

Office of the Director of Higher Secondary
Education, Housing Board Building,
Santhi Nagar, Thiruvananthapuram
Dated : 09.09.2010

Ad.D2/ 333

Circular

Sub: Starting of Adolescent Project in Higher Secondary Schools –selection of schools –reg

Ref: Government Order No. G.O.(Rt)3266/10/Gl.Edn dated 26.7.2010.

The Department of Higher Secondary Education had proposed a scheme on adolescent Counselling and Health Care to be implemented in all Higher Secondary Schools. The Government have accorded sanction for the project and placed Rs.20.00 lakhs for the implementation of the project. As a pilot phase , it has been decided to implement the programme in 10 Government Higher Secondary Schools in each district. Schools which are interested in taking up the project may forward their proposal in the enclosed format to THE DIRECTOR, Department of Higher Secondary Education before **20th of September2010**.

Applications are invited from female HSSTs/ Junior HSSTs who are willing to act as co-ordinators, through the principals of the schools concerned. Teachers from the discipline of Sociology/Social Work/Psychology shall be given preference. Additional qualification in the field of counselling is desirable. Experience in group level activities will also be considered positively. The proposal should be attached with the bio-data of the teacher nominated as the Co-ordinator.

A brief summary of the proposed adolescent programme to be implemented in the schools is also enclosed for information.

**Sd/-
DIRECTOR**

To

The Principals of Higher Secondary Schools.

PROPOSAL FOR STARTING ADOLESCENT COUNSELLING AND HEALTH CARE PROGRAMME IN SCHOOLS

| | | | |
|-----|--|---|--|
| 1. | Name of School with full address | : | |
| 2. | School Code | : | |
| 3. | District | : | |
| 4. | Taluk | : | |
| 5. | Whether school situated in Corporation/Municipality/Panchayat area | : | |
| 6. | Name of Corporation/Municipality/Panchayath | : | |
| 7. | Whether school contains both male and female students | : | |
| 8. | No. of students No. of boys No. of girls | : | |
| 9. | Subject combinations and no of batch in the school | : | |
| 10 | Details of different programmes implemented in the schools NSS/Career Guidance/Student Police/ Others Give name of all programmes | : | |
| 11. | Whether Kerala State Social Welfare Department/District Panchayath is implementing any programme in the school related to adolescent care | : | |
| 12. | Details of adolescent problems noticed among the students of the schools | : | |

| | | | |
|-----|--|---|--|
| 13 | Details of Successful student oriented programmes undertaken by the school during the last three years. | : | |
| 14 | Whether a free class room is available in the school for conducting the activities of the adolescent programme | : | |
| 15. | Whether service of a medical practitioner and counselor/Pshycologist can be made available in the school when needed. | : | |
| 16. | Name of the female teacher (with subject and qualification)nominated as co-ordinator for the programme in the school. (Attach a bio data of the teacher) | : | |
| 17. | Whether the nominated teacher has any experience in the field of counseling | : | |
| 18. | Need of Adolescent Project in your school. | : | |

Place

Date

Signature with name of the Principal

(Seal)

Adolescent Counselling and Health Care for Higher Secondary Students

(An initiative for building Friendship School Campuses)

This project addresses the problems faced by the adolescents of the Higher Secondary Schools of the Kerala State to reduce their tensions and paving them to a matured mental health condition, thereby building souhrida campuses in the schools. Souhrida in terms of friendship to the self, society and environment

Introduction

Adolescent Period is from the age of 13 to 19 and is named as teenage period. Maximum physical development in the internal and external organism of the body is attained in this period and major physiological changes are fast and completed at the end of this age.

Various studies conducted by Government and Non Governmental organizations determined the status of adolescents in several key areas of concern- health, family finance, psychological disposition, social, emotional and academic spheres. It was found that more number of girls have health and emotional problems than boys. Government school students have more family and financial problems while more private school students are experienced emotional problems. As far as boys, they have problems in the areas of family, finance, social and academic spheres. Stress and worry amongst teenagers have increased markedly by recent years especially amongst girls. According to recent statistics from WHO as many seven out of ten teenage girls suffer from stress. Many reports reveal girls in upper secondary schools have complex picture of taking responsibility for many difficult issue and situations that concern at school, home and leisure.

The acute problems prevailing amongst teenagers in Higher Secondary School necessitates immediate attention of the Educational Authorities and Government to adopt positive measures to prevent the unhealthy problems of adolescents facing in schools, residences and in the society in order to bring up a healthy adolescent society having good physical and mental health for making them fruitful citizens of our nation.

Needs of adolescence

The needs of the adolescence have to satisfy and their problems are to be realised in a proper way in order to help them in growing and developing properly. Some of the needs assessed are given below:

1. Providing suitable environment for proper growth
2. Rendering proper sex education
3. Proper dealing with adolescence
4. Training of life skill education
5. Caring of the special interest of the adolescence
6. Provision for vocational education.
7. Arranging guidance service

Major areas of concern of adolescents

1. Physical/Health related (Food and nutrition, Psychosomatic ailments, General health, Physical exercise)
2. Familial (Understanding, Sharing, Security within the family)
3. Financial (Cost of education, Health ,Recreation)
4. Psychological (nervousness, lack of confidence, anxiety)
5. Social (friendship, sharing relationship with friends and teachers)
6. Emotional (anger, depression, loneliness, insecurity, feeling of guilt)
7. Academic (concentration, time-management, examination phobia, memory, study habits)

Understanding the need of the adolescents, a scheme has been charted to meet the demands of the adolescents. Details of scheme are given below.

Objectives of the Project

- 1 Identifying the adolescent's problem which are geographical, social, religious and economic specific in the schools
- 2 Counselling to adolescents on Psychological and social problems.
- 3 Empowerment of the adolescents
- 4 Equipping the adolescents to manage the stress and strain among them.

- 5 Psychological support to the victims of domestic violence.
- 6 Supporting the students to maintain absolute reproductive health
- 7 Pre-examination and Pre and Post result counselling
- 8 Suicidal prevention counselling.
- 9 Life skill education.
- 10 Pre-marital counselling

Implementation Strategy

There are 734 Government Higher Secondary Schools, 527 Aided Higher Secondary schools in the State of Kerala. The Higher Secondary Schools are the only institutions which deal with the huge number of adolescent girls and boys of the State. It is proposed to achieve above objectives by group level activity with the association of students, parents, teachers, professionals, social workers and others. The hub of the activities will be the **Souhrida Clubs**, which is formed as part of the Project.

As a pilot phase it is decided to implement the project in 140 schools of the state which is spread all over the State.

a. Selection of Schools:

The project will be implemented in 140 Government Higher Secondary Schools with 10 schools in each district. Preference will be given to mixed schools. Following criteria will be adopted for the selection of schools.

1. Schools in which students shows more unrest and violent behaviours.
2. Schools in which students are not much exposed to different kinds of activities sponsored by Government or other agencies. (ie Schools which have no NSS Units, Career Guidance Units, etc)
3. School not selected by the State Social Welfare Department /District Panchayath for the implementation of adolescent counseling/health care programme.
4. Track record of successful group level activities undertaken by the students
5. Schools in which teachers voluntarily came forward to associate with the programme.
6. Schools which have sufficient infrastructures to conduct the programme as envisaged in the project proposal.

7. Guaranteeing the service of a medical professional and psychologist/Counsellor through out the year.

1.Souhrida Clubs.

The programmes envisaged in the project will be carried out through Souhrida Clubs. In each school a “Souhrida Club will be started. All the students will be the members of the Souhrida clubs. Each club will be guided by a Co-ordinator selected from among the teachers of the Schools. The **Co-ordinator** will be a female in respect of schools with majority of girl students. In each class, there will be a Souhrida Volunteer, which is selected from the students. **Souhrida Volunteers** will in turn select a **Souhrida Group Leader** and Asst Group Leader for representing the school. Group Leader will be from the second Year and Asst Group Leader will be from the first Year. When the Asst Group Leader reaches Second Year, She will be selected as Group Leader considering her group level activity and leadership. A new student from Souhrida Volunteer will be selected as Asst. Group Leader. Preference will be given in selecting a girl with leadership capacity as Souhrida volunteer in each class. A separate room in the school will be allotted as **Souhrida kendram** which will function as the office of the Club.

In the pilot phase (Academic Year 2010-11) Group Leader will be from the First Year and Asst .Group Leader will be from the Second Year.

2.Introductory Training to Co-ordinators or KICK OFF Training

To chalk out the programmes and finalizing the activities for achieving the objectives, an introductory training programme will be provided to the Co-ordinators. Two days residential training programme will be organized on regional basis. (based on three regions). In the training the objectives of the project, roles and duties of the co-ordinator and regional specific activities will be framed on the basis of detailed discussion.

3.Empowering Volunteers.

To empower the students on the activites of the project a two day Empowerment camp will be conducted for the Group Leaders and Asst Group Leaders. Camp will be arranged on district basis. The goals and modes of operandi of the project will be discussed in the camp and suggestion will be codified for guiding the project.

4.A Drop Box in the Souhrida Kendram.

A box will be arranged in the souhrida Kendram enabling the students to drop their problems faced in their house, class or any other area. This box can be used for clearing their doubts in respect of their physical body, diseases, tensions and reproductive hygiene. As the girls are not willing to clear their personal doubts or express their problems openly, drop box will enable them to open up their issues without disclosing their identity.

The Co-ordinator will open the drop box once in a week and will find out the problems faced by the students and chalk out activities to elevate the common problems faced by the students. The Co-ordinator will arrange classes on the basis of responses received through the drop box.

5.Monthly meetings of Volunteers

Co-ordinator will arrange meeting of all volunteers in the school once in a month. This meeting will share the problems /issues of the fellow students noticed by the volunteers. Student's level initiative will be mobilised in the meeting to solve the issues.

6.Souhrida Koottayima

Bi monthly programmes will be arranged by the Souhrida Club which is termed as Souhrida Koottayima. The programme is arranged on the basis of the needs and request received from students through the drop box. Five Programmes will be arranged in one academic year. The co-ordinator should plan the programme as follows:

1.Talk by a medical professional on the issues put forward by the students- The talks concentrate on Reproductive health, Reproductive Hygiene (personal hygiene-relating to urinary or reproductory tract infections), Life Skill Education and Physical Health. If possible medical assistance should be provided by the doctor after the talk.

2.Class by a Psychologist/Counsellor on the issues raised by the students. He/She should also concentrate his subject on Counselling, Coping up the stress, pre-marital counseling, attaining mental health, identity crises, Psycho-Social Competence, etc. Pshyologist should also find time to provide counseling to students.

3.Classes on Personality Development. Classes should be participatory in method and address the issues such as facing the exams, matured social relationship with fellow students as well as opposite sex, capacity to say no to peer pressure, etc

4.Adolescent nutrition-Needs and issues relating to obesity.

5. Avoiding alcohol, cigarettes, drug abuse and sexual abuse.

6. Classes by Senior Police officers and legal officers on matters related to domestic violence, cyber crime, Dowry Prohibition Act, etc

7. Medical Camps.

As part of the Souhrida clubs, a medical camp will be arranged in the school. The camp will focus on the common problems faced by the students. This camp will be arranged with the association and assistance of the Grama Panchayaths, Professional organizations, Non governmental organization, and other social organizations.

8. Duties of Souhrida Co-ordinators

Each club will be guided by a Co-ordinator selected from among the teachers of the Schools. The **Co-ordinator** will be a female in respect of schools with majority of girl students. The prime duty of the co-ordinator will only be co-ordinating the activities of the club. She will act as liaison between students and problems/issues faced by them. Co-ordinator will identify such students and guide them to the right places to seek assistance in elevating the problems.

9. Proposed outcome of the Project

1. Developing a self reliant adolescent
2. Equipping the adolescents to face the problems of sexual abuse, domestic violence and gender difference.
3. Making the adolescents to understand their emotional and physical changes coming out during the adolescent period.
4. Equipping the adolescents to face the challenges of life.
5. Emotional guidance by Counselling and changing to a matured person with good mental health.
6. Freeing the adolescents from emotional stress by acquiring knowledge about the physical body and related health problems.
7. Freeing the adolescents from the ill effect of alcoholism, drug addiction and related diseases.

10. Monitoring and Evaluation

All the activities related to this scheme will be under the direct supervision and control of the Director, Higher Secondary Education.