

ADOLESCENT FRIENDLY HEALTH SERVICES

Adolescent friendly health services (AFHS) are exclusive services provided specifically for adolescents and young people. Because the adolescents are neither children nor adults, they have unique issues which need to be addressed in a unique way. This clinic will ensure confidentiality and will give authentic information about growing up issues such as physical and mental development, body image, relationships, addictions, career dilemmas etc.

Services Offered –

1. Monitoring of development, height and weight
2. Life skills education which involves information about self awareness, decision making, problem solving, critical thinking, creative thinking, dealing with stress, dealing with emotions, effective communication and interpersonal relationships.
3. Counselling
4. Information on various subjects about which adolescents are concerned most.

EXCLUSIVE FEATURES –

1. Question Box (where students can put in their queries anonymously)
2. Regular interactive workshops involving group discussions, role plays and audiovisuals.
3. workshops for parents