

The **Growing Up** workshop for boys and girls of grade V was conducted by the Counselling Department of our school, to help the children understand and cope with the physical and emotional changes that occur during puberty and pre-teen age.

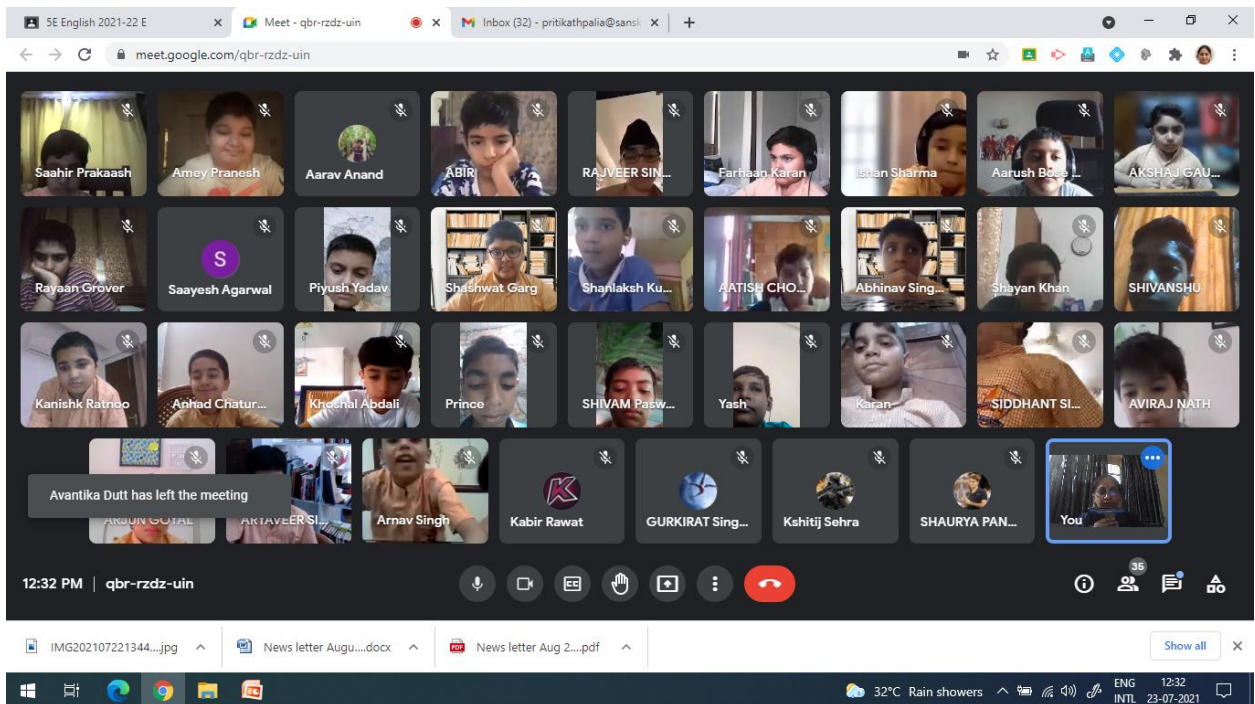
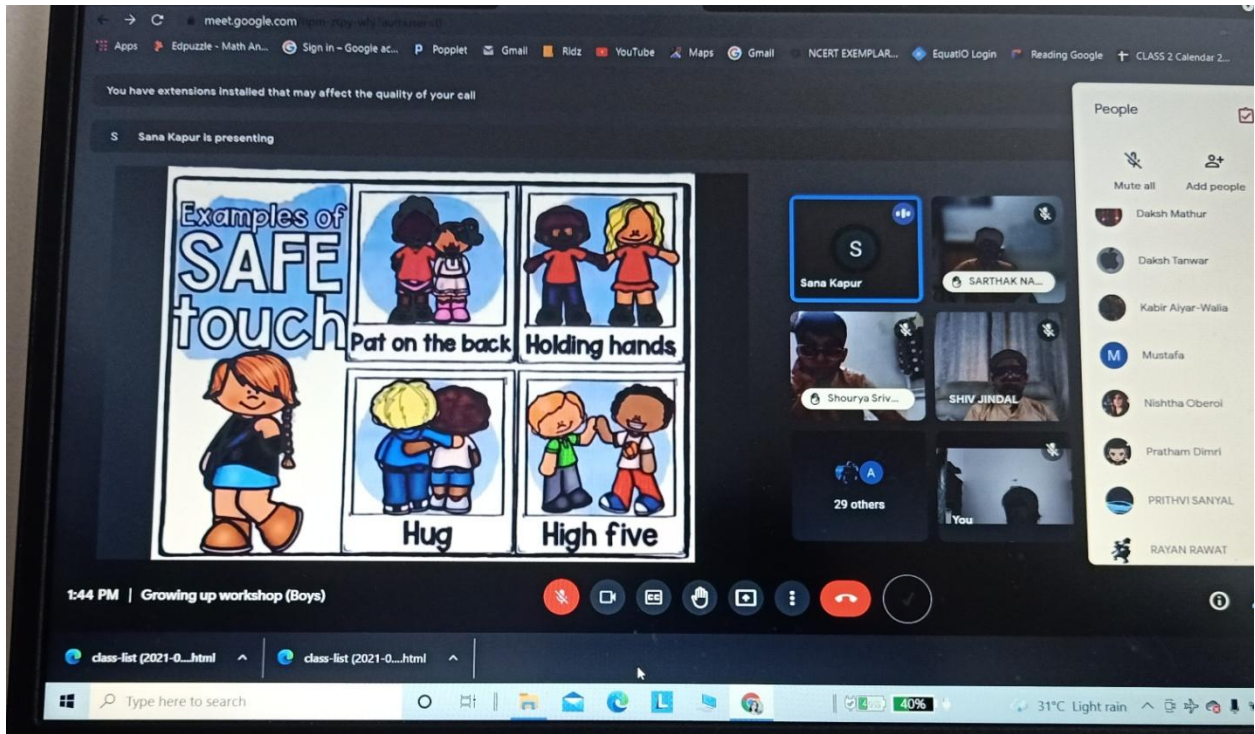
The sessions aimed at acknowledging and addressing their curiosity and related concerns about growing up.

Areas covered during the session included:

- Body Positivity
- The human physiology
- 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
- 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

Establishing a warm rapport with the students throughout the session and encouraging active listening on their part, the topics were dealt through self-reflective exercises, activities and open discussions. The students were introduced to strategies to cope with issues related to puberty with empathy and dealing with peer pressure.

The students found the workshop very engaging and informative.



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The screenshot shows a Google Meet interface with a grid of 25 participants. The participants are arranged in a grid that is 4 rows high and 7 columns wide, with the last row containing only 4 participants. The participants are: Row 1: K... (purple icon), G... (video), GAURIKA BHAKHRI (video), Nainika Singh (video), ARADHITA MITTAL (video), Jia Das (video), Riya Bundel Bundel (video). Row 2: ...dya Malhotra (video), Khushboo Paswan (video), Navya Kumari (video), Navya Deval (video), Anaita (video), AMYRA KUMAR (video), Prisha Malhotra (video). Row 3: ...NDHYA (video), LEHAR DAHIYA (video), Swati Gaur (video), Mahi Negi (video), SHARANYA CHOUDHA... (video), Aashima Khera (video), ...ARSHA RAMESH RED... (video). Row 4: Neria Aier (video), MEHAR ARORA (video), ANAISHA KULKARNI (video), You (video). At the bottom, there is a control bar with a microphone icon, a camera icon with a slash, a screen share icon, a hand raise icon, a chat icon, a settings icon, and a red end call button. A tooltip above the camera icon says "Turn off camera (% + e)". The bottom left corner shows the time "3:30 PM" and the meeting ID "xvm-htot-cbu".

Participants visible in the grid:

- K... (purple icon)
- G...
- GAURIKA BHAKHRI
- Nainika Singh
- ARADHITA MITTAL
- Jia Das
- Riya Bundel Bundel
- ...dya Malhotra
- Khushboo Paswan
- Navya Kumari
- Navya Deval
- Anaita
- AMYRA KUMAR
- Prisha Malhotra
- ...NDHYA
- LEHAR DAHIYA
- Swati Gaur
- Mahi Negi
- SHARANYA CHOUDHA...
- Aashima Khera
- ...ARSHA RAMESH RED...
- Neria Aier
- MEHAR ARORA
- ANAISHA KULKARNI
- You

Turn off camera (% + e)

3:30 PM | xvm-htot-cbu