

Awareness Programme on Adolescent Health

An adolescent is an individual who is between childhood and adulthood, ranging in age from 10 to 19. The adolescent years are a unique stage of human development and a critical time for laying down the foundations of good health. Adolescents undergo rapid physical, cognitive, and psychosocial growth. As a result, this affects the way they feel, think, make decisions, and interact with the world. Adolescents need information to grow and develop in good health, including comprehensive sexuality education, opportunities to develop life skills, access to relevant, appropriate, and effective health services, and a safe and supportive environment ¹.



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 organized an Awareness Programme on Adolescent Health on 24th May 2022 with an aim 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.



75 adolescent students from 3 schools namely, Riangmang Upper Primary School, Riangmang Government Lower Primary School and Persara English Medium School

¹ "Adolescent health - WHO | World Health Organization." <https://www.who.int/health-topics/adolescent-health>.

attended the programme and Ms. Christy Najjar, Counsellor of the Adolescent Reproductive and Sexual Health Clinic, Ganesh Das Hospital was resource person.

A welcome speech was delivered by Nathan Langstieh and Sukkynjai Syiem served as the program's MC. The program was attended by teenage students of three schools: U.P School, Riangmang Government L.P School, and Persara English Medium School. The program was held at Riangmang U.P. School.



Prior to the session starting, the resource person asked the students how old they were, and she told the students who are younger than 12 to go outside because the session was not suitable for them. They discussed teenage pregnancy after which they learned that the legal age of marriage is 18 years old for girls and 21 years old for boys.

She also emphasized that relationships at a very young age should be avoided because it may lead to teenage pregnancy. In addition, she stated that women begin menstruating between 10 and 16 years old. The average period should last below 10 days. If the period lasts beyond 10 days, then a doctor should be consulted. When a girl is on her period, she should change her sanitary pad every four hours and during her period, she can drink hot water, or cover herself with a shawl to ease cramps. She also explained the difference between good and bad touch.

For students who are younger than 12 years old, a separate session was given for boys and girls by student social workers. A video about the difference between good and bad touch was shown to the school students by the student social workers. The student social workers went on to conduct games for both boys and girls after they taught the school students about good touch and bad touch. Following the end of the session, Ribanlin Lyngdoh gave the vote of thanks.