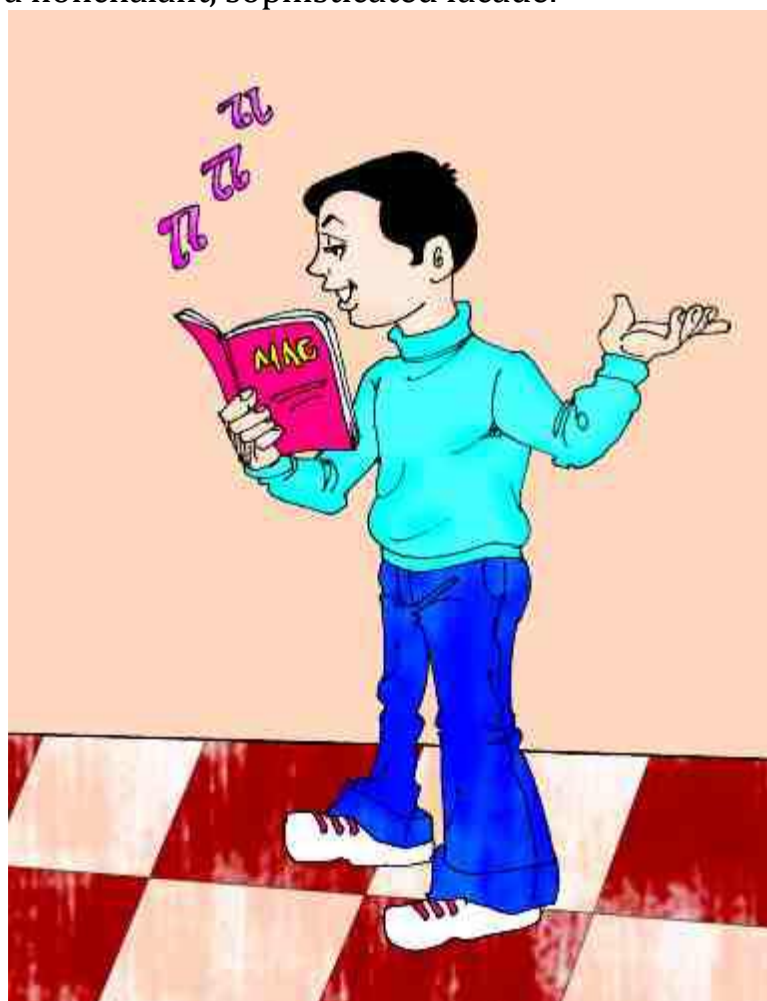


LESSON -10

TEACHING ADOLESCENCE

Don't be fooled by me, don't be fooled by the face I wear.
For I wear a mask a thousand masks, masks that I am afraid to take off.
But don't be fooled, for God's sake don't be fooled.
I give the impression that I am secure that all is sunny and unruffled with
me that confidence is my name and coolness is my game.
That the water is calm and I am in command and that I need no one.
But don't believe me, please my surface may be smooth but
my surface is my mask Beneath dwells the real me,
in confusion in fear.
But I hide this, I don't want any one to know this.
I panic at the thought of my weakness and fear of being exposed.
That is why I frantically create a mask to hide behind,
a nonchalant, sophisticated facade.



“How appropriate are the lines” thought Arjun as he put away his school magazine after reading the poem as though the poet could actually read my mind.

Arjun was feeling very low today. His music teacher preferred Varun to him to be in the lead in the music chair. “Why does my sound voice sound so horrible these days”. Arjun wondered. As it is, it was embarrassing to go to school everyday with his acne ridden face. His friends told him he was getting to be very irritable off late. They were right. He didn't want to do anything but stay in his room all day. The changes Arjun seems to be undergoing are the changes any one experiences during adolescence. It is a complex stage when the child enters to emerge as an adult by attaining reproductive maturity. Let us see how adolescent wise are you?



Swapna got out from her bed with a start when she heard the alarm clock ringing. To her surprise, her bed got tidied on its own. Swoosh! flew the toothbrush to her teeth and cleaned them before she could realise what was happening. She found her shoes had got polished on their own. What a relief! she sighed. She couldn't believe her good luck when she went to her study. Her six page history assignment had got completed by itself. “Swapna! where is your assignment? Swapna got up shivering when she heard her

*history teacher's piercing voice. So..... she had been day dreaming once again.
How
she wished her history assignment had really got finished on its own!*

Who wouldn't want to go to the dream land once in a while to get one's wishes fulfilled. With adolescence come a lot of expectations ,insecurities and sudden responsibilities.

Let us now perform a small activity to have some imaginary solutions to somethings Swapna aspires to do.

WHAT TO DO:

Divide the class into four groups A,B,C and D. Give each group a chart paper and sketch pens. Make eight chits of papers with an issue concerning adolescence written on it and give 2 chits to every group. Each group chooses:

- a) A facilitator who would initiate the discussion on the issue mentioned on the chit and ensure all members get a chance to speak.
- b) A time keeper to minimise waste of time and try to cover both the issues in 20 minutes.

ACTIVITY 2

TEACHING STUDENTS GROWING UP IN AN INTERESTING MANNER



I feel low when This boy in my class says“Hey shorty, when would you wear long pants”.

When some smart bean pole asks me “Hey how does it feel to be so close to the ants?

When the school nurse asks me to tell her again How tall I am, after having told her the same.It is tough being short you see.something my parents just don't agree.

My father does cheer me“don't you worry my son every one else is a giant you are just fine this way son”There is really no hurry” adds my mom you will grow soon enough all good things as you know come in small packages my son.

Boys and girls in their teens sometimes get concerned about how they are growing. They wonder if some doctor can do something to help speed up their growth.

When someone focusses on the negative aspects of his body and ignores the positive aspects of his personality, he may develop poor self esteem.

Self esteem is how a person feels about himself. One way of helping a child

develop positive self esteem is to initiate a discussion on how to reframe our negative attitude and transform them into positive attitude.

REACHING THE AGE OF ADOLESCENCE

Negative	POSITIVE
1. I have no friends. No one likes me.	I will smile and look at people in the eye.
2. I am not good looking	My teacher tells me that I have a lovely face
3. I am short and so don't stand any chance of being chosen for my school basketball represent my school team	I am proud to be hardworking. I can be a good table tennis player .
4. I think my friends are smarter_as they_always wear branded shoes	I will wear what I feel is comfortable

VARIATION

Keep 40 blank drawing sheets, one on each desk with a child's name written on top (if a child gets his own card, let him exchange it with that of another child.)

Every student then takes turns to write one positive trait that can be associated with that child and passes it to the next student. By the end of the exercise, all students would have entered one positive trait on that card. When all 40 cards get filled up, the child whose name is written on top gets his/her card back with a positive feedback from all his class mates

