

Unit 5

Adolescence

Objectives

After the completion of this unit, you will–

- understand what the adolescence is.
- know the features that are demonstrated by adolescents of this age.
- be able to know how the adolescence is treated in different times and places.
- identify the negative and positive aspects of adolescence.
- know what role responsibility the society has towards adolescents.

Overview

Lesson 1: The Storm and Stress of Adolescence

Lesson 2: Adolescence and Some (Related) Problems in Bangladesh

Lesson 3: Why Does a Child Hate School?

Lesson 4: The Story of Shilpi

Lesson 5: Amazing Children and Teens Who Have Changed the World

Answer Key

Lesson 1 : The Storm and Stress of Adolescence

1. Warm-up activity:

Discuss the questions with your friend.

- How old are you?
- Are you a child, an adolescent, or an adult?
- Do you wish to be a child again?
- Are you happy with the people and events around you? If not, why?



2. Read the passage below and do the tasks that follow:

Children must pass through several stages in their lives to become adults. For most people, there are four or five such stages of growth where they learn certain things: infancy (birth to age 2), early childhood (3 to 8 years), later childhood (9 to 12 years) and adolescence (13 to 18 years). Persons 18 and over are considered adults in our society. Of course, there are some who will try to act older than their years. But, for the most part, most individuals have to go through these stages irrespective of their economic or social status.

World Health Organisation (WHO) identifies adolescence as the period in human growth and development that occurs after childhood and before adulthood. This phase represents one of the critical transitions in one's life span and is characterized by fast paced growth and change which are second only to those at infancy. Biological processes drive many aspects of this growth and development with the onset of puberty marking the passage from childhood to adolescence. The biological determinants of adolescence are fairly universal; however, the duration and defining characteristics of this period may vary across time, cultures, and socio-economic situations. This period has seen many changes over the past century—puberty for example, comes earlier than before, people marry late, and their sexual attitudes and behaviours are different from their grandparents, or even parents. Among the factors responsible for the change are education, urbanization and spread of global communication.

The time of adolescence is a period of preparation for adulthood during which one experiences several key developments.

Besides physical and sexual maturation, these experiences include movement toward social and economic independence, development of identity, the acquisition of skills needed to carry out adult relationships and roles and the capacity for abstract reasoning. While adolescence is a time of tremendous growth and potential, it is also a time of considerable risks during which social contexts exert powerful influences.



Many adolescents face pressure to use alcohol, cigarettes, or other drugs and to initiate sexual relationships putting themselves at high risk for intentional and unintentional injuries, unintended pregnancies, and sexually transmitted infections (STIs), including the human immunodeficiency virus (HIV). Many also experience a wide range of adjustment and mental health problems. Behaviour patterns that are established during this period such as the use or avoidance of drugs and taking or abstaining from sexual risk can have long-lasting negative and positive effects on future health and well-being. As a result, adults have unique opportunities to influence adolescents.

Adolescents are different both from young children and adults. Specifically, adolescents are not fully capable of understanding complex concepts, or the relationship between behaviour and consequences, or the degree of control they have or can have over health decision-making, including that related to sexual behaviour. This inability may make them particularly vulnerable to sexual exploitation and high-risk behaviours. Laws, customs, and practices may also affect adolescents differently than adults. For example, laws and policies often restrict adolescents' access to reproductive health information and services, especially when they are unmarried. In addition, even when services do exist, provider attitudes about adolescents often pose a significant barrier to the use of those services.

Adolescents depend on their families, their communities, schools, health services and their workplaces to learn a wide range of skills that can help them to cope with the pressures they face and make a successful transition from childhood to adulthood. Parents, members of the community, service providers, and social institutions have the responsibility to both promote adolescent development and adjustment and to intervene effectively when problems arise.

[Source: http://www.who.int/maternal_child_adolescent/topics/adolescence/dev/en/
http://childdevelopmentinfo.com/child-development/teens_stages/]



3. Which of the following statements is True and which one is False.

- a. Mostly range of adolescence is 13-18 years.
- b. Only the male children become adolescents.
- c. Adolescence is the most risky period.
- d. Law, customs and policies are mostly against adolescents.

4. Match Column A with Column B:

Column A	Column B
adolescence	extreme
Determinants	aftermath
acquisition	to become involved in something
tremendous	period from puberty to maturity
adjustment	prone to injury or disease
Consequence	change
vulnerable	possession
Intervene	factors or causes
Transition	adapt

5. Read the text again and answer the following questions:

- a. What is adolescence?
- b. What are the risks of the adolescents?
- c. How are the adolescents different from the adults?
- d. What should the society and family do for the adolescents?
- e. Do the adolescents get enough help from the family?

6. Make a list of adolescents' diseases and try to give solutions.**7. Find out meanings of the following words from your dictionary:**

Infancy
 Onset
 Puberty
 Initiate
 Adjustment
 Acquisition
 Abstain
 Intervene

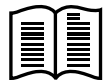
Lesson 2: Adolescence and Some (Related) Problems in Bangladesh

1. Warm-up activity:

- Look at the pictures and discuss the following questions with your classmates:



- What do you see in each of these photographs?
- Who are some common health problems that affects adolescent boys and girls of our country?
- What should we all do for these boys and girls?



2. Now read about some typical health problems experienced by adolescent girls and boys in Bangladesh:

i. Adolescents constitute a nation's core resource for national renewal and growth. Adolescence is a period in life when transition from childhood to adulthood takes place and behaviours and life styles are shaped. According to the World Health Organisation (WHO), adolescence is the period which shapes the future of girls' and boys' lives. There are 28 million adolescents in Bangladesh; 13.7 million of them are girls and 14.3 million boys.

ii. The situation of adolescent girls in Bangladesh is characterised by inequality and subordination within the family and society. This inequality leads to widespread practice of child marriage, marginalisation or exclusion from health, education and economic opportunities, and vulnerability to violence and sexual abuse.

iii. In Bangladesh, the legal age of marriage is 18 for girls and 21 for boys. However, 33 percent of adolescent girls are married before the age of 15 and 60 percent become mothers by the age of 19. Research finds that adolescents with higher level of education and from more affluent families tend to marry at a later age. Boys, however, become ready for marriage only after several years of adolescence and young adulthood.

iv. When a girl gets married, she usually drops out of school and begins full-time work in her in-laws' household. In the in-laws' house, she is marginalized. She becomes vulnerable to all forms of abuse, including dowry-related violence. In Bangladesh, it is still common for a bride's family to pay dowry, despite the practice being illegal. Dowry demands can also continue after the wedding. For an adolescent bride, even if her in-laws are supportive, there are greater health risks in terms of pregnancy and child birth. The majority of adolescent brides and their families are uninformed or insufficiently informed about reproductive health and contraception. The maternal mortality rate for adolescents is double the national rate.

v. When adolescent girls are pulled out of school, either for marriage or work, they often lose their mobility, their friends and social status. The lack of mobility among adolescent girls also curtails their economic and non-formal educational opportunities. Moreover, they lack information about health issues. According to a study, only about three in five adolescents have even heard of HIV. It is also reported that more than 50 percent of adolescent girls are undernourished and suffer from anaemia. Adolescent fertility is also high in Bangladesh. The contribution of the adolescent fertility rate to the total fertility rate increased from 20.3% in 1993 to 24.4% in 2007. Moreover, neonatal mortality is another concern for younger mothers.

vi. While the situation for adolescent boys is somewhat better, many are vulnerable and lack the power to make decisions about their own lives. Many boys who are unable to go to school, or are unemployed, remain unaware of social or health issues. They are at considerable risk of being drawn into criminal activities. They are also more likely to get exposed to drugs and alcohol.



3. Which of the following statements is True and which one is false? If a statement is false, correct it.

- a. In Bangladesh there are more adolescent boys than adolescent girls.
- b. Many girls in Bangladesh get married before eighteen.
- c. There is no dowry in Bangladesh.
- d. Adolescent wives suffer from anaemia.
- e. Adolescent boys are likely to be involved in various crimes.

4. Match the two columns:

Column A: Causes	Column B: Effects
i. Some adolescent girls have higher level of education. ii. Boys are usually more concerned about their financial independence. iii. Many girls drop out of school after marriage. iv. Married girls have no status and bargaining power in their in-laws' house. v. Most adolescent brides have no or little knowledge of reproductive health and contraception. vi. Many adolescent boys are unemployed and unaware of many social or health issues.	a. This leads to increased mortality rates among adolescent brides during childbirth. b. They have to work all day long at their in-laws' household. c. They get married several years after adolescence and young adulthood. d. They become victims of domestic violence. e. They have a tendency of getting married at a later age. f. They have the risks of getting involved in criminal activities, including drug abuse.

5. Find out the meanings of the following words from your dictionary:

- a. Dowry
- b. Mobility
- c. Contraception
- d. Undernourished
- e. Vulnerable

6. The above text has six paragraphs (i-vi). Choose the most suitable headings for the paragraphs from the list of headings below. There are more headings in the box than the paragraphs, so you will not use all of them.

List of headings	
1.	Reasons for adolescent fertility
2.	Concerted efforts to address adolescents' needs
3.	Significance of adolescent population
4.	A process of disempowerment of women
5.	The curse of early marriage
6.	Consequences of taking drugs
7.	Unfortunate state of adolescent girls
8.	Boys are not free from risks
9.	Violence within the family

Lesson 3 : Why Does a Child Hate School?

1. Warm-up activities

- a. How were your school days?
- b. Did you enjoy the school life?
- c. Who was your best friend in your school life?
- d. Is there any difference between urban and rural schools?



2. Read the text.

Children's right to education also implies that the school they go to will have a pleasant and learning-friendly environment where everyone will have an enjoyable time. Teachers will be kind, caring and supportive and children will feel relaxed. No harsh words will be spoken to them and special care will be taken of children with learning disabilities.



That unfortunately is not the general picture in our schools. The system of education in our part of the world does not allow children much freedom, and classrooms look more like cages where they are pent up for hours. Rabindranath Tagore (read his "An Eastern University" in Unit Six) found it unacceptable; so did William Blake (1757-1857), an English poet and painter, whose favourite subjects included children. In his poem "The School Boy" Blake writes about a young boy who is unhappy with his school where dour-faced teachers give joyless lessons. He would rather like to be outdoors and enjoy the summer day. He pleads with his parents to rescue him from the drudgery of school.

Now read the poem:

'The Schoolboy'

by William Blake

I love to rise in a summer morn,
When the birds sing on every tree;
The distant huntsman winds his horn,
And the skylark sings with me:
O what sweet company!

But to go to school in a summer morn,
O it drives all joy away!
Under a cruel eye outworn,
The little ones spend the day
In sighing and dismay.

Ah then at times I drooping sit,
And spend many an anxious hour;
Nor in my book can I take delight,
Nor sit in learning's bower,
Worn through with the dreary shower.

How can the bird that is born for joy
Sit in a cage and sing?
How can a child, when fears annoy,
But droop his tender wing,
And forget his youthful spring!

O father and mother if buds are nipped,
And blossoms blown away;
And if the tender plants are stripped
Of their joy in the springing day,
By sorrow and care's dismay, -
How shall the summer arise in joy,
Or the summer fruits appear?
Or how shall we gather what griefs destroy,
Or bless the mellowing year,
When the blasts of winter appear?



3. Answer the following questions :

- How many stanzas are there in the poem?
- According to the poet, what does school do to a schoolboy on a “summer’s morn”?
- After reading the poem, how do you feel about the schoolboy? Do you feel sorry for him, can you relate to him?
- In what way, according to poet, are a schoolboy and a bird similar?
- In the last two stanzas, what does William Blake compare a child’s mind to?
- What does the poet think of education?
- Did you like the poem? Give two reasons why or why not.

Lesson 4 : The Story of Shilpi

1. Warm-up activity:

- Imagine that one of your classmates is going to be married. What steps will you take to convince the parents of the girl to cancel the marriage?



2. Read the text and answer the questions that follow:

Shilpi was only 15 years old when she married Rashid in 2008. Marrying off daughters at an early age is a standard practice for many families living in rural Bangladesh. After her wedding, Shilpi joined a local empowerment group that provides adolescent girls with the tools needed to gradually change cultural practices, particularly those pertaining to early marriage and pregnancy.



The group's activities include discussions on how to most effectively change behaviour related to reproductive health as well as one-on-one counseling. It also offers peer-to-peer support and life skills training that help adolescents say no to early marriage. The empowerment group is one of more than 10,000 groups supported by some local Non-Government Organizations (NGOs) working all over Bangladesh. These NGOs work through Canada's Adolescent Reproductive Health Project which also aims to increase access to quality health services for adolescents. During one of the group sessions, Shilpi came to understand the potentially harmful effects of early marriage and pregnancy.

While maternal mortality in Bangladesh has declined by nearly 40 percent since 2001, the rate remains high with 194 maternal deaths per 100,000 live births in 2010— dropping from 322 in 2001 with a projected decrease to 143 by 2015. Girls who get pregnant are at risk of serious health complications. These include dangerous hemorrhage and fistula, a painful internal injury caused by obstructed childbirth that commonly leads to serious maternal morbidities and social exclusion. When Shilpi heard about those risks, she invited her husband, Rashid, to discuss pregnancy with a counsellor. After hearing about the risks, Rashid agreed to delay having children for five years despite pressures from his parents and neighbours to produce an offspring. Together, the couple met with a female health care provider, who informed them about the

various family planning options available.

Shilpi's mother-in-law and neighbours continued to pressurize the newlyweds. Deeply rooted cultural practices and traditions caused a rift between Shilpi and Rashid and their extended family, some of whose members insulted and criticized the couple. Unable to convince their close relatives of the risks, Shilpi and Rashid returned to the counsellor. They took the help of a parent peer who has been trained to speak to other parents about adolescent issues. Shilpi's mother-in-law and neighbours eventually came to understand the harmful effects of early pregnancy on mother and child.

Today, the village no longer pressurizes the couple; their parents and neighbours now support them and speak out against early marriage and pregnancy.



3. Discuss the following questions in pairs:

- a. Did Shilpi take children soon after her marriage?
- b. How old is Shilpi now?
- c. What does the local empowerment group do?
- d. What health complications may be found among girls who get pregnant?
- e. Why did Shilpi's husband decide to delay having children for five years?
- f. How was Shilpi treated for not being able to produce a child?
- g. What did Shilpi do to convince her in-laws?

4. After reading Shilpi's story, you are really impressed and pleased with her. You want to congratulate her on the great success she has achieved. Now write a letter to Shilpi congratulating her on her great success.

5. Complete the passage below by using the words given in the box:

Evident	In contrast	Than	Older
Victims	Alarming	Compared to	with

Study has found that the percentage of married women aged 15-19 and 20-24 have experienced physical or sexual violence. In general, it is seen that women of both age groups are more likely to be victims of physical violence(a) sexual violence. 39.8 % of rural marriedadolescents (aged 15-19) and 35.3 % of urban adolescents have experienced some form of physical violence. On the other hand, 11.8% and 16.8% respectively of theurban age groups of 15-19 and 20-24 have been (b)..... of sexualviolence. According to the study, 11.8% and 16.8% married women in urban areas in the age groups of 15-19 and 20-24 respectively have experienced sexual violence(c) 22.2% and 20.2% married women in rural areas. It isalso (d) from the study that young women aged 20-24 are morelikely to have experienced physical violence than adolescents aged 15-19.(e)....., younger women in rural areas are somewhat more likely to have experience of sexual violence than (f) women. Overall, the studysshows an (g) picture of rural and urban adolescents andyoung becoming victims of violence.

6. Adolescent health quiz

Take the quiz to see how healthy you are. Tick each item that is true for you. Each tick mark is worth 1 point. Add up the points and check your score.

Life at home

- You have the opportunity to make decisions that are important to you.
- You can talk to caring and responsible adults about important things.
- You feel safe at home.
- You understand and follow the rules your parents have set for you.
- Life at College
- You do well in college and ask for help when you need it.
- You plan to do well in your HSC examination.
- You can complete your homework/college tasks on your own.

Making good choices

- Your friends do not use or offer you cigarettes, alcohol or drugs.
- You have friends who are trustworthy.
- You are active in college sports, cultural clubs and voluntary organizations.

Healthy lifestyle

- You have 3 healthy meals each day including breakfast.
- You take 3 calcium rich food items, such as milk or yogurt everyday.
- You eat enough fruit and vegetables daily.
- You avoid eating food high in fat, sugar and salt most days of the week.
- You watch 2 hours of TV or less every day.
- You exercise or play sports daily.

Bonus points

- You volunteer in your community to help others.
- You do things to help out at home.

7. Identify the meaning of these words from your dictionary:

- a. empowerment
- b. reproductive
- c. counselling
- d. peer
- e. potential
- f. hemorrhage
- g. obstructed
- h. morbidity
- i. option
- j. advocate

8. Write a summary of Shilpi's story in five sentences.

Lesson 5 : Amazing Children and Teens Who Have Changed the World

1. Warm-up activity:

- Do you know the boy who stopped a train running on a track with missing fishplates?
- Do you know the youngest FIDE Master of Bangladesh?

- **Now share the following introduction with a friend.**

It's an adults' world. They make the decisions, create the laws, make the money, and have all of the freedoms. But there have been exceptions. Take for example, these child visionaries-boys and girls who have changed our world through their good actions or examples. Some have mobilized millions for a good cause; others have moved us simply by their generous and hopeful view of humanity. Let's read about some of these amazing young people.



2. Read the text and answer the questions that follow:

Dylan Mahalingam

At the age of nine, Dylan Mahalingam became the co-founder of Lil' MDGs, a nonprofit international development and youth empowerment organization. Lil' MDGs' mission is to use the power of the digital media to engage children in the United Nations' Millennium Development Goals (MDGs).

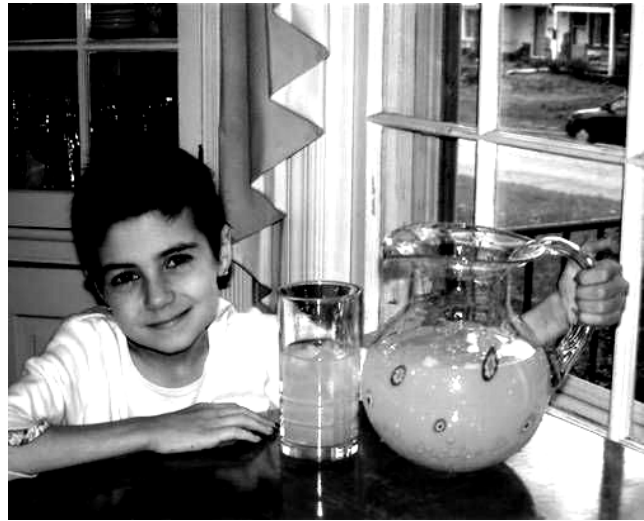
His organization has mobilized more than 3 million children around the globe to raise 780,000 US dollars for tsunami relief, and more than 10 million dollars for hurricane relief. He has built a dormitory in Tibet, a mobile hospital in India, and a school playground serving AIDS orphans in Uganda. Dylan is a youth speaker for the United Nations.



Alexandra 'Alex' Scott

Alexandra 'Alex' Scott was born in Connecticut in 1996, and was diagnosed with neuroblastoma, a type of childhood cancer, shortly before she turned one. In 2000, just after turning four, she informed her mother that she wanted to start a lemonade stand to raise money for doctors to help children.

Her first lemonade stand raised 2,000 dollars and led to the creation of the Alex's Lemonade Stand Foundation. Alex continued her lemonade stands throughout her life, ultimately raising over one million dollars toward cancer research. She passed away in August 2004 at the age of eight. Today, Alex's Lemonade Stand sponsors a national fundraising weekend in the United States which is popularly known as Lemonade Days. Each year, as many as 10,000 volunteers at more than 2,000 Alex's Lemonade Stands make a difference for children with cancer.



Ryan Hreljac

In 1998, six-year old Ryan Hreljac was shocked to learn that children in Africa had to walk many kilometers every day just to fetch water.

Ryan decided he needed to build a well for a village in Africa. By doing household chores and public speaking on clean water issues, Ryan raised enough money with which his first well was built in 1999 at the Angolo Primary School in a northern Ugandan village. Ryan's determination led to Ryan's Well Foundation, which has completed 667 projects in 16 countries, bringing access to clean water and sanitation to more than 714,000 people.



Katie Stagliano

In 2008, 9-year old Katie Stagliano brought a tiny cabbage seedling home from school. As she cared for her cabbage, it grew to 40 pounds.

Katie donated her cabbage to a soup kitchen where it helped to feed more than 275 people. Moved by the experience of seeing how many people could benefit from the donation of fresh produce to soup kitchens, Katie decided to start vegetable gardens and -donate the harvest to help feed people in need. Today, Katie's Krops donates thousands of pounds of fresh produce from numerous gardens to organizations that help people in need.



Anne Frank

Anne Frank is perhaps the most well-known victim of the Nazi Holocaust of World War II. Anne, born on 12 June 1929, was given a diary at

the age of 13, in which she chronicled her life from 1942 to 1944. During this time, Anne spent two years in hiding with her family in Nazi-occupied Amsterdam in a secret annex with four other Jews. Betrayed and discovered in 1944, Anne was sent to the Bergen-Belsen concentration camp, where she died of typhus in 1945.

Anne's father, Otto Frank, was the only occupant of the secret annex to survive the war. In 1947, he published Anne's diary as *The Diary of a Young Girl*. Anne's account of her internment, as well as her deep belief in humanity has become one of the world's most widely read books.



[By: Katherine Butler, from:
<http://www.mnn.com/lifestyle/responsible-living/photos/8-amazing-kids-who-have-changed-the-world>]



3. Answer the following questions:

- a. Who is the founder of Lil' MDGs?
- b. Why did Alexandra Scott die?
- c. What makes Ryan Hreljac dig wells in Africa?
- d. How did Katie Staglian help people?
- e. Why is *The Diary of a Young Girl* one of the world's most widely read books?

4. Discuss the following questions in pairs:

- a. Which of the five children/teen activists inspired you the most? Why?
- b. Do you think you have to wait to be an adult to help people who are in need?
- c. Do you know any young boy/girl who has given exceptional humanitarian services to the people in your society/community/country? How old is s/he?
- d. What could be some possible activities that you can start right now to help poor or sick people in your area?

5. Find the meanings of the following words:

- a. empowerment
- b. mobilize
- c. fundraising
- d. betray
- e. grace
- f. holocaust

6. Match the words/phrases in Column A with their meanings in Column B in the table below:

column A	column B
leverage (verb)	the process of keeping places free from dirt, infection, disease, etc. by removing waste, trash and garbage
lemonade (noun)	to describe a series of events in the order that they happened
determination (noun)	agricultural products, especially fresh fruits and vegetables
sanitation (noun)	imprisonment of large groups without any legal process
fresh produce (noun phrase)	to use (a quality or advantage) to obtain a desired effect or result
chronicle (verb)	something that serves as tangible proof or evidence
concentration camp (noun phrase)	a quality that makes you continue trying to do or achieve something that is difficult
internment (noun)	a drink made of lemon juice, water, and sugar
testament (noun)	a type of prison where large numbers of people who are not soldiers are kept during a war and are usually forced to live in harsh conditions

7. Can you mention three famous children/teens of your own country? If you can, then introduce them to them by writing one paragraph for each person.

Answer Keys

Lesson 1

3.

- a. True.
- b. False
- c. True.
- d. True.

4.

<i>Column A</i>	<i>Column B</i>
adolescence	period from puberty to maturity
Determinants	factors or causes
acquisition	possession
tremendous	extreme
adjustment	adapt
Consequence	aftermath
vulnerable	prone to injury or disease
Intervene	to become involved in something
Transition	period from puberty to maturity

5.

- a. Adolescence is the period of time when a human being reaches adulthood from childhood.
- b. The adolescents are in high risk of intentional and unintentional injuries, unintended pregnancies, and sexually transmitted infections, drug addiction etc.
- c. The adolescents are not fully capable of understanding complex concepts, or the relationship between behaviour and consequences, or the degree of control they have or can have over health decision-making like the adults.
- d. The society and family have the responsibility to both promote adolescent development and adjustment and to intervene effectively when problems arise.
- e. The adolescents get much help and support from their families.

6.

Disease	Solution
Drug addiction	Avoidance of drugs.
Injuries	Teaching of moral lessons
Sexually transmitted infection	Abstaining from sexual risk
Unintended pregnancy	Keeping safe from sexual exploitation
Mental health problem	Proper care and guidance

7.

Infancy- শৈশব

Onset - সূত্রপাত

Puberty- বয়ঃসন্ধি

Initiate - আরম্ভ করা

Adjustment- সমন্বয়

Acquisition- অর্জন

Abstain - বিরত থাকা

Intervene - হস্তক্ষেপ করা

Lesson 2

3.

- a. True.
- b. True.
- c. False. Correct statement: there is much dowry in Bangladesh.
- d. True
- e. True.

4.

<i>Column A: Causes</i>	<i>Column B: Effects</i>
i. Some adolescent girls have higher level of education. ii. Boys are usually more concerned about their financial independence. iii. Many girls drop out of school after marriage. iv. Married girls have no status and bargaining power in their in-laws' house. v. Most adolescent brides have no or little knowledge of reproductive health and contraception. vi. Many adolescent boys are unemployed and unaware of many social or health issues.	e. They have a tendency of getting married at a later age. c. They get married several years after adolescence and young adulthood. b. They have to work all day long at their in-laws' household d. They become victims of domestic violence. a This leads to increased mortality f. They have the risks of getting involved in criminal activities, including drug abuse.

5.

- a. Dowry- যৌতুক
 b. Mobility- গতিশীলতা
 c. Contraception- গর্ভনিরোধ
 d. Undernourished- অপুষ্টি
 e. Vulnerable- আহত করা যায় এমন

6.

3. Significance of adolescent population

i. Adolescents constitute a nation's core resource for national renewal and growth. Adolescence is a period in life when transition from childhood to adulthood takes place and behaviours and life styles are shaped. According to the World Health Organisation (WHO), adolescence is the period which shapes the future of girls' and boys' lives. There are 28 million adolescents in Bangladesh; 13.7 million of them are girls and 14.3 million boys.

4. A process of disempowerment of women

ii. The situation of adolescent girls in Bangladesh is characterized by inequality and subordination within the family and society. This inequality leads to widespread practice of child marriage, marginalization or exclusion from health, education and economic opportunities, and vulnerability to violence and sexual abuse.

7. Unfortunate state of adolescent girls

iii. In Bangladesh, the legal age of marriage is 18 for girls and 21 for boys. However, 33 percent of adolescent girls are married before the age of 15 and 60 percent become mothers by the age of 19. Research finds that adolescents with higher level of education and from more affluent families tend to marry at a later age. Boys, however, become ready for marriage only after several years of adolescence and young adulthood.

5. The curse of early marriage

iv. When a girl gets married, she usually drops out of school and begins full-time work in her in-laws' household. In the in-laws' house, she is marginalized. She becomes vulnerable to all forms of abuse, including dowry-related violence. In Bangladesh, it is still common for a bride's family to pay dowry, despite the practice being illegal. Dowry demands can also continue after the wedding. For an adolescent bride, even if her in-laws are supportive, there are greater health risks in terms of pregnancy and child birth. The majority of adolescent brides and their families are uninformed or insufficiently informed about reproductive health and contraception. The maternal mortality rate for adolescents is double the national rate.

1. Reasons for adolescent fertility

v. When adolescent girls are pulled out of school, either for marriage or work, they often lose their mobility, their friends and social status. The lack of mobility among adolescent girls also curtails their economic and non-formal educational opportunities. Moreover, they lack information about health issues. According to a study, only about three in five adolescents have even heard of HIV. It is also reported that more than 50 percent of adolescent girls are undernourished and suffer from anemia. Adolescent fertility is also high in Bangladesh. The contribution of the adolescent fertility rate to the total fertility rate increased from 20.3% in 1993 to 24.4% in 2007. Moreover, neonatal mortality is another concern for younger mothers.

8. Boys are not free from risks

vi. While the situation for adolescent boys is somewhat better, many are vulnerable and lack the power to make decisions about their own lives. Many boys who are unable to go to school, or are unemployed, remain unaware of social or health issues. They are at considerable risk of being drawn into criminal activities. They are also more likely to get exposed to drugs and alcohol.

Lesson 3

3.

- a. There are six stanzas in the poem.
- b. According to the poem, School takes away all the elements of delight from a school boy on a summer's morn.
- c. After reading the poem, I feel compassionate for the boy because he thinks all the happiness is taken away from his life by school. But he must understand that, it's for his own good.
- d. According to the poet, A schoolboy is similar to a bird in the way that both are made for joy and they don't like to be caged.
- e. In the last two stanzas, William Blake compares a child's mind to nature.
- f. The poet thinks of education as a preparation for a better future.
- g. I really like this poem. Because:
 - (i) It's about the effect of school on young minds.
 - (ii) It's based on the importance of education.

Lesson 4

- 3.
- No, Shilpi didn't take children soon after marriage.
 - Shilpi is 22 years old now.
 - The local empowerment group provides adolescent girls with the tools needed to gradually change cultural practices, particularly those pertaining to early marriage and pregnancy.
 - Dangerous hemorrhage and fistula, a painful internal injury caused by obstructed childbirth that commonly leads to serious maternal morbidities and social exclusion may be found in girls who get pregnant.
 - Shilpi's husband decided to delay having children for five years to avoid the risk of health complications.
 - Shilpi was insulted and criticized for not being able to produce a child.
 - Shilpi took the help of a parent peer who has been trained to speak to other parents about adolescent issues to convince her in-laws.

4.

09/18/14

Koyra, Bhola

Dear Shilpi,

I have come to know about your great success in the newspaper. This news has inspired me greatly. I have decided to write a letter to congratulate you for this.

In Bangladesh, the girl children are deprived of their rights. They are taken out of school, married off at a very early age. Their education stops at a early age. They give birth to child at teenage. As a result both of mother and child become unhealthy and sick. It also raises the maternity death rate. These girls are also prone to various fatal diseases. I want to thank you for your brave steps to stop these things. You've created an example for all of us to follow. Make sure you keep up the good work.

No more today. I will be glad if you reply me. Hope you are well in your family.

Yours sincerely
Karim Hossain

From, Karim Hossain Koyra Bhola	To, Shilpi Akhtar Ramnagar P/O: Joypur Devidar Comilla	Stamp
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5.

- than
- victims
- in contrast to
- evident
- with
- older
- alarming

7.

- empowerment- ক্ষমতায়ন
- reproductive – বংশ বৃদ্ধিকর

- c. counseling – পরামর্শ করা
- d. peer – সঙ্গী
- e. potential- সম্ভাব্য
- f. hemorrhage-রক্তস্রাব
- g. obstructed- ব্যাহত
- h. morbidity- রোগ
- i. option- বিকল্প
- j. advocate- ঊকিল

8. Shilpi is a rural girl who got married really early. Shilpi took help from a local empowerment group. She and her husband decided to take children later. They were criticized by family and neighbors. But eventually they came to understand.

Lesson 5

- 3.
 - a. Dylan Mahalingam is the founder of Lil' MDGs.
 - b. Alexandra Scott died of cancer.
 - c. Ryan Hreljac digs wells in Africa to provide the children of Africa with drinking water.
 - d. Katie Staglian donates thousands of pounds of fresh produce from numerous gardens to organizations that help people in need.
 - e. The Diary of a Young Girl is one of the most widely read books because it describes the faith in humanity.

5.

- a. Empowerment - ক্ষমতায়ন
- b. Mobilize – সচল করা
- c. fundraising - চাঁদা একত্রিত
- a. Betray – বিশ্বাসঘাতকতা করা
- b. Grace- অনুগ্রহ
- c. Holocaust – ব্যাপক হত্যাকাণ্ড।

6.

Column A	Column B
leverage (verb)	to use (a quality or advantage) to obtain a desired effect or result
lemonade (noun)	a drink made of lemon juice, water, and sugar
determination (noun)	a quality that makes you continue trying to do or achieve something that is difficult
sanitation (noun)	the process of keeping places free from dirt, infection, disease, etc. by removing waste, trash and garbage
fresh produce (noun phrase)	agricultural products, especially fresh fruits and vegetables
chronicle (verb)	to describe a series of events in the order that they happened
concentration camp (noun phrase)	a type of prison where large numbers of people who are not soldiers are kept during a war and are usually forced to live in harsh conditions
internment (noun)	imprisonment of large groups without any legal process
testament (noun)	something that serves as tangible proof or evidence