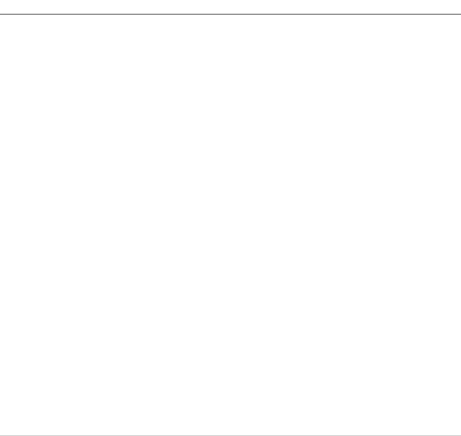




# ADOLESCENT HEALTH AND WELLNESS DAY

A day to celebrate adolescence!  
A day to celebrate you!



| Participate in Fun Activities planned by the State | Get Informed and Avail Counselling Services | Take Charge of your Health                                  |
|----------------------------------------------------|---------------------------------------------|-------------------------------------------------------------|
| Sports Competitions                                | Nutrition                                   | Availability of Sanitary Napkins, Iron Tablets, Albendazole |
| Healthy Cooking Demonstrations                     | Mental Health                               | Anaemia Testing                                             |
| Role Plays                                         | Gender Based Violence                       | Know your Height, Weight and Blood Pressure levels          |
| Talk Shows                                         | Non-Communicable Diseases                   | Any Health Services you need                                |
| Screening of Short Films/Videos                    | Sexual and Reproductive Health              |                                                             |
| Quiz Competitions                                  | Substance Misuse                            |                                                             |

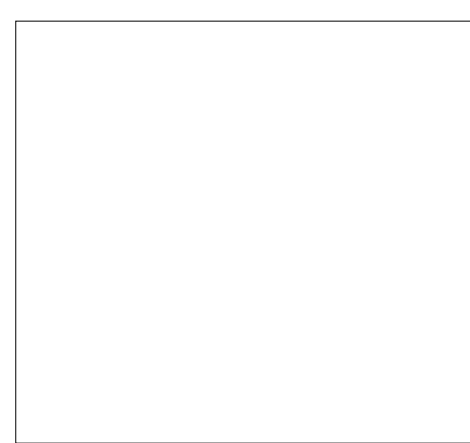
This day is organized once in every three months at your nearest Ayushman Bharat Health and Wellness Centre or School

It's your day...  
Enjoy it your way !

For any health related counselling and information, please visit your nearest Adolescent Friendly Health Clinic or Ayushman Bharat Health and Wellness Centre







# IT'S OK TO NOT BE OK

## Pay attention to the following signs

- Poor attention/hyper activity
- Frequent aggression and anger issues
- Disturbed sleep
- Sudden change in school performance
- Frequent changes in emotions and moods

## What you can do for your Mental Wellbeing

- Sleep for a minimum of 8 hours
- Exercise regularly or practice yoga and meditation
- Follow a routine
- Eat regularly and ensure a healthy diet
- Stay positive



Reach Out and Seek Help

# TALK TO A TRUSTED ADULT

For any health related counselling and information, please visit your nearest Adolescent Friendly Health Clinic or Ayushman Bharat Health and Wellness Centre







# Ayushman Bharat Health and Wellness Centre

## Your Gateway to Good Health!



### IT'S YOUR SPACE TO

#### Know your Rights:

Avail Reproductive  
Health Services

#### Get Active:

Yoga and Other  
Wellness Activities

#### Eat Right, Eat Safe:

Diet and Nutrition  
Counselling

#### Share your Feelings:

Counselling and Mental  
Health Services

#### Stay Healthy:

Regular Health Check-ups  
and Availability of  
Iron Tablets and Albendazole

#### Ensure Hygiene:

Availability of Sanitary Napkins and  
Menstrual Hygiene Counselling

**Be sure to visit your  
Ayushman Bharat Health and Wellness Center today!**

**Stay Informed:**  
Get any Health Information  
you want to know!

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# Periods are Normal !

Let's learn about how to manage and be healthy during periods



## Take care of your health by adopting the following practices:

- ▶ Use pads or dry clean cloths during menstruation
- ▶ Do not throw used pads or cloths in open spaces
- ▶ Change pads/cloths after every 4-6 hours
- ▶ Maintain cleanliness and take bath regularly
- ▶ Ensure intake of green leafy vegetables and iron tablets regularly
- ▶ Feel free to talk to ASHA to understand about physical changes during adolescence

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# Being healthy is a habit, Adopt it!

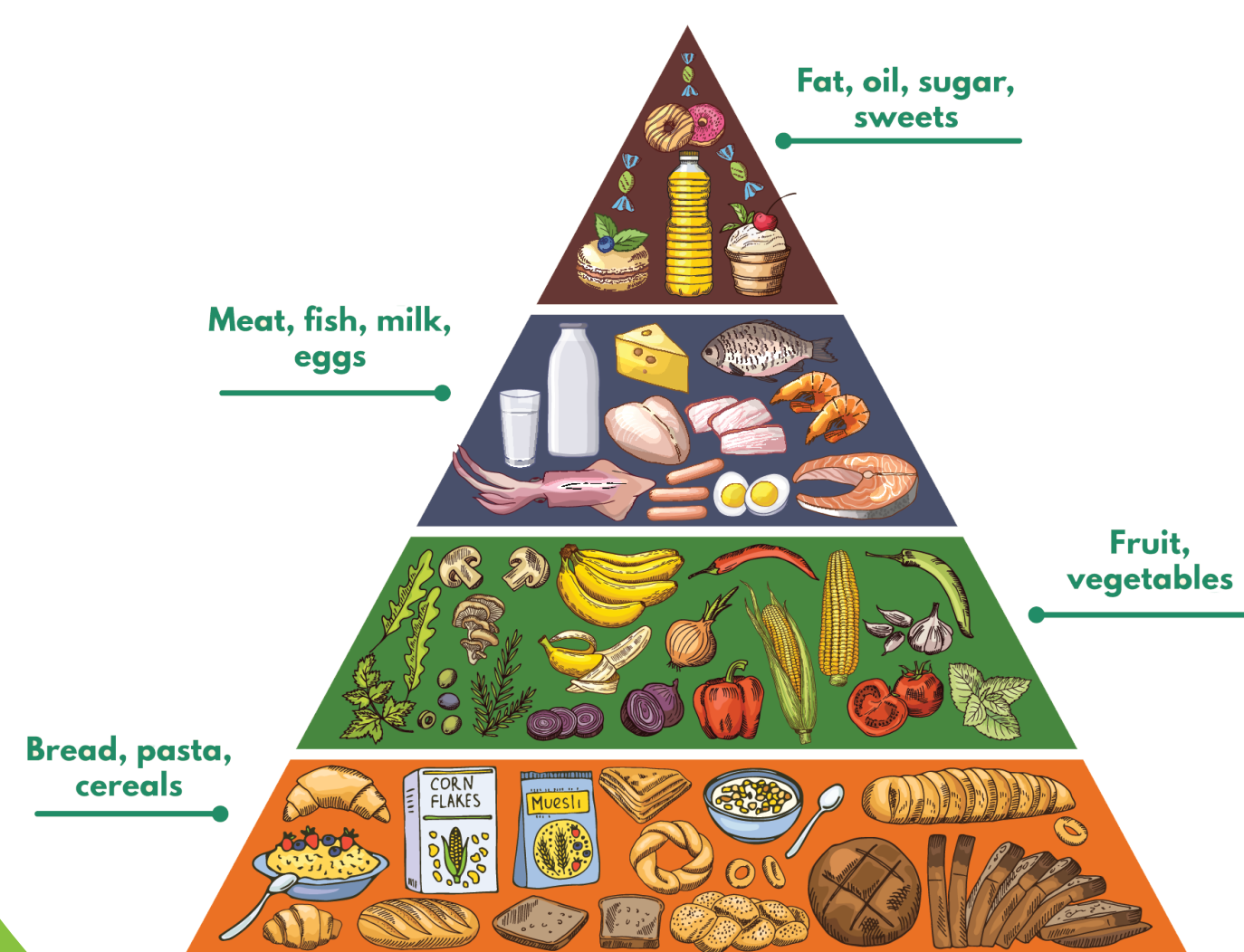


## Eat Right Movement

## Eat Healthy, Eat Safe

- ▶ Have balanced meals, three times a day
- ▶ Limit salt and sugar in your food
- ▶ Avoid packaged, oily and junk food items
- ▶ Always wash vegetables and fruits with clean water before eating

### FOOD PYRAMID



## Adopt these healthy practices

- ▶ Have regular bath and wear clean clothes
- ▶ Maintain hygiene and ensure hand washing with soap and clean water before every meal and after using toilet
- ▶ Practice yoga or exercise or play sports regularly
- ▶ Have at least 8-10 hours of sound sleep

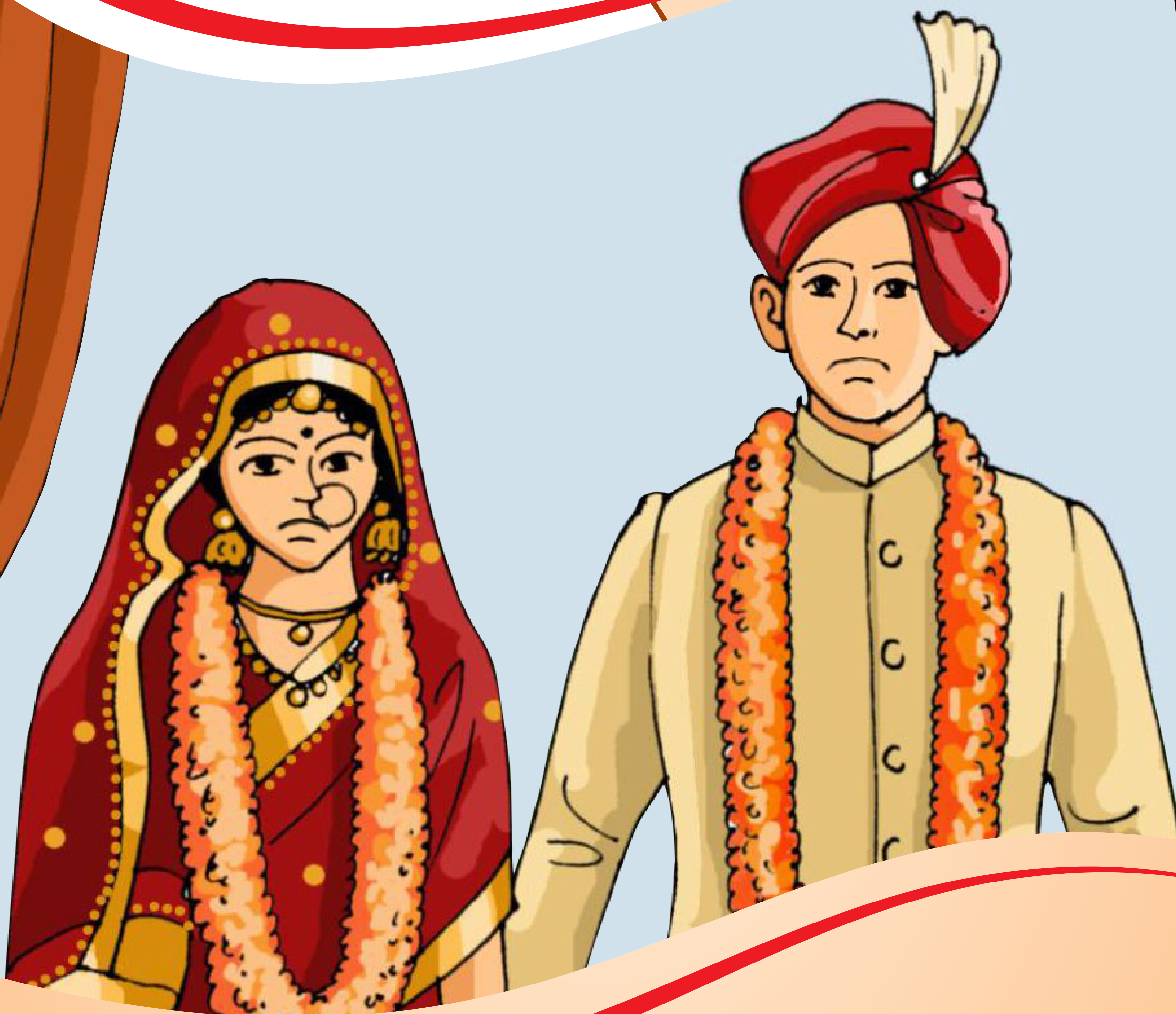
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There is a  
**RIGHT TIME FOR EVERYTHING !**

**SAY 'NO' TO  
CHILD MARRIAGE**



**SEEK HELP**



If you are being forced to get married,  
reach out to Child Helpline on 1098



**KNOW YOUR  
RIGHTS**

The legal age of marriage in India is  
18 years for girls and 21 years for boys

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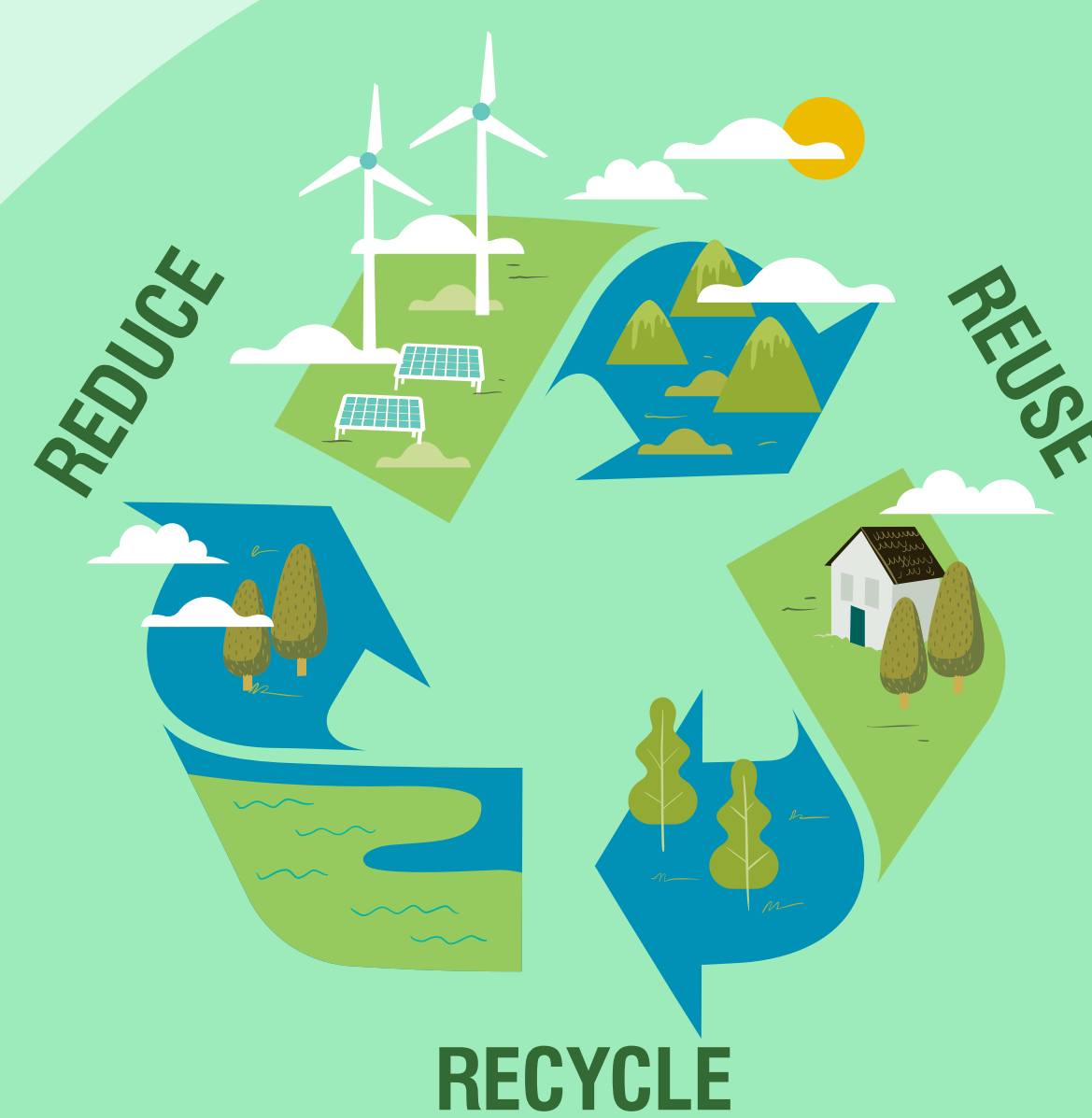


# Small steps for big impact!

## Every bit counts

### Be a responsible citizen and protect the environment

- Conserve water by using it carefully
- Switch the lights/fan off when you leave the room
- Walk or use public transport
- Plant trees and shrubs
- Avoid plastic products and shift to eco-friendly products
- Keep your surroundings clean and throw garbage only in dustbins



**Make your village or town environment friendly!**

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# NOT EVERY TOUCH IS SAFE AND CARING!

## LEARN TO DIFFERENTIATE



### SAFE TOUCH

When there is no threat and you feel happy and comfortable

#### Examples

Safe touches can include handshakes and friendly pats on back which make you feel comfortable



### UNSAFE TOUCH

When you feel uncomfortable, scared, sad, angry or confused

#### Examples

Someone touches your private body parts and asks you to keep it a secret and/or gives you gift

IF ANYONE TOUCHES YOU INAPPROPRIATELY REMEMBER TO:

**SAY NO**

Loudly and Confidently

**GO AWAY**

From The Person

**TELL**

A Trusted Adult

**Stay Alert and Speak Out**

It can even be your family or friends!

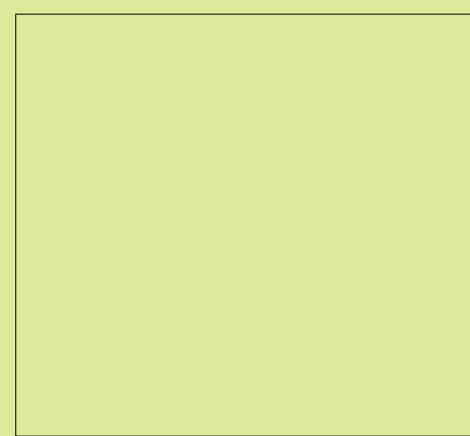
**Keep telling until you get help**

You can also call on 1098 for any support

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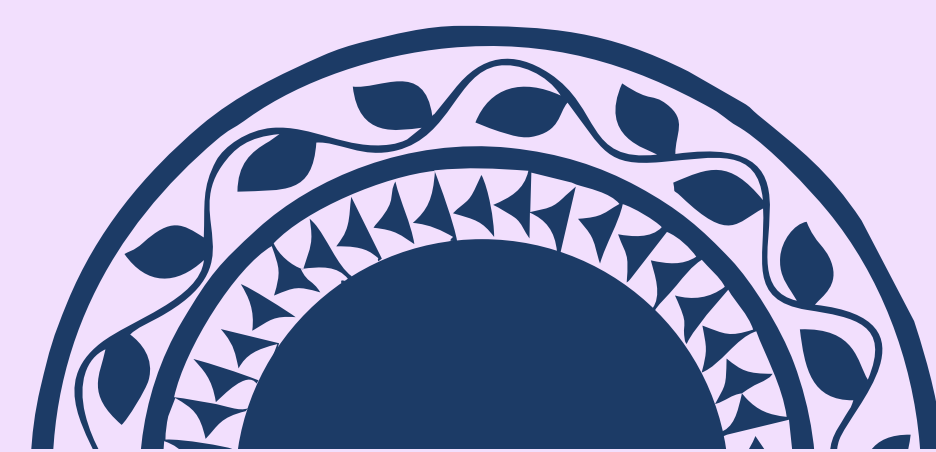
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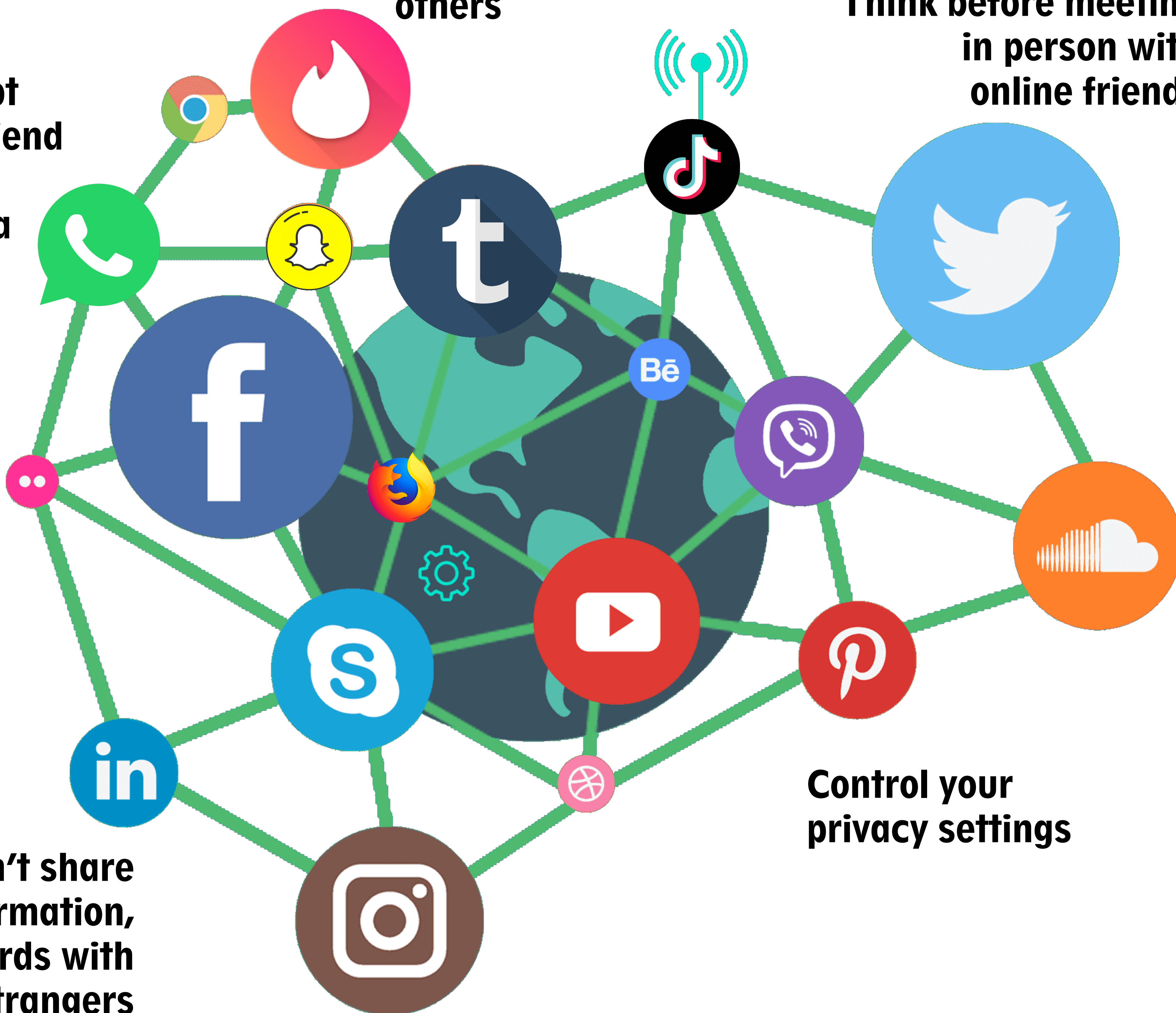


# Use Social Media Wisely

Don't compare and judge your life based on others

Think before meeting in person with online friends

Don't accept unknown friend requests on social media platforms



Control your privacy settings

Don't share personal information, passwords with strangers

## Stay Safe Online

For any health related counselling and information, please visit your nearest Adolescent Friendly Health Clinic or Ayushman Bharat Health and Wellness Centre





# Choose a healthy life

# MAKE A SMART CHOICE

## SAY "NO" TO ANY FORMS OF ADDICTION



Stay away from Alcohol, Cigarettes, Bidi, Pan Masala, Ghutka, Khaini etc.

## WHAT ARE THE SYMPTOMS OF ADDICTION

- Overly submissive or aggressive
- Stealing and being furtive
- Always unable to maintain a regular schedule or routine
- Always unable to complete school work on time
- Withdrawal from friends and family

## YOUR LIFE, YOUR RULES

## HOW TO OVERCOME ADDICTION

- Say No** : Say it confidently
- Be Courageous** : Don't give in to peer pressure
- Reach Out** : Discuss your views with your family or close friends
- Adopt** : A healthy lifestyle for a stress free life
- Engage** : In physical activities, sports or yoga

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