

CIVICS FOR SECONDARY SCHOOL

COMPETENCE BASE CURRICULUM

Lesson Notes

FORM ONE

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1. INTRODUCTION TO CIVICS

Meaning of Civics

Civics is the study of rights, duties and responsibilities of citizens. The term Civics is derived from the Latin word *Civicus*, which means relating to citizens. Generally, Civics deals with the study of organization, structure and governance in society, people's way of life as well as their individual and civic rights.

Main themes addressed in Civics

- i. **Governance and Government.** Governance means the manner in which a country is governed. It looks the ways in which decisions, processes and activities are determined and implemented. By Government refers to the instrument used to govern a country. the study of Civics enables students to understand these aspects and become responsible Citizen
- ii. **International relations.** Countries in the world do not exist in isolation. There are social, economic and political relationships among the countries in the world. Studying Civics help a students to understand the relationship among the countries in the world.
- iii. **Civic engagement.** This involves participating in activities intended to improve the quality of life in one's community by addressing issues of public concern. Studying Civics enables a students to understand their rights and responsibilities in a society
- iv. **Human rights.** In Civics, human rights refer to basic and fundamental values and freedom that a person has because he or she is a human being. The knowledge of rights enables students to be aware of their rights so as to demand and protect them.
- v. **Moral and family values.** The development of a society and a nation at large depends on strong morals and values at individual and family levels. Civics, therefore, introduces students to the discussion of social morals, family values and life skills. Knowledge and skills under this theme enable students to manage conflicts and address violence, crimes, gender discrimination and child abuse.
- vi. **Cultural issues.** The cultural aspects of Civics include language, beliefs, customs, traditions, morals and values. The study of Civics introduces students to different cultural practices found in the country. therefore, the knowledge acquired from Civics enables students to become aware of their culture and that of others, to enhance respect and peace in the society.
- vii. **Economic issues.** Civics promotes awareness and participation of citizens in production, consumption and distribution of resources and hence prepares students to become better participants in economic activities for their personal and national development.

Relationship between Civics and other subjects

- i. Civics is related to History through learning about various national festivals which reflect past events in our country and the world. Through these national festivals people learn important lessons which elaborate on the past, present and predict the future.

- ii. Civics is related with Information and Communication Technology (ICT) through learning issues of globalization that help people to develop awareness on contribution, challenges and adverse impacts of ICT in the world.
- iii. Civics is related to Language. People can exercise freedom of expression and association through language. In some countries like Tanzania, language is one of the national symbols
- iv. Civics is related to Geography which addresses issues of environmental conservation and sustainability of natural resources. In this view, Civics promotes citizens' commitment in protecting geographical boundaries and public resources through patriotism attitudes acquired from Civics.
- v. Civics is related to science subjects. Civics underscores the needs of citizens to develop life skills necessary for social adjustment. Through Civics, people learn reproductive health education, for example Biology subject may act as an important tool for encouraging citizens to avoid risky behavior such as smoking, alcoholism and unhealthy relationships which could otherwise lead to Sexually Transmitted Infection (STIs) and unwanted pregnancies. In this view, Civics enables students to understand these aspects and become healthy and good citizens.

Importance of studying Civics

- i. **To understand rights and responsibilities.** Civics prepares students to be responsible citizens who understand their responsibilities and rights. Citizens have their rights and responsibilities as stated by the Constitution of the United Republic of Tanzania.
- ii. **Helps students to be more confident and conscious citizens.** Civics also introduces students to life skills, family relations, proper behavior as well as career and work related activities.
- iii. **Civics helps students to understand and live according to their culture.** In every country, people have their culture which governs their lives. As a result of learning Civics, students live according to their culture and therefore maintain their identity to become acceptable members of society
- iv. **Teaches students to participate in learning activities.** Civics subject teaches the students to participate in learning activities such as public discussion on different issues. Through studying Civics, students learn how to engage in civic responsibilities such as voting and working with others
- v. **Help students to understand relationship between the nations.** Through studying Civics, students learn about the relationship between Tanzania and other nations. Students learn how the world is organized and how Tanzania and other nations influence each other. Students also learn about the functions of major international organizations and institutions

QUESTIONS

1. As a form one student in your school, give the definition of the following terms that your teacher taught you

A. Civics

B. Human rights
2. Mention five cultural aspects that you have been taught by your teacher in Civics subject
3. I think you have studied Civics subject very well, no doubt about it. Identify seven field where the knowledge and skills obtained from studying Civics can be applied
4. Is Civics subject related with other subject? Give five evidence on your answer

5. Suppose you have attended the debate in your school and the motion state that “Civics subject is more important than Biology subject”. Being in proposer side, defend the motion with five points

2. OUR NATION

The concept of a nation

Nation is a large community of people who are living together in a defined geographical area, who have the common history, culture and language under the government. Nation has specified boundaries that separate one nation from another. Examples of the nations are Tanzania, Kenya, Uganda, Zambia, Zimbabwe, etc. in Africa nowadays there are 54 nations.

COMPONENTS OF OUR NATION

The components of a nation are aspects that make it a complete nation. Tanzania is a nation which was formed after the union of two countries, Tanganyika and Zanzibar on 26th April, 1964. Tanzania has five essential components of nations as follows;

A. Boundaries or Territories

These are dividing lines between the area belonging to. The nation should have the boundaries in order to avoid sharing with other nations. Territories should be internationally recognized. For instance Tanzania is approximately 947,303 square kilometers of land. Tanzania as a nation is bordered with eight countries

- From north is bordered with Kenya and Uganda.
- From north-western is bordered with Rwanda and Burundi.
- From west is bordered with Democratic Republic of Congo (DRC)
- From south-western is bordered with Zambia and Malawi.
- From south is bordered with Mozambique.
- From east is bordered with Indian ocean

B. Sovereignty.

Sovereignty is the ability and freedom of a state or a nation to exercise its power by governing itself. This means that, there is no any external power which controls the activities of that nation. There are two types of sovereignty which are

- i. Internal sovereignty. In this, a nation has the power to exercise and supervise its affairs within its territories without being interfered with any nation.
- ii. External sovereignty. In this, a nation has the power and freedom to form its foreign policy and governing policy, for example the foreign policy of Tanzania is to establish, emphasize and protect the social, political and economic interests of Tanzania through progress economic diplomacy and develop relationship with other nations and organizations.

The basic features of sovereignty are; presence of well defined boundaries, presence of population that share common culture and has an international recognition

Importance of national sovereignty

- i. **To maintain good relationship.** A sovereignty state promotes good relationship with other nations due to the existence of good foreign policy.
- ii. **To maintain peace and security of a nation.** The sovereignty in a state ensures the presence of peace and security in a country due to the making the laws of the state.
- iii. **It brings national stability.** A sovereignty in the country is important because its existence enables a nation to form its policies for the development in a country
- iv. **It is the sign of freedom in a state.** The Citizens in a sovereign state become free from the external domination from other nations.
- v. **It helps a country to exercise its power.** Sovereignty enables the leaders in a country to operate the state affairs freely without being interfered with other states

C. Government. Government is administrative organ of the country which consists of officials who run the affairs of the nation. In any country, there must be the group of elected representatives who are responsible for controlling the state matters. The government of any state has the power to administer and manage the activities of the people within the country. In Tanzania for example we use republic government in which the head of the state is president who is assisted by other politicians who are elected by people to run the state affairs. Tanzania as a nation, has two government namely; United Republic of Tanzania and Revolutionary government of Zanzibar (SMZ).

D. Population. Population refers to the number of people which is belongs to a particular country and living in a clearly defined area, for example in Tanzania according to the estimation of 2018, there are more than 56 million people. Census of 2022 the population of Tanzania was more than 61 million people. People within a particular country have their own government and share the common history, culture and national language. In any nation, people should form their coercive instrument to ensure peace and security in country and also they have to solve their problems faced them in social, political, cultural and economic problems.

E. Culture. Culture is the total ways of peoples live in a given community which comprises the customs and beliefs of particular group of people. Also culture in any given community may consists of people's art, language, history, way of living and social organizations. Any nation should has the culture which is practiced by the people of that particular country.

NATIONAL SYMBOLS

Concept of Symbol and National Symbols

A symbol refers to a mark or sign that stand for or represents an object or idea in a society. Examples of symbols are flag, badge or emblem

National symbols are the objects or signs that are designed to identify a nation from another. Tanzania as a nation has its own national symbols which differentiate from other nations. These are

- National anthem
- Uhuru torch
- The giraffe
- National currency
- Coat of arm
- National flag
- National constitution
- National language
- Presidential standard.

A. National anthem

National anthem is the official song of the nation which reflects national feelings, desire, glory and pride of people's nationality. National anthem is sung on the special occasions as follows;

- When the president is about to inspect a guard of honor.
- Before the president address the nation and after finishing the address
- At the opening of international events such as football match, conference and boxing
- When the president or vice president visits another country
- On the announcement of the death of the president or vice president
- When the national radio and television starts and ends their daily program
- When the national flag is hoisted

Our national anthem in Kiswahili

- | | |
|--|---|
| <p>1. Mungu ibariki Afrika
Wabariki viongozi wake
Hekima umoja na amani
Hizi ni ngao zetu
Afrika na watu wake
Kiitikio
Ibariki Afrika
Ibariki Afrika
Tubariki watoto wa Afrika.</p> | <p>2. Mungu ibariki Tanzania
Dumisha uhuru na umoja
Wake kwa waume na watoto
Mungu ibariki
Tanzania na watu wake
Kiitikio
Ibariki Tanzania
Ibariki Tanzania
Tubariki watoto wa Tanzania.</p> |
|--|---|

Importance of National Anthem

- i. It is a symbol of our nationality and freedom
- ii. A unifying tool for Tanzanians
- iii. It makes citizens feel proud of their country
- iv. It expresses a sense of belonging to Tanzania and Africa
- v. It is an identity for international recognition.

B. Uhuru torch/independent torch

This is the torch of freedom which was introduced by the first president of Tanzania Julius K. Nyerere as a symbol of freedom, unity, love, dignity, solidarity and hope among Tanzanians. It was lit first on the top of Mount Kilimanjaro at midnight on 09th December 1961, the day in which Tanganyika became independent. Lighting the torch on the mountain symbolized the illumination of the whole country with freedom, bringing love where there was hatred, dignity where there was contempt and hope where there was hopelessness. Also Uhuru torch is lit and through every region paraded to every part of Tanzania to bring hope and love to all people in all places within the country.



Uhuru torch of Tanzania

Importance of Uhuru torch

- i. It acts as a unifying tool to all people of Tanzania
- ii. It promotes peace, dignity, respect and hope among Tanzanians
- iii. It promotes development. Whenever the uhuru torch passes, the development projects are initiated, for example school and health centers.
- iv. It symbolizes the freedom and enlightenment of the country
- v. The messages passed around the country during Uhuru torch races encourage the positive social, political and economic changes in the country.

C. National currency

National currency is the system of money that the country uses as the medium of exchange in the various trade transactions. The Tanzanian national currency is called Tanzanian shilling Tsh. It appears in form of notes and coins which represent different values.



Tanzanian currency

Notes

- One thousand shilling
- Two thousand shilling
- Five thousand shilling

- Ten thousand shilling

Coins

- Fifty shilling

- One hundred shilling
- Two hundred shilling
- Five hundred shilling

Importance of national currency

- i. Is a symbol of people's nationality
- ii. Acts as a medium of exchange and trade transaction
- iii. Is an identity of nationality and freedom of a nation
- iv. It is used to measure values
- v. It is the means of settling debts.

D. National flag

National flag is a piece of cloth with the special colors designed to represent the nation. The national flag of the United Republic of Tanzania was hoisted for the first time on 26th April 1964 when Tanganyika and Zanzibar united to form Tanzania. The main function of the national flag is to show that Tanzania is the complete independent and sovereign state.

The national flag of Tanzania has four colors which are black, blue, green and yellow.

- Black color represents skin color of the Africans who are indigenous people of Tanzania
- Yellow color represents natural wealth of Tanzania like minerals
- Blue color represents water bodies such as ocean, lakes and rivers.
- Green color represents land and vegetation of Tanzania.



National flag of Tanzania

Importance of national flag

- i. It is a symbol for freedom and unity of the people
- ii. It is the state symbol for the country and its citizens
- iii. A symbol of nationality of Tanzania
- iv. A symbol of Tanzania culture
- v. Sometimes it represents misfortune like death of state leader or many people at once, when it is hoisted half mast.

E. Coat of arms/national emblem

Coat of arms is the government logo or badge which comprises many different colors and landmarks of the nation of Tanzania. It is official seal or stamp of the government and acts as national badge and therefore all government publications bear this official seal. Below is the National emblem of Tanzania



National emblem of Tanzania

Components of coat of arms

The coat of arms of our nation comprises twelve components as follows

- i. **Two human figures.** A man and woman to represent national unity and cooperation among Tanzanians.
- ii. **National flag.** It is the symbol of national freedom and independence.
- iii. **Flame of burning uhuru torch.** It symbolizes the freedom, enlightenment and prosperity.
- iv. **Two elephant tusks.** Represent our national heritage in terms of wild life.
- v. **Sea waves.** Represent water bodies such as ocean. Lakes and rivers and coastal lines of Tanzania.
- vi. **Golden band on the upper part of the shield.** This represent the mineral wealth of the country
- vii. **Spear.** It represents the symbol of traditional weapons and defense.
- viii. **Crossed axe and hoe.** Represent tools used by the peasants and farmers on Tanzania.
- ix. **The red portion underneath of the flag.** It symbolizes the soil (red soil) found in our country.
- x. **Crops (cotton and clove).** Represent cash crops produced in Tanzania
- xi. **The word "Uhuru naUmoja".** This means freedom and unity. It is the national motto of the United Republic of Tanzania.
- xii. **The peak of mount Kilimanjaro.** Mount Kilimanjaro is the highest mountain in Africa. This mountain is a source of pride for Tanzania.

Importance of coat of arms

- i. Coat of arms is the national symbol that marks out Tanzania as a state.
- ii. A symbol of state sovereignty, freedom and unity.
- iii. It is the state symbol for presidency, the country and its citizens.
- iv. It is the national culture and history of Tanzania.
- v. It is a symbol of state power and economic base of Tanzania.

F. National language

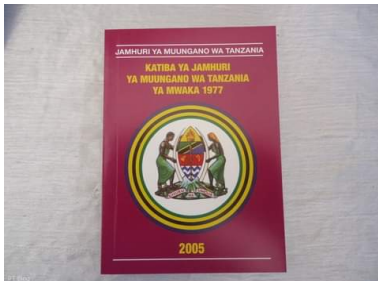
National language is the language which is spoken by all people within a country. The national language of Tanzania is Kiswahili which is spoken by all Tanzanians. Tanzania has more than 120 tribes, but all these tribes are united by one language which is Kiswahili.

Importance of national language

- i. It acts as a medium of communication between people in the country
- ii. It is a symbol of culture of our nation
- iii. It acts as unifying tool to people of common language and history
- iv. Is a symbol for international recognition

G. National constitution

Constitution is the system of laws and basic principles that govern a state or a government. Constitution provides guidelines which a society must follow. Our country is ruled according to the constitution which was enacted in 1977.



Constitution of the United Republic of Tanzania

Importance of constitution

- i. It is the mother law of the country which government all laws
- ii. It is the structure of state organ
- iii. It describes and promotes human rights
- iv. It defends citizens of Tanzania and foreigners
- v. It gives people the freedom to enjoy their rights

H. Presidential standard

Presidential standard is the flag of president which is used in the official ceremonies where the president is in attendance. It has green background color with a blue border and the coat of arms in the middle. The coat of arms on the presidential flag has no crops. Human figures and the Mount Kilimanjaro. The main function of the president flag is to symbolize the authority of the president and state symbol of the president. The Presidential standard of the United Republic of Tanzania is shown below



Presidential standard of Tanzania

General Importance of National Symbols of Tanzania

- i. **Signs of National freedom.** The national symbols of Tanzania indicate the existence of national freedom in our country since independence. This show that, Tanzania is independent country in the world
- ii. **A unifying tool for Tanzanians.** Sometimes these symbols act as the combine that united people as a single unit in Tanzania.
- iii. **Sense of proud.** Those national symbols makes citizens of Tanzania feel proud of their country due to the presence of freedom of exercising their power
- iv. **Feel the love as a citizen of Tanzania.** These symbols express a sense of belonging to Tanzania and Africa
- v. **Act as identification.** The national symbol in the country stand as the identity for international recognition that Tanzania is an independent state.

QUESTIONS

1. Give the definition of the following terms
A. Nation B. National Sovereignty. C. National Symbols. D. government
2. As a citizen of Tanzania, identify and explain the national symbols of Tanzania
3. Mr. Zawadi is a chairperson of Mshikamano village, he provided a speech to the community on the importance of having the sovereign government in Tanzania. As a form four student who studied Civics subject, support Mr. Zawadi with five points.
4. The National Anthem of Tanzania has two stanzas, and it is sung by the citizens to inculcate the sense of patriotism. As a citizen of Tanzania, briefly explain any five special occasions when the National Anthem of Tanzania is sung.
5. You as a Civics expert, explain to your community by giving five points, why you think there is importance to teach the national symbols of Tanzania from nursery school education?

RECOGNIZING AND VALUING TANZANIA'S NATIONAL FESTIVALS

Concept of National Festivals

National festivals are the special events marked to honor something that took place in our country. These days created by the state to celebrate and remember the important national events in the country. During the day of celebrating, the government exempts people from doing any government or official works, and therefore people are required to rest. In Tanzania, these days are known as public holiday.

Categories of Tanzania's National festivals

National festivals categorized into two groups

- a. Public Religious festivals

b. Public National festivals

1. Public Religious festivals

These are holidays that marked by special religious event or festival according to belief and faith of a particular group of people. In Tanzania there are two dominant religions which have great recognition to the government namely; Islamic religion and Christian religion.

i. Islamic holidays**a. Maulidi day**

This is the holiday in which the Muslims celebrate the birth of Prophet Muhammad (s.a.w) who was born on 12th Rabiul-Awwal according to Islamic year which was equal to 570 AD

b. Eid-El- Fitr.

This mark at the end of fasting during the holy month of Ramadhan, depend on the moon sighting. On this day the Muslims give aims to the poor. They eat together and visit one another. Actually, it is one of the happiest day for all Muslims within the country and the world at large.

c. Eid- El- Adh- ha/Eid-el- Hajj

This is the holiday in which the Muslims celebrate the end of pilgrimage to Makka on the 10th Dhul-hijja according to Islamic calendar. During this day and other following three consecutive days (yaummutashriik), the Muslims slaughter the animals like camel, cow, goat or sheep and eat together. Also this day depend on moon sighting.



Muslims pilgrimages in holy city of Makka

Muslims pray on open ground during eid el fitr

ii. Christian holidays**a. Christmas day**

This is the holiday in which the Christians celebrate the birth of Jesus Christ on 25th December. During this day the Christians eat together and enjoy together.

b. Boxing day

This day marked on 26th December every year in which the Christians open the gift received from Christmas day.

c. Good Friday and Easter Monday

This is the holiday in which the Christians commemorate the suffering of Jesus Christ. The dates to this day change according to Christian calendar, it range between March and April.

2. Public National Festivals

These are special days falling on the important political events of the country that have very profound meaning politically. In Tanzania we have the following political holidays

- i. **Independence Day on 9th December.** This day falls on 09th December every year to celebrate the attainment of independence Tanganyika, on 09th December 1961.
- ii. **Zanzibar Revolution day, on 12th January.** This day falls on 12th January every year to celebrate the overthrow of the sultan's government in Zanzibar and form the majority government under the leadership of Sheikh Abeid Aman Karume. It was occurred on 12th January 1964.
- iii. **Union day, on 26th April.** This day falls on 26th April every year to celebrate the day in which Tanganyika and Zanzibar merged to form United Republic of Tanzania. It was on 26th April 1964
- iv. **Nyerere's Memorial day, on 14th October.** This day falls on 14th October every year to celebrate the memorial of the death of our first president, Julius Kambarage Nyerere who died on 14th October 1999.
- v. **Karume's Memorial day, on 7th April.** This day falls on 07th April every year to commemorate the assassination of the first president of Zanzibar Sheikh Abeid Aman Karume who died on 07th April 1972
- vi. **Sabasaba day, on 7th July.** This day falls on 07th July every year to celebrate the trade exhibition. Many traders from within and outside the country are invited to participate in this exhibition
- vii. **Nanenane day(farmers' day), on 8th August.** This day falls on 08th August every year to celebrate the farmers and traders to exhibit their agricultural products, farm implements and machinery. It was conducted through the chosen of one region in a certain district in that region as the national day for celebration.
- viii. **New Year, on 1st January.** This festival takes place on 01st January every year. it is an international holiday in which people around the world celebrate the start of new year.
- ix. **Labour day, on 1st May.** This festival is celebrated on 01st May every year. it is also known as workers day. It is an international public festival, which is celebrated all over the world. In Tanzania this day is called Mei Mosi. On that day, workers express their grievances and expectations to the government and employers which need attention of policy and decision makers at the national level.

Importance of national festivals

- i. **Reflection of particular events.** These days mark a reflection on the important events, hence make people be aware of them.
- ii. **They unify people together.** These days combine people from different localities and make them feel as one.
- iii. **Enhance people's common culture.** These days strengthens and enhance unity, solidarity, cooperation and fraternity among people who share common culture and history.
- iv. **Source of recreation.** These are part of recreational activities as many professional workers and entertainment always accompany those events
- v. **To identify the problems facing the communities.** These events help leaders to identify problems face the societies

QUESTIONS

1. *Define the term National festivals*
2. *Differentiate between the following*
 - a. *Eid el fitr and Eid el Hajj*

- b. Christmas day and boxing day
3. There are great efforts which are put forward to promote and honor the national festivals in Tanzania, but the big problem is that, many people know nothing about these festivals. As a stakeholder toward this, educate the community to understand at least five public national festivals of Tanzania.
4. Imagine you are the ward executive officer, explain to your community, why there is important to celebrate the national festivals in Tanzania?

3. PROMOTION OF LIFE SKILLS

The concept of Life skills

A skill is the ability of an individual to apply mental and physical abilities in society to control one's environment.

Life skills are the abilities to think and use knowledge to solve personal and social problems or challenges. Life skills also enable a person to know what to do at a certain time and what not to do. Life skills enable a person to live well in the society which enables a person to manage his or her life properly.

TYPES OF LIFE SKILLS

There are three major types of life skills which are;

- I. Individual life skills (Intra-personal skills)
- II. Social skills (Inter-personal skills)
- III. Effective decision- making skills.

I. INDIVIDUAL LIFE SKILLS

This is the type of life skills which enable an individual to understand him or herself in various ways. People are able to understand their strengths and weaknesses, how they think and feel, and how they express their thoughts and feelings. Individual life skills include the following

- | | |
|-------------------|------------------------|
| a. Self awareness | d. Self-dependence |
| b. Assertiveness | e. Coping with stress |
| c. Self esteem | f. Coping with emotion |

A. Self awareness

Awareness is the ability to know something.

Self-awareness is the ability of an individual to know himself or herself, his or her feelings, emotions, strengths and weaknesses as well as one's position in life and society. Self-awareness enable a person to

understand his or her roles in the society, to understand what he or she likes and dislike and to understand what make him or her happy and unhappy.

B. Assertiveness

Assertiveness is the ability of a person to know what he or she wants and why and be able to take necessary steps to achieve it. Being assertive means being able to stand up for your own and others rights. An assertive person is able to express his or her opinions or decisions strongly and with confidence with consideration the rights of others. The following techniques could be used to develop and enhance your assertiveness:

- a) Making positive decisions
- b) Being open by sharing your opinions, feelings and needs with others
- c) Being a good listener by giving people freedom to express their feelings and concerns
- d) Being honest by telling others the truth by sharing with them
- e) Respecting others by treating people with decency and politeness.

C. Self-esteem

This is the ability of a person to appreciate oneself and being confident about such person's aspects such as appearance, personal ability, behavior, competence and access in what one attempt. Self- esteem is an awareness of the good oneself. Self esteem enable an individual to evaluate himself or herself of his or her own worth

D. Self-dependence

Self-dependence is an individual's ability to make decisions by him or herself. It enables you to manage yourself and hence develop a sense of independence from other people. In order for a person to be self-dependence, he or she must:

- a) Accept his or her abilities and potential to perform activity
- b) Have self identity. To recognizing who one is. A person must understand the strength, weaknesses, goals and resources he or she needs
- c) Develop independent decision making
- d) Clarify his or her value
- e) Practice independent decision making

E. Stress management

Stress is a mental, emotional or physical tension or pressure. It can be caused by the events such as bad examination results, divorce, death of family member or friend, broken of the relationship and even unwanted and planned pregnancies. A person needs to develop skills that help him or her to cope with stress like take breaks from watching, reading or listening to news and stories from social media, take care to oneself, talk to others, avoid alcoholism or drug abuse and connect with one's community or faith based organization. The following are strategies that can help one to reduce or managing stress

- a) **Managing time.** This is achieved by preparing a timetable or schedule helpful for arranging activities in an organized manner. Having a timetable will help you to get rid of unnecessary stress.
- b) **Living an organized life.** In order to manage stress, a person is required to live in an organized life, especially religious organized faith. Living in that way will help a person to manage stress.

- c) **Having a positive attitude.** Being positive and avoiding focusing on negative aspects of life protects one's mental health. For example instead of being upset about the family problems like marital conflicts, be positive and seek ways to solve the problem.
- d) **Finding a social support system.** Spend time with friends, other family members and people who love, care about and support you. a strong support system will enable a person to share with them negative feeling and pain.
- e) **Exercising and leisure.** Physical exercise gives a person an opportunity to get rid of his or her negative feelings. Take time to do leisure things like watching movies, reading beautiful story books etc.

F. Copying with emotion

Emotions are strong feelings such as fear, love, anger, shyness, disgust and desire to be accepted. Copying with emotion is the ability of a person to recognize one's emotions and reasons for them and take the decisions which take consideration of them. The ability to cope with different emotions enables a person to control his or her strong feelings and actions. A person should accept the reality, create various alternatives in solving problems, think positively over situation and seek advice when necessary.

Ways of Coping with emotions

- a) Identifying emotions in the situation you have by asking questions yourself, are you happy, sad, angry or fearful?
- b) Identifying and knowing the sources of your emotion situation
- c) Analyzing the effects of the emotions on yourself and others
- d) Assessing your ability to handle emotions
- e) Refraining from impulse actions
- f) Seeking guidance or counseling.

II. SOCIAL SKILLS

Social skill is the ability to understand and live in peace and harmony with others. Social skills give an individual the knowledge and ability to live according to the standard of a society. Social skills include the following aspects;

- | | |
|-------------------------------|------------------------------|
| i. Forming good relationship | v. Negotiation |
| ii. Forming friendship | vi. Effective communication |
| iii. Managing peer resistance | vii. Entrepreneurship skills |
| iv. Being empathetic | viii. Team-work |

A. Forming good relationship. Relationship refers to the way in which people interact and behave towards others. Relationship can be children and parents or students and teachers as well as peer neighbors or relatives. Forming relationship is the ability for people to meet and relate with others in various places such

as schools, playing ground and social gathering. Good relationships have good effect on a people's life. Being able to form good relationship enables one to know how to behave properly in each relationship.

B. Forming friendship. This is the ability of an individual to make friends with people whom he or she can share activities, ideas, joy and sadness. This life skill enables an individual to form bonds with people and thus prevent loneliness. Interpersonal relationship is done through friendship formation. Children should be able to recognize bad friend which can lead them into dangerous or unnecessary risk and behavior such as alcoholism, drug abuse and dangerous sexual behavior. Forming friendship starts at early stage of life or at the work. The qualities of good friend are;

- Trustiness
- Empathy
- Honest and openness
- Unconditional acceptance
- Loyalty

C. Managing peer pressure. Peer pressure is the situation whereby one's friends influence him or her to do something. Our friends can influence us to do good or bad things. Peer resistance helps an individual take control of his or her life by resisting negative influence from others. Managing peer pressure means making an effort to manage or sustain other's influence that can change your attitude and perspectives on something.

Strategies for managing peer pressure.

- a) Paying attention of what your friends are pressurizing you to do something against your values
 - b) Being thoughtful by thinking about how you would react in different situations and what you would say or do
 - c) Having a conversation with the person by being open to someone who is trying to influence you to do something
 - d) Communicate with parents on what your friends ask you to do
 - e) Getting support from others such as trusted adults.
- D. Being empathetic.** Empathy is the ability to understand other people's feeling and feel concerned about their problem. Many people are faced with different problems such as death of one's parent, husband or other relatives, so it is better to empathize other people's feeling in their problems. This skill enables people to share their friends' problems in the society wisely and sensibly
- E. Negotiation.** This is the ability to agree on issues without undermining or going against one's principles. It is an important skill when disagreements occurred. Negotiation skills help to avoid misunderstanding on issues and help to build good understanding between people in the community.
- F. Effective communication.** Communication is the process of exchanging and sharing of information between two or more people. The shared information usually comprises facts, knowledge, jokes and emotions. Communication can be verbal or non-verbal. Verbal communication involves use of spoken or written words to send information. Non-verbal involves non-spoken or written words to send information. Effective communication is the ability of a person to communicate with people according to their mood, age and background without undermining each other.
- G. Entrepreneurship skills.** Entrepreneurship skills mean the ability to transform ideas into action by solving problems, being creative, innovative and taking risks. Entrepreneurship gives a student an opportunity to

think outside the box, nurtures unconventional talent and instills confidence and spirit of engaging in entrepreneurship activities. In order to be an entrepreneur, one should have the skills such as; Problem-solving skills, interpersonal skills by relating with people, creative and critical thinking skills and practical skills.

H. Team-working. Teamwork is a process through which a number of individuals with common goals or desires collaborate to do something. During the collaboration, group members can share their knowledge, skills and resources. People work together to address various socio-economic and political problems. Team working always develops social skills among the people.

III. EFFECTIVE DECISION- MAKING SKILLS

Effective decision- making skills refer to a person's ability to use information to develop appropriate alternatives and predict the consequences of the choices he or she makes. Effective decision making skills make use of the following aspects;

- | | |
|----------------------|---------------------|
| a. Critical thinking | c. Decision making |
| b. Creative thinking | d. Problem,,solving |

- A. Critical thinking.** This is the ability of a person to develop deep understanding of something. It enables a person to analyze, evaluate and describe the quality of something. It helps a person to understand the environment in which he or she lives and problems which might prevent him or her from making proper decision. Before making any decisions, a person considers the advantages and disadvantages of various ways of doing something. Critical thinking helps a person to come up with good ideas to solve the problem
- B. Creative thinking.** This is the ability to think and come up with new ideas and new ways of doing things. In life, creative thinking helps an individual to come up with solution that other people had not thought of.
- C. Decision making.** This is the ability to make the best choice out of many available options. The choice is made after considering its results. In life, it is important to think about impact before making a decision. Proper decision making in anything can bring the comfortability to and happiness to an individual.
- D. Problem solving.** Problem solving involves the making a choice and acting on it with maximum advantage. Problem solving skills are necessary in life because they help individuals to make decision and implement them in whatever situation they find themselves.

Agents (sources) of life skills

- i. Family.** This is the primary and first source through which a person (child), can life skills. Parents, guardians and other relative are the primary source from whom we learn different life skills.
- ii. Neighbors.** These are people living close to our homes. Sometimes neighbors may play a role in molding our moral values and life skills
- iii. School.** Also the children can learn the life skills through education acquired from school. It is expected that, the knowledge and skills acquired will be useful in their daily lives
- iv. Religion.** Good religious teachings help us to get skills which enable the people to get skills which enable us to live harmoniously in the society. Religious teachings sharpen children's behavior and conduct to become acceptable members.

- v. **Friends.** Our friends help us to acquire various life skills due to the exchanging of our ideas. Children acquire some life skills either by observing or working with them
- vi. **Society.** The way people live allow an individual to learn what is expected of him or her. Since children live with others, they learn good manners, good behavior and skills through interacting with others
- vii. **Government.** The government imparts life skills to its people through educational programs. The government has institutions such as school, colleges and others which organize professional development programs to educate people about civic responsibilities
- viii. **Non-governmental organizations.** These are organizations which provide social services to people. They initiate different programs aimed at promoting life skills among the youths

Importance of life skills

- i. **Encourage people to make good decisions.** Life skills enable us to make the proper decision in life on different matters.
- ii. **Source of good morals.** Also life skills enable an individual to develop good behavior which will enable him/her to live well in the community and avoid bad friendship
- iii. **It brings love in the community.** Due to life skills, people may increase love and understanding among themselves.
- iv. **It makes an individual to tolerate on various unfortunate issues.** Life skills enable an individual to handle and respond various unfortunate occurred in the community like divorce, death of friend and relative or any form of harassment.
- v. **It maintains peace and orders.** Life skills maintain peace and order by solving various problems in the society.

Impacts of not applying life skills

- i. **Improper choices.** Failure to apply life skills may make people to make wrong choices in the communities
- ii. **Rise of conflicts.** Conflicts may occur among the people in the community if a person does not apply life skills. In addition, failure to build and maintain positive relationships leads to conflicts with others
- iii. **May lead to immoral behavior.** Youth may get into bad behavior and result in things like drug abuse, alcoholism, prostitution, etc
- iv. **Lack of empathy.** This may lead to the increase of suffering for those who have problems. Those who have no such problem may not understand their circumstances
- v. **May results to poor leadership.** Poor leadership in the societies due to the lack of using life skills.

QUESTIONS

1. Briefly give the short notes of the following terms
 - a. Life skills b. intra-personal skills. c. Inter-personal skills
2. Identify and explain various kinds of intra-personal life skills

3. *In five points, explain the interpersonal skills that bring good social relationship among the people in a society*
4. *Explain by using five points, which types of life skills will you recommend to your friend who is not getting along well with his friends?*
5. *Tanzania is the one among of the peaceful country in the world, but most of its citizens are affected with the problem of managing their stress. If you have given the chance to deliver talk on the mechanisms of managing stress, which five points will you consider?*
6. *In five points, assess the institutional agents through which children can learn different life skills in their daily life*
7. *It is true that, failure to apply life skills may lead to the social problem in a society. As the member of the society, explain five advantages of applying life skills in our daily life*
8. *“Failure to obtain and use life skills cause many problems.” This statement was said by the psychologist who addressed the group of youth and parents. Being among the youth who attended there, propose five problems that are associated with his statement.*

4. HUMAN RIGHTS

Concept of Human Rights

Human rights refer to the basic and fundamental rights that all human being are entitled to because they are human being and no one should interfere with. Human rights are the basic needs and freedom that every person has from birth to death. That rights, include right to life, right to worship, right to work etc. human rights should be given to everyone just because of his or her humanity. In most countries in the world, human rights are based on the

Universal Declaration of Human Rights

On 10th December 1948, the United Nations introduces the Universal Declaration of Human Rights (UDHR). The aim of the Declaration was to make sure that human rights are universally recognized and all countries adapt, promote and protect them. Most countries included the Human Rights in their constitutions as the Bill of Rights. Bill of Rights shows the right and the freedom that people have in their country.

TYPES OF HUMAN RIGHTS

There are two types of Human rights which were included by Universal Declaration of Human Rights

- a. **Legal rights.** These are individual and group entitlements which are recognized by the constitution of a nation and which can be enforced in the court of law. Example right to life
- b. **Moral rights.** These are the values and freedom which are recognized by certain societies or communities; they cannot be proved or claimed in the court of law, since they are only socially recognized. Example rights to be treated with respect

Categories of legal human rights

The categories of legal human rights are;

i. Civil and Political rights

These are the rights and privileges that give the citizens liberty and equality and allow the citizens to participate in the political life in the communities. These include the following; Freedom of movement, Freedom of expression, Freedom of association, Freedom of assembly

ii. Economic, cultural and social rights

These are the rights that give the citizens the opportunity to participate in economic, social and cultural life in their communities. They also concerned with the provision of basic needs such as food, shelter, health care and education. They divided into two categories, social rights and economic rights.

- Social rights may include right to get education, right to get security, right to rest, recreation and health care, right to get marriage and right to have a family.
- Economic rights may include right to work, right to own property, right to reasonable standard of living and pension

iii. Environmental and developmental rights

These are the rights that give people the right to live in the environment that are clean and free from pollution. The environment should be safe to the people. Environmental pollution may include;

- Air pollution
- Water pollution
- Noise pollution

Importance of Human rights

- i. **Human rights reduce crimes.** Human rights reduce the rate of crime in the societies like killing one another, example right to life.
- ii. **Human rights help people to secure education.** Human rights enable people to get education and reduce the number of illiterate people in the societies.
- iii. **Human rights bring equality to all people.** Human rights enable all citizens to be treated equally regardless their race, religion, social status or tribe.
- iv. **Human rights bring free movement of people.** Human rights allow people to move from one place to another that help people to build social relationship with other countries.
- v. **Human rights bring freedom to the people.** Human rights help people to exercise their freedom in the societies, like exchanging ideas and providing their opinions freely.
- vi. **Human rights promote the right to life.** This is important in any society because people will respect other's right to life and let them live free.

PROMOTION OF HUMAN RIGHTS

Promotion of Human Rights

Human rights promotion is the acts which are done by the government and other different organizations to encourage people to respect and value human rights. Promotion of human rights is done by both government and other different organizations

Roles of the government in promoting human rights in Tanzania

- i. **To set up the commission on human rights and good governance.** The Government of Tanzania established the human rights commission and good governance, this ensure the promoting and protecting human rights
- ii. **Including them in Constitution.** The government of Tanzania always promotes and protects the human rights by recognizing and including them in the constitution
- iii. **Accept international obligation.** The government accepts and respect international obligation on human rights. Tanzania accepts various international agreements on human rights. Example Universal Declaration of Human Rights.
- iv. **Ensuring employment opportunities.** The government ensures the employment opportunities to its citizens that enable people to access their living.
- v. **Allowing non- governmental organization.** The government of Tanzania allows the existence of Non-Government Organizations (NGOs) to operate in the country that promote Human Rights. Examples of organizations TAMWA, TAWLA, TGNP etc
- vi. **Practicing the rule of laws.** The government of Tanzania promotes human rights by practicing the rule of laws. This means that no one is guilty until he or she has been proven guilty by court of law. It also means that all people are under the law and nobody is above the law

Roles of the NGOs in promoting human rights in Tanzania

- i. **Help people to fight against violence in the society.** Some of these NGOs promote the human rights by helping the people to fight against violence in a society. Example TAMWA helps women to fight against violence
- ii. **Provision of mass education to the people about their rights.** Also NGOs promote human rights through the provision of education to the people about their rights
- iii. **Provision of legal advice to the people.** NGOs also promote human rights through provision of legal advice to the people. For example, TAMWA has set up advisory centre where women go for legal advice
- iv. **Conduct research on human rights practices in Tanzania.** NGOs promote human rights by conducting the research on human rights practices in Tanzania. For example Legal and Human Rights Centre (LHRC) conducts research and publishes reports on human rights practice in Tanzania.
- v. **Empowering and strengthening human rights and good governance.** Also NGOs promote human rights by strengthening good governance. for example LHRC is responsible for empowering, promoting strengthening and maintaining human rights and good governance.
- vi. **Provide legal assistance to the people.** NGOs also promote human rights through providing legal assistance. For example TAWLA provides legal assistance to women and society at large

Individual rights

These are the natural rights that all human being are born with and they cannot be taken away by any one and the government should protect them. They are also referred to as unchallengeable rights because they are God-given rights and cannot be taken away either by a government or by other people in a society. Examples of these rights are; Right to life, Right to worship, Right to equality, Right to liberty etc.

Protection of Individual Rights

Human rights protection are the acts that ensuring that human rights are not abused. Individual Human rights are protected by all people because;

- i. They regulate and control the power and actions of the government
- ii. They are foundation of justice, peace and freedom
- iii. They promote democracy
- iv. They encourage people's participation in economic, social, political and cultural activities.
- v. They bring about social equality and discourage any form of discrimination.

Ways of Protecting Individual Rights

- i. **Having the constitution and institution which ensure equal and practice of people.** The constitution must include the individual rights and establish legal institutions advocating for individual rights. In Tanzania for instance all individual rights are included in the constitution of the United Republic of Tanzania
- ii. **The press informs the public about violation of human rights.** The media plays a significant role in promoting the protection of individual rights. It inform the public about the violation of individual rights for the relevant institutions to act accordingly
- iii. **Presence of organization that deal with protection of human rights.** There are some organization such as Amnesty International that protects individual rights.
- iv. **Presence of government institution that deal with human rights.** The establishment of government institutions that deal with human rights protection is another way of protecting individual rights. The commission for Human Rights and Good Governance helps to protect individual rights.
- v. **Practicing the rule of laws.** The government protect individual rights by practicing the rule of laws to make sure that all people including the leaders are equal under the law and no one is above the law.

Limiting Individual rights

Concept of Human rights limitation

Human rights limitations are the boundaries to the extent of practicing individual human rights. Every person has the rights to exercise his or her things accordingly; there is no absolute freedom as all freedom within certain boundaries. The main reason for setting boundaries within which human rights are exercised is to protect the

interests of other people. Everyone is free to enjoy his or her rights, but in so doing one should not interfere with the rights of others. Examples of human rights limitations include the following;

- Right to equality should be exercised in fairness. All people should be treated equally regardless their races, religion or sex.
- Freedom of speech or expression should be limited to some extent. Freedom of speech or expression does not mean that a person is allowed to insult others, shouting a thief while there is no thief.
- Right to personal freedom should be limited to some extent. Just because one has the right to personal freedom does not mean that can do things that offend others such as walking naked.
- Freedom of assembly should be limited to some extent. People have the right to make assembly, but if an assembly is likely to harm other people must be limited.
- Freedom of association should be limited to some extent. People who have bad intentions such as criminals cannot be allowed to associate with the public as their actions are likely to harm others.
- Right to work should be limited according to the age and health status. Children with below 18 years are not allowed to work, and people who are not mentally fit are not allowed to work.
- Right to vote should be limited according to the age. Children below 18 years are not allowed to vote.

Purpose of Limiting Individual Rights

- i. **To protect the rights of others.** This happens when the conflicts of rights occurs, certain rights sometimes need to be limited in order to protect the rights of others
- ii. **To protect the public health.** Some rights must be limited to some extent in order to protect the public health, for example, some people who suffer from epidemic disease may have their freedom of movement restricted in order to protect other people from such disease.
- iii. **National security.** Freedom of movement may be restricted if it interferes with the protection of the state's security. Similarly, publishing government secrets, in exercise of freedom of expression, can be harmful to state security.
- iv. **To protect public morals.** Protecting public morals is sometimes cited as a reason to limit individual's right. For example, it may be used to limit freedom of expression in the interests of regulating inappropriate films.
- v. **Maintain social peace and harmony.** Peace and harmony can bring a peaceful and stable order to society and they are a necessary condition for survival and development of mankind.

Conditions which hinder the implementation of Individual rights

- i. Presence of war and insecurity. An individual may fail to exercise one's rights when there is a war or insecurity in a society or community
- ii. Lack of integrity and decline of professional ethics on the part of the judicial personnel
- iii. Bias and unfair treatment from the decision making machinery. Sometimes this situation may occur at an individual level on the basis of race, religion, tribe and economic status
- iv. Lack of awareness about human rights which could enable an individual to recognize and fight for his or her rights

- v. Corruption practices which may deny people's rights
- vi. Ignorant of the legal procedures and appropriate steps to be taken
- vii. Inadequate political rights. This may happen when citizens are denied their rights to participate in voting and in public affairs.

HUMAN RIGHTS ABUSE

Human rights abuse is the unlawful prevention of a person enjoyment of his or her rights as outlined in the constitution. Human rights abuse may include raping women and children, child labor, increase of corruption, forced marriages, early marriages, etc.

Parents can abuse the rights of their children by;

- Denying them education
- Not providing basic needs
- Forcing them to marry against their wishes
- Giving their children severe punishment

Societies can be abuse individual rights by;

- Beating and killing suspected criminals
- Abounding children in the streets
- Stigmatizing less fortunate members of the societies such as disabled people and people living with HIV/AIDS

An individual can abuse human rights through;

- Taking corruption
- Practicing social crime like stealing
- Abuse of power.

Government can abuse human rights by;

- Making oppressive laws that limit individual rights
- Discriminating against some citizens
- Failure to include Bill of Rights in the constitution
- Failure to maintain the rule of laws

Nowadays the human rights abuse in Tanzania includes the following;

- Beating and killing suspected criminals like thieves
- Increase of social crimes like raping and robbery
- Increase of stigmatizing the less fortunate people like people living with HIV/AIDS

- Presence of early marriages in the societies
- Presence of corruption and abuse of power
- Presence of severe punishment from the parents to their children.

Effects of Human Rights Abuse

- i. **Occurrence of conflicts.** Human rights abuse in the society may lead to the rise of conflicts and misunderstanding among the people in a community
- ii. **Increase of crimes and poverty.** Also existence of acts that indicate human rights abuse lead to the increase of crimes such as stealing, robbery etc
- iii. **Rise of political instability in the state.** Due to human rights abuse in a community, may lead to misunderstanding which ultimately lead to political conflicts in a country.
- iv. **May denies people to secure the basic social services.** Human rights abuse may make the citizens not to get their basic needs and social services properly
- v. **Increase of oppression and humiliation.** Oppression and humiliation may increase, especially to the less fortunate members in the society.

Ways of Combating Human Rights Abuse

- i. **Enhance the rule of laws and good governance.** The government has to maintain the rule of laws in the state
- ii. **Provision of public education.** Government and non-governmental organizations should educate citizens about their rights
- iii. **To maintain respect in a community.** The society has to respect all people in the country regardless their background such as races, religion or tribe
- iv. **Ensuring the justice to all people.** The court of laws should enforce them in a just manner and punish those who abuse the rights
- v. **There should be the system of controlling the activities of the government.** This will make the government to be transparent in its activities.

QUESTIONS

1. Choose the correct answer from the following questions

- i. The boundaries to the extent of practicing individual rights is known as
 - A. Human rights abuse
 - B. Human rights limitations
 - C. Human rights protection
 - D. Human rights promotion
- ii. Which of the following is not an example of human rights abuse?
 - A. Child labor
 - B. Early marriages
 - C. Proper behavior
 - D. Raping of women and girls
- iii. Which of the following sets describe better about economic and social rights?

- A. Freedom of association and expression
- B. Right to life and worship

- C. Right to equality and movement
- D. Right to work and right to get education

iv. The Universal Declaration of Human Rights was officially introduced in

- A. 1948
- B. 1961
- C. 1964
- D. 1998

v. The organ that deals with the human rights worldwide is called

- A. Tanzania Gender Networking Program (TGNP)
- B. Amnesty International
- C. Tanzania Women Lawyers Association (TAWLA)
- D. Tanzania Media Women Association (TAMWA)

2. Define the following terms

- A. Human rights _____
- B. Human rights limitations _____
- C. Human rights promotion _____
- D. Human rights protection _____
- E. Human rights abuse _____
- F. Individual human rights _____

3. Differentiate between legal rights and moral rights _____

- 4. Tanzania is the signatory of practicing human rights to its citizens. In five points, explain the roles of the government of Tanzania in promoting and protecting the human rights
- 5. Assume you are the member of Amnesty International, explain to a community by giving five points, why the government of Tanzania and other organizations put the efforts to promote and protect the human rights in the country?
- 6. Every person in Tanzania is obliged to practice his or her human rights accordingly without annoying others. In the light of this statement provide five reasons why the government of Tanzania put some limitations in practicing individuals' rights?
- 7. Despite of good human rights record in the country, Tanzania still suffer from the problem of human rights abuse. Verify this statement by giving five points
- 8. Although the presence of human rights in Tanzania ensure the justice to the people in the country, but there is the problem of human rights abuse in many societies in the country. Provide five factors that signify the impacts of this problem in Tanzania.
- 9. Despite of good human rights records in the country, Tanzania still suffer from the problem of human rights abuse. You as a member from amnesty international, propose five ways of combating with this problem in Tanzania

5. RESPONSIBLE CITIZENSHIP

Meaning of Citizen and Citizenship

Citizen is a person who is belonged to a certain country and has the full rights as the member of that country

Citizenship is the condition that gives a person the legal right to belong to a particular country with all rights and duties in the country.

TYPES OF CITIZENSHIP IN TANZANIA

There are three types of citizenship available in Tanzania.

i. Citizenship by birth

This is type of citizenship where by a person gain citizenship by being born in Tanzania, where both of his or her parents reside in Tanzania. This is the natural citizenship

ii. **Citizenship by descent**

This is the type of citizenship whereby a person gains citizenship in Tanzania because one's father is a natural citizen of Tanzania.

For example, if you have been born in USA and your father is a natural citizen of Tanzania, you will gain citizenship of Tanzania by descent.

iii. **Citizenship by registration or naturalization**

By Registration.

This type of citizenship appeared only to an applicant from common wealth countries (those countries which were colonized by Britain, like Kenya, Uganda, Ghana, Nigeria, South Africa, Zambia, Zimbabwe etc)

Also it is granted to any female who is married to Tanzania even if she came from non- common wealth countries; this also some times is known as citizenship by marriage

By Naturalization.

This is appeared only to an applicant who came from non- common wealth countries. A person who is not citizen of Tanzania can apply citizenship to the Ministry for Home Affairs.

Conditions for Applying Citizenship of Tanzania

- i. He or she must be a person of good behavior
- ii. He or she must have live in the country for at least five years
- iii. He or she must be 21 years old or above
- iv. He or she must renounce his or her former citizenship.

Another kind of citizenship which is not available in Tanzania is **Dual Citizenship**

Dual citizenship is a kind of citizenship whereby a person is given the citizenship of two countries at the same time and has a legal right to be a member of both countries. Example, a person can be a citizen of Democratic Republic of Congo and France at the same time.

Privileges of citizenship

- i. **It gives people the freedom of practicing their rights.** This will enables a person to exercise his or her legal rights in the country like right to vote without any kind of discrimination.
- ii. **It encourages citizens' participation.** It allows a person to participate in civil activities in the country such as voting and attending political gathering
- iii. **It ensures provision of social services to the citizens.** It enables a person to get services which are provided by the government to the citizens only, example free education
- iv. **It enables a person to get protection.** It enables the citizens to get security which is provided by the government to the citizens

- v. **It involved the citizens in various activities.** It enables the citizens to be involved in important activities for their own development.
- vi. **Help a person apply in various legal matters.** Citizenship is useful in various legal and official matters related to getting employment in public offices and military services.

Conditions which can cause a person to lose his or her citizenship in Tanzania

A person who acquired his or her citizenship by registration/naturalization or by descent may lose it if;

- i. The government is certified that the person obtained the certificate of registration by means of fraud, false representation or the concealment of any material fact
- ii. The person has committed a crime such as treason or fraud
- iii. The person denounces his or her Tanzanian citizenship
- iv. The person hold dual citizenship between Tanzania and another country
- v. The person has shown by act or speech to be disloyal to the United Republic of Tanzania
- vi. The person has ordinary been resident in a foreign country for a continuous period of five years

Consequences of staying or living in a country without being a citizen of the country

- i. **Lacking of protection.** The person will not have protection while living in the country, and ultimately will put his life at a risk of insecurity.
- ii. **Lacking of his freedom.** The person will not have the freedom of expression and movement and other rights
- iii. **Can be termed as enemy and criminal.** People in the country will consider the person who is illegally staying in the country as an enemy and criminal
- iv. **Lack the participation in various activities in the country.** The person will not be involved in important activities for his own development in social, political and economic
- v. **Lack the right to be employed in sensitive areas.** The person cannot be employed in areas such in the military and ministries

Civic Responsibilities

Responsibilities are the roles and duties that a person is required to perform as a citizen of a certain country. Any citizen of Tanzania has to do certain things in the country that make him or her accountable as the citizen of Tanzania. These duties are known as Civic responsibilities which mean active participation in the public life of a society in a committed and constructive manner. They are categorized into three groups as follows;

Political responsibilities: This category includes activities such as; voting during election, volunteering to do various economic activities, participating in local and national political party rallies, discuss various issues, hold the public office, participating in government activities etc

Economic responsibilities: This category includes doing lawful productive work, participating in community development activities, prevention and reporting various crimes and safeguards the public properties, doing activities related to paying taxes

Social responsibilities: This category includes promoting fairness, equality and social justice. Others are respecting the right of others and obeying the law etc.

Importance of civic responsibilities to communities and a nation

- i. Get quality social services such as education, health, water supply, electricity and roads
- ii. Be fully involved in social, political and economic activities for the development of the nation
- iii. Reduce social crimes and types of wrong doing
- iv. Ensure that peace and security prevail in the society
- v. Improve the social welfare and well-being of special groups such as people with disabilities and children
- vi. Respect others at the family, society, national and international levels.

CATEGORIES OF SPECIAL GROUPS

Special groups are those groups of people who face or experience the difficulties of interacting with their environment. These people need special care and they should be assisted when they cannot carry out their responsibilities and duties. People should have the good heart of helping these groups as they can because the people who belong to this group are suffering from various problems

TYPES OF SPECIAL GROUPS

- I. Street children.** These are the children who live in street due to the various reasons from their families. They stay on the streets because they have no place to live. This is caused by the many problems such as poverty, family disintegration, abuse from their parents or guardians and even death of their parents. This problem is common in many of the African countries like Tanzania, Kenya, Uganda, This group is facing with many problems such as lack social services like education, lack security for their life and property, lack basic needs such as food and shelters, live with fear and sometimes they are treated as criminals and sometimes are affected with dangerous social crimes, for example girls can be raped.
- II. Old Aged People/Elderly.** These are people who have advanced age. Because of their age, they cannot work effectively to get their living like young men because they become less energetic. Their age some time may cause poor eyesight, poor muscle control, physical and mental disabilities. Elderly people need special care. They are faced with many problems such as may lack basic needs such as food, clothes, shelter and health, may be left to live alone, lack attention and may be killed due to the negative cultural practices like witch craft

- III. **Refugees.** These are people who migrate from their countries and go to live and settle in foreign countries because of insecurity in their home countries. They run their countries because of; Political conflicts that emerged in their home countries, Rise of civil wars in their home countries, Social conflicts among themselves such as intertribal wars, Economic problems such as lack of food, Religious conflicts and Natural hazards such as earthquakes, floods. They are faced with many problems such as; lack education, lack food, lack proper housing, Their families are separated and can be affected by the explosion diseases due to lack of health care
- IV. **People with Disabilities.** This is the group of people who face variety of problems such as physical mental disabilities or psychological problem that make it difficult for them to act in normal condition. For example, some have difficult in speaking (dumb) hearing impairment (deaf), visual impairment (blind) writing or walking difficulties. .
- V. **People with HIV/AIDS.** These are people who are infected with Human Immune deficiency virus. The viruses attack the white blood cells that protect the human body from infection and diseases. These people are facing with many problems such lack of basic needs, stigmatizing from the communities and they feel inferior to the communities.
- VI. **Orphan children.** Are those children under 18 years old who lost one or both biological parents. We need to help orphan in case of sickness or other conditions since they have no one to take care of them.

The needs of special groups

- i. **Acceptance.** The people in a special group need acceptance and the right to be heard by others
- ii. **Provision special services.** They need special services like others. People in a community are supposed to engage themselves in providing the special care to the needy
- iii. **Provide special care to them.** The people in a special group need special attention because of their disabilities
- iv. **Showing them empathy.** They need empathy, they should not be blamed for their disabilities
- v. **Giving them equal rights.** The people in the special group need all citizens' rights like others such as right to vote.

Responsibilities of the citizens towards the special groups

- i. **Give them assistance whenever necessary.** Assisting these people by providing materials and financial support. This will help them to get basic needs
- ii. **Give them good interaction.** Interacting with them at home and in the community meeting and allowing them to express their opinions and feelings
- iii. **Showing them respect and understanding.** Respect will value them and they feel comfortable to express their opinions
- iv. **Give them education.** Providing education to all depending on their special needs. This will help them to master their environment and to fight for their rights
- v. **Supporting them physically.** Supporting them physically when they need help, for example when people with disabilities such as blind are crossing the road

- vi. **Providing counseling and socialization.** Providing counseling to them and socializing with them because some special groups need much socialization and counseling, for example people with HIV/AIDS. This will enable them to be free from stress

QUESTIONS

1. Give the short notes of the following terms
a. Citizen b. citizenship c. responsibilities d. special groups e. Dual citizenship
2. Identify and explain three kinds of citizenship
3. Juma and Ally are both citizens of Tanzania, give five privileges provided to them by the government
4. Matata lived in Tanzania illegally for two years now. There are some problems that he is facing. You as a citizen of Tanzania, justify five harmful conditions that Matata face as a result of violating the law of our country.
5. As the community development officer, explain to the community five points on how the people should undertake their responsibilities effectively as the citizens of Tanzania
6. As a citizen of Tanzania, identify and explain five different special groups in Tanzania which need special care from a community
7. Suppose you are the head of charity development group in your village, propose five needs of various special groups to be undertaken by the community in order to bring good relationship among the people in a society
8. In five points, show to what extent the citizens of Tanzania are responsible towards different special groups in the country?
9. Consider yourself as an officer from UNICEF, explain to the community five problems facing the streets children in many African countries
10. By giving five points, explain why do you think most of the African countries are the victims of the problem of street children?
11. In many of the developing countries in Africa, there is the problem of refugees. As an officer from UNHCR, explain five root causes of the refugees in a community

6. CAREER AND WORK- RELATED ACTIVITIES

Meaning of career and related concepts

Career

A career is an occupation or job that someone does for a long period of his or her life. One can have a career in accountancy, medicine, teaching, political science, engineering, marketing, psychology, journalism, law and other fields

Career choice

This means choosing the job that one likes. For example, some people may choose careers in teaching, law, engineering, accountancy and others. After choosing a career, one needs to further develop it

Career development

Career development means doing things which enable a person to excel in the career he or she has chosen. For example, an individual may undergo further training so as to improve knowledge and skills in relation to a career.

Factors affecting career development

- i. **Personal characteristics or internal motivation.** Personal characteristics may play a significant role in choosing the occupation. For example, people who like serving others are likely to choose and enjoy working as teachers, doctors, social workers, councilors and others.
- ii. **Age.** Age play an important role in career development. Some careers need a person of a certain age. Advanced age affect the career development
- iii. **Health problem and disabilities.** Health problem and disabilities may make difficulty to some people to develop their careers
- iv. **Financial resources.** Some people fail to develop their careers because of financial problem. Some careers need a lot of money to develop them. Lack of money may make it difficult to a person to develop his or her career.
- v. **Family obligation.** Some people fail to develop their careers because of the family matters such as caring a sick person or family responsibilities. All these may affect one's career development
- vi. **External motivation.** External forces may make difficult to the people to develop their careers. For instance encouragement and approval from people can affect one's effort to develop his or her career

Importance of developing a career

- i. Helps an individual to move in the right direction and achieve personal goals
- ii. Promote knowledge, skills and professionalism
- iii. Strengthens motivation and confidence
- iv. Improves efficiency and production in an organization
- v. Enables organizations to reduce costs by maximizing the use of individuals who get career development opportunities internally
- vi. Facilitates better utilization of employees' skills and knowledge

Meaning of work

Work is any lawful or legal economic activity that a person can do and get his or her income from that activity. It may involve the official and formal employment or even works based on informal employment. People work to produce goods and services that are needed by the communities. It is important to any person in the societies to work in order to earn living. Those who are required to work are people who attained 18 years and above.

TYPES OF WORK

There are two types of works, namely;

- i. Physical works
- ii. Mental works.

i. Physical works

These are kind of works in which a person can do by using his or her physical abilities and body strengths to perform the activities. These include; making bricks, livestock keeping, fishing, lumbering, plumbing, painting and many others

ii. Mental works

These are kind of works in which a person can do by using his or her skills and mental abilities. Most of these works are based on professional skills. These works include; teaching, nursing, banking, engineering, journalism, accountant and many others.

Classification of careers and field in which people may find various job

- i. **Agriculture, food and resource production.** In this field, people work as farmers and livestock keepers, engage in crops, energy or oil production and the distribution of commodities such as wood and animal products
- ii. **Architecture and construction.** People do activities related to designing, engineering, physical labour, planning, management and drafting
- iii. **Finance.** In this field, people work as financial analysts, bank managers and staff, accountant, auditors, salesmen, investment bankers, investments analysts, financial planners, insurance brokers and others
- iv. **Transport, distribution and logistics.** People may be interested in working in such fields as airlines, shipping, road or railway transportation
- v. **Manufacturing.** In the manufacturing field, people may be employed as line workers, labourers, operation managers, quality professionals, design engineers, system analysts, supply chain specialists and machines maintenance personnel
- vi. **Health science.** In this field, people may work as doctors, nurses, medical scientists, disease management professionals and others
- vii. **Human services.** People working in this area include social workers, councilors, psychologists, caseworkers, the state and city officials,

- viii. **Marketing, sales and services.** People working in marketing include designers, account executive, salesmen and customer service personnel
- ix. **Hospitality and tourism.** In this field, people work as waiters and waitresses, hotel and restaurant managers, tour guide, travel guide, resort workers and operational staff in any type of leisure or travel-related industry.
- x. **Law, public safety and security.** In the legal profession, people work as lawyers, legal advisors, advocates, judge, court officials and others
- xi. **Science, engineering and information technology.** The careers in such sector include people working as natural scientists, physicians, data scientists, biotechnologists and others.
- xii. **Education and training.** This include teachers, education administrators, physical education trainers, lectures, tutors, mentors, special needs professionals and academic advisors
- xiii. **Arts, journalism and mass communication.** It involves people working as actors, musicians, singers, photographers, news analysts and reporters, graphic designers, authors and editors.

Procedures of choosing careers

- i. **Assess yourself (knowing yourself).** Think about where you are, where you want to be in the future and how you will get there. Make self-assessment promotes the making of proper decisions in choosing a satisfying career to achieve your goals, interests and talent.
- ii. **List careers of your interest.** Find information on different careers and work-related activities in your community. Read newspapers, books and magazines, watch television programs and visit social media networks to find new career opportunities
- iii. **Identify option.** Find detailed information about procedures, conditions and other important requirement for each career. For example if you want to be an engineer find out what skills, education and values an engineer needs to have.
- iv. **Narrow down your list of career and work-related activities.** Chose the best career after assessing all the options. Make sure that the career matches your interests, values, strengths and talents
- v. **Be focused.** Do not get distracted by other people's opinions as long as the choice suits your values, strengths and talents. Focusing on the career of your choice increases chances of achieving your dream.

Sources of information on careers

- i. **Parents and guardians.** These people can expose you to information about certain careers. Parents can give you information about procedures, conditions and requirements pertaining to a given career
- ii. **Peers or friends.** These are important people who may give you information about social, academic and economic matters. Normally, our friends and peers play a vital role in influencing us to choose a particular career
- iii. **Mass media.** The information we receive from television, radio, newspapers, magazines and journals may inform us about different careers
- iv. **Internet.** Browsing the internet and social network such as WhatsApp, Facebook, Twitter, Telegram and Instagram may expose you to careers that match your interests

- v. **Occupational visits.** With the help of subject teacher, the students can visit certain organizations, institutions, companies or factories to learn about work-related activities. Through such visits, you become aware of the various procedures, conditions and requirements necessary to particular careers and work-related activities.
- vi. **Visiting libraries and career information centres.** You may visit libraries or career information centres and look at the catalogue labeled “vocations” or “careers” to find a career or job of your interest. If your future interest is to work with animals, you may find related descriptions by veterinarians, zoologist, animal trainers and individuals who work with animals
- vii. **Inviting guest speaker.** People working in different organizations, companies, institutions and government offices can be invited to talk to students about their careers and work experience. If that done, the students can be exposed to different careers or job.

Importance of Works to an individual development

- i. **Reduce poverty.** Works decrease poverty to both a nation and individual person because the income obtained is used to run the life costs
- ii. **Works increase income.** Always works help both a nation and individual person. Through works a person and government in general will increase their income to facilitate various activities
- iii. **Works facilitate the development.** Also works contribute to the increase of the national and individual development
- iv. **Growth of economy.** Works contribute to the growth of the economy of a nation and individual person
- v. **Help to secure social services.** Works helps the government to provide social services to the people in the country
- vi. **Satisfaction of human needs.** Work enables people to satisfy basic needs such as food, clothing and shelter. For example, farmers produce crops for sale to get money for other needs. Doctors, bank managers, teachers, social workers, engineers or lawyers are paid salaries to fulfill for their needs

Importance of Works for the National development

- i. **Works reduce poverty to a nation.** Through works, a nation may reduce the rate of poverty among its people.
- ii. **Works increase a national income.** Through works, a nation may increase its income by imposing tax to the workers. People do work and earn money to pay tax
- iii. **Works facilitate the development of a nation.** A nation employs people to work in different sectors, this may increase the development in a nation
- iv. **Growth of national economy.** Works contribute to the growth of the economy of a nation. The income obtained from work enables a nation to be economically independent and free from external control
- v. **Enhance provision of social services.** Works enable the government to provide social services needed by people. People in the public sector working as teachers, doctors and engineers work on behalf of the government in the provision of social services.
- vi. **Increase of production in a nation.** Works increase the production of a nation

QUESTIONS

1. Briefly give the meaning of the following terms
 - a. Career b. Career choice c. Career development d. Work
2. Differentiate between physical related works and mental related works
3. “There are several factors which affect the career development of a person.” This statement was said by the Minister of works and youth development. As one of youth, propose five factors to support the statement of the Minister.
4. Assume you want to be professional in one among the careers that you heard from your friends. Apply the knowledge you have to identify the procedures of choosing career that you wish to concentrate with.
5. You have been appointed as a guest speaker to give talk to the students on how they can find the sources of the careers they want to deal with. Give six points in your talk
6. High standard of life and work are inseparable. In the light of this statement, highlight five points on the importance of work to human development
7. Work and development are inseparable. In the light of this statement, highlights the advantages of works to the national development.

7. FAMILY LIFE EDUCATION

Concept of the family

Family is the group of people who are closely related either by blood, marriage or adoption. The family usually started when the man and woman are joined together by marriage to become husband and wife. The aims of getting marriage are companionship and getting children

TYPES OF FAMILIES

There are several types of families in our societies as follows;

- a. Nuclear family
- b. Single- parent family
- c. Extended family
- d. Compound family
- e. Couple family
- f. Step family
- g. Child headed family

A. Nuclear family

This is the type of family which is made up of father (husband), mother (wife) and children. This type of family is common in Europe and in some rich families in Africa.

Importance of nuclear family

- i. It requires fewer resources to sustain itself as it constitutes fewer members which in turn reduces their total cost of living
- ii. It is easy to manage and control due to its small size and usually is economically stable.
- iii. It easy to enforce changes (decisions) and arrive at a conclusion
- iv. There is clear distribution of authority within the family because it consists of two parents as heads of the family.

Disadvantages of nuclear family

- i. It may develop a spirit of selfishness and discrimination as it is confirmed to few people
- ii. Individualism may also result in these families
- iii. It is difficult for children to learn from other people. As a result, they can easily be influenced by their parents' behavior and attitude

B. Single- parent family

This is the kind of family which consists only one parent and children. This type of family occurs due to the following factors;

- Divorce
- Death of one parent
- Birth to unmarried woman
- Unplanned and early pregnancy
- Separation of family

Advantages of single- parent family.

- i. Children quickly learn to earn living as they are not well supported at home
- ii. They also tend to work harder in order to earn living

Disadvantages of Single- parent family

- i. Parent faces a financial burden to maintain the family which may lead to the problem of street children if the parent is unable to provide for them.
- ii. Children may also miss full parental care which might affect them psychologically
- iii. Children may not have a role model if either a father or a mother is missing
- iv. A child's sense of identity may suffer particularly sexual identity
- v. Lack of access to education and a better life in general may be witnessed

C. Extended Family

This is the type of family which consists of father, mother, children and other relatives living inside the family such as cousin, grandparents, uncles and so many. This kind of family is common in many African societies like Tanzania. Many people in Tanzania are living in extended families.

Advantages of Extended Family

- i. It promotes unity and cooperation among the family members (relatives)
- ii. Also it makes it easy to perform difficult or complex projects which need many people like large-scale farming
- iii. There is easy distribution of tasks as there are many people to carry them out
- iv. It involves more opinions from different members of the family when it comes to decision making. Therefore, it is a symbol of love and fraternity to people of a common culture, race, history and even clan who live together in one home

Disadvantages of Extended Family

- i. It is difficult to maintain as they require many resources
- ii. Decision on matters concerning family can be difficult to make as concessions from different family members are needed and must be considered
- iii. It may be a source of poverty as the majority of the family members are dependent
- iv. It may create laziness and a parasitic syndrome among some family members, because they may lack strict answer ability when it comes to undertaking duties.

D. Compound Family

This is the type of family which is made up of father and more than one wife and children. This kind of family is common in the Muslim societies.

Advantages of Compound Family

- i. It may increase the relationship among the family members

Disadvantages of Compound family

- i. It may lead to the source of conflicts among the family members, especially married Partners

E. Couple Family

This is the type of family which consists of husband and wife who have no children. This is occurred immediate after marriage as a temporary period or due to infertility that is biological problem of fail to conceive and agreement between the couple to delay having a baby.

Advantages of Couple family

- i. It is cheap to manage
- ii. It is easy to reach agreements in decision making
- iii. It help to prepare a setting where children will be born and reared

Disadvantages of Couple family

- i. It brings conflict among the childless partner who blame each other on this issue
- ii. It may face pressure from parents and relatives to break the marriage.

F. Step family

This is the type of family which consist spouses who remarry following divorce or widowhood and set up a new families by taking their children from the previous marriage into new family. These children known as the step children

Advantages of Step family

- i. It helps to bring parental care to the children who lack one parents
- ii. It helps to bring a joint effort in problem solving between a mother/father

Disadvantages of Step family

- i. It may lead to segregation in children because parent may be close to his/her children
- ii. It may lead to too big family due to continuing bearing children
- iii. It can lead to HIV/AIDS if the partners do not undergo blood test before marriage.

G. Child Headed Family

This is the type of family that compose by the children only and older brother or sister head the family following the death of all parents

Advantages of Child Headed family

- i. It helps to retain children at home
- ii. It helps to retain family wealth to orphan
- iii. It brings sense of belonging or togetherness among the children

Disadvantages of Child Headed Family

- i. It lacks love and parental care

- ii. It lacks basic needs and access to social services like education and health care
- iii. Children are forced to assume adult responsibilities
- iv. Children live as orphan

Importance of the Family

- i. **Family provides a healthy atmosphere in home where children are born and reared.** This is due to by bringing up children who will be honest, trust and responsible people in the society.
- ii. **Provide social services.** It also provides social services to the community as it is the nucleus of the community and transmits good social values from one generation to another.
- iii. **Promote peace and love.** Family enhances love and solidarity among people especially in those living in an extended family
- iv. **Family also helps to promote cooperation among the family members.** Such task cannot be performed by an individual. For example a mother does the cooking while the father chops firewood
- v. **It develops good morals.** This is due to the parents and other family relatives like grandparents to teach their children good moral standards
- vi. **It promotes economic development.** Family promotes development of an individual members due to the sharing of required attitudes
- vii. **A family is the foundation of trust.** Individuals learn to have confidence in themselves as well as in other people through what their families do.

STABLE FAMILY

Concept of family stability

Family stability is the family that maintains peace, love, respect, trust and good morals. The essential demands of the family are also taken care of

Factors Contributing to Stable Family

- i. **Showing love and sense of belonging.** A stable family has the members who respect, care about and love each other. They take care of each other so as to maintain their blood relationship
- ii. **Communication openly.** Family members communicate and share their feelings, emotions and ideas without fear
- iii. **Following religious teachings.** Religious teachings promote a spiritual life. By following religious teachings and practices, family members develop the inner strength they need to cope with difficulties.
- iv. **Fulfilling responsibilities.** Each family member, including children, fulfills his or her responsibilities for the welfare of the whole family.
- v. **Encouraging each other.** Each family member recognizes and appreciate the efforts and contribution of others within the family. Family members need to encourage themselves in order to achieve the goals of each family member

- vi. **Copying with stress positively.** In a stable family, each family member is aware that a family may have good and bad times. Each family member learns how to support and encourage one another during difficulties.

Importance of Family stability

- i. **Brings participation in the family.** It enables the family members to participate in socio-economic activities such as studying and working hard for the well being of the family
- ii. **Promote good habits among the family members.** It ensures that family members engage in good habits and activities which in turn reduces incidents of crime in a country
- iii. **To ensures peace and security in the family.** Family stability also is a basis for peace and stability in a country because peace always begins at lowest level
- iv. **Creates freedom to the family members.** Family members may feel free to participate in environmental conservation by planting trees and avoid any kind of pollution
- v. **It ensures good continuity of a family.** Children may be encouraged to start their own families and consequently ensure the lineage or continuity of the family.

RIGHTS AND RESPONSIBILITIES OF FAMILY MEMBERS

Rights of family members

Rights are the things one is allowed to do or one is entitled to. Family members have the rights depending on their status in the family. For instance parents have rights like;

- i. Bearing, guiding and advising their children
- ii. Teaching community values to their children
- iii. Being respected by their children
- iv. Making family decision

On the other hand children have the rights like

- i. To get basic needs such as food, shelter, clothes, education, health care, rest and leisure.
- ii. Expressing their opinions and supposed to be heard.
- iii. They are to be given the names and be registered
- iv. Live with their parents or guardians
- v. Be protected from harm, abuse and economic exploitation
- vi. Be treated equally without discrimination.

Responsibilities of Family Members

Responsibilities are the duties that a person is obliged to fulfill and would be blamed if one fail to do it or did it wrongly. Each family member has his or her own duties for the benefit of the family and the community at large. Some parental responsibilities include the following;

- i. Making important decision of the family
- ii. Provide security of the family
- iii. Ensure that discipline is maintained by their children
- iv. Provide family requirements
- v. Taking charge of the day to day activities of the family
- vi. Loving and taking care of their children
- vii. Arranging and organizing family activities such as cleaning and preparation of meals
- viii. Counseling of their children to be well behaved

On the other hand, the responsibilities of the children include the following;

- i. Helping with domestic tasks such as cleaning the house
- ii. Respecting parents and elders
- iii. Taking care of their younger and brothers or sisters
- iv. Obeying their parents and teachers
- v. Going to school to learn.

Consequences of Failure by Family Members to Carry Out their Responsibilities

- i. **Family instability.** Family instability may occur because of the family members fail to fulfill their responsibilities of the family.
- ii. **Conflict in the family.** Conflicts may rise because of the frequent misunderstanding among the family members.
- iii. **Breakdown of the family.** This may rise due to the quarrels and frequent misunderstanding
- iv. **Lack of basic needs.** This can occur because of the failure of the family members to take their responsibilities effectively
- v. **Can result to the street children.** This may due to the lack of peace and harmony in the family

QUESTIONS

1. Define the following terms
a. Family b. stable family c. Rights d. Responsibilities
2. In five points, explain which ways you think social factors contribute to the increase of single- parent family in our societies?
3. You as a family member at your home, what five evidences would you use to show the importance of the family in our societies?
4. In five points, explain why family stability contributes to the increase of the development in a society?
5. By giving five points, explain the consequences that may result due to the failure of parents to fulfill their responsibilities in the families

8. PROPER BEHAVIOUR AND DECISION MAKING

Meaning of behavior

Behavior is a result of a person's ways of doing things in a particular situation which is used to expose him or her to the outside society. Different situation can show the qualities of the people in doing things such as politeness, harshness, cruelty, envy and arrogance. The behavior of a person can change according to the mood, place or the person he or she is dealing with.

Factors that influencing our behavior

- i. **Genetic inheritance.** Human beings inherit some essential features from their parents. These features may affect how individuals behave
- ii. **Parental care.** Parents who are loving, hardworking, cooperative and caring may influence their children to have proper behavior.
- iii. **Economic status.** Economic hardship is likely to prompt people to engage in illegal acts such as drug abuse, theft, corruption, prostitution and terrorism because of their economic status.
- iv. **Development of science and technology.** The use of modern technological devices may lead people to have good or bad behavior. Access to information through social media network influence the behavior of users.
- v. **Ignorance.** Some people behave improperly because of the lack of education. Education enable people how to behave properly.
- vi. **Peer groups.** We tend to imitate and comply with the behavior of our friends at home, school or anywhere else. Sometimes owing to peer pressure, we follow their actions without assessing their strength and weaknesses
- vii. **Religious teaching.** Religious teachings influence people to have proper behavior. People are taught to love each other, be tolerant, to endure hardship, to be faithful and forgive and be kind.

TYPES OF BEHAVIOR

There are two types of behavior, namely;

- A. Proper behavior
- B. Improper behavior

A. Proper behavior

Proper behavior, are those actions which are considered to be good and acceptable to be done and practiced in the society and make a person term as a good behavior. Examples of such actions that indicate proper behavior includes honesty, virtue, love, kindness obedience, sympathy, co-operation,

Origin of Proper Behavior

- i. **Good parental care and guardians.** Children may have proper behavior due to the good learning obtained from their parents and guardians
- ii. **Mass media.** Mass media such as radio and televisions may lead to proper behavior due to the good programs and articles which teach people good behavior.
- iii. **Proper education.** People who have proper formal and informal education usually have the good behavior.
- iv. **Good friends.** Good friends guide and counsel each other therefore, they can behave properly
- v. **Religious teaching.** Those people who follow proper religious teaching behave properly in the society.

Elements/Indicators of Proper Behavior

- i. **Good appearance of a person.** Good appearance of a person from his or her outlook, including wearing descent dressing make a person termed as he or she has the good behavior
- ii. **Maintaining respect in a community.** Self-respect of a person as well as respect of others including parents and guardians and other people in the society indicate the proper behavior of a person
- iii. **Use proper language.** This means not using abuse language or insulting others or any word that make people angry
- iv. **Hard working of a person.** Working hard by spending time in positive and productive activities such as farming, fishing, trading etc may indicate the proper behavior of a person.
- v. **Showing good cooperation with others.** Cooperation, such as taking part in a community activities like funerals, wedding and environmental conservation indicate the proper behavior of a person

Importance of Proper Behavior

- i. **Insure peace and harmony among the people.** Proper behavior brings peace and harmony in the society since there is respect among the people
- ii. **Bring unity and cooperation among the people.** Proper behavior brings cooperation among the people in the society as people will cooperate in the different and economic activities.
- iii. **Maintain the practice of human rights.** Proper behavior brings the chance to the people in the society to be free to exercise their rights and fulfill their responsibilities
- iv. **Source of development in a community.** Proper behave contributes in bringing the development and prosperity in the society through working hard
- v. **Prevent the occurrence of crimes.** Proper behaviors reduce the rate of occurring of the social crimes such as theft, robbery, prostitution,

B. Improper behavior

Improper behavior, are those actions that are not considered and accepted to be practiced in the society. A person who has such bad actions is termed as a bad man in the society and uncivilized person

Causes of Improper Behavior

- i. **Heredity from the family.** Some of the youth behave improperly because they inherit genetic features from their parents, or even adopting bad behavior within the family
- ii. **Lack of parental care.** Some parents do not spend more time to teach their children good morals
- iii. **Poverty from the family.** Economic hardship among the youth may force them to engage in illegal activities like stealing
- iv. **Influence of globalization.** The development of science and technology make the youth to behave improperly because the use of modern technological devices such as smart phone lead them to practice bad morals they got from such devices
- v. **Lack of religious teachings.** Religious teaching influence people to behave properly. Lack of religious teaching among the youth may lead them to engage in illegal activities

Consequences of Improper Behavior

- i. **Increase of social crimes in a community.** They may lead the people to engage in illegal acts such as drug abuse, robbery, stealing homosexuality etc
- ii. **Decrease economic development.** Those who have improper behavior may not be engaged in productive activities which raise the economy of a community.
- iii. **Family conflicts may rise.** Improper behavior may lead to the family conflicts and in the community at large due to the frequent occurrence of disciplinary cases in the community.
- iv. **Causing health problems.** Some of the improper behavior such as alcoholism, prostitution may lead to the spread of diseases which lead harm individual health
- v. **Can cause death.** Those who have improper behavior may die early due to engaging in risky acts such as robbery, theft, drug abuse, prostitution and many others.
- vi. **Causing low efficiency and performance.** Improper behavior decreases personal efficiency. People who are lazy, harsh and angry may not be efficient in their work.

Avoiding improper behavior

- i. **Starting healthy friendship with peers who have good behavior.** This will help the youth to learn good behavior from them
- ii. **Being hardworking.** Hardworking enables people to live happily. Working hard reduces dependence, theft and corruption.

- iii. **Seeking guidance and counseling.** When you are facing challenges or problems which are beyond your control seek for guidance and counseling. One would find alternative ways of solving or coping with difficult
- iv. **Emphasizing good parental care.** Parents and guardians should strictly involve themselves in giving discipline to their children because parents and other people are the first teachers who teach good values
- v. **Increase the provision of religious teachings.** Religious teaching should be well promote to the young people, starting at their early childhood. Following religious teachings promote our spiritual well-being and encourage good manners.
- vi. **Self-discipline.** Self-discipline will help you choose information which is appropriate and which exposes you to positive thinking so as to develop necessary knowledge and skills.

Rational decision- making

Rational decision-making are choices which an individual makes after thinking carefully about available options for solving a particular problem. This includes logical reasoning which is a process of choosing the best option from available options.

Rational decision-making steps.

- i. **Identifying the problem.** Here is the issue a person needs to make a decision on it
- ii. **Gathering relevant information.** Here the information about what you want to do are collected from various sources
- iii. **Develop alternatives.** Here is listing all desirable alternatives that you think will help you to solve the problem
- iv. **Evaluation on available alternatives.** Here a person assess the strength and weaknesses of each alternative then choose one which will help you to solve the problem
- v. **Take action.** Here a person implements the strategy he or she has chosen
- vi. **Review the decisions.** This involves assessing the choice made to determine whether the decision that was made has worked to solve the problem

Skills for making rational decisions

- i. **Active listening skills.** This involves paying attention to what a person is saying or concentrating on one's own feelings. This helps an individual to make rational decisions consciously after understanding the message from either internal or external environment
- ii. **Time management skills.** When making decision, one has to manage time. Poor allocation of time to your priorities will result in making irrational decisions, which may lead to making more mistakes.
- iii. **Sharing skills.** Sometimes you need to involve others in making decisions in order to achieve personal or group goals. Making decisions may be difficult without involving other people who might provide more insights into the issue or problem

- iv. **Critical thinking.** Critical thinking involves an individual's ability to analyze and evaluate ideas in a sensible manner. It involves independent thinking which helps us to make rational decisions after assessing possible alternatives
- v. **Creative thinking.** This refers to the application of new ideas and ways of doing something or solving a problem. It involves making observing, analyzes, drawing inferences and developing effective communication.
- vi. **Problem-solving skills.** This is the ability to come up with effective solutions to various challenges or problems. The problem can be financial hardships, family conflicts, health problems or academic problems. One has to understand the problem and come up with possible solution.

Importance of making rational Decision

- i. **Helps to build commitment.** Rational decision-making helps to build a sense of commitment and cooperation among society members who are making decisions
- ii. **Proper utilization of resources.** It facilitates proper utilization of the available resources like time, people, capital and land
- iii. **Helps to create peace and harmony.** Rational decision-making promotes peace and harmony because it helps to prevent conflicts that could happen as a result of making irrational decisions.
- iv. **Promote individual development.** Rational decision-making promotes personal development as it enables one to solve problem using alternative way which produce positive outcomes
- v. **Helps to reduce mistakes.** Rational decision making reduces the number of mistakes which might lead to more problems. For example a student's decision to abstain from alcohol and drugs improves one's health.
- vi. **Help to develop confidence and happiness.** People who make rational decisions are always happy and confident

Ways of avoiding irrational decisions

- i. **Seek relevant information.** Our decisions are sometimes influenced by information that we receive from other people. Avoid taking any action based on hearsay, rather than seek adequate information about the issue before making any decision.
- ii. **Avoid making common mistakes.** That may affect your ability to make rational decisions. Such mistakes may include not having enough time or information and paying little attention to reflect on a particular issue
- iii. **Learn from previous mistakes.** In order to make rational decisions, one needs to look at past mistakes and find new strategies for solving the problems at hand
- iv. **Do self-assessment.** Be confident and stable and do not allow emotions and feelings to influence your decisions
- v. **Observe time.** Do not make decisions when you are tired or when you are not feeling well. Take a rest and refresh your mind. As you take a rest, think critically about the issue
- vi. **Predict outcomes.** Foresee the possible outcome of any decision you want to make. Analyze the strengths and weaknesses of each alternative in order to choose the right one

QUESTIONS

1. Define the following terms
a. Behavior b. Proper behavior c. Improper behavior. d. rational decision e. problem solving
2. Differentiate between proper behavior and improper behavior
3. “The behaviors of the youth in our community always change as the day going on”. This was the statement said by the Minister of youth and development special groups. If you are required to explain root causes of this situation in Tanzania, which five points will you most consider?
4. In many societies today, there is the problem of many youth not behaving properly against their community members. Give five points to explain the factors that are to be considered by the people in a community in order to avoid this problem in Tanzania.
5. “Good morals among the youth in a community are the basic foundations for the national development in the country”. In the light of this statement, give five points to explain the criteria for testing the degree of proper behavior among the youth in Tanzania.
6. In many societies in Tanzania, there are the challenges of the youth behaving properly. In five points, identify the importance of proper behavior among the youth in a society
7. “Many youth today are engaging in smocking and practicing other social crimes as their way of life”. In the light of this statement, assess five root causes of improper behavior among the youth in Tanzania.
8. A discipline master of Busia secondary school has reported an increase of the disciplinary cases in the school due to the students’ misbehavior. In the light of this statement, give five impacts of improper behavior among the youth in a society
9. You have been appointed to tell the youth on how to avoid engaging themselves in immoral behavior, propose five factors to be undertaken into consideration to control and correct the misbehavior of the youth in a society
10. Your village government is experiencing the difficulties in making proper decisions concerning various development issues in the village. How would you help the village government to improve decisions making process? Give five points
11. Many of us tend not to take care on the making good decisions. If you are required to educate the community on the importance of responsible decision making, which five points will you consider?

9. ROAD SAFETY EDUCATION

Meaning of Road Safety Education

Road Safety Education

This can be termed as the general knowledge, skills and values provided to people to enable them use road safely. It develops good behavior and enhances the safety of road users.

Road Safety

This refers to the general situation of being safe from danger when people use the road in their journeys to move from one place to another. This situation enables the road users to be free from risks and accidents

Road

This is the man-made pathway and hard surface which is built for the vehicle pedestrians and even animals to pass and travel on it from one place to another. Road can be main road or minor road (feeder). There are three types of roads which are **Earth road, Gravel road and Tarmac road**

Importance of Road Safety Education

- i. **Reduces roads accident.** Road safety education minimize road accidents to the road users who travel from one place to another
- ii. **It reduces the death among the road users.** The death which are resulted from road accidents will be reduced due to the securing road safety education
- iii. **It increases awareness to the road users.** This will make the road users to be carefully on the road which will help them to avoid road accidents
- iv. **It prevents the damage of the property.** Those damaged properties which are resulted from the road accidents will be rescued
- v. **It reduces the cost in repairing properties and treating injured people.** The cost of repairing damaged properties such as vehicles, motor circles and treating the injured people will be reduced

ROAD SIGNS/TRAFFIC SIGNS

Road Signs/Traffic signs

These are symbols designed to provide information or instruction to the road users and tell the road users on how to use the road properly. Road signs carry the message for road users through symbol, shapes and colors that will help the road users to be free from risks and accidents occurred on the road. They are placed or posted on poles or on each side of the road, overhead structures or painted on the road surface.

TYPES OF ROAD SIGNS/TRAFFIC SIGNS

There are three types of road signs, namely:

- a. Warning signs/Precaution signs
- b. Order signs/Command signs
- c. Information signs/Directive signs
- A. Warning signs/Precaution signs**

These are road signs that warn the road users to take proper measures on the dangerous or unusual condition ahead. They comprise of pictures and diagrams which show the dangers ahead. The shape of these warning signs is triangle. Below are examples of warning signs



Examples of warning signs

B. Order signs/Command signs

These are road signs which want the road users to follow the given instructions so as to control the speed of road users. The shape of these signs is circles or octagons. Below are examples of order signs



Examples of order signs

C. Information signs/Directive signs

These are road signs which the road users important information on how to use the road. They represented with the rectangle shapes. Below are examples of information signs.



Information/directive signs

Other Road signs

Other road signs include the following;

i. Zebra Crossing

These are the black and white lines colors drawn on the road for the pedestrian to cross the road safely. The drivers should stop their vehicles at the zebra crossing to allow the pedestrian to cross the road. Below is the example of zebra crossing



Zebra crossing reduces road accident

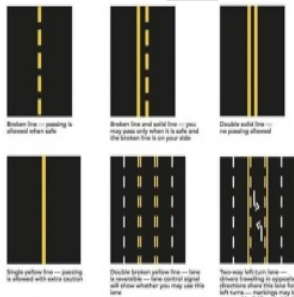
ii. Solid and broken lines drawn at the centre on the road

These are white or yellow lines colors which are drawn at the center on the road. They are drawn to permit or prohibit the overtaking of the vehicles.

If there is **Double solid lines** (===) the vehicles are not allowed to overtake other vehicles because it is danger

If there is **single broken line** (- - - -) the vehicles are allowed to overtake other vehicles if it is safe

If there is **single solid line** (-----) the vehicles may overtake if it is safe, but normally the place is not suitable overtaking



Examples of road lines

iii. Traffic lights

These are lights which are usually put at a cross road to guide the vehicles to pass through the cross roads. They are in three colors Green, Red and Orange

- Green color means go/allowed to pass through
- Red means stop/ prohibit vehicles to pass through
- Orange means get ready to pass or to stop



Traffic lights reduces road accidents

iv. The lights guide Pedestrians

These are the lights indicated on the short pole in the traffic lights for those people who walk on foot. They have two colors, Green and Red

Red has means keep on standing, don't cross the road

Green has mean keep on going, cross the road it safe for you to pass through but don't forget to look left and right.

Importance of obeying Road Signs

- i. **Road signs reduce traffic congestion/jam.** Traffic jams occurs frequently especially where road are intersect
- ii. **They help to minimize road accidents.** They help to minimize the road accidents among the road users.
- iii. **They provide the direction to the road users.** They provide the information and instructions to the road users on what to do. This will make the road users aware of what is ahead
- iv. **They provide equal rights on the roads.** They provide equal right to road users and equal access of using the road. Example the pedestrians and cattle when crossing the road
- v. **The reduced the use of large numbers of traffic polices on the roads.** They reduce the burden of using many traffic polices to guide and control the vehicles especially in the unnecessary areas.

Impacts of Failure to Obey Road Signs

- i. **Occurrence of road accidents.** It may cause road accidents which cause the death and injuring to the people
- ii. **May occurrence of traffic congestion.** They will be unnecessary traffic jams, especially where roads intersect
- iii. **There may be the absence of equal rights to the road users.** They won't be equal rights to road users, example pedestrians may lack their rights
- iv. **It can lead to the loss of lives and damage of the property.** This may occur due to the road accidents
- v. **Increase of cost to repairing damaged properties and treating injured people.** The government and people will have to spend too much money to treat the victims or cost in repairing the damaged properties

ROAD ACCIDENTS

Concept of Road Accidents

Road accidents are the sudden and unpleasant events that occur on the road when people use the road to move from one place to another. Road accidents may involve car crashes, falling of the vehicles, lead burning of the vehicles and even knocking down pedestrian or cyclists. In Africa including Tanzania the number of road accidents is increasing everyday due to the number of factors.

The Major Causes Of Road Accidents

The causes of road accidents are categorized into two groups namely;

- a. Internal factors b. External factors

A. Internal Factors

These are the man made factors that may cause road accidents. These include the following factors;

- i. **Failure to obey traffic signs.** Some of the road users are ignorant in interpreting the road signs. The lack of awareness of road users about road safety and traffic discipline can result to the occurrence of road accidents.
- ii. **Reckless and inappropriate driving.** Some drivers are careless when driving the vehicles. They driving without caring other road users
- iii. **Excessive speed on the road.** High speed being the main factor because since fast-moving the vehicles are sometime uncontrolled.
- iv. **Alcoholism to the drivers.** Some drivers are driving the vehicles while they have drunk alcohol. Driving while drunk will always result in loss of control by drivers which may result accident.
- v. **Overloading of passengers and luggage.** Overloading of passengers and luggage may lead to road accidents because it can cause poor function of the vehicles hence accident.
- vi. **Overconfidence of some drivers.** Some drivers are seemed to be courage of driving with overconfidence. This may lead to taking risks while driving and ultimately accident occur
- vii. **Corruption practices in ensuring the driving licenses.** Some drivers are driving the vehicles while they didn't qualified. They were given the licenses without proper qualification on road safety.

B. External Factors

These are non man made factors that may cause road accidents. These factors include the following;

- i. **Weather condition.** Bad weather condition heavy rainfall may lead to the road accident especially in the roads that are not tarmac. If the weather is not conducive may lead to road accidents.
- ii. **Poor quality of the road.** Many roads especially in developing countries like Tanzania are narrow, rough and full of potholes which make driving very difficult and unsafe.
- iii. **Defective/technical errors of the vehicles.** Some vehicles may get technical errors while they are in motion like bursting of tires, brake failure and worn out vehicles. All these may lead to the road accidents.
- iv. **Absence of road traffic signs.** The absence of road signs especially in the dangerous areas may lead to the road accidents

Consequences/Effects Of Road Accidents

- i. **May lead to permanent disabilities.** Road accidents may result to the permanent disabilities to those victims of road accidents
- ii. **Occurrence of death of people resulted from the road accidents.** May lead to the loss of life and severe injuries to the people who got accidents
- iii. **Destruction of properties resulted from road accidents.** Due to the road accidents may lead to the damage of properties such as vehicles, motorcycles and bicycle
- iv. **Reduction of productive workers.** Loss of productive workers in both public and private sectors due to the death resulted from road accidents
- v. **Increase of cost to treat the injured people.** Large amount of money is spent to treat the victims of accident and repairing or replacing the damaged vehicles and other properties.

Prevention of Road Accidents

- i. **Provision of public education on road safety.** All road users should be aware of traffic rules and use them accordingly
- ii. **Provision of heavy punishment to those who violate the rules of the road.** Heavy punishment must be provided to those drivers and other road users who violate the rule and laws of the road like introduction of positive fines
- iii. **Prohibition the use of defective vehicles to some road users.** Defective vehicles must be prohibit on the road to carry the passengers and luggage
- iv. **Maintenance of roads.** Roads must be well maintained properly, especially earth roads and gravel roads which will provide smooth running of vehicles.
- v. **Regular check-up of the vehicles must be conducted properly.** The traffic polices must conduct the regular check- up of the vehicles, especially the public services vehicles such as regional buses

Efforts made by Government of Tanzania To Reduce Road Accidents

- i. **There is limitations and controlling of the speed of the vehicles by installing** Vehicles Tracking System (VTS). This device was installed to all public vehicles (regional passengers' buses) to control and limit the speed of the buses. Currently, all passengers' buses are required to travel with only 80 speeds to the non residential areas and 50 speeds to the residential areas.
- ii. **There are frequent check-up and inspections of the vehicles.** This is conducted and supervised by the traffic polices in many buses terminals in every region. The defective buses are not allowed to continue with the journey
- iii. **There is proper maintenance of the roads.** The government through Tanzania Road Agency (TANROADS) and Tanzania rural and urban road agency (TARURA) succeeded to maintain many road networks in every parts of the country. Also most of the roads which are link one region and another are tarmac.
- iv. **There is the provision of punishment and penalties to the reckless drivers and some vehicle owners.** There is the infliction of positive fines to be paid within seven days against the faults committed on the roads

- v. **There is provision of public education** about road safety which is conducted by the traffic polices especially in the buses terminal before the departure of the buses. The passengers usually are required to report to a police station when there is a violation of rules and regulation of the road done by the drivers
- vi. **The provision of driving licenses is issued to the qualified** drivers only who underwent the driving courses in the training institutions such VETA and NIT

QUESTIONS

1. Define the following terms.
 - a. Road safety education b. road. C. Road signs D. Road accident
2. Identify and explain the categories of road signs
3. Suppose you have been appointed by the Regional Traffic Officer (RTO) of Tanga region to explain why road safety education should be provided to all students at all levels. Which your five key points you consider?
4. Many roads in Tanzania are constructed with road signs, but the problem remains to the road users who are not obeying them. As Road Safety Ambassador in Tanzania, use five points to educated the road users on the significance of obeying these signs
5. Many road users are required to obey and follow the traffic signs in order to improve the road safety in a community. Highlights five consequences of failure of road users to obey road signs in Tanzania
6. The police traffic reports have given us a picture of the problem of road accidents in Tanzania. Suppose you are the road safety ambassador in Tanzania, assess five factors which lead to the increase of this problem in Tanzania
7. Consider yourself as an officer from Ministry for Home Affairs, explain to the community five factors that signify the impacts of road accidents in Tanzania
8. A recent report in one of the newspaper indicated the dreadful situation of the road safety in Tanzania. Suppose you are the Minister for Home Affairs, propose five key measures to improve road safety in the country
9. The report from the police traffic commissioner in Tanzania indicated that, the magnitude of road accidents in the country have been decreased a lot. In the light of this statement, assess five measures which are taken by the government of Tanzania which show the success to the reduction of the road accident in the country