

A decorative graphic in the top left corner consisting of several long, flowing ribbons in various colors: white, light blue, dark blue, green, yellow, and orange. The ribbons are arranged in a way that they appear to be falling or blowing in the wind.

SKILL BASED HEALTH EDUCATION

HIGHER SECONDARY (classes 9-12)



SKILL BASED HEALTH EDUCATION

HIGHER SECONDARY (classes 9-12)

Adolescence is regarded as a period of rapid change, both biologically and psychologically. Puberty and sexual maturity marks the end of childhood and signifies the beginning of adolescence, which is characterized by a dramatic physical growth rate and sexual characteristics. As they enter into the sexual maturity phase, the growth is much faster than the adolescents can cope with, the pace is confusing and bewildering and thus they develop a desire for experimentation. All these changes lead to development of adult mental processes and in the midst of this confusion, the child searches for his self identity. These changes influence the behavior of the adolescent. It is important for society to provide them support and opportunities to facilitate the development of a healthy self-concept. At times, the adolescents may behave in ways neither accepted nor appreciated and get branded for having a negative identity.

The activities given in this module are for classes 9-12, which can be easily incorporated into the school setting with minimal input from outside. The average time for each activity is one class period. Teachers can use these activities by combining them with their subject course, as some of them are covered in the syllabi. If needed, teacher can adapt the activities, making sure that students are comfortable doing them. Teachers have to be thorough with all the activities before taking them up in class. If possible the appropriate portions from the textbook should follow the activity and teacher can repeat it again from time to time. Teacher can reinforce the key messages derived from the activities from time to time. Special emphasis has been placed on development of life skills and skills that help the individual to adopt positive behaviour to deal with demands and challenges of everyday life. Life skills contribute to our perceptions of self-confidence and self-esteem and play an important role in the promotion of mental well-being and to enhance our psychosocial competencies.