

STANDARD 5 LIFE SKILLS

MALARIA

Malaria is a disease caused by a parasite called **Plasmodium**

Malaria can be transmitted by **mosquitoes**

SIGNS AND SYMPTOMS OF MALARIA

- vomiting
- fever
- diarrhoea
- headache
- shivering
- loss of appetite
- general body weakness

EFFECTS OF MALARIA

- 1) anaemia
- 2) mental disturbances
- 3) death
- 4) lack of productivity
- 5) abdominal pains

WAYS OF PREVENTING MALARIA

- sleeping under treated mosquito nets
- taking ant-malaria drugs when visiting malaris zone
- cutting grasses short around the home
- draining stagnant water

filling potholes around the home

using repellents and insecticides

HOW MALARIA IS SPREAD

Malaria is spread when a mosquito which has bitten a person suffering from malaria bites another person who is not suffering from malaria that particular person after some days will start suffering from malaria

SEXUALLY TRANSMITTED INFECTION (STIS)

Sexually-transmitted infections are diseases that are mainly spread through sexual intercourse

COMMON EXAMPLES OF STIs

- HIV and AIDS
- Candidiasis
- Syphilis
- Gonorrhoea
- Genital herpes

SIGNS AND SYMPTOMS OF STIs

- wounds
- sores or rashes in the genitals
- pain in the lower abdomen
- itching in the genital area
- continuous fever
- swollen glands
- shingles
- diarrhoea
- loss of weight

EFFECTS OF STIs

- damage to the body organs
- blindness
- infertility
- death

WAYS OF PREVENTING STIs

- abstinence
- avoid borrowing sharp objects eg. razor blades, needles etc
- do not share pants
- avoid borrowing teeth brushes

SELF AWARENESS (knowing oneself)

Knowing oneself refers to knowing your strength, weakness, abilities, talents and potentials

SELF ESTEEM

What is self esteem ?

Self-esteem is the good or bad feeling one has about oneself

FACTORS THAT AFFECT SELF ESTEEM (positively)

- Positive comments
- Success
- Supportive environment
- Rewards
- Recognition

FACTORS THAT AFFECT SELF ESTEEM (negatively)

- Discourage

- Negative comments
- Failure
- Poverty
- Punishment

TYPES OF SELF ESTEEM

- High self esteem
- Low self esteem

CHARACTERISTICS OF PEOPLE WITH A HIGH SELF ESTEEM

- facing challenges positively
- ambitions
- confidence
- accept criticism
- realistic
- hard working

CHARACTERISTICS OF PEOPLE WITH LOW SELF ESTEEM

- Shy
- Not confident
- Withdrawn
- Fearing of facing challenges
- Give negative comments
- Have no direction or purpose in life
- Low performance in class

PHYSICAL AND EMOTIONAL DEVELOPMENT

As you grow up you will experience a lot of physical and emotional changes

ADOLESCENCE

This is the stage between 9 and 19 years

ADOLESCENT

Adolescent is a person between 9 and 19.

PHYSICAL AND EMMOTIONAL CHANGES FOR BOYS

- deep voice
- grow taller
- broadening of shoulders
- chest grow wider and bigger
- need to know about sex
- sudden changes in feelings
- wanting to be independent
- growing of hair in armpits and around the genitals
- pimples on their faces

PHYSICAL AND EMOTIONAL CHANGES FOR GIRLS

- Soft voice
- Grow taller
- Develop breasts
- Increase in weight
- Pimples on their faces
- Want to know about sex
- Develop menstrual period
- Sudden change in mood/feeling
- Desire to be independent

VALUES AND ATTITUDES OF BOYS AND GIRLS

- love for their family
- need for new clothes
- Playing with friends
- eating good food
- exploring
- playing and curiosity

STRESS AND ANXIETY

This is when boys and girls are disturbing and pressurized when things are not working well

COMMON CAUSES OF STRESS AND ANXIETY

- death of the most loved one
- separation of parents
- broken relationship
- poor performance at school
- thinking too much about something

STRESS MAY LEAD TO

- illness
- criminal acts
- death

WAYS OF COPING UP WITH STRESS

- thinking positively
- engaging in sports, games and listening to music
- sharing a stressful issue with a friend
- seeking guidance and counselling

MORALS AND VALUES

MORAL - is a sense of wrong or right

VALUE - is a belief or standard one regards as being important

MORAL RESPONSIBILITIES TOWARDS LESS PRIVILEGED PEOPLE

- buying them clothes
- giving them food
- providing them with shelter
- loving them
- helping them carrying some goods
- educate them
- provide them with spiritual support

THE LESS PRIVILEGED

The less privileged are the people who lack care, support and opportunities enjoyed by other people in the society

EXAMPLES OF THE LESS PRIVILEGED

- The aged
- The people with HIV and AIDS
- The chronically ill
- The Street children
- The physically and mentally challenged

RESISTING PEER PRESSURE

What is peer pressure ?

Peer pressure is a pressure in which children are forced by their friends or classmates to do bad things

EXAMPLES OF BAD THINGS WHICH CHILDREN CAN BE FORCED TO DO BY THEIR FRIENDS

- chamba smoking
- violence
- cheating in examination
- beer drinking
- theft
- drug and substance abuse
- use of obscene language
- sexual activities

CHARACTERISTICS OF BAD COMPANIES (groups)

- Chamba smoking
- Beer drinking
- Theft

IMPORTANCE OF RESISTING PEER PRESSURE

People who resist peer pressure will not be involved in sexual relationship so that they avoid contracting sexually transmitted infections and HIV and AIDS

STAGES IN HUMAN DEVELOPMENT

(a) Early childhood or infancy stage

This is from birth to about four years of age

(b) Middle childhood stage

This is from five years to about eight years of age

(c) Late childhood also known as adolescence stage

This starts from nine years to about seventeen years of age

(d) Adulthood stage

This is from about eighteen years of age and above

CHANGES WHICH TAKE PLACE DURING THIS PARTICULAR STAGE

- growing taller
- shoulders getting bigger
- development of pubic hair
- hair beginning to grow under the arm and on chest

SETTING GOALS

What is a goal ?

Is an aim or desired result.

MAIN TYPES OF GOALS

- Short term goals
- Long term goals

EXAMPLES OF SHORT TERM GOALS

- Visiting a friend
- Having money to buy immediate needs such as soap and food

What are long term goals ?

These are goals one wants to achieve in future

EXAMPLES OF LONG TERM GOALS

- Becoming a teacher
- Becoming a doctor
- Becoming a driver
- Becoming a pastor

MANAGING FINANCES

Why is money important in one's life ?

Money helps somebody to be able to buy basic needs in life

What are some basic needs of life

- Food
- Clothes
- Accommodation (housing)

How do most people get money for their needs ?

- Employment
- Doing business

What are the examples of common business in which people engaged

- Selling bananas
- Selling fish
- Running a grocery

PLANNING AND BUDGETING

In order to manage finances properly, people need to have planning and budgeting skills

WHAT IS A PLAN ?

A plan is an arrangement for doing or using something

WHAT IS A BUDGET ?

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

WHY IS BUDGET IMPORTANT ?

- Control your money instead of your money controlling you
- Prepare for time of emergencies
- Improve your life
- Meet your saving goals
- Live within your goals
- Live with your means and avoid debts

ENTREPRENEURSHIP

What is entrepreneurship?

It means taking part in business in order to generate income

How can a person make more profit in business

- When he acquire and use appropriate entrepreneurship skill

Where can entrepreneurship skills be acquired.

Malawi entrepreneurship development institute **MEDI** at Mponela

In the following vocational colleges

- Livingstonia
- Phwezi
- Mzuzu
- Salima
- Lilongwe
- Namitete
- Sochi
- Nasawa
- Mbelwa in Mzimba

EXAMPLES OF ENTREPRENEURSHIP SKILLS WHICH PSO LEARN FROM THESE VOCATIONAL INSTITUTIONS

- Planning
- Budgeting
- Creative thinking
- Problem solving
- Decision making
- Effective communication

- Market negotiation

HUMAN RIGHTS

What are human rights ?

Human rights are basic entitlements of citizens which safe guard their well being

What are the basic rights that everyone is suppose to have ?

- Life
- Liberty
- Equality
- Human dignity
- Have equal access to justice and the court of law.
- Association
- Join any trade union
- Own property

CHILDREN'S RIGHTS

- Access free education
- Access health care
- Speak their own language
- Play
- Have enough food and clear water
- Practice their own religion and culture

END

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