

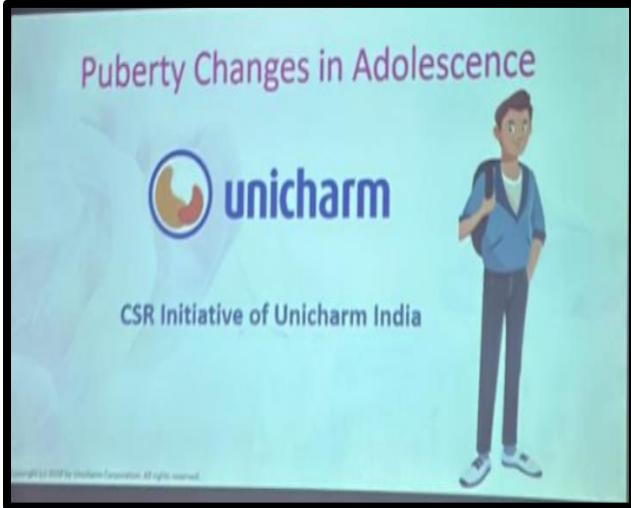


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PUBERTY CHANGES IN ADOLESCENCE

"The journey through adolescence is like a butterfly emerging from its cocoon, full of transformation, challenge, and beauty."



On October 16, 2024, a workshop on puberty was conducted by Mrs. Harshita Upadhyay, an accomplished educator, in the School Auditorium. The sessions were organized separately for boys and girls to create a comfortable and supportive atmosphere. Mrs. Upadhyay introduced the concept of puberty, explaining that its onset varies for each child due to genetic, biological, and social factors. She emphasized that everyone develops at their own pace, helping students understand the normalcy of their experiences and fostering a sense of reassurance and self-acceptance during this important stage of growth.

The discussion then shifted to gender roles and stereotypes, where students explored societal expectations associated with being a boy or a girl. Through sharing their thoughts, they engaged in an open dialogue about the pressures they may feel to conform to these roles. The facilitator highlighted the concept of gender inequality, illustrating how boys and girls can face different challenges and expectations. By relating these concepts to real-life examples, students were encouraged to reflect on their observations of gender dynamics in their everyday lives.



A significant portion of the workshop was dedicated to addressing menstruation and female hygiene in the girls' group. The facilitator provided clear explanations about menstruation, what it entails, and the physical changes that occur in girls' bodies. Practical tips for managing menstruation were shared, including understanding menstrual cycles, maintaining hygiene, and using sanitary products effectively. An interactive question-and-answer session allowed girls to express their concerns and seek guidance in a safe space.



Throughout the workshop, the importance of embracing the changes associated with puberty was emphasized. Students were encouraged to adopt a positive outlook on these changes and to seek support from friends, family, and educators when needed. Overall, the workshop successfully engaged students in meaningful discussions about puberty, gender roles, and equality. By connecting these topics to their daily lives, students gained a deeper understanding of themselves and their surroundings. The interactive format, particularly in the girls' group, fostered open communication and a sense of safety for exploration.

In conclusion, the workshop received positive feedback from students, who appreciated the supportive atmosphere, and the relevance of the topics discussed. Many felt more confident about the changes they were experiencing. Moving forward, it is recommended to conduct follow-up sessions that explore emotional well-being and self-acceptance further. Additionally, involving parents in future workshops could enhance understanding and support at home, ensuring a well-rounded approach to navigating the challenges of puberty.

