

# FAMILY LIFE EDUCATION FOR ADOLESCENT GIRLS



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Adolescent girls are would be mothers therefore family life education needs to be focused.

In our country more than 22.8 % or two thirds of worlds population consist of youth and they are the future generation need more knowledge about family life and health.

Hence, the family life education needs more attention among the adolescent girls as part of healthy family life.

Puberty refers to the sexual maturity in woman of reproductive age group.

Puberty is onset of secondary sexual characters appear and the reproductive organs become functional.

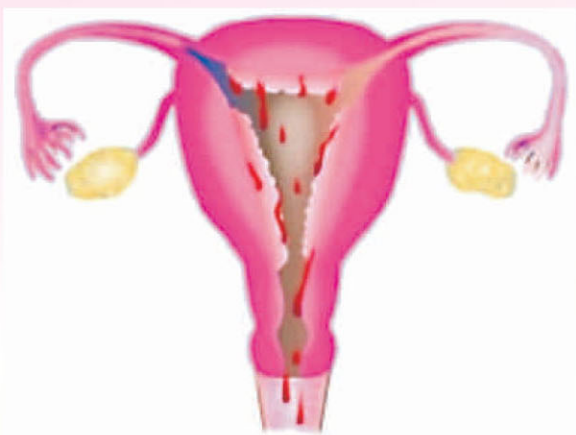
The transformations elated to puberty are dependent on the socio-economic, family background and nutritional status of the adolescent girls.

Puberty takes place between the age (11-14) which involves physio-

logical changes. The girls start to menstruate between 10-14.

In certain cases the girls do not menstruate during 10-14 years. In such cases physician consultation could be useful to find the cause.

The menstruation starts in a regular



rhythm, this natural cycle occurs approximately as 28 days cycle and it is normally continued for 3-5 days.

In general some important reasons like hormonal imbalance, congenital anomalies, chronic diseases like tuberculosis and anemia are some of the causes for hindering the menstruation.

In spite of being a part of woman's

physiological phenomenon there are various taboos prevalent this being so, the mother's role is more important where mothers can explain the facts about personal hygiene and reproductive health.

Incidence of sexually transmitted are diseases spreading rapidly which is emerging as HIV epidemic.

The sexually transmitted diseases mostly spread through unprotected sexual contact and it is caused by wide range of bacterial, viral, protozoa and fungal infections.

The vulnerable age group (15-29) has various social causes the economic disadvantage, illiteracy, ignorance unsafe sexual behavior contrarily leads to this health hazards.

The acquired immune deficiency syndrome (AIDS) is prevalent as an epidemic all over the world mainly African and Asian countries and adolescent girls are more prone for this.

In some states of our country child

marriage, early age at marriage are still prevalent.

Both the gender get married before the age of eighteen and the adolescent girls become pregnant and tend to deliver malnourished small babies.

Hence, providing education in the young age would be bring awareness in the issues of family planning, safe sex behavior.

Using contraceptive methods such as condoms in preventing aspects, as well as to control the fertility level will be suitable way of dealing the problem.



## PREVENTIVE METHODS

Use of sanitary napkins during menstruation.

Consult medical doctor



even for small problem like white discharge.

Use of sanitary toileteries.



Reproductive tract infection can disturb fetal growth during pregnancy.

Maintenance of personal hygiene like dettol can be used.

Mothers should explain to their adolescent girls about sex and sexuality.

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*This was developed as part of the project: Assessment of nutrition knowledge and impact of nutrition education related maternal health on adolescent girls in urban slums of Hyderabad.*

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