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# Adolescence Health Education Programme



## ADOLESCENT HEALTH AND HYGIENE



Kerala State AIDS Control Society  
State Council of Educational Research and Training



- Adolescence is an age of transition when the individual changes physically and psychologically from a child to an adult.
- This is a fascinating period of life because it marks the transition from being a dependent child to becoming an independently functioning adult.
- This stage is characterized by fast changes in the physiological make up and social roles and hence it is vulnerable to various kinds of adjustment problems and health issues.
- Adolescents need appropriate information and skills to maintain personal hygiene.



## Adolescent Health and Hygiene needed Intervention

- Adolescent period is hazardous for adolescent health due to lack of proper awareness on health and hygiene practices.
- It is necessary to ensure a healthy and hygienic environment for the adolescents.
- Family members in the community to be informed and educated about this problem.
- A positive and encouraging attitude has to be developed among the family members and parents.
- Teachers should be trained on adolescent health.



# Presentation at a glance

- 1. Reproductive System & Development**
- 2. Nutrition for teenagers**
- 3. Role of exercise**
- 4. Changing Lifestyle**
- 5. Vaccination**
- 6. Say NO to HIV**

## Am I Normal ?

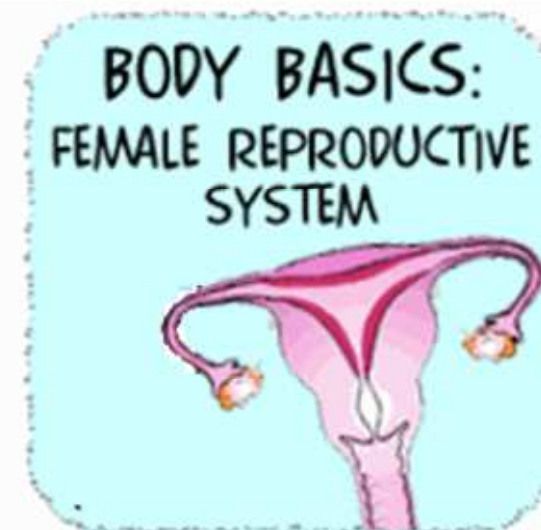
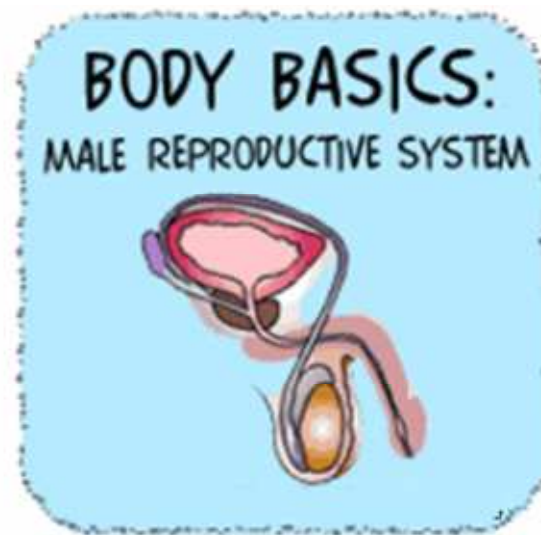
- Rapid growth. . .Cause of Concern!



Adolescents have a fundamental human right to accurate and comprehensive reproductive and sexual health information.

## Reproductive system

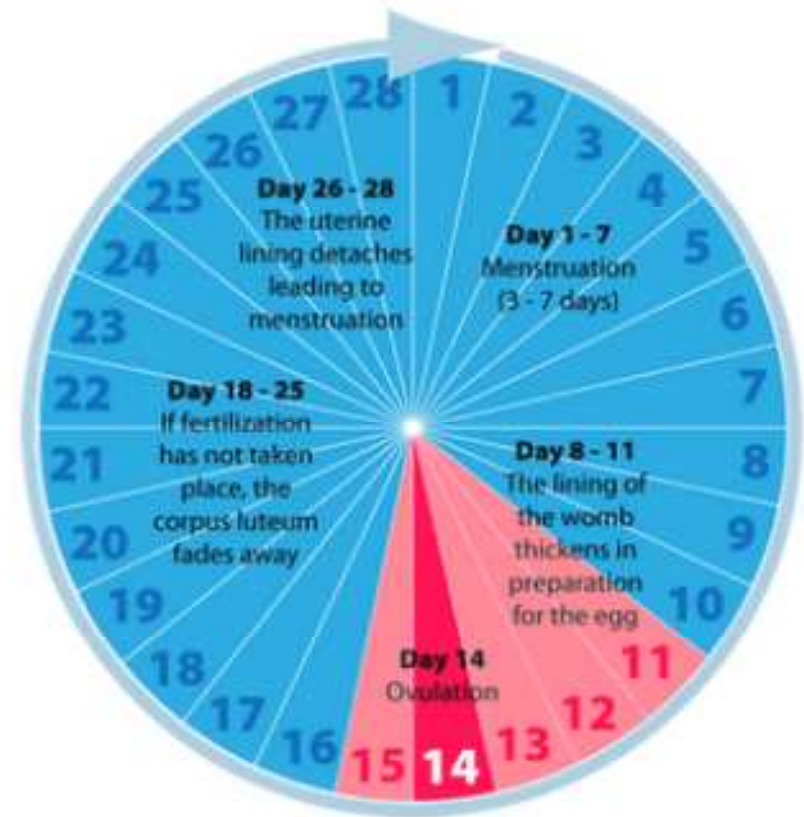
- Different in Boys & Girls
- Influenced by HPOA (Hypo Thalamo Pituitary Ovarian Axis)
- Produces different hormones
  - Oestrogen, Progesterone in female
  - Testosterone in Male



# Menstruation

## MOST NOTICABLE CHANGE

- Shedding of inner wall of uterus every month (Usually) manifested as bleeding per vaginum
- Duration : 3 to 5 days, Interval 25-35 days
- Count cycle from 1<sup>st</sup> day of bleeding.
- Blood loss : 60-80 ml/cycle
- Associated complaints  
Pain/backache/acne



## Hygiene... HOW? WHY?

- Clean pad/cloth and its disposal
- Do not use wet clothes, it causes infection
- Change pads frequently
- Cotton under wears (avoid synthetic fabric/nylon)
- Wash yourself (private parts) properly and frequently every time you go to toilet
- Regular bath
- Skin & Hair care





## Something about boys too...

- They do change/ little late than girls
- height, hair, voice
- Testosterone → male hormone
- Emotional changes



## Health implications of sexual development

- Reproductive tract infections
- Sexually transmitted infections
- Pregnancy
- Sexual abuse
- Early sexual involvement



## Consequences of unsafe sexual behaviour

- Unwanted pregnancies.
- Unsafe abortions → death.
- STI like HIV and AIDS.
- RTIs leading to chronic pelvic pain, infertility.
- Cervical cancer.



## Sexual abuse

### What constitutes sexual abuse

- Whenever a person's sexual privacy is not respected.
- Forcing sexual intercourse; Rape.
- Unwanted touching, fondling, watching, talking, or being forced to look at sex organs
- "Peeping" secretly at another individual (boy/girl) in bathroom / bedroom



## Casebook scenarios that confront adolescents in everyday life

- ▶ A 15-year-old girl is alone at home and a stranger comes and says he is a distant relative. Should she open the door?
- ▶ Another girl's relative makes her uncomfortable with his behaviour. Should she discuss this with her parents?
- ▶ During her home tuition sessions, a 14-year-old girl is left alone in a room with a young male teacher; in the recent past she has been uncomfortable with his behaviour. What should her approach be?
- ▶ A boy is showing undue interest towards Neha, 15. She likes him as a friend, but doesn't want their friendship to go any further. How should she handle the situation?
- ▶ A 16-year-old boy is travelling by bus; a man sitting next to him touches him inappropriately. Is this possible and if so, how should he react?



## What you should know???

- Difference between safe and unsafe touch.
- Names of all body parts.
- To say “NO” to any touch which feels uncomfortable.
- Always report even if you are asked to keep it a secret.



## In order to protect yourselves

- Tell a trusted adult about abuse
- If you have been sexually assaulted you may feel ashamed, guilty, depressed, angry, voiceless. This is natural, but silence is not a solution or even an option.
- Counseling and healing are important to help tend your bruised shaken self & to move on
- Choose not to remain silent because harassment will not go away if you ignore it.



## Say YES to;

- Milk & Milk products (Curd, Paneer)
- Green vegetables, Fruits, Cereals
- Soups, Juices
- Regular meals
- Balanced Diet





## AVOID Food with FAT

- Pizza ~ Burger ~ Sandwich
- Aerated drinks / Preserved Juices
- Coffee / Cocktails / Mocktails
- French Fries
- Vada-pav
- What more do you like?!



## Slim v/s fit

- Do not starve
- NO crash diet, seek professional help for weight loss (Not to get carried away with advertisements!)
- FITNESS is more important than looking slim!
- YOU CAN avoid nutritional deficiency by regular, balanced diet intake



## Anaemia – Avoid it!

- Anaemia is the state in which there is a decreased production of red blood cells or a decreased concentration of haemoglobin in the cells. This results in decreased oxygen carrying capacity.
- You can know your hemoglobin level by simple blood test.



## Incidence & Consequences

- **7 out of 10 girls sitting may be anaemic during teen age years. It is that common!**
- **Do you suffer from any of the following?**
  - Tiredness
  - Lack of concentration (Poor performance at studies)
  - Hair Loss
  - Irritability



IT CAN BE DUE TO ANEMIA

## Why Anemia?

- **Poor dietary habits?**
- **Are you losing excess blood from your body?**
  - Passing clots/menses for >7days.
  - Black stools/red urine in some diseases.
  - Anal itching/postprandial hurry could be worms.
- **Some diseases may also cause anaemia.**
- **Cure it urgently.**



## Anaemia ~ How to deal with it?

- Repeated Hemoglobin measurements
- Diet rich in iron containing food



- Iron supplements to make up for deficit (as advised by your doctor)

## Iron Rich sources



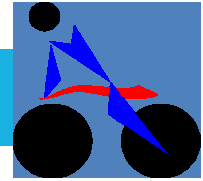
## Healthy food habits

- Never skip meals or go for crash dieting.
- Have proper breakfast and an early dinner.
- Limit fast food intake to a minimum.
- Have at least one fruit a day.
- Have salads often and vegetables daily.





## Exercise & Physical Activity



- Does it really HELP ? ..... YES,
- Improves your strength & endurance.
- Bones & muscles becomes more healthy.
- Avoids weight gain.
- Reduces anxiety & stress.
- Increases self esteem, confidence.



## Exercise – Make it fun

- Choose an outdoor game as hobby  
e.g. badminton, Football, Volley Ball etc.
- Always get involved in school sports.
- Don't skip dancing classes for tuitions.
- Cycling, Swimming, Jogging, Brisk Walking helps you to maintain fitness.



## Enjoy outdoor games



# EMOTIONAL CHANGES

It's natural & normal!

- Transition from childhood to adult
- Attraction
- Fantasies
- Mood changes...irresponsible, stubborn
- Search for identity and sexual development create sense of crisis



## Life Style

- Regular
- Simple
- Optimistic
- Helping hand, interdependence.
- Getting involved in humanitarian activities
- Respecting social values & spirituality



## Age of Maturity

With maturity, your powers of observations are developed, and your understanding is sharpened.

Among the questions that we seek answers to are:

- “Who am I?”
- “What is the purpose of life?”
- “What is right and wrong?”



## Smoking, drinking, drugs

- Smoking is an evil which is best avoided as it can cause cancers, heart disease leading to early death.
- Avoid alcohol intake.
- Drugs are like taking poison – stay away.



## Say NO to stress

- **Often we burden ourselves with stress**
- **Always count your blessings in life**
- **Accept circumstances which you cannot change**
- **Effectively conquer stress before it engulfs you**





## STI (sexually transmitted infections)

- **STDs are dangerous**
- **Occurs only after Sexual contact with infected partner**
- **An infected person may not have visible signs**
- **Definite illness cannot be predicted**
- **Prevention is better than cure**



## STI (sexually transmitted infections)

- In India, every year 30 lac teenagers gets affected by STIs.
- Remember, it can lead to serious consequences like pelvis infection, infection in fallopian tubes and problems to have pregnancy in future.



## Common STIs

- **Curable (mostly bacterial)**
  - Trichomoniasis, Chlamydia, Gonorrhoea, Syphilis
- **Least Curable / Incurable (Viral)**
  - HIV/ AIDS, HPV, Hepatitis B, Herpes
  - Common symptoms of STIs are redness, itching, ulcers, discharge over genitals / burning while passing urine



## What is HIV?

**H** = Human

(Because this virus can infect human beings only)

**I** = Immunodeficiency

(Because the virus causes deficiency of the human immune system)

**V** = Virus

(Infectious agent that replicates itself only with a living cell)

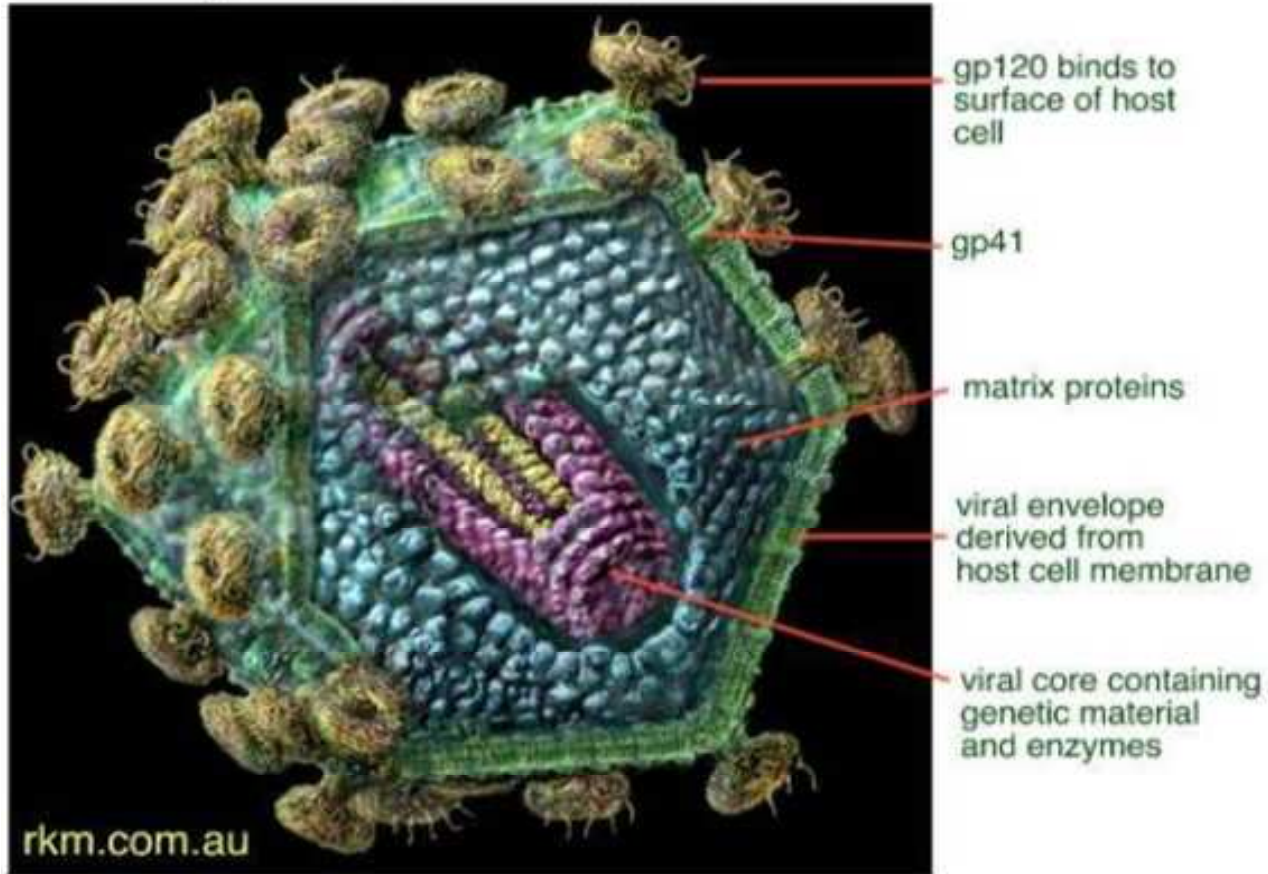
There are two types of HIV virus: H 1 & H 2

H 1 is more common in India

H 2 type is more common in Africa

# Human Immunodeficiency Virus

simplified structure of HIV



## The virus (HIV) can enter human body

- **Via...**
- **Blood**
- **Injection Syringe**
- **Sexual activity**
- **Once it enters human body,**
- **it attacks CD4 cells in blood and immunity is suppressed → Severe illness (AIDS)**

## Why To Know About HIV/AIDS???

**A**  
It can happen to anyone

**B**  
If detected early, treatment can slow down disease progress

**C**  
If not aware, transmission rate increases

**D**  
**YOU CAN** protect yourself if aware



## WAY OUT

- The key to combat AIDS lies in evolving an effective & preventive strategy while simultaneously providing Rx and care and support to the infected people
- **Health education to college / school students.**





## How HIV is not transmitted?

- Staying in one house/playing together
- Studying in school together
- Working together at office / factory
- Hugging / Eating together / Hand shaking
- Using common clothes / attires
- Using public toilets
- Using common swimming pool
- Mosquito bite/other insect bite
- By air via respiration



## Safety tips

- Learn to Say 'NO'
- Situations in life will need you make a decision
- Try to follow your mind more than your heart
- Never say YES when you actually want to say NO
- Learn to politely refuse and may give reason

**This adolescent period is hazardous for adolescent health due to absence of proper guidance and counselling.**

**Family has a crucial role in shaping the adolescents behaviour**

**They have to ensure a safe, secure, and supportive environment for the adolescents.**

**Family members in the community to be informed and educated about this problem.**

**A positive and encouraging attitude has to be developed among the family members and parents.**

**School teachers should be trained on adolescent health.**

**Community leaders play a vital role on adolescent health care.**

## We are with you.....

- Youth friendly services is our motto
- You may ASK us sending chit
- **You may write your queries to us on email:**

Visit our Web Site:

**[www.ksacs.in](http://www.ksacs.in)**



# Thank you



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