STANDARD 6 LIFE SKILLS

UNIT 1 GROWING UP

CHANGES DURING ADOLESCENCE IN BOYS

- deepening of voice
- development of pimples on their faces
- broadening of shoulders
- growing of pubic hair
- experiencing of wet dreams
- enlargement of penis and testes

CHANGES IN GIRLS DURING ADOLESCENCE

- hips getting wider and more round
- the breast beginning to grow
- beginning of menstruation
- development of pimples on their faces
- growth of pubic hair

BEHAVIOR CHANGES IN BOTH BOYS AND GIRLS

- develop interest in sex
- begin to rebel against parental authority
- becoming closer to their peers emotionally and socially

PROBLEMS WHICH ADOLESCENTS EXPERIENCE

- peer pressure
- drug and substance abuse
- sexual harassment

- teenage pregnancies
- rape
- contraction of HIV that mau lead to AIDS

DEALING WITH PROBLEMS YOUNG PEOPLE EXPERIENCE

- abstinence
- guidance and counseling
- acquisition of life skills

UNIT 2 PERSONAL HYGIENE

EXAMPLES OF GOOD HEALTH HABITS

- proper handling of food
- good eating habits
- eating nutritious food
- washing hands
- cleaning teeth
- doing physical exercises
- rest and sleep

CULTURAL PRACTICES THAT AFFECT GOOD HEALTH HABITS

- not bathing
- not eating certain food
- wife inheritance (chokolo)
- swapping of spouses
- sexual partners (chimwanamaye)

UNIT. 3 SANITATION

What is sanitation ?

Sanitation is the care of people's surrounding

TYPES OF SANITATION

1. good sanitation
2. bad sanitation

Examples of good sanitation practices

- proper use of the toilets
- proper use of bathrooms
- proper use of rubbish pit

Below is a table illustrating specific waste from various sources

Source of waste	Types of waste
People's and animal bodies	feaces,urine,sweat
Homes	dirty water,leftover food, fruit peels,plastic bags,containers, paper
Industries	paper, cotton rugs,plastic bags,containers,pieces of glass,chemical wastes

TOILETS

Toilets help proper disposal of body wastes

TYPES OF TOILETS

There are two types of toilets. These are

1. Pit latrines
2. Water closets

BATHROOMS

There are three types of bathrooms. These are

1. Shower

2. Bathtub
3. Bath shelter

RABBISH PITS

All litter and rubbish swept in the home and school should be put in the rubbish pit

UNIT 4 SELF AWARENESS

What is self awareness ?

Is the ability to assess one self in terms of strengths and weakness

CHARACTERISTICS OF A PERSON WITH A POSITIVE SELF AWARENESSES

- the person accept responsibilities
- the person makes independent decisions
- the person accepts criticism

THE IMPORTANCE OF SELF AWERANESS

Self awareness is important in that it assists one to develop a consious and honest understanding and evaluation of oneself. One is able to discover one's capabilities, likes,dislikes and values

UNIT 5 SELF ESTEEM

What is self-esteem ?

Self-esteem is the value an individual places on oneself

THE IMPORTANCE OF SELF-ESTEEM

- being accepted by others
- being shown love and care
- being rewarded by others for success
- achievements

FACTORS THAT INFLUENCE LOW SELF-ESTEEM

- frequent failures
- exposure to negative comments
- loss of close family member or friends
- gender inequality
- poverty
- abuse
- loneliness

UNIT 6 ASERTIVENESS

Assertiveness is being able to convey one's views and feelings to others without fear

THE IMPORTANCE OF ASSERTIVENESS

- avoiding social and health problems
- achieving one's goals
- promoting honest relationships
- Maintaining personal identity

FACTORS THAT INFLUENCE ASSERTIVENESS

- prior knowledge
- the way one was brought up
- one's values and morals

UNIT 7 INTERPERSONAL RELATIONSHIPS

Interpersonal relationships are relationships between or among people.

FACTORS THAT INFLUENCE PEOPLE TO LIVE TOGETHER IN THEIR COMMUNITIES

- neighbourliness
- love
- support

- sharing of common national services
- security
- employment
- cooperation
- relationship
- religion
- ethnicity
- recreation
- culture

FACTORS THAT PROMOTE RELATIONSHIPS

- love
- care
- empathy
- tolerance
- gender sensitivity
- observation of human rights
- respect
- effective communication
- honesty
- politeness
- discipline
- loyalty

FACTORS THAT DESTROY RELATIONSHIPS

- envy

- unfulfilled promises
- jealousy
- rudeness
- poverty
- disrespect
- violence
- theft
- gossip
- lies

UNIT. 8 STRESS AND ANXIETY

What is stress ?

Is the pressure or worry from difficult situations

What is anxiety ?

Anxiety is the trouble feeling in the mind caused by fear and uncertainty about the future

CAUSES OF STRESS AND ANXIETY

- death of a loved one
- pressure of work
- peer pressure
- chronic illness
- failure to do or achieve something
- poverty
- speaking in front of a crowd of people
- starting and leaving school
- losing a job

- legal problems
- awaiting results of HIV test
- discrimination

EFFECTS OF STRESS AND ANXIETY

GOOD EFFECTS OF STRESS AND ANXIETY

- improve awareness
- promote alertness
- result in good performs

BAD EFFECTS OF STRESS AND ANXIETY

- headaches
- short temper
- overreacting to trivial things
- fatigue
- restlessness
- sleepless ness
- Boredom
- depression
- low job performance
- indigestion
- difficulty concentrating
- in ability to finish tasks that have been started
- heart attacks
- hypertension
- strokes
- ulcers

- asthma
- Cancer

WAYS OF MANAGING STRESS AND ANXIETY

- regular active exercise
- developing a positive mental attitude to problems
- proper planning and organization
- seeking social support
- adequate rest
- trust in God
- relaxation
- having enough sleep

UNIT 9 PROBLEM SOLVING AND DECISION MAKING

Situations and condition that require decision making and problem solving

- physical changes in the body
- adolescence
- sexual relationship
- cultural practices
- peer pressure
- poverty
- orphanhood
- STIs
- drug and substance abuse
- environmental degradation
- violence
- delinquency

THE IMPORTANCE OF WELL THOUGHT AND PROBLEM SOLVING SKILLS

- it promote the ability of resisting situation that may lead people into problems
- it help one to concentrate on productive activities

CONSEQUENCES OF MAKING WRONG DECISIONS

It result in improper actions such as

- rape
- harassment
- drug and substance abuse
- criminal activities
- suicide
- teenage pregnancy
- contraction of STIs including HIV/AIDS
- school dropout
- abortion
- death

FACTORS THAT INFLUENCE DECISION MAKING

- gender
- anxiety
- peer pressure
- religious
- one's personality

THE PROCESS OF DECISION MAKING AND PROBLEM SOLVING

1. Knowing the problem

2. Considering possible solutions
3. Examining consequences of each solution
4. Choosing the best solution
5. Taking necessary action

UNIT. 10 PEACEFUL CONFLICT RESOLUTION

Situations that may lead to conflicts;

- teenage pregnancies
- abortion
- illnesses
- forced marriage
- drug and substance abuse
- risky behaviour
- gender inequities
- violation of human rights
- boy or girl relationship

WAYS OF AVOIDING CONFLICTS

- avoiding risky behaviors
- being tolelant
- respecting other people's views
- being patient
- respecting oneself and others
- not provoking other people
- promoting gender equality

WAYS OF RESOLVING CONFLICTS PEACEFULLY

- Negotiation
- Mediation
- Arbitrator

THE IMPORTANCE OF RESOLVING CONFLICTS PEACEFULLY

- helps to promote unity
- it promote cooperation and development
- it create good relationship
- it promote human dignity
- it prevents violence
- it protect life and property

UNIT 11 DRUG AND SUBSTANCE ABUSE

What are drugs ?

Drugs are chemicals that are taking orally or through injunctions to relieve pain or suffering

EXAMPLES OF DRUGS

- Paracetamol
- Aspirin
- Penicillin

What is drugs and substance abuse ?

Drugs and substance abuse is the use of drugs and substance for an intended purposes

EXAMPLES

- over drinking alcohol
- overdose and under dose of common drug
- taking expired drugs
- taking medicines without the doctors advice (self medication)

FACTORS THAT CONTRIBUTE TO DRUG AND SUBSTANCE ABUSE

- lack of self control in copying of what others are doing
- lack of self confidence
- influence from friends
- to get excited
- to show off to others that they are courageous
- frustration and loneliness

EFFECTS OF DRUG AND SUBSTANCE ABUSE

- mental disorders
- crime
- death
- exposure to early teenage pregnancies
- STIs including HIV and AIDS

UNIT 12 GUIDANCE AND COUNSELLING

What is counselling ?

Counseling is the process of helping someone to overcome personal challenges

PROBLEMS THAT AFFECT THE YOUTHS AS THEY GROW UP

- Physical and emotional changes
- Peer pressure
- Drug and substance abuse
- STIs and HIV
- Sexual relationships

IMPORTANCE OF GUIDANCE AND COUNSELLING

- It assist the learners to avoid risky behaviour

PLACES WHERE TO GET GUIDANCE AND COUNSELING SERVICES

- Family members
- Teachers
- Health professional
- Religious leaders
- Youth clubs
- From counsellors

UNIT 13 MORALS AND VALUES

What are morals ?

Morals are acceptable codes of conduct in any society

What are values ?

Values are beliefs and standards one regards to be important

UNIT 14 CULTURAL PRACTICES THAT FACILITATE THE SPREAD OF HIV

- Wife inheritance (chokolo)
- Swapping sexual partners (chimwanamaye)
- Kuchotsa fumbi
- Circumcision
- Kulowa kufa

GENDER,HIV AND AIDS

Why women have more chances of getting HIV than men ?

- Poverty
- Women are not expected to say no to sex in marriage
- Women receive all the seminal fluids from the man which may have high quantity of HIV

UNIT 15 EFFECTIVE COMMUNICATION ON HIV AND AIDS

CHANNELS OF COMMUNICATION ON HIV AND AIDS

- News papers
- Books
- Radios
- Television

FACTORS THAT PREVENT EFFECTIVE COMMUNICATION ON HIV AND AIDS

- Age
- Cultural factors
- Religion

FACTORS PROMOTING EFFECTIVE COMMUNICATION

- tolerance
- empathy
- respect
- patience
- intepersonal relationship

UNIT 16 SEXUALLY- TRANSIMITTED INFECTION

Sexual transmitted infection is an infection passed on from an infected person to a health person mainly through sexual intercourse

COMMON STIs

- Syphilis
- Candidiasis
- Herpes
- Gonorrhoea
- AIDS

SIGNS AND SYMPTOMS OF STIs

- Sore or blister on or around genitals
- Un usual discharge from the penis or vagina
- Pain when urinating
- Excessive itching on the genitals
- Smelly discharge from genitals

TRANSMISSION OF STIs INCLUDING HIV

- Unprotected sexual intercourse
- Sharing pants
- Kissing
- Infected mother to her baby during pregnancy

PREVENTION OF STIs INCLUDING HIV

- abstinence
- mutual faithful
- not sharing skin piercing instruments
- use of drugs to prevent mother- to - child transmission

UNIT 17 VOLUNTARY COUNSELLING AND TESTING

Voluntary testing and counselling (**VCT**) is a service that is offered to anyone who wishes to know whether he or she is infected with HIV

Voluntary means that a person is not forced to go for testing

In counseling, aperson helps someone to arrive at a reasonable decision whether to take an HIV test or not . The one helping is known as *a counsellor*

And the one receiving help is *a client*

TESTING means checking whether one is infected with HIV or not

STAGES IN THE VCT PROCESS

1. A person goes for VCT

2. A person counselled before testing

3. A person decides whether to be tested or not
4. If a person decides to be tested he or she is counseled results are given

HIV - NEGATIVE HIV- POSITIVE

SESSIONS FOT VOLUNTARY COUNSELLING AND TESTING

- Pre- testing counseling
- Test process
- Implication of testing
- Risk assessment
- Prevention counselling
- Assessing coping strategies
- Decision to test
- Testing

THE IMPOTENCE OF VOLUNTARY COUNSELLING AND TESTING (VCT)

- It helps one accept one's HIV status
- It reduces HIV and AIDS stigma
- It reduces parents - to - child transmission
- It promote planning and preparation of a will
- It facilitates social support

- It facilitates behavioral change

UNIT 18 THE RIGHTS OF PEOPLE LIVING WITH HIV AND AIDS

What are human Rights ?

Human rights are natural entitlements due to persons by virtue of being human beings

RIGHTS OF PEOPLE LIVING WITH HIV AND AIDS

- Right to equality
- Right to liberty
- Right to human dignity
- Right to health
- Right to employment
- Right to participation

SPECIFIC RIGHTS OF PLWA

- Right to live free from harmful discrimination
- Right to be treated with respect and dignity
- Right to confidential and comprehensive pre- and post- test counseling and to give informed consent
- Right to HIV testing and monitoring without being forced
- Right to quality medical care, palliative care and support services

WAYS OF PROMOTING THE RIGHTS OF PEOPLE LIVING WITH HIV AND AIDS

- Introduction of HIV and AIDS education in schools and colleges
- Establishment of NGOs that work to promote and protect the rights of people living with HIV and AIDS
- Public awareness campaigns on the rights of people with HIV and AIDS
- Forming associations of people living with HIV and AIDS

UNIT 19 VULNERABLE CHILDREN

Who is a vulnerable child ?

A vulnerable child is one who has no one to take care of him or she

EXAMPLES OF VULNERABLE CHILDREN

- Street children
- Child labourers
- Child vendors
- Child sex workers
- Young domestic workers
- Child headed households
- Children with special needs
- Children involved in drug trafficking

WAYS OF ASSISSTING VULNERABLE CHILDRENS

- giving them good education
- placing them in orphanage
- providing them with support and care

WAYS IN WHICH ORPHANS AND VULNERABLE CHILDREN CAN AVOID CONTRACTING HIV AND AIDS

- taking good parantal advice
- having friends with good behavior
- resisting bad influence from friends
- being at home in good time
- participating in regular sporting activities
- abstaining from sex before marriage
- reading good books
- making right decisions

- self awareness
- attending religious meeting
- being assertive
- having self-esteem

UNIT. 20 HOME- BASED CARE

Home based care means looking after the sick in their homes

THE IMPORTANCE OF HOME BASED CARE

- It is economical on the part of guardians
- It reduces overcrowding in hospitals
- It allows more people to be involved in caring for those living with HIV and AIDS

GROUP OF PEOPLE WHO CAN PROVIDE HOME- BASED CARE

- Family
- Religious groups
- Political readers
- Non - governmental organization

THINGS WHICH CARE PROVIDERS NEED TO DO

- Feeding patients with nutritious food
- Bathing them and washing their clothes
- Taking them to the hospital when they are sick
- Chatting with them
- Counseling and comforting them
- Giving them basic items

THE QUALITIES OF HOME- BASED CARE PROVIDERS

- empathy

- patience
- tolerance
- kindness

THINGS HOME- BASED CARE PROVIDERS NEED TO KNOW

- Procedures when bathing a patient
- Laundering for a patient
- Feeding a patient

UNIT 21 PLANNING

What is the meaning of the term ' planning' ?

Planing refers to logical sequencing of activities for proper organization and management of resources

STAGES IN THE PLANNING PROCESS

- Identifying goals
- Organising resources
- Choosing course of as action
- Implementing the plan
- Monitoring
- Evaluation

SITUATION THAT CAN CHANGE PLANS

- Death
- In availability of resources
- Un planned pregnancies
- Illnesses including AIDS
- Stress and anxiety
- Conflicting activities

THE IMPORTANCE OF PLANNING

- Is a key to success
- achievements of goals
- helps to avoid contracting STIs including HIV and AIDS
- helps to monitor how the activity is being done
- easy to follow procedures

UNIT 22 ENTREPRENEURSHIP AND HIV AND AIDS

Entrepreneurship is an activity or small scale business through which people generate money

HOW ENTREPRENEURSHIP CAN HELP PREVENT THE SPREAD OF HIV AND AIDS

They may not engage themselves in commercial sex through which they may contract HIV and AIDS

FACTORS THAT HINDER THE SUCCESS OF BUSINESSES OF PEOPLE LIVING WITH HIV AND AIDS

- Stigmatisation
- Discrimination

UNIT 23. GENDER AND ENTREPRENEURSHIP

What is gender ?

The term gender refers to roles that men and women do or are expected to do in a particular society

What is entrepreneurship ?

Entrepreneurship is an activity or business through which people make money.

FACTORS THAT AFFECT OR SLOW DOWN ENTREPRENEURSHIP

- diseases
- poverty
- discrimination

- lack of capital
- gender biases

SKILLS REQUIRED FOR ENTREPRENEURSHIP

- critical thinking
- planning
- budgeting
- effective communication
- interpersonal relationship skills

HOW GENDER AFFECTS ENTREPRENEURSHIP

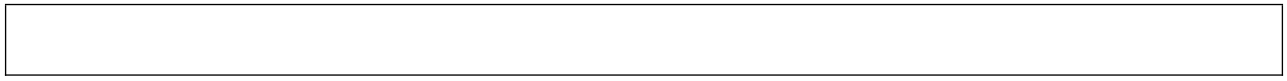
Women may be denied access to loans simply because they are females.

End

Compiled by; emmanuel kapachika

WhatsApp; 0992077604





-