

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

**Term-End Examination  
December, 2022**

**CNS-AH-002 : ISSUES AND CHALLENGES  
DURING ADOLESCENCE**

*Time : 3 Hours*

*Maximum Marks : 70*

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**Note :** Attempt *all* questions. Support your answers  
with examples.

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1. (a) Define the term “Drug tolerance” and withdrawal symptoms. 3
- (b) Describe how you would recognize the substance abuse disorder in adolescents. 6
- (c) Discuss prevention and management of substance abuse disorders. 6
2. (a) Define self-awareness. 2
- (b) Explain the dimensions of self-awareness. 5
- (c) Discuss the process of problem solving with the help of examples. 8

3. (a) Explain the meaning of aggression. 3  
(b) Explain the causes of aggression. 6  
(c) Describe the role of teachers and parents in handling adolescent aggression. 6
4. (a) Discuss the myths and facts about sexual harassment. 4  
(b) Describe the role of teachers and parents in preventing sexual harassment among adolescents. 4+7
5. Write short notes on any *two* of the following :  
2×5=10
- (a) Factors influencing health  
(b) Peer education—An emerging paradigm  
(c) Consequences of unsafe abortion  
(d) Overcoming exam anxiety