

Teach your child the names of the sexual parts of the body and body functions – this helps them to communicate more clearly and contributes to their safety and wellbeing.

DO-IT-YOURSELF
LIFESKILLS WORKBOOK

Ages
10-14

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Dear Parents,

In this workbook, your adolescent will be introduced to concepts like relationships, puberty, internet safety, sexual changes, health and hygiene practices, reproduction and many more! The purpose is to equip them with knowledge and skills to make informed decisions; to show resilience; to stay healthy and to channel their curiosity in the right direction. The activities in the workbook are to help students understand themselves and prepare to face the changes and challenges of growing up. It's a self-exploratory book that gives answers to their questions in a fun, reliable, honest and age-appropriate manner. The activities will benefit the cognitive development of students by equipping them with accurate knowledge, emotional development by empowering them to understand their feelings and manage difficult situations and social development by building respectful and healthy relationships.

Parent Connection

The most important part is open, early and honest communication between parent and adolescent. As a parent, one should provide ample space, guidance, support and information for adolescents to make right choices related to puberty changes.

To Further Support The Activities

1. Provide accurate information about topics that prevent risky behaviour as adolescents grow up.
2. Give answer to questions of adolescents in an honest, open and age-appropriate manner.
3. Clarify any misconceptions and false beliefs related to the topics of sexuality, healthy & hygiene, genders, relationships, internet safety, and sexually transmitted diseases.
4. Prepare to handle discussion around sensitive topics by reading about it or discussing with another adult.
5. Encourage adolescents to explore the facts of life not just by one discussion or lecture, but through an ongoing conversation.
6. Carefully selected books on the topic may also be helpful in addressing questions. • Know the chapters and anticipate questions from adolescents.
7. Respond to the queries of your child during everyday conversations.
8. And yes, get a copy of the workbook and explore it yourselves too.

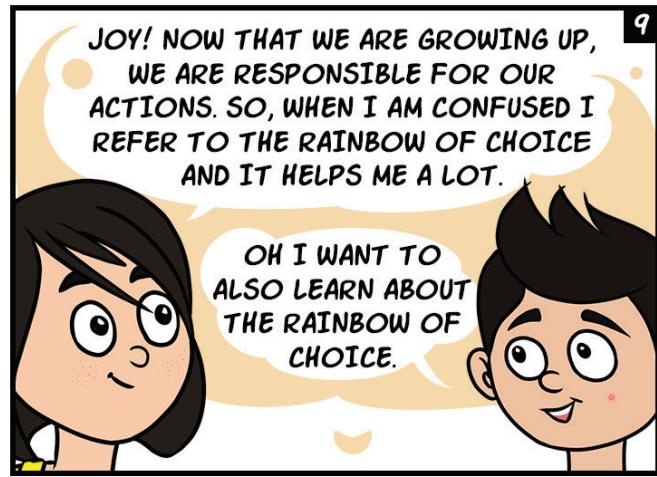
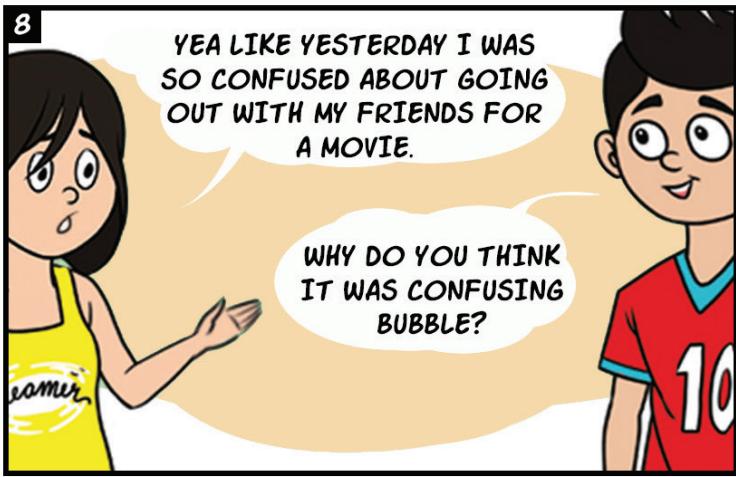
We are excited to join hands with you to start the journey of creating happy, safe, healthy and responsible adolescents!

GROWING UP

BIG Changes, BIG Choices

Chapter 01





When in doubt, use the Rainbow of Choice!

Rule no. 1 - Could my choice hurt anyone including me?

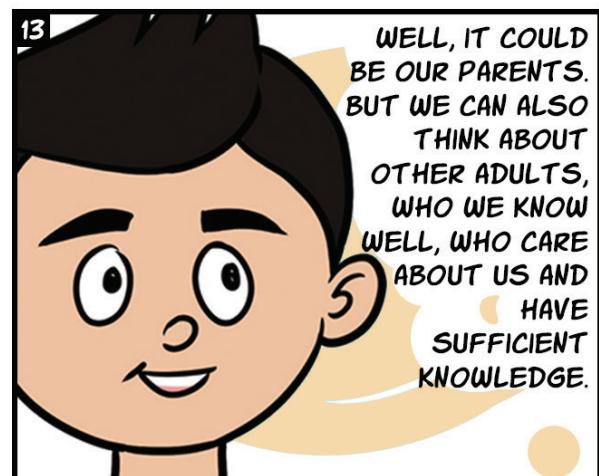
Rule no. 2 - Does my choice sound fair to me?

Rule no. 3 - How would I feel if someone else made this choice?

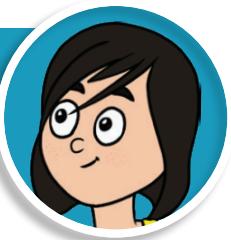
Rule no. 4 - How do I feel about this choice?

Rule no. 5 - How will I feel about myself after I make this choice?

Rule no. 6 - What would an adult I trust and respect say about my choice?



TICK, TALK, TELL



Are you guys also excited to grow up ? Have you experienced any of the changes of growing up? If yes, can you tick the changes that you have experienced?

- Wanting to spend more time with friends.
- Feeling happy one moment and feeling upset the next moment.
- Hair in the armpit or hair on your face.
- Change in body size.
- Pimples on the face.



Have you noticed any changes in yourself or your friends? Can you identify what kind of change is in the statements below - *physical, emotional, cognitive or social*? Talk to friends in small groups about your choice and the reasons for it.

- Sometimes I am happy, sometimes I am sad, and sometimes not even sure what is going on!
- Looks like I am going to be Mr/Ms Muscle with all that growth!
- I just want to hang out with my friends!
- Ooh, too angry, too happy, too sad, or too excited!
- My voice has gone all croaky!
- I want to be like Jay! He is so cool!
- I will make my own choices about my friend circle!



TELL

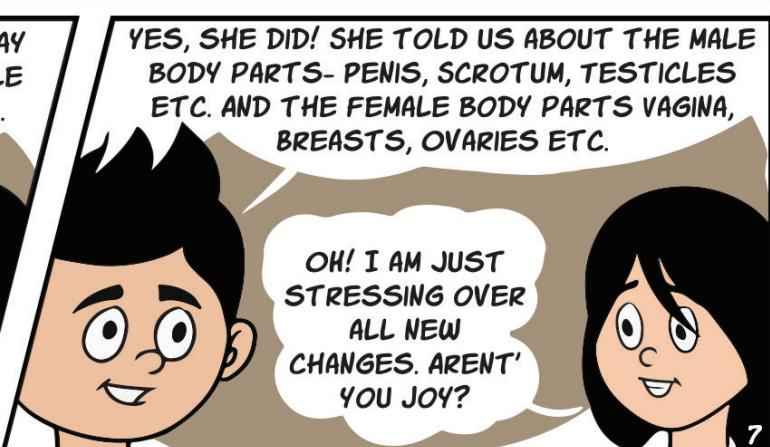
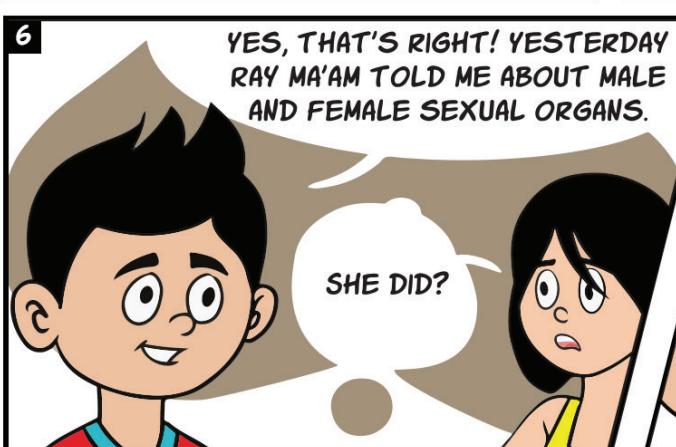
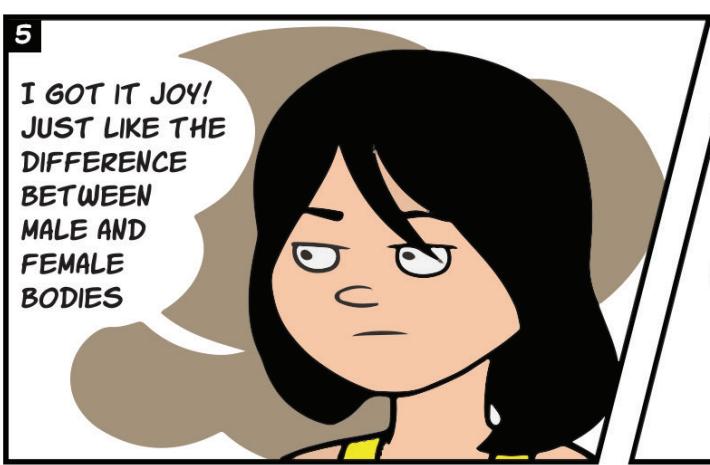
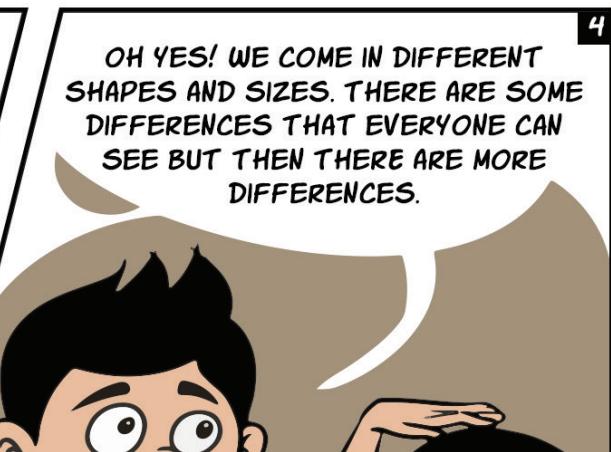
Joy and Bubble are excited to know your thoughts, can you discuss, write down and tell them your thoughts on -

- Things you couldn't do a few years ago or when you were a toddler ? Can you think of some of the decisions that you might take in the near future ?
- What are the Rainbow Rules and how can they help to make a choice ?
- What are some situations where you need to make an informed choice ? How can you make an informed choice ? You can write and discuss your thoughts.
- Is there an adult person in your life who is very close and trustworthy. Can you write three qualities you think makes them the right person to talk to? You can also draw us their pictures.

ANATOMY

Body SMART, Body SAFE

Chapter 02



NOT AT ALL. THE MORE YOU KNOW ABOUT IT, THE LESS YOU STRESS. I AM SURE WHEN RAY MAM EXPLAINS THE TOPIC IN YOUR CLASS, YOU WILL FEEL BETTER.

YOU ARE RIGHT JOY! NOW THAT I KNOW MORE, I AM A LITTLE IRRITATED ALSO. MY LITTLE BROTHER HURT HIS PEEPEE WHILE PLAYING CRICKET, HE HAS SEEN THE DOCTOR BUT HE HAS BEEN NAGGING AND SHOUTING.

PEEPEE?? SO FUNNY! YOU MEAN HIS PENIS, WHY CAN'T YOU JUST SAY THAT.

ACTUALLY NEVER THOUGHT ABOUT IT. IT'S JUST WHAT WE HAVE BEEN USING.

I THINK IT'S BETTER TO USE PROPER NAMES.

YES, COME TO THINK OF IT, WE DON'T HAVE ANY SILLY NAMES FOR HANDS, LEGS OR OTHER BODY PARTS.

I THINK IT'S A PART OF GROWING UP THAT WE MUST IDENTIFY OUR PRIVATE BODY PARTS AS WELL AND ALSO BE RESPONSIBLE FOR OUR BODIES AND OUR FEELINGS.

HOW DO YOU MEAN BUBBLE?

LIKE JOY WE ARE THE BOSS OF OUR BODIES, AS WE GROW WE GET FEELINGS, THINGS WE LIKE AND THINGS THAT MAKE US UNCOMFORTABLE. WE MAY NOT LIKE.

HMM YES GROWING UP INDEED COMES WITH A LOT OF RESPONSIBILITY.

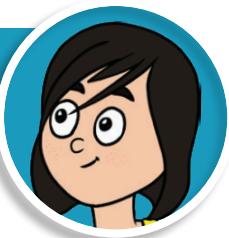
YOU REMEMBER MY UNCLE KAY JOY? TODAY HE PICKED ME IN HIS ARMS AND SPINNED ME AROUND. IT WAS URGHHHHH, I WAS FEELING SO UNCOMFORTABLE AND I JUST DIDN'T LIKE IT. I MEAN C'MON I AM NOT A LITTLE KID ANYMORE.

OH THAT'S NOT NICE. BUT BUBBLE MY MOM TOLD ME THAT WHEN SOMEONE TOUCHES ME IN A WAY THAT MAKES ME UNCOMFORTABLE, IS AN UNWANTED TOUCH. AND WHEN SOMEONE TOUCHES TO CAUSE PHYSICAL HARM, THAT'S AN UNSAFE TOUCH.

YES, THAT SURELY WAS VERY UNCOMFORTABLE AND UNWANTED SO I WENT AND TOLD MY PARENTS. MY FATHER SCOLDED HIM AND HE UNDERSTOOD.

HMM, THAT WAS THE RIGHT THING TO DO BUBBLE.

TICK, TALK, TELL



Are you all excited to know about the human bodies? Do you know that body parts specific to male' body and female body are also known as genitals. Do you know why it is important to use proper names for our genitals?
Tick on relevant options below.

- | | | |
|---|---------------------------|--------------------------|
| <input checked="" type="radio"/> If my genitals hurt (like Bubble's bro) and I have to tell my parents. | <input type="radio"/> Yes | <input type="radio"/> No |
| <input checked="" type="radio"/> If my genitals keep hurting and I have to visit a doctor. | <input type="radio"/> Yes | <input type="radio"/> No |
| <input checked="" type="radio"/> If a rude friend makes fun of my body parts. | <input type="radio"/> Yes | <input type="radio"/> No |
| <input checked="" type="radio"/> If someone touches my body parts and I don't like it. | <input type="radio"/> Yes | <input type="radio"/> No |



Joy and Bubble discussed about male and female body parts and their functions. Get in small groups and talk about the statements below. Discuss the highlights of your discussion with your class.

- Why is it also an important time to start indulging in health and hygiene practices.'?
- Girls and boys can set routines to take care of their bodies, discuss these routines for both girls and boys and share as a group with the class.



TELL

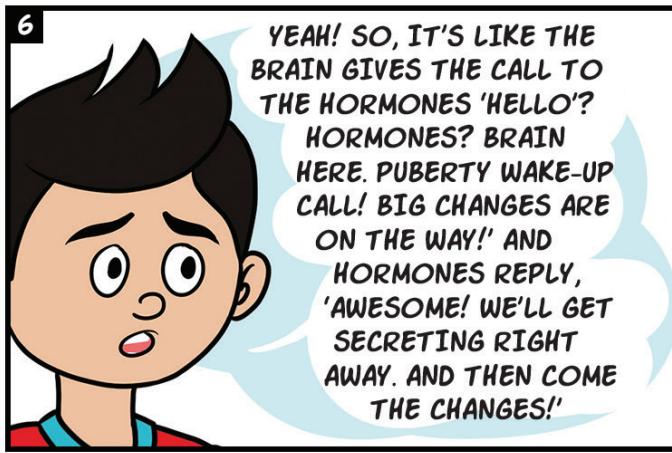
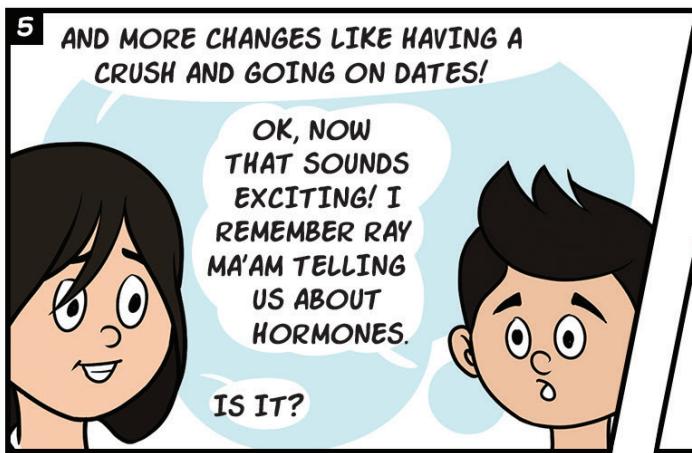
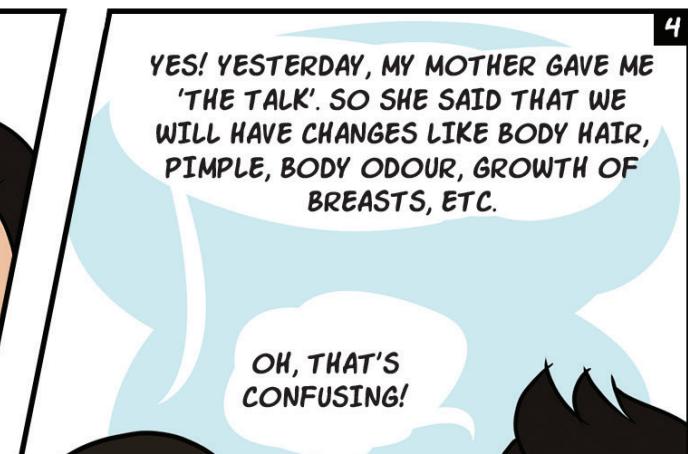
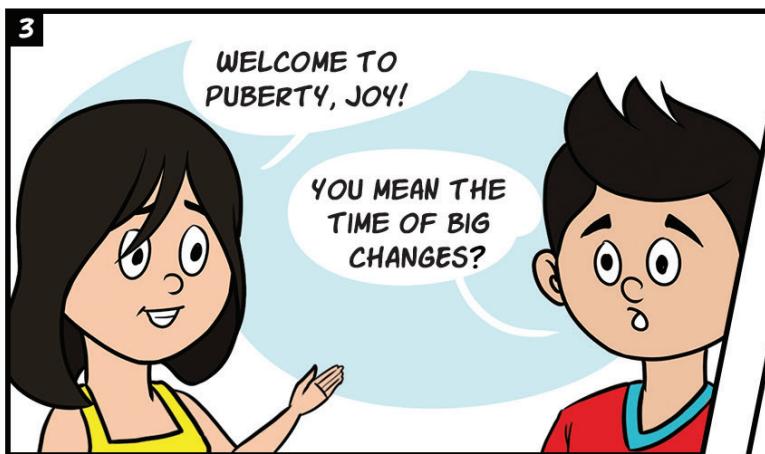
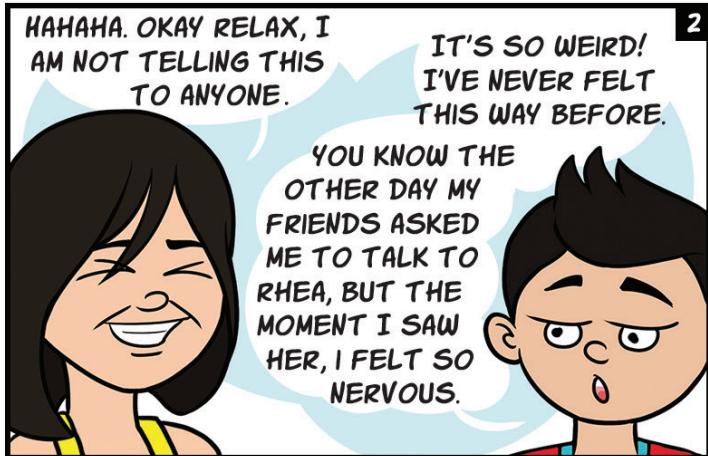
Joy and Bubble are excited to know your thoughts, can you discuss, write down and tell them your thoughts on

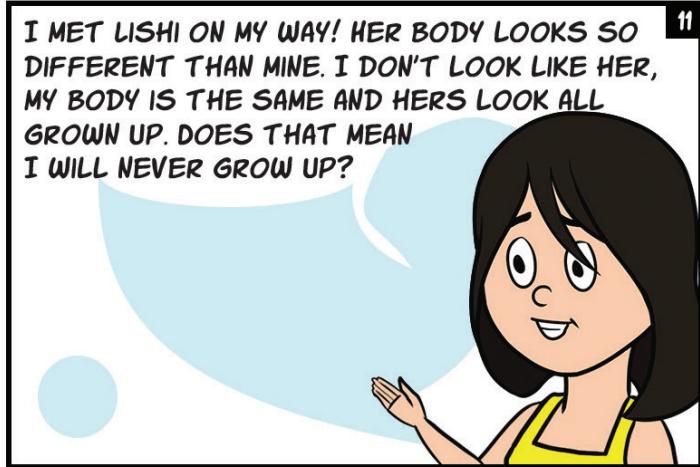
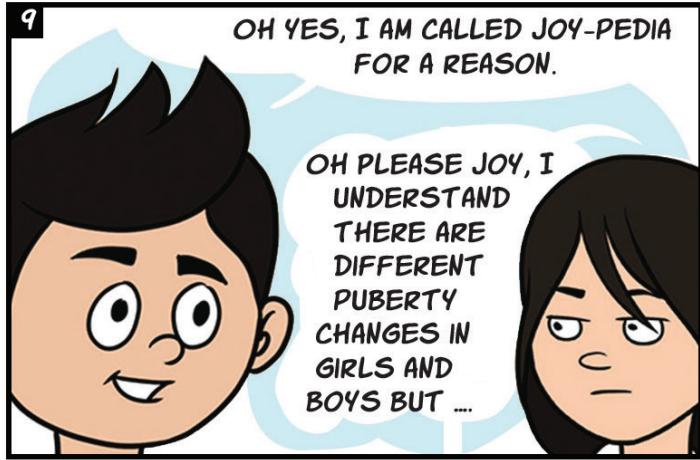
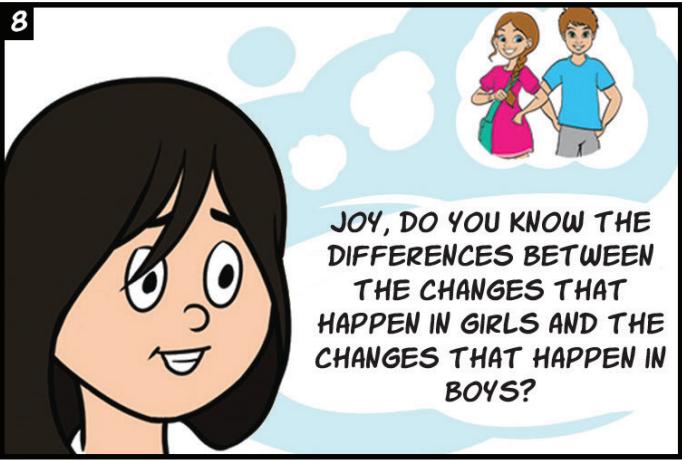
- Are there any parts of your body you don't like? why?
- What would you do if someone made an unwanted or unsafe touch?
- Do you think you can reach out to your trusted adults?
- Three ways you can keep my genitals clean

PUBERTY

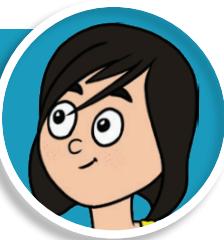
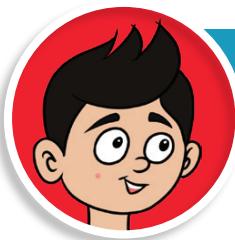
Knock knock, bigger changes are here!

Chapter 03





TICK, TALK, TELL



The physical and emotional changes that you are experiencing or will experience in the near future are known as PUBERTY. Tick Your Response To The Changes Mentioned Below.

- Have you ever noticed any changes like they mentioned? Yes No
- How do puberty changes make you feel? You may tick on the appropriate feeling/s from the icons .
- So, boys, have you noticed any such changes? You may colour your answer. Yes No
- What about you, girls? Have you noticed any such changes? You may colour your answer. Yes No

Now that you know puberty comes in at different times for different people, can you tick mark the advice you'll give your friends?

- Hey! It's all right to have late puberty because we all are different from each other.. Yes No
- Ummm. I am not sure why puberty comes in early or late. I think it's not okay. Yes No



Joy and Bubble spoke about different Puberty changes in boys and girls and that not everyone goes through all changes at one time. Get in small groups and talk about the statements below. Make individual notes and share the highlights of your discussion with class

- Have you ever felt that you are not growing up but others are?
- Can you now think of a few people who are supportive and caring. These are the people you can reach out to when you are confused, sad, or need advice! Can you discuss who are these people in your respective lives?



Now that you know all about Puberty, tell Bubble and Joy about the different changes that take place in our bodies during Puberty, by matching the two columns.

A

- Skin becomes
- Face gets
- Armpits have
- Penis gets
- Testicles get
- Voice becomes
- Body produces
- Boys starts experiencing
- Girls starts experiencing
- Ovaries release
- Male body produces

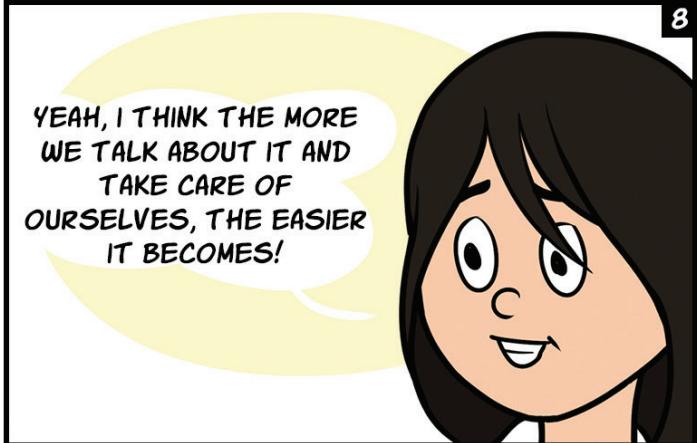
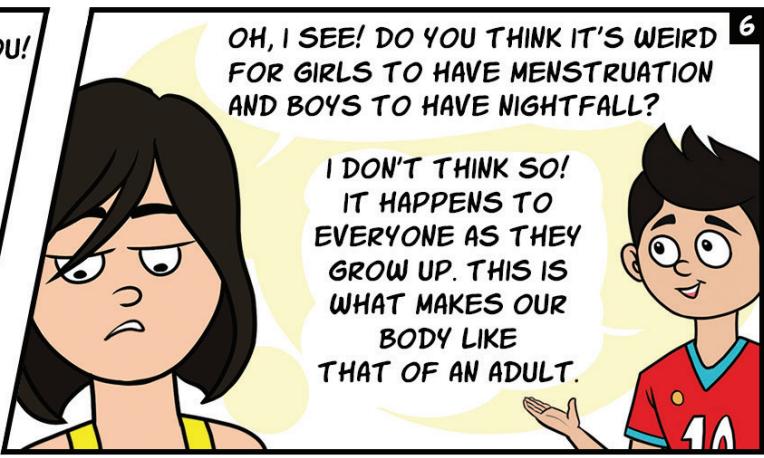
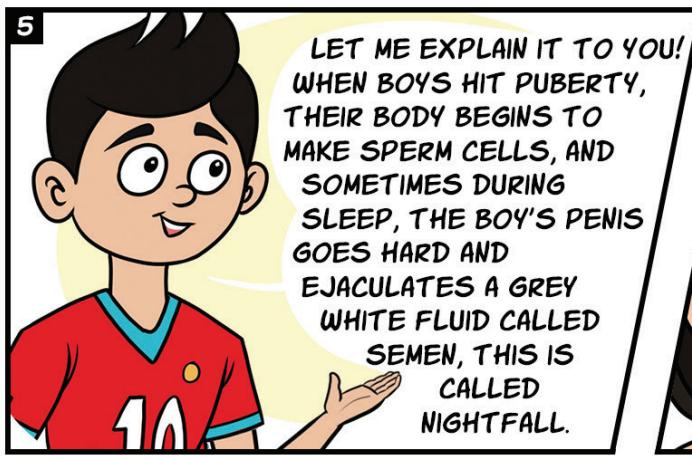
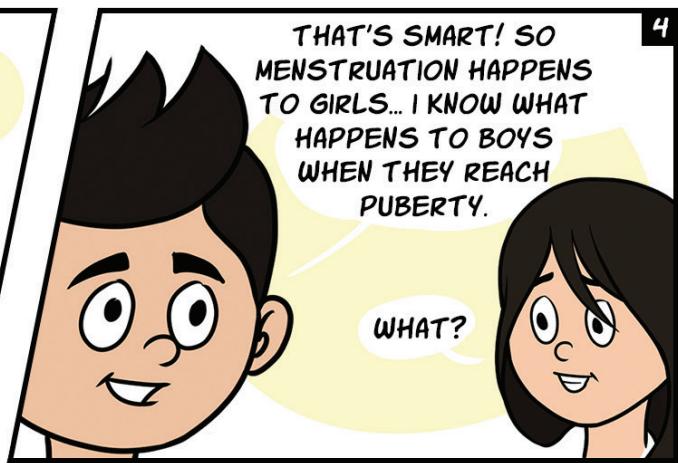
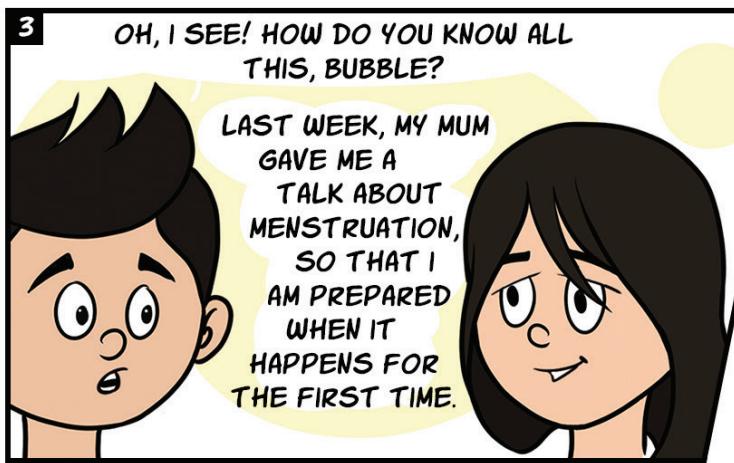
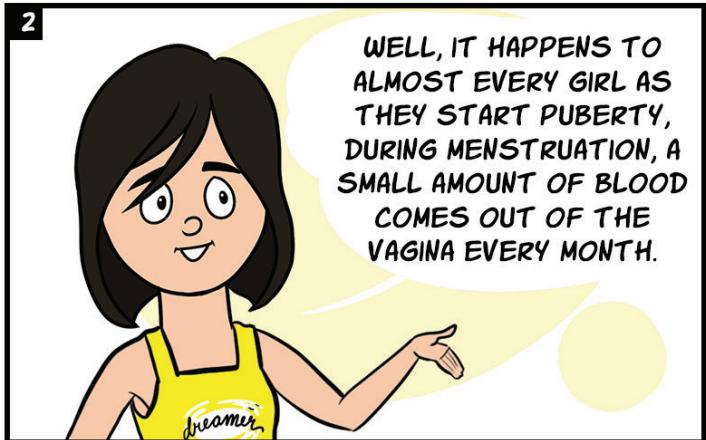
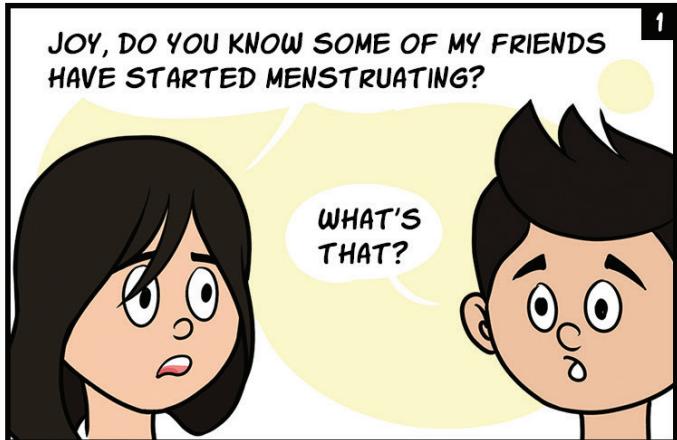
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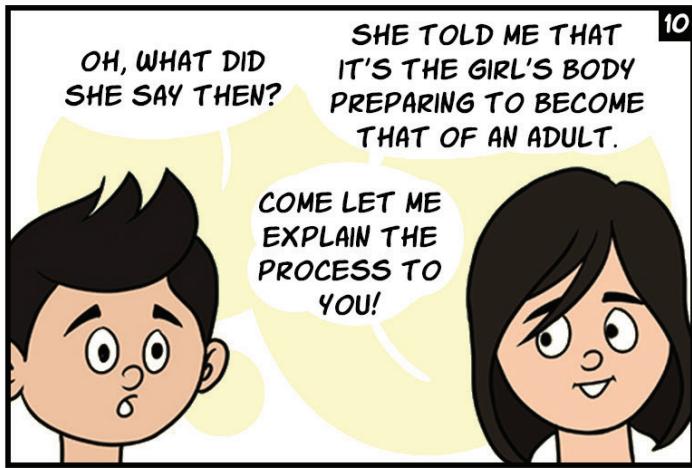
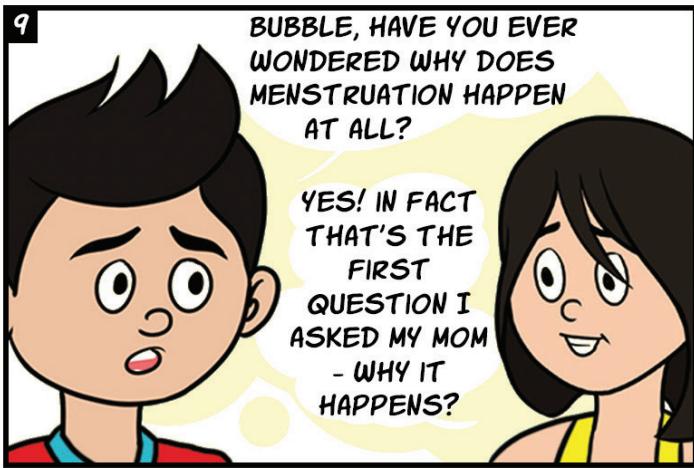
- Bigger
- pimples and Acne
- Erections & Ejaculations
- Odour and Sweat
- Oilier
- Longer and Thicker
- Menstruation
- Deeper
- Hair
- Sperm
- Eggs

MENSTRUATION & NIGHTFALL

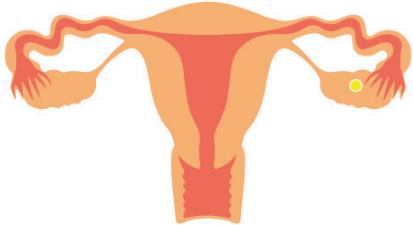
Break the barrier!

Chapter 04

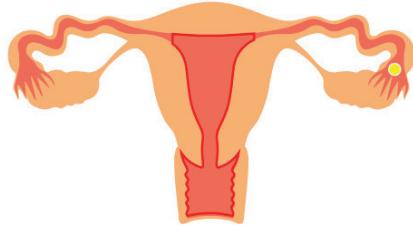




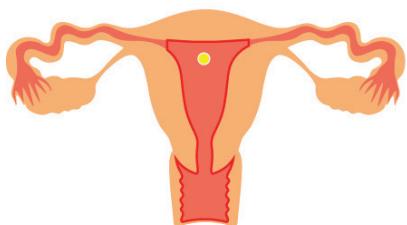
Menstruation - The Cycle Cards



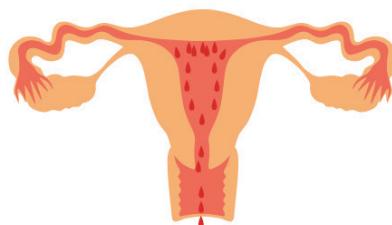
An egg starts to develop in the ovary.



The egg is released from the ovary and the lining of the uterus (with blood cells) starts to thicken. (to provide for a future foetus/baby).



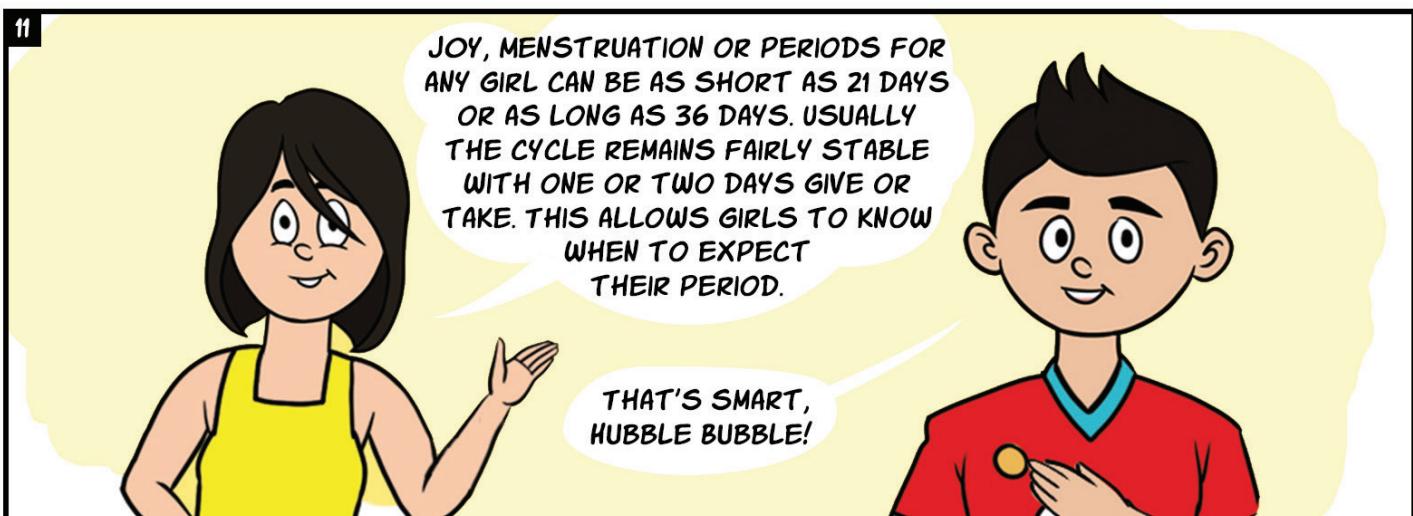
The egg reaches the uterus but is not fertilized (does not meet a sperm).



The lining of the uterus then sheds and the woman menstruates by losing these blood cells via her vagina.

The female body runs this cycle once every month.

(Representative images only)

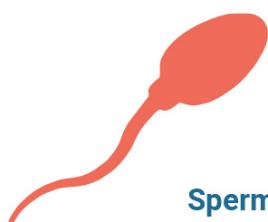


THANKS, JOY! SO NOW WE KNOW ABOUT MENSTRUATION, IT PREPARES THE WOMEN'S BODY FOR A BABY BY PRODUCING EGGS BUT WHY DOES NIGHTFALL HAPPEN?

YOU KNOW THERE IS ANOTHER WORD FOR IT 'WET DREAM.' MANY BOYS EXPERIENCE NIGHTFALL AS THEY START PUBERTY. THIS HAPPENS FROM TIME TO TIME TO MOST OF THE BOYS AND MEN. IT IS A VERY HEALTHY PART OF GROWING UP AND THERE IS NOTHING TO WORRY ABOUT.



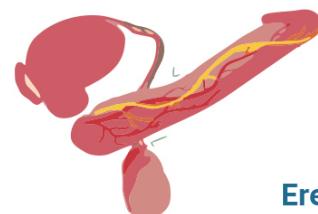
The Process of Nightfall



Sperm

As boys grow up, the hormones start producing sperm cells in the testicles.

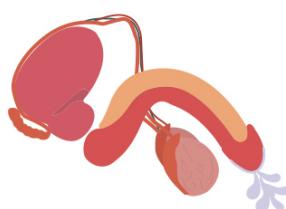
As the body begins making sperms, boys may experience erections and ejaculations from time to time.



Erection

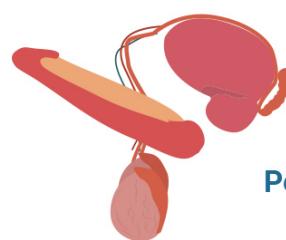
When a male's penis goes hard and sticks out from his body, it is called an erection.

During an erection, the body releases certain chemicals, which cause the blood to flow into the penis. This is what makes the penis go hard.



Ejaculation

During this process, the penis can ejaculate a grey-white fluid called semen. The semen contains millions of sperm cells. This is called ejaculation. Sometimes this ejaculation takes place during sleep and is thus called nightfall or a wet dream.

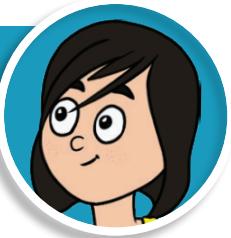
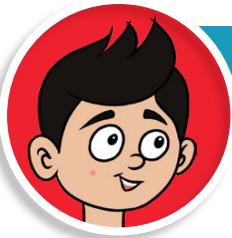


Penis in soft state

After a while, the erection will finish and the penis would become soft again.

(Representative images only)

TICK, TALK, TELL



Joy and Bubble discussed about two phenomenon of Puberty Tick your appropriate response below to the statements related to Puberty.

- How does knowing about menstruation make you feel? You may choose the feeling/s from the options below. 😊 😞 😟 😃 😭
- So how does knowing about nightfall make you feel? You may choose the feelings from the options below. 😊 😞 😟 😃 😭
- It is normal for boys to have wet dreams. Yes No
- A wet dream is a way that your body gets rid of sperm and semen. Yes No
- A penis can sometimes be hard and sometimes be soft. Yes No
- Menstruation can begin as early as 8 or as late as 16. Yes No
- It's normal for boys to have erections. Yes No
- One should throw their underwear and bed sheet after a wet dream. Yes No



Talk in small groups and share your understanding about the process of nightfall by filling in the missing words. In small groups prepare posters on menstruation for your school.

- When a boy enters _____, his body begins making _____ cells. When a boy has an erection, the body releases certain chemicals and these chemicals cause blood to flow in the _____. If the boy has an erection during sleep, it is called _____. During this time, the penis ejaculates a grey white fluid called _____.
- In pairs create a poster on 'Period Pride.' The poster should focus on accepting period as a healthy and normal part of growing up. It's ok if you all just write one sentence on accepting period as healthy & normal.



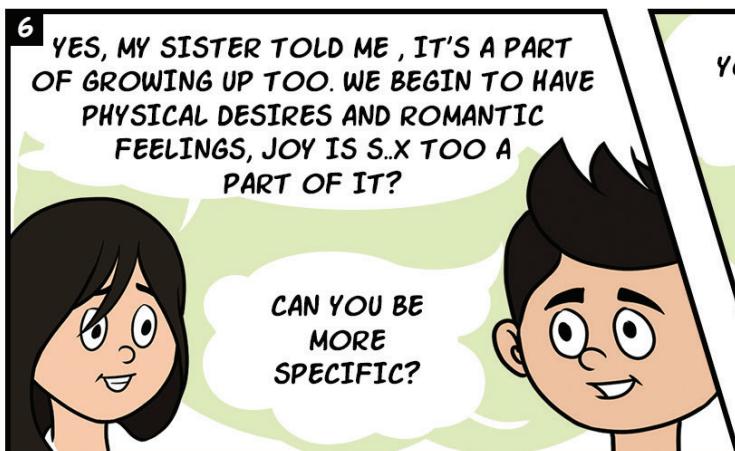
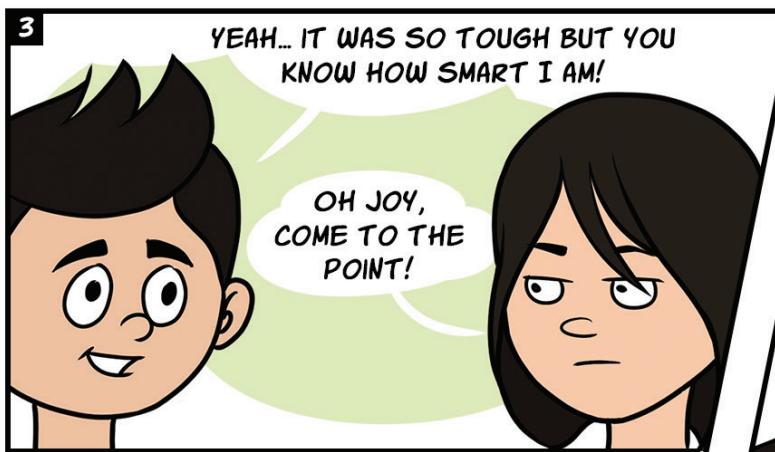
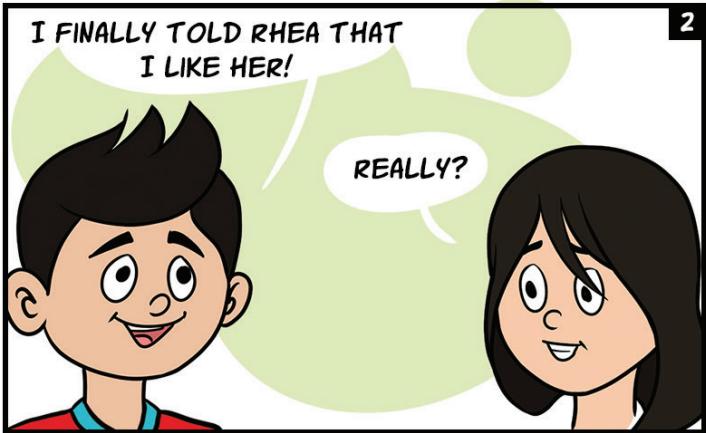
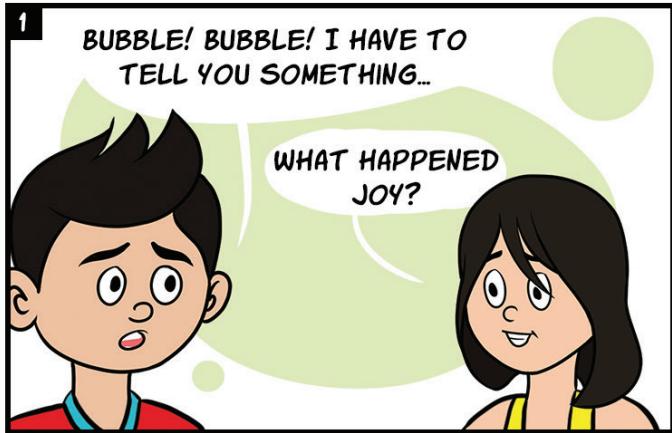
Think and note the answers to the questions below, share and tell your thoughts with the class.

- How can you be prepared for menstruation?
- What will you do if you have a wet dream?
- How will you help a friend if they feel scared and embarrassed about their wet dream?
- How will you maintain hygiene after a wet dream?

FEELINGS AND SEX

It's Perfectly Normal

Chapter 05



JOY TELL ME MORE, WHAT ELSE DID HE TELL YOU?

HE TOLD ME THAT SEX COMES WITH A LOT OF RESPONSIBILITY. IT REQUIRES A LOT OF THINKING AND SAFETY. IF SAFETY MEASURES ARE NOT TAKEN, IT CAN LEAD TO UNWANTED AND DIFFICULT SITUATIONS LIKE PREGNANCY OR INFECTIONS.

THAT'S IMPORTANT INFORMATION JOY. I'LL BE SURE NOT TO RUSH INTO SEX.

GOOD THINKING!



BUT TELL ME WHEN YOU MEET RHEA AGAIN, I AM SURE YOU WOULD KISS AGAIN?

NO WE DID DISCUSS IT. BUT WE WOULD LIKE TO WAIT, WE WOULD LIKE TO KNOW EACH OTHER MORE BEFORE WE KISS AGAIN.

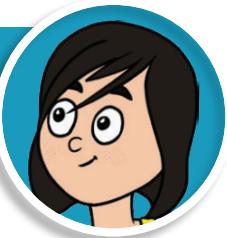


YOU'RE SO SMART JOY ! SO, YOU KNOW ALL ABOUT SEXUAL INTERCOURSE NOW?

WELL SEXUAL INTERCOURSE COMES WITH A LOT OF DECISION MAKING, IT SHOULD HAPPEN AFTER ONE FEELS READY, AND RESPONSIBLE TO TAKE CHARGE OF THEIR LIFE AS ADULTS.



TICK, TALK, TELL



Joy and his partner made a smart decision by waiting till they are ready. After all, kissing or sexual intercourse requires both partners to feel ready.

- Do you also think that one should wait till they are ready? Yes No
- Do you also think that it's helpful to wait to have sexual intercourse until you can make responsible decisions like adults do? Yes No
- If I talk about sexual intercourse, it will help me to clear my doubts. Yes No
- I will wait to have sexual intercourse until I and my partner feel ready. Yes No
- There are many ways to spend time with my partner. Yes No
- Sexual activity should not happen because of pressure from friends. Yes No



Joy spoke about Rhea and his liking for her, can you talk in small groups and share your thoughts about the following:

- What are some ways to physically express our feelings?
- Is sexual intercourse the only expression of feelings? What are the other non-physical ways?



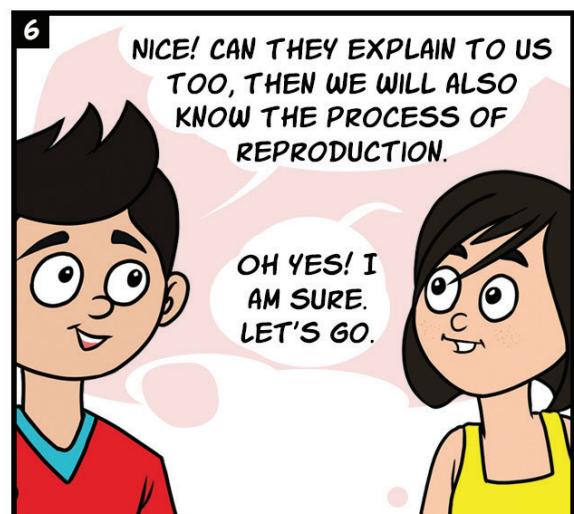
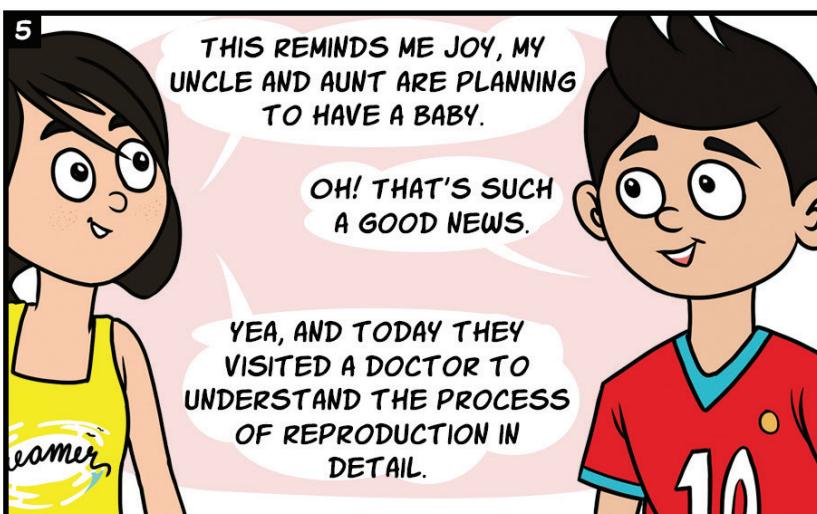
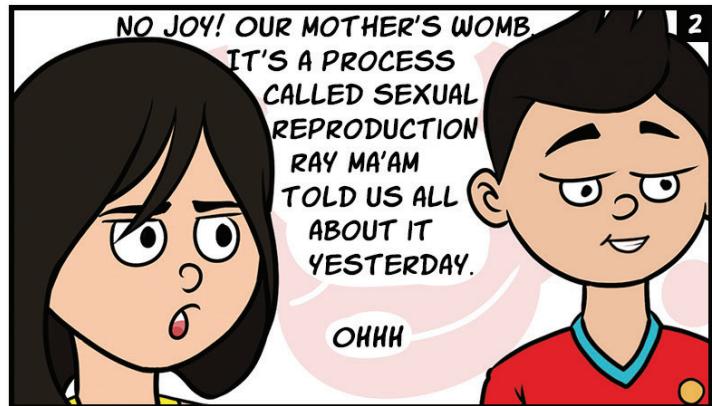
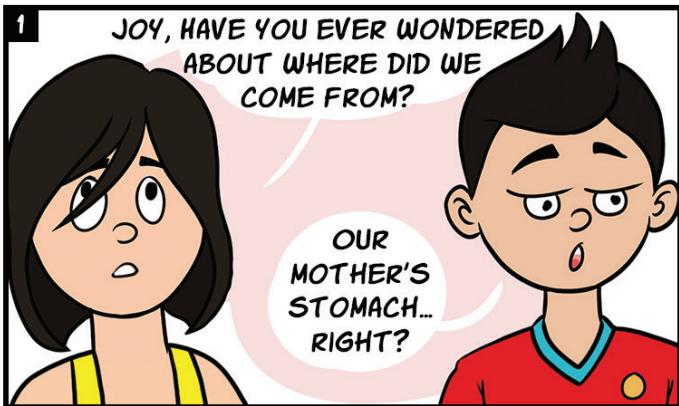
Think about the following questions and note your answers in your notebooks and share with your class.

- What do you think is the advantage and disadvantage of talking about sexual intercourse?
- Would you choose to talk about sexual intercourse? What makes it so difficult to talk about it?
- Do you think it is ok to talk about sex? Why or why not?
- What are the important qualities of a relationship?
- Can you now think of people you trust and would feel comfortable talking about sex?

REPRODUCTION

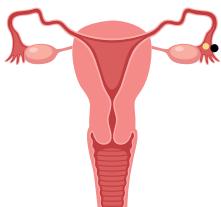
How are babies born?

Chapter 06



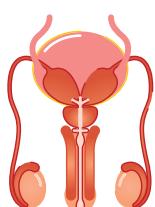


The Process of Reproduction



Female cell production

Each month, the female reproductive system releases the female reproductive cell – known as an ovum or an egg - from the ovaries.



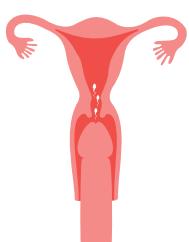
Male cell production

A man's testicles produce sperms - the male reproductive cells.



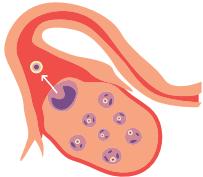
Male cell movement

The glands, situated below the urinary bladder of the male, produce a fluid called semen. Millions of tiny sperm cells reside and travel outside the male body via the semen.



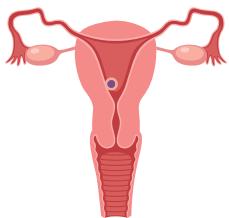
Intercourse

During sexual intercourse between a male and a female, the penis of the male goes inside the vagina of the female. If they wish to reproduce, the male ejaculates semen inside the vagina of the female, depositing sperm cells in the female reproductive system.



Fertilization

For a pregnancy to take place, one sperm cell has to meet the ovum or the egg cell. This process is called fertilization.



Implantation

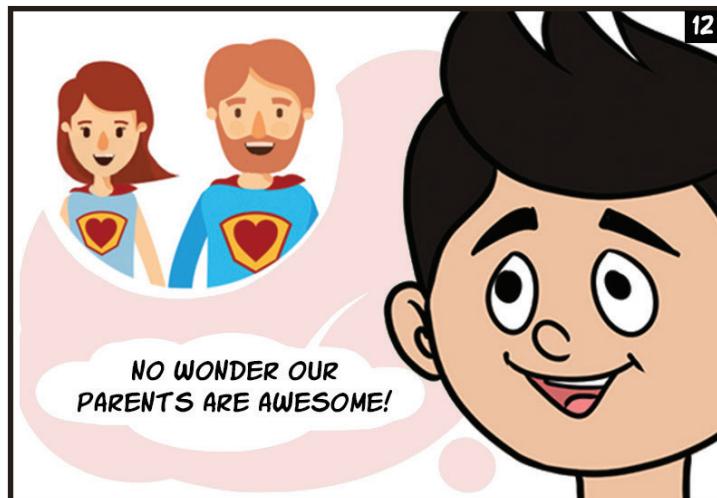
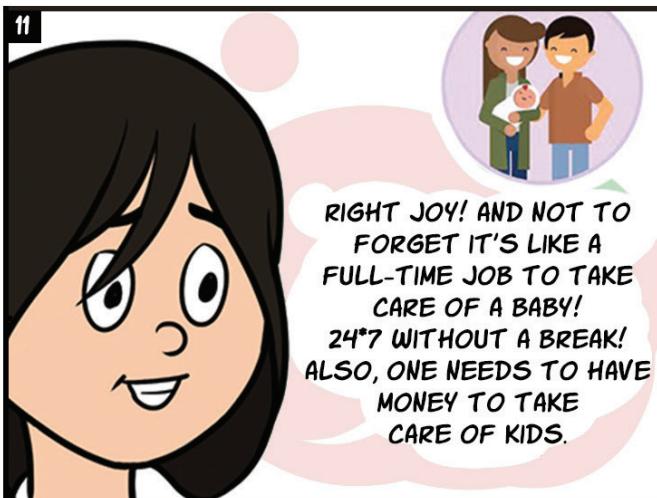
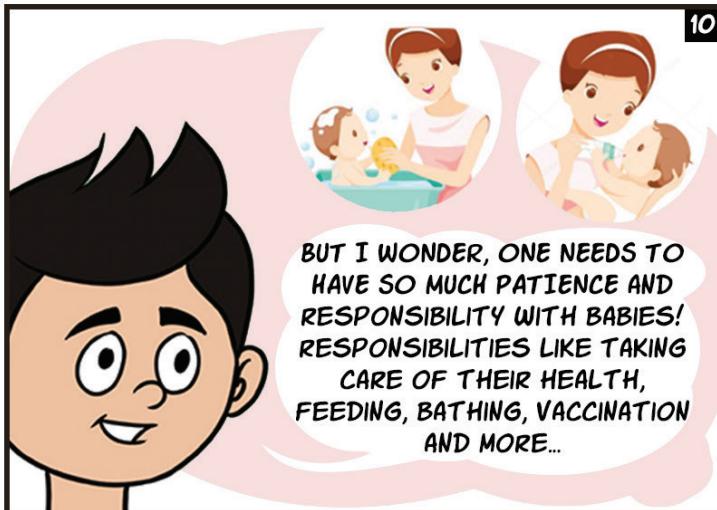
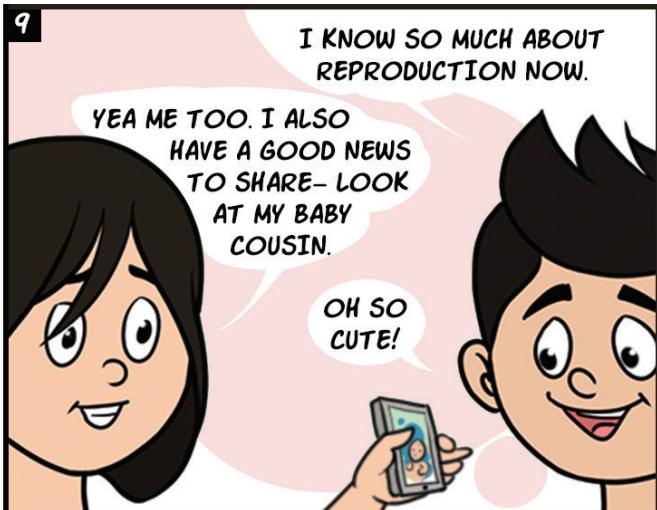
If an ovum is fertilized, it will implant on the wall of the female uterus and this is called the first stage of pregnancy. The first sign of pregnancy is usually when the female misses her monthly period.

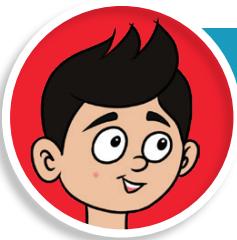


Pregnancy

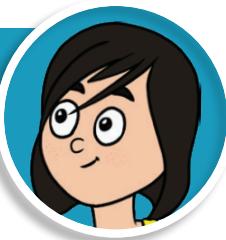
The fertilized ovum then develops into a foetus, which takes another nine months to develop into a baby. At the end of nine months, the baby is delivered out of a female's vagina, which stretches to let the baby through.

(Representative images only)





TICK, TALK, TELL



Joy and Bubble shared some very useful information. Hope you enjoyed, tick below the appropriate answer for you.

- Do you think you understand the process of reproduction better now? Yes No
- Now that we know parenting requires a lot of patience and responsibility, do you think it is important to wait until one is prepared to become a parent? Yes No

Joy and Bubble have put this very interesting crossword puzzle for you. Talk in pairs to solve this.



S	P	E	R	M
A	F	O	P	R
M	E	V	S	L
L	R	A	E	D
T	T	G	M	K
E	I	I	E	P
S	L	N	N	U
T	I	A	F	N
E	S	C	D	N
S	A	M	O	C
T	T	K	L	F
V	I	E	G	G
O	O	E	C	Z
X	N	A	D	U
Z	V	D	R	S
O	V	A	R	Y

- The process in which a sperm cell meets the egg cell.
- The name of the male reproductive cell.
- The organ through which the male reproductive cell enters the female body.
- The fluid that consists of millions of sperm cells.
- The name of the female reproductive cell.
- The organ that releases the female reproductive cell.
- The male organ where the male reproductive cell is produced.

sperm, fertilisation, testes, vagina, semen, egg, ovary



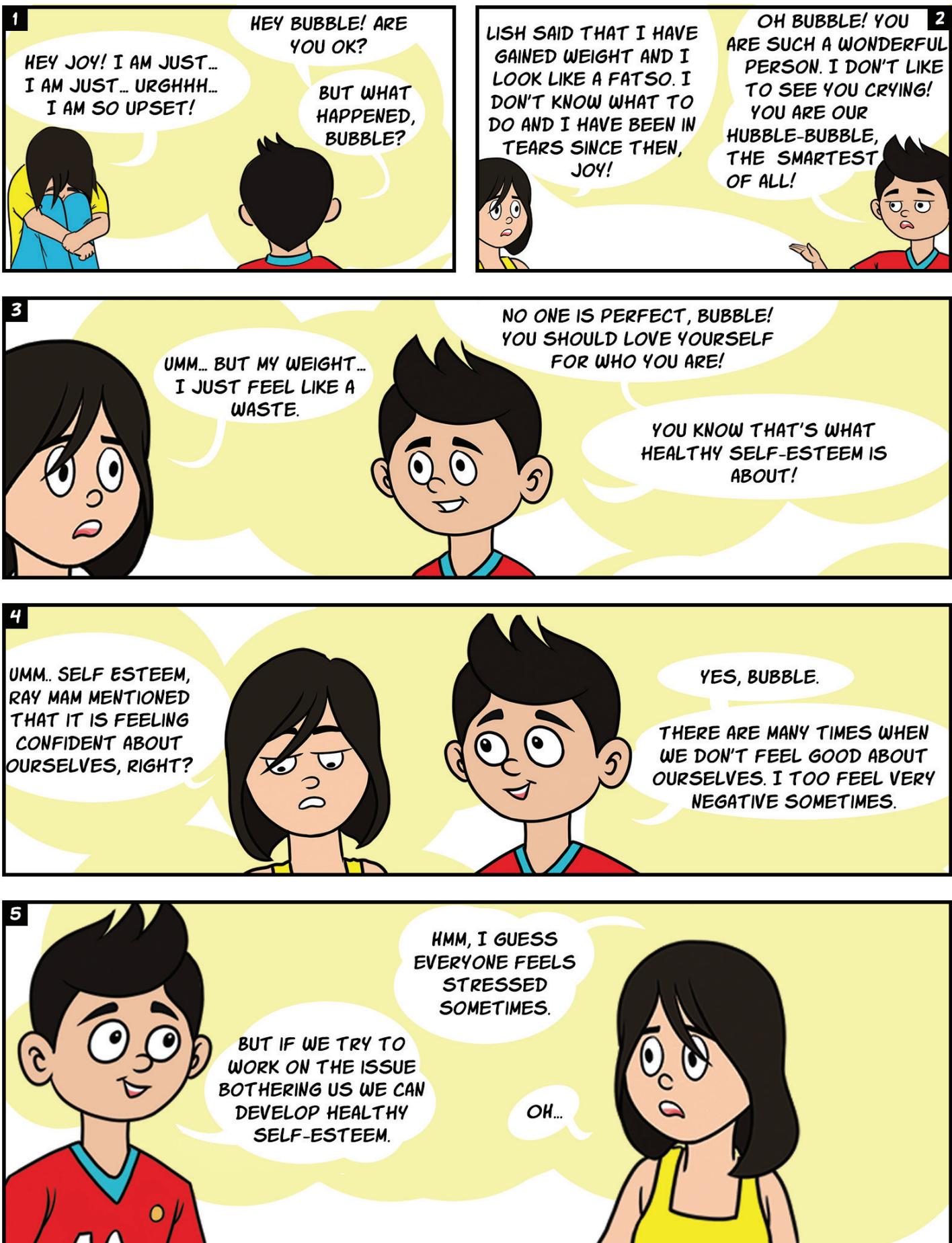
Think about the questions below and note down the answers in your notebook; share and tell your thoughts to the class.

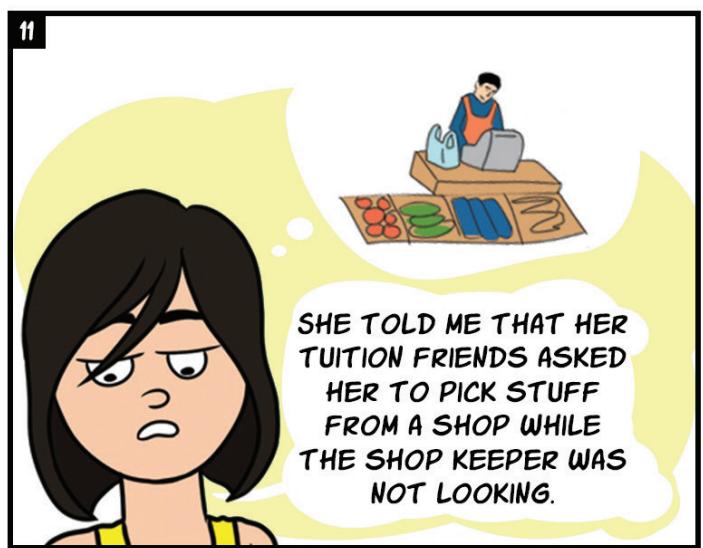
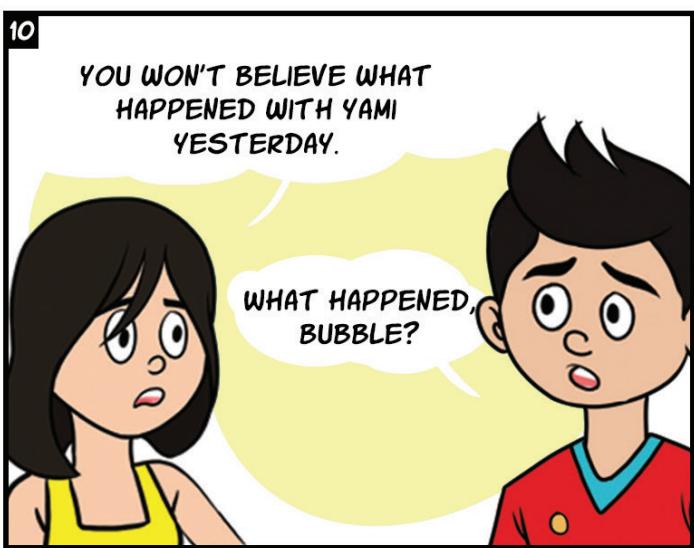
- How are the male and female reproductive system similar?
- How are the male and female reproductive system different?
- How does reproduction lead to pregnancy?
- Is pregnancy a personal choice and responsible decision?
- What are a few things one must consider before reproduction?

SELF-ESTEEM

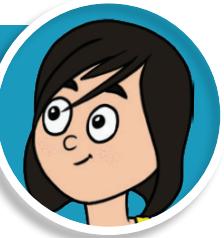
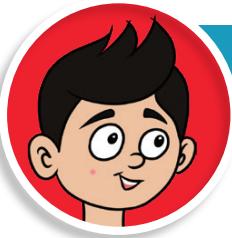
Turning 'I can't' into 'I can!'

Chapter 07





TICK, TALK, TELL



Joy and Bubble had an interesting discussion on self-esteem and peer pressure, let's see what you think. Tick the your options below

- Your friend shows you an inappropriate picture of a classmate. He asks you to forward it to everyone you know.
No way, I will not do this. I think it's ok to do this.
- Someone you like and find charming in the school asks you to bunk a class to meet them in the playground.
No way, I will not do this. I think it's ok to do this.
- Your crush asks you to write all their notes if you want to continue talking to them.
No way, I will not do this. I think it's ok to do this.
- All your friends are going to a party. They ask you to come but only if you agree to fake their attendance in class.
No way, I will not do this. I think it's ok to do this.



Joy needs a little help from you. Can you circle the words from the box below that represent healthy self-esteem? Talk about strategies that can help you recover from stressful situations and battle negative feelings. Share your thoughts.

1. HAVING NO CONFIDENCE

2. ENCOURAGING OTHERS

3. BEING HAPPY

4. FEELING LIKE A FAILURE

5. TAKING FAILURES POSITIVELY

6. LEARNING FROM MISTAKES

7. HAVING NO RESPECT FOR SELF

8. FEELING HOPELESS

9. CRITICIZING SELF

10. FEELING HOPEFUL



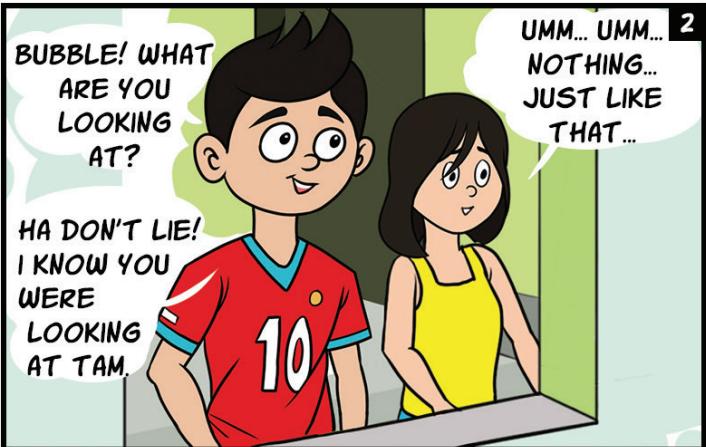
In pairs discuss the questions below, note the answers in your notebooks. Express and tell your thoughts clearly.

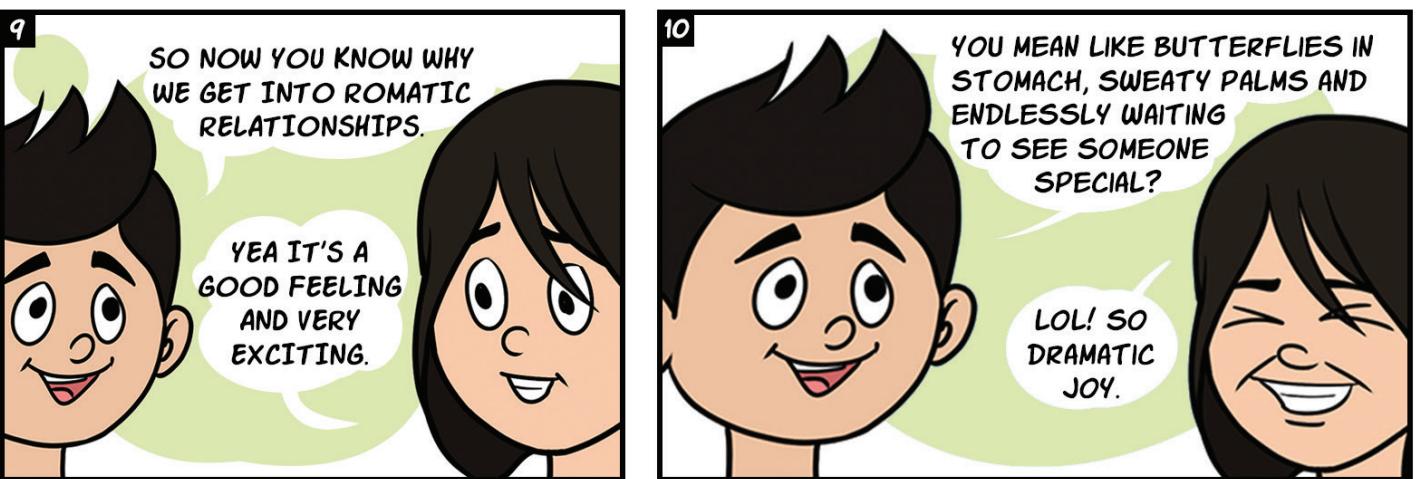
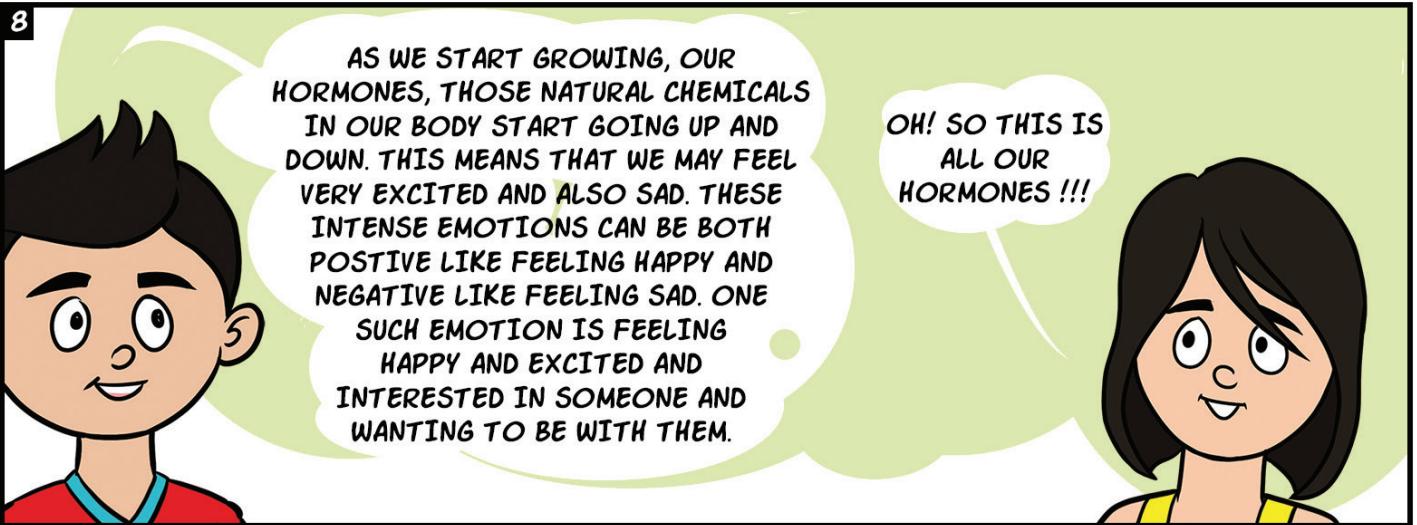
- There are times when pressure comes knocking down or you feel that someone is trying to get something done by forcing you emotionally. Can you write two ways to refuse to do something that you feel is not correct?
- What are your strengths? What are you proud of?
- How can you navigate through difficult situations in life?
- Why is it sometimes hard to stand up to your friends?
- What advice would you give to someone dealing with peer pressure?

RELATIONSHIP

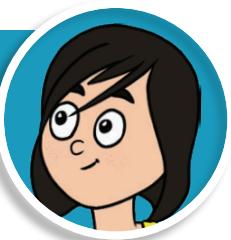
More Than Friends

Chapter 08





TICK, TALK, TELL

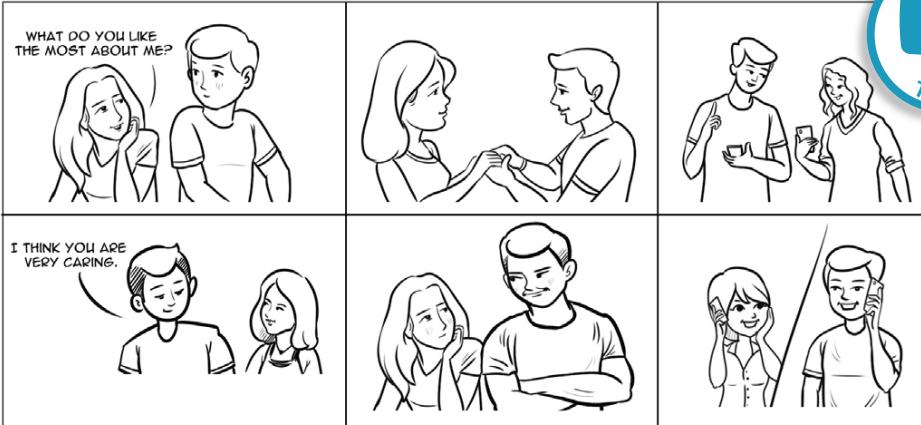


TICK

Joy and Bubble learnt something exciting today, how about you? Can you tick the different ways in which relationships, be it friendship or romantic, make us feel good?

- | | | |
|--|---------------------------|--------------------------|
| ● We have someone to talk to. | <input type="radio"/> Yes | <input type="radio"/> No |
| ● We don't feel lonely. | <input type="radio"/> Yes | <input type="radio"/> No |
| ● We can confide in someone. | <input type="radio"/> Yes | <input type="radio"/> No |
| ● We can spend time with someone. | <input type="radio"/> Yes | <input type="radio"/> No |
| ● We can take help from someone. | <input type="radio"/> Yes | <input type="radio"/> No |
| ● We have someone to go for a walk or shopping with. | <input type="radio"/> Yes | <input type="radio"/> No |
| ● We have someone to tell our secrets. | <input type="radio"/> Yes | <input type="radio"/> No |
| ● We can engage in our favourite activities together such as playing a sport, watching movies or joining a hobby class. | <input type="radio"/> Yes | <input type="radio"/> No |
| ● There may be times you might not have an answer to a question and find yourself alone. So, having a circle of people that you can trust and who care for you is helpful. | <input type="radio"/> Yes | <input type="radio"/> No |
| ● Thumbs up or Thumbs down | | |

Here is an interesting exercise, see the grid below, it tells a story. Sequence the story by giving number to each picture. It's your story so nothing is right or wrong. Talk about your story in small groups thereafter.



TELL

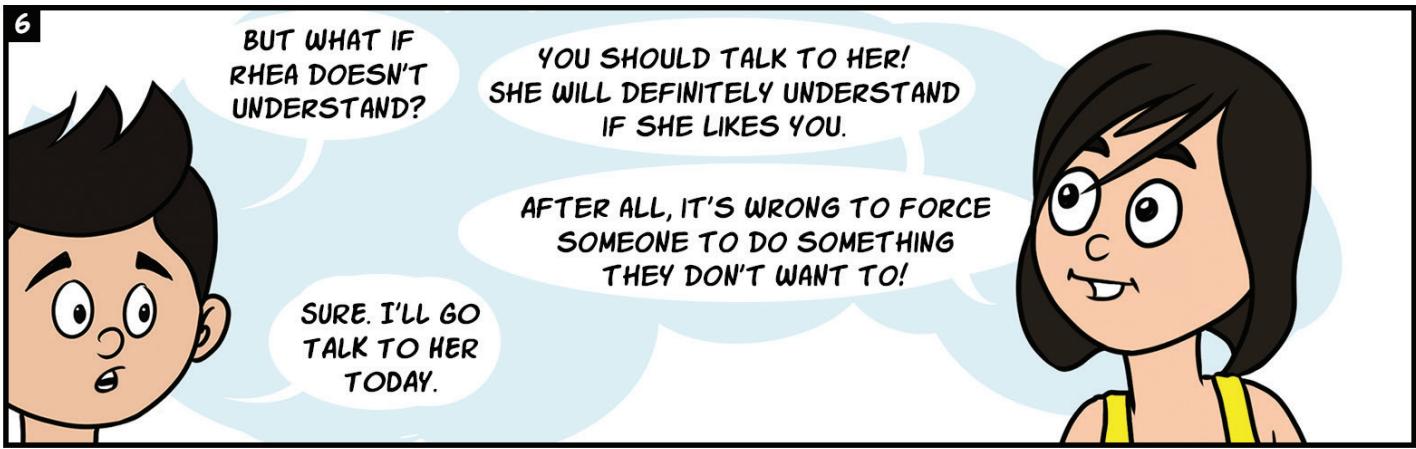
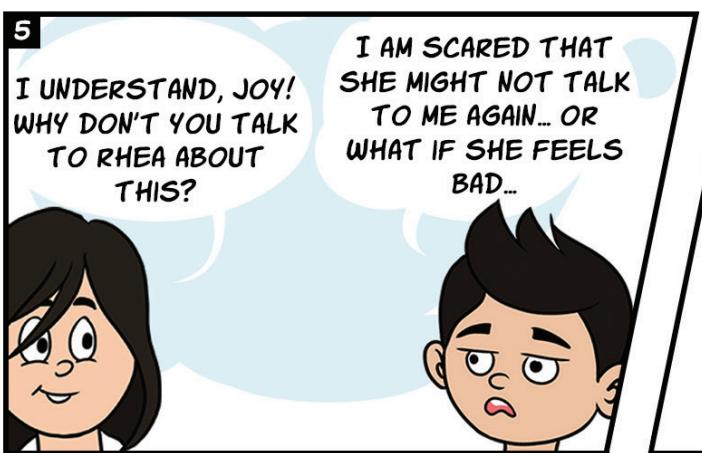
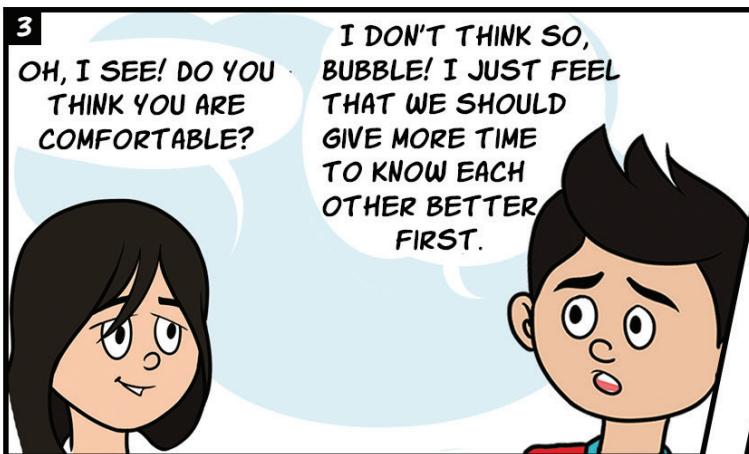
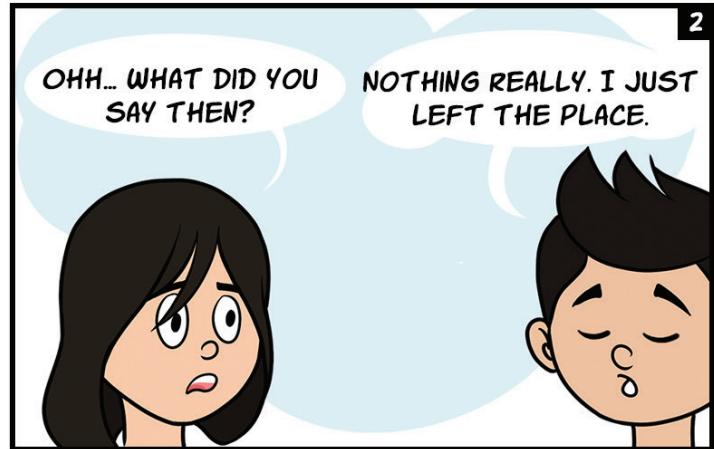
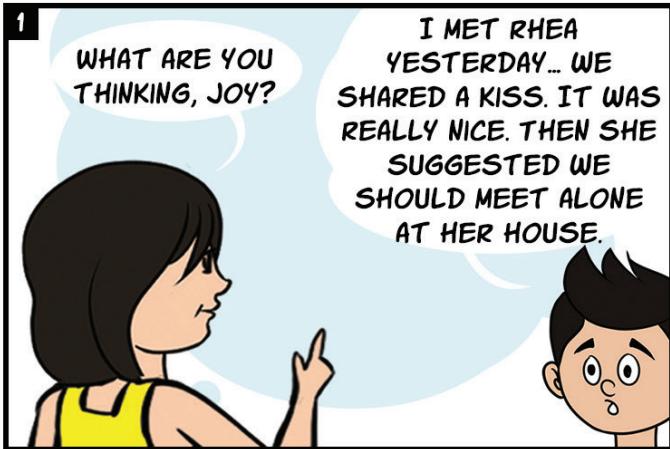
Think and tell answers to the questions below, note the answers in your note books and share your thoughts with the class in group discussions.

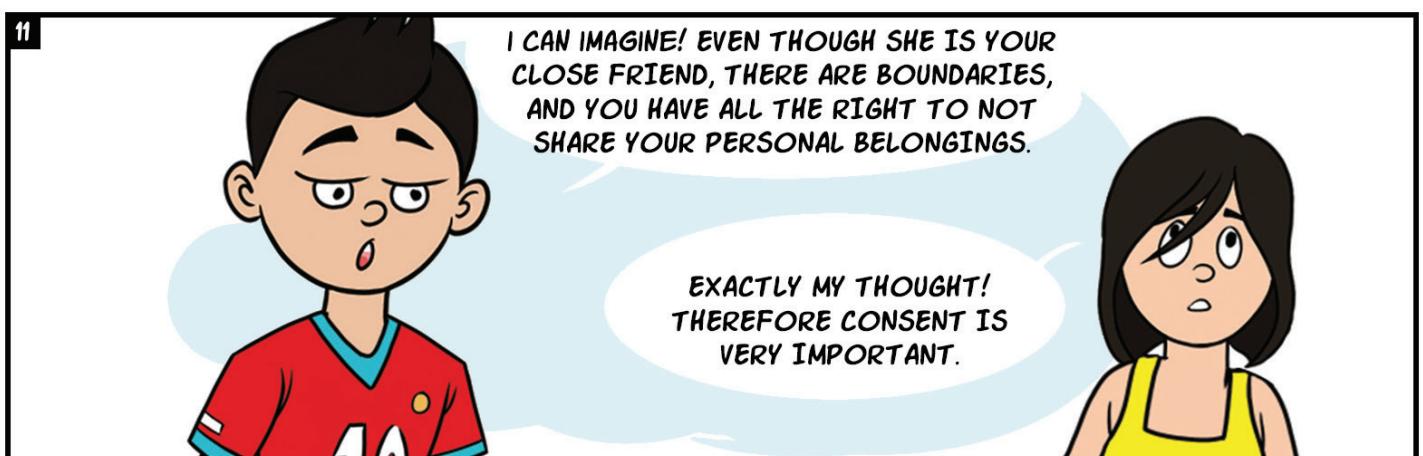
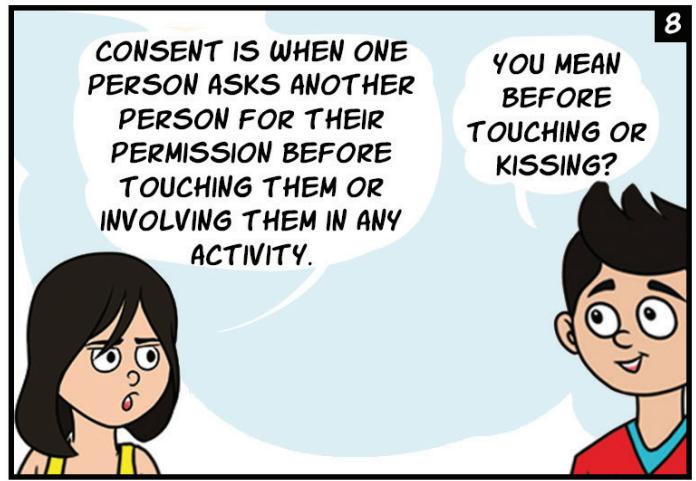
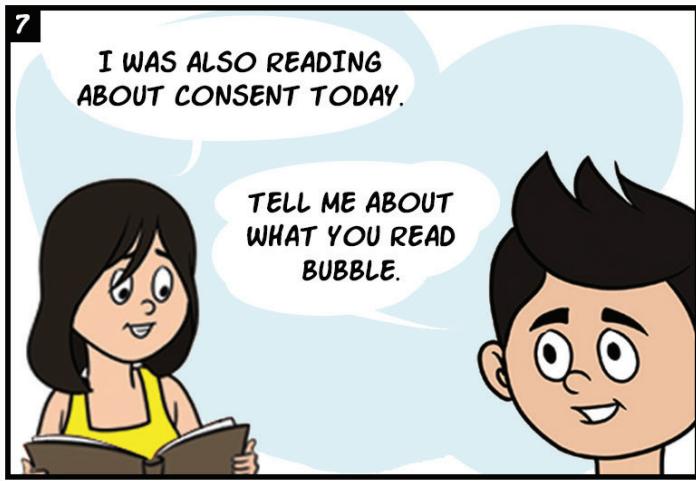
- What are the differences between friendship and romantic relationship?
- What are the similarities between friendship and romantic relationship?
- How does someone feel when they are in a romantic relationship?
- Why do we attract to someone as we grow up?
- How does talking to someone about our problem helps?
- Would you like to talk to someone if you ever face a problem? Who would that be?

CONSENT & BOUNDARIES

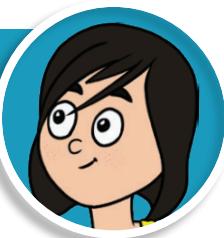
More than 'no' means 'no'

Chapter 09





TICK, TALK, TELL



TICK

Joy and Bubble discussed some very important things. Given below are a few statements, indicate whether you agree or disagree with the following statements by ticking the answer. There is no correct or incorrect answer. It's all about what you think and feel!

- If I have a crush on someone, I want to hold hands and walk with arms around them.
 Yes No
- I like it when someone hugs me from behind.
 Yes No
- I like it when my friends ask me to bunk a class to go out with them.
 Yes No
- I do not like anyone reading my personal diary (even my best friend).
 Yes No
- I don't like when people hug me every time they meet me.
 Yes No
- I like my crush calling me to meet alone.
 Yes No
- Do you think it's wrong to touch someone without their permission?
 Yes No

Consent should be mutual (both the people should agree) and it should be taken every single time we do something with the other person! How would you feel if someone tries to hold your hand without asking you? Choose your answer:



Talk in pairs and share your thoughts on ways to ask for someone's permission before doing anything to/with them? We have listed one for you.



1. Would you enjoy us holding hands?

2. _____

3. _____



TELL

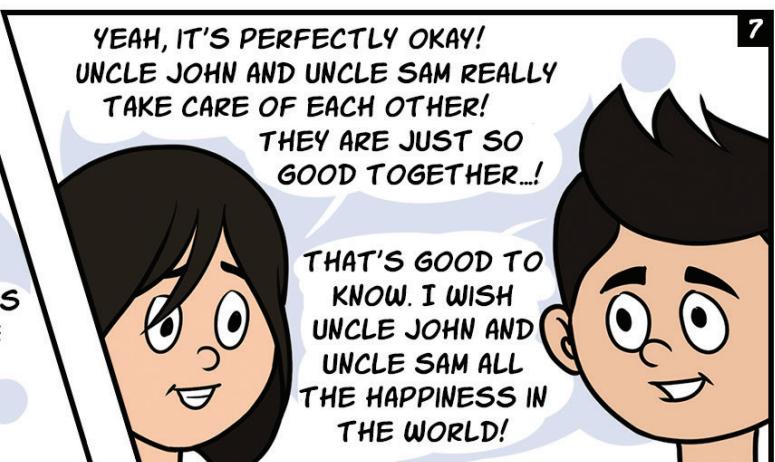
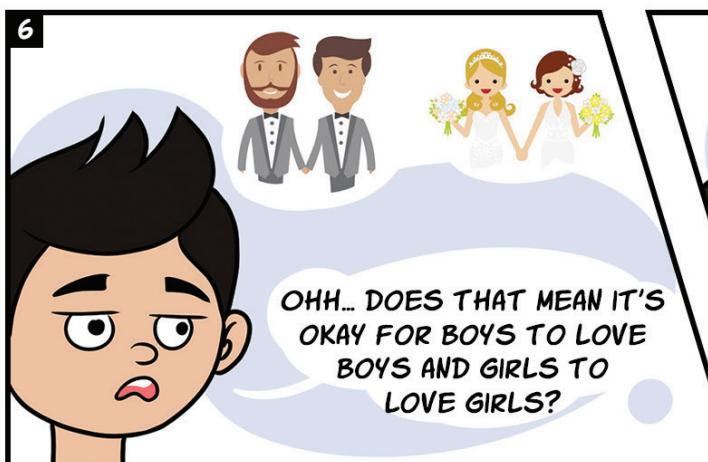
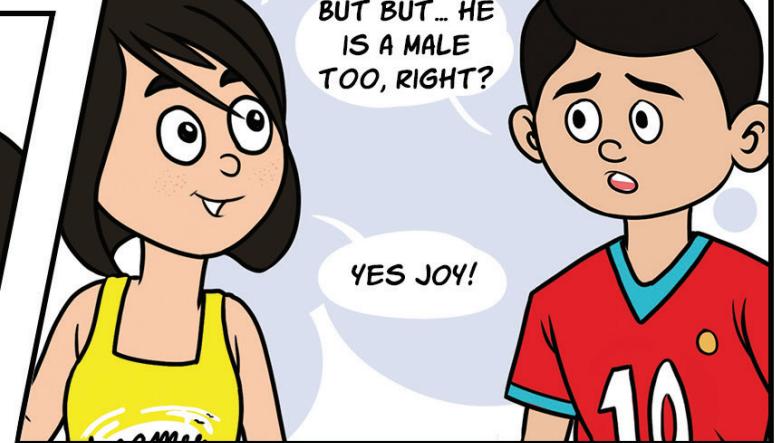
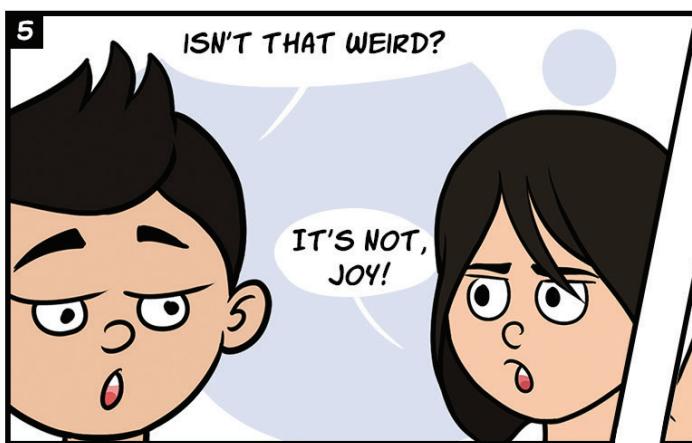
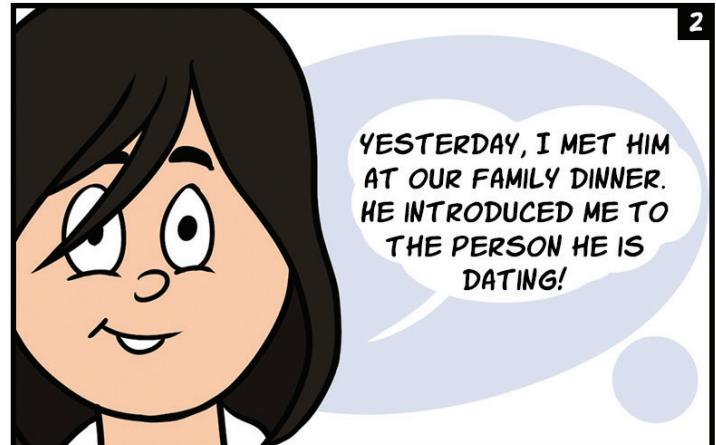
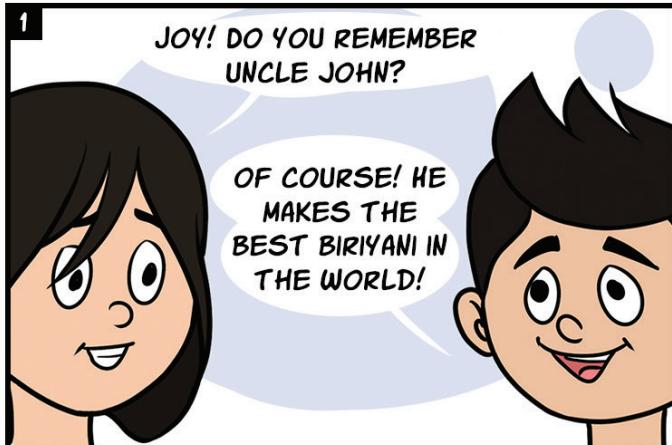
Reflect on the chapter highlights and tell your thoughts on the following questions

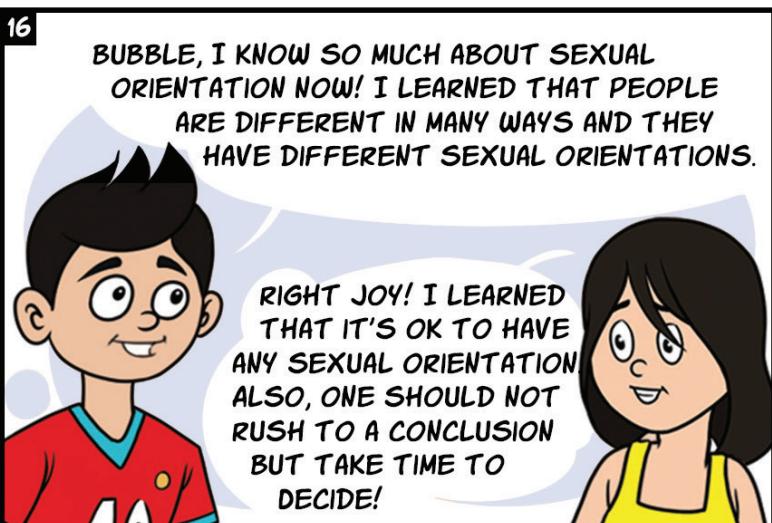
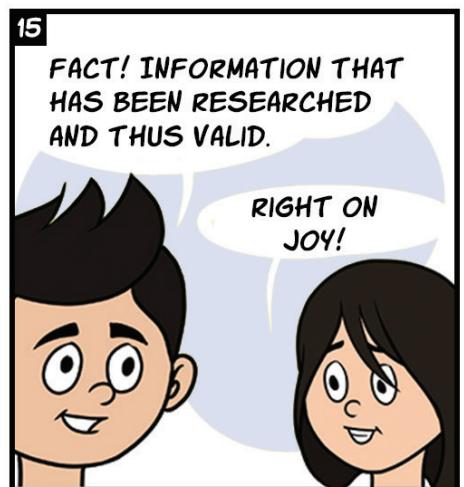
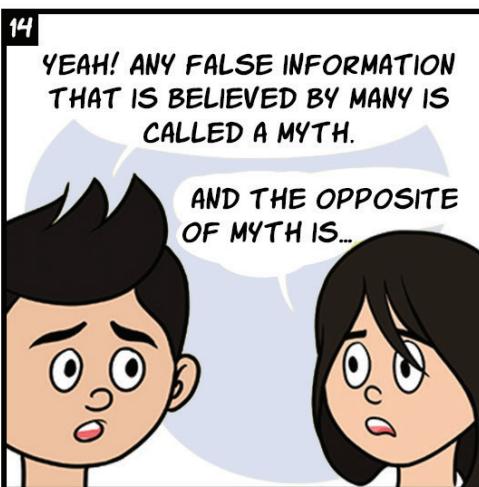
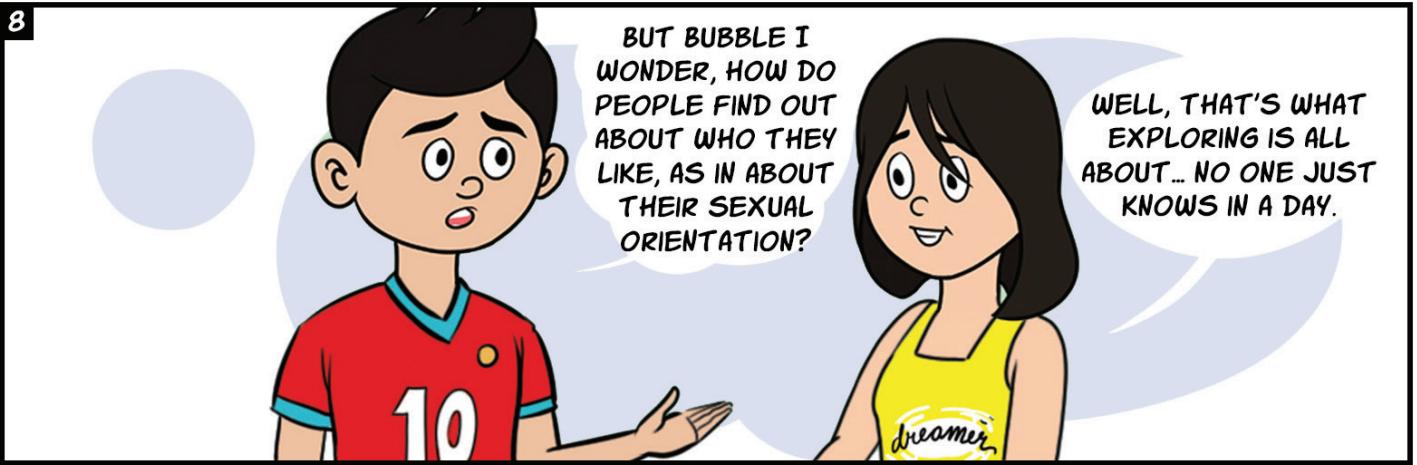
- Have you ever asked someone to not do something? How did it make you feel to say no?
- How did the other person respond?
- How would we feel if someone doesn't respect our boundaries? Why is it important to respect boundaries?

SEXUAL ORIENTATION

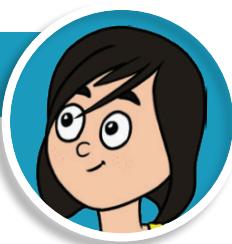
Different people, Different choice

Chapter 10





TICK, TALK, TELL



As we grow up, we may be attracted to people of different gender (boy-girl) or of the same gender (boy-boy and girl-girl). This is known as sexual orientation. Now that you know that It's completely ok to feel attracted to people from your own gender or of another gender. Tick your options below:

- So are you excited to know more about sexual orientation?
- Do you enjoy the company of same-gender friends?
- Do you enjoy the company of friends whose gender is different to yours?
- Do you feel curious about the bodies of girls, boys or both?



Talk in pairs about the statements below and tick the ones you think are myths and circle the ones that are facts. Once done, discuss in class and reason for your understanding.



- Homosexual people are attracted to other people of the same gender, that is, male and male or female and female. **MYTH /FACT**
- It's not common for boys to feel curious about other boys and girls to feel curious about other girls when growing up. **MYTH /FACT**
- There is only one type of sexual orientation. **MYTH /FACT**
- Sometimes, as people grow up, their feelings may change and their attraction towards genders may also change. **MYTH /FACT**
- No matter what the sexual orientation, everyone must be treated with respect. **MYTH /FACT**
- Only we can decide what our sexual orientation is. **MYTH /FACT¹**



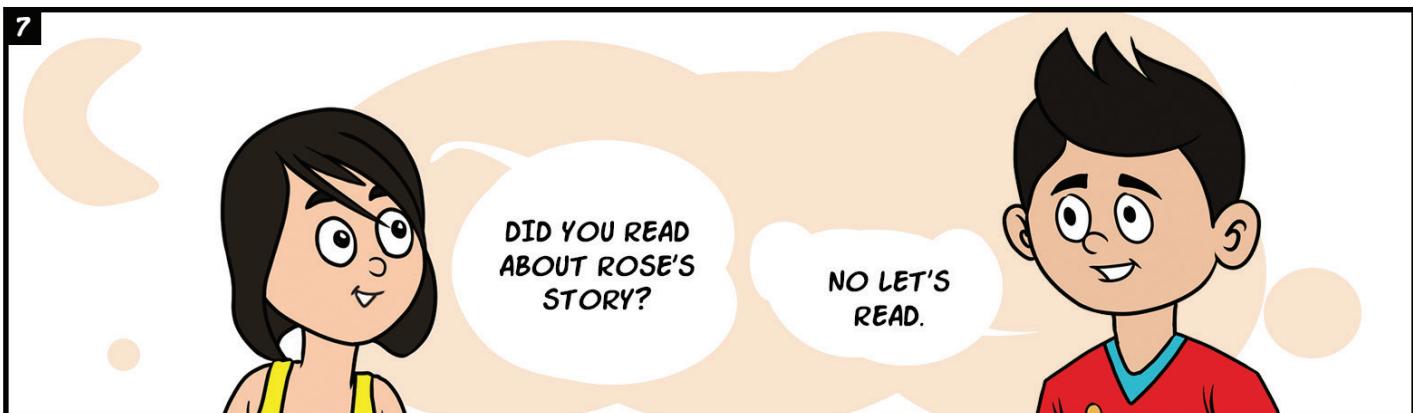
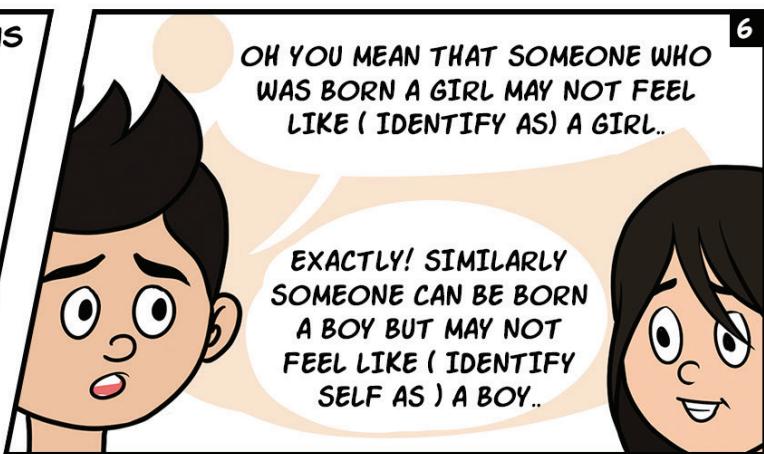
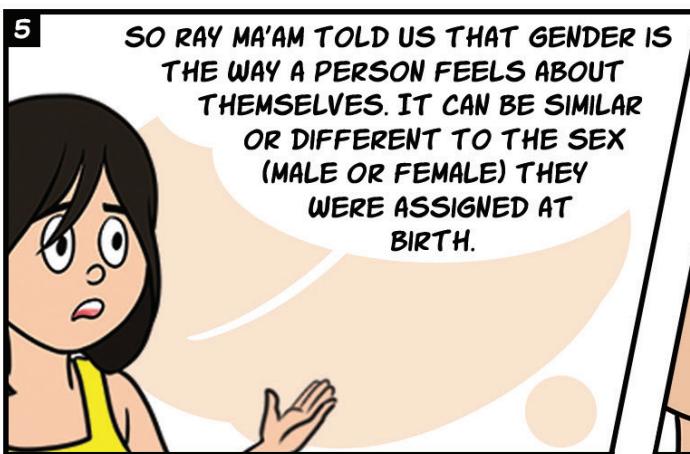
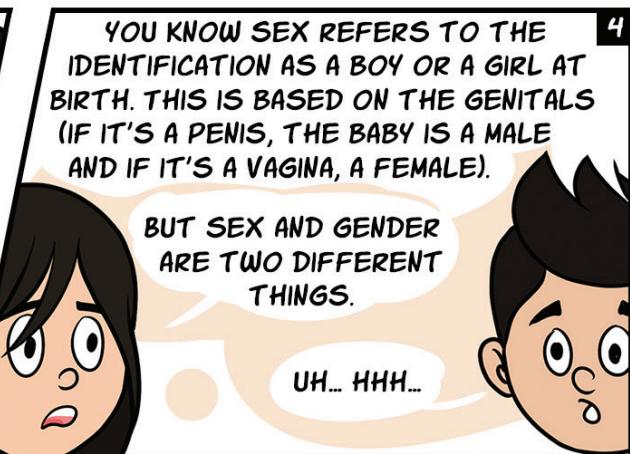
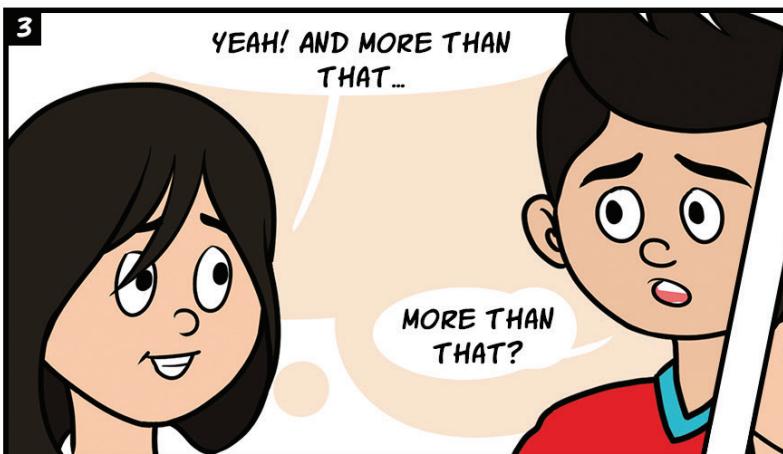
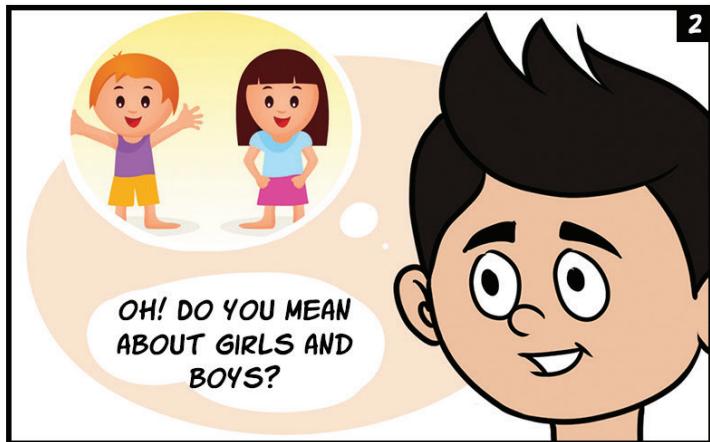
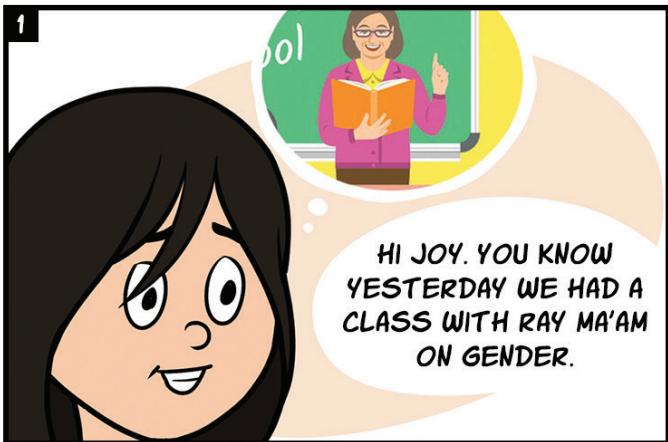
Talk in groups and tell your thoughts and understanding of the questions given below. Note your answers in your note book .

- ① What are the different types of sexual orientation?
- ② Is everyone the same? Is it ok to be different? Why or why not?
- ③ How should we treat others?
- ④ Should we treat others the way we want to be treated?
- ⑤ Should we treat everyone equally regardless of their sexual orientation?

GENDER DIVERSITY

Girls, Boys and More

Chapter 11



The Rose

As far I remember, I have always loved dancing, makeup, swimming and pretending to be a pop star! I enjoy making castles in the sand and talking about my favorite cartoon character – the mini mouse! I also love mermaids. They have always been my favorites, so much that I wanted to be one myself!

When I was small kid, I won a creative writing competition and my mother said, 'I am proud of my boy'. but I told her 'No Mumma, please say I am proud of you girl.'

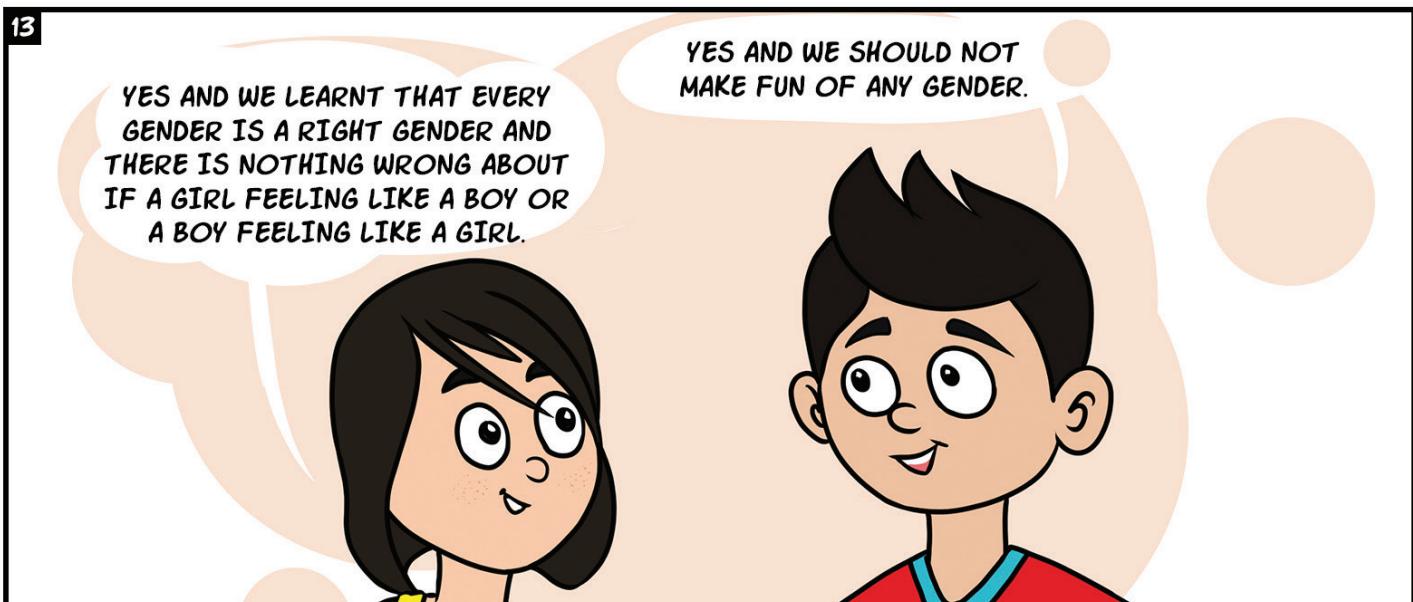
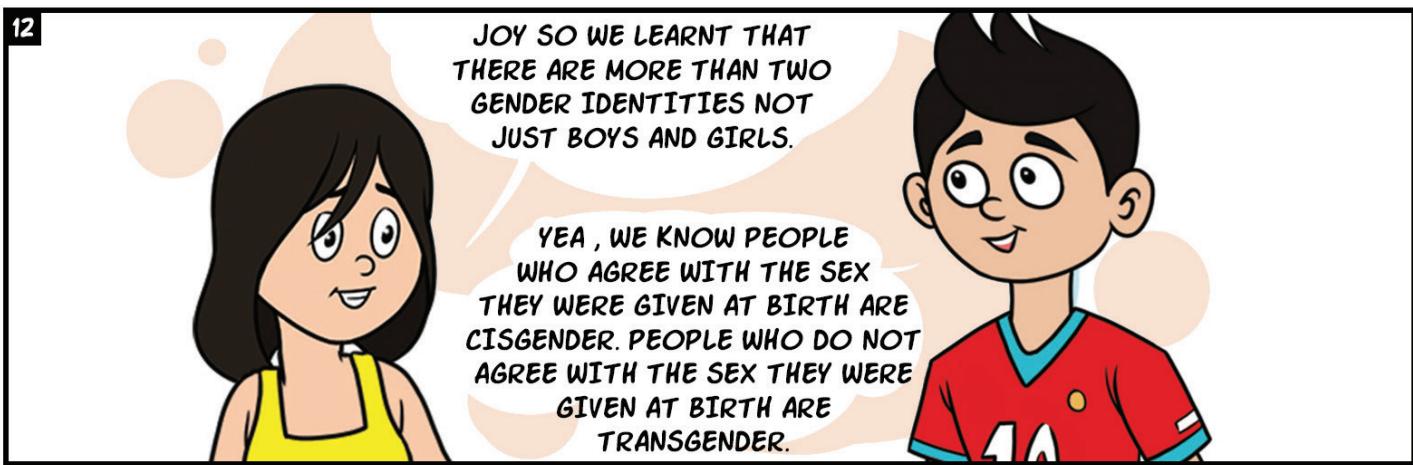
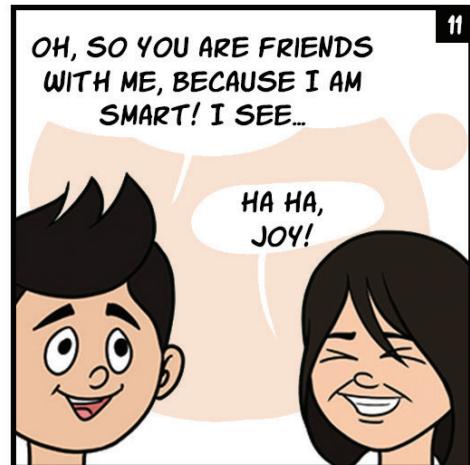
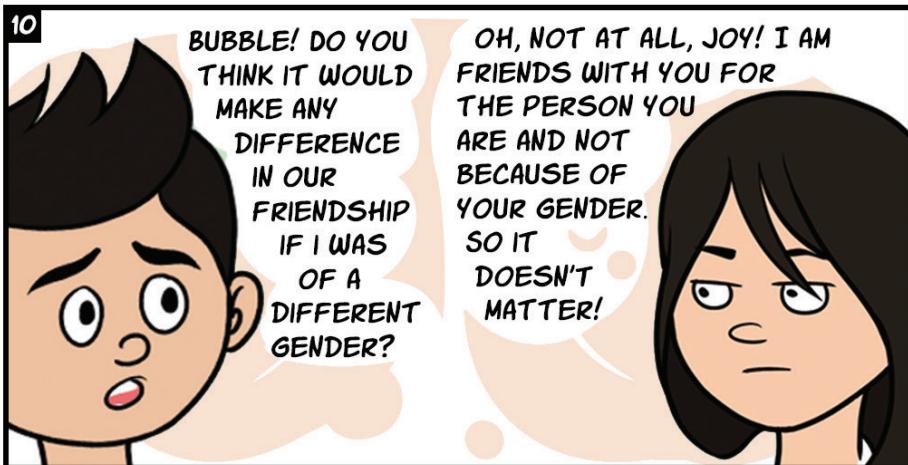
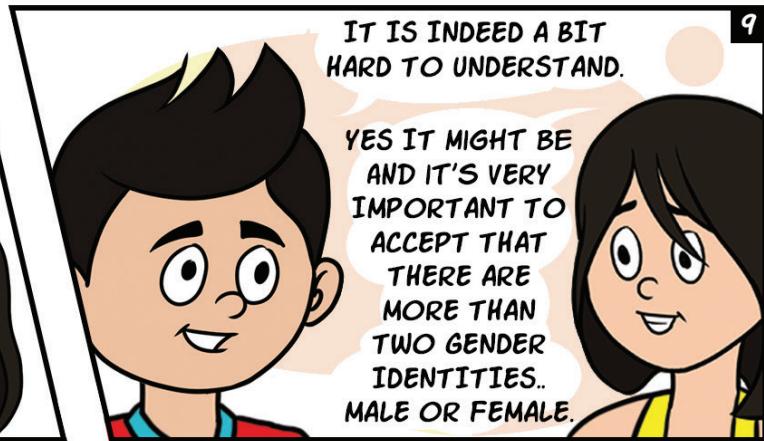
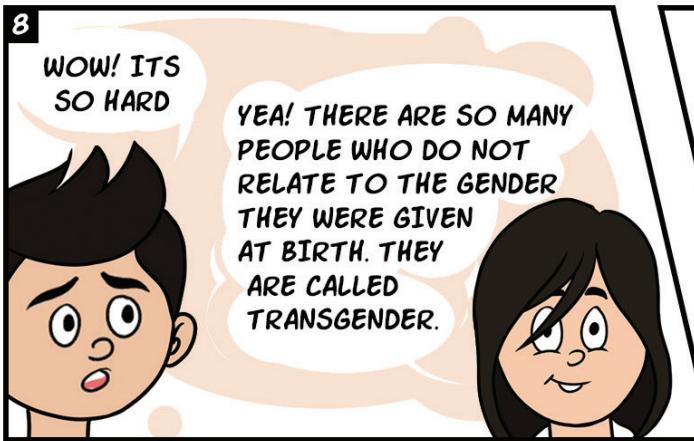
My family was always confused and thought of me as a boy. Maybe because I had the body of a boy. As I grew older, I spent more time with my friends.

I loved wearing beautiful skirts and dresses. One day, my brother said, 'Stop wearing these! You aren't a girl!' I was confused and shattered because I always believed that I am a girl. Sometimes, my parents let me wear girls' clothes at home but whenever we went out, they asked me to dress like a boy. This made me angry because I was not a boy. What are girls' clothes and boys clothes anyways? Everyone should get to wear what they want.

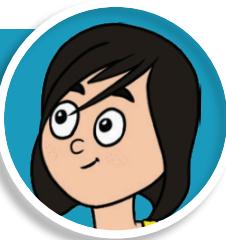
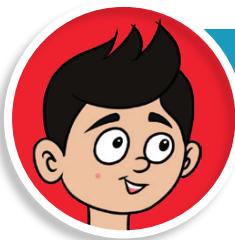
One day, my parents consulted a doctor who explained them that I am a transgender. My parents hugged me and said 'We understand who you are now. You don't have to pretend to be a boy anymore. We love you the way you are.' When I told my best friends, they said 'Hey, we don't care whatever you are a girl or a boy. We think you are so much fun to be around and the nicest person ever. We love you just the way you are!'

Finally, I have changed my name from 'Roy' to 'Rose'. I don't mind being unique. I think what matters is being happy and good inside. I am happy, I am proud, I am Rose!

Will write you more emails to keep you updated!
Love.



TICK, TALK, TELL



Joy and Bubble discussed about gender diversity. Now that we all know about gender, let's do a short exercise 'what do you think?' Read the statements and tick your response. There is no correct or incorrect response! It's all about what you think and feel.

- What do you think everyone should call Roy now? Roy Rose
- Do you know someone who identifies as a transgender? Yes No
- Is transgender also a gender just like male or female? Yes No
- Would it make any difference if the gender of your friend was different to what it is right now? Yes No
- Will you focus on the gender of a person or their qualities when you make friends? Gender Qualities



Talk to your friends in small groups and discuss what qualities would you look for in a friend. List them in your notebooks. Also, fill in the blanks below about gender identity.

A person who was born a boy at birth and thinks or feels that he is a boy is called a _____.

A person who agrees with the sex they were given at birth is known as _____.

A person who doesn't agree with the sex they were given at birth is known as _____.

A person who was born a boy at birth, thinks and feels (or identifies) as a girl, is called a _____.

A person who was born a girl at birth and thinks or feel that she is a girl is called a _____.

A person who was born a girl at birth, thinks and feels (or identifies) as a boy, is called a _____.



Think and discuss about the questions below with your friends and share your thoughts.

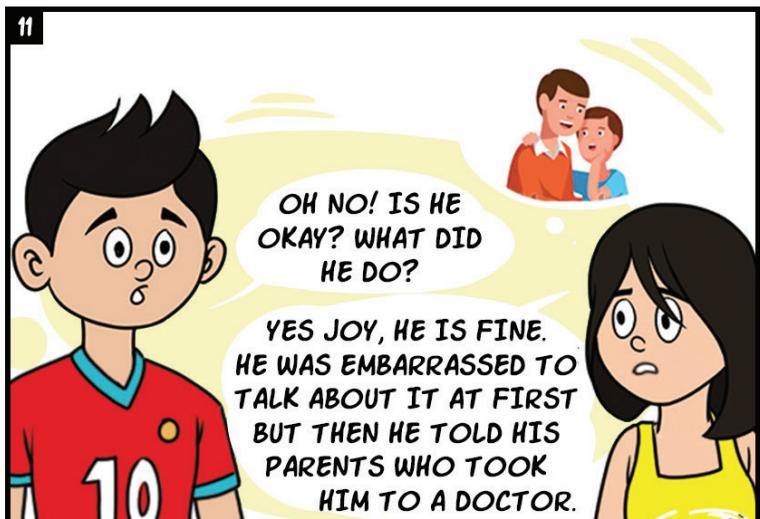
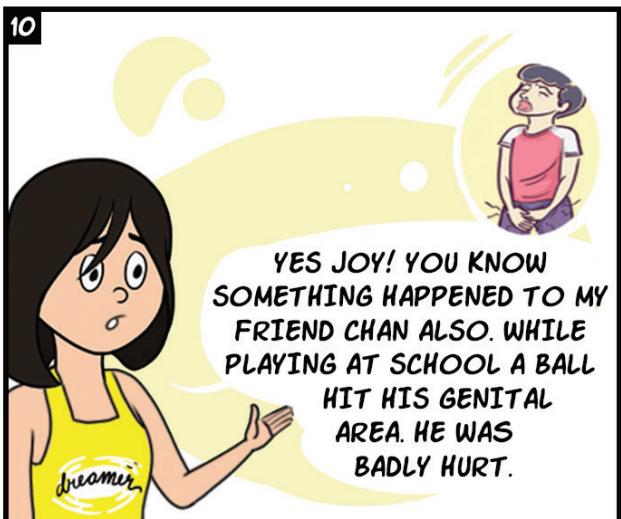
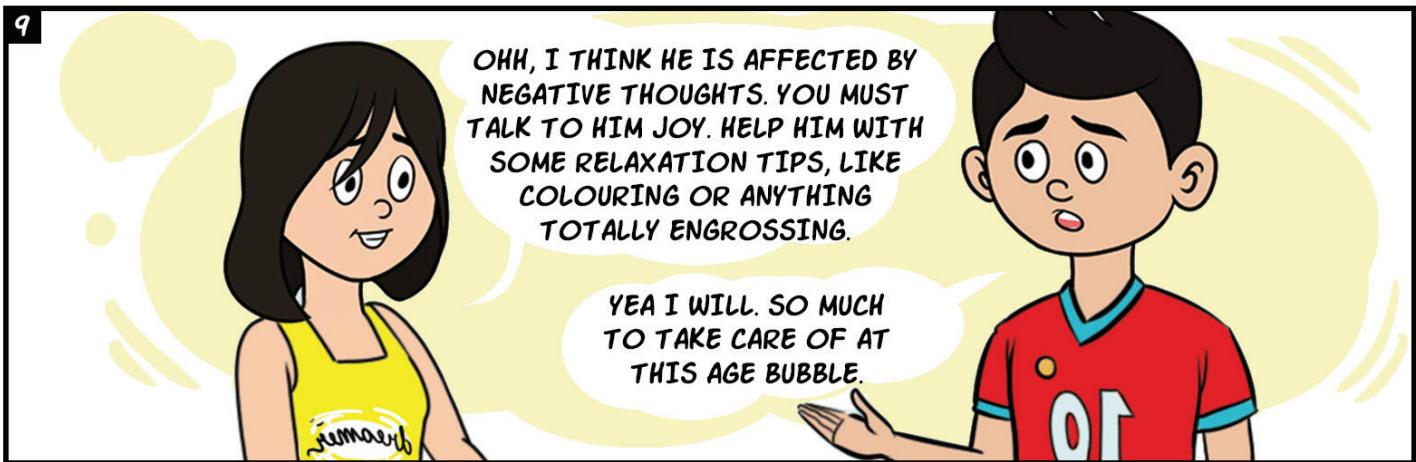
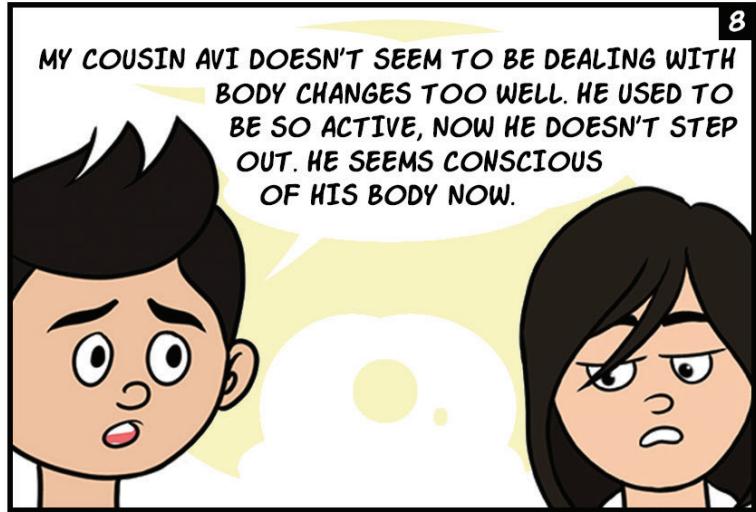
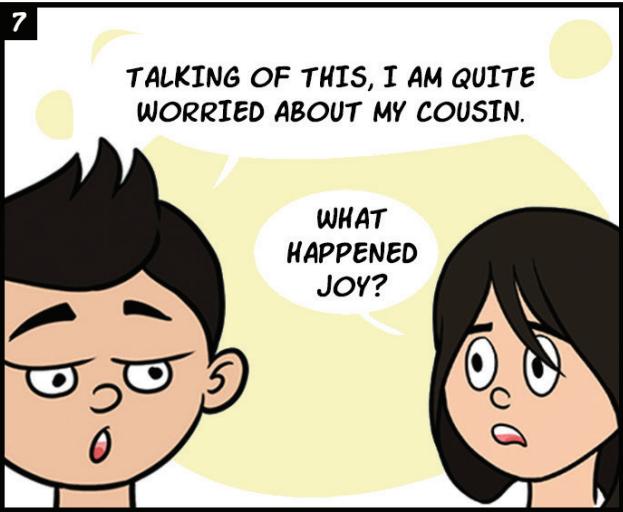
- What are the different types of genders?
- What is one difference between cisgender and transgender?
- What is one similarity between cisgender and transgender?
- How should we treat people of different genders? Should we treat everyone fairly regardless of his or her genders?

HEALTHY PRACTICES

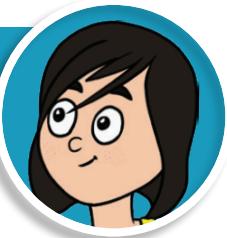
Guide to Good Life

Chapter 12





TICK, TALK, TELL



Now that you know about health and hygiene, let's do a 'tick me' exercise. read and tick on the practices

- Eating lots of vegetables and fruits.
- Eating lots of sweets.
- Brushing your teeth daily.
- Doing exercise daily.
- Just sitting and not moving around.
- Drinking lots of water.



- Talk to your friends in two groups about all the ways in which you can keep your body healthy and safe. Each group can make a poster on puberty kit for class for both girls and boys as shown by the teacher in the class. Each puberty kit would have things you require to keep your respective bodies safe and healthy.
- If you have a problem you cannot fix on your own, it's a good idea to speak to an adult you trust. The adult would provide their assistance and help you navigate the challenging part of puberty. Talk to your friends and discuss who are the trusted adults they can share their issues with. Also, list down some of your own.

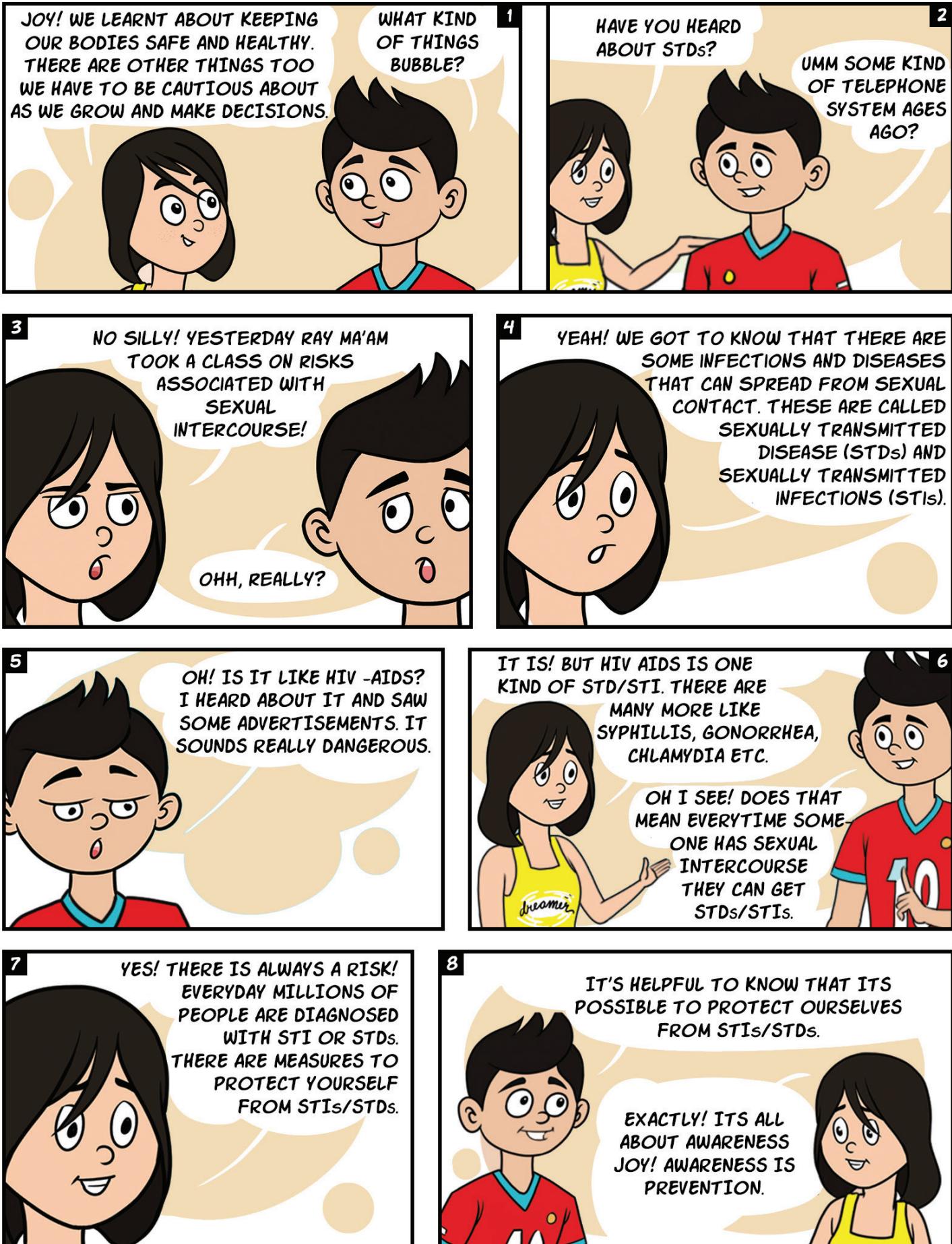


You read the conversation between Joy and Bubble, think about it and tell your thoughts on the following questions to your friends.
Note down your points in your note books.

- What is one reason to have a healthy body and mind?
- How can you navigate through negative thoughts in life?
- Why is talking about your problems the best way to get support?
- Why is it sometimes hard to talk to adults? How can you make it easy?
- How does seeking information from an adult help?

STIs/STDs Awareness is Prevention

Chapter 13



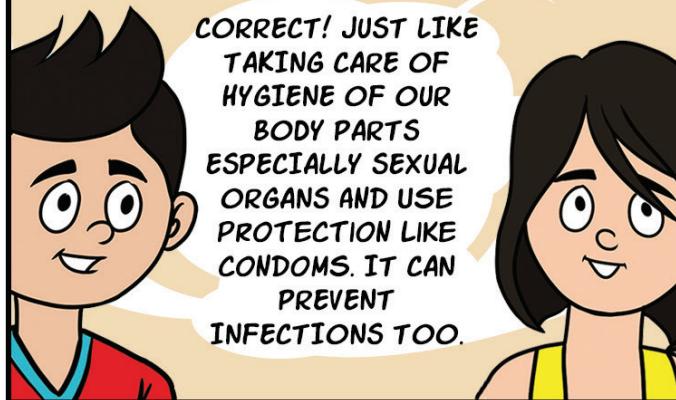
BUBBLE THERE IS SO MUCH INFORMATION ABOUT STDs THAT IS NOT TRUE I BELIEVE. WONDER IF PEOPLE ARE AWARE OF WAYS FOR PREVENTION.



THERE ARE MYTHS, YES! PEOPLE MUST KNOW FACTS ABOUT THE CAUSES AND HOW TO PREVENT STDs. IT WILL BE GOOD FOR US TO PUT A POSTER IN OUR SCHOOL AS WELL.

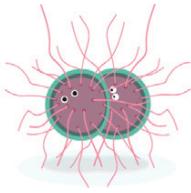
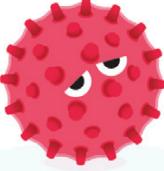


THAT'S A GREAT IDEA, BUBBLE. SOMETIMES ITS VERY SIMPLE YET WE DON'T REMEMBER TO PRACTICE.

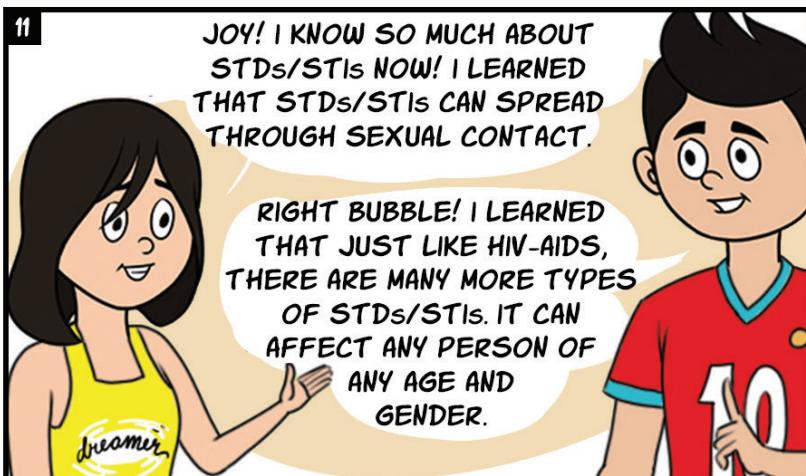


CORRECT! JUST LIKE TAKING CARE OF HYGIENE OF OUR BODY PARTS ESPECIALLY SEXUAL ORGANS AND USE PROTECTION LIKE CONDOMS. IT CAN PREVENT INFECTIONS TOO.

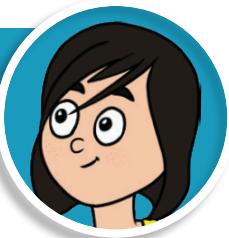
STD/STI	What to Watch For	How You Get It	Treatment
Herpes 	Blisters around your penis, vagina or anus. Itching or burning before the blister appears. Once the blister pops, you will have a sore in the area. Blisters last one to four weeks. Blisters go away but can come back anytime.	Unprotected sexual intercourse.	Cannot be cured but controlled by medicines. Can make it easier to get HIV.
HIV-AIDS 	Symptoms may show up very late or can be present for many years without symptoms. Flu-like feelings that keep coming back. Unexplained weight loss or diarrhea. White spots in mouth and rash.	Sexual or non-sexual activities. Non-sexual activities are sharing needles and can transfer from mother to child during birth.	Cannot be cured but controlled by medicines. Can lead to illness or death.
Trichomoniasis 	Also known as 'trich' and more common in women. Yellow-green vaginal discharge in women & discharge from the penis in man. Pain during urination and sexual intercourse. Itchiness or irritation in genitals.	Unprotected sexual intercourse.	It's easy to treat. If left untreated, it can be problematic especially for women.
Chlamydia 	Increased discharge from genitals, pain during urination and sexual intercourse. Lower abdominal pain.	Unprotected sexual intercourse. Can be transferred from mother to child during birth.	It's easy to treat. If left untreated, it can be problematic especially for women.
Genital Warts 	Individual bumps or cauliflower-shaped clusters. May be itchy or they may be painless. Happens in the genitals area.	Unprotected sexual intercourse. Sharing baths, towels, cups or cutlery.	Vaccination can protect. Can be treated by a doctor.

STD/STI	What to Watch For	How You Get It	Treatment
Gonorrhea 	Mostly there are no symptoms. Pain during urination, itchy genitals, pain during sexual intercourse, discharge from genitals.	Unprotected sexual intercourse.	Easy to cure with antibiotics.
Syphilis 	Painless ulcers on the genitals. Flu-like illness and rashes in the body. Patchy hair loss. Flat, warty-looking growths in genitals area.	Unprotected sexual intercourse. Can be transferred from mother to child during birth.	Easy to treat. If goes untreated can damage the organs of the body.
Water Warts 	Fluid-filled blisters /warts. Blisters/warts often appear in groups.	Unprotected sexual intercourse. Sharing baths, towels, or clothing with an infected person.	Can be cured.
Hepatitis B 	Mostly there are no symptoms. Increased discharge from genitals, pain during urination and sexual intercourse. Lower abdominal pain.	Unprotected sexual intercourse. Sharing contaminated needles, razors and blood transfusion. Can be transferred from mother to child during birth.	Vaccination helps to protect. Mostly can be cured but some cases may lead to serious diseases.
Pubic Lice 	Intense itching in pubic area. Small bugs in pubic area. Dark bluish spots due to lice bites. Feverish feeling.	Through sexual contact. Sharing clothes, towel, bed.	Easy to treat with anti-lice gels and shampoos.

(Representative images only)



TICK, TALK, TELL



Joy and Bubble shared some very useful information about prevention from infections like STD/STIs. Let's do a quick 'Tick me' exercise! Tick the words that you have heard through any sources - TV/ Internet/Books/Previous chapters/Adults. There are no right or wrong answers!

- Condoms ● Unwanted Pregnancy ● Sexually Transmitted Infections
- Contraceptives ● Genitals ● Safety ● Risk ● Sexual Intercourse
- Herpes ● Sexually Transmitted diseases ● HIV-AIDS

Now let's do a short exercise! Tick the word that best represents your answer -

- STD stands for : Sexually travelled diseases/Sexually transmitted diseases
- STI stands for : Sexually transmitted infections/Sexually transmitted injuries
- The full form of HIV is - Human Immunodeficiency Virus/ Human Inflammatory Virus
- The full form of AIDS is - Acquired Immune Disabled Syndrome/ Acquired Immune Deficiency Syndrome

Pair up and talk about the information shared by Joy and Bubble. Then discuss and select an answer for statements below:



- | | | |
|---|---------------------------|--------------------------|
| ① STD stands for Sexually Transmitted Diseases. | <input type="radio"/> Yes | <input type="radio"/> No |
| ② If you ignore an STD/STI, it will probably go away. | <input type="radio"/> Yes | <input type="radio"/> No |
| ③ STDs/STIs can happen to boys and girls, both. | <input type="radio"/> Yes | <input type="radio"/> No |
| ④ HIV/AIDS is not a type of STD/STI. | <input type="radio"/> Yes | <input type="radio"/> No |
| ⑤ HIV/AIDS cannot happen through non-sexual activities | <input type="radio"/> Yes | <input type="radio"/> No |
| ⑥ The only way to know for sure if you have STD/STI is to get tested by a doctor. | <input type="radio"/> Yes | <input type="radio"/> No |
| ⑦ Some STIs can increase the risk of developing HIV. | <input type="radio"/> Yes | <input type="radio"/> No |
| ⑧ HIV can destroy the immune system of the human body. | <input type="radio"/> Yes | <input type="radio"/> No |
| ⑨ STD/STI are communicable, they can spread from one infected person to other. | <input type="radio"/> Yes | <input type="radio"/> No |
| ⑩ HIV cannot be cured completely but can be managed. | <input type="radio"/> Yes | <input type="radio"/> No |

1,3,6,7,8,9,10 (Yes) 2,4,5 (No)



TELL

Tell your thoughts on the questions below, think, note down and share with your class

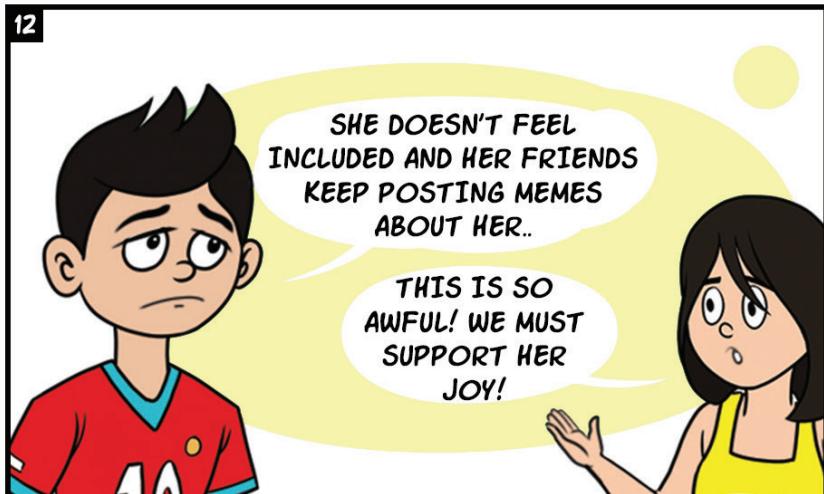
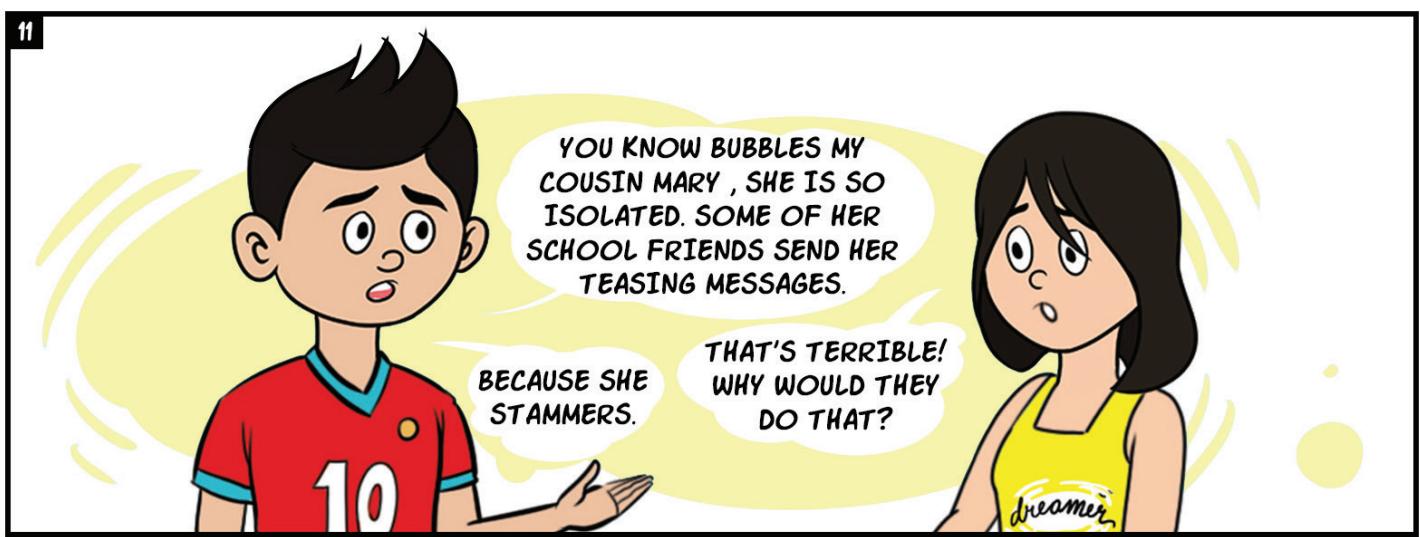
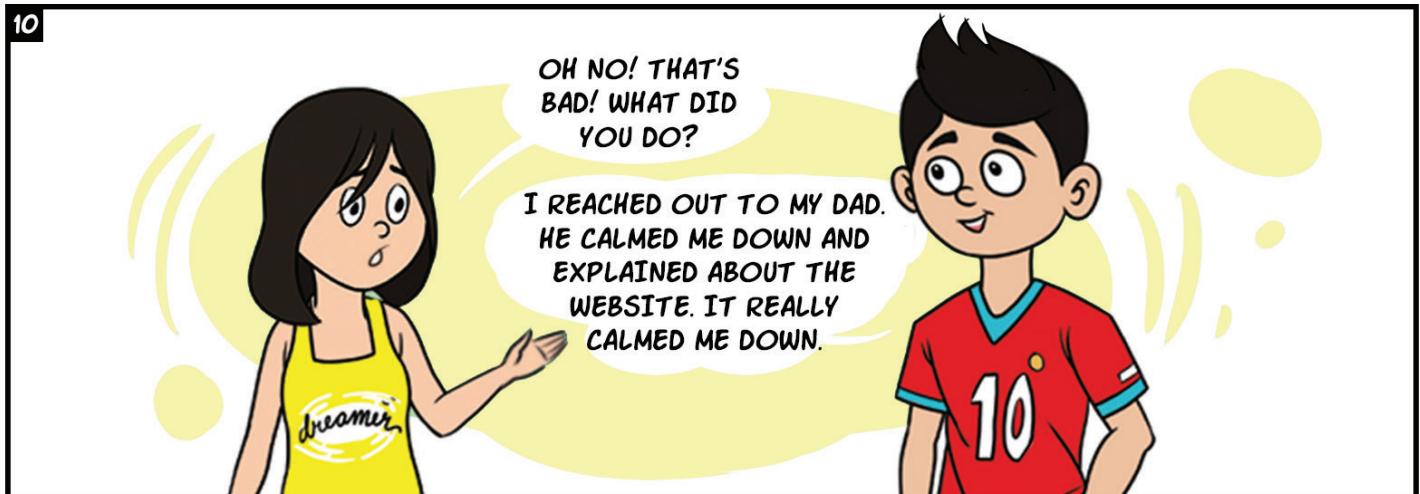
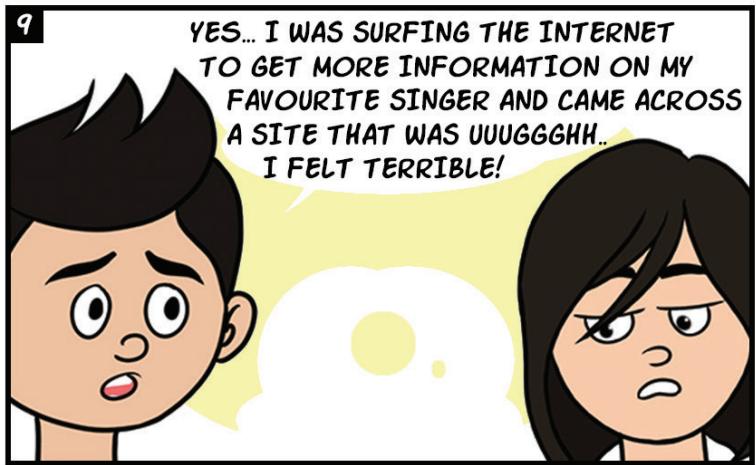
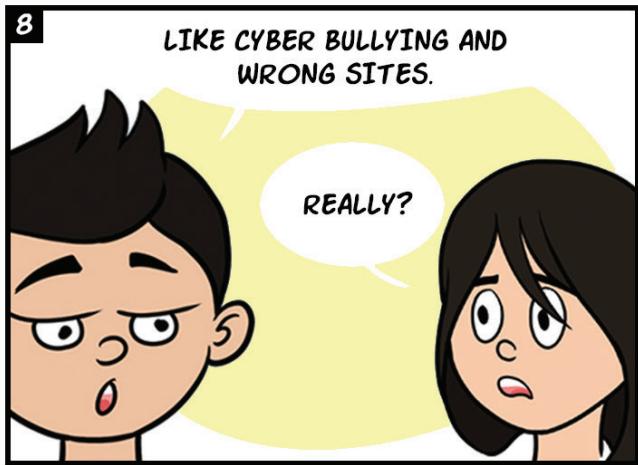
- What do you think are some consequences of having STD/STI?
- Do you think that protection against STD/STI is important?
- Do you think knowing about STD/STI can help you in some way?
- Do you believe that safer sexual practices prevent the risk of STDs/STIs?
- Why is it important to use a condom every time a person engages in sexual intercourse?

INTERNET SAFETY

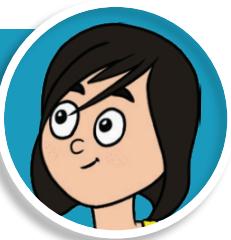
Safebook For Facebook

Chapter 14





TICK, TALK, TELL



Internet is a fun place to learn and communicate with friends, but it's important to be safe online. Let's find out what you think and know about the internet! Tick the ways you think someone can hurt you online?

- | | | |
|---|---------------------------|--------------------------|
| <input type="radio"/> Posting hateful comments to put you down like, 'No one would like to join your team, you can't even run.' | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Speaking rumours about you. | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Creating a fake profile to offend you. | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Posting private pictures of you. | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Posting embarrassing videos of you. | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Making fun of you. | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Is it ok to share your phone number with someone you met online? | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Is it ok to share a status on things you like or dislike in day-to-day life? | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Is it ok to send your picture to someone you just met online? | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Is it ok to post a picture of your favourite pet? | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Is it ok to tell your school's name online? | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Is it ok to tell your locality's name online? | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Is it ok to share name of your favourite movie theatre online? | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Is it ok to write your phone number on a post? | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Is it ok to give your school details to a website that claims you won a prize? | <input type="radio"/> Yes | <input type="radio"/> No |
| <input type="radio"/> Is it ok to web-chat/video call with someone you don't know? | <input type="radio"/> Yes | <input type="radio"/> No |

Work in pairs and talk about the following statements. Note your answers.

- One thing I enjoy about Facebook is
- One thing that worries me on Facebook is.....
- One thing I enjoy about Whatsapp is.....
- One thing that worries me on WhatsApp is
- One thing I enjoy about Instagram is
- One thing that worries me on Instagram is
- One thing I enjoy about Google is
- One thing that worries me on Google is



Think about the questions below and tell your thoughts in small groups.

- What are some advantages and disadvantages of the internet?
- What kind of dangerous situations can you encounter online?
- How can someone you know hurt you online?
- What will you do differently next time if you encounter an uncomfortable situation?



I, _____, pledge that I will...

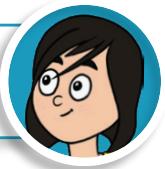
1. Respect diversity in human bodies and choices.
2. Have a positive attitude towards changes that take place during puberty.
3. Seek information from trusted sources for informed decision making.
4. Use correct terminology when referring to body parts, sex, and reproduction.
5. Not do things under pressure.
6. Speak to trusted adults when I need advice.
7. Seek consent when dealing with others.
8. Ensure others seek my consent when dealing with me.
9. Eat healthy, exercise and practice hygiene.
10. Understand the important of safe sex behaviour.
11. Not share personal information with strangers on the internet.
12. Not post rude comments online.

My Signature: _____

NOTES - Self Help



Bubble, I want to write some questions and points that I want to remember.



So do I, Joy! Let's write them here! We can revisit these pages later and consult our notes.



Sounds like a good idea!
