LIFE SKILLS

QUESTIONS AND MODEL ANSWERS

FOR

STANDARD

5, 6, 7 AND 8

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STANDARD 5 LIFE SKILLS

1. Define Malaria
   - Malaria is an infectious disease spread by mosquitoes
2. What causes malaria
   - It is caused by plasmodium
3. Name the animal which spreads malaria parasites
   - Mosquito
4. Mention the parasite which is spread by mosquitoes
   - Plasmodium
5. State any six signs and symptoms of malaria
   - Fever
   - Headache
   - General body weaknesses
   - Abdominal pains
   - Vomiting
   - Diarrhoea
6. Give any four effects of malaria
   - Anaemia
   - Mental disturbance
   - Lack of productivity
   - Death
7. What is the best thing to do when one feels like he or she has malaria?
   - Go to the hospital for malaria test
8. Give any four ways of preventing malaria
   - Slashing tall grass
   - Filling pot holes
   - Draining stagnant water
   - Sleeping under treated mosquito net
   - Using mosquito repellents
   - Spraying insecticides
   - Taking anti-malaria tablets
9. How does pouring of paraffin on stagnant water control mosquitoes?
   - It suffocates the mosquito larva
10. State two traditional ways of preventing mosquitos
    - Using shrubs
    - Using animal dung
11. Give any three common examples of sexually transmitted infections
    - Syphilis
    - Candidiasis
    - HIV and AIDS
12. Explain any two signs and symptoms of syphilis
    - Sores or rash in the genitals
    - Pain in the lower abdomen
    - Itching in the genital area
13. Name a bacterium which causes syphilis
    - Treponema palladium

14. Give any two signs and symptoms of gonorrhoea
    - A burning sensation when urinating

- A yellowish discharge from sexual organs

15. What causes gonorrhoea?
    - Neisseria gonorrhoea
16. What does STIs stand for?
    - Sexually Transmitted Infections
17. What does HIV stand for?
    - Human Immunodeficiency Virus
18. What does AIDS stand for?
    - Acquired Immune Deficiency Syndrome
19. State any four ways how HIV is transmitted.
    - Sexual intercourse
    - Blood to blood contact
    - Sharing cutting and piercing instruments
    - Sharing toothbrushes
    - Mother to child transmission
20. State five symptoms of HIV and AIDS
    - Loss of weight
    - Shingles
    - Frequent fever
    - Diarrhoea
    - Loss of hair
21. Give any three ways of preventing STIs, HIV and AIDS
    - Total abstinence from sex
    - Avoiding sharing skin-piercing instruments
    - Avoiding risky behaviours
    - Avoiding harmful cultural practices
    - Using a condom consistently and correctly when having sex
    - Being faithful to a mutually-faithful and uninfected spouse
22. What is the most effective way of preventing HIV and AIDS?
    - Abstinence
23. Explain any two effects of STIs
    - Damage to body organs and tissues
    - Paralysis of certain body parts
    - Blindness
    - Mental illness
    - Infertility in both males and females
    - Death if left untreated for too long
24. List any two effects of HIV and AIDS
    - The immune system of the body is destroyed
    - People become weak and cannot participate actively in activities Death
    - Orphanhood
    - Widowhood
    - Widowerhood
    - Stigmatization
    - Discrimination
    - Absenteeism from school and work
25. Mention any two factors that contribute to the spread of STIs, HIV and AIDS
    - Poverty
    - Too much wealth

- The media
- Cultural practices

26. Define self awareness
    - Self awareness is knowledge of one's strengths, weaknesses, abilities, talents and potentials
27. Define self esteem
    - It is the good or bad feeling one has about oneself
28. State any three factors that affect self esteem negatively
    - Negative comments
    - Failure
    - Poverty
    - Punishment
    - Lack of recognition
    - Inhumane treatment
    - Gender inequality
    - Discrimination
29. State any four characteristics of people with high self esteem
    - Ambitious
    - Assertive
    - Confident
    - Enthusiastic
    - Optimistic
    - Innovative
    - A self starter
30. State any four characteristics of people with low self esteem
    - Pessimistic
    - Aggressive
    - Shy
    - Withdrawn
    - Not confident
    - Not self-initiative
    - Conservative
    - Afraid of making mistakes
    - Afraid of taking challenges
31. Give any three factors that positively affect self esteem.
    - Rewards
    - Positive comments
    - Supportive environment
    - Success
    - Recognition
32. Mention any four physical changes that take place in boys during adolescence
    - Grow taller
    - Shoulders get broader
    - Genitals grow bigger
    - Pubic hair develops
    - Hair grows in the armpits and on the chest
    - Develop a deep voice
    - Facial hair develops

33. The figure below is a picture of boys playing football



Which essential life skill does the picture illustrate?

- Self awareness

34. State four physical changes that take place in girls during adolescence
    - Grow taller
    - Hips get broader and more round
    - Genitals grow bigger
    - Pubic hair develops
    - Hair grows in the armpits
    - Breasts develop
35. State any three changes in both boys and girls during adolescence
    - Get taller
    - Genitals grow bigger
    - Pubic hair develops
    - Hair grows in the armpits
    - Genitals become bigger
36. Give any two emotional changes in boys and girls during adolescence
    - Develop sexual curiosity
    - Develop mood swings
    - Need to be accepted by a peer group and belong to it
    - Want to be independent and attached to friends
    - Question the values of authority and older generations
    - Develop sexual conscious
37. Define the term ‘adolescent’
    - A young person between childhood and adulthood
38. What is adolescence?
    - A period in a person’s life between childhood and adulthood
39. Define the term ‘puberty’
    - The change from the body of a child to the body of an adult
40. Give any four values and attitudes of boys and girls
    - Love for their family
    - Need for new clothes
    - Playing with friends
    - Eating good food
    - Exploring
    - Travelling
    - Playing
    - Curiosity
41. What are the roles and status of boys and girls? Give any two
    - Being group leaders
    - Being captains

- Being choir leaders
- Being ordinary members

42. What are norms?
    - They an acceptable standards or behaviour within a particular group of people or society
43. What are values?
    - Values are beliefs or standards one regards as being important
44. Give four main stages of human development
    - Early childhood stage or infancy stage
    - Middle childhood stage
    - Late childhood stage
    - Adulthood stage
45. Early childhood stage is between
    - Birth to about 4 years of age
46. Middle childhood stage is between
    - 5 years to 8 years of age
47. Late childhood stage is between
    - 9 years to about 17 years of age
48. Adulthood stage is between
    - 18 years and onwards
49. Late childhood stage is also known as
    - Adolescence stage
50. What is the negative effect of physical changes in both boys and girls at adolescence stage on their health?
    - Contracting STIs including AIDS due to risky behavioural practices
51. Describe any two changes that take place during late childhood stage
    - Growing taller
    - Shoulders getting bigger
    - Pubic hair developing
    - Hair beginning to grow under the arm and on the chest
52. Describe any three characteristics of late childhood stage
    - Struggling to be independent
    - Abstract thinking
    - Wanting to experiment things
    - Enjoying spending more time in the company of peers at home
    - Wanting to be loved by members of the opposite sex
    - The need to be noticed by members of opposite sex
    - Using tricks available to assert his or her independence
53. Explain any one influence of characteristics of late childhood stage
    - Running away from school or home
    - Getting involved in early sexual activity
    - Having a desire to please peers

54. Define the term ‘moral’
    - It means a sense of right or wrong
55. What is culture?
    - Culture is people’s way of living in a society
56. Give any four main sources of morals and values
    - School

- Religion
- Family
- Environment

57. Explain any two effects of treating women as inferior
    - They are not empowered
    - They may not negotiate for safer sex
58. Explain the meaning of the term ‘dilemma’
    - A situation in which one has to choose between two things which are often equally important or bad
59. Explain what is meant by ‘peer pressure’
    - Peer pressure is when friends or classmates force you to do something
60. Mention any four bad practices
    - Sexual activities
    - Chamba smoking
    - Beer drinking
    - Cheating in examinations
    - Drug and substance abuse
    - Use of obscene language
    - Violence
    - Theft
61. Give any two characteristics of good companies
    - Working at school
    - Having a good behaviour
62. Give any two characteristics of bad companies
    - Chamba smoking
    - Beer drinking
    - Theft
63. Give any two ways of resisting peer pressure
    - Choosing a company of good friends
    - Acquiring skills for resisting negative peer pressure.
64. What are the importance of resisting peer pressure? Give any two points
    - It helps an individual to prevent social problems
    - It helps an individual to prevent health problems
    - It helps an individual to avoid indulging in sexual relationships
65. What is a goal?
    - It is what one wants to achieve in life
66. Give two types of goals
    - Long term goals
    - Short term goals
67. List any three factors that help one to achieve goals
    - Time available
    - Money
    - Resources
68. List any three factors that prevent one from achieving goals
    - Terminal illnesses
    - Alcoholism
    - Laziness
    - Lack of time
    - Excessive family responsibilities

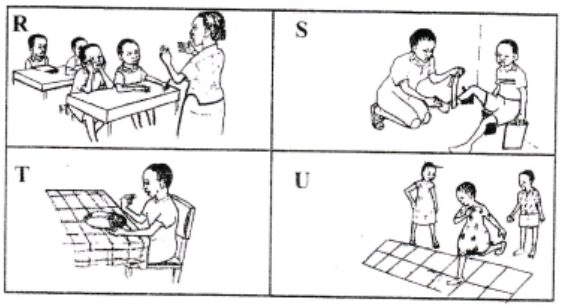
- Unwanted pregnancies
- Lack of economic support

69. List any two common goals in life
    - A school goal
    - A career goal
    - A religious goal
    - A personality goal
70. Describe any two factors one should consider when setting the goals
    - What one is good at
    - What one enjoys doing
    - Who one admires
    - The things one likes in a role model
    - What one would like to do in future
    - What one would like to be within a particular period of time
71. Explain any three factors that can affect the achievement of one's goals
    - Self confidence
    - A decision to work very hard
    - Planning for a positive future
    - Standing firm and not looking back
    - Being strong and believing in oneself
    - Determination to do to something that one loves
72. What is the importance of setting a goal? Give one point
    - It helps one to achieve things in life
    - It helps one to concentrate on what one has set to achieve
73. List down any seven problems that the youth face
    - Child abuse
    - Peer pressure
    - Sexual abuse
    - Child labour
    - Drug and substance abuse
    - Poverty
    - Unemployment
    - Failing examinations
    - Moral decay
    - Limited access to services
    - Bad cultural practices
74. What are the importance of acquiring problem solving and decision making skills?
    - Helps to overcome problems in life.

75. Define the term child abuse
    - Wrong or bad use of children
76. What is child labour?
    - Making children under the age of 16 work for payment.
77. Give any two forms of child abuse
    - Employing children in estates
    - Employing children in household businesses
    - Employing children in vending businesses

78. What is sexual abuse?
    - Having sex with someone below the age of 16 or having sex with an adult who does not want to have sex
79. Give any two forms of sexual abuse
    - Sexual remarks
    - Bad body touch
80. Define the term 'human rights'
    - Human rights refers to the basic entitlements of citizens which safeguard their well-being
81. List any two harmful cultural practices
    - Early marriages
    - Kusasa fumbi
    - Kulowa kufa
    - Fisi
82. List down any four examples of human rights.
    - Right to life
    - Right to human dignity
    - Right to liberty
    - Right to equality
    - Right to association
    - Right to privacy
    - Right to education
83. Give any four rights of children
    - Right to have clean food and water
    - Right to health care
    - Right to play
    - Right to free education
84. What are human rights violation
    - Ignoring people's human rights
85. Give any two examples of human rights violations
    - Denied access to legal services
    - Denied access to education
    - Denied access to proper health care
    - Denied access to economic opportunities
86. Give any five causes of conflicts
    - Jealousy
    - Gossiping
    - Political differences
    - Gender biases
    - Stealing
    - Competition for limited resources
    - Lack of love
    - Lack of respect for one another
    - Disobedience
    - Moral decadence
    - Lack of self control
    - Poverty
    - Unfaithfulness
    - Nepotism
    - Uncaring attitude
    - Dishonesty

87. Figure below shows illustrations **R**, **S**, **T** and **U** on human rights. Use it to answer the questions that follow



(i) Identify any three basic human rights illustrated in the figure above
- Right to education
- Right to food
- Right to health care

(ii) What responsibility goes with the right in illustration R?
- Studying notes

88. Define the term 'conflict'
- Misunderstanding between or among people.

89. List down any four effects of conflicts
- Resentment
- Anger
- Hatred
- Fights
- Quarrels
- Divorce
- Imprisonment
- Teenage pregnancy
- Breakdown of relationships
- Suicide
- Retardation of development
- Poverty
- Mental disorders
- Loss of life
- Destruction of property
- Injuries

90. What is peaceful conflict resolution?
- Ending conflict without fighting

91. What is the importance of resolving conflicts peacefully?
- Saving lives
- Mending the relationships
- Development takes place in the communities
- Avoiding destruction of property
- Helps to prevent injuries
- Helps to promote good relationship.

92. Give three main ways of resolving conflicts peacefully
- Negotiation
- Mediation
- Arbitration

93. Describe the three main ways of resolving conflict peacefully
- Negotiation involves two concerned parties solving their problems

- Mediation involves a third person who acts as a mediator
- Arbitration involves a third person who acts as an arbitrator or a judge

94. Mention any two non-peaceful ways of resolving conflicts
    - Fighting
    - Cutting ties
    - Silence
95. Why is money important in ones life?
    - It helps one to get basic needs in life
96. List any two sources of money
    - Employment
    - Business
97. Give three main basic needs in life
    - Shelter
    - Food
    - Clothes
98. Name any two uses of money in families
    - Buying food
    - Paying for rent
    - Paying for school fees
    - Buying clothes
    - Paying for transport services
99. Explain any two importance of managing finances properly
    - It helps to control one's money
    - It helps one to live within one's means and avoid debt
    - It helps one to prepare for emergencies
    - It helps one to improve one's life
    - It helps one to meet one's saving goals
100. What can happen if money is not managed properly in any business?
    - Business may be closed
101. What is entrepreneurship?
    - Income generating activities
102. Give five examples of entrepreneurship
    - Vending
    - Mat making
    - Tailoring
    - Selling mandasi
    - Selling kaunjika
103. Explain the importance of entrepreneurship
    - It helps one to generate income and develop self reliance
104. State any three skills of entrepreneurship
    - Planning
    - Budgeting
    - Creative thinking
    - Problem solving
    - Decision making
    - Effective communication
    - Market survey
    - Negotiation

Jane is in Standard 5. One day, while playing at school, she fell down. Since that day, her friends laugh at her every time. As a result she is refusing to go to school. Use this information to answer questions 105 to 106

105. How can Jane be helped to go to school again?
    - Counselling her

106. Which moral value was lacking in Jane's friends?
    - Empathy

A certain girl was in Standard 8. In the process of getting extra lessons at school, her teacher started touching her breasts. Use this information to answer question 107

107. What name is given to the conduct done by the teacher?
    - Sexual harassment

STANDARD 6 LIFE SKILLS

1. Define the term 'adolescence'
   - The time of life between the ages of 9 and 19
2. Physical change refers to
   - Body change
3. Give any two physical changes which boys experience as they grow up
   - Deepening of voice
   - Development of pimples on their faces
   - Broadening of shoulders
   - Growing of pubic hair
   - Enlargement of penis and testes
   - Experiencing of wet dreams
4. Give any two physical changes which girls experience as they grow up
   - Hips getting wider and more round
   - The breasts beginning to grow
   - Beginning of menstruation
   - Development of pimples on their faces
   - Growth of pubic hair
5. Name any three common problems which young people face as they grow up
   - Peer pressure
   - Drug and substance abuse
   - Sexual harassment
   - Teenage pregnancies
   - Rape
   - Contraction of HIV that may lead to AID
6. Suggest any two solutions to the problems which young people face as they grow up
   - Abstinence
   - Guidance and counselling
   - Acquisition of life skills
7. Define personal hygiene
   - Personal hygiene refers to taking care of one's body
8. List down any seven good health habits
   - Proper handling of food
   - Good eating habits
   - Eating nutritious foods
   - Washing hands
   - Cleaning teeth
   - Doing physical exercises
   - Rest and sleep
   - Washing clothes and bed linen frequently
   - Changing clothes and bed linen frequently
   - Ironing clothes
9. List any three cultural practices that affect good health habits
   - Not bathing
   - Not eating certain foods
   - Wife inheritance
   - Swapping of sexual partners or spouses

10. What does the term ‘laundering’ mean?
    - Washing and ironing clothes
11. Mention any two examples of bad health habits
    - Not eating certain foods
    - Speaking while eating
    - Exchanging wives and sexual partners
12. Give any two importance of good health habits including people with HIV and AIDS
    - Prevents people from opportunistic infections
    - Strengthening their immunity
13. Explain how one can take care of the following:
    a. Body
       - by bathing
    b. Teeth
       - by brushing
    c. Hands
       - by washing
    d. Clothes
       - by washing and ironing
    e. Hair
       - by combing
14. Mention five ways of disposing of wastes
    - Rubbish bins
    - Rubbish pits
    - Toilets
    - Bathrooms
    - Fire
15. Define sanitation
    - Taking care of the surroundings
16. Define sanitation
    - Taking care of the surroundings
17. Give two main types of toilets
    - Pit latrines
    - Water closets
18. Give any two sources of waste
    - People’s bodies
    - Animal bodies
    - Homes
    - Industries
19. List any two wastes from homes
    - Dirty water
    - Leftover foods
    - Fruit peels
    - Plastic bags
    - Containers
    - Paper

20. List down any two practices involved in sanitation.
    - Sweeping
    - Slashing
21. What is the consequence of poor sanitation?
    - Infections by diseases
22. Define the term 'self awareness'
    - The ability to assess oneself in terms of strengths and weaknesses
23. Describe any two characteristics of people with a positive self awareness
    - Able to set realistic goals in life according to his or her abilities
    - Able to accept responsibilities
    - Able to make independent decisions
    - Able to accept criticism
    - Aware of his or her limitations
    - Willing to learn from others through interactions
24. Describe the importance of self awareness
    - It assists one to develop a conscious and honest understanding and evaluation of oneself
    - One is able to discover one's capabilities, likes, dislikes and values
25. What is meant by the term 'self esteem'?
    - The value an individual places on oneself
26. Give any two characteristics of people with a positive self esteem
    - Set realistic goals in life
    - Accepts responsibilities
    - Makes independent decisions
    - Accepts criticisms
    - Aware of his or her limitations
    - Willing to learn from others
27. Describe any two importance of self esteem
    - It helps an individual to develop self confidence
    - It helps one to be in control of one's life
    - It enables one to deal with situations in a responsible manner
    - It assists one to see mistakes as learning experiences
    - It enables one to trust other people
    - It enables one to take reasonable risks
    - It enables one to live life independently
    - It enables one to understand and express feelings and emotions in positive ways
28. Explain any two factors that influence high self esteem
    - Being accepted by others
    - How one values oneself
    - How one relates with others
    - Achievements
    - Having a positive attitude towards oneself
    - Being shown love and care
    - Being rewarded by others for successes
    - Gender equality
    - Socio-economic status

29. Explain any two factors that influence low self esteem
    - Frequent failures
    - Exposure to negative comments
    - Loss of close family members or friends
    - Gender inequality
    - Poverty
    - Abuse
    - Lack of recognition
    - Loneliness
30. Explain the meaning of term 'assertiveness'
    - Being able to convey one's views and feelings to others without fear
31. Explain any two importance of assertiveness
    - Helps one in avoiding social and health problems
    - Helps one in achieving one's goals
    - Helps one in promoting honest relationships
    - Helps one in maintaining personal identity
    - Helps one in taking control of one's life
32. Give any two factors that can influence a person to be assertive
    - Prior knowledge which assists one to reject some myths and misconceptions
    - The way one was brought up
    - One's values and morals
33. What are interpersonal relationships?
    - Are relationships between or among people
34. Give any four factors that promote interpersonal relationships
    - Love
    - Care
    - Honesty
    - Empathy
    - Tolerance
    - Gender sensitivity
    - Politeness
    - Discipline
    - Observation of human rights
    - Respect
    - Effective communication
    - Loyalty
35. Give any four factors that destroy interpersonal relationships
    - envy
    - unfulfilled promises
    - jealousy
    - poor communication
    - dishonesty
    - rudeness
    - poverty
    - disrespect
    - violence
    - theft

- gossip
- lies

36. State any three factors that may influence people to live together in their communities
    - Neighbourliness
    - Love
    - Sharing of common national services
    - Support
    - Security
    - Employment
    - Cooperation
    - Relationship as family members
    - Peers
    - Religion
    - Ethnicity
    - Recreation
    - Culture
37. Define “stress”
    - Pressure or worry from difficult situations
38. What is anxiety?
    - Troubled feelings in the mind caused by fear and uncertainty
39. Mention any five 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
40. State any two good effects of stress and anxiety
    - Improving awareness
    - Promoting alertness
    - Resulting in good performance
41. State any four bad effects of stress and anxiety
    - Headaches
    - Short temper and over-reacting to trivial things
    - Fatigue
    - Restlessness
    - Sleeplessness
    - Boredom
    - Depression
    - Low job performance
    - Indigestion
    - Difficulty in concentrating on something

- Inability to finish tasks that have been started
- Heart palpitations

42. Give any five ways of managing stress and anxiety
    - Recognising and identifying the causes of problems
    - Practising regular active physical exercises
    - Developing a positive mental attitude to problems
    - Proper planning and organisation
    - Seeking social support
    - Having adequate rest
    - Trusting in god
    - Relaxation
    - Having enough sleep
43. Mention any three situations that may require decision making and problem solving
    - Physical changes in the body
    - Adolescence
    - Sexual relationships
    - Cultural practices
    - Peer pressure
    - Poverty
    - Orphanhood
    - STIs including HIV and AIDS
    - Drug and substance abuse
    - Environmental degradation
    - Violence
    - Delinquency
44. Explain any one importance of well thought out decisions and problem solving skills
    - Promoting the ability of resisting situations that may lead people into problems
    - Assisting one to concentrate on productive activities
45. State any five consequences of making wrong decisions
    - Harassment
    - Rape
    - Drug and substance abuse
    - Criminal activities
    - Suicide
    - Teenage pregnancies
    - Contraction of STIs including HIV and AIDS
    - School dropout
    - Abortion
    - Death
46. Give any four factors that influence decision making
    - Gender
    - Anxieties
    - Knowledge of one's human rights
    - Peer pressure
    - Religious values
    - One's personality

47. State the process of decision making and problem solving
    - Knowing the problem
    - Considering the possible solutions
    - Examining consequences of each solution
    - Choosing the best solution
    - Taking necessary actions
48. Define the term ‘drugs’
    - Drugs are any substances that are used as a medicine
49. Give any four drugs which are commonly abused
    - Panado
    - LA
    - Penicillin
    - Conjex
    - Cafemol
    - Quinine
    - Bufen
50. State any two uses of drugs
    - Treating diseases
    - Preventing diseases
51. What are substances?
    - Any particular kind of matter
52. List any four substances which are commonly abused
    - Valium
    - Indian hemp
    - Spirit
    - Petrol
    - Cocaine
    - Coffee
    - Soap
    - Sugar
    - Mandrax
    - Salt
53. Give any three uses of substances.
    - Used as fuel
    - Used for cooking
    - Used as cleaning material
54. What is drug and substance abuse?
    - Wrong use of drugs and substances
55. Mention any two causes of drug and substance abuse
    - Peer pressure
    - Curiosity
    - Loss of loved ones
    - Lack of knowledge about the dangers of drug and substance abuse
    - Lack of self confidence
    - Frustration
    - Loneliness

- To get excited

56. State any two effects of drug and substance abuse
    - Mental disorders which may lead to family and peer disagreements
    - Crime
    - Exposure to early teenage pregnancies
    - STIs including HIV and AIDS
    - Death
57. What can we do to avoid drug and substance abuse? Give any three ways
    - Reporting incidents of drug and substance abuse to police
    - Seeking guidance and counselling
    - Choosing good friends
58. Explain the meaning of the term 'guidance'
    - Guidance is the process of directing or assisting someone to get a service or help
59. Explain the meaning of the term 'counselling'
    - Counselling is the process of helping someone to overcome personal challenges
60. List any two problems that affect the youth as they grow up
    - Physical and emotional changes
    - Peer pressure
    - Drug and substance abuse
    - STIs and HIV
    - Sexual relationships
61. Name any three risky behaviours that may require guidance and counselling
    - Prostitution
    - Chamba smoking
    - Beer drinking
    - Sexual relationships
    - Fighting
    - Stealing
62. List any five places where one can get guidance and counselling services
    - Family members
    - Teachers
    - Health professionals
    - Religious leaders
    - Youth centres
    - Counsellors
    - Fellow learners
    - Parents
63. Define the meaning of the term 'guidance and counselling'
    - Guidance and counselling is the assistance that one gets from others in order to make right decisions about everyday life
64. What is the role of guidance and counselling in the prevention of STIs including HIV and AIDS?
    - Assisting the youths to avoid indulging in risky behaviours
    - Enhancing self-esteem which may help the youths to achieve their goals in life
65. What kind of guidance and counselling services can one get from the following?
    (a) parents
        - Parental services

(b) teachers
- Educational services

(c) church leaders
- Spiritual services

(d) health workers
- Health services

66. Define the following terms:

(a) morals
- Sense of wrong or right

(b) values
- Beliefs and standards one regards to be important

67. Explain any two effects of observing morals and values on people
- People live in peace and harmony
- There is fair distribution of essential resources
- Proper contribution to the development of the communities
- Promoting sense of belonging
- Promoting high self esteem
- Promoting self reliance
- Promoting high standards of living

68. Explain any two effects of not observing morals and values on people
- Unfair distribution of essential resources
- Marginalization of the less-privileged people
- Promoting discrimination
- Promoting dependency burden
- Promoting low self esteem
- Promoting stigmatization
- Promoting low standards of living
- Promoting moral decay in a society

69. Describe any two society's moral responsibilities on the less privileged people
- Providing them with shelter
- Providing them with food
- Providing them with clothes
- Providing them with education
- Providing them with health services
- Providing them with love

70. Describe the impact of stigmatisation on the less privileged people in the society
- Low levels of living standards
- Unhealthy lifestyles
- Engaging in risky behaviours
- Living an unhappy life
- Low self esteem

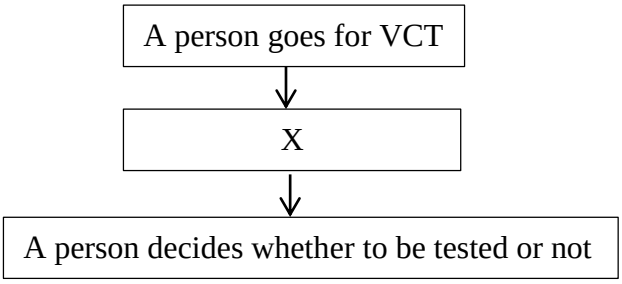
71. List any four cultural practices that facilitate the spread of HIV
- Wife inheritance (chokolo)
- Death cleansing (kulowa kufa)
- Wife swapping (chimwanamaye)
- Hyena (fisi)

- Bonus wife
- Sexual cleansing (kuchotsa fumbi)
- Unsafe male circumcision

72. Suggest any two ways of resisting harmful cultural practices
    - By being assertive
    - By changing mind-set about cultural practices
73. What life skills does one need to resist harmful cultural practices? Give any two
    - Assertiveness
    - High self esteem
    - Effective communication
    - Negotiation
    - Critical thinking
    - Problem solving
    - Decision making
74. Explain any two effects of harmful cultural practices
    - Promoting the spread of HIV and AIDS
    - Dropping out of school
    - Teenage pregnancies
    - Promoting the spread of STIs
    - Loss of life
    - Moral decay
    - Destruction of some body organs
75. How does gender promote the spread of HIV and AIDS? Give any one way
    - The women receive all the seminal fluids from the men which may have high quantity of HIV
    - Poverty
    - Women are not expected to say no to sex in marriage
    - They cannot negotiate for condom use
76. Name any three channels of communication that can be used to pass on HIV and AIDS messages
    - Newspapers
    - Books
    - Radios
    - Television
    - Magazines
    - Newsletters
    - Internet
77. List any four barriers to effective communication of HIV and AIDS messages
    - Age
    - Cultural factors
    - Religion
    - Illiteracy
78. Give any two ways to overcome barriers to effective communication
    - both the youth and elderly should get accurate information about HIV and AIDS
    - Sensitize people about the negative effects of HIV and AIDS

79. Give any four factors promoting effective communication on HIV and AIDS.
    - Tolerance
    - Empathy
    - Respect
    - Patience
    - Interpersonal relationship
    - Messages should be clear and specific
    - Messages should be simple and well understood
    - Messages should be appropriate to the age level
    - Religious leaders should be flexible with HIV and AIDS talks
80. Give two reasons why VCT is important
    - VCT helps one to accept one's HIV status
    - VCT reduces HIV and AIDS stigma
    - VCT reduces parent-to-child transmission
    - VCT promotes planning and preparation of a will
    - VCT facilitates social support
    - VCT facilitates behavioural change
81. Define the term voluntary counselling and testing
    - Voluntary counselling and testing means offering oneself for HIV counselling and testing without being forced

Figure below shows a diagram of what voluntary counselling and testing involves



82. Write the statement represented by X
    - Person counselled before testing
83. Define the term 'human rights'
    - Rights by being a person
84. List down any four human rights of people living with HIV and AIDS
    - Right to equality
    - Right to privacy
    - Right to liberty
    - Right to employment
    - Right to health
    - Right to participation
    - Right to human dignity
85. State any four specific rights of people living with HIV and AIDS
    - Right to live free from harmful discrimination or stigma
    - Right to be treated with respect and dignity
    - Right to confidential and comprehensive pre-test and post-test counselling
    - Right to give informed consent
    - Right to HIV testing and monitoring without being forced
    - Right to quality medical care, palliative care and support services

86. Give any two 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
87. Define the term 'equality'
    - Equal chance or opportunity for every human being
88. Define the term 'vulnerable child'
    - Vulnerable children are children who have no one to take care them
89. Give any five examples of vulnerable children
    - Street children
    - Child labourers
    - Child vendors
    - Child sex workers
    - Young domestic workers
    - Child headed households
    - Children whose parents are suffering from AIDS
    - Children with special needs
    - Children involved in drug trafficking
90. Give any three problems faced by vulnerable children.
    - Sexual abuse
    - HIV infections
    - Cruel treatment
91. Define the term 'orphan'
    - Children under the age of 18 who has lost either one or both parents
92. Explain any two ways how vulnerable children could be assisted to avoid contracting HIV and AIDS
    - Provide them with education support
    - Provide them with income generating skills
93. Give any two ways of assisting vulnerable children
    - Giving them good education
    - Assisting them in engaging themselves in income generating activities
    - Engaging them in various sporting activities and games
    - Placing them in orphanages
    - Providing them with basic needs for life
    - Providing them with financial support
    - Providing them with psychological support
    - Providing them with guidance and counselling
94. Explain any three ways in which orphans and vulnerable children can avoid contracting HIV
    - Taking good parental advice
    - Having friends with good behaviour
    - Resisting bad influence from friends
    - Being at home in good time
    - Participating in regular sporting activities and games
    - Abstaining from sex before marriage
    - Reading good books as well as newspapers and magazines
    - Making right decisions

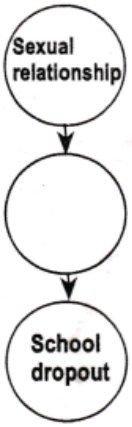
- Self awareness
- Attending religious meetings and HIV and AIDS clubs
- Being assertive and having self esteem

95. Define the term home based care
    - Care provided to patients in their homes and communities
96. State any three importance of home based care
    - People living with HIV and AIDS are cared for by their families and relatives using locally available resources
    - Guardians do their household activities while looking after their patients
    - Those living with HIV and AIDS are given emotional, material, moral and spiritual support
    - 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
    - It helps in accepting the HIV and AIDS epidemic by those infected, family members and the community
97. List down any four groups of people who can provide home based care
    - Family members
    - Religious groups
    - Political leaders
    - Non-governmental organisations
98. Explain how the family and the community can care for people with HIV and HIV. Give any three ways
    - Feeding patients with nutritious foods
    - Bathing them
    - Washing their clothes
    - Taking them to the hospital when they are sick
    - Chatting with them
    - Counselling and comforting them
    - Giving them basic items such as clothes, food, soap, beddings and medicine
99. Give any four qualities of home based care provider.
    - Empathy
    - Patience
    - Tolerance
    - Kindness
100. List down three things that home based care providers need to know.
    - Procedures when bathing a patient
    - Ways of laundering for a patient
    - Ways of feeding a patient
101. Define the term ‘planning’
    - Logical sequencing of activities for proper management of resources
102. List down six stages in the planning process
    - Identifying goals
    - Organizing resources
    - Choosing course of action
    - Implementing the plan
    - Monitoring
    - Evaluating

103. List down situations that can change plans
- Death
- Unavailability of resources
- Unplanned pregnancies
- Illnesses
- Stress and anxiety
- Conflicting activities

104. Give any four importance of planning.
- It guides one to achieve planned goals
- It is easy to follow the procedures
- It helps to check and judge whether what was planned has been done
- It helps to monitor how the activity is being done
- It helps to save time
- It helps to save money
- It helps to save other resources
- It helps in obtaining and using resources wisely
- It helps to avoid contracting STIs including HIV and AIDS
- It helps an individual living with HIV and AIDS to avoid spreading it to other individuals including the unborn child
- It helps individuals living with HIV and AIDS to provide for the future of their children including making a will

Figure below shows a future's wheels. Use it to answer question 105



105. Mention best option to complete the blank circle
- Unwanted pregnancy

106. Define the term 'discrimination'
- Unfavourable treatment

107. Explain how entrepreneurship can help one prevent the spread of HIV and AIDS
- One cannot be tempted to indulge in risky behaviour because of lack of money

108. What factors can hinder the success of businesses of people living with HIV and AIDS?
- Lack of loan lending institutions
- Lack of customers
- Lack of business skills

109. Explain how the money generated in business can help people living with HIV and AIDS
- Buying life saving drugs
- Buying nutritious foods for themselves
- Paying for transport services
- Paying for medical services
- Paying for accommodation

- Expanding their business ventures

A teacher at a school beats a Standard 2 learner because she did not bring a hoe to school. The girl stopped going to school after being beaten. Use this information to answer questions 110 and 111

110. By being beaten, the learner was denied the right to
    - Human dignity
111. What could be the reason that made the girl to stop going to school?
    - Stress and anxiety
112. Explain the meaning of the following terms:
    (a) Gender
    - A state of being male or female
    (b) Entrepreneurship
    - Income generating activity
113. Explain how the following skills contribute to successful entrepreneurship
    (i) Planning
    - Helps in spending money according to one's earning
    (ii) Negotiation
    - Helps to convince the customers to buy the commodities
    (iii) Creative thinking
    - Helps one to decide where and when to sell the commodities
    (iv) Interpersonal relationship skills
    - Helps to put trust in trustworthy customers who will help keep one in business
    (v) Budgeting
    - Helps the business to keep running without any unnecessary interruptions

A teacher at a certain school would like to be in love with Chisomo. Chisomo tells him that she is still young and wants to complete her education. She threatens to report the matter to the Headteacher. Use this information to answer questions 114 and 115.

114. What conclusion can be made about Chisomo's character on how she handled the situation?
    - She is assertive
115. What good quality does Chisomo possess?
    - Decision maker

On her fifteenth birthday, Naomi was waiting for her examination results and her parents told her to get married. When the results were out she passed and was selected to go to secondary school. Use this information to answer questions 116 and 117

116. Naomi's self-esteem could be destroyed because of
    - Getting married
117. The right person to help Naomi out of her situation would be
    - Social welfare officer and her parents
118. What are some of the problems women face in entrepreneurship?
    - Gender inequality
    - Gender inequity
    - Gender stereotype
    - Lack of enough business capital
    - Lack of trust from money lending institutions

STANDARD 7 LIFE SKILLS

1. State any two factors that influence the youth to have sexual relationships
   - Peer pressure
   - Lack of information about the dangers of sexual relationships
   - Desire for sexual experimentation
   - Curiosity
   - Physical and emotional changes during adolescence
   - Cultural pressures
2. Explain any three consequences of sexual relationship.
   - Sexually transmitted infections
   - Unwanted pregnancies
   - School dropout
   - Early marriages
3. Give any three problems associated with HIV and AIIDS
   - Absenteeism from work and school
   - Reduction in productivity
   - Congestion in hospitals
   - Poverty
   - Discrimination
   - School dropout
   - Orphanhood
   - Loss of skilled personnel
4. Explain any two ways of managing problems associated with HIV and AIDS
   - Encouraging people to go for HTC
   - Seeking early treatment
   - Introducing home based care units
   - Sensitising people on income generating activities
   - Sensitising people on showing love and care to the patient
   - Forming HIV and AIDS groups for easy access to basic needs and support
   - Providing guidance and counselling
   - Establishing orphanage centres
5. Mention any two modes of transmission of sexually transmitted infections including HIV and AIDS
   - Unprotected sexual intercourse with an infected person
   - Transfusion of contaminated blood
   - Common usage of contaminated or unsterilized sharp tools
   - Mother to child
6. List any two effects of sexually transmitted infections including HIV and AIDS
   - Destruction of body organs
   - Miscarriages
   - Cervical cancer
   - Ectopic pregnancy
   - Baby born blind

7. Give any two ways of preventing sexually transmitted infections including HIV and AIDS
    - Having protected sex by using condoms properly
    - Abstinence from casual sexual intercourse
    - Being faithful to uninfected partner
    - HIV testing and counselling
    - Improving genital hygiene
8. Give any three common sexually transmitted infections
    - Gonorrhoea
    - Syphilis
    - Herpes
    - Hepatitis
    - Candidiasis
9. What are sexually transmitted infections?
    - These are infections that can be transmitted through body contact during unprotected sex between an infected person and a healthy one
10. What is the role of HIV testing and counselling to an individual?
    - Knowing one's HIV status results in positive behavioural change whether one is infected or not
11. What is the role of HIV testing and counselling to the family?
    - Knowing the status of the infected and affected member helps care givers to play a supportive role
12. What is the role of HIV testing and counselling to the community?
    - Knowing the status of the infected and affected member helps care givers to play a supportive role
13. What is the purpose of HIV testing and counselling?
    - To detect antibodies to HIV
14. Describe the process of HIV testing counselling
    - The client is first counselled. This is known as pre-test counselling. The client is tested on a sample of blood to detect antibodies for HIV. The client undergoes post-test counselling. The client is told of the test results
15. Explain any two barriers to HIV testing and counselling
    - Scarce testing facilities
    - The stigma of HIV infection
    - Lack of information
    - Perception of low risk
    - Lack of confidentiality
    - Transportation problems
    - Fear of test results
16. Explain any three ways of overcoming barriers to HIV testing and counselling
    - Encouraging people to be open and take AIDS as any other disease
    - Sensitising people on the importance of HTC
    - Publicising all the HTC centres in the area
    - Establishing more HTC centres throughout the country
    - Seeking counselling

17. Give any two factors that promote gender roles in a society
    - Culture
    - Religion
    - Family values
    - Mass media
    - Migration
18. Explain why more females than males are infected with and affected by to HIV and AIDS
    - Some females do not have reliable sources of income and depend on males for their financial support
    - More females do not negotiate for safer sex
    - Females take care of the sick and orphans
    - They maintain the home
    - They participate in community work
    - Their biological make up makes them more vulnerable to contracting HIV which leads to AIDS
19. Define the following terms:
    a. Sex roles
        - A biological or natural role performed by either a male or female that needs to be recognised and respected. For example, child bearing is for females, fathering a child is for males
    b. Gender stereotype
        - Expectation of what females should do which is different from males
    c. Gender equality
        - Treating both males and females equally
    d. Gender equity
        - The principle of fair treatment
    e. Gender bias
        - Discriminatory attitudes, beliefs based on social beliefs about males' and females' roles
    f. Gender inequality
        - Treatment that favours one sex over another
    g. Gender stereotype
        - The expectations of what females should do which is different from men

Study the illustration below and answer the following questions.



20. Name the activity taking place above
    - Home based care and support
21. State two problems associated with home based care support
    - Inadequate knowledge on nutritious foods
    - Inadequate knowledge on how to take care of the patient
    - Lack of finances to buy required materials
    - Lack of basic resources
    - Inadequate supply of drugs

- Lack of conducive environment for the patient
- Lack of follow up by medical personnel
- Stigmatisation
- Inadequate psychological, emotional and spiritual support by the community

22. Describe any two ways of managing problems associated with home based care and support
    - Training the care providers on how to take care of the patient
    - Lobbying for financial support from well-wishers
    - Mobilising the community for help in establishing drug revolving fund
    - Providing a conducive environment by cleaning the surrounding and digging pit latrines
    - Persuading medical personnel to visit the patients as frequently as possible
    - Intensifying psychological, emotional and spiritual support for the patient
23. Explain any two importance of home-based care and support
    - Proper care is provided to the infected and affected person in a familiar environment
    - It is cost effective (it reduces costs for guardians and medical personnel)
    - It allows more people to be involved in caring for the patient
    - It reduces overcrowding in hospitals
    - It helps family members and community to accept the epidemic
    - It gives chance to guardians to do other activities while looking after the patient
    - It relieves the government of the pressure it faces on the number of health personnel, bed space and shortage of drugs
24. Define the term 'home based care and support'
    - Home based care and support refers to the provision of medical, psychological, nutritious, spiritual and emotional support to a patient at home or in the community
25. Mention any three ways of resolving conflicts peacefully
    - Negotiation
    - Mediation
    - Arbitration
26. Mention any two barriers to peaceful conflict resolution
    - Prejudice
    - Intolerance
    - Discrimination
    - Gender inequality
    - Pride
    - Bribery
27. Explain any three ways of overcoming barriers to peaceful conflict resolution
    - Not being prejudiced or discriminatory
    - Being tolerant
    - Respecting other people's ideas, customs and beliefs
    - Being patient
    - Dealing with an issue objectively and transparently
    - Being assertive
    - Promoting justice
    - Promoting gender equality
    - Accepting one's mistakes

28. Give any two types of interpersonal relationships
    - Relationships within the family
    - Relationships among peers
    - Relationships among juniors and seniors
    - Relationships between males and females
29. State any four factors that may enhance relationships
    - Love
    - Empathy
    - Economic status
    - Respect
    - Effective communication
    - Politeness
    - Tolerance
    - Care
    - Gender sensitivity
    - Observation of human rights
    - Honesty
    - Cooperation
30. State any four factors that may destroy relationships
    - Envy
    - Dishonesty
    - Gossip
    - Jealousy
    - Poverty
    - Violence
    - Sexual harassment
    - Poor communication
    - Rudeness
    - Disrespect
    - Unfulfilled promises
    - Gender inequality
    - Theft
    - Lies
    - Property grabbing
    - Change of status
    - Witchcraft
    - Abuse of human rights
31. Define the term “interpersonal relationship”
    - Interpersonal relationship is interaction between and among people
32. What is the meaning of ‘effective communication on HIV and AIDS?
    - Effective communication on HIV and AIDS refers to the rightful transmission of ideas, feelings or information from one person to another on matters relating to HIV and AIDS
33. Give any two factors that enhance effective communication on HIV and AIDS
    - Choice of channel of communication
    - Choice of language

- Audience to be communicated

34. State any three barriers to effective communication on HIV and AIDS messages
    - Illiteracy
    - Lack of knowledge
    - Gender bias
    - Low self esteem
    - Poor channel of communication
    - Age
    - Religion
    - Language used
    - Social status of the one delivering the message as well as the one receiving it
    - Stress and anxiety
    - Noise
35. Explain any three ways of overcoming barriers to effective communication on HIV and AIDS messages
    - Appropriate words to be used when communicating
    - Mutual respect between the sender and receiver
    - Appropriate channel of communication
    - Avoiding prejudice
    - Being objective
    - Improvement of literacy levels
    - Respect for other people's cultures
    - Being knowledgeable on HIV and AIDS
    - Using proper language
36. Define the meaning of the term "the less privileged"
    - The less privileged are people who lack opportunities or advantages enjoyed by other members in communities
37. Give any four examples of the less privileged
    - Orphans
    - The aged
    - The physically and mentally challenged
    - Street children
    - Widows
    - The sick
38. Name any four needs of the less privileged
    - Food
    - Shelter
    - Clothes
    - Soap
    - Beddings
    - Medication
    - Education
    - Spiritual and moral support
    - Love
    - Care

- Protection

39. Describe any three ways of assisting the less privileged
    - They should be provided with adequate and nutritious food
    - They should be provided with reasonable clean home
    - They should be provided with adequate clothes
    - They should be provided with washing and bathing soap
    - They should be provided with blankets
    - They should be provided with adequate medical attention
    - They should be provided with adequate spiritual and moral support
    - They should be provided with adequate education that would empower them with suitable skills to be used
    - They should be trained to be able to engage in some income generating activities so that they can be economically independent
    - They also need to be loved and cared for
40. State any two misconceptions associated with the use and abuse of drugs and substances
    - Drugs and substances make a person intelligent
    - Drugs and substances make a person forget his or her problems
    - Drugs and substances are fashionable and that it is primitive not to use drugs and substances
    - Drugs and substances make a person feel energetic when doing work or studying
41. Give any two situations which promote abuse of drugs and substances
    - Culture
    - Poverty
    - Unemployment
    - Loneliness
    - Negative peer pressure
42. What does the word “abuse” mean?
    - Wrong or bad use of something
43. Explain any two ways how abuse of drugs and substances can expose the youths to HIV and AIDS
    - Engaging themselves in an unprotected sexual intercourse because of loss of self control
    - Using unsterilized needles to inject each other
44. How does culture promote abuse of drugs and substances?
    - Some cultures tolerate the use of substances such as alcohol and chamba during ceremonies such as weddings and funerals
45. Moba finished school five years ago. He had no chance of going to college or being employed. Moba lived miserably at his home. Due to poverty, Moba started stealing, taking alcohol and smoking chamba. Use this information to answer questions that follow
    a. Explain two factors that led Moba to be miserable.
        - Lack of employment
        - No chance of going to college
    b. What made Moba indulge himself in smoking and stealing?
        - Poverty

c. What life skills is Moba lacking to deal with his problem? Give any two
   - Decision making
   - Problem solving

46. Explain any two dangers of abusing drugs and substances
   - May lead to mental disorders
   - May lead to death
   - May lead to sterility

47. Describe the meaning of "peer guidance and counselling"
   - Peer guidance and counselling is where members of the same age group come together to help one another solve their problems

48. List any two challenges that the youth may encounter
   - Sexual abuse
   - Drug and substance abuse
   - Orphanhood

49. Explain any two ways of addressing challenges that the youth encounter
   - By training the youth to think positively
   - By training the youth to have a sense of belonging
   - By training the youth to stand firm for their rights
   - By accepting situations in which they are
   - By finding positive ways of improving their situations

50. Give any four situations that may require decision making and problem solving skills
   - Adolescence
   - Sexual relationships
   - Peer pressure
   - Cultural practices
   - Conflicts with parents
   - Conflicts among youths
   - Drug and substance abuse

51. Give any two effects of wrong decision making and problem solving on cultural practices
   - Forced marriages
   - Early marriages
   - Contraction of STIs including HIV and AIDS

52. Explain any two ways of resolving conflicts among the youths and parents
   - The provision of guidance and counselling
   - Another person initiating a friendly discussion in which the parent and the youth will discuss their problems
   - Both sides or one of them accepting ideas from the other side
   - The parent and youth having the spirit of putting oneself into another's situation
   - Seeking medical attention

53. Describe any two importance of decision making and problem solving when resolving conflicts among the youths and parents
   - Decision making helps a person to analyse an issue and think critically about it in order to solve a given problem
   - Promoting the ability to resist situations that may lead to problems
   - Helping one to avoid delinquency

- Helping individuals to concentrate on productive activities

54. State any three life skills which the youth can use to deal with different situations
    - Decision making
    - Problem solving
    - Effective communication
    - Self awareness
    - Planning
    - Entrepreneurship
    - Assertiveness
    - Conflict resolution
55. State any three situations that may lead to stress and anxiety
    - Child abuse
    - Too much work
    - Death of a loved one
    - Adolescence
    - Academic failure
    - Divorce
    - Teenage pregnancy
    - Poverty
    - Bullying
    - Teasing
    - Unfaithfulness
56. Give any four effects of stress and anxiety
    - Suicide
    - Prostitution
    - Abortion
    - Mental confusion
    - Depression
    - Theft
    - Alcohol and drug abuse
    - Violence
    - School drop out
57. List any three ways of managing stress and anxiety
    - Having enough rest
    - Playing games
    - Exercising
    - Seeking counselling
    - Talking and interacting with people
    - Learning to relax properly both mentally and physically
    - Watching television
    - Listening to music
    - Reading books
58. Explain why it is important to manage stress and anxiety
    - It helps to prevent health and social problems

59. The figure below shows a man and a boy. Use the information to answer questions that follow



i) Identify the challenge in the figure above
   - Child abuse

ii) Give any other two problems that children experience with alcoholic parents
   - Being beaten without any reason
   - Lack of parental care and support

iii) Give any two life skills that a boy can use to solve the problem
   - Effective communication
   - Tolerance

60. Mary, a Standard 6 girl, experiences body changes. Her friends tell her that she needs to have a love relationship. Mary says that she cannot do that because her body changes are normal and that everybody goes through the same change. Use the information to answer questions that follow

i) Identify two dangers of taking hid to a piece of advice from Mary's friends
   - Early pregnancy
   - Contracting STIs

ii) State any one skill which Mary used to overcome the challenge.
   - Assertiveness

61. Define 'self esteem'
   - Self esteem is what one feels or thinks about oneself

62. Explain any four factors that promote high self esteem
   - Constructive criticism
   - Accepting guidance and counselling
   - Awareness of oneself
   - Avoiding gender stereotyping
   - Avoiding religion stereotyping
   - Avoiding tribal stereotyping
   - Avoiding disability stereotyping
   - Rewards
   - Success in one's plans
   - Supportive school and home environment

63. State any two characteristics of people with high self esteem
   - Self awareness
   - Facing challenges positively
   - Thinking critically
   - Enjoying work
   - Having direction and purpose in life

- Being ambitious
- Avoiding conflicts

64. State any two characteristics of people with low self esteem
    - Fear of facing challenging situations
    - Showing aggressiveness as a defence mechanism
    - Counting on others to think on one's behalf
    - Lack of critical thinking
    - Fear of making mistakes
    - Not enjoying work
    - Lacking direction or purpose in life
65. Explain any two reasons why assertiveness is important
    - Avoiding social problems
    - Avoiding health problems such as STIs including HIV and AIDS
    - Achieving set goals
    - Promoting one's identity
    - Getting more of what one wants
    - Feeling good about oneself
66. Explain how high self esteem promotes assertiveness
    - High self esteem promotes assertiveness in that it makes one stand firm in achieving one's goal in life
67. Define 'assertiveness'
    - Assertiveness is the skill of telling others what you want or do not want and giving reasons for your choice without hurting anyone
68. Describe any three physical changes that take place in boys during adolescence
    - Growing taller and heavier
    - The penis and testes increase in size
    - The penis becomes erect more often and there may be wet dreams
    - The skin becomes oily and pimples grow on the face
    - Hair grows around pubic area, in the armpits and eventually on the face and chest
    - Producing sperm
    - The voice becomes deeper
69. Describe any three physical changes that take place in girls during adolescence
    - Growing faster
    - The hips get wider
    - The breasts start to grow
    - The skin becomes oily and pimples develop on the face
    - Hair grows around vagina and the armpits
    - They experience first menstruation period
    - Enlargement of the labia and clitoris
    - Ovaries get bigger and developed
    - Voice becomes soft
70. Describe any three psychological changes that take place in boys during adolescence
    - They prefer to be treated like adults and want to make their own decisions
    - They develop more self confidence
    - They develop sexual feelings and start getting excited on seeing a girl
    - Interest in girls increases and start to take extra care on how they look

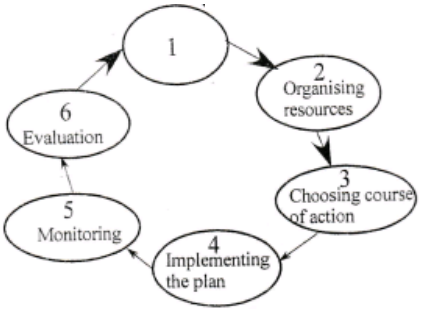
- There are frequent changes in their mood and sensitive to their appearance
- They develop increased sensitivity to failure
- They become more sensitive to remarks from adults and peers about the changes

71. Describe any three psychological changes that take place in girls during adolescence
    - They develop sexual feelings and start getting excited on seeing a boy
    - Interest in boys increases and start to take extra care on how they look
    - They develop more self confidence and do not like to do things they do not want
    - They prefer to be treated like adults and want to make their own decisions
    - They become sensitive to remarks from adults and peers about the changes
    - Frequent changes in their mood occur
    - They become increasingly sensitive to failure
    - Sexual curiosity – desire to know more about sexual organs especially of opposite sex
    - Keen on reading books concerning sex and other social activities
    - Desire for independence from parents and other adults
    - Feeling of love and hate
72. Name the sex hormones which influence emotional behaviour in boys
    - Testosterone
73. Name the sex hormones which influence emotional behaviour in girls
    - Oestrogen
74. Define the following terms:
    (i) Sex
    - Sex refers to one's reproductive system which differentiates males from females

    (ii) Sexuality
    - Sexuality is the total expression of who one is as a human being whether male or female
75. List any two sources of information on sex and sexuality
    - Parents
    - Mass media
    - Peers
    - Community
    - Religion
76. Describe any two misconceptions on sex and sexuality
    - Having sex while standing cannot make a girl become pregnant
    - Having sex only once cannot make a girl pregnant
    - The size of girl's breasts increases if touched frequently by males
77. Describe any two consequences of misinformation on sex and sexuality
    - Increasing the possibility of contracting STIs including HIV and AIDS
    - Disrespecting parents and elders
    - Lawlessness in the society
78. Explain the importance of having appropriate information on sex and sexuality
    - It may help the youth to cope with problems that come with adolescence
    - It may help the youth to avoid getting involved in sexual relationships which may lead to contracting HIV and AIDS
    - It may help the youth to understand their sexuality
79. Define the term 'abstinence'
    - Avoiding getting into a situation that will later cause problems
80. Define peer pressure
    - Force from age-mates

81. Describe the meaning of the term ‘planning’
    - Planning is the process of setting guidelines for oneself to achieve intended goals or objectives
82. State six stages in the planning process
    - Identifying goals
    - Organising resources
    - Choosing a course of action
    - Implementing the plan
    - Monitoring
    - Evaluation
83. State any three situations that may require planning
    - Choice of career
    - Marriage
    - Family
    - Business
    - Safe motherhood
    - Education
84. Describe any three importance of planning
    - It helps to save time
    - It helps to save money
    - It helps to save materials
    - Achievement of goals
    - It is easy to follow the procedures
    - It helps to check and judge whether what was planned has been done
    - It helps to monitor how the activity is being done
    - It helps in obtaining and using resources wisely
    - It helps to avoid contracting STIs including HIV and AIDS
    - It helps an individual living with HIV and AIDS to avoid spreading it to other individuals including the unborn child
    - It helps individuals living with HIV and AIDS to provide for the future of their children including making a will
85. Mention any two situations that can change plans
    - Dropping out of school
    - Early marriages
    - Peer pressure
    - Rainfall patterns
    - Stress and anxiety
    - Natural disasters
    - Death
    - Lack of resources
    - Unplanned pregnancies
    - Illnesses
    - Conflicting activities
86. Define mediation
    - A process where a third person is involved in setting an argument between two people or parties

87. Figure below shows some steps of the planning process. Use it to answer questions that follow



(i) Name the process labelled 1
- Identifying goals

(ii) What is involved in the implementation stage?
- Translating the plan into action or doing the activity using the resources available

(iii) Give any one disadvantage of not following a plan
- No goal planned can be realized

88. How does age prevent effective communication on HIV and AIDS?
- Elders feel uncomfortable to discuss HIV and AIDS issues with the youth

89. Which sexually transmitted infection can affect unborn baby?
-

90. What could be the cause of sexual harassment and abuse?
- Gender

91. Figure below is a picture showing one of the violations taking place in a community. Use it to answer questions that follow



(i) Identify the type of violation which is taking place
- Property grabbing

(ii) Name any three authorities where this type of violation can be reported for help
- Victim Support Unit
- Traditional authority
- Courts

92. Khama, a Standard 8 boy, wrote and failed examinations. He decided to stop going to school. Use this information to answer the questions that follow

a. Identify one situation which made Khama to stop going to school
- Failure of examinations

b. Mention any two effects which may result from his wrong decision
- He could start stealing for money
- He could start using drugs and substances

c. Explain one way Khama could be helped to start going to school again
- He could be helped by guidance and counselling

STANDARD 8 LIFE SKILLS

1. What causes AIDS?
   - HIV
2. Why are the youth regarded as one of the groups at risk of contracting HIV?
   - Because most of the youth are sexually active at that stage
3. Prevention of HIV transmission can be done in the following ways
   - Receiving screened blood
   - Abstaining from sexual intercourse
   - Being faithful to one uninfected partner
   - Correct and consistent use of condoms
4. State any four risky behaviours that can lead to the spread of HIV
   - Having multiple sexual partners
   - Having unprotected sexual intercourse
   - Having STIs
   - Using unsterilized skin piercing instruments
   - Receiving infected blood
   - Abusing drug and alcohol
   - Assuming that their partner is HIV negative by appearance
5. Mention any three vulnerable groups to HIV infection
   - Mobile persons
   - Prostitutes
   - Street children and orphans
   - Poor or unemployed people
   - Adolescents
   - Communities which practice traditions which promote HIV transmission
6. Explain any two ways how is HIV is transmitted
   - Sexual intercourse
   - Infected blood and organs
   - Mother-to-child transmission (MTCT) or parent-to-child transmission (PTCT)
7. When is the risk of transmitting the virus from mother to the baby greater? Give any three points
   - If the mother acquired infection during pregnancy
   - If the mother is in advanced stage of AIDS
   - If when the baby is in contact with infected blood during delivery
   - If the delivery is premature
   - If the baby is breastfed more than six months
   - If breastfeeding is mixed with other liquids or solids
8. Explain any three ways of preventing mother-to-child transmission of HIV
   - Preventing babies from getting HIV from their infected mothers
   - Preventing women and girls of reproductive age from becoming infected with HIV
   - Preventing pregnancies among HIV positive women
   - Preventing HIV transmission during pregnancy, delivery and breastfeeding
   - Placing HIV positive pregnant women on anti-retroviral drugs and the drug being given to the new born babies
   - Using caesarean operation
   - Giving mothers information on feeding

9. What is the importance of preventing mother-to-child transmission as a fight against HIV and AIDS
    - It is important to prevent mother-to-child transmission so that babies are born HIV free
10. What is the role of the community in the prevention of mother-to-child transmission? Give any two points
    - Encouraging HIV positive pregnant women to go for guidance and counselling
    - Encouraging HIV positive pregnant women to take ARVs and not to breastfeed
    - Avoiding discriminating against people living with HIV and AIDS
    - Providing care and support to women, children and families infected and affected by HIV and AIDS
    - Encouraging both parents to go for HIV testing and counselling (HTC)
    - Conducting awareness campaigns on prevention of HIV and AIDS
11. Mention three factors that make women and girls more vulnerable to HIV infection
    - Women are culturally not empowered to negotiate for safer sexual intercourse with men
    - Since women are perceived to be weak and passive they may be raped by men who claim to be tough
    - Since one of the women's roles in the household is said to be attending to the sick, they can easily contract HIV if they are not careful
    - Culturally women have low economic status, as a result, they may always depend upon men to provide them with resources in exchange for sex
12. Give any two ways how women and girls can be empowered to avoid contracting HIV
    - Sensitizing them on their rights and freedoms
    - Training them in income generating activities
13. Give any two ways of dealing with HIV and AIDS in relation to gender
    - Educating both men and women on the negative effects of gender biases, inequality and imbalance
    - Educating both men and women on the importance of respecting human rights and dignity
    - Educating both men and women on the need to be assertive so that they can stand up for themselves without being aggressive

Figure below is an illustration showing different gender roles in society. Use it to answer question 14



14. Which gender issue does the picture illustrate?
    - Gender equality
15. State two factors that influence sexuality
    - Parents
    - Religion
    - Migration
    - Environment

16. Explain any three ways how sexuality affects adolescents' behaviour
    - Becoming more aware of their sexuality
    - Thinking continually whether or not they are sexually attractive
    - Thinking continually whether or not someone will love them
    - Thinking continually whether or not they will be able to have children
    - Experiencing sexual and social urges and develop special interest in members of the opposite sex
    - Becoming sensitive to their body height and weight
17. Describe three emotional changes that adolescents may experience during early adolescence stage
    - Start to associate with peers
    - Unstable in character
    - Strive for independence and self identity
    - May be confused and get pre-occupied with own body
    - May experiment sexual behaviour with members of same sex
    - Begin to think in abstract terms
18. Describe three emotional changes that adolescents may experience during middle adolescence stage
    - Continue to develop self identity
    - Become idealistic and willing to help others
    - Interested in the members of opposite sex and possibly experiment sex
    - Experience intense emotions
    - Continue thinking in abstract terms
19. Describe three emotional changes that adolescents may experience during late adolescence stage
    - Strive to be independent
    - Establish self image
    - Love more realistically and develop commitment
    - More selective when associating with friends as peer group becomes less important
    - Develop a more consistent framework of values, morals and ethics
    - Define life goals
20. Give two problems associated with adolescents' sexuality
    - Engaging in risky behaviour such as pre-marital sexual intercourse
    - Associating with particular peers preferably of the same age and starting to take drugs because their peers may be doing the same
21. State any three effects of problems associated with adolescents' sexuality

- Early marriage
    - Abortion
    - Drop out from school
    - Becomes sterile
    - Death
    - Vasico Vaginal Fistula (VVP)
    - Violence
    - Committing suicide
    - Contracting STIs including HIV and AIDS
    - Mental disturbance

22. Give four life skills which the youth can use to cope with challenges associated with sexuality
    - Decision making and problem solving
    - Self esteem
    - Self awareness
    - Stress and anxiety management
    - Assertiveness
    - Negotiation
    - Conflict resolution
    - Effective communication
    - Interpersonal relationships
    - Critical thinking
    - Empathy
23. Describe "discharge planning"
    - Discharge planning is a process of preparing people with chronic illnesses, their families and the community to take care of the sick when they are out of hospital
24. Give the meaning of the term "referral process"
    - Referral process is when people with chronic illnesses are referred back to the hospitals or health centres in the event that their condition worsens
25. Describe any two ways of caring for people who are chronically ill
    - Providing them with nutritious foods
    - Bathing them regularly
    - Washing and ironic their clothes
    - Seeking medical attention
    - Giving them moral and spiritual support
    - Loving and comforting them
26. Give any two ways of supporting those who care for the chronically ill
    - The provision of emotional support
    - The provision of material support
    - The provision of moral support
    - The provision of spiritual support
27. Define "chronic illness"
    - Long illness
28. List any three effects of abusing drugs and substances
    - Loss of interest in school resulting in school dropout
    - Stealing
    - Prostitution
    - Poor judgement
    - Mental disorders
    - Practising unprotected sex
    - Poor health
    - Committing suicide
    - Social problems
    - Temporal feelings of excitement or highness
    - Promiscuity
29. Describe any two importance of counselling those addicted to drugs and substances
    - Bringing rehabilitation to those who are deep into the problem

- Allowing them achieve their goals in school life
- Helping them live normal and useful lives in their families and community
- Providing support and advice to those with the problem

30. Describe any two ways that can assist drug and substance abusers to stop their habit
    - Seeking medical help
    - Approaching counsellors with your problem and be honest about it
    - Finding another hobby to replace drug and substance abuse
    - Getting support from friends and family members
    - Avoiding people that are abusing drugs and substances
31. Explain any two reasons why some people find it difficult to stop abusing drugs and substances
    - Some of them claim that they are happy when using drugs and substances and do not want to stop
    - Some deny having such a problem
    - Some become addicted to these drugs and substances
    - Others do not want to lose friends who happen to have the same habit
    - They would like to show off to others that they are important
32. Give three types of interpersonal relationships
    - Relationships within the family
    - Relationships among peers
    - Relationships among juniors and seniors
    - Relationships between and among males and females
    - Kinship
    - Ethnic
    - Cultural ties
33. Mention any two roles and responsibilities in the relationships
    - Sharing resources
    - Advising and counselling one another
    - Showing compassion
    - Encouraging one another
34. What is the difference between a role and a responsibility?
    - A role is the function that one has or is expected to perform whilst a responsibility refers to a duty to take care of somebody or something so that you are accountable or answerable
35. Give five factors that destroy relationships
    - Envy
    - Dishonesty
    - Gossip
    - Jealousy
    - Poverty
    - Violence
    - Sexual harassment
    - Poor communication
    - Rudeness
    - Disrespect
    - Unfulfilled promises
    - Gender inequality
    - Theft

- Lies
- Property grabbing
- Change of status
- Witchcraft
- Abuse of human rights

36. Give five factors that may enhance relationships
    - Love
    - Empathy
    - Economic status
    - Respect
    - Effective communication
    - Politeness
    - Tolerance
    - Care
    - Gender sensitivity
    - Observation of human rights
    - Honesty
    - Cooperation
37. Define "effective communication"
    - Effective communication is the sending and receiving of information from one point to another in a clear manner
38. State any two factors that may enhance effective communication concerning HIV and AIDS messages
    - Empathy
    - Effective channel of communication
    - Tolerance
    - Adherence to human rights
    - Respect for others
    - Interpersonal relationships
    - Patience
39. Mention any two factors that can destroy effective communication on HIV and AIDS
    - Religion
    - Cultural factors
    - Education attainment
    - Age generation gap between people
    - Stress and anxiety
40. Describe two importance of effective communication concerning HIV and AIDS messages
    - Promoting perception, beliefs and attitudes that can assist one from indulging in risky behaviours that might lead to contracting HIV
    - Dispelling myths and misconceptions on various issues which are found among people
    - Increasing knowledge and promoting positive behaviour in relation to STIs
41. Give four life skills that can be used in effective communication
    - Creative thinking
    - Listening
    - Negotiation
    - Decision making
    - Self esteem

- Empathy
- Assertiveness

42. Explain any three importance of peer guidance and counselling
    - The learners can learn to communicate effectively with friends of the same age and interest
    - The learners appreciate some experiences of talking to each other
    - The learners understand other people's feelings since they may have been in a similar situation as that of the friend who would be a client at that particular time
    - The learners understand one another effectively and as a result can guide each other on different areas including study skills
43. Explain any two factors to consider when organising peer guidance and counselling groups
    - Choosing members of the groups
    - Number of people per group
    - How often a group should meet
    - Venue for the meeting
44. Explain two importance of managing stress and anxiety
    - It enables one to avoid contracting HIV and live a happy life
    - It enables one to avoid risky behaviours
    - It enables one to have interest in life
    - It enables one to have interest in learning
    - It enables one to avoid dropping out of school
    - It enables one to avoid poverty
45. Give four effects of stress and anxiety
    - Mental disturbance
    - Mental confusion
    - Heart failure
    - High blood pressure
    - Ulcers
    - Violence
    - Depression
    - Theft
46. Explain any three ways of managing stress and anxiety
    - Seeking guidance and counselling
    - Seeking medical help
    - Engaging in physical exercises
    - Eating appropriate food
    - Having plenty of rest
    - Having a positive attitude to the problems
47. Describe any two importance of resolving conflicts peacefully
    - Promoting peace and unity
    - Promoting cooperation and development
    - Creating good relationships among people
    - Promoting human dignity
    - Preventing violence thereby protecting property and life
48. Give any two effects of not resolving conflicts peacefully
    - Atmosphere of mistrust, suspicion and hatred is created
    - Violation of human rights

- Loss of life
- May lead to famine
- Destruction of property
- Insecurity

49. Explain the steps to follow when resolving conflicts
    - Identifying the problem
    - Defining the problem
    - Explaining possible solutions and outcomes
    - Examining consequences of the choices
50. What will be the consequences of not making well thought out decisions when solving problems? Give any two points
    - The problem might grow bigger instead of getting smaller
    - It might lead to regrets if decisions made prove to be poor
    - It might result in people fighting
    - The problem may keep resurfacing
51. Outline any two situations depicting well thought out decisions when resolving conflicts
    - People solving their problems and reaching a peaceful compromise
    - All the concerned parties feeling satisfied with the decisions
    - The problem may not resurface
52. Define the term “self esteem”
    - Self esteem is an awareness of good in oneself
53. Explain any three importance of having high self esteem
    - One does things with a lot of interest and is eager
    - One thinks positively and always hopes for the better
    - One has ambition which can help him or her achieve his or her goals in life
    - One cooperates with others when doing team work
    - One has a humble attitude of mind without wishing to appear boastful
    - One has respect for self and others
    - One is kind to others
    - One takes responsibilities for his or her actions
54. Describe any four importance of assertiveness
    - One is goal oriented
    - One is honest with oneself and others
    - One is able to speak for oneself
    - One is able to take responsibility for feelings and needs
    - One is able to maintain his or her identity
    - One is able to defend oneself and avoid social and health problems
    - One is able to promote honest relationships
    - One is self-confident
    - One is capable of enhancing his or her self esteem
55. What does “assertiveness” mean?
    - Assertiveness means knowing what you want, why you want it and being able to take the necessary steps to achieve what you want
56. Explain any three ways of rebuilding self esteem
    - Discovering one's strengths and weaknesses
    - Developing positive thinking
    - Understanding oneself

- Examining and analysing one's thoughts and actions
- Defining one's priorities
- Positive comments
- Establishing gender identity
- Having a positive attitude towards problems or challenges

57. State any five factors that can destroy self esteem and assertiveness
    - Poor upbringing
    - Negative comments
    - Lack of positive role models
    - Lack of sense of connection and relationships to others
    - Lack of sense of one's own uniqueness and value
    - Lack of confidence
    - Having the belief that you cannot achieve anything
58. Define "sexual harassment"
    - Sexual harassment is an act of a sexual nature upon or with a child or any other person without his or her consent
59. Explain the meaning of "sexual abuse"
    - Forcing someone to have sexual intercourse with him or her
60. Explain any three forms of sexual abuse
    - An adult having sexual intercourse with a child
    - Forced marriage
    - Early marriage
    - Touching a child's private parts
    - Making a child touch someone else's private parts
    - Showing a child pornographic pictures, videos or films
    - Making a child naked for the sexual excitement of the abuser
    - Having sex in the presence of a child
    - Making a child or girl earn money by having sex with someone else
    - Having sex with many different people
61. State any four causes of sexual harassment and abuse
    - Low socio-economic status of women and girls
    - Male aggressiveness to females
    - Break-up of families
    - Peer pressure
    - Cultural pressure
    - Dressing in a way that would make others desire them sexually
    - Drinking alcohol and taking drugs
    - Traditional dances which are suggestive and seductive in nature
    - Orphanhood
    - Beliefs about how to get cured of HIV and AIDS
62. Explain any three dangers of sexual harassment and abuse
    - Unplanned pregnancies
    - Contracting sexually transmitted infections
    - Destruction of one's self esteem
    - Dropping out of school
    - The abused may become confused and angry towards the abuser

63. Describe any three ways of preventing sexual harassment and abuse
    - Empowering boys and girls with life skills that can help them protect themselves
    - Schools should have rules that help prevent the act
    - Children should be advised to go and come back from school in groups
    - Learners should avoid being alone in isolated places
    - Children should be advised to report to their parents, guardians, police or community leaders any cases of sexual harassment
    - Learners should dress properly
    - Learners should be warned of sexual abusers
    - Learners should avoid drug and alcohol abuse
64. Mention any four responsible people or organisations to whom children can report cases of sexual harassment and sexual abuse
    - Parents
    - Uncles
    - Aunts
    - Guardians
    - Community leaders
    - Teachers
    - Church elders
    - Education officials
    - Victim support unit of the police
    - Social welfare
    - Health centres
65. Describe the term ‘entrepreneurship’
    - Entrepreneurship is business through which one can generate income for meeting various needs
66. Describe any three importance of entrepreneurship
    - It enables one to generate income
    - It helps one to improve one's quality of life
    - It can prevent one from engaging in risky behaviours
    - It keeps the person occupied
67. Give any five appropriate entrepreneurship skills
    - Planning
    - Budgeting
    - Marketing
    - Communication
    - Negotiation
    - Assertiveness
    - Problem solving
    - Decision making
    - Creative thinking
68. Describe any two appropriate skills of financial management in entrepreneurship
    - Development of personal and family financial management plan (budget)
    - Keeping track of the expenditure made in a week or month and establishing expenditure pattern
    - Reducing buying items that continue to drain finances (liabilities), but buying resources that generate extra resources (assets)

- Having a personal or family saving plan
- Getting into financial management school and learning how to manage finances

69. Explain any three ways in which gender roles affect entrepreneurship
    - Women tend to engage in small scale businesses while men tend to engage in large scale businesses
    - Women tend to be given less money from lending institutions unlike men who are given large amounts of money
    - Men normally do large scale businesses
    - Money lending institutions favour lending money to males than to females

Figure below shows an illustration of an activity done in a community. Use it to answer questions 70 and 71



70. Which activity is being done?
    - Entrepreneurship
71. Why is it important for families to engage in such an activity?
    - To but basic needs
72. Describe the meaning of "anti-retrovirals"
    - Anti-retrovirals are drugs which stop the multiplication of HIV in the body
73. Explain how ARVs work in a person living with HIV and AIDS
    - ARVs work by preventing HIV from making copies of or multiplying itself
74. Give any two side effects of ARVs on a patient
    - Diarrhoea
    - Tiredness
    - Prolonged headaches
    - Loss of appetite
    - Vomiting
75. Explain the role of food during ARV treatment
    - Strengthening the body's ability to fight against diseases
    - Reducing opportunistic infections
    - Slowing progression of HIV and AIDS
    - Complementing ARVs actions
    - Improving the effectiveness of medication
    - Managing side effects of the drug
76. List any two institutions where one can access ARVs
    - District hospitals
    - Health centres
    - Mission hospitals
    - Private hospitals
77. Define the terms 'orphans' and 'vulnerable children'
    - An orphan is a child under the age of 18 years who has lost both parents
    - Vulnerable children are children who are weak, not well protected, easily attacked and have nobody to take care of them

78. Identify any five needs of orphans and vulnerable children
    - Food
    - Clothes
    - Beddings
    - Shelter
    - Money
    - Love
    - Respect
    - Moral and spiritual support
    - Education
    - Guidance and counselling
79. Explain any four ways of assisting orphans and vulnerable children
    - Providing them with material resources
    - Supporting families and organisations which protect and care for orphans and vulnerable children
    - Mobilising communities and well-wishers to take leading roles in protecting and caring for orphans and vulnerable children
    - Loving and respecting them
    - Training them in vocational occupation for self-reliance
    - Sensitising them on the dangers of involving themselves in risky behaviours
    - Providing them with spiritual and moral support
    - Supporting child-headed families with various resources
    - Encouraging them to acquire education
80. Why is the word "human" used in Human Immuno Deficiency Virus?
    - It infects people only
81. What term is used to describe the behaviour of accepting other people's views?
    - Tolerance
82. What type of interpersonal relationship exists when people are related to each other through blood ties?
    - Kinship

Sisi, a Standard 8 girl, is complaining that her teacher often touches her breasts when marking class work. Use this information to answer question 83 and 84.

83. What form of challenge is Sisi experiencing?
    - Sexual harassment
84. Who could help Sisi out of this situation?
    - Head teacher
85. The term used to describe the value that one places on oneself is called
    - Self esteem
86. What term is used to describe putting oneself in somebody's situation?
    - Empathy
87. How can conflicts be avoided in a community?
    - By encouraging tolerance
88. The term used to describe the total expression of whether one is male or female is called
    - Sexuality
89. The statement which defines gender stereotype is
    - Expectation about the roles of males and females

Figure below is a picture showing a girl and a boy working on a car. Use the picture to answer question 90.



90. Which gender issue does the picture illustrate?
    - Gender equality

When Chikondi reached puberty, her father saw no need for her to be initiated while the mother insisted on sending the girl home for initiation. Use this information to answer questions 91 and 92

91. What was the source of conflict between the parents?
    - Cultural differences
92. Which way can Chikondi's parents use to resolve the conflict?
    - Negotiation
93. Why should people addicted to drugs and substances be counselled?
    - To bring rehabilitation
94. Why should people living with HIV and AIDS be engaged in entrepreneurship?
    - For self reliance
95. Which term best describes the knowledge of one's strength and weakness?
    - Self awareness

Figure below is a picture that shows risky behaviours. Use it to answer question 96



96. Identify the risky behaviour that could promote the spread of HIV in the picture
    - Seductive dancing

Tithokoze is a girl in Standard 5. She is experiencing body changes, her friends are encouraging her to have a sexual relationship with boys. Tithokoze says she cannot do that because her body changes are normal. Use this information to answer questions 97 and 99

97. At what age of human development is Tithokoze?
    - Adolescence
98. Which skill does Tithokoze show?
    - Assertiveness
99. What could be the effect of Tithokoze's behaviour?
    - Continuing with school
100. Mention the last stage in the planning process
    - Evaluation

101. What term means business through which one can generate income for meeting various needs?
    - Entrepreneurship
102. Tumpale and Tilipo are friends, both in Standard 5. Tumpale smokes chamba and he asked Tilipo to start smoking chamba but Tilipo refused. Use this information to answer questions that follow
    (i) Identify any one skill that was used by Tilipo to refuse smoking chamba
        - Critical thinking
    (ii) State any one consequence Tilipo could have faced if he accepted Tumpale's demands
        - Mental disorder
103. Which period defines the period when a child's body becomes sexually mature?
    - Puberty
104. Jane is a Standard 8 girl. She always feels shy every time she is asked to pray during assembly.
    Which skill is Jane lacking?
    - High self esteem

A certain businessman made a school girl pregnant. The girl reported the matter to her parents who later went to the man's house where they fought. Use this information to answer questions 103 and 104

105. Which skill did the girl's parents lack?
    - Peaceful conflict resolution
106. What could be one of the effects of the situation on the girl?
    - Early marriage
107. Which stage of planning involves judging whether the activity is done according to plan?
    - Evaluation

Tadala's step father used to show her pornographic pictures and she always felt uncomfortable. Use this information to answer questions 106 and 107

108. What term is used to describe Tadala's step father's conduct?
    - Sexual abuse
109. What would be the best advice for Tadala?
    - To inform her mother
110. My name is Susi Mbali. I do very well in Mathematics, Chichewa and Agriculture. However, I have problems in Arts and Life Skills. Use this information to answer the questions that follow
    (i) Identify the skill which Susi has
        - Self awareness
    (ii) What can Susi do in order to overcome that problem she has?
        - Consult her teacher for help
111. What type of relationship exists when people are related by tribe?
    - Ethnic

Jane is in Standard 7. Her friends persuaded her to have a sexual relationship which resulted into pregnancy. Use this information to answer questions 111 and 112

112. Which reason caused Jane to have sexual relationship?
    - Peer pressure

113. What would be the effect of Jane's behaviour?
    - School dropout –

114. Susan started menstruation and experiencing sexual desires. She approached her teacher to share her experiences, but her teacher chased her away.

    (i) What stage of life is Susan undergoing?
        - Adolescence stage

    (ii) Mention one consequence of the teacher's reaction to Susan
        - Indulging in sexual relationships

    (iii) State any one piece of advice that could be given to Susan's teacher
        - A teacher is a good source of information to learners

Mr Phiri has grown tobacco in order to buy minibuses. Use this information to answer questions 115 and 116

115. Why is it important for Mr Phiri to have a good plan for his farming?
    - To achieve his goal

116. What is the first step that Mr Phiri should consider as he plans for his enterprise?
    - Identifying goals

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