



EveryGirl EveryWoman EveryWhere

Centre for Catalyzing Change (C3)

UDAAN

Adolescence Education Program, Jharkhand
In School. At Scale.

Started: 2006 | Project Area: Jharkhand

Supported by:



the David & Lucile
Packard
FOUNDATION



UDAAN documented by the World Health Organization as a first generation at-scale adolescence education program from South-East Asia.

UDAAN selected as a 'Good and Replicable Practice and Innovation in Public Healthcare System in India' by the Ministry of Health and Family Welfare, Government of India.

Adolescence. The time of coming of age. A time when girls and boys strive to define themselves, their choices and their boundaries. A time which is as magical and exhilarating as it is confusing and chaotic. Faced with pressures to conform, varying expectations from family, friends, peers and teachers, and their own growing ambitions and desires, adolescents tread a path that is demanding and can easily lead them astray.

UDAAN, initiated by C3 in Jharkhand in 2006, is an effort to give these girls and boys wings, and point them in right direction. It is our niche in-school adolescent education program, implemented in all secondary and senior secondary schools across the state. It seeks to promote positive and comprehensive adolescent development and establish a cadre of healthy and empowered young people.

The UDAAN curriculum, which is integrated with the school calendars, caters to girls and boys between classes 6 and 11. The program is implemented by the Jharkhand Council for Education, Research and Training, under the state's Department of School Education and Literacy - with technical assistance provided by C3.

Our reach

Over **1 million** students in classes 6-9 and 11 reached

Also in **203** residential Kasturba Gandhi Balika Vidyalayas

Active in **2941** middle and secondary schools government schools across 24 districts

68 private schools in its ambit; imparting innovative digital life skills education

900 B.Ed. Students trained on AEP-UDAAN in St. Xavier's College

Over **6,048** teachers trained



Our objectives

- Provide accurate age-appropriate information to young people in school on adolescence and growing up
- Reinforce existing positive behavior and instill life skills essential to manage risk, communicate effectively, and deal with gender stereotypes and to cope/resolve with risky situations encountered in daily life
- Make available resources for additional information and linkages to youth-friendly services

Key facts

Prevalence of teenage motherhood is the highest in Jharkhand among all the states in India.

21%

Women were married before the age of 18

19.5%

Men were married before the age of 21

65.2%

women age-15-49 are anaemic

15 %

Women have comprehensive knowledge of HIV/AIDS

18%

Men have comprehensive



C3's content on adolescent life skills mainstreamed into textbooks of classes 6-8 by Jharkhand government

'What Did It Take to Scale Up and Sustain Udaan, a School-Based Adolescent Education Program in Jharkhand, India?'

Published in American Journal of Sexuality Education

Our outcomes & impacts

Impact monitoring was done by independent external research agencies. C3 designed comprehensive studies to assess and understand the impacts

- National and state governments and agencies recognize the program and its contribution – state government implements the program as part of its annual plan.
- Well-documented evidence now available on the program's capacity to enhance knowledge, attitudes and life skills
- UDAAN's participatory training techniques adopted by teachers
- Significant change observed among participating on the areas of positive self-efficacy and decision making independently and jointly with parents
- Adolescents and communities now are more aware and better informed, thanks to UDAAN – their communication skills have improved; they have correct knowledge about gender equity, life skills, sexual harassment and abuse, substance abuse and legal ages for marriage.
- Students now more confident in handling peer pressure; they actively and openly participate in discussions about personal health and hygiene issues and about their future.
- Overall, girls have shown larger gains compared to boys. Impact of the program on Kasturba Gandhi Balika Vidyalaya students is significantly higher.



"I was able to put a stop to the violence at home. The UDAAN classes encouraged me to speak to my teachers about my stepmother. The constant beating and harassment came to an end when my teachers spoke to my parents."

Kalawati (name changed), Class 9, KGBV, Gumla

Our unique products

Age-appropriate life skills curriculum across grades
 Training modules for teachers on SRHR and life skills
 IEC material -- interactive learning games, flip charts, Implementation calendar
 Digital presentation of sessions in CDs

We are C3. Centre for Catalyzing Change. We are for EveryGirl. EveryWoman. EveryWhere.

We are a committed organization working in India to make sure no woman or girl is denied her basic rights. We design and implement interventions that work with the existing systems to deliver solutions at scale

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