



Explorations & Exercises

THE ADOLESCENT CURRICULUM



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The Riverside School, 2021
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Thanks to all students and faculty who have been part of these courses and enriched the curriculum with their perspectives and practices.

The articles in this book are an amalgamation of students' writings and extensive research done on the web.

This book is inclusive of all genders in the spectrum.

You Got Mail



Dear Parents,
Haven't you noticed a change in your children? The cute little babies have become ferocious teenagers. As each child will embark on a journey of self-discovery and self-confidence, we highly recommend you to have continuous dialogues with your adolescent. Discuss with them what is right at their age; share with them your experiences and the kind of relationships you shared with your parents.

A teen mind is very impressionable; even the slightest incident – inferior or superior- will affect your teen's behavior. Fights and arguments will happen but do take it in a positive manner and try to reason and negotiate with your child rather than force rules and restrictions upon them. Do remember these valuable tips and get ready to watch your teen grow in leaps and bounds.

You Got Mail



Dear Teachers,
As a practitioner, a detailed understanding of each child is very important. During the Adolescent Phase be it physical, emotional or cognitive each child is going to grow. A lot of interaction and guidance will be required from your side. There might be times when the teen could feel a bit low because of several reasons. They will need you at that point in time. Do take some time out to actually speak to and listen to the teen and understand their true feelings. A teacher's role in a teen's life is of key importance. Making them share their feelings openly should be your main focus. An understanding teacher or a guide is what most teens want but hardly a few get them. We encourage you to support them through this journey. Let every teen you interact with get your complete guidance and support.



You Got Mail

If we were to describe adolescence in one word, it would be a rollercoaster, so many ups, so many downs and a long time 'til it ends. It does get overwhelming and sometimes you just feel like giving up. Your friends are no longer your friends, your parents just don't seem to understand you, your sibling can't help but irritate you, you feel like you're putting on weight, you sleep during class, the world just seems like one big problem you can't solve.

Trust us, we know, we felt the exact same way when we were in your shoes at that age. We still do sometimes, but it feels better when you know what's going on, when you know how to tackle it, when you stop running away from your problems and instead face them head-on. But how? Why the book you're holding will help you, of course! This book is a self-help book on everything about being an adolescent. You'll figure out why things happen to you which help you understand not only yourself but others too. You'll start building your own identity, and in the process help others build theirs too.

Adolescence may be a rollercoaster, and as scary as it might seem, it's also fun. Good luck and we hope that this Adolescent Reader will make your experience fun and enjoyable.

Sender
Aarav, Aarushi, Jai, Shaan,
Diya, Kavya, Mahima
Grade 8 and 9



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C O N T E N T S

YOUR PROFILE

YOUR FRIENDS

YOUR HOBBIES

DRAW A
SELF-PORTRAIT HERE

WORDS THAT
DESCRIBE YOU

NAME AND AGE

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01



THE ADOLESCENT
BRAIN

“There are many important things about the changes your brain is going through in this article that you need to know such as a process called ‘pruning’ in which the connections that you use most often are strengthened and the connections/neurons you don’t use are removed.

Your habits and actions start getting hardwired because of which whatever you do now, will stay with you forever. Take this article seriously and make the most use of your brain and remember to be careful about the steps you take.”

- Karan and Madhav



CHAPTER 1

THE ADOLESCENT BRAIN



Scientists once thought the brain's key development ended within the first few years of life. Current findings, however, indicate that important brain regions undergo refinement through adolescence and at least into a person's twenties. Thanks to advanced brain imaging techniques, scientists now can map brain tissue growth spurts and losses, allowing researchers to compare brain growth in both health and disease and to pinpoint where brain changes are most prominent in disease. Already brain mapping research is underway for diseases that often emerge in adolescence, including schizophrenia and bipolar disorder. From this research, more targeted interventions are likely to be developed and administered early to treat or prevent ensuing disorders.

Teenagers and adults often don't see eye to eye, but new brain research is shedding light on why. Although adolescence is often characterized by increased independence and a desire for knowledge and exploration, it is also a time when brain changes can result in high-risk behaviours, addiction, vulnerability, and mental illness, as different parts of the brain mature at different rates.



CHAPTER 1

Many teens, for example, use adolescence as a time to experiment with drugs. Alcohol consumption begins at a young age: 14% of adolescent females and 18% of adolescent boys aged 13-15 years are reported to drink alcohol in low- and middle-income nations. What's more, the adolescent's brain may be particularly vulnerable to the negative effects of drugs, including becoming addicted later in life more so than people who don't use drugs before age 21.

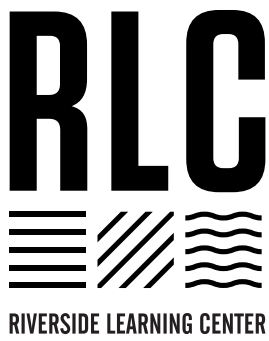
India has the world's biggest adolescent population (253 million persons aged 10 to 19 years), accounting for 21% of the total population. In addition, children as young as 13-15 years old have begun to use alcohol in India.

Typical brain changes and behaviour also can appear in adolescence. According to WHO, one in every six people will be between the ages of 10 and 19 in 2021. Globally, it is believed that 1 in 7 (14 percent) 10-19 year-olds suffer from mental health problems, which go mostly unnoticed and untreated.

Advances in adolescent brain research are leading to:

- A better understanding of the growing adolescent brain, both in typical and atypical development.
- Earlier detection of a typical brain changes that may serve as markers for diseases or disorders later in life.
- Improved and targeted interventions that can be administered early enough to potentially prevent the development of more serious illness.





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