



National Health Mission  
SDA Complex, Kasumpti, Shimla-9  
Himachal Pradesh  
Dated: Shimla-171009, the

MISSION DIRECTOR (NHM)

17 AUG 2020

New Shimla-9 (H.P.)

### NOTIFICATION

There is provision in RKSK (Rashtriya Kishor Swasthya Karyakaram) guidelines to constitute Adolescent Friendly Clubs (AFC) under the overall guidance of FHW (Female Health Worker) at sub-center level. The following shall be the detailed guidelines for constitution of these clubs and organization of club meetings in the PE Blocks:

#### Composition:

The constitution of AFC shall be as follows:

1. Female Health Worker
2. Peer Educators of the Schools coming within the area of the particular Subcentre.
3. All the adolescents residing in the area of the particular subcentre.
4. ASHA workers
5. CHO (wherever available)

The FHW should have a listing of the Peer Educators and Adolescents in her area.  
The AFC shall be constituted separately for girls and boys.

#### Objective of Adolescent Friendly Club:

1. To discuss the various issues as per thematic sessions in Peer Education and any issue or questions the adolescents would have.
2. To plan upcoming session
3. To organize activities like declamation, drawing competition, skits, debate and quiz etc. for Peer Educators and Adolescents.
4. These club meetings will provide a supportive environment for Peer Educators.

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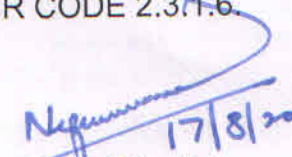
**AFC Meeting**

1. The meeting should be organized at least once a month separately for Boys and Girls AFC.
2. The monthly AFC meeting could be held at sub-center or any other convenient place for Peer Educators and Adolescents to travel.
3. Each AFC meeting should take approximately two hours (excluding travel time).
4. The AFC (Adolescent Friendly Club) meetings should be moderated by FHW and she shall maintain attendance of all participants
5. The following thematic topics shall be discussed with each topic chosen for the month by FHW keeping in view that all topics have to be covered within a calendar year:
  - Social, physical and mental changes during adolescence
  - Pubertal changes, knowing "One Self"
  - Nutrition and health
  - Sexual concerns, Male/ female reproductive organs, Menstruation/ Nightfall management
  - Introduction to Nutrition and Health, Factors affecting nutrition other than food, Lifestyle disease and risk factors
  - Substance misuse, assertive communication
  - How to say "No", life skills
  - Mental Health concerns
  - Child Marriage, Plan for life
  - RTI/ STI, HIV/ AIDS
  - Sex and Gender, Understanding rights and entitlements
  - Violence against adolescents, Gender based violence, violence in marriage
6. As a moderator for the AFC, the FHW will provide regular feedback to peer educators on what's working well and what could be improved. This will be based on discussing/assessing one Peer Educator session per month for every peer educator.
7. The Block Medical Officer of the PE Block shall ensure that regularity of these meetings.

8. The reports regarding the meetings shall be compiled at the District level in PE Districts and forwarded to State Head Quarters on a monthly basis.

**Financial Guidelines**

The AFC shall be celebrated in the Subcentre of the PE blocks @Rs. 500/- per meeting. The expenditure should be booked under the FMR CODE 2.3.1.6.

  
17/8/20  
Special Secretary (Health) cum  
Mission Director, NHM  
Himachal Pradesh, Shimla – 9