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SMART TEENS: A HEALTH AWARENESS AND EMPOWERMENT PROGRAM FOR SECONDARY SCHOOL STUDENTS

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Department of Primary Care Medicine



The Family Medicine Specialist (FMS) from the Department of Primary Care Medicine, Faculty of Medicine UiTM, in collaboration with Sekolah Menengah Kebangsaan (SMK) Sierramas, conducted an interactive program on “Penjagaan Kesihatan Reproduksi Remaja” and “Pencegahan Gejala Merokok dan Vape Dalam Kalangan Remaja.” It is a 2-day program from the 19th until the 20th of October 2023,

conducted in the school hall at SMK Sierramas. This program aimed to educate and empower secondary school students about relevant health issues affecting teenagers today.



On the first day, the focus of the activities was centered around the theme of adolescent sexual and reproductive health. Dr. Nafiza Mat Nasir, one of the FMS who had led the session, started her talk on the topics “Kenali dan Sayangi Diri,” “Jantina dan

Gender,” “Tanggungjawab Saya,” and “Teknik Penolakan.” In between the talk, the facilitators, Assoc. Prof. Dr. Farnaza Ariffin, Dr. Hayatul Najaa Miptah, Dr. Aiza Nur Izdihar Zainal Abidin, Dr. Khairatul Nainey Kamaruddin, and Dr. Nik Munirah Nasir, conducted group activities with the students, who were divided into groups of 12–15 people, consisting of both boys and girls. The group activities allowed the students to express themselves and engage with the facilitators while discussing the presented topics.

On the second day, there were a total of 180 students who participated in the program. They were divided into groups with facilitators among the FMS: Assoc. Prof. Dr. Suraya Abd Razak, Dr. Nafiza Mat Nasir, Dr. Lina Lohshini Kanoo, Dr. Hayatul Najaa Miptah, and Dr. Aiza Nur Izdihar Zainal Abidin, who guided them on the topics of smoking and vaping.

The main activity for this session was planning and presenting a sketch related to smoking and vaping cessation. The scenarios included: advising peers on the dangers of vape, advising family members to quit smoking, and handling smokers who vaping in no-smoking areas in the community. The students, with their creativity and ingenuity, had made the session not only educational but fun as well.

We received positive feedback from the students and the teachers and are looking forward to more collaborations in the future. As they say, our teenagers are our hope for the next generation; and each of us has a role in shaping their future.

