



## Informational Educational Programs on Adolescent Health

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### ABSTRACT

Positive quantitative characteristics of teenagers are accompanied by a sharp transformation of moral and ethical values that have occurred in modern society, which has led to a change in attitudes towards adolescent health and adolescent behavior.

### Keywords:

Moral and ethical, transformation, case **technology**, substance abuse

The experience of introducing modern forms of communicative interactions on topical problems of adolescent health protection is presented. Information educational programmes based on information and telecommunication technologies make it possible to raise the level of awareness of adolescents on issues of a healthy lifestyle and the prevention of adolescent diseases.

For teenagers, positive quantitative characteristics are accompanied by a sharp transformation of moral and ethical values that have occurred in modern society, which has led to a change in attitudes towards adolescent health and adolescent behavior. The survey of adolescents of first-year students of Lyceums, colleges, showed an extremely low level of awareness on issues of a healthy lifestyle, prevention and various diseases, sexually transmitted infections with formed attitudes to the early onset of sexual activity. The main authoritative source of knowledge and reliable information on these issues for modern youth, unfortunately, are not parents, teachers and doctors, but peers and friends, the Internet and the media. Taking into account the high commitment of adolescents to information

technologies, an educational program on adolescent health was developed through modern telecommunication information technologies.

In order to broaden the horizons of knowledge of adolescents, to increase their awareness of adolescent health issues, Skype-lectures-discussions are held at lyceums and colleges.

Lectures-discussions are held in a remote information format on the Internet, via Skype in on-line mode, in the evening. The methodology of its conduct is based on the use of case **technology** (from The English, case - portfolio). Before the start of the lecture, each teenager receives a "portfolio" by e-mail to his mailbox, which includes methodological materials and multimedia support. lecture. The duration of the lecture is not more than 30 minutes, most of the time (up to 1.5 hours) is occupied by discussion and answers to all questions of interest, which is also conducted in voice mode, without visualization of each other. The anonymity of the discussion, the informal version of communication with the teacher allow you to ask any "difficult" questions and get an exhaustive answer to them. Teenagers often

invite their friends, students of other lyceums, colleges, brothers or sisters to participate in Skype-lectures. At the request of teenagers, Skype-lectures-discussions were held on the topics of modern methods of prevention of HPV-associated diseases, etc. Currently, this educational program is **implemented in the form of webinars within the framework of** the Portal for students of lyceums, colleges.

The purpose of all lectures and webinars is to raise awareness of young people in matters of adolescent health, with special attention paid to a healthy lifestyle, prevention of diseases. Attention is focused on the facts of the adverse effects of alcohol, tobacco smoking, substance abuse. This format of extracurricular work does not replace self-training or elective cycles, but is a dynamic interactive lecture cycle in response to problems that aroused the interest of adolescents.

**Conclusion:** Thus, the use of modern communication technologies is a more advanced user of information resources, allows you to increase the level of awareness in the preservation of adolescent health.

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