

Raja-Rani

Life useful educational material for adolescents - I
Pregnancy during Adolescence



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Life useful educational material for adolescents

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This educational material has been prepared to impart life useful education to adolescents. This material comprises of four flip books which are to be used along with CHETNA's publication - Child Birth Picture Book, available in various Indian languages. Use these flipbooks chronologically.

How to use this flip book

- Hold this flip book by both the hands carefully. Ensure that the illustrations face the group. Take care that the illustrations are not hidden by your hands.
- When the illustrations are facing the group, you will be able to see the writings relevant to the illustrations. To attract the group's attention make the story interesting by narrating it with expressions.
- When you are telling the story, kindly point out with your finger the characters and incidents, in the illustrations. This will help the group to concentrate.
- On the last page of this flip book, some questions have been given. Kindly initiate discussions with the help of these questions.

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CHETNA Team

Adolescent Pregnancy

Heterosexual attraction is a natural phenomena during adolescence. Thus, aspiration for friendship with opposite sex and desire for physical relationship in teenagers is natural. However, Indian social norms do not allow friendship/relationship with the opposite sex so easily, even if it is platonic. Moreover their curiosity for information on sex is never fulfilled. Neither parents nor teachers or any one reliable provide scientific and correct information about reproduction and sex.

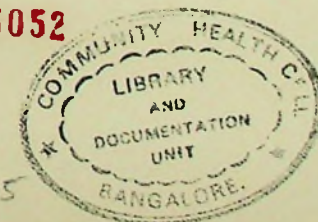
Often these natural biological and psychological needs are accompanied with extreme and unfair controls on them, leading girls/boys to keep this relationship in hiding. Further, this deprivation can lead to undesirable results like pregnancy.

In India, pregnancy outside marriage in any class/caste is considered to be sin, the blame often being put on the girl, this reflects low status of women in the society. There is a need to bring about awareness/education that both the girl and the boy are equally responsible for this act. If at all this happens then the need of the hour is to understand the situation and accept the reality.

To avoid such unwanted adolescent pregnancies and complications it is a necessity to provide healthy sex education (anatomy, physiology of reproductive organs, contraceptives, etc.) to boys/girls by parents, health workers, development worker so their curiosity will be fulfilled.

Further there is a need for an attitudinal change in the society, so that a healthy heterosexual relationship can be accepted. The sexual energy of the girls and boys can be utilised for their own positive development and growth rather than is leading to undesirable results. For this parents' education and sensitisation is necessary. What adolescents need most is freedom with responsibility and supportive disciplining.

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There was a village named Rampur. All the people of this village were farmers and most of the families had children. Early in the morning, men and women used to go to their farms to work. They returned in the evening after working hard for the whole day. The children used to play in the absence of their parents.

There was a naughty boy named Raja. He was 15 years old. His parents also went to the farm everyday. Raja used to spend his time playing around in the village.



In the same village, there was a girl called Rani, who was of the same age as Raja. Both of them, liked each other very much. When all the elders went to the farms, Raja and Rani used to meet and talk for long hours. Gradually, both of them grew up to be adolescents. (To explain this aspect kindly refer the Child Birth Picture Book).

When somebody was not at home, both of them used to go out in the village to play and talk. Raja was the strongest boy in the village, therefore, nobody had the courage to talk anything against him. Days passed by in a happy and playful mood.

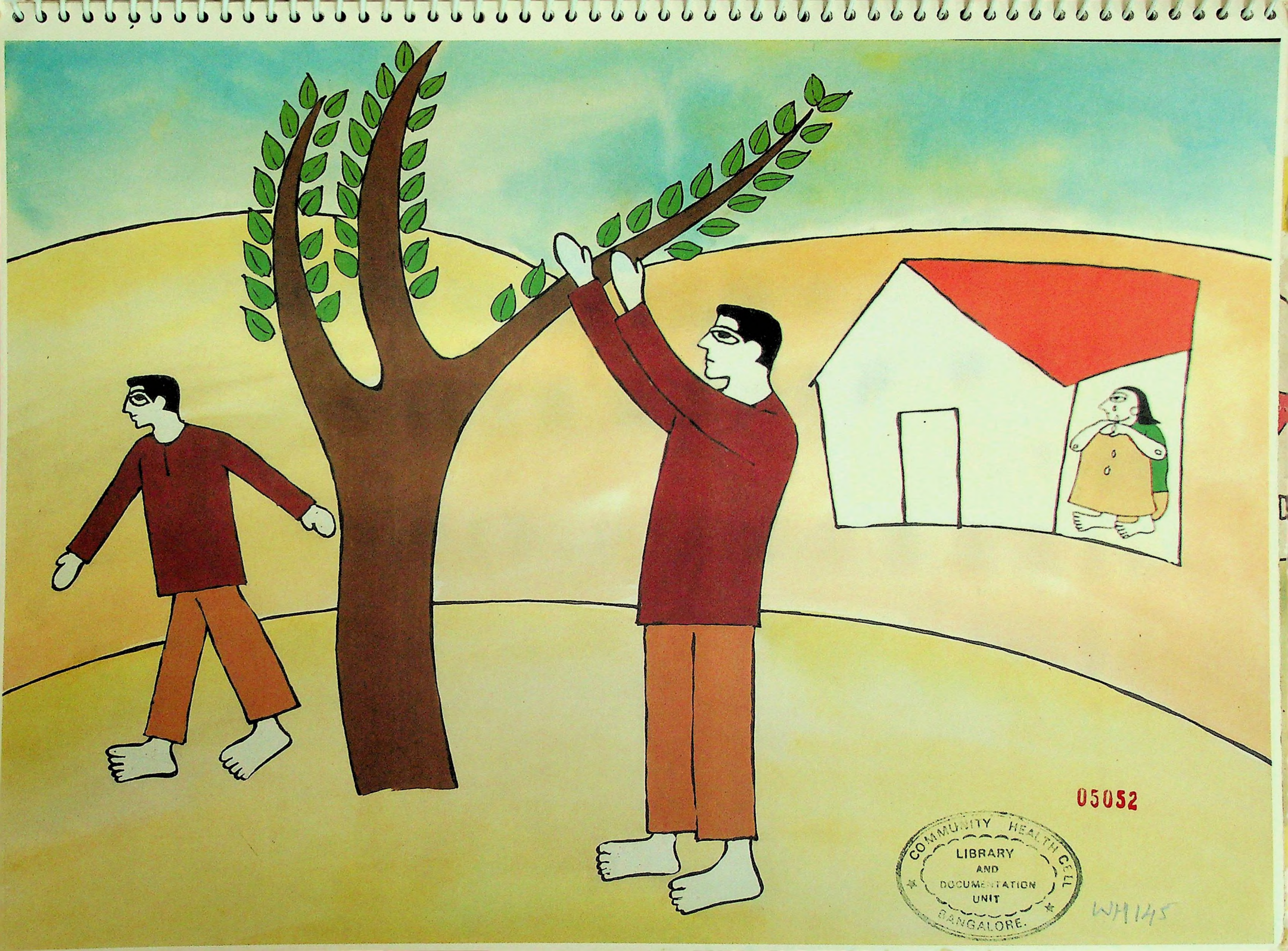


One day Rani came to know that she was pregnant. She was scared that her friends, would not play with her on knowing this and her parents would get angry with her. She had lost the happiness of her life. With great courage, she talked to Raja about this. (To explain how pregnancy occurs, kindly refer the Child Birth Picture Book). After hearing the matter, Raja was very upset. He was also scared that now he would be thrown out from his home and he would also loose Rani's company. He thought that if they had been careful, this situation may not have arised.



After lot of thinking, Raja suggested to Rani that she should undergo an abortion. He got black pepper and boiled it in water. Rani drank this preparation. She was uneasy for the whole day. However, they did not succeed in the attempt to abort the foetus. Rani's condition worsened. They realised that it was necessary to go to the hospital. Rani's parents discovered her pregnancy. They were nervous and angry. Rani was doomed, she received a severe thrashing from her parents.

There are many indegenous methods to abort a foetus. However, some of these practices may affect the health of the girl/woman adversely. This may include incomplete abortion, heavy bleeding and infection.



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Rani had lost all hopes for the future. Her parents took her to a woman in the village. She tried to abort the foetus which caused tremendous blood loss. Rani died at a young age.

The risks of pregnancy during adolescence

During adolescence, the body of young girl is not capable of providing nutrition to the foetus. The pelvic bones of adolescent girls are not fully developed and there is very little space/ passage for foetal growth and delivery. This may cause birth of a dead child, premature delivery, difficult delivery, miscarriage. The woman becomes a victim of malnutrition and this vicious cycle continues.

After narrating the story initiate the discussion on the following questions

- Do you think girls/boys, women/men should not be friends?
- Do you think, it is immoral to have physical relations before marriage?
- Who is to be blamed if pregnancy occurs before marriage?

