Adolescent Health Promotion Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Adolescent Health Promotion is a strategic and evidence-based approach designed to improve the physical health, mental wellbeing, emotional resilience, social development, and life skills of young people aged 10–19 years. In today's rapidly changing digital and social environment, adolescents face increasing challenges related to mental health disorders, cyberbullying, substance abuse, nutritional deficiencies, reproductive health risks, social anxiety, screen addiction, and lifestyle diseases. This training course equips educators, healthcare professionals, youth workers, NGOs, counselors, and community leaders with innovative tools, preventive healthcare strategies, youth engagement techniques, and digital health promotion practices to empower adolescents toward healthier and more productive lives.

Adolescent Health Promotion Training Course integrates modern public health frameworks, psychosocial support systems, adolescent-friendly communication, leadership development, gender-sensitive approaches, emotional intelligence, and community-based interventions. Through interactive learning, real-world case studies, role plays, group discussions, and behavior change communication models, participants gain practical competencies in adolescent wellness, mental health advocacy, reproductive health education, peer counseling, nutrition awareness, and life skills education. The program aligns with global Sustainable Development Goals (SDGs), youth empowerment initiatives, school health promotion strategies, and preventive healthcare systems for long-term social impact.

Programme Curriculum

Adolescent Health Promotion Training Course

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Course Duration

5 days

Course Objectives

1. Develop comprehensive understanding of Adolescent Health and Wellness
2. Promote Mental Health Awareness and emotional resilience
3. Strengthen Life Skills Education and decision-making abilities
4. Enhance knowledge of Digital Wellness and cyber safety
5. Build strategies for Substance Abuse Prevention
6. Promote Sexual and Reproductive Health Education
7. Improve Nutrition and Healthy Lifestyle Practices
8. Encourage Youth Leadership and Peer Education
9. Implement Behavior Change Communication (BCC) techniques
10. Address Gender Equality and Social Inclusion
11. Strengthen School Health Promotion Programs
12. Develop competencies in Stress Management and Emotional Intelligence
13. Create sustainable Community-Based Adolescent Health Interventions

Target Audience

1. School Teachers and Educators
2. Healthcare Professionals and Nurses
3. School Counselors and Psychologists
4. NGO and Community Development Workers
5. Youth Leaders and Peer Educators
6. Public Health Professionals
7. Social Workers and Child Protection Officers
8. Parents and Caregivers

Course Modules

Module 1: Introduction to Adolescent Health Promotion

- Understanding adolescent growth and development

- Global adolescent health trends
- Physical, emotional, and social wellbeing
- Risk and protective factors
- Public health approaches for adolescents
- **Case Study:** Analysis of a school-based adolescent wellness initiative that reduced absenteeism and behavioral issues.

Module 2: Mental Health and Emotional Wellbeing

- Anxiety, depression, and stress management
- Emotional intelligence development
- Suicide prevention strategies
- Building self-esteem and confidence
- Mindfulness and resilience practices
- **Case Study;** Review of a youth mental health campaign improving emotional wellbeing among teenagers.

Module 3: Nutrition and Healthy Lifestyle

- Balanced diet and adolescent nutrition
- Obesity prevention and physical fitness
- Eating disorders and body image
- Sleep hygiene and healthy routines
- Lifestyle disease prevention
- **Case Study:** Community nutrition intervention reducing malnutrition and obesity among adolescents.

Module 4: Sexual and Reproductive Health Education

- Puberty and reproductive health awareness
- Menstrual hygiene management
- Prevention of sexually transmitted infections (STIs)
- Consent, boundaries, and healthy relationships
- Adolescent pregnancy prevention
- **Case Study:** School reproductive health education program increasing awareness and reducing stigma.

Module 5: Digital Wellness and Cyber Safety

- Screen addiction and digital balance
- Cyberbullying prevention
- Social media mental health impact
- Online privacy and digital citizenship
- Safe internet practices
- **Case Study:**Cyber safety awareness initiative reducing online harassment incidents among students.

Module 6: Substance Abuse Prevention

- Tobacco, alcohol, and drug abuse awareness
- Peer pressure management
- Addiction prevention strategies
- Early identification and intervention
- Rehabilitation support systems

- **Case Study:** Peer-led anti-drug campaign successfully reducing substance experimentation in schools.

Module 7: Life Skills and Leadership Development

- Communication and interpersonal skills
- Critical thinking and problem solving
- Leadership and teamwork
- Goal setting and career planning
- Conflict resolution and negotiation
- **Case Study:** Youth leadership training program improving confidence and community participation.

Module 8: Community Engagement and Health Advocacy

- Community mobilization strategies
- Adolescent-friendly health services
- Advocacy and policy engagement
- School-community partnerships
- Monitoring and evaluation of health programs
- **Case Study:** Community health outreach project improving adolescent healthcare access in rural areas.

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com