



GROWING UP : WORKSHOP FOR GRADE V (2022-23)

28th-29th July

The **Growing Up** workshop for boys and girls of grade V was conducted by the Counselling Department to help the children understand and cope with the physical and emotional changes that occur during puberty while acknowledging and addressing their curiosity and related concerns about growing up.

Areas covered during the session included:

- ❖ Body Positivity
- ❖ The human physiology
- ❖ The difference between puberty and adolescence
- ❖ Understanding the function of reproductive system in brief
- ❖ Identify physical and emotional changes experienced during puberty specific to boys and girls
- ❖ Changing interpersonal relationships
- ❖ Self-care during puberty and through hands on demonstration special emphasis was given on menstrual hygiene
- ❖ Safe touch Vs Unsafe touch Vs Unwanted touch
- ❖ Circle of safe adults
- ❖ Body safety rules on how to keep oneself safe from child abuse
- ❖ Safe sources of information on puberty

The topics were disseminated through self-reflective exercises, activities and open discussions. This helped in establishing a warm rapport with the students throughout the session and encouraged active listening on their part. . Emphasis was placed on answering children's concerns about the subject and sharing of their experiences. The students were introduced to strategies to address issues related to puberty with empathy and combating peer pressure. The students found the workshop very engaging and informative.



