

B.Ed. Two Year Programme

E.8: Adolescence Education

Maximum Marks: 100

General Aim

- To enable the student teachers to develop sensitivity, understanding and knowledge about Adolescence issues.
- To facilitate a positive attitude towards the importance of Adolescence Education Programmes at the school level.

Specific Objectives

Pupil Teachers will be enabled to:

- Develop knowledge and sensitivity on matters related to reproductive health, sex and sexuality and communicate effectively on these issues.
- Develop understanding about physical, physiological, psychological, socio-cultural and interpersonal issues related to the processes of growing up.
- Inculcate a healthy attitude towards sex and sexuality, respect for the opposite gender and an understanding of responsible sexual behavior.
- Develop an understanding about the desired life skills.
- Build a perspective on the socio-legal and cultural issues related to sex and sexuality.
- Acquire skills to use certain techniques such as question box, role play, value clarification and case studies, for enacting Adolescence Education Programmes.

UNIT-1 Adolescence Education: Introduction

- Adolescence: Understanding of physiological, socio-emotional, cognitive and cultural aspects.
- Adolescence Education: Concept, Need and Relevance.
- Issues and Challenges during Adolescence
- Role of Social Agencies in Adolescence Education.
 - School, Family, Media, Community

UNIT 2 Life Skills Education

- Understanding the need, concept, and significance of Life Skills Education
- Relationship between Life Skills and Adolescence Education
- Detailed study of Core Life Skills.

UNIT 3 Sexual and Reproductive Health

- Understanding Sexual and Reproductive Health
- Myths and Misconceptions
- STIs and HIV/AIDS: Causes, Prevention, Cure and Skills of Coping

UNIT 4 Empowering Student Teachers

- **Preparation of Teachers**
Dealing with personal self constraints, Socio- cultural issues, Class room issues and challenges

- **Pedagogical Approaches to Adolescence Education**

Case studies and Critical Incidents, Brainstorming, Role-playing, Buzz groups, Gaming, Value clarifications, Question Box, Discussions and Debates, Puppet shows, Role Reversal, Walkabouts, Video shows.

Suggested Practicum

- a) Field visit/s
- b) Review and analysis of the work done by Government and Non Government Organisations (NGO) at national and international level.
- c) A research study or detailed case study:
 - Adolescents' behavior in different socio-economic settings.
 - A study on child abuse victims
 - Adolescents in drug rehabilitation centers
 - Adolescents residing in the precincts of industrial areas and factory establishments
 - Adolescents in the educational regions showing either higher or lower drop-out rates.
 - Adolescents belonging to communities in which social evils affecting them are manifested like child marriages.
 - Conducting Adolescence Education sessions in School.

Suggested Readings List

Arora, Pankaj, (2008); "Sex Education in Schools", Delhi, Ocean Books Pvt. Ltd.

ASHE (2001, Preparing For the VIBES – In the World of Sexuality- Revised Edition for Schools. Jamaica, USAID.

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Department of Family Welfare, Ministry of Health and Family Welfare, Govt. of India, IEC division, June 2004; Adolescent Health: Module for Basic Health functionaries learning to work with Adolescents.

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Growing up in a World with HIV/AIDS, FAQ Booklet for students, Adolescence Education Programme; MHRD, NACO and UNICEF.

Harrison, Jennifer K., (2000); Sex Education in secondary Schools; Buckingham, Philadelphia, Open University Press,

MHRD (2004) Life Skills Modules, Adolescence Education Programme, MHRD < NACO & UNICEF, Delhi.

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Nagpal, Jitendra and Prasad, Divya, (2000); Sex Education; Encyclopaedia of Indian Education; Rajput, J.S., Ed., Vol-II (L-Z); NCERT

NCERT & NACO (1994) AIDS Education In School: A Training Package, Delhi.

NCERT (1988, 2000 & 2005) National Curriculum Framework for School Education, New Delhi.

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NCERT,(2005); National Curricular Framework 2005; New Delhi, India

Package of Lessons and Curriculum Materials. Bangkok , Thailand.

Prabhu, Vithal, (1998); Sex Education to Adolescence: With Guidelines for Program/Curriculum; Mumbai, Majestic Prakashan.

UNESCO (1991) Adolescence Education, UNESCO Principal Regional Office for Asia and The Pacific, Bangkok.

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Yadav, Saroj Bala,(2000); Adolescent Education; Encyclopaedia of Indian education; Rajput, J.S., Ed. Vol.I (A-K); NCERT.

Yadav, Saroj, (2007); ICT- A Strategy for Adolescence Education; Indian Journal of Population Education, No. 36, Indian Adult Education Association, National Documentation Center on Literacy and Population Education.

Websites

Adolescent & Youth Reproductive Health in India: Status, Policies, Programs & Issues, http://www.policyproject.com/pubs/countryreports/ARH_India.pdf

Culture & Adolescent Development, www.ac.wwu.edu

Health Needs of Adolescents in India, www.icrw.org

Joseph Ammo, The World According to Adolescents, www.hsph.harvard.edu

Patel, Andrews et al, 'Gender, Sexual Abuse & Risk Behaviors in Adolescents: A Cross-Sectional Survey in Schools in Goa, India, www.who.int

Sex & the Adolescent, www.webhealthcentre.com

Sexual Behaviour among Adolescents in Delhi, India: Opportunities Despite Parental Control, [www.iussp.org/Bangkok2002/s30 Mehra.pdf](http://www.iussp.org/Bangkok2002/s30_Mehra.pdf)

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www.ignou.ac.in/

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