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CNSAH-002

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

Term-End Examination

December, 2023

**CNSAH-002 : ISSUES AND CHALLENGES DURING
ADOLESCENCE**

Time : 3 Hours

Maximum Marks : 70

Note : *Attempt **all** questions. Support your answer with example. Words limit as per marks as follow :*

9-12 marks : 1000 words

6-9 marks : 700 words

5 marks : 500 words

3-4 marks : 200 words

2 marks : 50 words

1 mark : 20-30 words

P. T. O.

1. (a) Explain the meaning of the following terms : 2+2
 - (i) Drug/Substance
 - (ii) Substance Abuse
- (b) Discuss the factors leading to substance abuse among adolescents. 3
- (c) Describe the following : 4+4
 - (i) Prevention of substance abuse
 - (ii) Management of substance abuse
2. (a) Discuss the methods of healthy coping mechanism. 5
- (b) Describe the role of teachers and parents in handling adolescent aggression. 5
3. (a) Explain the meaning of sexual harassment. 2
- (b) Discuss the consequences of sexual harassment. 6
- (c) Explain the role of teacher and parents to prevent sexual harassment. 7
4. Explain the following life skills which adolescent may adopt to live healthy life : 5+5+5
 - (a) Self awareness
 - (b) Empathy
 - (c) Critical thinking

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5. Write short notes on any *three* of the following : 3×5=15

- (a) Factor influencing adolescent health
- (b) Role of teacher in nutrition education of adolescents
- (c) Self help for adolescents
- (d) Tips for effective listening
- (e) Risk associated with adolescent pregnancy