

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

Term-End Examination

June, 2016

00407

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

Time : 3 hours

Maximum Marks : 70

Note : (i) *Attempt all questions.*

(ii) *Attempt all parts of a question at one place.*

1. (a) Explain the importance of balanced nutrition for adolescent girls and boys.
- (b) Discuss any two disorders related to nutrition in adolescents.
- (c) Describe the role of teachers in educating adolescents on balanced nutrition. $5+3+3+4=15$

2. (a) Explain the importance of stress during adolescence.
- (b) List the factors causing stress during adolescence.
- (c) Discuss the role of parents and teachers in helping adolescents in managing stress. $5+3+7=15$

3. (a) List do's and don'ts in communication with adolescents.
- (b) Explain the skills required by teachers to be effective communicators.
- (c) Describe the tips that as a teacher you would follow for effective listening. $4+6+5=15$
4. (a) Explain the causes of sexual harassment during adolescence.
- (b) List the alarm signs of sexual harassment.
- (c) Describe the myths and facts about sexual harassment.
- (d) What is the role of parents and teachers in prevention of sexual harassment? $4+3+3+5=15$
5. Discuss the role of a teacher in any *two* of the following : $2 \times 5 = 10$
- (a) Identification of signs of depression and suicide
- (b) Helping adolescents in handling peer influence
- (c) Creating awareness about STI, HIV/AIDS in adolescents
- (d) Identification of learning disabilities
-