



**CHRIST**  
UNIVERSITY  
BENGALURU, INDIA

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## Department of Social work

### Training of Trainers on “Psychosocial Well-being of Adolescents 19, 20 & 21, January, 2016

Department of Social Work, Christ University Bangalore is organizing a three day Training of Trainers programme on “Psychosocial well-being of adolescents” for MSW students, Research scholars and field workers from NGOs working with adolescents. This TOT is sponsored by Indian Council of Medical Research, New Delhi.

#### Objective:

Main objectives of this programme is to facilitate students of Master of social work and field workers of NGOs in planning and implementing appropriate programmes for the adolescents in the communities, schools and institutions for adolescents.

#### Contents:

The programme is designed to provide proper adolescent education through key emphasis on life skills, counseling, health care and checkups, career and vocational guidance, and peer group training.

The topics covered in the programme are Instruction Methods of the programme, What makes a good trainer, Skills to Communicate with adolescents, Meditation, Adolescence - Growth, Development and Changes, Sexuality, STDs and HIV/AIDS, Developmental issues and its management, Life Skills - Communication and Interpersonal Skills, Decision-Making, Critical Thinking and Creative thinking Skills, Coping and Self-Management Skills, Management of drugs and alcohol addiction among adolescents, handling cyber bullying, internet addiction, Legal Awareness and Gender issues, Career and Vocational Guidance, General health Check up and awareness class on health, Plan for the future and Peer group training.

**Methodology:**

The methodology adopted for this programme is illustrative talk with group activities by experts in the field of adolescent well being. Special video shows on the activities already done with adolescents by the applicant. Reading materials, the presentation handouts, and relevant documents related to both adolescent girls and boys will be distributed to all participants.

**Anticipated outcome**

Training will be

- Useful for MSW students and NGO workers in their field work to become a trainer
- Helpful in how to interact with adolescents
- Appreciated for giving concern to adolescent children and their issues
- Increasing awareness on adolescence and
- Supporting through demo session of their plans