

SAMA

Safeguarding adolescent
emotional well-being in India
NEWSLETTER FOR PARENTS



WHAT IS PROJECT SAMA?

We all want young people to feel okay and do well in school. Some young people find that harder than others. Project SAMA is working to find ways of helping all young people feel okay so they can do well in school. SAMA stands for Safeguarding Adolescent Well-being in India. Project

SAMA delivers 4 levels of support in school— one for young people, one for parents, one for teachers and one for school climate. It is a study testing what works in a systems intervention designed by young people, schools and parents targeting youth anxiety and depression.

WHAT IS WELL-BEING?

Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and the ability to manage stress. More generally, well-being is just feeling well.





WHY 9TH STANDARD?

Adolescence is a transition period between childhood and adulthood with rapid changes which can influence mental health and well-being. 9th standard comes with a lot of academic stress. We would like to intervene at this stage so that they are better able to handle the pressure and overcome any difficulties that they may face. The program will help them be better prepared to handle the responsibilities and challenges that are forthcoming for them. Thus Project SAMA is currently focused only on the 9th-standard students in schools.

ALREADY STARTED IN NOVEMBER...

SAMA for Youth has already started in schools for adolescents of 9th standard with these sessions to follow...

- Getting started
- Top tips for feeling good
- How to manage pressure at school
- Dealing with problems
- Managing difficult feelings
- Building positive relationships
- Building positive relationships *continued*
- Putting it all together

WE WILL BE STARTING SHORTLY...

We will continue the SAMA for Youth sessions in your child's school. Along with that, we would also be starting:

- SAMA for Teachers- to support teachers know more about what might affect well-being in adolescence and the use of positive discipline practices
- SAMA for Schools involving adolescents to engage in activities to improve the school climate and develop helpful attitudes towards any differences in people's well-being.
- SAMA for Parents would be a one-day program with parents to improve your understanding of adolescent mental health and to support your child.

HOW CAN YOU HELP? ASK YOUR TEENAGER ABOUT PROJECT SAMA IN THEIR SCHOOL.