

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

**00313 Term-End Examination
December, 2016**

CNS-AH-001 : FUNDAMENTALS OF ADOLESCENCE

Time : 3 hours

Maximum Marks : 70

Note : (i) *Attempt all questions.*

(ii) *Support your answers with examples.*

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1. (a) Discuss about "Adolescence : A period of change" by explaining the physical and emotional changes during adolescence period in boys and girls.
- (b) Explain the characteristics of an adolescent. 9+6=15
2. (a) Define puberty.
- (b) Explain the factors influencing physical changes during puberty in adolescents.
- (c) Discuss your role to overcome the issues and concerns related to physical changes in the adolescents. 2+6+7=15

3. Explain the role of teachers and parents in the following : $3 \times 5 = 15$
- (a) Changes in a body's reproductive organs and their functions
 - (b) Menstrual cycle and menarche in girls
 - (c) Care of mother and child in teenage pregnancy
4. (a) Differentiate between 'sex' and 'gender' and discuss the specific characteristics of each.
- (b) Explain the emotional and sexual abuse in adolescents.
 - (c) Explain the myths and misconceptions, in adolescents related to sexuality.
5. Write short notes on any **two** of the following : $2 \times 5 = 10$
- (a) Role model (Hero-worship)
 - (b) Personal care during menstruation
 - (c) Role of family in establishing value system
 - (d) Need to invest in adolescents
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