

Teacher's Training Program and Children Hygiene Education Drive at Bhondsi Village on 30th October, 2017

The Workshop was held at **Government Middle School** at Bhondsi Village. Teachers teaching Middle and Senior school were present for the teacher training along. It was attended by 15 teachers. Teacher's training program took place where resource faculty of Expressions India discussed about the crucial aspects of Development in Adolescence and its Charms, Challenges and Chaos.

Sessions were experiential and interactive and the topics discussed were-

1. The session started with defining the term “adolescent” keeping in mind our time as adolescent and that of our siblings, children and grandchildren. Building upon this Development in Adolescents - Physical, Emotional, Cognitive, Social and Sexual Development; were discussed.

2. In tandem with the present day crime against children, sensitizing the teachers about Adolescent Sexual Health and POCSO act for promoting child and adolescent safety in school was carried out.

3. Learning about the signs and symptoms of emotional and behavioral concerns like risk-taking behaviors, anger issues, selective mutism, bullying etc.

4. Informing the teachers about **POCSO ACT 2010** and letting them know that if they find someone who has been abused or believe to have the potential to be abused, should use the **helpline number 1098**.

5. Identifying common ways to overcome the challenges faced by adolescents in their academic and behavioural manifestations such as effective study methods, Time-management etc.

6. Promoting and maintaining healthy student-teacher relationship highlighting the role of a counselor.



Methodology used-

- Power point presentation on Adolescence: Charms, Challenges and chaos
- Group discussion
- Audio- visuals on Emotional & behavioural problems during adolescents
- Brain storming session on how to manage behavioural and emotional problems during adolescence.

Learning outcomes and the road ahead-

Sessions were interactive wherein all participants were cooperative and forthcoming. They felt more empathetic towards adolescences and came up with a joint decision to try and harness their potentials. It was observed all teachers carried wooden stick, on inquiry they shared it was being used for punishing misbehaving students.