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.


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

Greenberg, Jerrold S. (1989); Preparing Teachers for Sexuality Education, Theory into practice; Sexuality Education, Lawrence Erlbaum Association, Inc., Vol 6,No 3,pp 227-232,

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,


NACO and UNICEF, (2005); Knowledge is Power-Adolescence Education: National framework and state action plan (2005-06)
NCERT, (2005); Adolescence Education in Schools- Life skills Development General Framework; National Population Education Project, Deptt. Of Education in Social Science and Humanities, New Delhi, India.
NCERT, (2005); National Curricular Framework 2005; New Delhi, India
Prabhu, Vithal, (1998); Sex Education to Adolescence: With Guidelines for Program/Curriculum; Mumbai, Majestic Prakashan.
UNESCO (2001) Life skills on Adolescence Education Reproductive Health:
Yadav, Saroj Bala, (2000); Adolescent Education; Encyclopaedia of Indian Education; Rajput, J.S., Ed. Vol.I (A-K); NCERT.

Websites
Culture & Adolescent Development, www.ac.wwu.edu
Health Needs of Adolescents in India, www.icrw.org
Sex & the Adolescent, www.webhealthcentre.com
www.ncte-in.org/
www.cbse.nic.in/
www.ncert.nic.in/
www.ignou.ac.in/
www.nacoonline.org/
www.prerna.org/
www.chetnaindia.org/