

I/333079/2024



**National Health Mission
SDA Complex, Kasumpti, Shimla-9
Himachal Pradesh.**

Dated: Shimla-171009 , the

NOTIFICATION



Under Rashtriya Kishor Swasthya Karyakram, there is a provision of constituting the Adolescent Friendly Club (AFC) in schools as Peer Educator Programme is school based in the state. The club should be composed of all Peer Educators trained from the school/ other schools in same premises along with adolescents/ Health and Wellness Messengers. The club shall be moderated by Female Health Worker. The AFC meeting shall be conducted immediately as and when training of Peer Educator completed in blocks. The following detailed guideline for conducting these Adolescent Friendly Club Meetings in Peer Educator Block are as under:

Composition:

The constitution of Adolescent Friendly Club shall be as follows:

1. Female Health Worker
2. Health and Wellness Ambassadors
3. CHO (If not available then, Medical Officer/ Health Supervisor/ Health Educator)
4. ASHA workers
5. Peer Educators in the school/ other school in same premises.
6. Health and Wellness Messengers

The Adolescent Friendly Club meeting should not have more than 50 adolescents. Apart from the above mentioned participants, FHW can include adolescents also but the same adolescent should not be repeated in the next meeting.

Objective of Adolescent Friendly Club meetings:

1. To discuss the thematic sessions.
2. To discuss various issues as per the thematic sessions in Peer Education and any issue or questions the adolescents .
3. To plan next session.
4. To organize activities like declamation, drawing competition, skits, debate and quiz etc. for Peer Educators and adolescents.

These club meetings will provide a supportive environment for Peer Educators.

Adolescent Friendly Club Meetings

1. The meeting should be organized within the school premises.
2. One meeting should have participants from one school or can include another school if it is located in same premises.
3. The meeting should be moderated by Female Health Worker. (FHW will have

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to cover all schools i.e Middle, High and senior secondary Schools coming within the area of sub centre). FHW shall maintain attendance of all participants.

4. One school of the Sub Centre area shall be covered during the month and after covering all the schools the AFC shall be conducted in the first school .
5. Each AFC meeting should take approximately two hours.
6. The following thematic topics shall be discussed with one or two topic chosen for the month by FHW keeping in view that all topics have to be covered in each school 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.
7. 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 discussions held during club meetings.
8. The Block Medical Officer of the PE Block shall ensure that regularity of these AFC meetings.
9. If AFC meeting is skipped in a month due to exams or vacations in school, then two meetings can be organized in next month.
10. The reports shall be filled by FHW in **HMIS** through **HWC SC** format in indicator No.11.2.4 or in **HWC- PHC** format in indicator No.12.3.4 i.e. Number of Adolescent Friendly Club Meetings organized

Financial Guidelines

The AFC shall be celebrated in the schools of the PE Block. The funds @500/- per sub centre per month have been allocated in the Resource Allocation of FY 2023-24 for conducting one AFC meeting at school level for providing healthy refreshment(fruits/ any healthy food product) to adolescents. The expenditure shall be booked under FMR code **RCH.5. Adolescent Health, 38, Peer Educator Programme, Operating Cost.**

Mission Director
National Health Mission,
Himachal Pradesh

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Endst. No. as above dated Shimla-171009 the December,2023
Copy to:

- 1.The Secretary(Health) to the Government of Himachal Pradesh for favour of information please.
- 2.The Director of Health Services, Himachal Pradesh for favour of information please.
- 3.The Chief Medical Officer, Chamba, Mandi and Shimla for information and necessary action please.



Mission Director
National Health Mission,
Himachal Pradesh