



LIFE SKILLS

QUESTION AND ANSWER BOOK

TOPICS COVERED ARE FROM STD 5 – 8

(ALL THE TOPICS ARE COVERED)

WITH THE GLOSSARY – MEANINGS OF
WORDS AT THE END OF QUESTIONS



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TOPIC 1 MALARIA

1. State any four signs and symptoms of malaria

- ✓ Headache
- ✓ Fever
- ✓ Weakness
- ✓ Pain in the joints
- ✓ Vomiting
- ✓ Diarrhoea

2. Name the type of mosquito that spread malaria

- ✓ Plasmodium

3. How long does it take from the time one is bitten by a mosquito to the time one starts suffering from malaria

- ✓ It takes between 7 to 10 days

4. Mention the effects of malaria

- ✓ Unproductivity
- ✓ Anaemia
- ✓ Mental disturbance
- ✓ Body weakness
- ✓ Death

5. Describe ways of preventing malaria

- ✓ Sleeping under mosquito nets



- ✓ Draining stagnant water
- ✓ Spraying insecticides
- ✓ Using mosquito repellents

TOPIC 2 SEXUALLY TRANSMITTED INFECTIONS

6. Define STIs

- ✓ Sexually transmitted infections is an infection passed on from an infected person to a healthy person mainly through sexual intercourse

7. Give the examples of sexually transmitted infections

- ✓ Syphilis
- ✓ Gonorrhoea
- ✓ Candidiasis
- ✓ Herpes
- ✓ AIDS

8. What causes

a. Syphilis:

- ✓ Is caused by bacterium called Treponema Palladium

b. Gonorrhoea:

- ✓ Is caused by bacterium called Neisseria gonorrhoea

9. Give the signs and symptoms of the following:

a. Syphilis

- i. Sores or rash in the genitals
- ii. Pain in the lower abdomen
- iii. Itching in the genital area

b. Gonorrhea

- i. A burning sensation when urinating
- ii. A yellowish discharge from sexual organs

10. Describe the ways how sexually transmitted infections are transmitted

- i. Unprotected sexual intercourse
- ii. Sharing pants, toothbrushes and bathing towels
- iii. Kissing

11. Describe the factors that contribute to the spread of sexually transmitted infections

- i. That may lead to prostitution



- ii. Too much wealth that may lead to have multiple sexual partners
 - iii. Media that may lead to use pornographic pictures and videos therefore engage in sexual activities
12. Explain the ways how sexually transmitted infections can be prevented
- i. Abstinence
 - ii. Being faithful to your partner
 - iii. Avoid sharing skin piercing instruments
 - iv. Avoiding risky behaviours
 - v. Avoiding harmful cultural practices
13. Mention the effects of sexually transmitted infections
- i. Destruction of body organs
 - ii. Miscarriages
 - iii. Baby born blindness
 - iv. Cervical cancer
 - v. Ectopic pregnancy
 - vi. Congestion in the hospital
 - vii. Shortage of drugs
 - viii. Poverty
 - ix. Loss of skilled personnel
14. Explain the examples of risky behaviours that may lead to contraction of sexually transmitted infections
- i. Having multiple sexual partners
 - ii. Drug and substance abuse
 - iii. Practicing harmful cultural practices
15. Describe the harmful cultural practices that may lead to contraction of sexually transmitted infections
- i. Sexual cleansing (kuchotsa fumbi)
 - ii. Death cleansing (kuchotsa kufa)
 - iii. Wife inheritance (chokolo)
16. What are opportunistic infections
- i. TB
 - ii. Diarrhoea
 - iii. Shingles
 - iv. Pneumonia
 - v. Kaposi's Sarcoma



TOPIC 3 MORALS AND VALUES

17. Define the following terms

a. Morals

- ✓ Morals refers to the standard by which something is regarded as being right or wrong

b. Values

- Values refers to the beliefs and standards that one regards as important

18. Give the examples of morals and values

i. Respecting adults

ii. To be kind, honest, obedient and caring

19. What are the main sources of morals and values

i. Family,

ii. Religion

iii. School

20. Give the effects of morals on the less privileged people

i. Can be discriminated and live unhappy life

ii. Can develop social and health problems

TOPIC 4 PEER PRESSURE

21. Define the term peer pressure

- Peer pressure is a problem in which children are forced to do bad things

22. Give the examples of good campanies

i. Working hard at school

ii. Having good behaviour

23. Give the examples of bad campanies

i. Smoking chamba

ii. Beer drinking

iii. Theft

24. Explain the importance of resisting peer pressure

i. It helps an individual to prevent social and health problems

TOPIC 5 SETTING GOALS

25. Define a term a goal

- A goal is something one wants to achieve today or in future

26. Give two types of goals



- i. A short – term goal
 - ii. A long – term goal
27. Give the factors to consider when one want to set a goal
- i. Talents (what one is good at)
 - ii. Interest (what one enjoys doing)
 - iii. Role models (who one admires)
28. Give any three examples of common goals in life
- i. A school goal
 - ii. A career goal
 - iii. A personality goal
29. What are the factors that can positively influence the achievement of one's goals in life
- i. Self confidence
 - ii. A decision to work hard
 - iii. Planning for a positive future
 - iv. Being strong and believing in oneself
30. What are the problems that people face in their life
- i. Child labour
 - ii. Limited access to services
 - iii. Peer pressure
 - iv. Sexual abuse
 - v. Poverty
 - vi. Moral decay
 - vii. Harmful cultural practices

TOPIC 6 HUMAN RIGHTS

31. Define the term human rights
- i. Human rights refers to the basic entitlements of citizens which safeguard their well being
 - ii. Human rights are natural entitlements of citizens which safeguard their well being
32. Give the examples of human rights
- i. Right to life
 - ii. Right to liberty
 - iii. Right to equality
 - iv. Right to human dignity



v. Right to privacy

vi. Right to own property

33. What are the examples of children's rights

i. Right to be with their parents

ii. Right to access health care

iii. Right to play

iv. Right to access free education

v. Right to have enough food

vi. Right to religion

vii. Right to be protected

34. Give any two rights and their responsibilities

i. The right to education goes with the responsibility to learn and come to class everyday

ii. The right to health care goes with the responsibility to keep oneself and the surrounding area clean

TOPIC 7 BASIC FACTS ABOUT HIV AND AIDS

35. Define the following words

a. AIDS

AIDS is a killer disease that is caused by the virus called HIV

b. HIV

HIV is a virus that causes AIDS

36. Explain what does the following stand for

a. AIDS

AIDS stand for Acquired Immune Deficiency Syndrome

b. HIV

HIV stand for Human Immunodeficiency Virus

37. Explain what does the following means as used in AIDS

i. Acquired

Means that the virus is get from some people

ii. Immune

Refers to the body's defence system that fights diseases

iii. Deficiency

Indicates body's weakness in the system

iv. Syndrome

Means collections of signs and symptoms



38. Explain what does the following means as used in HIV

- i. Human
It infects human only
- ii. Immunodeficiency
It affects the body's immune system
- iii. Virus
It is caused by a virus

39. Explain the major three ways how HIV can transmit

- i. Unprotected sexual intercourse
- ii. Infected blood and organs
- iii. Mother child transmission

40. State the body fluids that transmit HIV

- i. Blood
- ii. Male seminal fluid
- iii. Female vaginal secretion

41. Explain any three ways that one cannot get HIV

- i. Touching
- ii. Hugging
- iii. Using same swimming pool

42. Describe the major three ways of preventing transmission of HIV

- i. Abstinence
- ii. Being faithful
- iii. Condom usage

43. Explain any four risky behaviours that can lead to contraction of HIV/AIDS

- i. Having multiple sexual partners
- ii. Having unprotected sexual intercourse
- iii. Drug and substance abuse
- iv. Harmful cultural practices

44. Describe five vulnerable groups to HIV infection

- i. Mobile persons
- ii. Prostitutes
- iii. Poor or unemployed people
- iv. Street children and orphans

45. When is the risk of transmitting the virus to the baby is greater during mother to child transmission

- i. When a mother is in advanced stage of AIDS



- ii. The delivery is premature
 - iii. The baby is breastfed more than 6 months
46. Explain any four ways on prevention of mother to child transmission
- i. Preventing pregnancies among HIV positive women
 - ii. Mother choosing Caesarian Operation
 - iii. Giving mother information on breast feeding
 - iv. Preventing babies from getting HIV from their infected mother
47. Describe the importance of preventing mother to child transmission
- i. To make sure that many babies born from infected mothers are born HIV free
48. Explain the roles of the community in the prevention of mother to child transmission
- i. Encouraging HIV positive pregnant women to go for guidance and counseling
 - ii. Encouraging both parents to go for HIV testing and counseling
 - iii. Conducting awareness campaign on prevention of HIV and AIDS
49. Describe the problems associated with HIV and AIDS
- i. Congestion in the hospitals
 - ii. Orphanhood
 - iii. Loss of skilled personnel
 - iv. Poverty
 - v. School dropout
 - vi. Discrimination
50. Explain the ways of managing problems associated with HIV and AIDS
- i. Encouraging people to go for HTC
 - ii. Introducing Home Based Care
 - iii. Forming HIV and AIDS groups
 - iv. Providing guidance and counselling
51. Describe the consequences of sexual relationships
- i. Contraction of sexually transmitted infections
 - ii. Unwanted pregnancies
 - iii. School drop out

TOPIC 8 GENDER AND HIV AND AIDS

52. Define the following term gender stereotype

Gender stereotype means socially or culturally prescribed set of expectations about the roles of males and females which have no basis in their real capacity

53. Define the term sex roles

These are biological or natural roles performed by either a male or female that needs



to be recognized and respected

54. Explain how stereotyped expectations shape the lives women and girls in terms of HIV and AIDS

Because people describe women as weak in body and mind, they harass, abuse and rape them that lead to contraction of HIV/AIDS

55. Explain how women and girls can be empowered on HIV and AIDS issues

By educating both girls and women so that they become aware of their rights

56. Describe the factors that make women and girls more vulnerable to HIV infection

- i. Women are not culturally empowered to negotiate safer sexual intercourse
- ii. They may contract HIV from the sick they attend to
- iii. They may exchange resources with sex since they are not economically empowered

57. Why are the youth regarded as one of the risky group to contract HIV and AIDS

Because they lack information on sex and sexuality

TOPIC 9 BUDGET

58. Define the following terms

- a. A plan

A Plan is an arrangement for doing or using something

- b. A budget

A budget is a plan that shows how much money a person or organization will earn and how much it will spend

59. Explain the importance of a budget

- i. Meet your saving goals

- ii. Live within your means and avoid debts

- iii. Prepare for emergencies

- iv. Improve your life

TOPIC 10 PERSONAL HYGIENE

60. Explain the importance of personal hygiene

- i. It helps to avoid diseases

- ii. It helps to have healthy bodies

61. Give the examples of personal hygiene

- i. Proper handling of food

- ii. Eating nutritious food

- iii. Cleaning teeth



- iv. Good eating habits
 - v. Washing hands
 - vi. Doing physical exercise
62. Give the examples of cultural practices that affect good health habits
- i. Not eating certain foods e.g. eggs
 - ii. Wife inheritance (Chokolo)
 - iii. Swapping of spouses and sexual partners (Chimwanamayi)
63. Explain the examples of cultural practices
- i. It helps to prevent opportunistic infections
 - ii. It helps to have strong bodies
64. Explain any three examples of bad health habits
- i. Not cleaning teeth
 - ii. Not having enough sleep and rest
 - iii. Not bathing
65. Describe how you can take care of the following
- a. Teeth
By brushing
 - b. Clothes
By washing
- ### TOPIC 11 SANITATION
66. Mention two ways of disposing of wastes
- i. Disposing them in the toilets
 - ii. Disposing them in rubbish pits
67. Explain the consequences of poor sanitation
- i. The environment is contaminated of the litter, dirty and wastes
 - ii. The environment becomes breeding places for micro – organisms
 - iii. People may easily get infected with diseases
68. Explain the examples of good sanitation practices
- i. Wash hands with soap after visiting the toilet
 - ii. Houses must be well ventilated
 - iii. Proper disposal of the wastes
69. Give two types of toilets
- i. Pit latrines
 - ii. Water closets
70. Give the three types of bathrooms



- i. Showers
- ii. Bath tub
- iii. Bath shelter

TOPIC 12 SELF AWARENESS

71. Define the term self awareness

Self awareness is the ability to know oneself

72. Describe the characteristics of a person with a positive self awareness

- i. A person accepts responsibilities
- ii. Accepts criticism
- iii. Sets goals according to his / her abilities

73. Explain the importance of self awareness

- i. Helps to understand oneself
- ii. It helps one to discover one's capabilities, likes and dislikes

TOPIC 13 SELF ESTEEM

74. Define the term self esteem

- Self esteem means awareness of the good in oneself
- Self esteem means the value an individual places on oneself

75. Describe the factors that promote high self esteem

- i. Constructive criticism
- ii. Accepting guidance and counseling
- iii. Awareness of oneself
- iv. Supporting environment

76. Describe the factors that may lead to low self esteem

- i. Frequent failures
- ii. Exposure to negative comments
- iii. Loss of close family members or friends
- iv. Poverty

77. Describe the characteristics of people with high self esteem

- i. Self awareness
- ii. Facing challenges positively
- iii. Thinking critically
- iv. Enjoy work
- v. Have direction and purpose in life



78. Explain the characteristics of people with low self esteem

- i. Do not feel good about themselves
- ii. Lack of critical thinking
- iii. Not enjoying work
- iv. Fear of making mistakes
- v. Fear of facing challenging situations

79. Describe the importance of self esteem

- i. Helps an individual to develop self confidence
- ii. It helps one to deal with situations in responsible manner
- iii. It helps one to see mistakes as learning experiences
- iv. Live life independently
- v. Understand and express feelings and emotions in positive ways

TOPIC 14 ASSERTIVENESS

80. Define the term assertiveness

- i. Assertiveness involves expressing one's thoughts, feelings and views in a clear manner and without fear
- ii. Assertiveness means knowing what you want and taking necessary steps in order to achieve that

81. Describe the factors that influence assertiveness

- i. The way how one is brought up
- ii. Ones values and morals
- iii. The ones knowledge to reject myths and misconception

82. Describe the importance of assertiveness

- i. Avoid social problems
- ii. Achieve set goals
- iii. Promotes one's identity
- iv. Feel good about oneself
- v. Get more of what one wants

83. Explain how self esteem promotes assertiveness

High self esteem promotes assertiveness in that it makes one stand firm in achieving one's goals in life

84. List down things which affects one's life

- a. Positively
 - i. Awareness of the good in oneself
 - ii. Constructive criticism



- b. Negatively
 - i. Frequent failures
 - ii. Poverty
 - iii. Not feeling good about oneself

TOPIC 15 PLANNING

85. Define the term planning

- i. Planning refers to logical sequencing of activities for proper organization and management of resources
- ii. A plan is a self disciplining to ensure that activities are carried out efficiently

86. What are the effects of poor planning

- i. Do things in disorderly manner
- ii. Wasting of the resources

87. Describe the importance of planning

- i. It assists to save time, materials and money
- ii. It helps to achieve goals
- iii. It helps to refrain from risky behaviours

88. Describe the situations that require planning

- i. Choice of career, marriage
- ii. Choice of business and safe motherhood

89. Describe the situations that can change plans

- i. Dropping out of school
- ii. Early marriages
- iii. Peer pressure
- iv. Lack of resources
- v. Death
- vi. Stress and anxiety

90. What are the six stages in planning

- a. Identifying goals
- b. Organizing resources
- c. Choosing course of action
- d. Implementing the plan
- e. Monitoring
- f. Evaluation

91. Explain how the following can affects your plans

- a. Early pregnancies



- i. Dropout of school
- ii. Early marriages
- b. Negative peer pressure
 - i. May lead to drug and substance
 - ii. Dropout of school
- c. Stress and anxiety
 - i. Failure to concentrate on your plans
 - ii. May lead to mental disturbance

92. How can good planning help to avoid contracting HIV and AIDS

By abstaining from sexual intercourse in order to achieve the goal

TOPIC 16 HARMFUL CULTURAL PRACTICES

93. Suggest any two ways of resisting harmful cultural practices

- i. By educating both men and women on dangerous of harmful cultural practices
- ii. The leaders should discourage harmful cultural practices in their communities

94. What life skills do you need in order to resist harmful cultural practices

- i. Decision making
- ii. Self esteem
- iii. Assertiveness
- iv. Self awareness

95. Explain the effects of harmful cultural practices

- i. Spreading of HIV / AIDS
- ii. Early pregnancies
- iii. School dropout

96. How does gender difference contribute to the spread of HIV

- i. Women receive all the seminal fluids from the man which may have high quantity of HIV
- ii. Culturally women are not expected to negotiate for a safer sex

97. What are the examples of harmful cultural practices

- i. Death cleansing
- ii. Wife inheritance
- iii. Swapping of spouses and sexual partners (Chimwanamayi)

TOPIC 17 VULNERABLE CHILDREN



98. Explain the meaning of the following terms

- a. Orphan
 - i. An orphan is a person who is under 18 years who has lost one or both parents
- b. Vulnerable child
 - i. Vulnerable child is one who has no one to take care of him or her
 - ii. Vulnerable children are children who are weak, not well protected, easily attacked and have nobody to take care of them

99. Give the examples of vulnerable children

- i. Street children
- ii. Child labourers
- iii. Child vendors
- iv. Children with special needs
- v. Child sex workers
- vi. Child headed households
- vii. Young domestic workers

100. Explain how you would empower vulnerable children to avoid contracting HIV and AIDS

- i. Encouraging them to resist bad influence from friends
- ii. Encouraging them to take good parental advice
- iii. Encouraging them to abstain from sex before marriage
- iv. Having friends with good behaviour

101. Describe the ways you can assist vulnerable children

- i. Giving them good education
- ii. Encouraging them to engage in income generating activities
- iii. Placing them in orphanages
- iv. Providing them with the basic needs e.g. clothes, food
- v. Encouraging them to acquire education
- vi. Providing them with spiritual and moral support

TOPIC 18 SUPPORTING THE LESS PRIVILEGED

102. Explain the term less privileged

The less privileged are people who lack opportunities or advantages enjoyed by other members of the communities

103. Give the examples of the less privileged

- i. Orphans



- ii. The aged
 - iii. The physically and mentally challenged
 - iv. Street children
 - v. Widows
 - vi. Those living with HIV/AIDS
104. State the needs of the less privileged
- i. Food
 - ii. Shelter
 - iii. Clothes
 - iv. Beddings
 - v. Medication
 - vi. Protection
 - vii. Love
 - viii. Care
105. Explain the ways of assisting the less privileged
- i. Providing them with nutritious food
 - ii. Providing them with adequate clothes
 - iii. Washing their beddings and clothes
 - iv. Providing them with spiritual and moral support
 - v. Involving them in income generating activities
106. Define the term income generating activities
Income generating activities are the activities that bring in money

TOPIC 19 THE RIGHTS OF PEOPLE LIVING WITH HIV AND AIDS

107. State any four rights of people living with HIV and AIDS
- i. Right to equity
 - ii. Right to privacy
 - iii. Right to human dignity
 - iv. Right to health
 - v. Right to employment and participation
108. Describe the specific rights of people living with HIV and AIDS
- i. Right to live free from harmful discrimination or stigma
 - ii. Right to be treated with respect and dignity
 - iii. Right to confidential on pre and post testing results
 - iv. Right to quality medical care
109. Describe ways of promoting the rights of people living with HIV and AIDS



- i. Public awareness campaigns on PLWA
- ii. Forming associations of PLWA

TOPIC 20 EFFECTIVE COMMUNICATION ON HIV AND AIDS

- 110. Describe the channels of communication on HIV and AIDS
 - i. Newspaper
 - ii. Books
 - iii. Radios
 - iv. Television
- 111. Explain the factors that enhance effective communication concerning HIV and AIDS messages
 - i. Choice of channel of communication (effective channel of communication)
 - ii. Choice of language used
 - iii. Empathy
 - iv. Tolerance
 - v. Patience
 - vi. Respect for others
- 112. Explain the factors that may destroy effective communication concerning HIV and AIDS messages
 - i. Age generation gap between people
 - ii. Cultural factors
 - iii. Religion
 - iv. Stress and anxiety
 - v. Education attainment
- 113. Describe the ways of overcoming barriers to effective communication on HIV and AIDS messages
 - i. Improvement of literacy level
 - ii. Avoiding prejudice
 - iii. Appropriate channel of communication
 - iv. Being objective
- 114. Describe the importances of effective communication concerning HIV and AIDS messages
 - i. It helps to increase the knowledge and promote positive behaviour
 - ii. It helps to remove myths and misconceptions on various issues which are found among people
- 115. Define the term stigmatization



Stigmatization means regarding someone as being shameful or disgraceful

TOPIC 21 ENTREPRENEURSHIP AND HIV AND AIDS

116. Define the term entrepreneurship
 - i. Entrepreneurship is a business through which one can generate income for meeting various needs
 - ii. Entrepreneurship is an activity that generate income
117. Explain the importance of entrepreneurship
 - i. Enables one to generate income for personal use
 - ii. It helps one to prevent from engaging in risky behaviours
 - iii. It helps one to get the basic needs
118. Explain skills in financial management in entrepreneurship
 - i. Developing a personal or family financial management plan (budget)
 - ii. Reducing buying items that continue to drain finances
 - iii. Having a person / family saving
119. Explain any three ways in which gender roles affects entrepreneurship
 - i. Women tend to engage in small scale businesses
 - ii. Men tend to engage in large scale business
 - iii. The money lending institution tend to give less money to the women unlike to the men
120. Explain how entrepreneurship can help prevent the spread of HIV and AIDS
 - i. Entrepreneurship encourages self reliance
 - ii. It prevents people from engaging in commercial sex
121. What factors can hinder the success of businesses of people living with HIV and AIDS
 - i. Discrimination
 - ii. They have little capital for running a business
 - iii. Business partners do not accommodate them in their business

TOPIC 22 ANTI – RETROVIRALS (ARVs)

122. Define the term Anti – retrovirals
Anti – retrovirals are drugs that work by stopping the replication of the virus that causes AIDS
123. Explain how ARVs works in a person living with HIV and AIDS
 - i. It prevents HIV from making copies of multiplication



- ii. It helps to reduce the amount of HIV in person's body
 - iii. It helps immune system to become stronger
124. Explain any two sides effects of ARVs treatment
- i. Diarrhoea
 - ii. Tiredness
 - iii. Prolonged headaches
 - iv. Loss of appetite
 - v. Vomiting
125. Explain the role of food ARV treatment
- i. It strengthens the body's ability to fight against diseases
 - ii. It helps to reduce opportunistic infections
 - iii. It helps to slow progression of HIV and AIDS
 - iv. It complements ARVs actions
126. List down the institutions where one can access ARVs in your area
- i. District hospitals
 - ii. Health centres
 - iii. Mission hospitals
 - iv. Private hospitals
127. Explain the negative effects of not taking ARVs regularly
- i. It gives chance to a virus to change (mutate) and becomes resistant to the effects of drug
 - ii. The virus can be multiplying

TOPIC 23 VOLUNTARY COUNSELLING AND TESTING

128. Define the term voluntary counselling and testing
- i. Voluntary counselling and testing is a service that is offered to anyone who wishes to know whether he or she is infected with HIV.
129. What do these terms stand for
- a. Counsellor
A person who helps a client
 - b. Client
A client is a person who receives help from a counsellor
130. Explain the stages in the VCT process
- i. Pre – testing counseling
 - ii. Test process
 - iii. Implication of the test



- iv. Risk assessment
 - v. Prevention counseling
 - vi. Assessing coping strategies
 - vii. Post test counseling
131. What are the barriers to HIV testing and counselling
- i. Testing facilities are scarce
 - ii. Lack of information
 - iii. Lack of confidentiality
 - iv. Transport problems
132. Explain ways of overcoming barriers to HIV testing and counseling
- i. Sensitise people on the importance of HIV testing and counselling
 - ii. Publicise all the HTC centres in the area
 - iii. Government should establish more centres for HTC
133. Explain the importance of VCT
- i. It reduces parent to child transmission
 - ii. Reduces HIV and AIDS stigma
 - iii. Facilitates social support
 - iv. Facilitates behavior change
 - v. Promotes planning and preparation of a will

TOPIC 24 HOME BASED CARE

134. Define the term home based care
- Home – based care means looking after the sick in their homes
135. Describe the meaning of the following terms
- a. Discharge planning
- Discharge planning is a process of preparing people with chronic illnesses, their families and the community to take care of the sick when they are out of hospital
- b. Referral process
- Referral process is when people with chronic illnesses are referred back to the hospital or health centres in the event that their conditions worsens
136. Explain the factors to consider during discharge planning
- i. How to take care of the patient in their homes
 - ii. How to give medicines
 - iii. What to do when the patient gets sick
137. Explain the importance of home based care
- i. It allows more people to be involved in caring for the patient



- ii. It reduces overcrowding in the hospitals
 - iii. It gives chance to guardians to do their activities while looking after the patient
 - iv. It is cost effective
138. State the groups of people who can provide home based care
- i. Religious groups
 - ii. Family members
 - iii. Political leaders
 - iv. Non – governmental organisation
139. Explain how to take care of people with chronic illnesses
- i. Providing them with nutritious food
 - ii. Bathing them regularly and washing their clothes
 - iii. Love and comfort them
 - iv. Seeking medical attention
140. Describe how you can support those who care for the chronically ill
- i. Provide them with emotional support
 - ii. Provide them with material support
 - iii. Provide them spiritual support
141. Explain any four problems associated with home based care and support
- i. Inadequate supply of drugs
 - ii. Stigmatization
 - iii. Lack of finances to buy required materials
 - iv. Inadequate knowledge on nutritious food
142. Explain any four solutions to the problems associated with home based care and support
- i. Train the care providers on how to take care of the patient
 - ii. Lobbying for financial support from – well wishers
 - iii. Mobilize the community for help in establishing drug revolving funds
 - iv. Providing a conducive environment by cleaning the surrounding
143. Describe the qualities of home based care providers
- i. Empathy
 - ii. Tolerance
 - iii. Patience
 - iv. Kindness

TOPIC 25 PEER GUIDANCE AND COUNSELLING



144. Define the following terms
 - a. Counselling
 - Counselling is a helping relationship between a client and a counselor where the client is helped to make an informed decisions
 - b. Guidance
 - Guidance is the act of assisting one to understand, accept and use the abilities, optitudes and interest in relation to the aspirations
145. Explain what peer guidance and counselling is
 - Peer guidance and counseling is when a friend of the same age, sex, school or group listens and help another friend on how to solve problems
146. What is guidance and counseling
 - Guidance and counseling means providing assistance for someone to understand and solve his/her problems
147. Identify places where to get guidance and counselling services
 - i. From family members
 - ii. Health professionals
 - iii. Teachers
 - iv. Religious leaders
148. Explain any four risky behaviours that may require guidance and counselling in everyday life
 - i. Sexual relationships
 - ii. Beer drinking
 - iii. Peer pressure
 - iv. Drug and substance abuse
149. Describe the importance of peer guidance and counselling
 - i. The learners learn to communicate effectively
 - ii. The learners understand one another effectively
 - iii. The learners understand other peoples feelings effectively
150. List the require steps to follow when establishing peer guidance and counselling clubs
 - i. Choosing members of the group
 - ii. Choosing number of people per group
 - iii. How often group should meet
 - iv. Venue of the meeting
151. Describe the factors to consider when developing plans for guidance and counselling clubs



- i. Creating trust in the members of the group
 - ii. Helping members to establish their own goals
 - iii. Creating norms for the group
 - iv. Identifying members with different talents such as leaderships
152. Explain the difference between peer guidance and peer counselling
- Peer guidance is the process of directing or assisting someone to get a service or help while peer counseling is the process of helping someone to overcome personal challenges

TOPIC 26 STRESS AND ANXIETY

153. Define the following terms
- a. Anxiety
 - Anxiety means the state of feeling nervous or worried that something is going to happen
 - b. Stress
 - Stress means pressure or worry caused by the problems in one's life
154. Explain the causes of stress and anxiety
- i. Death of loved ones
 - ii. Pressure of work
 - iii. Failure to do or achieve something
 - iv. Poverty
 - v. Divorce
 - vi. Speaking in front of crowd
 - vii. Starting and leaving school
 - viii. Losing a job
 - ix. Waiting results of HIV test
 - x. Teenage pregnancy
 - xi. Too much work
155. Explain the effects of stress and anxiety (Negative effects)
- i. Mental disorders and confusion
 - ii. Heart failure
 - iii. High blood pressure and ulcers
 - iv. Violence
 - v. Committing suicide
 - vi. Depression
 - vii. Hypertension (BP)



- viii. Inability to finish task
 - ix. Stroke, Asthma and cancer
156. Describe the positive effects of stress and anxiety
- i. Improves awareness
 - ii. Promote alertness
 - iii. Result in good performances
157. Explain the ways of managing stress and anxiety
- i. Having enough rest
 - ii. Playing games
 - iii. Exercising
 - iv. Seeking counseling
 - v. Watching TV
 - vi. Trust in God
 - vii. Proper planning and organization
 - viii. Developing positive attitudes to problems
 - ix. Eating appropriate food
 - x. Interacting with people

TOPIC 27 PEACEFUL CONFLICT RESOLUTION

158. Define the following terms
- a. Conflict
 - ❖ Conflict is the disagreement between or among people
 - b. Arbitration
 - ❖ Arbitration means settling down an argument using the judgement of a person who is not involved in the conflict
 - c. Mediation
 - ❖ Mediation means to try to end a disagreement between two or more people using a third person
159. Explain the meaning of peaceful conflict resolution
- ❖ Peaceful conflict resolution is the process of bridging disagreement to an end between or among people
160. Describe the situations that may lead to conflicts
- i. Risky behaviours
 - ii. Violation of human rights
 - iii. Forced marriages
 - iv. Abortion



- v. Teenage pregnancies
 - vi. Illnesses
161. Explain ways of avoiding conflicts
- i. Avoiding risky behaviours
 - ii. Respecting oneself or others
 - iii. Being patient
 - iv. Promoting gender equity
 - v. Being tolerant
 - vi. Respecting other peoples views
 - vii. Not provoking other people
162. State the ways of resolving conflicts peacefully
- i. Negotiation
 - ii. Mediation
 - iii. Arbitration
163. What do you understand by the term negotiation
- ❖ Negotiation is a process that require the people in a conflict to meet and talk to each other
164. Name the person who acts as a judge in peaceful conflict resolution
- ❖ The person is called an arbitrator
165. Explain the barriers to peaceful conflict resolution
- i. Prejudice
 - ii. Intolerance
 - iii. Discrimination
 - iv. Pride
 - v. Bribery
166. Explain how you can overcome barriers to peaceful conflict resolutions
- i. Respecting other peoples views
 - ii. Being patient
167. Explain the effects of not resolving conflicts peacefully
- i. They lead to violation of human rights
 - ii. May lead to violence and fighting
 - iii. It creates an atmosphere of mistrust
 - iv. It may lead to loss of life and property
168. Describe the importance of peaceful conflict resolution
- i. Promotes peace and unity in homes, schools and in the community
 - ii. Promotes cooperation and development



- iii. Promote human dignity
- iv. Prevent violence

TOPIC 28 INTERPERSONAL RELATIONSHIPS

- 169. What do you understand by the term interpersonal relationships
 - i. Interpersonal relationships is the relationship between or among people
- 170. Describe the types of interpersonal relationships
 - i. Relationships within the family
 - ii. Relationships among peers
 - iii. Relationships among juniors and seniors
 - iv. Relationships between males and females
 - v. Kinship
 - vi. Ethnic
 - vii. Culture ties
- 171. What do you understand by the following terms as used in interpersonal relationships
 - a. Kinship
 - ❖ Kinship is when people are related by blood ties
 - b. Ethnic
 - ❖ This is the relationship by tribe
 - c. Cultural ties
 - ❖ This is the relationship based on cultural background
- 172. What are the factors that enhance relationships
 - i. Love
 - ii. Care
 - iii. Empathy
 - iv. Tolerance
 - v. Effective communication
 - vi. Politeness
 - vii. Observation of human rights
 - viii. Honest
 - ix. Cooperation
 - x. Gender sensitivity
- 173. Describe factors that destroy relationships
 - i. Dishonesty
 - ii. Poverty

Angozo



- iii. Violence
 - iv. Sexual harassment
 - v. Rudeness
 - vi. Disrespect
 - vii. Abuse of human rights
 - viii. Unfulfilled promises
174. Describe the proper ways of treating the members of the opposite sex as equal partners
- i. Everyone should be treated equally and be given the same opportunities
 - ii. Discourage the practices of abusing men, women, boys and girls
175. Explain the roles you can play in a family relationship
- i. Cooking
 - ii. Washing clothes
 - iii. Paying school fees
 - iv. Providing basic needs
 - v. Providing guidance and counselling
176. Explain how each of the following factors destroy relationships
- a. Dishonesty
 - Dishonesty can lead people lie to each other and don't trust each other
 - b. Theft and gossip
 - Theft and gossip may lead into fight
177. What are the roles and responsibilities in a relationship
- i. Sharing resources
 - ii. Advising and counseling one another
 - iii. Showing compassion
 - iv. Encouraging one another

TOPIC 29 SEXUALITY, PHYSICAL AND PSYCHOLOGICAL CHANGE DURING ADOLESCENCE

178. Define the term sexuality
- Sexuality is the total expression of who one is either male or female
179. What are the factors that influence one's sexuality
- i. Parents
 - ii. Religion
 - iii. Migration
 - iv. Environment



v. Peers

180. Describe how does the following influence one's sexuality

a. Parents

- They teach their children appropriate code of conduct and behaviour

b. Religion

- It teaches principles of moral behaviour

c. Migration

- When moving from one place to another the way of living is also affected

181. What does the following terms stand for

a. Adolescence

- Adolescence is a period in a person's life between childhood and adulthood

b. Adolescent

- An adolescent is a young person between childhood and adulthood

182. Name the sex hormones that influence emotional changes in

a. Boys

- Testosterone

b. Girls

- Oestrogen

183. What are the physical changes that boys experience when they are growing up

i. The voice becomes deep

ii. Hair grows around pubic area, arm pits and on the face and chest

iii. Growing taller and heavier

iv. The skin becomes more oily and pimples grow on the face

184. What are the psychological changes that boys experience when they are growing up

up

i. Develop sexual feelings and started excited on seeing a girl

ii. Develop more self confidence

iii. They prefer to be treated like adults

iv. They become sensitive to remarks

v. They develop increased sensitivity to failure

185. What are the physical changes that girls experience when they are growing up

i. The hips get wider and the breasts start to grow

ii. They experience first menstrual period

iii. Enlargement of the labia

iv. Hair grows around pubic areas



- v. They grow faster
186. What are the psychological changes that girls experience when they are growing up
- i. They develop sexual feelings and get excited on seeing a boy
 - ii. They develop more self confidence
 - iii. They do not like to be forced to do the things they do not want
 - iv. They want to be treated like adults
187. Explain how sexuality affects adolescents' behavior
- i. They think whether they are sexually attractive or not
 - ii. They develop interest in members of opposite sex
188. Explain any two emotional changes that adolescents may experience as they go through the following ages
- a. Early adolescence (8-12 girls, 10-14 boys)
 - i. Start to associate with peers
 - ii. Unstable in character
 - b. Middle adolescence (13-16 girls, 14-17 boys)
 - i. Develop self identity
 - ii. Interested in members of opposite sex
 - c. Late adolescence (16+ girls, 17+ boys)
 - i. Strive to be independent
 - ii. Establish self image
189. What are the problems associated with adolescents' sexuality
- i. Unwanted pregnancies
 - ii. Abortion
 - iii. Drug and substance abuse
 - iv. Contraction of sexually transmitted infection (STIs)
190. What are the effects of the following problems associated with adolescents' sexuality
- a. Unwanted pregnancies
 - i. Early marriages
 - ii. abortion
 - b. Drug and substance abuse
 - i. Violence
 - ii. Commit suicide
 - iii. Mental disturbance
191. State the examples of life skills that can assist adolescents to cope with



- challenges associated with sexuality
- i. Self esteem
 - ii. Self awareness
 - iii. Critical thinking
 - iv. Empathy
 - v. Assertiveness
 - vi. Decision making and problem solving
192. Explain the importance of having correct information on sexuality
- i. It helps to avoid sexually transmitted infections including HIV/AIDS
 - ii. It helps to avoid risk behaviours
193. Define the term puberty
- Refers to the physical features that changes from the body of a child to that of an adult

TOPIC 30 DRUG AND SUBSTANCE USE AND ABUSE

194. What does the following terms stand for
- a. Drug
 - Drug is a substance used as a medicine
 - b. Substance
 - Substance refers to any kind of matter
 - c. Abuse
 - Abuse means using something wrongly
 - d. Drug and substance abuse
 - Drug and substance abuse means taking drug or substance for reasons that are not intended to
195. What are some of the misconceptions associated with the use and abuse of drugs and substance
- i. Drug and substance make a person intelligent
 - ii. Drug make someone to forget his or her problems
 - iii. Drug are fashionable and it is primitive not to use them
 - iv. Drug make someone feel energetic
196. Describe the situations which promote abuse of drugs and substance
- i. Culture
 - ii. Poverty and unemployment
 - iii. Loneliness
 - iv. Negative peer pressure



197. Describe the consequences of drug and substance abuse
 - i. Poor health
 - ii. Committing suicide
 - iii. Mental disorders
 - iv. Loss of interest in school
 - v. Poor judgement that may lead to road accidents
 - vi. Social problems such as family tensions
198. How does abuse of drugs and substances expose the youth to HIV and AIDS
 - i. Engage themselves in unprotected sexual intercourse because of loss of control
 - ii. Using unsterilised needles to inject each other
199. Describe the importance of counselling those addicted to drug and substances
 - i. It helps them to achieve their goals in school life
 - ii. It helps them to live normal and useful lives in their families
 - iii. It helps to bring rehabilitation to those who are deep into the problem
200. Describe the ways of assisting drug and substance abusers to stop their habits
 - i. Seeking medical help
 - ii. Finding other hobby to replace drug and substance abuse
 - iii. Avoiding people that are abusing drugs and substances
201. Why are some people find it difficult to stop abusing drugs and substances
 - i. Some deny having such a problem
 - ii. Some become addicted to these drugs and substance
 - iii. They would like to show off to others that they are important
202. List examples of some commonly abused
 - a. Drugs
 - i. Panado
 - ii. Aspirin
 - iii. Pain killers
 - b. Substances
 - i. Alcohol
 - ii. Tobacco
 - iii. Drinks
203. Describe the factors that contribute to drugs and substance abuse
 - i. Lack of self control
 - ii. Lack of confidence
 - iii. To get excited



- iv. Frustration and loneliness
- v. Influence from friends

TOPIC 31 SEXUAL HARASSMENT AND ABUSE

204. Define the following terms
- a. Sexual harassment
 - Sexual harassment is an act of sexual nature upon or with a child or any other person without his/her consent
 - b. Sexual abuse
 - Sexual abuse means treatment of somebody sexually, offensive or cause language, using insulting words
205. What are the examples of the following
- a. Sexual harassment
 - i. Looks or touch from other person
 - ii. Feeling uncomfortable about comments
 - b. Sexual abuse
 - i. An adult having sexual intercourse with a child
 - ii. Forced marriages
 - iii. Touching a child's private parts
 - iv. Showing a child pornographic pictures, videos or films
 - v. Having sexual intercourse in the presence of a child
206. Explain the causes of sexual harassment and abuse
- i. Low social economic status
 - ii. Break up of families due to death
 - iii. Peer pressure among adolescents
 - iv. Orphanhood
 - v. Beliefs about how to get cured of HIV and AIDS
207. What are the dangers of sexual harassment and abuse
- i. Result in unplanned pregnancies
 - ii. Contracting of sexually transmitted infections
 - iii. Destruction of one's self esteem
 - iv. Dropping out of school
208. Explain ways of preventing sexual harassment and abuse
- i. Empowering girls and boys with skills
 - ii. Learners should be warned of sexual abusers
 - iii. Learners should avoid being alone in isolated places



- iv. Learners should be advised to go and come back from school in groups
- 209. What are the responsible people or organizations to whom children can report cases of sexual harassment and abuse
 - i. Parents
 - ii. Teachers
 - iii. Church elders
 - iv. Education officials
 - v. Victim support
 - vi. Social welfare
- 210. Describe any three life skills you would use to protect yourself from being sexually harassed and abused
 - i. Decision making
 - ii. Self esteem
 - iii. Self awareness
 - iv. Critical thinking

TOPIC 32 PROBLEM SOLVING AND DECISION MAKING

- 211. What are the situations that may require decision making and problem solving skills
 - i. Adolescence
 - ii. Sexual relationships
 - iii. Peer pressure
 - iv. Cultural practices
- 212. Describe the importance of well thought out decisions and problem solving skills
 - i. It promotes the ability to resist situations that lead into problems
 - ii. It helps to concentrate on productive activities
 - iii. It helps to avoid contracting STIs including HIV /AIDS
- 213. What are the consequences of making wrong decisions
 - i. It may lead to drug and substance abuse
 - ii. It may lead to contraction of STIs including HIV and AIDS
 - iii. It may lead to regrets
 - iv. The problem gets bigger instead of getting smaller
- 214. What are the factors that influence decision making
 - i. Gender
 - ii. Anxieties
 - iii. Knowledge of their human rights



- iv. Peer pressure
 - v. Religious values
215. Describe the steps to be followed in decision making and problem solving
- i. Identifying the problem
 - ii. Defining the problem
 - iii. Examining possible solutions and outcomes
 - iv. Examining consequences of the choices

**GLOSSARY – STANDARD 5**

Campaign – An activity which is done in order to gain support

Opportunistic infection – Infection which occurs as a result of the body's weak immunity

Pandemic – (Disease) Prevalent over the whole country

Potential – What one is capable of achieving

Charity – Willingness to help others with kindness

Norm – An acceptable or standard of behavior within a particular group or society

Puberty – The time when a child's body becomes sexually mature

Dilemma – A situation in which one has to choose between two things which are often equally important

Obscene language – Mentioning of private parts as a way of insulting someone

Achieve – Complete, get something done, gain or reach by effort

Goal – an aim or desired result

Set – The way something is planned

Child abuse – Wrong or bad use of children such as giving them too much work or beating them up

Child labour – Making children under age the age of 16 work for payment

Poverty – A lack of necessary things such as food, clothes or money

Productive – Able to produce or make

Basic – Fundamental

Community – People living in one place, district or country considered as a whole

Liberty – The state of being free

Responsibility – What makes one become accountable

Safeguard – Protect

Violate – Break, act contrary or against one's wishes

Attitude – A way of thinking or behaving

Belief – Feeling that something or somebody is real and true, trust or confidence in something or somebody

Empathy – Ability to understand and share another person's feelings

Tolerance – Ability to understand and share another person's feelings

Accommodation – A place e.g house where one lives, finances

Managing – Controlling something

Profit – Money which is gained on top of the capital

GLOSSARY – STANDARD 6

Adolescent – A person between the age of 9 and 19 years



Menstruation – Discharge of blood from vagina
 Physical changes – Any body change that can be seen
 Pubic hair – Around the genitals
 Penis – A male's sexual organ
 Testes – Male sex glands which also produce sperm and these are located behind the penis
 Wet dreams – What happens when a male releases sperms while asleep
 Culture – Beliefs, customs, traditions and ways of doing things
 Hygiene – Good healthy habits
 Laundering – Washing and ironing clothes
 Environment – Surrounding area
 Environmental health – Cleanliness of the surrounding area
 Self awareness – The ability to assess oneself in terms of strengths and weakness
 Self – esteem – The ability to recognize one's self worth
 Assertiveness – One's ability to hold one's views in spite of pressure from others
 Peer pressure – The social pressure one gets from friends to certain forms of behavior
 Gender – Role or behaviours that are displayed by males and females
 Sex – The biological difference between male and female people
 Decide – Choose, make up your mind
 Anxiety – Troubled feelings in the mind caused by fear and uncertainty
 Critical thinking – Making judgments on issues instead of accepting everything as it appears
 Decision making – Making up one's mind on what to do
 Patient – Accept annoyance, suffering and delays without getting angry
 Perseverance – Trying to do something especially in spite of difficulty
 Prudence – Act wisely or very carefully when planning for the future
 Temperate – Able to control one's behavior especially anger
 Abortion – The deliberate ending of pregnancy at an early stage
 Consequence – Effect of an action or event
 Irrational decision – Any choice that is made without considering the consequences of making such a choice, a decision that is not well thought
 Violence – Use of physical or others that may cause damage or harm to them
 Arbitration – Settling down an argument or disagreement using the judgement of a person who is not involved in the conflict
 Conflict – A disagreement between or among people
 Peace – Freedom from disorder, calm



Abuse – Wrong use of something

Drug – Any substance that is used as medicine

Substance – Any particular kind of matter

Contact – Catch

Counsel – Help someone to understand and solve his / her problem

Guidance – The act of helping someone where to get help or assistance

Risky – dangerous or unhealthy

Stigma – Feeling of shame or dishonor

Privileged – Fortunate

Morals – Sense of wrong or right

Value – beliefs and standards one regards to be important

Initiation ceremony – The ritual when boys and girls are regarded as adults and are taught about adulthood

Society – A group of people living together with similar or shared traditional values and beliefs

Wife inheritance – An act where one of the close relatives of a dead man takes over and marries a widow

Misinformation – Information that is not correct

Stigmatization – Regarding someone as being shameful or disgraceful

Abstain – Avoid having sex

Blister – Swelling

Genital – Sex organs

Infection – Disease caused by micro – organism

Sign – What can be observed as evidence of disease

Sore – Small wound

Sterility – Unable to have children

Symptoms – What can an individual feels as an infection of illness

Emotional support – Helping a person to deal with stress

HIV Negative – Not infected with HIV

HIV Positive – Infected with HIV

HIV status – Condition of being infected or not by HIV

Will – Written instruction for sharing out property after one's death

Dignity – Respect for oneself and others

Equality – Equal chance or opportunity for every human being

Human rights – Natural entitlements due to persons virtue of being human beings

Orphan – A child under the age of 18 years who has lost either one or both parents



Vulnerable children – Children who are not protected
 Care providers – A person or organization which gives care to people or patients
 Home-based care – Caring for patients in their homes and communities
 Planning – Logically sequencing activities for proper management of resources
 Resource – Something or material one wants to use
 Monitor – To check what is being done
 Evaluate – Judge
 Discriminate – To favour someone
 Entrepreneurship – Business
 Gender – Roles that men and women do or are expected to do in a society
 Hinder – Hold back, prevent or slow down
 Succeed – Do well

GLOSSARY – STANDARD 7

STI – Sexually transmitted infections
 Sexual relationships – Relationships which involves sexual intercourse
 Ectopic pregnancy – Foetus developing in the fallopian tube
 Barriers – Obstacles
 Gender inequality – Treatment that favours one sex over another
 Gender stereotype – Expectations of what females should do which is different from males
 Gender equality – Treating both males and females
 Gender equity – The principle of fair treatment
 Gender bias – Discriminatory attitudes, beliefs based on social beliefs about males and females roles
 Nutritious foods – Foods that have all the necessary food values such as vitamins, proteins, carbohydrates
 Negotiation – A process of reaching an agreement through discussions
 Mediation – A process of where a third person is involved in settling an argument between others
 Prejudice – Discrimination due to difference in cultural, tribe, religion, race and colour
 Interpersonal – Between or among people
 Interpersonal relationship - Interaction between or among people
 Enhance – improve or strengthen
 Communication – The transmission of ideas, feelings or information from one person to another



Implement – Put into action or carry out

Income generating activity – An activity that brings money

Aged – People advanced in number of years after birth

Widows – Married women who lost their husbands through death

Deprived – Lacking something

Medication – Provision of medicine

Stress – Force or a pressure caused by problems in life

Adolescence – Period in a person's life between childhood and adulthood

Adolescent – A young person between childhood and adulthood

GLOSSARY – STANDARD 8

AIDS – Acquired Immunodeficiency Syndrome

ARVs – Anti –retrovirals – drugs taken by people with HIV in order to slow down the multiplication of the HIV in the body

Caesarian Operation – Delivering a child through operation

Delivery – Process of giving birth

Promiscuous – Having many sexual partners

Ridiculed – Considered stupid and useless

Susceptible – Easily get infected

Transplant – Surgical replacement of an organ such as a heart or kidney from another person

Empower – Giving power to someone

Sexuality – Total expression of who one is as a human being either female or male

Chronic illness – Long illness

Unprotected sex – sexual intercourse where a condom is not used

Compassionate - Loving and caring

Eventuality – Whatever may come

Harmonious interaction – Working together as a team

Sustain – Maintain

Disseminating – Passing on information

Peaceful conflict resolution – Bringing disagreement or argument to an end using non – violent means

Decision making – Making up ones mind, making choices

Problem solving – Ability to understand and deal with something that is difficult

Assertiveness – Knowing what you want, why and being able to take necessary steps to achieve what you want



Self esteem – An awareness of the good in oneself

Sexual harassment – An act of a sexual nature or with a child or any other person without his / her consent

Sexual abuse – Bad treatment of somebody sexually, offensive or cause language using insulting words

Financial management – Ability to use, save and account for financial resources

Mutate – Change

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