CBSE/DIR(ACAD)/2021

September 10, 2021 Circular No. A cad-80/2021

All Heads of the Schools affiliated with CBSE

Subject: Adolescent Peer Educators Leadership in Life Skills, Health and Wellbeing Programme

Dear Principals,

The Central Board of Secondary Education has been proactively involved in providing interactive, participatory and innovative learning experiences to its students. In tandem with the vision of NEP 2020, the role of students as stakeholders is significant in modern day education. The voice and opinion of students as change makers is to be facilitated for a progressive world of tomorrow.

From developing core life skills to the journey of embellishing 21st century skills, the schooling years should help in building resilience, mental wellbeing and multifaceted well-rounded personality of students. The life skills education paradigm helps in evolving aware, responsible and empowered citizens of the country.

The covid-19 pandemic has impacted the psychosocial wellbeing of children and adolescents across the country. A large spectrum of mental health issues affecting young minds and families have been reported and steps have to be taken to address and support with extensive outreach.

Here students as 'Life Skills and Wellbeing Ambassadors' can play a vital role in creating a participatory climate for behavioural change and adaptation to strengthen the inclusive environment.

CBSE has now planned to initiate and support the Adolescent Peer Educators Leadership Program for enriching Life Skills, Holistic Health and Wellbeing of its students in collaboration with Expressions India. With the conceptual framework of physical, mental and interpersonal development, certain overarching themes have been identified for taking forward the first phase of implementation of this initiative through a series of orientation programmes.

Themes of the Orientation Programmes

The initial orientation program series shall be implemented with the four modules comprising eight themes as mentioned below:

- 1. Introduction -the journey from core life skills to 21st century skills
- 2. Building resilience for coping and capacity building
- 3. Growing up healthy, importance of nutrition and hygiene
- 4. Family bonding and caring communication-emerging paradigm







- 5. Healthy expression of emotions, dealing with anger, loss and sadness
- 6. Developing healthy interpersonal relationships-mobilizing peer support
- 7. Empowering self for the digital world and prevention of allied high-risk behaviors
- 8. Making effective career choices integrating the Life skills approach

A repository of study material w.r.t. the various themes under the Peer Educator Leadership Program will be generated online for the reference of schools.

Aim of the Programme

The programme aims at building the capacity of senior students (Peer Educators) along with School Counsellors/1-2 Nodal teachers nominated by the school for the effective implementation of Life Skills Education in schools. These trained stakeholders will act as **School's Master Trainer Group** who will further arrange for the orientation programmes for rest of the stakeholders in their own school and the neighbouring schools as well.

This program is envisaged to gradually evolve into a self-sustaining model and partnerships with neighboring schools bringing together young voices and their opinions.

Number of schools per orientation programme

Around 50 schools shall be enrolled per orientation programme. The schedule of these orientation programmes shall be accordingly informed to the respective schools. Certificate of Participation (e-certificate) will be awarded to the participating Students and Teachers.

Nomination of Peer Educators

- School shall nominate four senior students (Peer Educators) two each from class IX and XI to participate in the comprehensive orientation program.
- Also nominate one Teacher and the School Counselor/ Wellness Teacher to support the 4 peer educators.

While nominating the representative Peer Educators Team, please ensure that all the team members have the following:

- 1. Enthusiasm and commitment for teamwork
- 2. Good communication skills and empathy for peers
- 3. Ability to model and lead appropriate behavior for others
- 4. Zeal for knowledge and sensitivity towards health and wellbeing issues

How to Register

1. Schools willing to participate may fill up the online registration form available at the link https://forms.gle/htSoRWqNweUJPcuo8







- 2. A brief note (400 words) of the online activities being carried out by the school for the promotion of **Life Skills, Holistic Health and Wellbeing** should also be submitted along with the registration form.
- 3. The **last date** for filling the online registration form is **25th September**, **2021**. Only online registration forms will be acceptable.

School Heads are requested to encourage the involvement of students, teachers and counsellors for building a continuous climate of life skills education paradigm in the schools.

For further queries, please mail at peerlifeskills@gmail.com

Dr. Joseph Emmanuel Director (Academics)

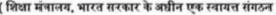
Copy to the respective Heads of Directorates, Organizations and Institutions as indicated belowwith a request to disseminate the information to all the schools under their jurisdiction:

- The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed JeetSingh Marg, New Delhi-110016
- 2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida 201309
- 3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
- 4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
- 5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
- 6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar -791 111
- 7. The Director of Education, Govt. of A&N Islands, Port Blair 744101
- 8. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103.A&N Island
- 9. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
- 10. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ,PO, New Delhi-110001









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- 11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No.202,Shankar Vihar (Near APS), Delhi Cantt-110010
- 12. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective Regions
- 13. All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
- 14. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
- 15. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
- 16. In-Charge, Library
- 17. The Head (Media & Public Relations), CBSE
- 18. DS to Chairman, CBSE
- 19. SPS to Secretary, CBSE
- 20. SPS to Director (Academics), CBSE
- 21. SPS to Director (Information Technology), CBSE
- 22. SPS to Controller of Examinations, CBSE
- 23. SPS to Director (Training and Skill Education), CBSE
- 24. SPS to Director (Professional Examinations), CBSE
- 25. SPS to Director (CTET), CBSE
- 26. SPS to Director (EDUSAT), CBSE
- 27. Record File

Director (Academics)



