The first section describes the Adolescence Education Program in India and the conceptual framework that guides the program. Sections II, III, and IV deal with the 'process of growing up, prevention of HIV/ AIDS and prevention of substance abuse,' respectively. The fifth section has modules on the skills for facilitators, the relevance and mechanisms for advocacy in this program and the importance of training peer educators to take the program forward.

These training and resource materials are meant for a range of facilitators, including, the master trainers (could be AEP officials in the national implementing agencies, officials in the education departments, school administrators, principals, teachers) and nodal teachers. These teachers are entrusted with transacting these materials with adolescents in classroom situations. However, the final target audience for these materials is the adolescents in classes 9 and 11.