

Scheme for Value Formation Programs in Adolescents

1. Name of the Scheme

Adolescent Value Formation and Character Development Program

2. Background and Rationale

Adolescence is a critical stage of life when young people develop attitudes, beliefs, and moral values. Rapid social changes, media influence, and peer pressure often create confusion among adolescents. Therefore, structured value formation programs are essential to guide them toward **responsible behavior, ethical decision-making, and positive social relationships**.

The program aims to develop **moral, social, emotional, and spiritual values** that help adolescents become responsible citizens.

3. Objectives

General Objective

To promote positive values and character development among adolescents

Specific Objectives

- Develop moral and ethical values
 - Promote respect for self and others
 - Strengthen leadership and responsibility
 - Encourage empathy and compassion
 - Build healthy relationships
 - Promote social responsibility
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4. Target Beneficiaries

Primary beneficiaries:

- Adolescents aged 13–18 years

Secondary beneficiaries:

- Teachers
 - Parents
 - Youth leaders
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5. Key Values to be promoted

- Honesty and integrity
 - Respect and tolerance
 - Responsibility and discipline
 - Compassion and empathy
 - Cooperation and teamwork
 - Peace and non-violence
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6. Program Components

6.1 Value Education Sessions

Regular sessions on topics such as:

- Self-awareness
 - Respect for diversity
 - Ethical decision making
 - Leadership and responsibility
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6.2 Life Skills Workshops

Workshops on:

- Communication skills
 - Conflict resolution
 - Emotional management
 - Peer pressure management
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6.3 Group Activities

- Role plays
- Group discussions
- Storytelling and case studies
- Reflection sessions

6.4 Community Service Activities

Adolescents participate in:

- Social service
 - Environmental programs
 - Community outreach
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6.5 Parent and Teacher Engagement

- Parent awareness sessions
 - Teacher training on value education
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7. Implementation Plan

Phase	Activity	Duration
Phase 1	Program planning	1 month
Phase 2	Awareness and orientation	1 month
Phase 3	Value education sessions	6 months
Phase 4	Evaluation and follow-up	Ongoing

8. Human Resources Required

- Program coordinator
 - Trainers or counsellors
 - Teachers and youth leaders
 - Volunteers
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9. Budget Estimate

Item	Estimated Cost (INR)
Training materials	1,000
Workshops	1,000
Resource persons	1,000
Activity materials	1,000
Administration	1,000

Item	Estimated Cost (INR)
Total	5,000

10. Expected Outcomes

- Improved moral and ethical behavior
 - Increased self-confidence among adolescents
 - Better peer relationships
 - Responsible and disciplined youth
 - Positive contribution to society
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11. Monitoring and Evaluation

- Pre and post program assessments
 - Feedback from students and teachers
 - Observation of behavioral changes
 - Periodic program review meetings
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12. Sustainability Plan

- Integrate value education into school programs
- Establish youth value clubs
- Continuous mentoring by teachers and leaders
- Annual value formation camps