

Section 4

Healthy families need to be protected

UNIT 14
Families can protect mothers during pregnancy



Unit 14 Families can protect mothers during pregnancy

A. DISCUSSION QUESTIONS

What do you see in this picture?

How do you think this woman is feeling?

How does this picture make you feel?

Does this picture remind you of experiences in your own life?

Do you think pregnancy is a time for families to take special care of mothers?

Why do you think many women and babies die during childbirth?

How do you think family members can help a pregnant mother to have a healthy labour and a healthy baby?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Good care during pregnancy can reduce dangers during childbirth.
2. If a woman is pregnant before she is 18, or after she is 35, there is more danger for mother and child. Before 18, the woman is still a girl. She is still growing herself.
3. If the time between births is less than 2 years, there is more risk of death for young children. Space children at least 2 years apart.
4. All pregnant women need more food and rest to maintain their strength and health, and to help the babies develop properly.
5. If a pregnant woman goes to the nearest clinic for regular check-ups, childbirth will have less risk.
6. There are four signs to show you that a pregnant woman should get help immediately: bleeding from the vagina during pregnancy, severe headaches, and severe vomiting, high fever.
7. A trained person should assist at every birth. That person will know when labour has gone too far, or when problems need medical help.
8. To reduce dangers of pregnancy and childbirth, all families should know the warning signs of hidden problems: failure to gain weight, paleness on the inside of the eyelids, unusual swelling of the legs, arms, or face.

UNIT 15
Families can protect mothers during childbirth



Unit 15 Families can protect mothers during childbirth

A. DISCUSSION QUESTIONS

What is happening in this picture?

How do you think the woman in labour feels?

How do you think the gogo feels?

How do you think the other women feel?

Have you ever heard of women having to give birth like this? How does it make you feel?

What dangers can you see here for the woman and her baby?

What can be done to help women give birth safely?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. It is important to keep germs away from a mother who is giving birth.
2. The best place to have a baby is in a maternity ward in a hospital.
3. When the birth is near, the pregnant woman should be taken to live somewhere where she can be taken to a hospital.
4. A home birth can be successful if there are no problems and if the midwife is trained to be very clean.

UNIT 16
Immunizations help protect families from disease



Unit 16 Immunisations help protect families from disease

A. DISCUSSION QUESTIONS

What is happening in this picture?

How do you think the mother is feeling?

How do you think the child is feeling?

How does this picture make you feel?

Have you ever taken a child to be immunised?

People say it is very important for children to be immunised against tuberculosis, diphtheria, whooping cough, tetanus and measles before they become one year old. Do you think this is true? Why?

Some people are afraid of needles, and they avoid immunisations. What do you think they can do to overcome this fear?

Even today many people do not take their children to be immunised. Why do you think this is so?

What can people do to encourage other families to protect their children against disease?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Immunisation protects against several dangerous diseases, such as tuberculosis, diphtheria, whooping cough, tetanus and measles.
2. A child who is not immunised may become sick, undernourished, disabled, or die.
3. Immunisation is urgent. All immunisations should be completed during the first year of a child's life.
4. If an adult or an older child has not been immunised, this should be done.
5. It is safe to immunise a sick child.
6. Every woman between ages 15 and 44 should be fully immunised against tetanus.
7. Check that the needles used for immunisation are new ones - or buy your own needles.

UNIT 17
Families can protect their children



Unit 17 Families can protect their children

A. DISCUSSION QUESTIONS

What do you see in this picture?

What do you think is going to happen?

If something bad happens to the little girl, how do you think her parents will feel?

How do you feel about this picture?

What do you think about sexual abuse of children?

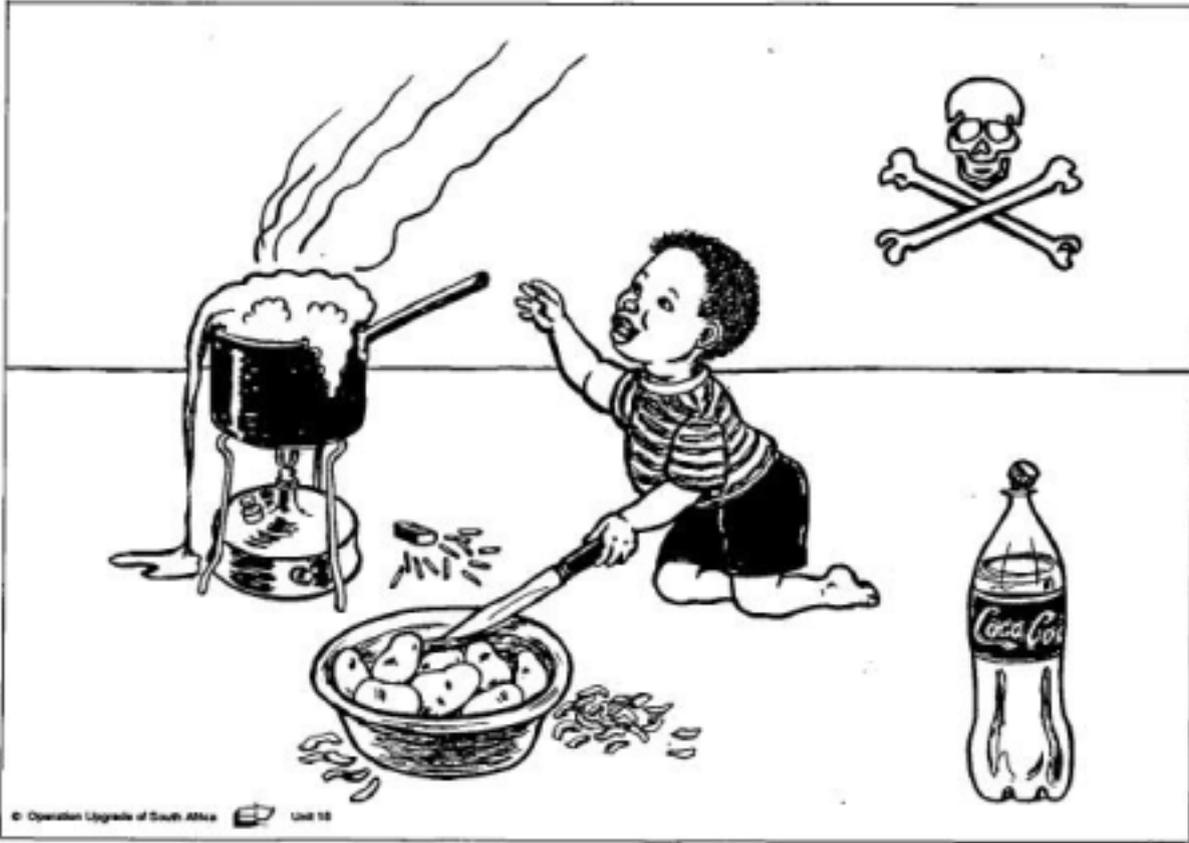
What do you think families can do to protect their children against sexual abuse?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. All children need to be protected against people who want to abuse them.
2. No one has the right to sexually abuse anyone.
3. Young children should never be left alone without someone you can really trust.
4. Sending young children out alone to buy goods puts them at risk.
5. Children should be taught not to talk to strangers.
6. It is not true that people can cure aids if they have sex with a virgin. You cannot give HIV away.
7. Children who have been sexually abused are victims, they are not guilty of anything wrong.
8. Children who have been sexually abused need counselling.

UNIT 18
Home safety prevents accidents



Unit 18 Home safety prevents accidents

A. DISCUSSION QUESTIONS

What do you see in this picture?

What is in the bottle?

How do you think the child is feeling?

If the parents knew what the child was doing, how do you think they would feel?

How does this picture make you feel?

Have you seen the sign before? What does it mean to you and your family?

Does this picture remind you of any experiences that you have had?

How do you think parents can protect their children from accidents in the home?

Do you think the cooking area is especially dangerous for children? Why?

What safety rules would you teach children when walking in the road or crossing streets?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Teach children about dangers in cooking areas in the home. Safety with cooking and fire is important to prevent cuts and burns.
2. Never leave children alone at home.
3. Protect children from cars and road dangers.
4. Teach basic road rules: listen and watch for cars; walk on the side of the road that faces on-coming cars; look both ways before crossing the road, help small children cross the road, wear seat belts in cars; never run across a road, wear light-coloured clothes when walking on the road at night.
5. Protect children from harmful things in the home. Put a danger sign on containers that have poison in them, and teach children what the danger sign means. Do not store paraffin and Jeyes Fluid in Coke or Sprite bottles.
6. Keep harmful objects, fluids and medicines in a place that children can't reach. Do not store harmful things in food or drink containers.

UNIT 19
***Families can protect themselves from tobacco,
alcohol, and illegal drugs***



UNIT 19 Families can protect themselves from tobacco, alcohol, and illegal drugs

A. DISCUSSION QUESTIONS

What can you see in this picture?

How do you think the people in this picture are feeling?

How does this picture make you feel?

Have you ever felt like any of the people in this picture?

What harm do you think alcohol, smoking or drugs can cause in a family?

What are some of the reasons people begin to use alcohol, drugs or tobacco?

Why do you think people find it hard to stop using alcohol, tobacco and drugs?

How do you think alcohol, tobacco and drugs affect children and teenagers?

How can you help your children to avoid these harmful things?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Tobacco is an addictive and harmful drug. Smoking causes diseases that shorten your life. Second-hand smoke harms your family's health too. Smoking harms unborn babies.
2. Your child will follow your example. It is hard to stop smoking. Do not start. You will have money for other things, and you will look and smell better if you do not smoke. Chewing tobacco, and taking snuff, are both harmful.
3. Alcohol and illegal drugs are addictive and harmful substances. They make people make bad decisions, and make them lose control of themselves.
4. Generally, individuals and families are happier without alcohol and illegal drugs. Families where the parents use drugs or alcohol often do not have enough money to live on.
5. There is often violence in a family where there is alcohol and drugs. Buying and using illegal drugs is a crime. It is also costly and often dangerous.
6. Drinking alcohol, or abusing drugs, can lead to injuries, disease and a shorter life. Alcohol and drugs can cause damage to the bodies and the minds of unborn babies.

UNIT 20
Families can protect themselves from sexually transmitted diseases



UNIT 20 Families can protect themselves from sexually transmitted diseases

A. DISCUSSION QUESTIONS

What story do these pictures tell you?

How do you think the people in the story are feeling?

How do you feel about this story?

Do you know a story like this?

How do you think a family can protect themselves from sexually transmitted diseases?

Every year, millions of people get sexually transmitted diseases and every year the number increases. Why do you think this serious problem is growing?

What do you think women can do to stop the spread of these diseases?

What do you think men can do to stop the spread of these diseases?

If people do not have sex before marriage, if they choose a marriage partner very carefully, and if they remain faithful to that partner, do you think these diseases will not come into the family?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Sexually transmitted diseases (STDS) are serious infections that are spread through sexual contact. Pregnant women can pass STDS to their own children. Some common STDS are herpes, chlamydia, syphilis, gonorrhoea, hepatitis B, genital warts, vaginitis and HIV (AIDS virus).

2. Some STDS can be cured, but others can only be controlled. Early treatment is important. Your best protection is to avoid getting an STD.

3. The best way to avoid STDS is to abstain from sexual activity before marriage and to remain faithful to your husband or wife after marriage.

4. If a husband or wife gets a sexually transmitted disease, both people should consult a doctor. If one gets cured, the other must be cured too.

5. You can help control STDS by being alert. Pay attention to your body. If something looks or feels different, consult a doctor.

6. The most common symptoms of STDS in men and women occur on or near the sexual organs. They include: burning, especially with urination, unusual discharge, itching, painful or itchy sores, bumps and other skin changes, and abdominal pain in women. Some symptoms take months or years to develop. If you're not sure if you have symptoms, seek medical care.

7. You can get more information about STDS from a doctor or from a clinic.

UNIT 21
Families can protect themselves from AIDS



UNIT 21 Families can protect themselves from AIDS

A. DISCUSSION QUESTIONS

What story do these pictures tell?

How do you think the people in this story are feeling?

How does this story make you feel?

Do you know someone who is HIV positive or who has AIDS?

What is HIV/ AIDS?

Do you think you know of someone who died from AIDS?

How do you think families can protect themselves from AIDS?

Why do you think having only one sexual partner can reduce the risk of AIDS?

Do you think using drugs or taking alcohol can increase the risk of AIDS? How?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Acquired immune deficiency syndrome (AIDS) is caused by the HIV virus, a germ that damages the body's ability to fight diseases. Viruses are very small living things that cause many different diseases in humans. Polio is another example of a disease caused by a virus.

2. HIV lives in human blood, in the white blood cells, and multiplies itself. The white blood cells are part of the immune system, which is the system inside us which fights disease. HIV gradually damages the white blood cells, so that an infected person cannot fight off other diseases like cancer and tuberculosis. Then we say the person has AIDS. People die from these other diseases, but the real killer behind the diseases is HIV.

3. AIDS is fatal. There is no known cure. It is not cured by having sex with a virgin.

4. AIDS infection can be passed from one person to another through even only one sexual contact, through sharing of needles to take drugs, or through blood transfusions. A pregnant woman may even pass aids to her unborn baby and even rarely through breast-feeding. It is not caused by witchcraft.

5. Men and women reduce the risk of AIDS by making careful choices. No sex before marriage, choosing a marriage partner who is not HIV positive, and complete faithfulness during marriage means that the two people will not contract AIDS.

6. If you are planning to marry, you have the right and the responsibility to ask that both you and your partner have HIV tests.

7. People who have had more than one sexual partner in the last 5 years may be at risk.
8. For most of the time, people infected with HIV are healthy and you cannot see there is anything wrong with them. The problems come later when the white blood cells are too weak to fight infection. Sometimes AIDS only appears eight or nine years after HIV infection. Sometimes it can take 15 years for aids to appear.
9. HIV virus can pass between any two people who have sexual intimacy, whether they are men or women. It can also be passed on in traditional circumcisions of young people when the same knife or razor blade is used for everyone.
10. Casual contact, like shaking hands, hugging, sharing food, with a person who has aids will not infect you with the virus. You can't get AIDS from sneezes, mosquitoes, toilet seats, spoons or cups. You won't get AIDS from caring for a person with AIDS if you do not let their blood get on you. Wear gloves or plastic bags on your hands to bath them and give them medicine.
11. Show support and caring for people who are infected with HIV or who have aids. You can't get HIV from being a friend.
12. A person may carry and transmit the HIV virus for up to 15 years before developing aids symptoms. If you think you may have the virus, talk to an AIDS counsellor about getting a test for this disease.
13. If you are HIV positive, you can live a healthy and useful life for a long time, if you eat a balanced diet and get plenty of rest. You should keep on working or running your business if you can. Make the best out of life. Make sure you do not infect another person.
14. AIDS symptoms include fever, shortness of breath, swollen glands, unexplained weight loss, and purple or white skin blotches.

UNIT 22
Families can keep violence out of their homes



UNIT 22 Families can keep violence out of their homes

A. DISCUSSION QUESTIONS

What is happening in this picture?

How do you think the mother is feeling? The children? The father? The neighbours?

How does this picture make you feel?

Do you know families where people are violent?

Why do you think there is violence in families?

Do you think families can solve problems without violence? How?

Do you believe it is right for anyone to beat another person?

What do you think victims in violent families should do?

What can you do if there is family violence where you live?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Violence in the home is never acceptable. Our constitution protects everyone in the family against violence. It is against the law to beat anybody, even if they are your wife or child.

2. Parents should handle bad feelings and conflict in the home peacefully, by listening, showing respect and patience, talking calmly to resolve problems, and if needed, getting counselling from someone else.

3. The worst home violence is abusive behaviour by a family member, either male or female, but usually a husband, father or boyfriend. Women and children are usually victims. There are four kinds of this violence or domestic abuse:

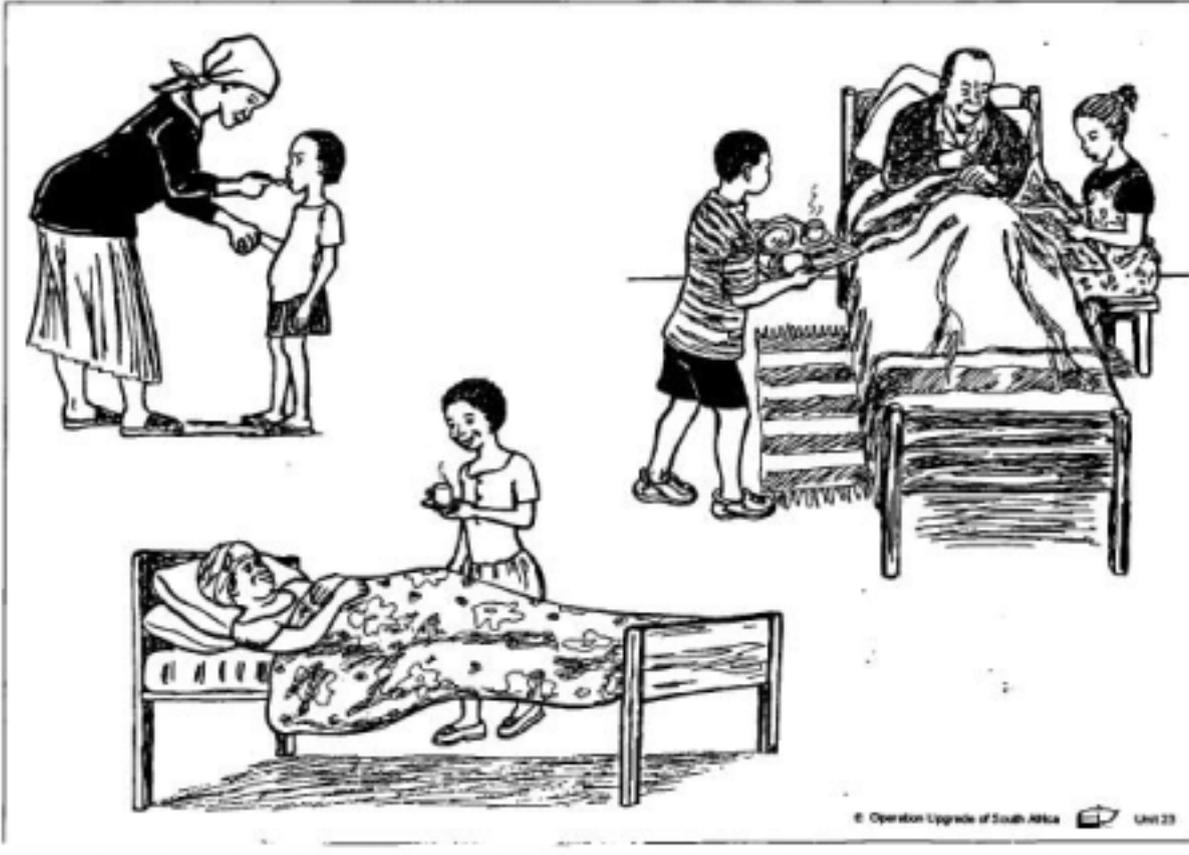
- **Physical.** Actions that cause pain or injury, such as kicking, slapping, pushing, choking, punching, restraining or using weapons or harmful objects.
- **Emotional.** Actions that hurt self-esteem, such as name-calling, swearing and criticising.
- **Psychological.** Actions that create fear, such as threatening to harm a spouse, children, relatives or friends.
- **Sexual.** Acts of a sexual nature that are unwelcome or uncomfortable.

4. A violent partner or parent is dangerous. Victims may need to get out or be taken out of abusive relationships. Anyone who knows that a child is being abused should tell the police or a social worker.

Section 5

Healthy families can treat and prevent sickness

UNIT 23
Treating common health problems



Unit 23 Treating common health problems

A. DISCUSSION QUESTIONS

What do you see in these pictures?

How do you think the people in these pictures are feeling?

How do these pictures make you feel?

Have you ever been ill and had other people care for you?

Have you ever had to care for a sick person?

Do you know what to do for someone who has one of these health problems?

- Diarrhoea
- Dehydration
- Fever
- Cough
- Worms
- Rashes

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. **Diarrhoea and dehydration.** These are common, and it is important to care for someone at home if he or she has these problems.

Learn to see the signs of dehydration. These are: dry mouth, or no saliva under the tongue, sunken eyes, no tears when crying, dark urine, less than normal urine or no urine, and the soft-spot place on top of an infant's head may be sunken and deeper than normal.

Make sure the person with diarrhoea or dehydration drinks plenty of liquids and continues to eat. Use the oral rehydration solution - 1 litre of clean water mixed with half a teaspoon of salt and 4 level teaspoons of sugar - if the person is dehydrated. He must drink as much as possible of this, and you should make more when needed. If the diarrhoea lasts more than a few days or if there is blood in the stool, take the person to a clinic.

2. **Fever.** Fever usually means that infection is present. You can see if a person is feverish from these symptoms: high body temperature, headache, stiffness of the neck, swelling of the throat, confusion. (Use your hand to feel the temperature of the person's forehead. If it is much hotter than your own, the person probably has a fever.)

Treat fever with plenty of liquid to drink. Sometimes fever comes with 'flu. If you can, take the person with fever to a clinic or a doctor.

3. **Malaria.** Where malaria is common, protect children from mosquitoes and destroy the breeding places for mosquitoes. In these areas, pregnant women should take malaria

medicine regularly. People with malaria often feel hot and then cold, and they shiver. Sometimes children with fever benefit from malaria medicine. Sometimes the doctor will give antibiotics which you must give the child at home. These usually work well if you finish the whole course, whether the child is well or still sick.

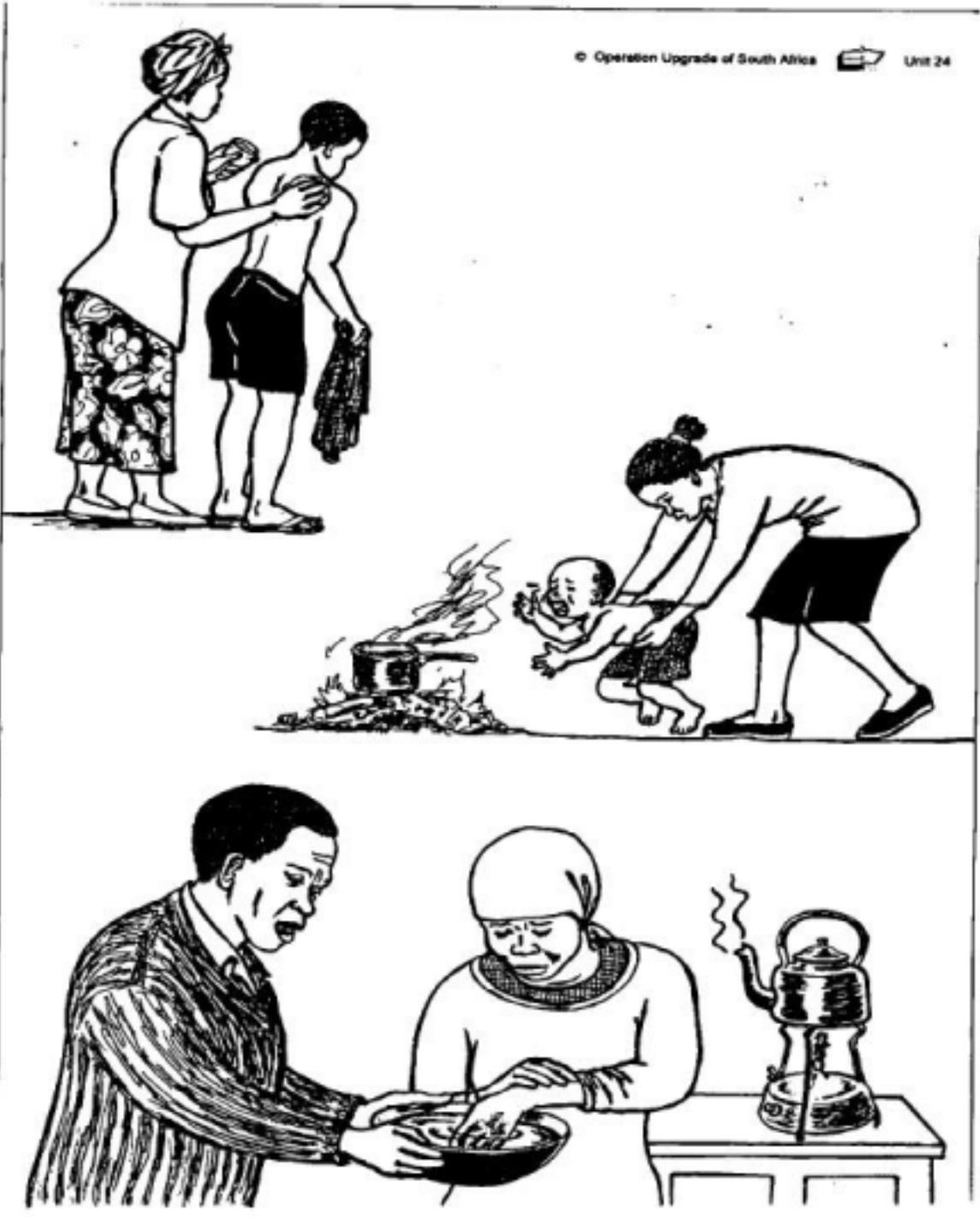
4. **Cough.** People cough when they are trying to clear things from their throat and lungs. Usually you do not need to give special treatment, but someone with a cough should drink plenty of clean liquid and breathe clean air that is not smoky. Sometimes at night coughing people cannot sleep. Then prop them up on pillows so that they can breathe more easily.

A child with a cough and a fever who is breathing fast should be taken to a clinic.

5. **Worms.** The signs that someone may have worms are: coughing that does not go away, loss of weight, diarrhoea that does not stop after two weeks, weakness, stomach pains, itchy bottom during the night, itchy skin.

Most worm infestations can be prevented if people are careful. Use a toilet, and wash hands with soap and water. Wear shoes. Most worms can be easily treated with medicine which you can buy from a pharmacy or get from a clinic.

UNIT 24
Families can treat rashes, burns, boils and wounds



UNIT 24 Families can treat rashes, burns, boils and wounds

A. DISCUSSION QUESTIONS

What do you think is happening in each of these pictures?

How do you think the injured people feel?

How do you think the people feel who are helping them?

How do you feel about these pictures?

Have you ever had a bad rash, a burn or a wound?

Do you know how to treat them?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. **Skin rashes** These are a sign of infection or a disease or an allergy. If the rash is between the fingers, or it leaks fluid, or it itches, or the person has a fever, see someone at the clinic or a doctor. For other rashes, you can ask a pharmacist for medication, and treat the rash yourself. Keep skin clean, dry and protected.

2. **Burns** If the burn is not bad, you can treat it yourself. Put the burnt part of the body in cool, clean water. Wash the burn with soap and water at least 4 times a day. Keep it dry and protected. Someone with a bad burn should be taken to the clinic or a doctor.

3. **Boils** Keep boils clean. Do not cut them or you may allow germs to get in. Put warm, moist cloth on the boil several times a day to encourage it to finish. When it bursts, wash well with soap and clean water. But if there is a lot of red skin around the boil, take the person to a clinic or a doctor.

4. **Wounds** Wash the wound well with soap and clean water to prevent germs from getting in. Wrap clean cloth around it until it starts to heal. If the wound is deep or long, take the person to a clinic or a doctor.

UNIT 25
Families can really help people who are very sick



UNIT 25 Families can really help people who are very sick

A. DISCUSSION QUESTIONS

What do you see in this picture?

Do you think the person in the bed could be going to die?

How do you think he feels?

How do you think the young boy feels?

Does every dying person go to a hospital to die?

Why do you think people need to care for dying relatives?

How do you think we should look after people who are very sick?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Sometimes a dying person has to die at home. Everyone has the right to die with dignity and with care from others. The family can help those who are very ill at home.

2. People who are very ill need good food that they can eat and plenty of liquid to drink. Sometimes they can only take tea with milk and sugar. Their bodies do not work well any more, so that they may have diarrhoea. They may be too weak to get out of bed. They may be confused. They may be coughing a lot, or they may have a lot of sores. Sometimes they are too weak to wash themselves. They may need people to sit with them.

3. **Diarrhoea** If someone is weak, there may be diarrhoea and urine in the bed. Change the sheets often. Put some plastic under a sheet under the person, to protect the mattress. Keep a pan in the room that the person can use for urine and stool if possible. Do not blame the person if he or she cannot control this problem.

4. **Washing** Wash a sick person once a day with a clean cloth, soap and warm water. Turn them in bed if they cannot turn themselves, to ease their bodies.

5. **Food and drink** Make soft food like porridge or mashed banana for people who have sores in their mouths. Feed sick people a little food at least four times a day. If they are hungry, give them what they want to eat.

6. **Confusion** The sickness may make people confused. They may no longer recognise family members, or they may not know where they are. Do not argue with them. Gently but firmly keep them in bed and tell them not to worry.

7. **Pain** If the sick person is in pain, you must get helpful medicine. Talk to a social worker, a priest, the clinic, or a doctor or if the problem is AIDS, contact the nearest AIDS centre.

8. **Love and support** The sick person needs to know that he or she is loved and supported by the family. Everyone should be able to talk to the person, read to him or her, and help with cleaning, and giving food and medicine.

Section 6

Healthy families share love and closeness

UNIT 26
Families can be emotionally and spiritually healthy



Unit 26 Families can be emotionally and spiritually healthy

A. DISCUSSION QUESTIONS

What do you see in this picture?

How do you think the mother is feeling?

How do you think the father is feeling?

How do you think the children are feeling?

How does this picture make you feel?

Have you ever known a happy family like this?

Sometimes the parents are happy with each other. They have a close relationship. How do you think this affects the children? Do you think it gives them more trust and confidence?

Why is it important for parents to spend time with their children? What should they be doing in this time?

How do parents teach children what is important?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Children need to feel the love of their parents.
2. Parents should spend time with their children, listening to them, talking with them, playing, working and relaxing with them. Both the father and the mother should do this.
3. Children need praise, encouragement, and respect from their parents and from each other.
4. Families should set aside a special time each week for playing, learning, talking to and enjoying each other. Many families keep Saturdays or Sundays for this. The father and mother say that this day is 'family day' and they spend the whole day with their children. These parents believe that children are a gift and that a family is a very special thing.
5. Infant children need to be held and given attention. The learning that will shape a child's life happens before the child is 3 years old.
6. Husbands and wives need to spend time and energy to keep their relationship loving and caring. Children feel confidence and security when their parents are close.
7. Sometimes a parent must raise a child alone. A single parent can be a very good parent, especially if other family members and friends can help do some of the things that the missing parent would have done.

UNIT 27
Teenage pregnancy should not break up a family



Unit 27 Teenage pregnancy should not break up a family

A. DISCUSSION QUESTIONS

What is happening in this picture?

How do you think the girl feels?

How do you think the father feels?

How do you think the mother feels?

How do you feel about this picture?

Have you ever heard of stories like this picture?

Do teenagers and young children experiment with sex?

How can parents discourage their children from experimenting with sex?

In the past, there were older women who taught young girls about the danger of sex before marriage. Who is there now to teach the children about this? Are the parents responsible for this?

Is it easy to talk to children about sex? Is it enough to tell them they must not have sex? Or do you have to explain what sex is, how children are conceived, and the importance of a loving relationship between man and woman where children can be cared for?

Do parents need to tell their children about HIV/ AIDS and contraception?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Children as young as 11 are experimenting with sex. Parents need to know this.
2. It is not enough to try to control the life of a young girl. She needs to be protected, but she also needs to understand the dangers of teenage sex.
3. Children need to know what sex is, how babies are conceived, the impact of a baby on a young life, and the dangers of STDS and AIDS.
4. Parents need to communicate about sex with their children. Young boys often think that love means sexual intimacy. They need to know that sexual intimacy means children and responsibility.
5. If a young girl does get pregnant, she should not be rejected from the family. This problem has been happening all over the world for thousands of years. If it happens, the family must turn the situation into something good.
6. If a young girl gets pregnant, it is important that the baby has a chance to develop well and be healthy. If the young mother is rejected by her family, she may be forced into trying to abort her baby.
7. A forced marriage between young people is not a good foundation for a family.

UNIT 28
A loving family can protect children from bad influences



Unit 28 A loving family can protect children from bad influences

A. DISCUSSION QUESTIONS

What story is told by these pictures?

What do you think will happen to the young boy who is a hi-jacker?

How do you think his parents will feel?

How do you think he will feel?

How do you feel about this story?

Do you think it is true that poverty drives people to commit crime?

Why do young people get involved in crime?

What do you think parents can do to make sure their children do not turn to crime?

B. SENTENCE WORK

C. IMPORTANT IDEAS

1. Children in a happy family where they are loved, recognised and respected, do not need to join gangs for support.
2. Being wealthy does not mean a loving, caring family. You can be a happy healthy family even where there is no money.
3. Parents should make sure that their children do not have bad friends who use drugs, smoke and drink and form gangs.
4. Children who commit crime will ruin their lives.
5. Your child must be able to talk to you. He must trust his parents. He will trust you if he knows that his parents love him and respect him.