

# AWARENESS SESSION ON DEVELOPMENTAL CHANGES DURING ADOLESCENCE



**Grades:** 6, 7, 8

**Day & Date:** Friday, 24th May 2024

**INTENT:** Adolescence is a period of stress and storm. To enable students understand the developmental changes during this period, a session was organised on 24th May, 2024 for girls and boys separately. This session typically intended to cover various aspects of physical, emotional, cognitive and social changes that occur during the teenage years. The focus was on understanding these changes, managing the associated challenges and promoting healthy development. The students were addressed by the School doctor and School Counselor (for girls) and Head of Physical Education Department (for boys).



**EXPERIENCE:** Students were informed about the physical changes they can expect during adolescence, including puberty. Detailed explanations of the physical changes associated with puberty, such as growth spurts, development of secondary sexual characteristics and hormonal changes were discussed. Emphasis on the importance of personal hygiene and self-care practices during puberty were also discussed. The common experience of mood swings due to hormonal changes and strategies for managing emotions, including mindfulness techniques and seeking support from trusted adults were well received by the adolescents. Students also realized the need to seek help from counselors, teachers and family members when facing difficulties.

**INSIGHTS:** Equipping students with the knowledge about physical, emotional, cognitive and social changes empowered them to take proactive steps in managing their development. They felt more confident in navigating this transitional period. Meaningful interactions ensured high levels of engagement and participation. Students appreciated the opportunity to actively engage and discuss their experiences in a supportive environment. By discussing common challenges and changes, the session helped normalize the adolescent experience. Students learned that what they are going through is a typical part of development, reducing feelings of isolation and confusion. Students also understood the value of seeking help and maintaining open communication with trusted adults and peers.

