

Course Lesson Plan: Growing Up – Infancy to Adulthood

This **12-week structured course** explores the **developmental journey** from infancy to adulthood, focusing on socialization, growth, media influences, life skills, and child rights.

Course Layout & Weekly Modules

Week 1: Concept of Childhood and Adolescence

- Understanding the concepts of **childhood and adolescence** in historical and contemporary contexts.
- Theories of **human development and maturity**.
- Cultural and societal perspectives on growing up.

Week 2: Socialization and Growing Up in Diverse Contexts

- Understanding **socialization as a lifelong process**.
- How **family, culture, and community** shape identity.
- The role of **gender, caste, and socioeconomic status** in development.

Week 3: Agencies of Socialization

- Key socializing agents: **family, school, peers, media, and religion**.
- The role of **education systems** in shaping childhood.
- **Impact of digital media** on socialization.

Week 4: Understanding Growth and Development

- **Stages of human development** from infancy to adulthood.
- Physical, cognitive, and emotional changes.
- Factors influencing **healthy growth** in children and adolescents.

Week 5: Different Perspectives in Child Development

- Theories of child development:
 - **Piaget's Cognitive Development Theory**
 - **Erikson's Psychosocial Theory**
 - **Vygotsky's Sociocultural Theory**
- **Nature vs. nurture debate** in child development.

Week 6: Dimensions of Child Development

- **Physical development:** Growth patterns, nutrition, and health.
- **Cognitive development:** Intelligence, language, and problem-solving.
- **Socio-emotional development:** Self-identity, relationships, and emotional intelligence.

Week 7: Methods of Studying Children and Adolescents – Part I

- Qualitative research methods: **Observations, case studies, and interviews.**
- Psychological tests for understanding **cognition and emotions.**

Week 8: Methods of Studying Children and Adolescents – Part II

- Quantitative research methods: **Surveys, experiments, and statistical analysis.**
- Ethical considerations in studying children and adolescents.

Week 9: Growing Up with Media

- **Influence of digital media and technology** on childhood and adolescence.
- Positive and negative effects of **social media, gaming, and screen time.**
- Strategies for **healthy digital habits.**

Week 10: Issues Affecting Adolescents

- Common challenges: **Peer pressure, bullying, body image issues, and identity crisis.**
- Impact of **substance abuse, mental health issues, and stress.**
- **Support systems and coping mechanisms** for adolescents.

Week 11: Life Skills Education for Adolescents

- Importance of **life skills education** for emotional well-being.
- Developing **critical thinking, communication, decision-making, and problem-solving.**
- Teaching **self-awareness, empathy, and conflict resolution.**

Week 12: Child Rights and Legislation

- **UN Convention on the Rights of the Child (UNCRC)** and its importance.
- **Child protection laws** in India and globally.
- Role of **NGOs, government policies, and advocacy** in child welfare.
