Hypotheses

The adolescent (girls and boys) who are exposed to the intervention programme will have higher awareness on developmental changes in adolescence when compared to those who are not exposed to the intervention programme.

The subjective well being of the adolescent who are exposed to the intervention programme is higher than the subjective well being of those who are not exposed to the intervention programme.

The self-esteem of the adolescent girls who are exposed to the intervention programme is significantly higher than those adolescent who are not exposed to the intervention programme.

The adolescent (girls and boys) who are exposed to the intervention programme will show significantly well adjustments compared to those adolescent girls who are not exposed to the intervention programme.