Adolescent Health Education Programme in Karnataka 2014-15:

The adolescent Health Education programme was initiated by SACS in 30 districts of the state. The training on adolescent Health Education programme was given to 320 TOTs in Karnataka covering 6500 high schools.

Likewise in every District, 200 Schools were selected out after the discussion with DPI & DSERT and as per district HIV prevalence, the areas of schools were selected.

In the district DAPCU has retrained 10 TOTS according to district scenario and given training to 200 high school teachers in the initial part.

With the goal of declining the district HIV prevalence among young populations of the district, intensified adolescent health programme was initiated at 6500 high schools in Karnataka.

Kannada Medium, Government aided and Private aided schools were evenly selected.

Initially the Adolescent Health Programme training given to All the 6500 high school teachers. But in the training session, most of the teachers attitude towards the training programme was not favourable and most of the teachers were reluctant to shoulder the responsibilities. But after attending the session all the teachers attitude took phenomenal transform. They evenly shared students problems in the session.

Environmental factors such as family, peer group, school, and community characteristics also contribute to adolescents' health and risk behaviours.

So keeping this, Adolescent Health education programme in 6500 High school students in Karnataka has been initiated with 320 TOTs.

To have the most positive impact on adolescent health, the high schools programmes has been initiated. Community organizations, schools, and other community members and TOTs work together in a comprehensive approach.
ADOLESCENT HEALTH EDUCATION TRAINING FOR HIGH SCHOOL TEACHERS :-

ADOLESCENT HEALTH EDUCATION TRAINING FOR HIGH SCHOOL TEACHERS
Adolescence Health Education Programme at Girls High school, Udupi
Adolescence Health Education Programme at GPUC, Belman
Adolescence Health Education Programme at Govt Composite Highschool, Udupi

Adolescence Health Education Programme at Govt High school, Rajeeva Nagara

Adolescence Health Education Programme at Govt Composite High school, Renjala
Adolescence Health Education Programme at Govt Composite High school, Shankarpura

Teachers Feedback:

- Teachers were hesitated to take the adolescent health classes to students.
- Teachers were also shared some of the live incidents of their schools.
- When question arised for the need of Modular training at schools, all were accepted it.
- Teachers opine that, the programme will be effective if a person from outside teaches.
- Teachers were shared the need of programme to the students.

Recommendations from the schools:
The adolescent health issues should be taken in Separate session for girls and boys.

Information's related to Menstrual cycle process should be given to students.

Proper methods to dispose the sanitary pads are needed, which is a prominent problem of the girls.

In every school, one teacher should get trained on Adolescent health problems

School counsellor is needed to deal adolescent problems in the schools.

Modular training of adolescent health is to be refreshed at least in six month gap.

Electrical incinerator should be introduced in schools for proper waste management.

Parent –Teachers meeting should be conducted thrice a year.

Student's individual problems should be discussed separately by the teachers.

Tools adopted:

Power point presentation related to Adolescent health issues were addressed with activities.

Activity oriented session adopted.

Topics covered:

Menstrual Hygiene was also thrashed out.

Global, state, District epidemiology was displayed and discussed.

Physical and psychological changes were highlighted.

Teen Growth and Development

Menstrual Health education, Menstrual Sanitation was also focussed and the proper dispose of sanitary pads/cloths were stressed.

Modes of Transmission of HIV, Control and Prevention methods

Teen Diet and Nutrition

Teens, Sleep and Relaxation

Teen Drug Use and Abuse
Teen Body Image and Self-Confidence
Teen Sexuality and Teen Pregnancy

**Student’s attitudes:**
- Boys and Girls were highly impressed with the session
- They have given good feedback.
- Very less students say 10% of are only received some education about pubertal changes and remaining were not received any such type of education from their parents.

**School Complaints:**
- Teachers have a number of complaints about girls and boys attitudes (students).
- Teachers are complaining that students are stepping in to cybers to satisfy their curiosity.
- Parents attitude towards their childrens(Too much pampering) hinders the teachers active involvement in students problems and other issues, which making the children not to listen to the words of teachers.

### Case Study: 1

A boy of 14 year old who is in 9th std of one of the High school of District has suddenly started to show scholastically low performance. Teachers of the school found out that, he is under bad influence of auto drivers and one day teacher caught him by reading a sex book. After very few days his parents rushed to school with a complaint that, their son was caught by peeping at bathroom window while bathing mother but the parents were not suspected of boy. But in the next time he was caught by redhand doing this. Teachers found out that, in the college campus the boy was poking to college girls and a old woman of the area. During the adolescent health education training programme the teacher from the school raised this issue and requested to address this issues in the school campus. Likewise DAPCU gave an visit to the schools and gave education and referred that lad to the psychiatric treatment.
The need of the Education:

sex education seems important today than any time before as a large no. of young people are suffering with AIDS than ever. The reason seems lack of proper awareness about the risk involved, and ways to protect themselves, shyness, non availability of information etc. early teenageer being sexually active. This only substantiate the point that sex education in school years become more important. It is a known fact that curiosity to explore are more when information is not there so sex education might help teenager in avoiding the risk.

With increasing exposure to television and internet sex education does not imply teaching kids about sex, which knowledge they will pick up anyways, but for many

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**Case Study:2**

A boy from English medium school of the district was continuously absent for the class for two months. When teachers brought this to the notice of the parents, but parents were strictly denied to punish the student. In the case school management cannot take any action against student. So here the parents were banded the hands with pamperness. Indirectly making the children to have demand over their parents and teachers.

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**Case study-3**

A lad of 8th std has collected the contact numbers of all girls of the School and has given to the senior students. This will show the attitude of the students.
proponents of sex education it definitely means teaching them about what safe, healthy and acceptable sexual behaviour is.

sex education is not about teaching students the art of intercourse. It teaches about the human body, sex hormones, contraception, family planning, sexual diseases, respect for the other sex, and very importantly, how students can defend themselves from sexual predators.

'Sex' word is a taboo in our society, but naming "sex education" as another name only indicates that our own discomfort or uneasiness about this important subject. By disguising the actual content of sex education as "health education" or any other name may only dilute the subject in the present context when our children need to be empowered with correct information and various ways of handle matter related to their own sexuality and protect them from any kind of sexual abuse or violence."

Children should be made aware of which parts of their body (others) can be allowed to touch and which not,"

Kids should be trained from a young age, in High school. It has to be taught to them gradually in their growing years. If questions are not answered by teachers and parents, students have access to other, unfiltered sources like the internet, from where they can get information, "Making students aware of the topic at an early age is important as these days they have access to unfiltered information on the internet too. It is the duty of the parents too to teach their children sex education.

"Teaching kids about sex and sexuality demands a gentle, uninterrupted flow of accurate, age-appropriate info that should begin as early as possible. Parents need to start educating as early as when they teach a adolescent different body parts; without feeling uncomfortable they need to teach about the reproductive organs also. As the child grows, parent, caregivers, teacher and public health campaigns may continue their teaching by adding further materials until he or she understands the subject well."

**Conclusion:**

Though Strong prevention program which goes hand in hand with care, support and treatment Family values are not letting the parents to openly communicate about sexual
health issues, which makes most of the teens to remain in dark and to live in out of track.

So Comprehensive Sexuality Education should be begin at the class of 8\textsuperscript{th} till high school. It should brings up, age appropriate sexuality topics and covers the broad spectrum of sex education, including safe sex, STDs, masturbation, body image, Abstinence-Only-Until-Marriage which emphasizes abstinence from all sexual behaviours and more.

We must remember that we are a society which even treats Sex and Sex Education as a Taboo. To some extent, it is not be rejected at once We need not to copy the Western influence as well as be more than a progressive on this issue. Important is that we need a proper guidance by the teachers of Psychological background. So in this regard, school counsellor from social work (Medical and Psychiatry or Psychology background should be appointed.

The whole idea of imparting sex-ed is to teach children about the biology and physiology of their own bodies. The aim is to make children become aware of their own body parts and to become comfortable and not conscious about it. If young girls, and even boys, are given sex-ed, which, in turn prevents them from, say, being molested, then it truly serves the purpose. It’s not only about sexual intercourse and private parts. It’s also about being able to foresee what repercussions their actions, case in point, unsafe sex, and others’ actions, case in point, molestion/rape, will some important choices!

Every parent should not be shied away from any of the queries of the kids and should not reprimand. Parents should have an open talk with children. “If a child asks a question, it means he or she is ready to know the answer. Parents should not make it sound like a taboo. they cannot be threatened into silence.

Maybe we need more ‘mature’ teachers, who can explain to students how exactly the human body works. We surely need public who understand that sex-ed teachers are not teaching students how to have sex, or for that matter, telling the students that it’s okay
to have sex, as long as you do it safely. Finally Modular training should be adopted at schools.

2 DAYS AEP TOT CONDUCTED FOR DISTRICT ICTC SUPERVISOR AND COUNSELLORS IN KARWAR DISTRICT ON SEPT 10 & 11, 2014

Presidential remarks by DHO, Dr. Ashok Kumar Uttara Kannada
Mr. Manoj Nayak Dist. ICTC Supervisor DAPCU Karwar(UK) concluded the programme
Mr. Shashidharan IHAT Bangalore addressing the session

Mr. Vinayachanda facilitator taking Session
Group Activity taken by Mr. Vinayachandra Facilitator.

Feed back by Mr. Prakash counselor Balagum on 2 days training.
Participants singing group song