

Working With Young Adults

A CIPHER Report





Adolescents & Safe Habits

At CIPHER, we believe that the teenage years play a vital role in shaping an individual. How they behave, what they choose, their experiences and what they are influenced by, play a pivotal role in shaping their future.

Some of these experiences could be fruitful and fulfilling, but some experiences could be detrimental to them. It is common for young people in their adolescence to experiment with alcohol, tobacco or some forms of drugs.

How do young people pick up harmful health habits?

We believe that no teenager has a lifelong aspiration to take up habits that have long-lasting health impacts. Often, young people pick up harmful habits such as smoking, owing to one of the following reasons:

- **Peer Pressure** – Some teenagers learn from friends and end up with harmful habits in an attempt to fit in.
- **Adult-Influence** – A lot of young people have seen adults close to them indulge in habits such as smoking or excessive drinking and get influenced by it.
- **Experimenting** – Some teenage kids just experiment with substances with no thought of cause or consequence. They experiment for the sake of experimenting.

Nowadays, young people are smart and aware of habits that are harmful. However, they do not realise the addiction causing capability of a few of these habits. They believe that they can quit anything at any point in time. They are not fully informed that addiction could be stronger than their will power.

CIPHER's Intervention

The best way to treat this issue was to preemptively address young people especially those in the age group of 13 to 17 years of age. So, we have organised several sessions across schools in Hyderabad from grade 9 to grade 12, interacting with students about the harmful health habits they are faced with and have the potential to pick up.



We often underestimate the stresses they go through in their lives, and the understanding that is important while trying to address them.

First of all, we treat teenage students as young people and not like children. We are open to them, keep the session interactive and upbeat and allow any questions to be posed to us.

The focus of our entire session is to make sure students understand safe and unsafe habits, and repercussions of picking up harmful habits. We try to assure students that while pressures and stresses exist, resorting to a substance to deal with them leads to severe health hazards. Instead, we try to empower them to handle their stresses in a better way.

We do not moralise the issue, we just focus on the health.

Subjects We Cover

Our topics of conversations cover a variety of subjects including

- Body image
- Self-esteem
- Sexual health and hygiene
- Nutrition
- Mental health

With NCDs in mind, we also speak about nutrition, exercise and environmental factors that could lead to health hazards. We insist on equipping students with ways and methods of keeping their bodies, mind and soul healthy.

Our Approach

At CIPHER, we believe in listening to young adults.



Do you want to organise an interactive session
for young people at your school or community?

Drop us a line at
mywellbeing@cipherhealthcare.com or call us
at +91-9030088120/9030088130

