

## Week 3: VALUES III


### Opportunities to Defend Oneself

In a civilized society, individuals have the **legal and moral right** to protect themselves from harm, injustice, or danger.

This **self-defense** may not always involve physical action—it could also be **seeking help**, **reporting wrongdoings**, or **avoiding danger** through wise decisions.

#### Ways to Defend Oneself:

Method	Explanation	Example
<b>Contacting the Police</b>	Call or visit the police in case of danger, theft, abuse, or violence.	Dialing 112 or going to a police station to report a robbery.
<b>Reporting to Authority</b>	Informing someone in charge about a problem.	Reporting a bully or a teacher behaving inappropriately.
<b>Running to Safety</b>	Leaving the area of danger immediately and going to a secure place.	Running into a nearby mosque, church, or public building for safety.
<b>Seeking Legal Help</b>	Going through proper channels such as lawyers or human rights agencies.	A victim of abuse contacts NAPTIP or a legal aid office.
<b>Joining a Support Group</b>	Becoming part of school or religious safety groups.	A student joins an anti-bullying club or peer support group.

 **Important Note:** Self-defense should always be **non-violent**, legal, and based on seeking peace and justice—not revenge or confrontation.

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### Community Service

#### What is Community Service?

Community service refers to **voluntary activities** carried out to improve the lives of others or maintain public good. It is **unpaid** and done for the benefit of the community, not for personal profit.

It is a form of **civic responsibility** that shows love for one's country and people.

## Types & Examples of Community Service

Community Group	Description
<b>NYSC (National Youth Service Corps)</b>	Nigerian university graduates serve the country for one year to promote unity.
<b>Boy Scouts / Girls Guide</b>	Youth organizations that teach discipline, leadership, and service.
<b>Red Cross Society</b>	Offers humanitarian aid and emergency response.
<b>Faith-Based Groups</b>	Churches and mosques organize charity work, medical outreach, etc.
<b>School/Youth Clubs</b>	Health clubs, environmental clubs doing clean-up, awareness, etc.
<b>NGOs (Non-Governmental Organizations)</b>	Organizations that work in areas like education, health, and poverty.






### Real-life Classroom Example:

A school can organize a **sanitation day** where students clean up the school environment or help out in a nearby orphanage.

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## Reasons for Involvement in Community Service

### Why do people serve their communities?

Reason	Explanation
 <b>Sense of Oneness</b>	Builds unity across ethnic, religious, or economic lines.
 <b>Personal Satisfaction</b>	People feel good helping others; it boosts their self-worth.
 <b>Family Bonding</b>	Families can serve together, which strengthens relationships.
 <b>Future Opportunities</b>	Employers and schools value applicants with volunteer experience.
 <b>Skill Development</b>	Volunteering teaches communication, planning, and leadership.

**Reason**

**Explanation**

 **Promotes Civic Duty** It is a way to fulfill responsibilities as citizens.