

## 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

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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 tooth 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- Withdrawn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 disturbed 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 a bout four years of age

(b) Middle childhood stage

This is from fivr years to about eight years of age

(c) Late childhood also known as adolescence stated

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

## **ENTREPRENEUR SHIP**

### **What is entrepreneur ship ?**

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 entrepreneur ship 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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