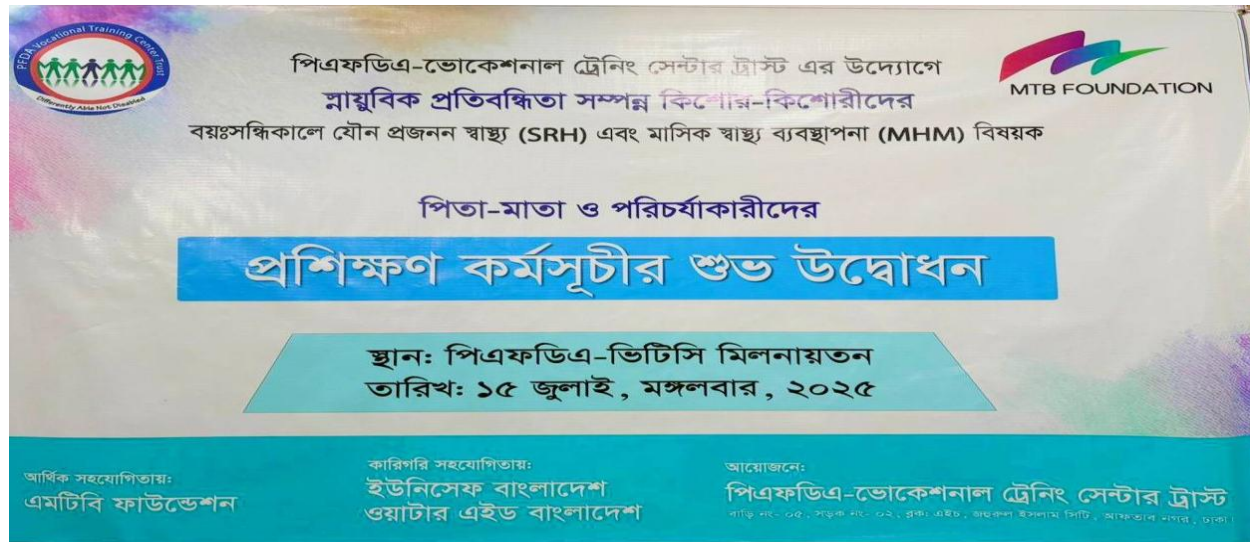


# Capacity Development Program on Adolescent Sexual and Reproductive Health (SRH) and Menstrual Health Management (MHM) for Adolescents with Neurodevelopmental Disabilities, Parents, Caregivers, Teachers and



## Students with Neurodevelopmental Disabilities

### An Unique Initiative by PFDA-VTC

PFDA - Vocational Training Center Trust has taken up an initiative to undertake a training program aimed at increasing knowledge about sexual and reproductive health (SRH) and menstrual health management (MHM) for adolescents among persons with neurodevelopmental disabilities. This initiative has been planned for conduction through three separate clusters and is intended for teachers involved in training these adolescents with persons with neurodevelopmental disabilities, staff, parents and comprehensive caregivers and lastly for the students with neurodevelopmental disabilities.



Afterwards, the topics will be incorporated into the daily lesson plans of students' with neurodevelopmental disabilities. The program has been designed to equip teachers in educational institutions, as well as



parents and caregivers at home, to actively contribute to the development of adolescents with neurodevelopmental disabilities in the areas of **SRH**, nutrition, mental health and effective menstrual health management.

1. Through this training, individuals working with adolescents having neurodevelopmental disabilities—such as teachers, school management committees, and staff—will receive targeted guidance. Teachers will learn how to address **SRH**, nutrition, mental well-being and menstrual health management in lesson plans and how to deliver those lessons effectively.
2. Parents and caregivers will be trained to work in alignment with educational institutions, supporting adolescents with neurodevelopmental disabilities at home in areas such as **SRH**, nutrition, mental well-being and menstrual health management. They will also learn strategies



to manage behavioral and psychological issues.

### **Key Training Focus Areas:**

- **Adolescence:** What is adolescence? When does it begin? Physical, mental, behavioral, and social changes during adolescence.
- **Challenges of Adolescence in Neurodevelopmental Disabilities:** Understanding how adolescence manifests in individuals with neurodevelopmental disabilities, the unique challenges they face during this period, and the necessary steps to address those challenges.



- **Sexual and Reproductive Health of Adolescents with Neurodevelopmental Disabilities:**

General health, sexual and reproductive health, effects of adolescence on health, factors contributing to risky sexual behavior, physical and mental health challenges during adolescence, reproductive organs and their functions (male and female), key physical changes in girls with disabilities, abnormal menstruation, causes of irregular periods, myths vs.

facts about menstruation, menstrual cycle in girls, nocturnal emissions in boys, managing nocturnal emissions in boys with disabilities, reproductive tract infections and STDs.


- **Nutrition for Adolescents with Neurodevelopmental Disabilities:** Definition of food, nutrition, and nutritious foods; nutritional components and their sources; importance of a balanced diet during adolescence; food chart for adolescents with disabilities; issues related to malnutrition and its impact; nutritional needs during menstruation for girls with disabilities.
- **Psychosocial Education and Support for Adolescents with Neurodevelopmental Disabilities:** Understanding mental health and psychosocial education; qualities of a good psychosocial support provider; emotional changes in adolescents with disabilities; managing psychosocial complexities such as anxiety and anger; necessary skills and processes for psychosocial support providers; consent forms for counseling; ideal environment for psychosocial counseling rooms.



- **Essential Actions for Adolescents with Neurodevelopmental Disabilities during Adolescence:** Important considerations for adolescents with neurodevelopmental disabilities during adolescence; required service teams; roles of various stakeholders such as the state, community, family, teachers, self and peer groups; preparation before adolescence; prior management as well as management during menstruation cycle during adolescence for girls with neurodevelopmental disabilities.





 PFDA firmly believes that comprehensive proper guidance and a compassionate perspective can ensure an inclusive and dignified development for persons with Neurodevelopmental Disabilities.

