jyuma.	13	Female	<u>Jyuma</u>
8	Ibansabet Nyathong	15	Female	I. Nyathong
9	Nayjween Warjri	15	Female	N. Warjri
10	Monalisa Momin	17	Female	M. Momin
11	Niscenia . Nonglait	14	Female	Nonglait
12	Rubyca Pakyntein	13	Female	<u>Pak</u>
13	Naphisabet. Nonglaj	14	Female	<u>Nonglaj</u>
14	Jbha . dooi	15	female	<u>J dooi</u>
15	Adella . M. Nongbi	14	Female	<u>Nongbi</u>
16	Ethan Jyuma	15	male	<u>Jyuma</u>
17	Franklin Nongkyntih	15	"	<u>F. Nongkyntih</u>
18	Gilbert Masson	15	Male	<u>G. Masson</u>