

NIOS lesson adaptation project

by  **Embrace** The power within you! **Volunteers**

(A community initiative of Harchan Foundation Trust)

CHAPTER -20

MY ADOLESCENCE CHARMS AND CHALLENGES

This project is aimed at supporting children with different needs. Information provided is adapted to the best of knowledge by the volunteers. For complete information please refer to the NIOS resources in <https://www.nios.ac.in/online-course-material/secondary-courses.aspx>.



ADOLESCENCE

A SPECIAL PHASE IN LIFE



K - What does the child KNOW	W - What does the child WANT to know	L - What has the child LEARNT
	Know about physical changes, social , and emotional changes during adolescence	
	characteristics of cognitive development during adolescence	
	Development positive self-concept and self-esteem;	
	build skills to respond positively to various situations;	
	deal effectively with different influences from peers, adults, media and social	
	Recognize the importance of planning for a career	

Adolescence

- Period of life between childhood and adulthood.
- Individual experiences a range of emotions.
- Very confident about certain things.
- Unsure about others.
- Time and Effort is necessary get comfortable with the changes.
- These changes make this phase of life very exciting.

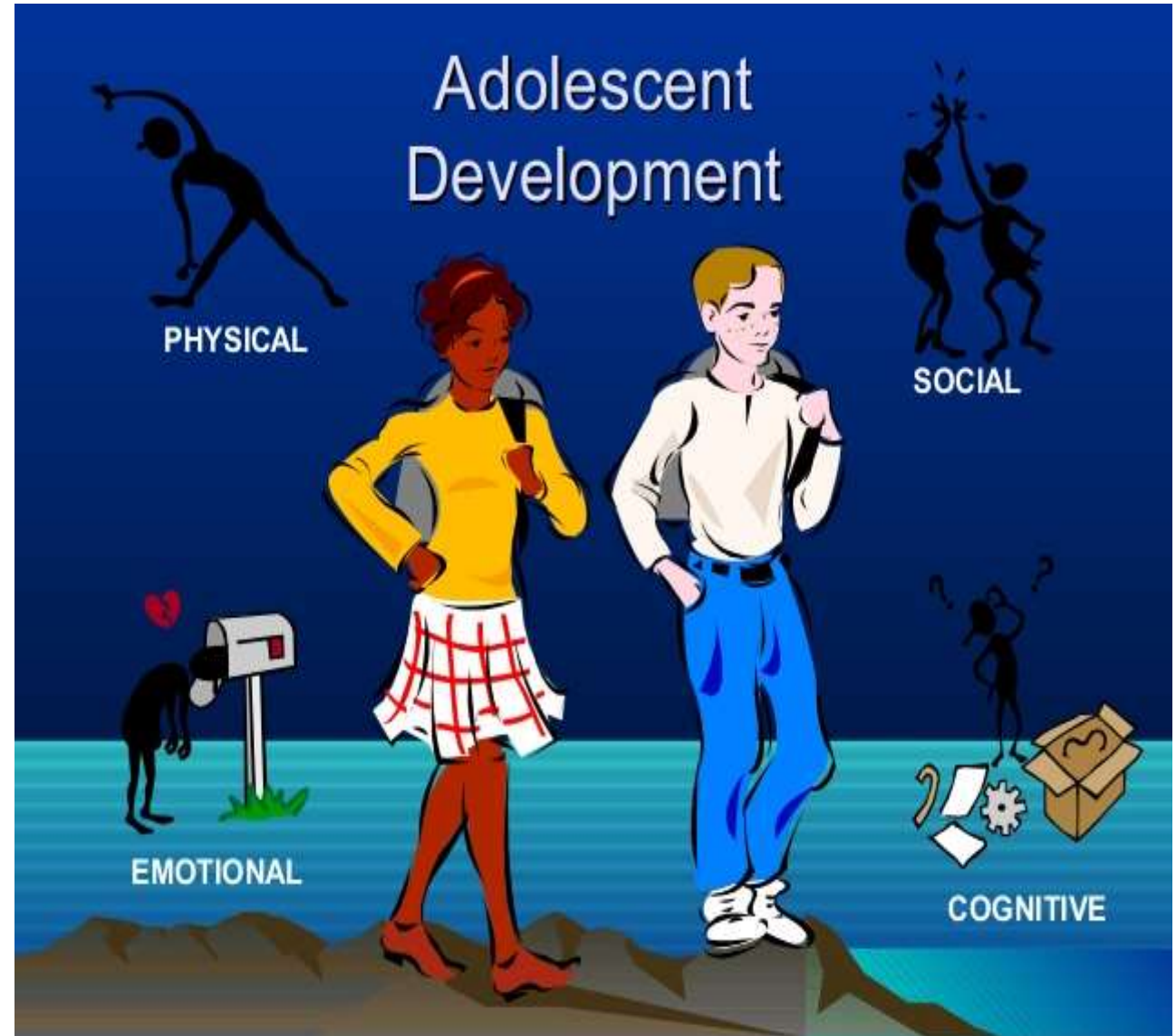
Characteristics of adolescence

- Transitional stage between childhood and adulthood.
- Age between 10 to 19 years.
- Initiated by hormonal changes in the body.
- Part of natural process of growing up.

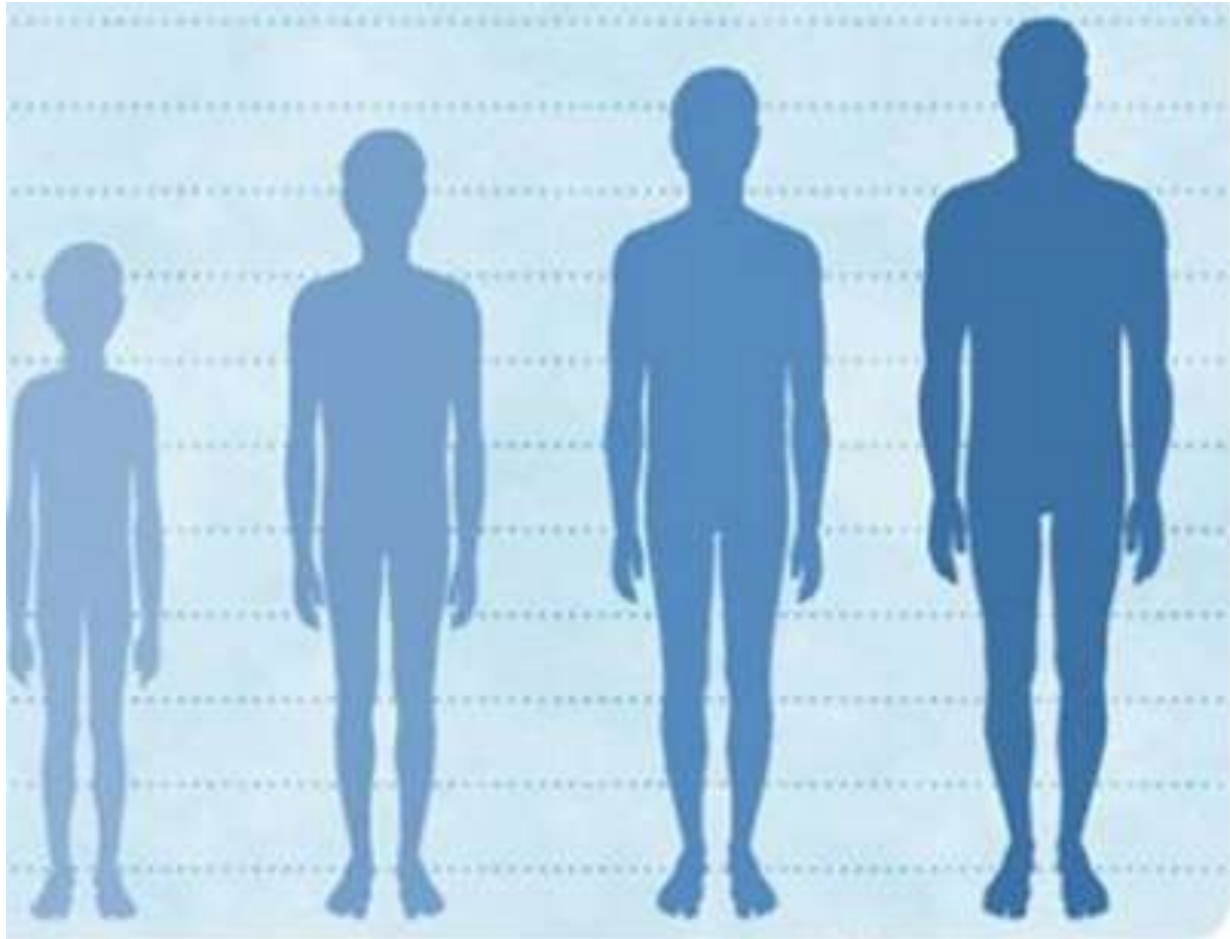
Characteristics of adolescence

These are marked by

- Physical
- Emotional
- Social
- Cognitive changes

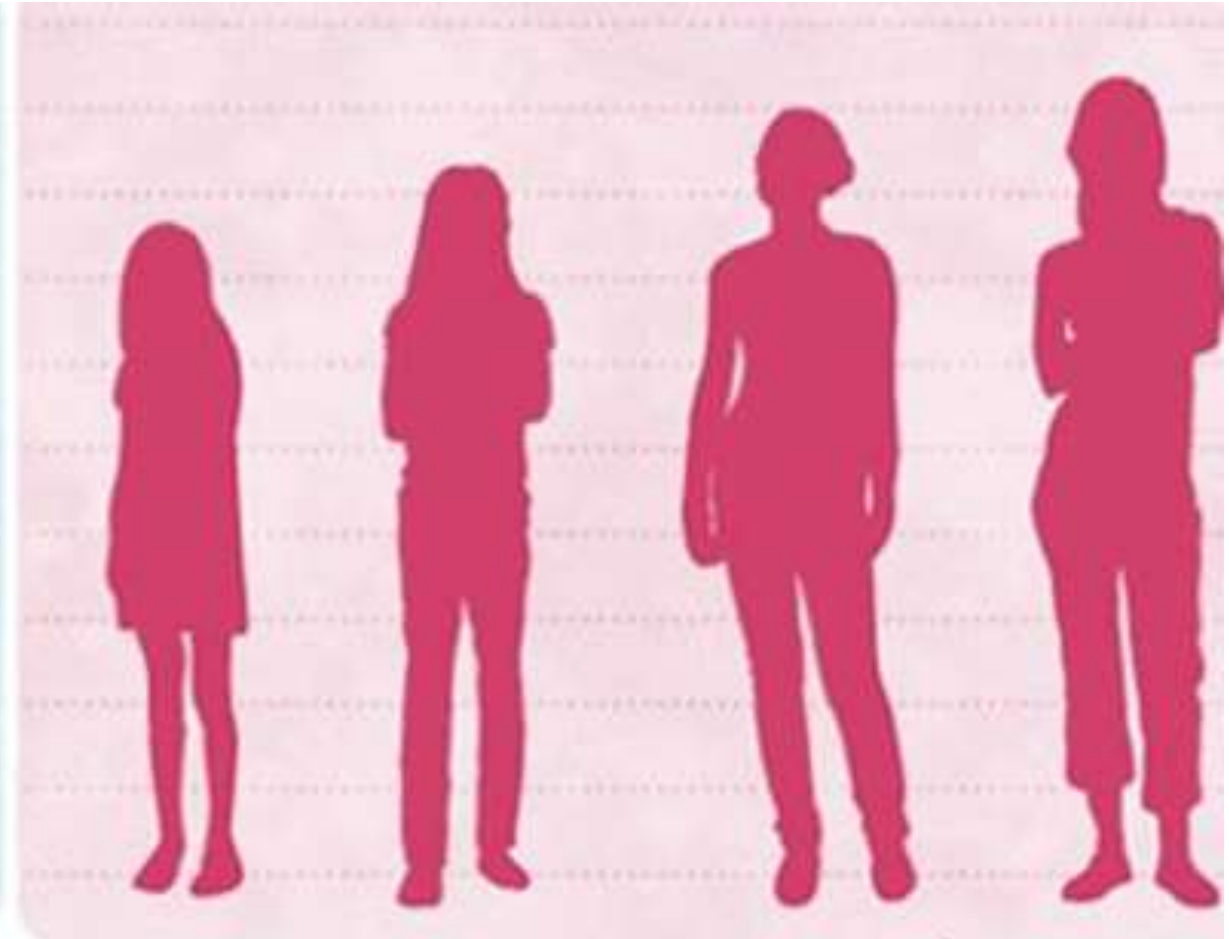


Physical development- puberty



Age 9

Age 19



Age 8

Age 19

Physical development

- Begins with puberty
- Changes in the physical body from childhood to adulthood.
- Changes in the sexual organs.
- Every individual has unique structure.
- Which is influenced by several factors such as heredity, environment and nutrition.

Physical development

Common to boys and girls	Specific to boys	Specific to girls
<ul style="list-style-type: none">• Increase in height and weight• Growth of underarm hair• Growth of pubic hair• Pimples / acne• Development of reproductive organs	<ul style="list-style-type: none">• Broadening of shoulders• Deepening of voice• Development of facial hair• Increased muscular development• Nocturnal emission	<ul style="list-style-type: none">• Growth of breasts• Broadening of hips• Menarche

Characteristics of puberty

- It is initiated by hormonal changes.
- Changes are visible both in boys and girls.
- This is marked by physical growth and changes in body shape.
- Almost 75% of adult height is achieved during puberty
- About 50% of adult weight is achieved during this age

Characteristics of puberty

Menarche (Periods) In Girls.

- It is the process of initiation of menstruation among girls.
- It is the onset of menstruation in girls.
- It is a natural process.
- Occurs only in girls between the age group of 9 to 16 years

Menstruation

- It is a biological process and the cycle called menstruation.
- This cycle is of 28 days but it may vary from 21 to 35 days
- It normally continues from 3 to 5 days every month.

Myths of Menstruation

- Not to engage in their daily work during menstruation.
- It is an abnormal condition.
- It is alright to take medicine to delay menstruation.
- Bathing during menstruation causes cramps.
- Women should not enter kitchen during menstruation

Menstruation the fact file

- They can continue with their daily activities.
- Avoid taking medicines to delay menstruation.
- Regularity in the menstrual cycle is common when girls just began to menstruate.
- Menstrual cycle may be irregular due to stress, illness and inadequate nutrition.
- If the girl is sexually active missed period indicates pregnancy

Foods during menstruation

- All girls should have an iron rich diet to prevent anemia.
- Girls who bleed heavily are malnourished may also need iron supplements

Nocturnal emission ('wet dreams' or 'night fall')

It is it is the release of excess Semen from the penis in boys during sleep.

Nocturnal emission -the fact file.

- It is a natural phenomenon.
- It does not cause any sexual or physical weakness.
- All boys may not experience nocturnal emission

Hygiene of genitals

- This is very important for both girls and boys.
- Wash genital's with clean water after urination.
- Trim the pubic hair regularly to avoid infection and exercise sweating.
- Use undergarments made of cotton preferably.
- Change undergarments at least once a day
- Wash dirty undergarments and dry it in sunlight
- In case the under garment is stained change it immediately

Emotional development

- It is the ability to manage emotions and to express them in positive and responsible way
- Almost all adolescents go through a stage of rebellion against restrictions.
- Each person is unique and has different responses to stress.
- Positive and healthy ways of responding to stressful situations help in decreasing the negative emotions.
- Angry outbursts mood swings are quite common in the state
- Adolescents feel as if they are sitting on an emotional seesaw



Ways to deal with the emotional development

- Ask for help, remember it is not a symbol of weakness.
- Asking for help signifies strength and good understanding of your inner resources.
- Analyzing the situation and effort to understand its cause.
- Which help in avoiding it in future.
- These all help in managing emotions better.
- Building of positive self-concept is very important.
- It helps in personality development among adolescents.

Self-concept and Self-esteem

Self-concept

- ☐ The way in which we see our strengths and weaknesses.
- ☐ It is low when we see only our weaknesses
- ☐ It is high when we look at our strengths and want to improve ourselves.

Self-esteem

- ☐ It is our personal judgment of our abilities. I
- ☐ If we have high self-esteem, then we have more belief in our abilities.

Positive self-concept leads to higher self-esteem. Success is the key factor in building positive self-concept during adolescence.

Social development

It is the interaction of adolescence with their family, peers, and others.

- Adolescents like to stay with same age groups sharing thoughts and feelings.
- They develop a strong sense of selfhood –identity.
- Acceptance in the peer group is a major concern.
- Identity crisis like” who am I” “Am I an adult or a child” is one question affects the adolescent
- They put effort to become independent.
- They try to develop their own identity.
- They slowly start taking their own decisions.

Role of peer group

- Cultivate social skills.
- Develops empathy.
- Helps building up relationships.
- Resolves conflicts
- Offers constructive criticism
- Be generous and supportive
- Helps to maintain mutual respect



Cognitive development

- Refers to the development of brain which facilitates performance of more complex mental functions.
- Develops thought process.
- It includes the mental process of perception, memory, and reasoning.
- The thought changes are sudden and drastic which can be favorable or anti-social

Thought pattern of adolescence

- Abstract thinking. They can imagine impossible.
- Personal fable. They think they are unique and nothing can happen to them.
- Systematic thinking.
- Idealism. They have strong sense of right and wrong.
- Imaginary audience. Imagine that every one is watching them.

Effect of cultural and social norms

- Norms are certain set of rules and expectations post by the society.
- Society expects the behavior in accordance of norms.
- Norms affect the way we behave, talk, dress or conduct personal relationships.
- Gender roles are governed by social norms.
- Adolescent is often repulsive to norms.
- Adolescents define norms and adopt whatever is popular among their peers or is fashionable in media

What should an adolescent avoid?

- Do not give in to societal pressure.
- Use the word “no” when declining rather than “I can’t” or “I shouldn’t”.
- Avoid feeling guilty and avoid saying I’m sorry.
- Stop others from making excessive demand on you.
- Make sure your body language does not contradict what you are saying.
- Make direct eye contact with the other person

Influence of media on adolescence

Mass media like television films newspapers magazines radio and Internet have both

- positive impact
- negative impact

How to reduce the negative effect of media.

- Help the adolescent to distinguish between fantasy and reality.
- Discussing the consequences of violence and risk-taking behavior.
- Empowering adolescence with thinking skills to filter the messages.
- Helping them to take decision which is age appropriate.

Preparing for a career

Adolescent starts thinking about his or her career

- Will have anxiety to have a good job and a decent livelihood.
- He/ She should choose an appropriate job through job fair, website, magazine, newspaper etc.
- He/ She should understand that every job requires extra labor and effort for success and promotions
- He/ She must take internship apprentice and have hands on experience



How to get relevant information

- Weekly magazine sections of many newspapers offer guidance on vocational choices, the preparation needed for them, the concerned institutions and how to get there.
- A number of career guidance websites are also available.
- Parents and employees from specific fields can give first-hand knowledge about their careers.
- An internship or on the job training will also equip you with necessary job-related skills.

List of Volunteers

Embrace-NIOS lesson adaptation project

(A community initiative of Harchan Foundation Trust)

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Picture Credit

Picture Slide	URL
Slide 2	https://www.slideshare.net/athirarajan94/presentation-on-the-topic-adolescence
Slide 6	https://edu.glogster.com/glog/adolescence-milestones/28wc9l7h5xu
Slide 7	http://mygrade7health.blogspot.com/2015/06/physical-changes-during-puberty.html

