

**CERTIFICATE IN ADOLESCENT
HEALTH AND COUNSELLING
(CAHC)**

Term-End Examination

December, 2015

**CNS-AH-001 : FUNDAMENTAL OF
ADOLESCENCE**

Time : 3 hours

Maximum Marks : 70

- Note :** (i) *Attempt all questions.*
(ii) *Attempt all parts of a question at one place.*
(iii) *Support your answer with examples.*

1. (a) Define the term adolescence. **2+7+6=15**
(b) Discuss adolescence as a "period of change".
(c) Explain the challenges related to psychosexual development.
2. (a) Explain the factors influencing physical changes in adolescent boys and girls.
(b) Discuss the issues and concerns related to physical changes among adolescent boys and girls. **4+5+3+3=15**
3. (a) Define the term gender. **1+4+6+4=15**
(b) Discuss the types of gender roles.
(c) Describe types of gender based violence against women.
(d) Explain the role of teachers in gender equality and sensitization.

4. Discuss the role of teacher/parents in educating adolescents in the following : **3x5=15**
- (a) Menstruation in the girls.
 - (b) Sexual development in boys including spermarche.
 - (c) Prevention of adolescent pregnancy.
5. Write short notes on **any two** of the following : **2x5=10**
- (a) National adolescent reproductive and sexual health strategy.
 - (b) Ways of tackling poor body image among adolescents.
 - (c) Characteristics of establishing value system.
 - (d) Myth and misconception related to sexual abuse of children.
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