

# REWA

## *An Adolescent Health Booklet*



## Preface

Dear Students,

*We are happy to bring to you "REVA" an adolescent health booklet for the first time. It gives us still greater satisfaction to be able to release it during the adolescent school health cum substance abuse review meeting on 1st October, 2013 at Dharamsala! REVA is an effort by the Department of Health, CMA to promote better health among Tibetan youths studying in various schools throughout India and Nepal. Through REVA, we would like to emphasize the importance of positive outlook towards life in your journey towards your aim and academic fulfillment. We hope this REVA booklet would generate greater hope among all our Tibetan children for a positive living free of drugs, smoking and other unhealthy practices.*

*We have strived towards delivering relevant health messages related to adolescent growth along with substance abuse prevention in an interactive approach like role modelling, skill building, and positive reinforcement along with experience sharing from other parts of the world! We appreciate all the meaningful awareness activities organized in about 30 Tibetan schools during International Day against Drug abuse and illicit trafficking. We hope you would like its summary report, student's essays and substance abuse message column. We are especially grateful to Wenzin Choegyal, a former drug abuse victim who had completely recovered, for generously sharing his story in dealing with drugs and finally completely getting rid of it. We hope you would learn from his story and understand that using drugs*



*and substance abuse have serious consequences in your life. So, avoid indulging in drugs and say no to addiction.*

*Since we live in a changing world and in a country where incidences of sexual abuse is high, our children are also becoming increasingly vulnerable to these issues as well. So, to promote constructive discussion related to growth particularly awareness about sexual health, we have included a section "Knowing Your Body". We request teachers and the school community to be conscious about issues surrounding sexual growth of our children and to provide right information to our students so that they know about their body well and deal with these issues confidently. Let us all create a secure environment for our children!*

*You all are an inspiration for doing what we are doing and to keep moving forward in near future! We would appreciate your suggestions regarding REWA and please feel free to write to us at [healtheducation@tibet.net](mailto:healtheducation@tibet.net). Please don't forget to participate in our "Letter to the Rewa Team" contest! We have some exciting prizes!*

*Finally, we dedicate REWA to the resilience and the spirit of all the young Tibetan children both inside and outside Tibet! Please keep in mind that your parents, teachers and the entire Tibetan community deeply care for your wellbeing! You have a long way to go, so be responsible and embrace life!*

*Wishing many years of healthy and happy living,*

*Rewa Team,*

*Public Health Division, Department of Health, CTA*

## Team of Rewa



**Trinley Palmo (Head, Public Health Division)**  
**Tenzin Tseyang (Public Health Coordinator)**  
**Tenzin Jinpa (HIV / Substance Abuse Coordinator)**  
**Migmar Tashi (TB Coordinator)**  
**Kapsang (Health Education Coordinator)**  
**Tenzin Sonam (HIS-2 Coordinator)**  
**Anniek Boeijenge (Volunteer)**

### **Letter Contest :**

How do you want to organize the World AIDS DAY on 1st Dec. 2013 in your school (write in 100 words and send to the rewa team.) Three best entries will be awarded. Please mention your Name, Class and school.

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## HOW WELL ARE YOU?

Take this on-the-spot check to find out how healthy & fit you are.

Test	Response	
1. Do you have a family history of cardiac ailments or cancer?	Yes	No
2. Are you currently on any medication?	Yes	No
3. Are you over-weight?	Yes	No
4. Are you unable to hold your breath for more than 60 seconds?	Yes	No
5. Are you unable to touch your toes without bending your knees?	Yes	No
6. Do you avoid eating fresh fruits and vegetables daily?	Yes	No
7. Do you eat commercial fast foods more than twice a week?	Yes	No
8. Do you eat oily, salty or sweetened foods often?	Yes	No
9. Are you a perfectionist by nature?	Yes	No
10. Are you unhappy with your occupation (work, studies, etc.)?	Yes	No
11. Are you unhappy with your home life?	Yes	No
12. Did you currently face any major crisis or problem?	Yes	No
13. Do you smoke?	Yes	No
14. Do you consume alcohol?	Yes	No
15. Do you eat pan, supari, tobacco, or other related products?	Yes	No

### Scoring Key:

*1 point for every Yes answer.*

*2 point for every No answer.*

*Max score 30.*

*The higher the score, the closer you are to good health.*

## TB QUIZ

School activities like quiz are a great way of learning more about diseases and ways of prevention. Are you interested in knowing more about TB? Here is an exciting TB quiz. You can organize a TB quiz in your class and discuss among your peers about the prevention and spread of TB. Please look at the answers only after the QUIZ. After all, questions lead to new ideas, thoughts and answers. So, get ready to find answers to these TB related questions....All the best! This quiz was organized for students of Sherab Gatsel Lobling, Dharamsala during the world TB day on March 24, 2013.

**Q1. Which of the following tests are used for lung TB diagnosis?**

1. Sputum examination under microscope
2. By doing chest X-Ray
3. By doing blood test
4. By doing skin test
5. All of the above

**Q2. Which is the most common form of TB?**

1. Bone TB
2. Intestine TB
3. Pulmonary TB
4. Brain TB
5. Lymph-node TB

**Q3. TB can attack which of the following body parts**

1. Eye
2. Skin
3. Spine
4. Kidney
5. All of the above
6. None of the above

**Q4. How does TB spread?**

1. By coughing
2. Singing
3. By talking
4. By Sneezing
5. All of the above

**Q5. TB doesn't spread through:**

1. Sneezing
2. Through exchange of body fluids
3. Coughing
4. Talking

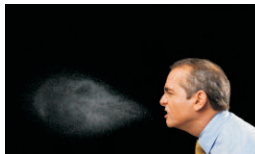
**Q6. When should you come to see a doctor or nurse?**

1. You have cough for 1 day
2. You have cough and runny nose for 3 days
3. When you have cough for more than 2 weeks
4. All of the above

**Q7. Which of the following is the right way to Cough?**



2.



3.



**Q8. What can lead to easy and wider spread of TB in a school?**

1. Coughing a lot and not covering your mouth
2. Coughing for several weeks and not telling a nurse or doctor in time
3. Overcrowded dormitories with very small windows and poor sunlight
4. Only 1 & 2 are correct
5. 1, 2 and 3 are correct



**Q9. In which of the following dormitories, there is least chance of TB spread?**

1. A dorm with 40 students and only 3 windows
2. A dorm with 20 students and no windows
3. A dorm with 10 students with 4 windows and no proper sunlight
4. A dorm with 10 students with 6 windows and poor sunlight
5. A dorm with 10 students with 6 windows and good sunlight

**Q10. Which of the following is not a symptom of pulmonary TB?**

1. Fever
2. Cough
3. Loss of weight
4. Sore throat

**Q11. Which are the risk factors for TB?**

1. Malnutrition
2. Smoking
3. HIV
4. Poor hygiene
5. All of the above

**Q12. How long do you usually have to undertake TB treatment?**

1. One day
2. One week
3. One month
4. Six months

**Q13. How can you control the spread of TB?**

1. By wearing a mask
2. By taking TB medicine regularly
3. By isolating the TB patient for one year
4. 1 and 2

**Q14. Why is TB common in Tibetans?**

1. Tibetans drink butter tea
2. Tibetans eat meat more than others
3. Tibetans eat a lot of spices
4. A large number of Tibetans are living in congregated settings in schools and monasteries

**Q15. What does MDR-TB stand for?**

1. Multi Drug Resistant TB
2. Medium Dose Regimen TB
3. Minimal Disease Rating TB
4. Maximum Dose Requirement TB

**Q16. How is MDR TB generated or caused?**

1. A normal TB patient did not take the treatment regularly
2. A normal TB patient has received improper treatment initially with wrong medicines
3. An MDR TB patient coughs and his friend gets TB
4. All of the above

**Q17. What are the symptoms of MDR-TB?**

1. Cough
2. Fever
3. Weight loss and poor appetite
4. Weakness
5. All of the above

**Q18. How do you diagnose MDR TB of the lungs?**

1. Sputum smear
2. Sputum culture
3. Blood test
4. Urine test
5. Stool test
6. All of the above

**Q19. Is TB curable?**

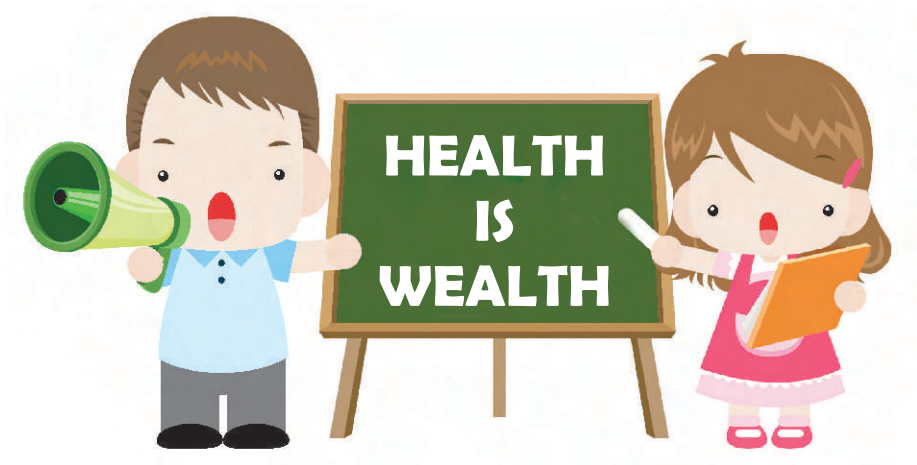
1. Yes
2. No

**Q20. Is MDR TB curable?**

1. Yes
2. No

**Q21. Which of the following are true of latent TB?**

1. Person has cough and is sputum positive for TB
2. Person has no symptom but has a positive TB skin test
3. The person with latent TB can infect others
4. Person doesn't have active TB now but can develop active TB later on in life
5. 2 & 4
6. All of the above



## Health Information on Infectious Diseases

### Tuberculosis (TB)

#### **Cause:**

- Bacteria Mycobacterium tuberculosis

#### **Types of TB disease:**

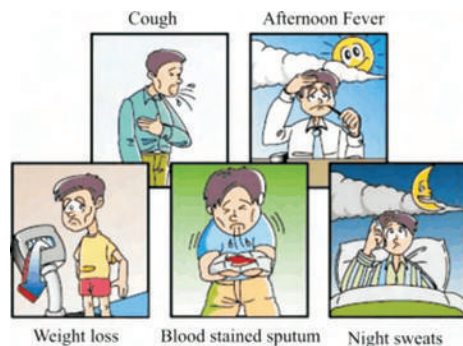
- Pulmonary: TB disease of the lungs
- Extra-pulmonary: TB disease of the brain, bones, abdomen, lymph nodes or spine

#### **Types of TB infection:**

- Latent TB: The person has TB bacteria but does not have symptoms and is not sick. He/She cannot spread TB disease to others.
- Active TB: The person is sick and shows TB symptoms. He/She can spread TB disease to others.

#### **Signs and symptoms of pulmonary TB:**

- Cough lasting more than 2-3 weeks
- Fever, chills
- Chest pain
- Night Sweats
- Loss of Appetite
- Weight loss
- Spitting up blood
- Fatigue, breathlessness
- Swollen glands



#### **How is TB spread?**

TB is spread when a person with active pulmonary TB disease

- coughs, sneezes and speaks without covering his mouth
- spits out in the open
- lives in prolonged, frequent, or in close contact with others without treatment or taking preventive measures

### People at risk:

- Those who live closely with others who have active TB infections
- Poor or homeless people
- Alcoholics and intravenous drug users
- Those who suffer from [malnutrition](#)
- Diabetics, cancer patients, and those with HIV/AIDS or other immune system problems

### Diagnosis:

- a. Symptom review
- b. Sputum Smear Microscopy: 2 Smears (Spot, Morning)
- c. Chest X-Ray
- d. Culture Testing
- e. Xpert MTB/RIF Test (Gene Xpert )
- f. Skin Test (Mauntoux Test)

### Treatment:

- Medication: Regular intake of antibiotics for 6-8 months or more depending on the case
- Directly Observed Treatment Therapy: Intake of medications under direct supervision

### Prevention:

People with active TB disease should prevent TB bacteria from spreading to other people by

- Wear a mask at all times, especially when other people are around.
- Cover their mouth when sneezing or coughing.
- Not spit in an open air. If necessary, spit into a tissue paper and flush it down a toilet, or collect the sputum/spit in a container with a tight lid and later pour into the toilet or an open fire.



## **HIV/AIDS**

### **Human Immunodeficiency Virus / Acquired Immuno Deficiency Syndrome**

#### **Cause:**

- Virus: Human Immuno-deficiency Virus (HIV)

#### **Signs and symptoms:**

Symptoms of early HIV infection may include:

- fever
- chills
- joint pain
- muscle ache
- sore throat
- sweats (particularly at night)
- enlarged glands
- a red rash
- tiredness
- weakness
- weight loss



#### **Signs and symptoms of late-stage HIV infection may include:**

- blurred vision
- diarrhoea, which is usually persistent or chronic
- dry cough
- fever of above 37C (100F) lasting for weeks
- night sweats
- permanent tiredness
- shortness of breath
- swollen glands lasting for weeks
- weight loss
- white spots on the tongue or mouth

### How is HIV/AIDS spread?

- Sexual transmission: Having unprotected sex with someone infected with HIV
- Perinatal transmission: Infected mother to child during pregnancy, childbirth or breastfeeding
- Blood transmission: Using infected blood for transfusion, sharing of used syringes and needles contaminated with HIV infected blood among drug users

### How is HIV/AIDS "NOT" spread?

- shaking hands
- hugging
- casual kissing
- sneezing
- touching unbroken skin
- using the same toilet
- sharing towels
- sharing cutlery
- mouth-to-mouth resuscitation
- or other forms of "casual contact"

### People at risk:

- People with multiple sexual partners
- People with other sexually transmitted diseases
- Injection drug users

### Diagnosis:

- HIV blood test

### Treatment:

There is no cure for AIDS but a variety of anti-retroviral drugs can be used in combination to control the virus and improve conditions

**Prevention:**

- Using condoms during sex
- Avoid drug abuse and needle sharing
- Avoid exposure to contaminated blood
- If pregnant and HIV positive, inform your doctors so that effective treatment can be started to prevent transmission from mother to baby
- HIV health education and awareness

**Hepatitis****Cause:**

- Group of viruses known as the Hepatitis viruses, including A, B, C, D and E

**Types:**

- Hepatitis A, B, C, D, E, X, G

**Signs and symptoms of hepatitis:**

Many people with Hepatitis experience either mild symptoms or none at all. When symptoms appear, they usually do so about 15 to 180 days after the person has become infected.

The initial phase of hepatitis is called the acute phase. The symptoms are like a mild flu, and may include:

- Diarrhea
- Fatigue
- Loss of appetite
- Mild fever
- Muscle or joint aches
- Nausea
- Slight abdominal pain
- Vomiting
- Weight loss

### **As the patient gets worse, these symptoms may follow:**

- Circulation problems (only in toxic/drug-induced hepatitis)
- Dark urine
- Dizziness (only in toxic/drug-induced hepatitis)
- Drowsiness (only in toxic/drug-induced hepatitis)
- Enlarged spleen (only alcoholic hepatitis)
- Headache (only in toxic/drug-induced hepatitis)
- Itchy skin
- Light colored feces, the feces may contain pus
- Yellow skin, whites of eyes, tongue (jaundice)

### **How is Hepatitis spread?**

- Infected food or water: Hepatitis A, E
- Unprotected sex with an infected person (Sexually transmitted): Hepatitis B
- Perforation of skin with infected needles: Hepatitis B, D
- Direct contact with the blood of a diseased person: Hepatitis C

### **People at risk:**

- People who receive blood transfusions
- Injectable drug users
- People infected with HIV
- Household members of an infected person
- Health care workers treating infected patients
- Sex partners of infected people
- people born to infected mothers

### **Diagnosis:**

- Symptoms review
- Blood test for antibody
- Direct viral measures
- Advanced tests: Liver biopsy, CT, MRI

**Treatment:**

- Hepatitis A - No treatment specifically for hepatitis A. Patient to abstain from alcohol and drugs during the recovery. The vast majority of patients with Hepatitis A recover spontaneously.
- Hepatitis B - A patient with Hepatitis B needs to rest. He will require a diet that is high in protein and carbohydrate - this is to repair damaged liver cells, as well as to protect the liver. If this is not enough, the doctor may prescribe medications like interferon. Interferon is an antiviral agent.
- Hepatitis C - A patient with Hepatitis C will be prescribed pegylated interferon and ribavirin.
- Hepatitis D or E - So far, there is no effective treatment for either Hepatitis D or E.

**Prevention:****Hepatitis A**

- Wash your hands with soap after going to the toilet
- Only consume food that has just been cooked
- Drink boiled and pure water if bottled water is not available
- Only eat fruits that you can peel if you are somewhere where sanitation is unreliable
- Only eat raw vegetables if you are sure they have been cleaned/disinfected thoroughly
- Get a vaccine for Hepatitis A if you travel to places where hepatitis may be endemic

**Hepatitis B**

- Practice safe sex
- Only use clean syringes that have not been used by anyone else
- Do not share toothbrushes and razors
- Have Hepatitis B vaccination
- Avoid skin tattoos and perforations
- Get tested for Hepatitis B and know your status



### Hepatitis C

- If you are infected do not let others share your toothbrush, razor, manicure equipment
- If you are infected cover open wounds
- Do not share needles, toothbrushes, or manicure equipment
- If your skin is to be pierced, make sure equipment is well sterilized (tattoo, etc.)
- Go easy on the alcohol
- Do not share drug equipment

### Hepatitis D

- Use the same guidelines as for Hepatitis B. Only a person who is infected with Hepatitis B can become infected with Hepatitis D.

### Hepatitis E

- Do the same as you would to protect yourself from Hepatitis A infection.



## Tips to take care of your ears, nose, throat, teeth, and eyes

### Ears

- Don't put drops, oil or any liquid in the ears without the doctor or nurse's advice.
- Do not clean the ears with pins, keys, pens or sharp instruments like compass
- Do not remove foreign objects from the ear without the doctor or nurse's assistance
- Loud noises are harmful for the ears
- If you have an earache, ringing, discharge, or pain, consult your doctor immediately.



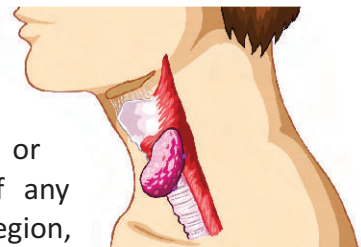
### Nose

- Do not try to remove any foreign objects from the nasal passage without the doctor's assistance
- Do not unnecessarily prick the nose or blow the nose hard.
- Avoid unnecessary misuse of nasal drops or inhalers without a doctor or nurse's approval
- In case of injury or difficulty in breathing, consult your doctor or nurse immediately.



### Throat

- Avoid irritant like smoking, chewing tobacco, paan and supari
- Prolonged shouting and screaming cause roughness in the throat. Normally resting the throat helps to reduce this roughness. If it persists for more than 7 days, consult your doctor.
- Excessive cold or hot spicy food can affect the throat
- Eat food calmly, avoid swallowing or eating them in hurry. In case of any swelling in the throat or neck region,



consult your doctor or school nurse.



## Teeth

- Brush your teeth twice a day using a medium soft toothbrush. In addition to brushing in the morning, do not forget to brush prior to sleeping. To be hygienic, avoid sharing toothbrushes. Also, clean your tongue gently by brush during brushing.
- Change your toothbrush at least once in 3 months
- Avoid using abrasive materials like salt for cleaning the teeth
- Use dental floss to remove food particles, avoid using pins and sharp instruments like compass to clean your teeth.
- Do not smoke or chew tobacco.
- Limit intake of sugary sweets. Make sure you at least rinse your mouth after eating a chocolate or sweet.
- Eat plenty of fresh vegetables and fruits.
- In case of a toothache, bleeding or ulcerated gums and inner linings of cheeks, consult a dentist or school nurse.
- Get a dental checkup every six months. This is especially essential for growing children.

## Eyes

- Eye examinations are a must, annually.
- Protective glasses should be worn while working with chemicals or fire objects
- Read in clear light. Avoid reading in dim light or while travelling in moving vehicle.
- Make sure your hands are clean when touching the eyes
- Clean your eyes with water in case dust enters into it.
- Maintain a distance of 10 feet from the television. Rest your eyes every 20 minutes while watching television or reading.



**Keep in mind:** Eyes, ears, nose, throat and teeth work hard for us to live a normal life. Please work hard to keep them healthy!

### Exercise and fitness

Exercise is one of the best methods to keep the body healthy and young. One should exercise 3 to 6 days a week for 30-60 minutes at least. An exercise program should comprise of the following.

**Walking:** Excellent cardiovascular benefits for all, especially older age groups.

**Jogging:** 30 minutes is all that is required. It is best to jog in intervals with short breaks of walking. It is important that you jog on a soft surface like a grass surface as against a hard cement track in order to protect the knees, shins and ankles. Wear comfortable clothes and breathe freely.



**Swimming:** 20 minutes of swimming is sufficient. Use any stroke you know. They all are of almost equal cardiovascular and muscular benefit.



**Cycling:** Minimum of 45-60 minutes of cycling is required.



**Sports:** Sports are perfect for a healthy life. Prior to taking any kind of training in games, make sure your fitness levels are up. Warm up before the games.



## I. MENTAL/EMOTIONAL HEALTH

### Tips for managing depression

Feeling down or blue is a natural part of life. When people let us down, things go wrong, or we lose people we love or the dreams we have valued, it appears. However, this sadness becomes a problem when it fails to pass, so:



### How to deal with depression?

#### 1. *Try not to isolate yourself*

Isolating yourself only makes depression worse. So try to keep up with social activities, even if you do not feel like seeing anyone or doing anything. Spend time with friends, especially those who are positive and make you feel good about yourself.

#### 2. *Have a routine*

Get up at a specific time everyday, creating a routine for yourself in the morning. This forces you to be up and moving and takes away the option to just stay in bed. A strict bedtime routine also helps you to tackle sleep problems (too much or too little sleep).

#### 3. *Keep your body healthy*

Take care of your body. Things like diet and exercise have a huge impact on how you feel. 'You are what you eat', so eat healthy (e.g. fruits, vegetables, whole grains) and do not skip any meals. Also exercise regularly: Physical activity (e.g. yoga, dancing, walking) releases a natural relaxant chemical in your brain that makes you feel good.

#### 4. *Make changes: Think positive*

Change bad habits that keep you depressed. Try, for example, to replace negative thoughts with positives ones, such as memories



of happier times or make a list of all of your good points. You are in control of what you are thinking about.

5. *Laugh and smile*

Laugh and smile as much as possible! Watch comedies, read funny books, or listen to cheerful music or jokes. Go outside and enjoy the sun and all nature.

6. *Do something for someone else*

When depressed, your thoughts and focus tend to turn inward. Helping someone else removes the concentration from you to others and gives you a sense of being needed. Doing good, makes you feel good. Caring for a pet can have the same beneficial effect.

7. *Keep a journal*

Keep a journal of your journey through depression. Writing down your private thoughts and feelings help you to better understand them and gain control of your emotions. Try to write in it daily. Not a writer? Draw, paint or create designs that unleash your feelings on paper or canvas.

8. *Be realistic*

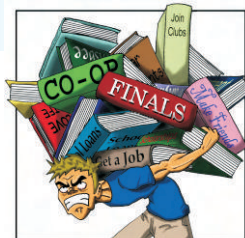
Be gentle on yourself. Do not expect too much too soon and accept that depression recovery takes some time—avoid setting big or difficult goals as this will only lead to feelings of failure. Your steps may seem small, but they will quickly add up.

9. *Ask for help*

If your depression is getting worse and worse, talk to someone who you can trust and seek professional help. Needing help does not mean you are weak. Remember: Depression can be treated and you can feel better!

## Tips for managing stress during exams

"I am going to forget everything the day of the exam", "I am going to fail", "All my friends have done more than me". Are any of these thoughts familiar? Everyone gets stressed during exams, but it is important not to let it get out of control, so:



## How to deal with stress during exams?

### 1. *Prepare, prepare, prepare*

The best way to manage stress and anxiety around exam time is to be as prepared as possible. Keep up to date with your readings, make sure you have all your study materials at hand and that you know what you are supposed to learn.

### 2. *Plan your study time*

Too much material + Too little time = Anxiety. Making a realistic timetable is a key factor in how to deal with exam stress: 1) schedule regular study sessions about 50 minutes long separated by 10 minute breaks, 2) set priorities, try to break down your tasks into manageable parts and set goals that are reasonable.

### 3. *Know when and where you work best*

Work when you are most alert. We have all slightly different body clocks – are you an early bird or a night owl? Wherever you feel calm and in control is the best place for studying and dealing with exam stress.

### 4. *Eat healthy and exercise*

Eat and drink healthy (e.g. fresh fruits, vegetables, water, herbal tea) – watch your sugar and caffeine intake as too much may mess up your energy levels and cause anxious feelings. Also, build regular exercising into your timetable. This can be anything from dancing to your favourite music, walking, running or getting involved in a sport. Nothing distresses the mind faster than physical activity.

5. *Relax*

Relaxation techniques can help you create a sense of calm – a perfect state to start your study session or sit your exam. You could try muscle relaxation, meditation, yoga or different breathing techniques.

6. *Sleep well*

Get plenty of sleep (8 hours) and try to make your sleeping patterns as regular as possible. Avoid staying up late or waking up whole night to study for an exam: A lack of sleep results in poor coping strategies for managing stress and 'confused' thinking.

7. *Don't try to be perfect*

It is great to succeed and reach for the stars, but keep things in balance. If you think that anything less than a 'distinction or first division' means you have failed then you are creating mountains of unnecessary stress for yourself. Aim to do your best, but recognise that none of us can be perfect all of the time.

8. *Believe in yourself*

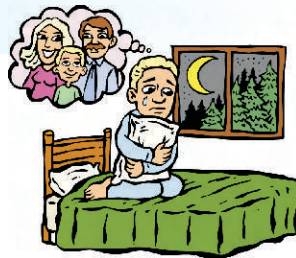
If you prepare for the exams properly you should do fine, meaning that there is no need to worry! Avoid comparing your abilities with your classmates. Everyone approaches revision in different ways, so make sure you have chosen the method that works best for you and stick to it.

9. *Keep things in perspective*

The exams might seem like the crucial thing right now, but remember that they are only a small part of the whole learning. Exams are not the only thing that will help you to succeed in life.

## Tips for Managing Homesickness

Familiar surroundings, people, and routines give you a sense of security and comfort. In a new place, you may find yourself missing the comforts of home and loved ones. These homesick feelings are completely normal: Practically everyone experiences some degree of homesickness when they are apart from familiar things, people and places – even adults.



### How to deal with homesickness?

1. *Do something to feel closer at home*

Look at a family picture, write a letter or email, or call home. It can really help to hear your friends' and family's voices. However, keep the conversation positive and the frequency of the calls down. Calling home too often can make homesickness worse.

2. *Keep yourself busy*

Do something you enjoy. When you are busy and having fun, you are less likely to spend time about people and things you miss. You will be homesick much more often if you are lonely, so get out of your room and get involved!

3. *Stay positive*

Look at it from the other, positive side: Make a list of positive things about being away from home. What is unique about your new environment? What chances and opportunities does your new environment have to offer you – both at the short term and long term? Remember that there is a good side to homesickness too: It means you have family and friends worth missing.

4. *Love your new school environment*

Make the most of any place you are! Make your room your own by decorating it with things familiar from home such as photos,

paintings and other objects. It is important to focus on making a new 'home' in your school environment instead of missing an old one.

5. *Make new friends*

Making friends in your new environment is the easiest way to love your new home. If you take the time to open up to others, you may learn that you have found a whole new group of people that you have so much in common with. Do not spend all of your time missing your old friends – open your eyes for new friendship opportunities.

6. *Find new hobbies*

Finding new hobbies, interests and meeting new people not only helps you get settled, it also helps you to take your mind off home.

7. *Give it time*

Do not be disappointed in yourself if you are not adjusted to your new school environment right away. Be patient and give it time: Homesickness hurts, but it does get better as time goes on.

8. *Realize you are not alone*

Ask around: You will find that many others are going through the same and are experiencing homesickness too. Talk about it with them and share your thoughts, feelings and experiences. They will understand you and may have even more suggestions for how to cope with homesickness.

### **Tips for Managing Peer Pressure**

Making decisions on your own is hard enough, but when other people get involved and try to pressure you one way or another it can be even harder. People who are your age, like your classmates, are called peers. When they try to influence how you act, to get you to do something, it is

called peer pressure. It is something that all people have to deal with – even adults. So:

### How to deal with peer pressure?

1. *Know yourself*

Are you the kind of person who talks a lot or prefer being silent? Once you understand yourself, you will realize what your principles and values are. This is important, as these principles provide you with a solid platform to expand on.

2. *Build confidence*

An important step in learning how to deal with peer pressure is to build a strong sense of self-confidence. When you are confident and believe in yourself, you do not need to impress other people or do what others say to feel good or accepted. Accepting yourself and having good self-confidence will help you managing peer pressure.



3. *Say no*

Suppose a friend of yours pressurizes you to indulge in smoking and you want to say "no". Having the strength to say no can be hard. However, it can also feel really good to stick with what you believe in. If you stick to your beliefs (no means no), people around you will realize there is no point in trying to convince you in doing something and – more often than not – will start to respect you for it.

4. *Know the “uh-oh” feeling*

That is the feeling that you feel when someone wants you to do something you do not feel comfortable doing. If you feel this, recognize it and acknowledge the fact that the situation presented

is going against your personal principles and beliefs.

5. *Respect others*

Try not to place judgements on other people's choices. Respecting someone else's choices can help them respect yours. This does not mean that you have to agree with all their actions, as long as you respect them.

6. *Value common interests*

Hang out with people who are like-minded and like doing similar things as you. Remember, real friends accept you as you are.

7. *Take positive action*

Sometimes you will be able to tackle peer pressure because you are older or feel more comfortable in your environment. Standing up for someone younger or more vulnerable in a constructive and peaceful way is a way of tackling the peer pressure.

8. *Get support*

If you are in a situation where you feel threatened, are being hurt, or pressured into something that you are uncomfortable with, talk to someone whom you can trust. Do not feel guilty if you have made a mistake or two. Tell a family member, a friend or a teacher. You should not have to deal with it on your own. Get support and get help.

## Section – Knowing your Body

### II. TIPS FOR KNOWING THE CHANGES RELATED TO ADOLESCENT GROWTH AND WHY THEY OCCUR

#### **Puberty: More than a funny word**

OK, so it is a funny word... but what is puberty anyway? Puberty is the term used when your body begins to develop and change – from a teen to an adult. It is good to know about the changes that come along with

puberty before they happen and it is really important to remember that everybody goes through it. No matter where you live, whether you are a boy or a girl, or whether you like soccer or cricket, you will experience the changes that occur during puberty. No two people are exactly alike. But one thing all adults have in common is they have experienced puberty.

### **Time to change**

Puberty, it is a crazy time: Your body is changing and so is everything else. But what is causing all these changes? Well, you know how everyone says that puberty is all about powerful body chemicals called hormones? It is kind of true. Hormones that were resting suddenly awaken and signal your body to enter puberty. You might think this does not mean a lot but hormones cause the changes that are associated with puberty. So that is what is really happening during puberty. It is all these new chemicals moving around inside your body, turning you from a teen into an adult with adult levels of hormones. Puberty usually starts some time between age 7 and 13 in girls and 9 and 15 in boys. Each person is a little different, so some people start puberty a bit earlier or later.

Now we answered the 'why' and 'when' of your changing body, it is time to answer the 'what': What changes happen during puberty?

### ***Growing is normal***

Your body is growing, and it is happening really fast! When you enter puberty, it might seem like your sleeves are always getting shorter and your pants length needs to be increased – that is because you are experiencing a major growth process. It lasts for about 2 to 3 years. When that growth process is at its peak, some people grow 4 or more inches in a year. You may develop hair growth and notice secondary sexual changes. Boys might develop stronger muscles and rough voice. Girls may get more curved bodyline and experience menstruation.

### ***Change can feel kind of strange...***

Just as those hormones create changes in the way your body looks on



the outside, they also create changes on the inside. While your body is adjusting to all the new hormones, so is your mind. During puberty, you might feel confused or have strong emotions that you have never experienced before. You may feel anxious or strange about how your changing body looks, struggle with yourself and your identity, and have mood changes. You might feel overly sensitive or become easily upset. Some teens lose their tempers more than usual and get angry at their friends or families. Sometimes it can be difficult to deal with all of these new emotions. But, they are a normal part of growing up. If you are experiencing them, that means you are normal and are growing up.

### **Tips for dealing with puberty**

1. *Get informed*

Read about it: You will be better prepared if you know about puberty and what to expect. The more you know the better you can cope.

2. *Realize that puberty happens to everyone*

Puberty is natural, everybody goes through it. If you feel comfortable enough to talk about the changes with friends, just go ahead, they may be feeling the same way, or they may know how to help you.

3. *Take good care of your body*

Keep your skin clean and take bath regularly: During puberty you will start sweating more than you previously did. Washing well with soap and hot water can get rid of any sweat odor – especially after exercising or playing sports. You will smell better, look cleaner, and feel refreshed. If you think your sweat is a little smelly, try deodorant.

4. *Wear clean clothing*

Your clothes absorb some of your body smells and sweat because they are in direct contact with your skin. Therefore it is important

that you get them washed often. Your underwear also needs changing more often than before. When your clothes are clean, you feel better and more relaxed to take control of other things.

5. Embrace the changes!

You are no longer a little kid. During puberty, you cross over from a child to an adult. Boys become men and girls become women. This can be a stage in your life where you find yourself developing new talents and interests. Exploring your interests is especially important now because it will help you find yourself. Make an effort to try new things.

For more gender specific information and coping tips, check: <http://eschooltoday.com/girls-and-puberty/all-about-girls-and-puberty.html> if you are a girl, and <http://www.eschooltoday.com/boys-and-puberty/all-about-boys-and-puberty.html> if you are a boy.



## A True Story of dealing with Drug Addiction

My name is Tenzin Choegyal, I am 29 years old, and a former dual Drug and Alcohol Addict.

I was using drugs for past 13 years and today I am sober and living a happy and peaceful life for the past 4 years.

I left school when I was in grade 6. I was a day scholar when I was in school and found out that my seniors are using Marijuana and so I also tried it just to know how it tasted and felt. After quite some time of smoking this I ended up being a Marijuana addict.

I smoked Marijuana for the next 5 years and later I found out through my friends about a pill by the name of Spasmo Proxyvon commonly known as S.P. I heard from my friends that S.P is better than Marijuana because no one can smell you or find out that you are high (this is not true, but this is how I was introduced to this drug).

When I first used S.P, I really didn't like it and I vomited it out because I had been given 3 pills and I backtracked to using Marijuana again. After quite some time of being introduced to SP and being on it I realized that I felt better when I was high on SP rather than on marijuana. From then on I started using SP as my prime choice of drug for the next 8 years. I started taking SP pills in small quantities 3-4 pills a day but slowly I ended up consuming 16-24 pills a day. After more time elapsed there was no count of the amount of pills that I consumed. My reason for being addicted to this drug is because I felt lonely and shameful for who I was and what I was doing and this drug gave me a temporary relief from all my weaknesses, so it seemed. In reality I was just escaping from the truth, the truth of being artificially happy.

My family was confused about my addiction because they never knew about drug addiction, addiction to prescribed drugs, and alcohol. Sometimes I drank alcohol, smoked marijuana and it was easy for my



family to find out that I am high. During this time I used to work in our colony carpet factory and I used drugs in small quantity and I asked money from my family and I worked as well. But later my craving and intake of drugs increased and I had no way of sustaining my addiction with the money which I was getting from my family and work. My addictive personality took a new turn for the worst and I had become a complete addict rather than a social one. I left my job and I spent most of my time with other addicts.

When my family was convinced that I was doing drugs, they stopped giving me money so from there on I started stealing their money, lying to my friends, and relatives, and selling my household belongings to support this habit. It got so bad that my family stopped giving me the responsibility for the winter business in Ajmer. I used to steal clothes from the business and I sold them to other people for cheaper prices. Later on when my family found that I was stealing clothes and business money, they stopped taking me with them for winter business as well. By now my relationship and trust with my family, friends, and community totally stopped, everyone knew about me, my addiction, and my personality.

I then started working as a manual labor to feed my addiction and one day I got sick due to an over dose and I was in bed for few days. When I recovered after few days I started taking drugs knowing that it is taking away everything far away from me.

While I was in bed I thought of leaving drugs because I could have died but I was helpless, and I was constantly addicted to drugs to find no way out. My health gradually failed as I became more and more dependent on drugs, so much as I did not even eat much food throughout the day.

In 2009, I met one of my addict friends and I was amazed to see him as he was sober and a totally changed person. I met him and talked with him and I saw so many changes in his life and he was a new person now.

It was like a miracle for me to see him not doing Drugs anymore as I thought of this one thing came, "It is impossible to quit drugs."

Later on, I found out that he had gone to a mentoring & rehabilitation center by the name of “Zhidey Khangsar” in Rajpur. So I finally decided to join Zhidey Khangsar and I got admitted there in summers of 2009.

In Zhidey khangsar, I found out that there were some addicts who had the same problems as I had and we were together all working to achieve sobriety. And it was encouraging seeing them and knowing that my journey towards addiction is same and I am not the only one who is fighting out with it.

In Zhidey khangsar, I got everything which was helping me to stay sober and change myself. I concentrated on working on my behavior, attitude, and personality which was the root cause of my addiction. Here I found out that staying away from drugs doesn't mean that I will not use them again in my life but what I had realized is that RECOVERY is a lifelong process and I have to work throughout my life to be in it.

I believe in God which I never did before in my life and asked him to remove all my shortcomings, and make me a new person again. Today I see myself as a new person and I am really thankful to God for being there in my recovery.

After being in Zhidey Khangsar for one year and six months, I got an opportunity to work here with the young men and to share my life and experiences with them, so that they don't feel alone and frightened in this battle against addiction.

Today, I am working as a Mentor in Zhidey khangsar from past three years and helping and encouraging other addicts and brothers to choose life without being dependent on drugs.

It's been a tough time for me and my family to go through all this, but all you need is a strong desire and will to stay sober each and every day.

At the end I encourage all our young Tibetan men and women not to do drugs or even try it out of curiosity, or otherwise, because if you do you will find yourself in “no man's land, and if you do feel like this, be encouraged and call for help. You're not weak because you ask; you're

weak if you can never share. Be encouraged and help give courage to those who don't have any.

**Many Tibetan schools around India organized different activities to observe International Day against Drug abuse & illicit Trafficking. TCV Gopalpur organized an essay competition and here are the two winning essays.**

**"The Role of Family in Taking Action Against Drug Abuse"**

**Winner English Essay competition: International Day against Drug Abuse and Illicit Trafficking.**

"Drug abuse"..... It is the only one word that one will hear even in the very corners of the world. No matter how far one goes to an isolated village or small town, he/she will never be able to escape from world as it is very common stat/situation of the people in this era of scientific and technological development.

It is usually said that with development of technology and science, people often become over dependent on these external factors in their day-to-day lives, such a case is seen in the innovation of drugs which is a result or product of development. The first intention of making drugs was to help cure diseases or disorders of our body when external particles enter into it. However, now a day, even people in the smallest villages are becoming over dependent on drugs. This is because people use drugs to boost their inner emotions. Actually, external substances like drugs can not affect internal feelings. Drug abused people are not only a burden for themselves but also for their parents, family members, societies and great divisions.

The heaviest burden, of course, is the burden for the victim himself/herself. The next problem is the effect on the person's family members and how they deal with it. Family members play a crucial role in the controlling or leading the drug abused [person towards the right path as they are considered the closest to him/her. Therefore, the right actions are vital for the person's life.

The family members should deal with the situation very calmly at first and try to make the victim feel that he/she has not done such a big mistake. Then, with the help of guidance from a specialist or the internet,, family members should talk to him/her about the demerits of taking drugs and introduce some substitutes for it. For example, instead of taking drugs, the victim can spend time with their family to get rid of their depression or take favorable chewing gums or sweets to brighten up the person.

Therefore, to lead a drug-abused person on the correct path to becoming drugs free, family members play the most important role just as the seeds of a plant play a role on determining the shape and other physical features of the future plant.

*Tenzin Saldon, XI 'A', Gopalpur.*

### **"The Role of Family in Taking Action Against Drug Abuse"**

2nd prize winner of English essay competition: International Day against Drug Abuse and Illicit Trafficking.

"Life is what you make; he who excuses himself accuses himself:

Why teenagers at this fragile yet blooming age accustom themselves to these wishful substances and make their life miserable? Why?? Being a teenager (our self), we are very well aware of the strange phases that we are going through. Many people especially (we) teenagers are at such phase of life where everything seems different, where everybody seems to scold and distrust us and where is seems like humongous pressure and the problem of the entire world has dropped on your hands.

Many a times, teenagers due to the natural hormonal changes of body, undergo different turmoil. Lots of new things pop out in our mind.

Then we will end up, getting ourselves into serious and in reasonable depression. They tend to grow hatred towards everyone and especially

on themselves. Teenage is probably the most fragile period of life, where even little scolding of our parents and teachers would ignite a huge fire inside us.

Our thoughts and ideas seem contradicting the elders and many a time we end up having a clash with elders. Then (we) teenagers feel different as if we are not meant to be within the society where nobody understands us. We end up secluding ourselves from the society and get isolated.

And then comes the time when our mind is filled with unreasonable, stupid thought. Loneliness is the core factor that leads teenagers to substance abuse.

The lack of understanding from the parent's side in a way pushes his/her child to a miserable life of substance abuse. Teenagers due to high depression and high isolation do drugs and destroy their life.

Parents and family plays a vital role in substance abuse, It's strange that many parents don't give their time to their children. They are so busy in their hectic life that they neglect their children's life.

But still despite their lack of understanding and time with their children, they still expect their children to be perfect. Family and especially parents should sit with their children at least twice a month; discuss on the ongoing fragile phase of their children's life. It's always effective and boon, if family and parents are open with their children. The more the children and parents are open with each other, the more the child will bare his heart out and speak of all his problems. These discussions and talks within a family make a huge difference in the child's life as it stops the child from using this wishful drug abuses. Parents should always try to understand the fragile stage of their children, so that the child won't feel alienated and isolated and this won't ever, even think of touching.

*Tenzin Dhadon, XII 'A', Gopalpur.*



## **Report of school activities on International Day against Drug Abuse and Illicit Trafficking, 26 June, 2013**

On 26 June, 2013, the International Day against Drug Abuse and Illicit Trafficking was observed in 30 Tibetan schools across India. The Department of Health of the Central Tibetan Administration contacted individual schools, directly or through the Department of Education, to encourage observing this day with financial support from the department as drug abuse is a serious health problem that has its preventive roots in childhood through awareness and education. The schools subsequently sent reports of the activities and programs they conducted in observance of the day back to the Department of Health.

It was enlightening to see various innovative and informative activities conducted to sensitize the students on the issue of drug abuse and illicit trafficking, and the immense participation thereby from the students. Students were given speech on the derogatory physical and social effects of drug abuse and the importance to stay drug free by the school principals, rectors, teachers, and in many schools, by student representatives themselves. Health talks were also given by health care workers and nurses from neighbouring hospitals, and in one school, the students were given talk by the station house officer of the local police station so that the students could understand the legal effects of drug abuse and illicit trafficking.

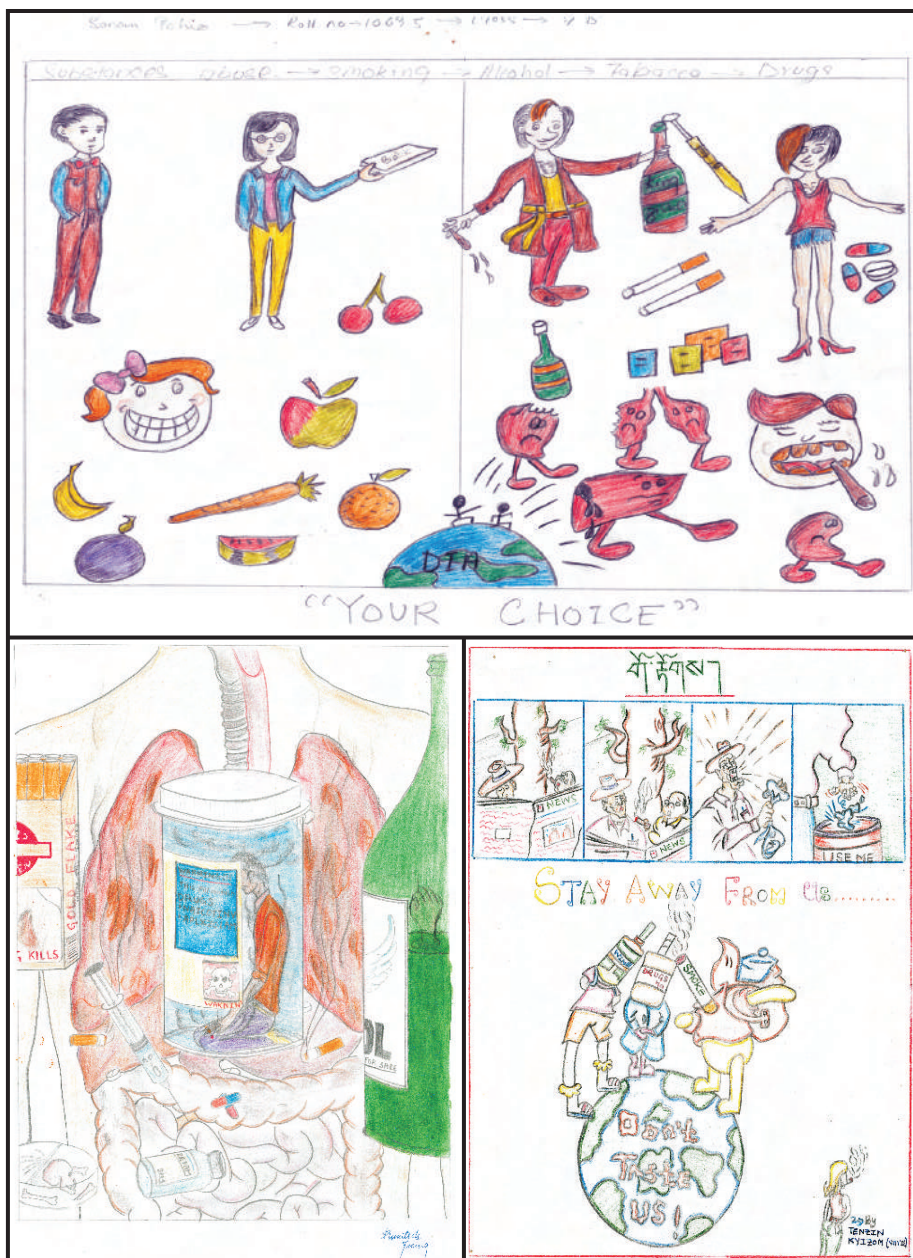
Essay competitions on topics related to drug abuse and illicit trafficking were held at almost all the schools in English, Tibetan and Hindi language where the winners were awarded exciting prizes. There were other competitions held like painting, drawing, and slogan writing and poster competitions. In keeping with the artistic side of the students, dramas, skits and one act plays were performed by the students themselves on the theme of drug abuse. Many schools held competitive basketball and football matches in the spirit of defiance against the rising drug abuse problem around the world. Banners and pictures of famous sports figures were depicted and hung up encouraging the

students to stay fit, healthy and drug free. One school even reported having a committee for the prevention of substance abuse in their school which was a very encouraging school initiative. Documentaries and exhibitions were shown, and signature campaigns for students taking pledge to be drug free throughout their lives were conducted after thorough understanding of the issue.

The observance of the International Day against Drug Abuse and Illicit Trafficking in the various Tibetan schools was very successful and the Department of Health hopes that with this venture, it has enlightened and educated the young students in staying away from the problem of drug abuse and illicit trafficking.



# STUDENTS' DRAWING DURING INTER



# NATIONAL DAY AGAINST DRUG ABUSE





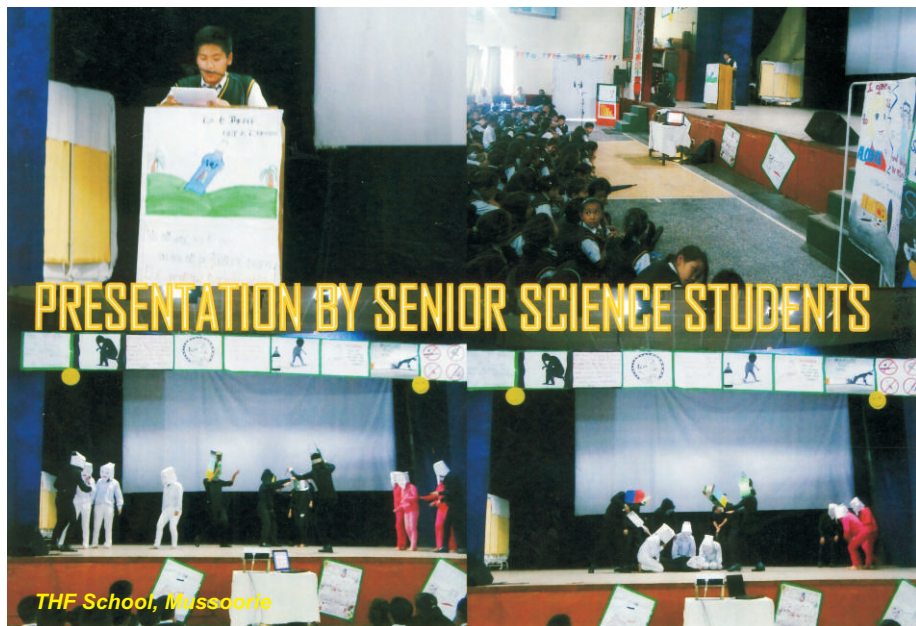
## School wide activities during International



## Day against Drug Abuse & Illicit Trafficking



STS Bir



PRESENTATION BY SENIOR SCIENCE STUDENTS

THE School, Mussorie

## WORLD DRUG CAMPAIGN'S MESSAGE BY STUDENTS OF TCN, GOPALPUR

*No Drugs, No Problems.*

*Drugs Troubles.*

*Drugs, never Happy ever*

Life is to enjoy, not to destroy

Stay safe, don't try DRUGS

Life is happier and healthier without Drugs.

Health is wealth, stay Drug free.

Be smart, be Healthy and look good. Say "No" to Drugs.

You can do it! Quit NOW.

DON'T EAT TOBACCO, DON'T DRINK ALCOHOL, DON'T SMOKE, THEY  
ALL ARE BAD THINGS. PLEASE THINK WELL.

I promised not to take drugs ; Drugs: never, ever

**Drugs give pleasure but takes away happiness forever.**

**SWEAR TO GOD, NO DRUGS; AVOID DRUGS AND CREATE A HEALTHY LIFE**



## **School wellness programs from around the world:**

### **Success stories at a glance**

Join the students from around the world for one common theme: Healthy students, healthy schools and health community. Learn about some school wellness programs from around the world!

**Red Ribbon club in India:** This is a nationwide initiative by the Government of India to create awareness about HIV AIDS in schools and colleges in India. It is coordinated by NACO (National AIDS Control Organization). Red ribbon is a global symbol of action against HIV AIDS created in 1991 in New York. It shows solidarity for people living with HIV AIDS and aims at uniting people in the common fight against HIV AIDS. The student members of the Red Ribbon Club learn and discuss together about HIV AIDS. They then work together to create awareness about HIV AIDS in their school environment with the guidance of their school teachers and nurses. Thus, they become HIV AIDS educators which seem really exciting! HIV AIDS day is coming soon on December 1, 2013. This can be wonderful opportunity to create a red ribbon club in your school!

**A monthly afterschool cooking club in Sacramento Charter School, California:** How many of you like cooking? Well, the students of the Sacramento school in California with the help of a school health coordinator started a cooking club where students learnt to cook healthy food. About 25 students participate monthly in this club. The students also created a school garden where they learnt skills to grow vegetables. Last time, they went on a field visit to a nearby restaurant where the chef taught some useful cooking tricks. Obesity is becoming a serious health problem among American kids due to excessive consumption of junk foods and starchy drinks like cokes. Such cooking clubs teach students the skills to cook and eat healthy food.

**Pink Shirt campaign against Bullying in Canada:** Bullying is a sensitive but important issue. So staff & students at Dr. G. W. Williams Secondary School, Canada held a bullying prevention assembly to help bring



awareness about this topic. At the assembly, all teaching staffs wore pink shirts to promote the cause of a bully-free school environment. The students welcomed this message, as a week later they conducted their own pink-shirt campaign to show continued support of bullying prevention. Students of Williams school worked together to stop bullying in their school!

**Stay alive: HIV AIDS prevention programs in schools in Africa:** This is a wonderful HIV prevention program in schools around Africa designed by Reach the Children Inc, an NGO committed to HIV prevention in schools. Staffs of Stay alive program teach HIV preventive lessons to students and interact with them through games and school activities. Remember, you can also become HIV educators and educate the school community about HIV AIDS.

**If your school has some interesting health activities or success stories, share with us. We would love to hear from you.**

**Write to us at**

DEPARTMENT OF HEALTH,  
Central Tibetan Administration, Dharamsala  
Distt. Kangra - 176215 (H.P.)

**or email us at**

healtheducation@tibet.net or health@tibet.net.



### ANSWERS FOR THE TB QUIZ

- Q1. Answer: 1 and 2. Sputum examination under microscope and chest X rays are used for lung TB diagnosis
- Q2. Answer: 3. Pulmonary TB is the most common form of TB
- Q3. Answer: 5. All of above
- Q4. Answer: 5. All of above
- Q5. Answer: 2. TB does not spread through exchange of body fluids
- Q6. Answer: 3. When you have coughed more than 2 weeks
- Q7. Answer: 1
- Q8. Answer: 5
- Q9. Answer: 5. The least chance of spreading TB is in a dorm with 10 students, 6 windows and good sunlight
- Q10. Answer: 4. Sore throat is not a symptom of pulmonary TB
- Q11. Answer: 5. All of the above
- Q12. Answer: 4. TB positive patients should take treatment for at least for 6 months
- Q13. Answer: 4. 1 & 2
- Q14. Answer: 4. One of the reasons for high number of TB cases in Tibetan community is due to the Tibetans living in congregated settings
- Q15. Answer: 1. MDR stands for Multi Drug Resistant
- Q16. Answer: 4. All of above
- Q17. Answer: 5. All of above
- Q18. Answer: 2. Sputum culture is used as a diagnostic test for MDR TB of Lungs
- Q19. Answer: 1. Yes, TB is curable
- Q20. Answer: 1. Yes, MDR TB is curable
- Q21. Answer: 5.

## LIST OF IMPORTANT HEALTH DAYS

February 4	World Cancer Day
March 24	World TB Day
April 7	World Health Day
April 25	World Malaria Day
1st Tuesday of May	World Asthma Day
May 31	World No Tobacco Day
June 5	World Environment Day
June 26	International Day against Drug Abuse and Illicit Trafficking
July 28	World Hepatitis Day
August 1-7	World Breastfeeding Week
September 11	World First Aid Day
September 28	World Rabies Day
October 10	World Mental Health Day
October 15	Global Handwashing Day
November 10	World Immunization Day
November 14	World Diabetes Day
December 1	World Aids Day

# Indoor Precaution During An Earthquake



## 1. DROP DOWN

under a desk or hard table. Stay away from doorway, windows, bookcases, heavy furnitures, heavy mirrors and other objects that could fall.



## 2. COVER

your head and neck until the shaking stops. (and also your entire body if possible)



## 3. HOLD

onto the desk or table until the shaking stops. If it moves, move with it.

\* If you are outside, stay outside and stay away from buildings and electric poles.



