

PRIMARY SCH. LIFE SKILLS: SUMMARY NOTE



MALARIA

Malaria is a disease caused by a parasite called Plasmodium

Malaria is transmitted by anopheles mosquitoes

Signs and Symptoms of Malaria

- fever
- general body weakness
- headache
- vomiting
- diarrhea

Effects of Malaria

- 1) anemia
- 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
- cutting grasses short around the home
- draining stagnant water
- using repellents and insecticides

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 Syphilis

- sores or rashes in the genitals
- pain
- itching in the genital area

Signs and Symptoms of Gonorrhea

- Burning sensation when urinating
- Yellowish discharge from the genitals

AIDS

Acquired Immune Deficiency Syndrome

Signs and Symptoms of AIDS

- Swollen glands
- Loss of body weight
- Frequent fever
- Diarrhea
- shingles

Factors Contributing to the Spread of HIV/AIDS

- poverty
- media (pornographic pictures)
- too much wealth
- cultural practices (chokolo, kulowa kufa, fisi)

Effects of STIs

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

Ways of Preventing STIs and HIV/AIDS

- abstinence
- avoid borrowing sharp objects eg. razor blades, needles etc
- do not share pants
- avoid borrowing tooth brushes
- Avoid harmful cultural practices

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 Destroy Self Esteem (negatively)

- Negative comments
- Failure
- Poverty
- Punishment
- Discrimination

Characteristics of People with A High Self Esteem

- ambitions
- assertive
- enthusiastic
- optimistic
- self starter

Characteristics of People with Low Self Esteem

- Shy
- Give negative comments
- Not confident
- Have no direction or purpose in life
- With drawn
- Afraid of making mistakes
- aggressive

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

MORALS AND VALUES

Are standards and beliefs that are regarded as important

MORAL- is a sense of wrong or right

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

SOURCES OF MORALS

- School
- Religion
- community

Problems Solving and Decision Making

CAMMON PROBLEMS IN LIFE

- child labour
- drug and substance abuse
- peer pressure
- failing examinations
- sexual abuse
- poverty
- moral decay
- cultural practices
- child abuse

Stages Involved in Solving a Problem

- identifying the problem
- identifying possible solutions or choices
- consider consequences of each solution
- select one good choice and implement it

Human Rights and Responsibilities

Human rights are basic entitlements of citizens which safeguard their well being

Examples of Basic Human Rights

- Life
- Human dignity
- Liberty
- Association
- Equality
- privacy

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

CONFLICT RESOLUTION

Causes of Conflicts

- Lack of love
- Nepotism
- Lack of respect
- Moral decay
- Jealousy
- Lack of loyalty
- Unfaithfulness
- Lack of self-control
- Dishonest
- Competition for limited resources
- Theft

Effects of Conflicts

- Anger
- Poverty
- Hatred
- Suicide
- Injuries
- Imprisonment
- Divorce
- Destruction of property

Importance of Resolving Conflicts Peacefully

- Promotes relationships
- Saves life
- Promotes developments in the communities

ENTREPRENEURSHIP

It means taking part in business in order to generate income

Where to Acquire Entrepreneurship skills

- Malawi entrepreneurship development institute
MEDI at Mponela
- Livingstonia technical college
- Mzuzu technical college
- Phwezi technical college
- Lilongwe technical college
- Mbelwa farm institute in Mzimba

Importance of Gender Roles in Entrepreneurship

- Both boys and girls can engage in business such as bakery, farming, pottery, craft production and animal production.

Importance of Creative Thinking In Entrepreneurship

- Improves quality of products
- Provides employment
- Reduces poverty
- Raises standards of living

Changes that Take Place in Boys During Adolescent Stage

- deepening of voice
- development of pimples on their faces
- broadening of shoulders
- growing of pubic hair
- enlargement of penis and testes

Changes That Take Place in Boys During Adolescent

- hips getting wider and more round
- the breast beginning to grow
- beginning of menstruation
- development of pimples on their faces
- growth of pubic hair

Behavior Changes in the Youth

- develop interest in sex
- begin to rebel against parental authority
- becoming closer to their peers emotionally and socially

Problems Which Adolescents Experience

- peer pressure
- drug and substance abuse
- sexual harassment
- teenage pregnancies
- rape
- contraction of HIV that may lead to AIDS

Ways of Dealing With Problems Adolescent Face

- abstinence
- guidance and counseling
- acquisition of life skills

Importance of Having Knowledge on Life Skills to The Youth

- helps the youth to live positively
- helps the youth to live responsible life

PERSONAL HYGIENE

Examples of Good Health Habits

- proper handling of food
- good eating habits
- eating nutritious food
- washing hands
- cleaning teeth
- doing physical exercises
- rest and sleep

Cultural Practices That Affect Good Health Habits

- · not bathing
- · not eating certain food
- · wife inheritance (chokolo)
- · swapping of spouses
- · sexual partners (chimwanamaye)

Importance of Good Healthy Habits

- To prevent opportunistic infections
- To strengthen the immunity system

SANITATION

Sanitation is the care of people's surrounding

Consequences of Poor Sanitation Practices

- People are infected with diseases

Examples of Good Sanitation Practices

- · proper use of the toilets
- · proper use of bathrooms
- · proper use of rubbish pit

SELF AWARENESS

Is the ability to assess one self in terms of strengths and weakness

Is the process of making objective judgment of one self in terms of physical and sexual attributes

Importance of Self Awareness

- Helps one to identify his or her own weakness and strengths
- it assists one to develop a conscious and honest understanding and evaluation of oneself.
- One is able to discover one's capabilities, likes, dislikes and value

Characteristics of A Person With A Positive Self Awareness

- the person accept responsibilities
- the person makes independent decisions
- the person accepts criticism

SELF ESTEEM

is the value an individual places on oneself

The Importance of Self-Esteem

- Helps one to develop self confidence
- Helps one to deal with situations properly

Factors That Influence High Self – Esteem

- Facing challenges positively
- Being accepted by others
- Achievement
- Showing love
- Thinking critically
- Enjoying work

Factors That Influence Low Self – Esteem

- frequent failures exposure to negative comments
- · loss of close family member or friends
- · gender inequality
- · poverty
- · abuse
- · loneliness

ASERTIVENESS

- is being able to convey one's views and feelings to others without fear
- Is expressing thoughts, feelings and views in a clear manner without fear

The Importance of Assertiveness

- · avoiding social and health problems
- · achieving one's goals
- · promoting honest relationships
- · Maintaining personal identity

Factors That Promote Assertiveness

- · prior knowledge
- · the way one was brought up
- · one's values and morals
- Assertiveness because it makes one to achieve goals in life

INTERPERSONAL RELATIONSHIPS

Interpersonal relationships are relationships between or among people.

Factors that Promote Relationships

- love
- care
- empathy
- respect
- observation of human right
- effective communication
- honesty

Factors That Destroy Relationships

- envy
- unfulfilled promises
- jealousy
- rudeness
- violence
- disrespect
- violence
- theft
- gossip
- lies

STRESS AND ANXIETY

Stress Is the pressure or worry from difficult situations

Anxiety is the trouble feeling in the mind caused by fear and uncertainty about the future

Causes of Stress and Anxiety

▪ death of a loved one	▪ chronic illness
▪ pressure of work	▪ poverty
▪ peer pressure	▪ losing a job
▪ discrimination	▪ failure to do or achieve something

Good Effects of Stress and Anxiety

- · improve awareness
- · promote alertness
- · result in good performs

Bad Effects of Stress and Anxiety

▪ headaches	▪ overreacting to trivial things
▪ short temper	▪ difficulty concentrating
▪ fatigue	▪ heart attacks
▪ restlessness	▪ hypertension
▪ ulcers	▪ in ability to finish tasks that have been started
▪ strokes	

Ways of Managing Stress and Anxiety

- regular active exercise
- · developing a positive mental attitude to problems
- · proper planning and organization
- · seeking social support
- adequate rest
- · trust in God
- · relaxation
- · having enough sleep

PROBLEM SOLVING AND DECISION MAKING

Situations and Condition That Require Decision Making and

• physical changes in the body	• · peer pressure
• · adolescence	• · poverty
• · sexual relationship	• · orphanhood
• · cultural practices	• · STIs
• drug and substance abuse	• violence
• · environmental degradation	• ·delinquency

Problem Solving

The Importance of Well Thought and Problem Solving Skills

- it promote the ability of resisting situation that may lead people into problems
- it help one to concentrate on productive activities

Consequences of Making Wrong Decisions

It result in improper actions such as

• · rape	• suicide
• · harassment	• teenage pregnancy
• · criminal activities	• contraction of STIs including HIV/AIDS
• abortion	• school dropout
• · death	• drug and substance abuse

Factors That Influence Decision Making

- · gender
- · anxiety
- · peer pressure
- · religious values

THE PROCESS OF DECISION MAKING AND PROBLEM SOLVING

1. Knowing the problem
2. Considering possible solutions
3. Examining consequences of each solution
4. Choosing the best solution
5. Taking necessary action

PEACEFUL CONFLICT RESOLUTION

Situations that may lead to conflicts;

- · teenage pregnancies
- · abortion
- · illnesses
- · forced marriage
- · drug and substance abuse

WAYS OF AVOIDING CONFLICTS

- · being tolerant
- · respecting other people's views
- · being patient
- · respecting oneself and others

WAYS OF RESOLVING CONFLICTS PEACEFULLY

- · Negotiation
- · Mediation
- · Arbitrator

THE IMPORTANCE OF RESOLVING CONFLICTS PEACEFULLY

- · helps to promote unity
- · it promotes cooperation and development
- · it strengthens good relationship
- · it promotes human dignity
- · it prevents violence

DRUG AND SUBSTANCE ABUSE

Drugs are chemicals that are taken orally or through injections to relieve pain or suffering

Factors That Contribute To Drug and Substance Abuse

- · lack of self-control
- · lack of self-confidence
- · influence from friends
- · to show off to others

EFFECTS OF DRUG AND SUBSTANCE ABUSE

- · mental disorders
- · crime
- · death
- · contraction of STIs including HIV and AIDS

GUIDANCE AND COUNSELLING

Guidance is the process of assisting someone to overcome a challenge

Counseling is the process of helping someone to overcome personal challenges

PROBLEMS THAT AFFECT THE YOUTHS AS THEY GROW UP

- · Physical and emotional changes
- · Peer pressure
- · Drug and substance abuse
- · STIs and HIV
- · Sexual relationships

Importance of Guidance and Counselling

- It assists the learners to avoid risky behaviour

Places Where to Get Guidance and Counseling Services

- · Family members
- · Teachers
- · Health professional
- · Religious leaders
- · Youth clubs
- · From counsellors

Cultural Practices That Facilitate the Spread of HIV

- · Wife inheritance (chokolo)
- · Swapping sexual partners (chimwanamaye)
- · Kuchotsa fumbi
- · Circumcision
- · Kulowa kufa

Reasons Why Women Have More Chances of Getting HIV than Men?

- Poverty
- Women are not expected to say no to sex in marriage
- Women receive all the seminal fluids from the man which may have high quantity of HIV

Ways of Communicating on HIV and AIDS

- News papers
- Books
- Radios
- Television

Factors That Prevent Effective Communication on HIV and AIDS

- Age
- Cultural factors
- Religion

Ways of Overcoming Barriers to HIV and AIDS

- The youth to get accurate information
- Cultural practices which are bad must be stopped

Factors Promoting Effective Communication

- tolerance
- empathy
- respect
- patience
- Interpersonal relationship

SEXUALLY- TRANSMITTED INFECTION

Sexual transmitted infection is an infection passed on from an infected person to a health person mainly through sexual intercourse

EXAMPLES OF STIs

- · Syphilis
- · Candidiasis
- · Herpes
- · Gonorrhoea
- · AIDS

SIGNS AND SYMPTOMS OF STIs

- · Sore or blister on or around genitals
- · Pain when urinating
- · Excessive itching on the genitals
- · Smelly discharge from genitals

TRANSMITTING OF STIs INCLUDING HIV

- · Unprotected sexual intercourse
- · Sharing pants
- · Kissing
- · Infected mother to her baby during pregnancy

PREVENTION OF STIs INCLUDING HIV

- · abstinence
- · use of condoms
- · not sharing skin piercing instruments
- · use of drugs to prevent mother- to - child transmission

VOLUNTARY COUNSELLING AND TESTING

Voluntary testing and counselling (VCT) is a service that is offered to anyone who wishes to know whether he or she is infected with HIV

Voluntary - means that a person is not forced to go for testing

TESTING means checking whether one is infected with HIV or not

THE IMPOTENCE OF VOLUNTARY COUNSELLING AND TESTING (VCT)

- · It helps one accept one's HIV status
- · It reduces HIV and AIDS stigma
- · It reduces parents - to - child transmission
- · It promote planning and preparation of a will
- · It facilitates social support
- · It facilitates behavioral change

People tested negative should still undergo counselling in order to maintain their negative status

VULNERABLE CHILDREN

A vulnerable child is one who has no one to take care of him or her

EXAMPLES OF VULNERABLE CHILDREN

- Child labourers - Young domestic workers
- Child vendors - Child headed households
- Child sex workers - Children with special needs
- trafficking - Children involved in drug
- Street children

WAYS OF ASSISSTING VULNERABLE CHILDRENS

- giving them good education
- placing them in orphanage
- providing them with support and care

WAYS IN WHICH ORPHANS AND VULNERABLE CHILDREN CAN AVOID CONTRACTING HIV AND AIDS

- taking good parental advice
- having friends with good behavior
- reading good books
- doing physical exercises

HOME- BASED CARE - means looking after the sick in their homes

THE IMPORTANCE OF HOME BASED CARE

- · It is economical on the part of guardians
- · It reduces overcrowding in hospitals
- · patient are looked after by their family and friends

GROUP OF PEOPLE WHO CAN PROVIDE HOME-BASED CARE

- · Family
- · Religious groups
- · Political readers
- · Non - governmental organization

SERVICES PROVIDED BY HOME BASED CARE PROVIDES TO PATIENT

- giving nutritious food to patients
- Bathing them and washing their clothes
- Taking them to the hospital when they are sick
- Chatting with them
- Counseling and comforting them
- Giving them basic items

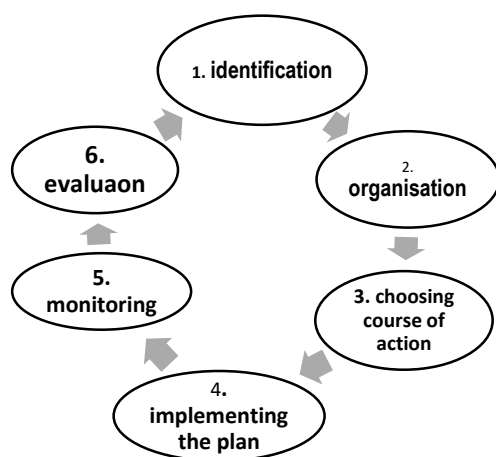
THE QUALITIES OF HOME- BASED CARE PROVIDERS

- empathy
- patience
- tolerance
- kindness

PLANNING

Planning refers to logical sequencing of activities for proper organization and management of resources

STAGES IN THE PLANNING PROCESS



SITUATION THAT CAN CHANGE PLANS

- Death
- In availability of resources
- Un planned pregnancies
- Illnesses including AIDS
- Stress and anxiety
- Conflicting activities

PLACES WHERE ORPHANS ARE FOUND

- Streets
- Villages
- Town and cities

WAYS OF ASSISTING ORPHANS AND VULNERABLE CHIDREN

- Giving them food
- Giving them clothes
- Training them in vocational skills
- Providing them with moral and spiritual support
- Providing them with medication.
- Providing them with education

Examples of Entrepreneurship Activities

- Tailoring
- Chicken rearing
- Mat making
- Fishing
- Weaving

IMPORTANCE OF ENTREPRENEURSHIP

- Source of money
- Improves life
- Prevent risky behaviours
- Reduce idleness

Entrepreneurship Skills

- Planning
- Budgeting
- Communication
- Negotiation
- Decision making
- Problem solving
- Creative thinking
- Assertiveness

Places Where to Get Entrepreneurship Skills

- At MEDI Mponera farm institute
- Phwezi technical college
- Mzuz technical college
- Lilongwe technical college

EFFECTS OF ARVs WORK

- Diarrhea
- Tiredness
- Prolonged headache
- Loss of appetite
- Vomiting

PLACES WHERE PEOPLE GET ARVs

- Health centres
- District hospitals
- Mission hospitals
- Private hospitals

Drug and Substance Use and Abuse

Drug is a substance used as medicine.

Such drugs may be panado, aspirin and any pain killer

Substance is any kind of matter such as coffee, drinks, tobacco, water and alcohol.

Abuse means using something wrongly.

EFFECTS OF ABUSING DRUGS AND SUBSTANCES

- loss of interest in school resulting in school dropout
- stealing
- prostitution
- poor judgment
- madness
- poor health
- committing suicide

REASONS WHY IT IS IMPORTANT TO PROVIDE GUIDANCE AND COUNSELLING TO ADDICTED PEOPLE

- bringing rehabilitation to those who are deep into the problem
- allowing them achieve their goals in school life
- helping them live normal and useful lives in their families and community □ providing support and advice to those with the problem

WAYS THAT CAN ASSIST DRUG AND SUBSTANCE ABUSERS TO STOP THEIR HABITS

- seeking medical help
- approaching counsellors with your problem and be honest about it
- finding another hobby to replace drug and substance abuse
- getting support from friends and family members
- avoiding people that are abusing drugs and substances

REASONS WHY SOME PEOPLE FIND IT DIFFICULT TO STOP ABUSING DRUGS AND SUBSTANCES

- some of them claim that they are happy when using drugs and substances and do not want to stop
- some deny having such a problem
- some become addicted to these drugs and substances
- others do not want to lose friends who happen to have the same habit
- they want to show off to others that they are important

INTERPERSONAL RELATIONSHIPS

Interpersonal relationship is when people interact with one another in different ways.

TYPES OF INTERPERSONAL RELATIONSHIPS

- Relationships within the family
- Relationships among peers
- Relationships among juniors and seniors
- Relationships between and among males and females
- Kinship
- Ethnic
- Cultural ties

FACTORS THAT MAY PROMOTE RELATIONSHIPS

- | | |
|--------------|-------------------------------|
| • love | • effective communication |
| • empathy | • economic status |
| • honesty | • care |
| • respect | • gender sensitivity |
| • politeness | • observation of human rights |
| • tolerance | • cooperation |

Factors That Destroy Relationships

- | | |
|--------------|-------------------------|
| • envy | • violence |
| • dishonesty | • sexual harassment |
| • gossip | • poor communication |
| • jealousy | • unfulfilled promises |
| • poverty | • gender inequality |
| • witchcraft | • abuse of human rights |
| • rudeness | • property grabbing |
| • disrespect | • change of status |
| • theft | • lies |

ROLES AND RESPONSIBILITIES IN A RELATIONSHIP

- sharing resources
- advising and counselling one another
- showing compassion
- encouraging one another

A role is the function that one has or is expected to perform whilst a responsibility refers to a duty to take care of somebody or something so that you are accountable or answerable.

FACTORS THAT PROMOTE EFFECTIVE COMMUNICATION CONCERNING HIV AND AIDS MESSAGES

- empathy
- effective channel of communication
- tolerance
- adherence to human rights
- respect for others
- interpersonal relationships
- patience

FACTORS THAT DESTROY EFFECTIVE COMMUNICATION CONCERNING HIV AND AIDS MESSAGES

- religion
- cultural factors
- education attainment
- age generation gap between people
- stress and anxiety

THE IMPORTANCE OF EFFECTIVE COMMUNICATION CONCERNING HIV AND AIDS MESSAGES

- ❖ promoting perception, beliefs and attitudes that can assist one from indulging in risky behaviours that might lead to contracting HIV
- ❖ Removes myths and misconceptions on various issues which are found among people □ increasing knowledge and promoting positive behavior in relation to STIs.

PEER GUIDANCE AND COUNSELLING

Peer counselling is what happens when a friend of the same age, class, school or group listens and helps another friend

IMPORTANCE OF PEER GUIDANCE AND COUNSELLING

- learners communicate effectively with friends of the same age and interest
- the learners appreciate some experiences of talking to each other
- the learners understand other people's feelings

FACTORS TO CONSIDER WHEN ORGANISING PEER GUIDANCE AND COUNSELLING GROUPS

- choosing members of the groups
- number of people per group
- how often a group should meet
- venue for the meeting

FACTORS TO CONSIDER WHEN DEVELOPING PLANS FOR PEER GUIDANCE AND COUNSELLING

- creating trust in the members of the groups
- helping members to establish their own goals
- identifying members with different talents such as leadership
- creating monitoring and evaluation procedures

STRESS AND ANXIETY

THE IMPORTANCE OF MANAGING STRESS AND ANXIETY

- it enables one to avoid contracting HIV and live a happy life
- it enables one to avoid risky behaviours
- it enables one to have interest in life
- it enables one to have interest in learning
- it enables one to avoid dropping out of school
- it enables one to avoid poverty

THE EFFECTS OF STRESS AND ANXIETY

- mental disturbance
- heart failure
- high blood pressure
- ulcers
- violence
- depression

WAYS OF MANAGE STRESS AND ANXIETY

- seeking guidance and counselling
- seeking medical help
- doing physical exercises
- eating appropriate food
- resting

PEACEFUL CONFLICT RESOLUTION

IMPORTANCE OF RESOLVING CONFLICTS PEACEFULLY

- promoting peace and unity
- promoting cooperation and development
- creating good relationships among people
- promoting human dignity
- preventing violence thereby protecting property and life

WAYS OF RESOLVING CONFLICTS PEACEFULLY

- I. Negotiation
- II. Mediation.
- III. Arbitration

EFFECTS OF NOT RESOLVING CONFLICTS PEACEFULLY

- hatred is created
- violation of human rights
- fighting
- loss of life
- may lead to famine
- destruction of property
- insecurity

DECISION MAKING AND PROBLEM SOLVING STEPS IN DECISION MAKING

- 1) identifying the problem
- 2) defining the problem
- 3) explaining possible solutions and outcomes
examining
- 4) consequences of the choices

Assertiveness means knowing what you want, why and being able to take the necessary steps to achieve what you want.

THE IMPORTANCE OF SELF ESTEEM

- Help to achieve goals goal
- one is honest with oneself and others
- one is able to speak for oneself
- helps to take responsibility for feelings and needs
- help to promote relationships
- one is self-confident

SEXUAL HARASSMENT AND ABUSE

Sexual harassment is an act of a sexual nature upon or with a child or any other person without his or her consent.

Forms of Sexual harassment

- Feeling uncomfortable about comments.
- Feeling uncomfortable about looks from other people
- Feeling uncomfortable about touch from another person.

CAUSES OF SEXUAL HARASSMENT AND ABUSE

- low socio-economic status of women and girls
- male aggressiveness to females break-up of families peer pressure
- cultural pressure
- dressing in a way that would make others desire them sexually
- drinking alcohol and taking drugs
- traditional dances which are suggestive and seductive in nature
- orphan hood

THE CONSEQUENCES OF MAKING RUSHED DECISIONS WHEN SOLVING PROBLEMS

- the problem might grow bigger instead of getting smaller
- it might result in people fighting

SELF ESTEEM AND ASSERTIVENESS THE IMPORTANCE OF HAVING HIGH ASSERTIVENESS

- Promotes enthusiastic
- Promotes optimum
- Promotes cooperation
- Promote respect
- Promotes kindness

- beliefs about how to get cured of HIV and AIDS

DANGERS OF SEXUAL HARASSMENT AND ABUSE

- unplanned pregnancies
- contracting sexually transmitted infections
- dropping out of school

WAYS OF PREVENTING SEXUAL HARASSMENT AND ABUSE

- empowering boys and girls with life skills that can help them protect themselves
- making schools rules that help prevent the act
- Children to walk in groups when going to and from school.
- learners should avoid being alone in isolated places
- children to report abuse cases to their parents, guardians, police or community leaders
- dressing properly
- avoid drug and alcohol abuse

PEOPLE AND ORGANISATIONS TO REPORT ON CHILD ABUSE CASES OF SEXUAL

- | | |
|-------------|--|
| - parents | - community leaders |
| - uncles | - teachers |
| - aunts | - church elders education |
| - guardians | - victim support unit of police Social welfare |
| | - Health centres |

FACTORS THAT INFLUENCE THE YOUTH TO HAVE SEXUAL RELATIONSHIPS

- Peer pressure
- Lack of information
- Desire for sexual experimentation.
- Curiosity
- Physical changes
- Cultural pressure

CONSEQUENCIES OF SEXUAL RELATIONSHIPS

- Contracting STIs
- Unwanted pregnancies
- School dropout

PROBLEMS ASSOCIATED WITH HIV AND AIDS

- Absenteeism from school and work
- Congestion in hospitals
- Poverty
- School drop out
- Orphan hood
- Discrimination

WAYS OF MANAGING HIV AND AIDS

- Advice people to go for HITC
- Introduce home based care unit
- Sensitize people
- Provides guidance and counselling

WAYS IN WHICH STI, HIV AND AIDS ARE TRANSMITTED

- Unprotected sexual intercourse
- Contaminated blood
- Unsterilized sharp tools
- Mother to child during birth

EFFECTS OF STI AND HIV/AIDS

- Destruction of body organs
- Cervical cancer
- Ectopic pregnancy
- Baby born blind

WAYS OF PREVENTING HIV/AIDS AND STIS

- Abstinence
- Being faithful
- Having protected sex

HIV/AIDS COUNSELLING AND TESTING

BARRIERS TO HTC

- Scarce testing facilities
- Lack of information
- Perception of low risk
- Lack of confidentiality
- Transportation

Ways of Overcoming Barriers to HTC

- People should be open
- Sensitization
- Publicize all HTC centres
- Government to establish more HTC centres

Reasons Why More Females Are Affected By HIV/AIDS than Males

- Women does not have reliable sources of income (poverty)
- Women do not negotiate for safer sex
- They take care of the sick and orphans
- Because of their biological set up

Problems Associated With Home Based Care and Support

- Inadequate nutritious food
- Lack of finances
- Lack of drugs
- Lack of conducive environment for patients
- Lack of follow ups by medical people

Ways of Managing Problems of Home Based Care

- Train care providers
- Ask for financial assistance
- Mobilize communities
- Sensitize the communities

Importance of Home Based Care

- Proper care is provided to patients
- It is cost effective
- Reduce overcrowding in hospitals
- More people are provided with care and support.

The end

*fearing God is the beginning
of knowledge and wisdom'*