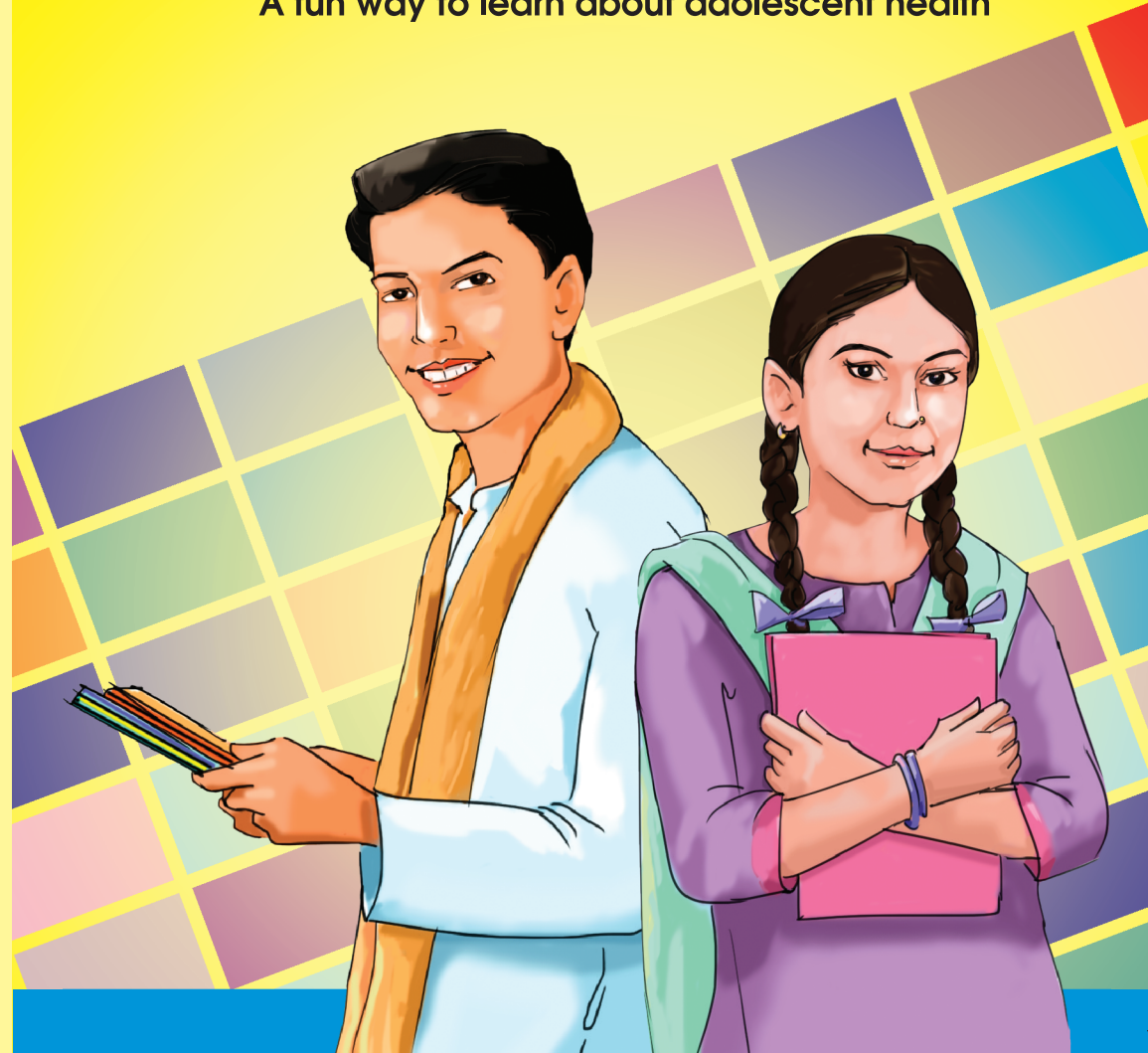




Bhranti and Kranti

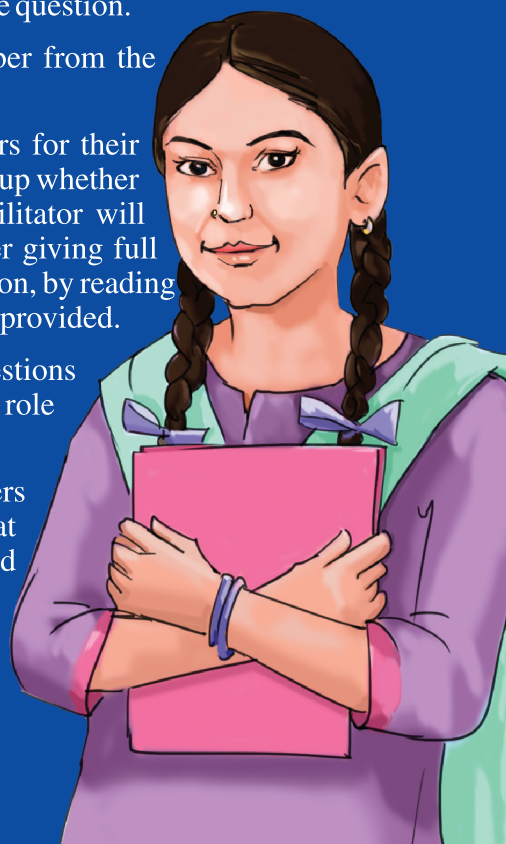
A fun way to learn about adolescent health



Bhranti and Kranti is a fun-filled question-answer game which aims to improve knowledge about adolescent health and eliminate myths and misconceptions related to the subject.

Bhranti and Kranti : Rules of the game

1. Choose a member from the group to play the role of Bhranti.
2. Offer a chair to Bhranti, so that everyone may see and hear him/her well.
3. Keep one more chair/seat in front of Bhranti, where a member playing the role of Kranti shall sit and give his/her answer.
4. One set of colored cards have different questions. Chose a facilitator who will shuffle and hand over the question cards to Bhranti, and distribute the other set of cards (without questions) to other members present in the group. The facilitator will keep the game booklet ready with himself/herself.
5. The game will begin with Bhranti reading the question from any one card and the member holding the card of the same color shall come forward and sit on Kranti's chair and try to answer the question.
6. For every new question, a new member from the group will come forward to answer.
7. The Facilitator will ask other members for their views. E.g., ask the members of the group whether Kranti's answer was correct. The facilitator will proceed to the next question only after giving full information on the issue under discussion, by reading out the correct answer from the booklet provided.
8. To make the game interesting, the questions and answers may be enacted as in a role play.
9. Ensure that, during the game, the answers are provided correctly/ factually and that everyone is able to listen to Bhranti and Kranti clearly.
10. At the end of the game, thank all the members, and collect all the cards and keep them properly in two sets in the packet.



Bhranti: Adolescent boys, girls and adults have similar needs regarding their health.

Kranti: No, this is not so. Adolescence is marked by changes that are not only physical but also psychological, social and emotional which are very different from those of children and adults, hence their health-related needs are also different

Bhranti: I have heard that girls during menstruation should not cook, prepare pickles and participate in religious activities.

Kranti: That is a wrong belief. Taking care of hygiene during their menses, girls may indulge in all kinds of activities including cooking, preparing pickles, attending school, participating in sports and religious activities with complete ease and respect.

Bhranti: Boys work much harder, and that is why they need better food than girls.

Kranti: This is just a misconception. Girls too work hard. In fact, girls need much more healthier food than boys because they go through the monthly cycle of menstruation and in their later lives, give birth to children.

Bhranti: We have been told that food habits have nothing to do with health-related problems.

Kranti: You have been misinformed. There are a number of diseases which occur due to unhealthy food habits such as malnutrition, anemia etc.

Bhranti: Saying no to our friends and elders (including elders in the family) in any situation and in any way is not acceptable in our culture

Kranti: It is not easy to say no, especially, when it comes to our friends and elders, because we do not want to hurt their feelings. However, if they put undue pressure on you for something that causes you inconvenience or you find it socially unacceptable or harmful, then you must say no in such a situation.

Bhranti: We understand that tensions and quarrels do not affect us in any way.

Kranti: No, it is not so. Unnecessary tensions and quarrels adversely affect our energy and time, which we can use for positive work.

Bhranti: Only girls are at risk of violence.

Kranti: Boys and girls both are at risk of violence. However, girls suffer more.

Bhranti: Consumption of liquor or intoxicants has nothing to do with risky behavior.

Kranti: Consumption of liquor or intoxicants increases the possibility of unsafe driving, physical violence and unsafe sexual relationship (which can result in unwanted pregnancy or sexually transmitted diseases) and result in several dire consequences.

Bhranti: One should keep the incidence of violence or molestation a secret to avoid further incidence of violence or molestation.

Kranti: Keeping violence or molestation a secret does not save one from such incidences in future. This, in turn, increases the possibility of recurrence of violence or molestation.

Bhranti: I have heard that there is no adverse impact of child marriage.

Kranti: No, you have heard wrong.. Girls, and even boys, have to give up their education due to child marriage. The health and economic condition of adolescents and their family is also adversely affected by child marriage. Malnutrition and early pregnancy due to child marriage also increases the chances of maternal and child mortality.

Bhranti: If a boy or girl suffers discrimination or violence due to his/her religion, caste, disability or sexual orientation, the rights of that person are not violated.

Kranti: No, this is wrong. It is an absolute violation of rights if any boy or girl is discriminated against or suffers violence due to his/her religion, caste, region, disability or sexual orientation.

Bhranti: One cannot get pregnant after the first sexual contact

Kranti: No, this information is not right. Unsafe sex without proper use of contraceptives (such as condom/contraceptive pills) can lead to conception even after the first sexual contact.

Bhranti: It is against our tradition to have a toilet in the house.

Kranti: Having a toilet in the house and making use of it not only helps in maintaining cleanliness and hygiene, but also helps in prevention of diseases by keeping the surrounding neat and clean.

Bhranti: Oh, I have heard that sexually transmitted infections spread even by shaking hands, talking, walking or dancing together.

Kranti: No, this is not true. Sexually transmitted infections spread only through unsafe sexual contact and sharing of infected needles, and not by shaking hands, talking, walking or dancing together.

Bhranti: A peer educator is not supposed to value the sentiments of adolescent boys and girls younger to him/her.

Kranti: No. It is very important for a peer educator to value the sentiments of the adolescent boys and girls who are younger to him/her.

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