



ADOLESCENT PSYCHOLOGY AND MENTAL HEALTH TRAINING PROGRAM

Promoting Youth Development and Well-being



Soft Skills Training Proposal
YouthNet Career Development Centre (YCDC)
(*A YouthNet Initiative*)
2023



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A. Introduction

The *Adolescent Psychology and Mental Health* training program is designed to provide the students and education institutes with the knowledge and skills to effectively support adolescents facing various issues during this critical stage of development. It aims to provide an overview of the physical, emotional, and cognitive changes that occur during adolescence, including the impact of hormones, brain development, and identity formation.

Objectives:

- i. Understand the physical, emotional, and cognitive changes that occur during adolescence.
- ii. Identify common issues faced by adolescents, such as mental health problems, substance use disorder, and social issues.
- iii. Learn strategies for dealing with adolescent issues, including prevention, early intervention, and ongoing support.
- iv. Understand the importance of creating a supportive environment for adolescents and promoting their overall well-being.

B. Adolescent Psychology and Mental Health in the 21st century

- High rates of mental health issues: According to the World Health Organization (WHO), half of all mental health conditions begin by the age of 14. Mental health disorders such as depression, anxiety, and substance abuse are prevalent among adolescents, and addressing these issues early can help prevent long-term problems.
- Changing social and cultural contexts: Adolescents today face unique challenges that were not present in the previous generations. Issues such as cyberbullying, social media addiction, and online harassment are relatively new problems that require attention and support.
- Importance of early intervention: Early intervention in adolescent mental health can lead to better long-term outcomes, and can help reduce the risk of developing more severe mental health conditions later in life.
- Promoting positive development: Adolescence is a critical period for development, and addressing mental health issues can help promote positive development and improve overall well-being.
- Supporting academic and vocational success: Mental health issues can negatively impact academic and vocational success. Addressing these issues can help promote positive outcomes and increase opportunities for success in adulthood.

Overall, Adolescent Psychology and Mental Health are crucial areas that need to be addressed in the 21st century as they play a significant role in promoting the well-being of individuals, families, and communities.



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C. Imparting aspects of adolescent problems in education institutes

- Early intervention: Education institutes are often the first place where students and their families seek help when they are facing problems related to adolescence. By providing information and resources related to adolescent issues, the institutes can help identify problems early and provide support to students and families.
- Promoting mental health: Education institutes play a significant role in promoting the mental health of students. By training students about the importance of mental health and providing them with resources to cope with stress, anxiety, and other mental health issues, we can help prevent mental health problems from developing or escalating.
- Creating a supportive environment: Adolescence can be a difficult time for many students, and education institutes can play a crucial role in creating a supportive environment where students feel comfortable seeking help and support.
- Addressing social issues: Education institutes can also provide a platform to address social issues that affect adolescents, such as bullying, substance abuse, and sexual health. By providing education and resources on these topics, the institutes can help prevent these issues from occurring and support students who may be affected by them.
- Preparing students for adulthood: Finally, by providing education and resources related to adolescent issues, the education institutes can help prepare students for adulthood and promote lifelong skills related to mental health and well-being.

Overall, imparting aspects of adolescent problems in educational institutions can play an important role in promoting the well-being of students and preparing them for a successful transition into adulthood

D. Expected Outcomes

- Increased Understanding of Adolescent Development: Participants will gain a deeper understanding of the physical, emotional, and cognitive changes that occur during adolescence. This understanding can help participants to better support and communicate with adolescents.
- Improved Knowledge of Common Adolescent Issues: Participants will learn about common adolescent issues such as mental health problems, substance use disorder, and social issues. This knowledge can help participants to identify warning signs and provide appropriate support and referrals.
- Enhanced Skills for Dealing with Adolescent Issues: Participants will learn evidence-based interventions and techniques for preventing, intervening, and supporting adolescents facing various issues. These skills can help participants to effectively manage adolescent issues and promote positive outcomes.



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- Improved Communication with Adolescents: Participants will learn effective communication skills for working with adolescents, such as active listening, empathy, and non-judgmental communication. These skills can help participants to establish trust and build positive relationships with adolescents.
- Increased Awareness of the Importance of Promoting Adolescent Mental Health: Participants will gain an understanding of the importance of promoting adolescent mental health and the role of education institutes, families, and communities in supporting adolescent well-being. This awareness can help participants to create supportive environments for adolescents.
- Improved Self-Care: Participants will learn strategies for managing stress and promoting their own well-being while working with adolescents. These strategies can help participants to avoid burnout and maintain their own mental health.

Overall, a training program on Adolescent Psychology and Mental Health can help participants to better understand and support adolescents facing various issues. This can lead to better outcomes for adolescents, as well as improved job satisfaction and well-being for those working with adolescents.

E. Modules

Unit I - Aspects of Self-Awareness

Session 1: Tools for Self-Awareness

Session 2: Interests, Abilities & Influencers

Unit II - Developing Adolescent Identity

Session 1: Factors of Change

Session 2: Know your IKIGAI- *Find your Purpose*

Session 3: The Process of Exploring One's Adolescent Identity

Unit III – Stages of Development in Adolescence

Session 1: Who is to be called an Adolescent?

Session 2: Pattern of Growth and Development during Adolescence

Session 3: Special Characteristics of Adolescents

Unit IV – Adolescents and Mental Health

Session 1: Common Mental Illness found in Adolescents

Session 2: Mental Health & Hygiene

Session 3: Managing Stress & Anxiety

Session 4: Crisis Management

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Unit IV – Social Issues & Problems faced by Adolescents Today

Session 1: Peer Pressure & Bullying

Session 2: Alcohol & Substance Use Disorder

Session 3: Negative Impact of Social Media & Online Violence

Unit V – What can we do for our Adolescents?

Session 1: Mental & Emotional Development

Session 2: Social & Moral Development

Session 3: Emotional Intelligence & Personality Development

Session 4: Adolescent connectedness: cornerstone for health and wellbeing

Unit VI - 21st Century Skills

Importance of Critical Thinking, Reasoning & Problem Solving

Session 1: Why- Why and Mind Map Methods

Session 2: FIDS Methods

Communication Skills

Session 1: Oral and written communication

Session 2: Body language and Listening

Session 3: Public speaking and Presenting

Work skills

Session 1: Teamwork

Session 2: Time Management

Session 3: Leadership

Session 4: Internet & Media Literacy

F. Training approach and methodology

We use a “*blended*” learning approach, which combines the following to provide an interactive learning experience:

- Use of computer based self-learning lessons
- Session activities and role-plays
- Worksheets

A healthy balance of technology and session activities ensures the following:

- Creating and sustaining interest in the topics
- Ensuring participation of all the participants
- Ensuring collaboration through group activities



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Training Evaluation:

The effectiveness of the program will be evaluated through participant feedback and assessment of the learning outcomes. This feedback will be used to improve the program for future sessions.

G. Program Details

- Duration: 20 Hours per semester
- Target: Students pursuing their graduation (recommend 6th Semester students)
- Timing: The training would adhere to the schedule of the college
- Batch size: As enrolled by the college

H. Requirement for the training

- LCD projector or provision to connect one
- White/black board
- Classroom/Conference room to conduct the sessions

I. Commercials for the Training:

Your investment towards the Adolescent Psychology and Mental Health Training will be charged at Rs.1000/- per student by YouthNet.

This includes the cost of the facilitators, training hand-outs, materials for activities and local conveyance only.

J. Post Training Plan

YouthNet has a placement cell, *YouthNet Job Centre (YJC)*, which is designed to bridge the gap between employers and employees in the private sector. Any students who wish to work after the Graduation, will be updated about the various job opportunities relevant to their profiles, qualifications and skill-sets where they can apply and seek employment in industries/sectors of their choice.

K. Contact Person

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