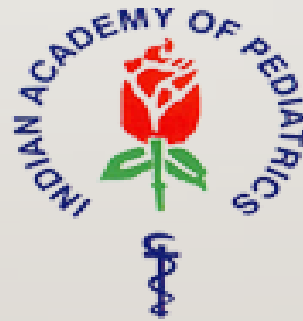


# ADOLESCENT HEALTH ACADEMY

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COIMBATORE BRANCH

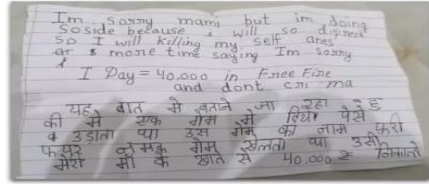


# ADOLESCENTS-THE INDIAN SCENARIO

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- India has the largest adolescent population in the world at 253 million and every 5<sup>th</sup> person is between 10-19 years.
- India stands to benefit socially, politically and economically if this large number of adolescents are safe, healthy, educated and empowered with proper information and life skills to tackle various issues for their own development and in turn the country's development.
- The vulnerable lot of the teen children don't have access to healthcare services while the privileged lot don't want to access healthcare services for various reasons.
- Disordered eating and sleeping patterns, high risk behaviour, media addiction, mental health issues are some of the important issues plaguing our adolescent children.

# WHY ADOLESCENT HEALTH IS IMPORTANT?



## Class 6 boy in MP dies by suicide after losing ₹40,000 in game, suicide note recovered

A 13-year-old Class 6 boy died by suicide by hanging himself from a ceiling in Chhatarpur district of Madhya Pradesh, police said on Saturday. The boy left a suicide note, according to which he took the extreme step after losing ₹40,000 in an online game. In the note, the boy said he was depressed and sought apology from his mother.

swipe left for more at FPJ / few hours ago



## UK teen goes blind and deaf after eating only junk food for 10 yrs

A teenager in the UK has gone blind and deaf after surviving for a decade on chips, sausages, processed ham and white bread. The unidentified teenager has an eating disorder called ARFID where sufferers avoid food with a certain smell, texture, taste and appearance. His diet resulted in vitamin deficiency, but he did not take supplements or improve his diet.

short by Nandini Sinha / 03 Sep, 2019



## Minor UP boy dies in accident after he stands on bike to take selfie

A bid to take a selfie on a speeding motorcycle led to a 17-year-old boy's death in UP's Budaun and injured two of his friends following an accident. The deceased was riding pillion and allegedly stood on the bike to take a selfie. "Since there was no other vehicle involved, no complaint was lodged...family refused post-mortem examination," police said.

swipe left for more at Times Now / few hours ago



## Pocso mustn't be used in teen romance cases: HC

Rajesh Kumar Pandey | TNN

Prayagraj: Observing that the Protection of Children from Sexual Offences (Pocso) Act is not intended for teenagers' romantic affairs, the Allahabad high court granted bail to a Pocso accused youth, who ran away with a 14-year-old girl and married her in a temple. The youth, who was a minor then, remained in company of the girl for almost two years during which the girl gave birth to a child.

Allowing the bail application of the accused, Justice Rahul Chaturvedi observed, "Growing incidences where teenagers and young adults fall victim of the offences under the Pocso Act, and being slapped by the penal provisions of the Act without understanding the far-reaching implications of the severity of the enactment, is an issue that brings

**“The scheme of the Act clearly shows that it did not intend to bring within its scope or limits, the cases of the nature where the adolescents or teenagers involved in the dense romantic affair”**

**JUSTICE RAHUL CHATURVEDI**  
Allahabad high court

much concern to the conscience of this court.”

"A reading of the statement of objects and reasons of Pocso Act would show that, as mentioned, to protect the child from the offences of sexual abuse, sexual assault and harassment, pornography, pursuant to the Article 15 of the Constitution of India, 1950 and the conservation on the rights of the children. However, a large array of the cases filed under the

Act seems to be those arising on the basis of the complaints/ FIRs lodged by the families of adolescents and teenagers who are involved in romantic relationships with each other. The scheme of the Act clearly shows that it did not intend to bring within its scope or limits, the cases of the nature where the adolescents or teenagers involved in the dense romantic affair," it observed.

The court in its order dated January 25 said, "No doubt consent of minor girl has got no value in the eyes of law, but in the present scenario where the girl has given birth to a baby from the applicant and in her statement before the court, she has declined to go with her parent and from last four to five months residing in most inhuman condition with her infant baby, this by itself is pathetic and would amount to adding to her miseries."



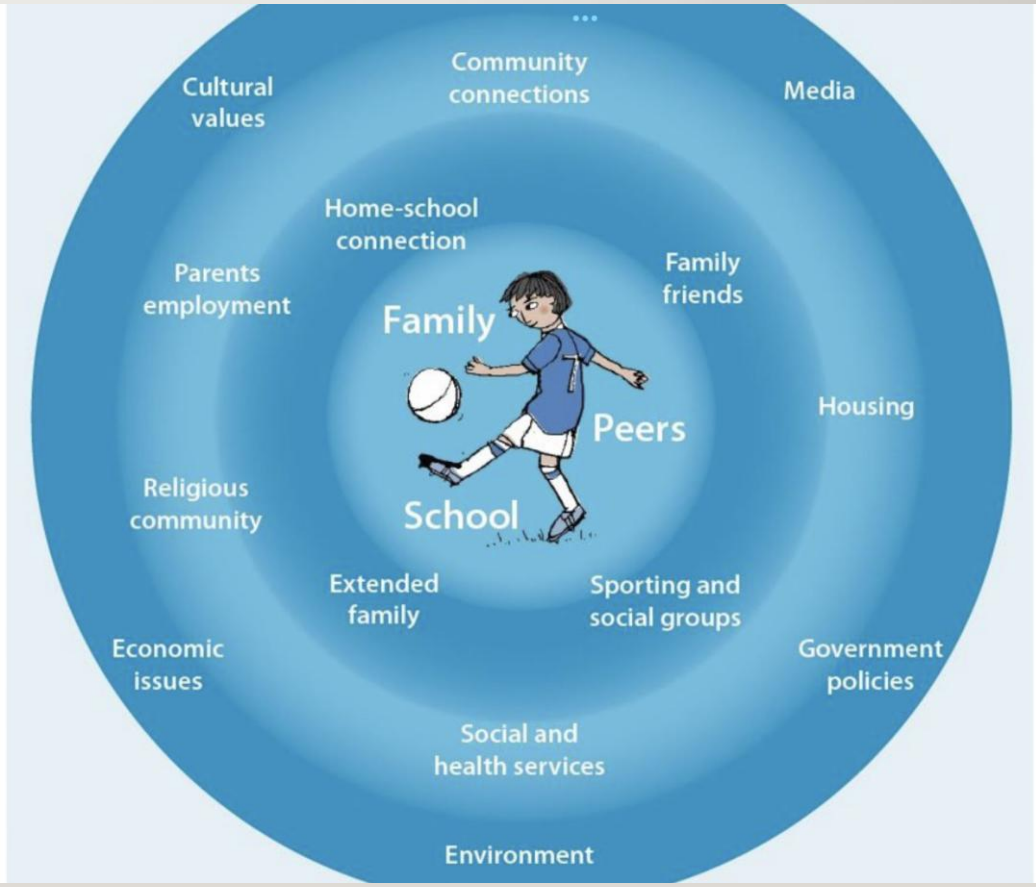
# ADOLESCENT – TO GROW

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- SECOND RAPID GROWTH PHASE IN LIFE NEXT TO FETUS AND INFANCY
- BODY TAKES A NEW SHAPE AND GENDER IDENTITY
- PHYSICAL, MENTAL, EMOTIONAL, PSYCHOLOGICAL AND SOCIAL DEVELOPMENTS
- ADOLESCENT HEALTH DETERMINES WELL BEING OF NEXT GENERATION!

# FACTORS INFLUENCING ADOLESCENT HEALTH

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# ISSUES DURING ADOLESCENCE

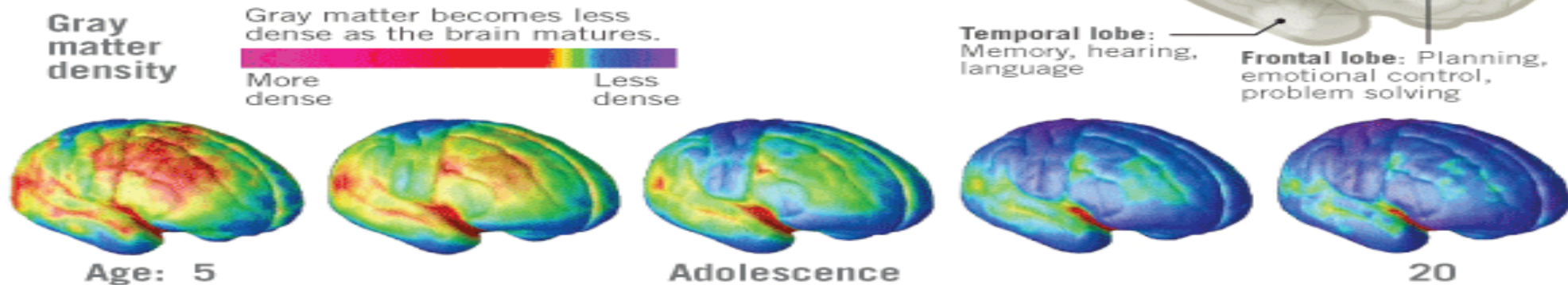
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- School concerns
- Behavioural concerns[aggression,violence,mood changes]
- Social concerns[lack of friends,bullying,peer influence,withdrawal from family]
- Emotional concerns[anxiety,depression,suicide thoughts]
- Early sexual activity and related problems
- High risk behaviours[smoking,alcohol,drug abuse,dangerous driving]
- Weight and height concerns[body image,obesity,poor nutrition]

# BRAIN CHANGES-ADOLESCENCE

## Growing a Grown-up Brain

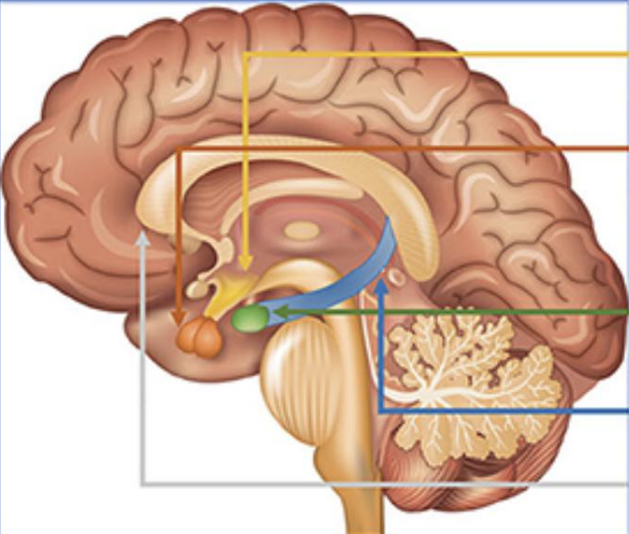
Scientists have long thought that the human brain was formed in early childhood. But by scanning children's brains with an MRI year after year, they discovered that the brain undergoes radical changes in adolescence. Excess gray matter is pruned out, making brain connections more specialized and efficient. The parts of the brain that control physical movement, vision, and the senses mature first, while the regions in the front that control higher thinking don't finish the pruning process until the early 20s.



Source: "Dynamic mapping of human cortical development during childhood through early adulthood," Nitin Gogtay et al., *Proceedings of the National Academy of Sciences*, May 25, 2004; California Institute of Technology



# HORMONAL EFFECTS ON BRAIN



Summary of structural and functional effects	Brain Structure	Brain Function	Model	Hormone(s)	Effect
	Hypothalamus	Hormone secretion; regulation of temperature, appetite, emotions, and sexual behavior	Animal (rat)	↑ Testosterone, progesterone, and estradiol	↑ New cell growth
	Pituitary	Hormone secretion; regulation of hormone production in other endocrine glands	Human (healthy adolescent)	↑ Testosterone and estradiol	↑ Grey matter volume
	Amygdala	Emotion processing; fear, aggression, sexual behaviors, and reward learning	Animal (rat/hamster)	↑ Testosterone	↑ New cell growth
			Human (healthy adolescent)	↑ Testosterone and DHEA	↑ Grey matter volume
	Hippocampus	Learning and memory	Human (Klinefelter syndrome)	↓ Testosterone	↓ Grey matter volume
			Animal (rat)	↑ Estrogen	↑ Synaptic density
Myelin	Insulates axons; increases speed and efficiency of signal transmission in neurons	Animal (rat)	↑ Sex steroids	↑ Myelination	
		Human (healthy adolescent)	↑ Testosterone and estradiol		



# EMOTIONS OVERTAKE WISDOM

- Adult size is reached by 6 years
- Creases and folds increase and become more complex in this period
- Attention and focus improves drastically
- Memory ,organizational skills increase
- Processing speed doubles
- Become more introspective and search for identity
- Changes in mood and behavior
- Risk taking behaviour



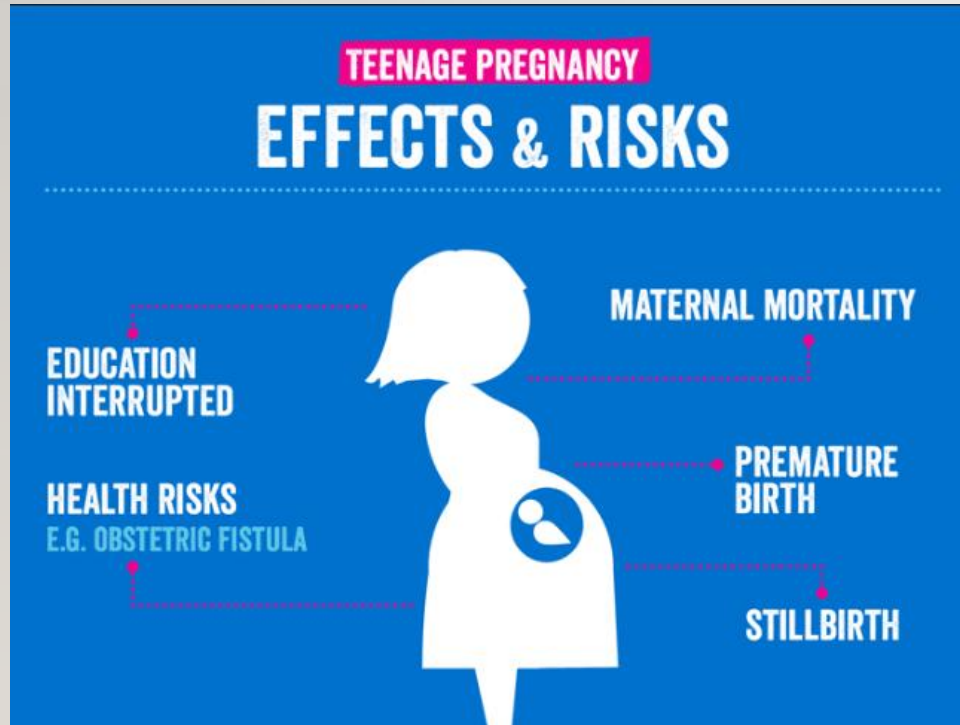
# STAGES OF ADOLESCENT SEXUALITY

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- Self exploration
- Romantic fantasy
- Ability to attract opposite sex
- Stable relationships
- Mutual and reciprocal plan for future



# TEENAGE PREGNANCY



- NFHS 5 shows a decline in teenage pregnancy from 7.9-6.8
- Adolescent anaemia in females has increased from 54.1-59.1
- Tamilnadu has shown a increase in teenage pregnancy from 5-6.3
- Adolescent anaemia in tamilnadu has decreased from 54.2-52.9



# DEALING WITH ADOLESCENTS

## Basic Counselling Skills & Pre requisites

Privacy

Confidentiality

Nonjudgmental, respectful, empathetic attitude

Open ended questions

Nonverbal communication skills

Active listening

HEEADSSS Psychosocial history taking

# HEEADSSSS ASSESSMENT FOR ADOLESCENTS

<b>HOME</b>	Who lives with you? What are the relationships like at home? Have there been any recent changes at home? Is there any physical violence at home?
<b>EDUCATION</b>	Tell me about school... Have you experienced any bullying at school? Do you have friends at school? How is your school performance? Has it changed?
<b>EATING</b>	Does your weight or body shape cause you any stress? Have there been any recent changes in your appetite or diet?
<b>ACTIVITIES</b>	What do you do for fun?
<b>DRUGS/ ALCOHOL</b>	Do you or your friends or family use drugs, alcohol or tobacco?
<b>SEX</b>	Have you been in a romantic relationship? With boys/girls/both? Have any of your relationships been sexual?
<b>SELF HARM / SUICIDE</b>	Do you feel down, depressed or hopeless? How is your sleep? How is your concentration? Do you enjoy anything? Are you looking forward to anything? Do you have any thoughts about hurting yourself again?
<b>SAFETY</b>	Have you ever met anyone you first encountered online? Have you experienced violence at home or elsewhere? Are you, your friends or family members involved in any gang activity? Have you been involved in any fights?
<b>SOCIAL MEDIA</b>	Which social media platforms do you use? Do you feel that you have been bullied online? Do you give out personal details on social media?

# ANTICIPATORY GUIDANCE FOR ADOLESCENTS

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**Managing Emotions**

**Developing an Identity**

**Resisting Peer Pressure**

**Building Relationships**

**Communicating and Negotiating safer life situations**

**Education and Career**



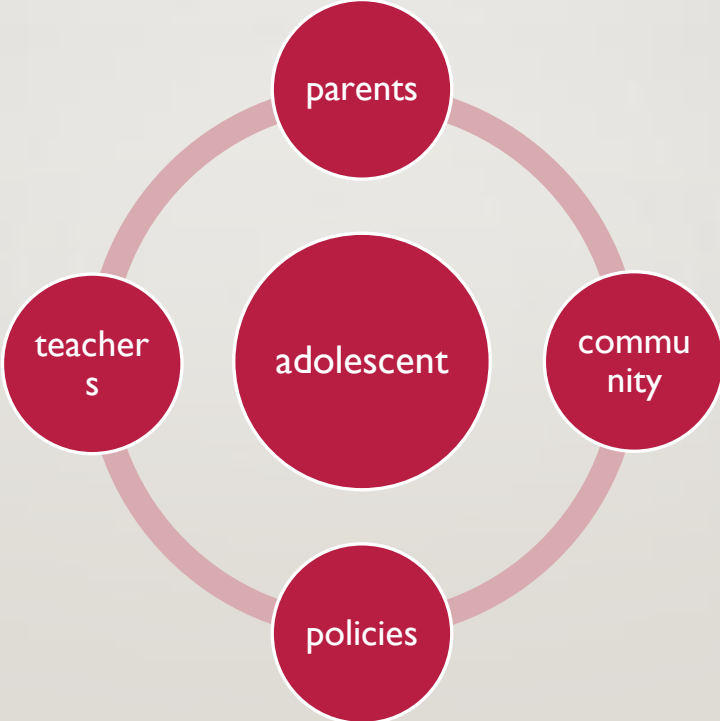
# AHA COIMBATORE




- The adolescent health academy is a registered subspecialty chapter of IAP formed in 1999 and has 2617 committed paediatricians across the country and 34 chapters.
- The Coimbatore chapter was installed in 24.1.21 and has 44 members on board.

# WHAT DO WE DO FOR THE ADOLESCENTS?

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# FOR THE ADOLESCENTS



<b>HEALTH CHECK UP</b>	<ul style="list-style-type: none"><li>• Medical check up</li><li>• <b>NCD</b> awareness</li></ul>
<b>DIALOGUE WITH BOYS</b>	<ul style="list-style-type: none"><li>• To end violence</li><li>• Addressing high risk behaviour</li></ul>
<b>MENTAL HEALTH</b>	<ul style="list-style-type: none"><li>• Life skills training</li><li>• Managing stress/dev resilience</li></ul>



# WITH THE ADOLESCENTS ON FIELD





# COMMUNITY PARTICIPATION



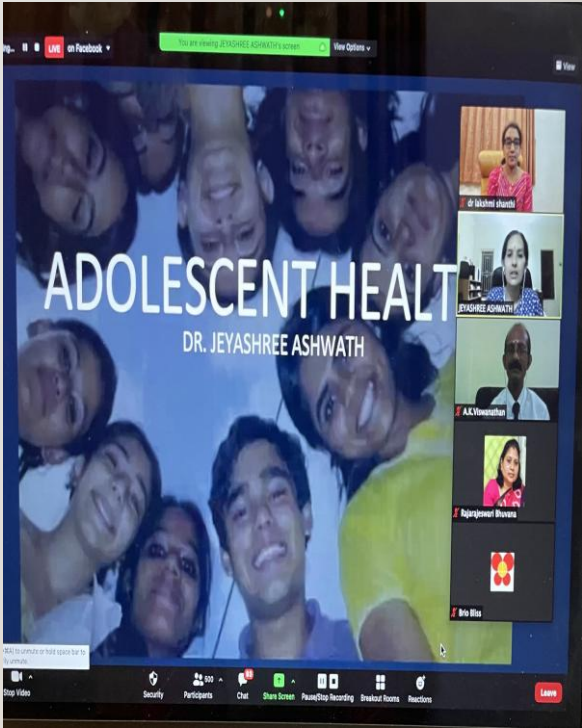
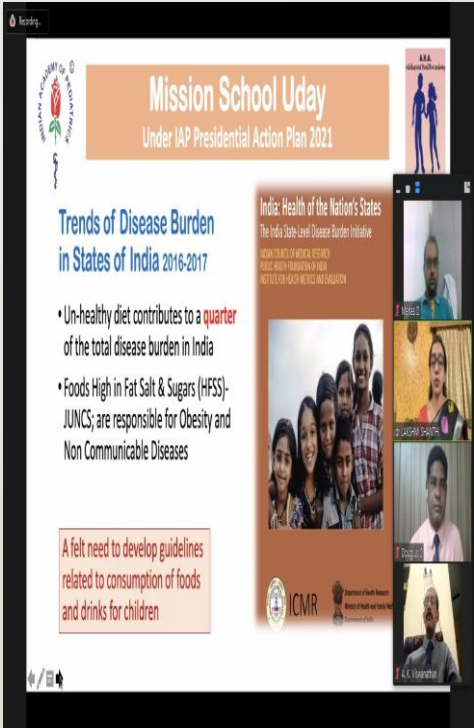
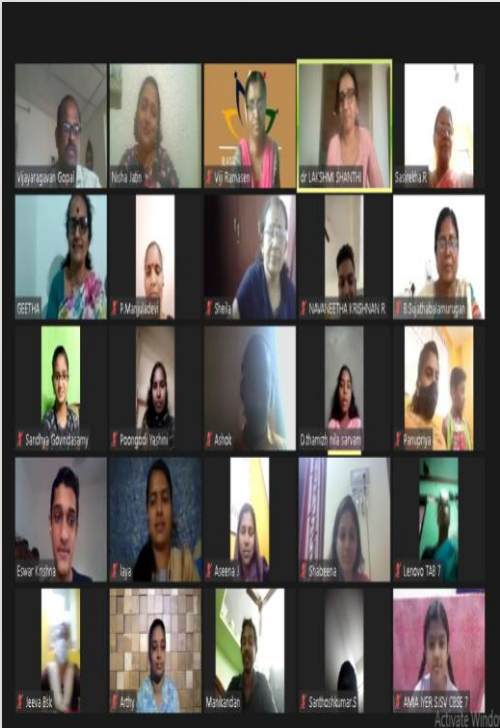
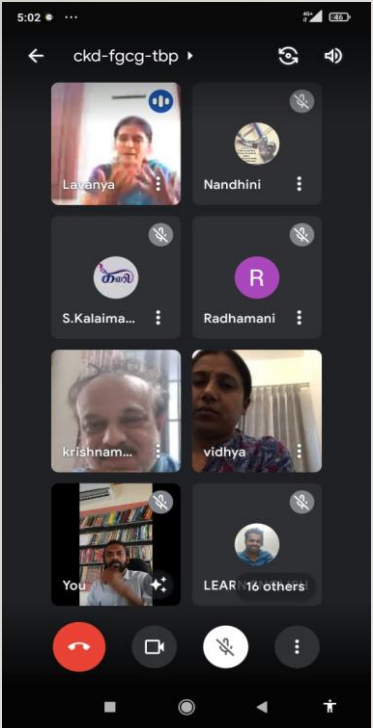


# RALLY FOR THE TEENS





# ONLINE SESSIONS



# THE WAY AHEAD-PARTNERSHIP

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- Partnering with NGO's to do field level activities in schools.
- With Shanti ashram in continuation of ‘‘dialogue with boys’’ we have planned ‘‘dialogue with girls’’ and focus on addressing anaemia in teenage girls.
- With Yi Coimbatore chapter we have planned ToT workshops in schools to train teachers on imparting life skills training to adolescent students. Shanti ashram is also a part of this initiative.
- Identifying vulnerable students in government schools who may require personal counselling through our dedicated team.

# MSU AND MKU WORKSHOPS

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- MSU is “mission school udhai” and targets young adolescents and has four topics:
  - JUNCS-the slow motion disaster
  - screen time-how much is too much?
  - the monstrous killer-suicide!
  - children amidst the pandemic
- MKU is ”mission Kishore udhai” and has mental health as the main agenda,the tagline being “healthy mind in a healthy body”.



# “CATCHING THEM YOUNG”



- Improvement in the child sex ratio at birth from 942-956 and at one year of age from 941-967 is an enormous achievement and we are proud of you sir.
- Working in collaboration with the district officials in creating awareness in schools/community with our dedicated team of doctors so that we can “catch them young”.

# WORKING TOGETHER FOR A BETTER TOMORROW

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