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Alternative Basic Education Learner's Book for Level 1, Semester 1

Content Area: LIFE SKILLS



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Ministry of Education, Government of Liberia

With the Core Education Skills for Liberian Youth (CESLY) Project, USAID Contract # EDH-I-00-05-00031-00

LIFE SKILLS LEVEL 1 SEMESTER 1

LEARNER WORKBOOK

For use with the Alternative Basic Education Curriculum

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MODULE A

Lesson 2: Introduction to Health Module

Learning Points:

- Being healthy is important.
- Being healthy means *“I can take better care of myself and others.”*



Directions: Think of your life looking at the times you were well and sick. Dots A and B mark your life from birth to where you are now. Connect the two dots using a straight line to show times you were healthy and curves to show times you were sick. Put in a symbol to show the sickness. For example, a bone could represent a broken bone, a knife for a surgery, etc.

•
A

•
B



Variation: Think about the times you were well and sick. How did you feel? Draw a healthy face in Box A and a sick face in Box B. Next to the face, draw a symbol of something you were not able to do due to the sickness.

Box A	Box B
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Do you prefer to be sick or well? Check Box A _____ or Box B _____

MODULE A

Lesson 3: Why Do I Get Sick?

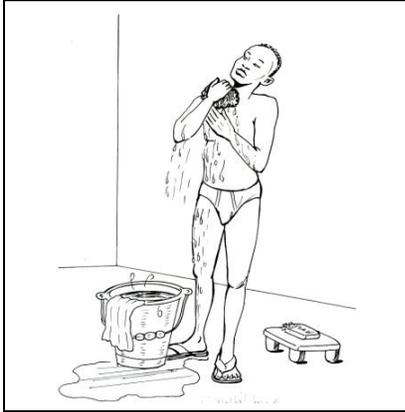
Learning Points:

- There are many things that can have an effect on our health.
- Some of these we can have control over, others we have less or no control over.



Directions: Circle the picture that describes the things we do that make us sick.





MODULE A

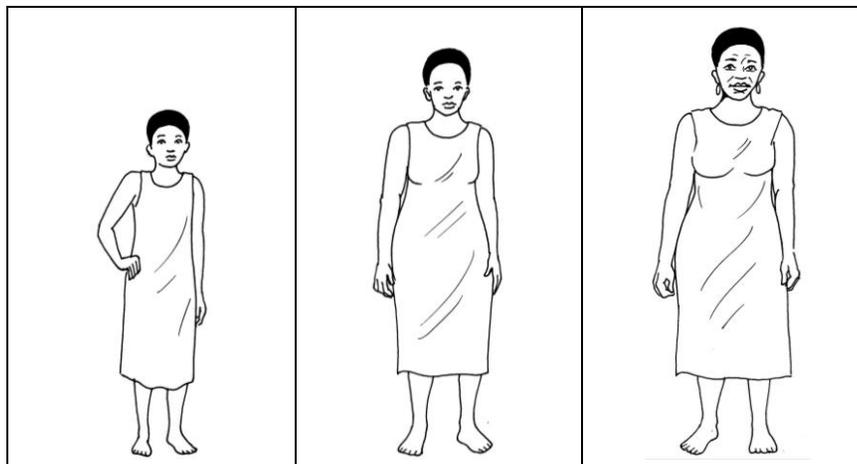
Lesson 4: Growing Up?

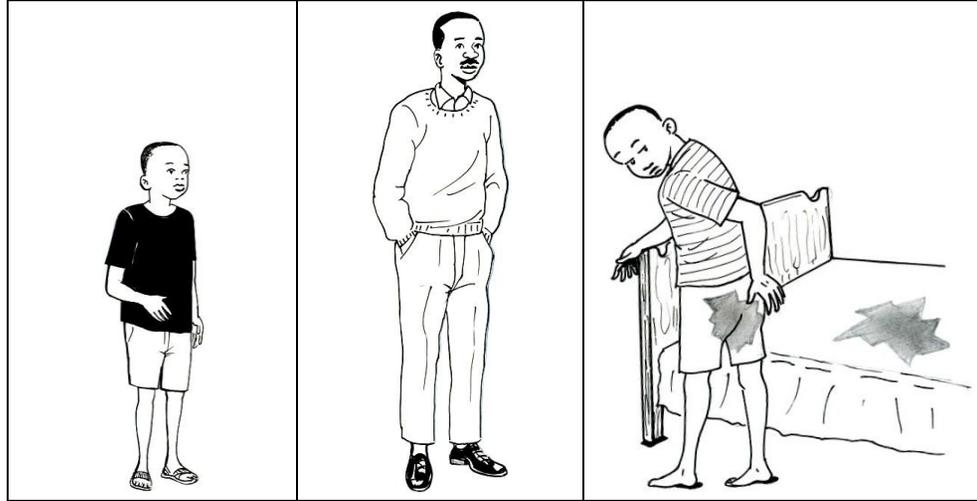
Learning Points:

- Puberty is the time during adolescence when a boy or a girl has physical and emotional changes in their bodies.



Directions: Can you tell which of the boxes below show a sign of puberty? **Check the box which does.**





MODULE A

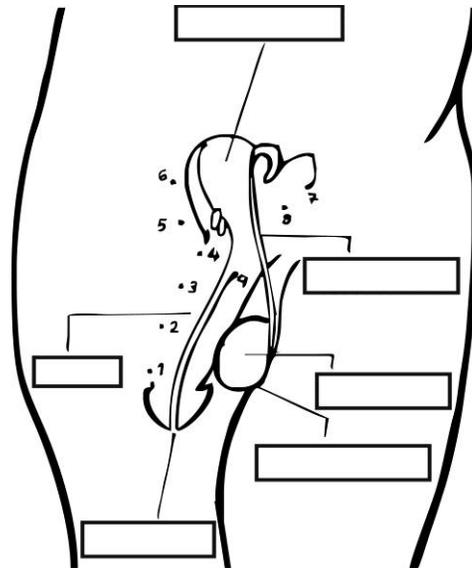
Lesson 5: Male Reproductive System

Learning Points:

- Men and women have parts of the body used for making babies. These parts are different from each other and have different functions.



Directions: Connect the dots from 1 – 9. Name each part of the male reproductive system with the words next to the picture.



Urethra

Scrotum

Testicle

Penis

Bladder

Vas deferens (sperm tube)

MODULE A

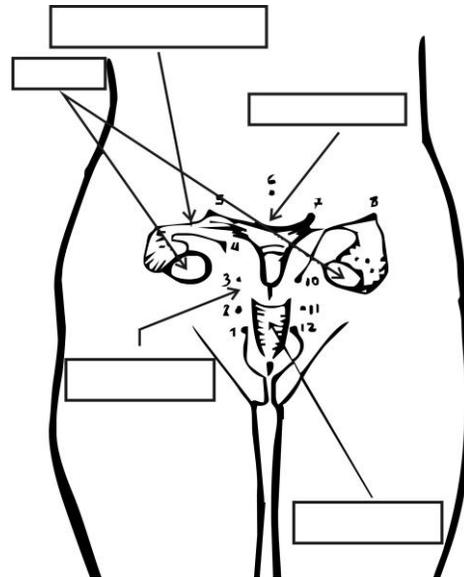
Lesson 5: Female Reproductive System

Learning Points:

- The male and female reproductive systems are different from each other and have different functions.



Directions: Connect the dots from 1 – 12. Name each part of the female reproductive system with the words next to the picture.



Fallopian tubes

Ovaries

Cervix

Vagina

Womb

MODULE A

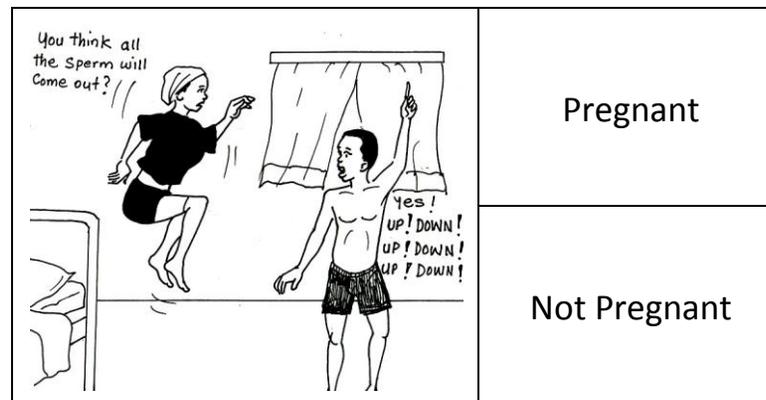
Lesson 7: Teenage Pregnancy

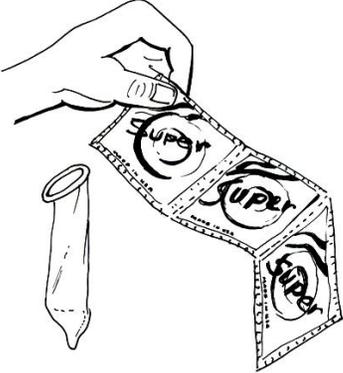
Learning Points:

- For pregnancy to occur, the man's sperm must join with the woman's egg.



Directions: Look carefully at the pictures on the left. Can you tell what will happen due to the action? Match each picture on the left with the result on the right.



	Pregnant
	Nor pregnant
	Pregnant
	Not Pregnant
	Pregnant
	Not Pregnant

MODULE A

Lesson 10: Introduction to Sexually Transmitted Diseases

Learning Points:

- Sexually transmitted diseases (STDs) are dangerous to our health. An STD is caused by having unprotected sex with someone with an STD.



Directions: Below is a list of sicknesses. Circle the name of a disease that is spread through “man and woman business” (sexual intercourse).

Cold

**Runny
Stomach**

Chlamydia

Gonorrhea

HIV

Malaria

Syphilis

Asthma

MODULE A

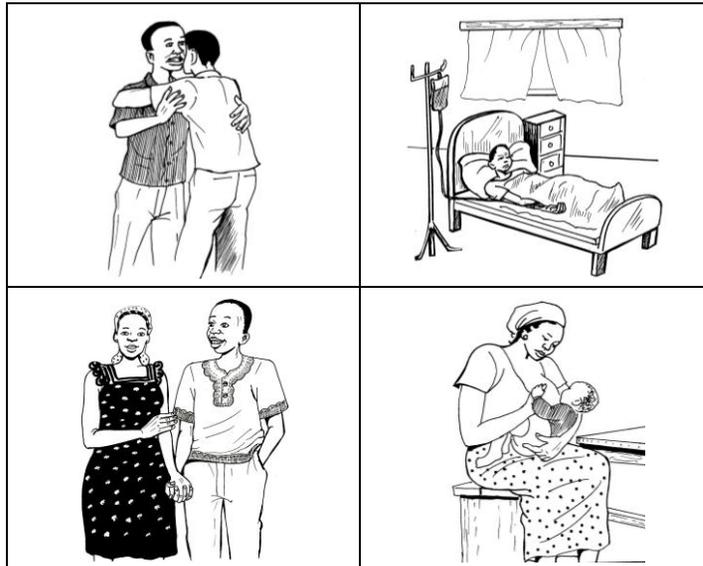
Lesson 13: How HIV/AIDS is Spread

Learning Points:

- HIV/AIDS is caused by infected body fluids and cannot be caught any other way.



Directions: Mark an X on the picture that shows how HIV is not spread. Circle the picture that shows how HIV is spread.



MODULE A

Lesson 16: Keeping Ourselves and Our Homes Clean and Healthy

Learning Points:

- People can be around people with HIV and AIDS and treat them with respect and kindness without getting sick themselves.



Directions: There are many ways to keep our bodies clean. The following pictures show good and bad personal care habits. Put an “X” on the picture that shows bad habits and circle the picture that shows good habits.





MODULE A

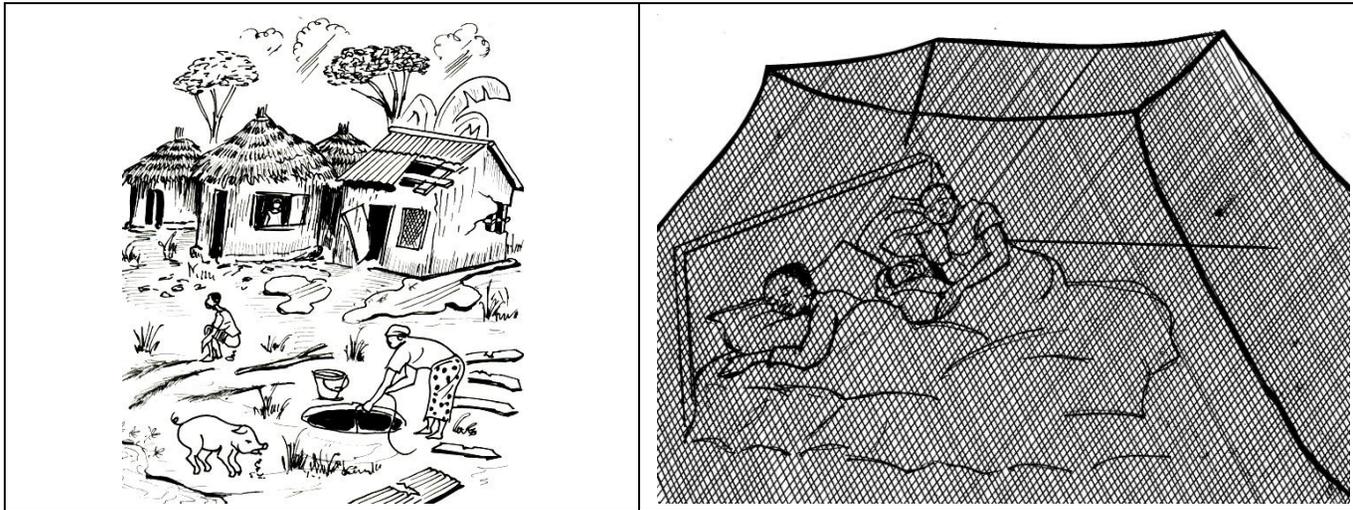
Lesson 17: Common Sicknesses that Affect my Health

Learning Points:

- We can prevent some of the diseases that make us sick by making various changes to our lives.



Directions: Malaria is a common sickness in Liberia. Put an X on the picture that shows the cause of malaria.





MODULE A

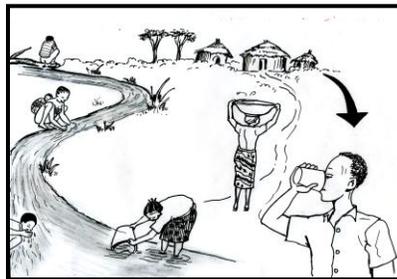
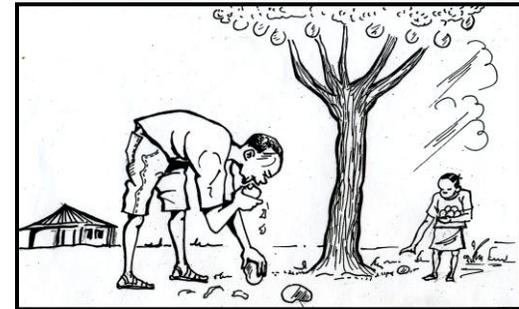
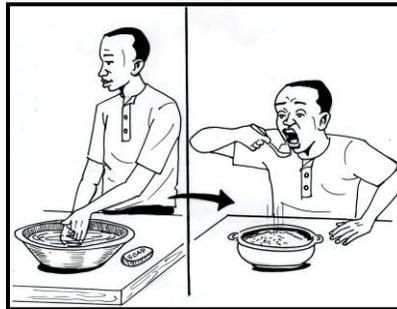
Lesson 18: Common Sicknesses that Affect my Health

Learning Points:

- Good hygiene and cleanliness is very important and will help us stop getting sick with running stomach.



Directions: Draw a line from the picture on the left to the ones on the right that shows how runny stomach can be avoided.



MODULE B

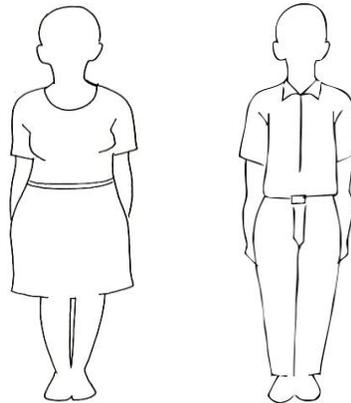
Lesson 29: My Appearance

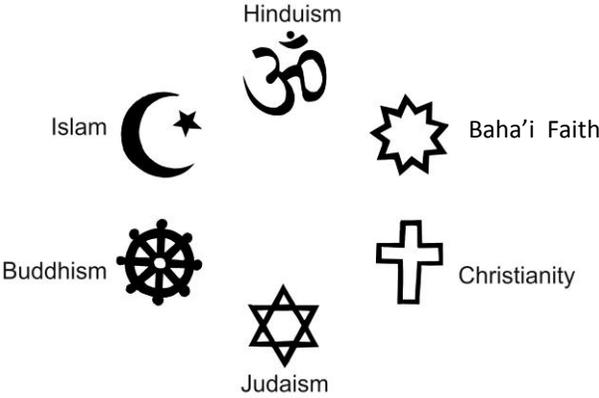
Learning Points:

- We are special and different from everyone else in the world.
- The ways we look naturally forms part of our identity.
- We must learn to accept the things we cannot change about ourselves but understand that we can change some things which require improving.



Directions: Look at the following illustration of a person and the various symbols/pictures surrounding her which make up her identify. Circle all the symbols showing things which can be changed about the woman's identity.



<p>Religion/Faith</p>	<p>Hinduism</p>  <p>Islam</p> <p>Buddhism</p> <p>Judaism</p> <p>Baha'i Faith</p> <p>Christianity</p>
<p>Ethnic group</p>	
<p>Person's physical appearance</p>	

<p>Height</p>	 An illustration showing two men standing side-by-side. The man on the left is significantly taller than the man on the right. Both are wearing collared shirts and trousers.
<p>Skills and Talents</p>	 An illustration of a soccer player in a white uniform, captured in a dynamic pose as if dribbling a soccer ball. The player is leaning forward with one foot on the ball, and motion lines behind him suggest movement.

MODULE B

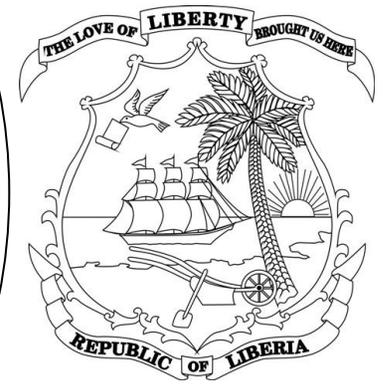
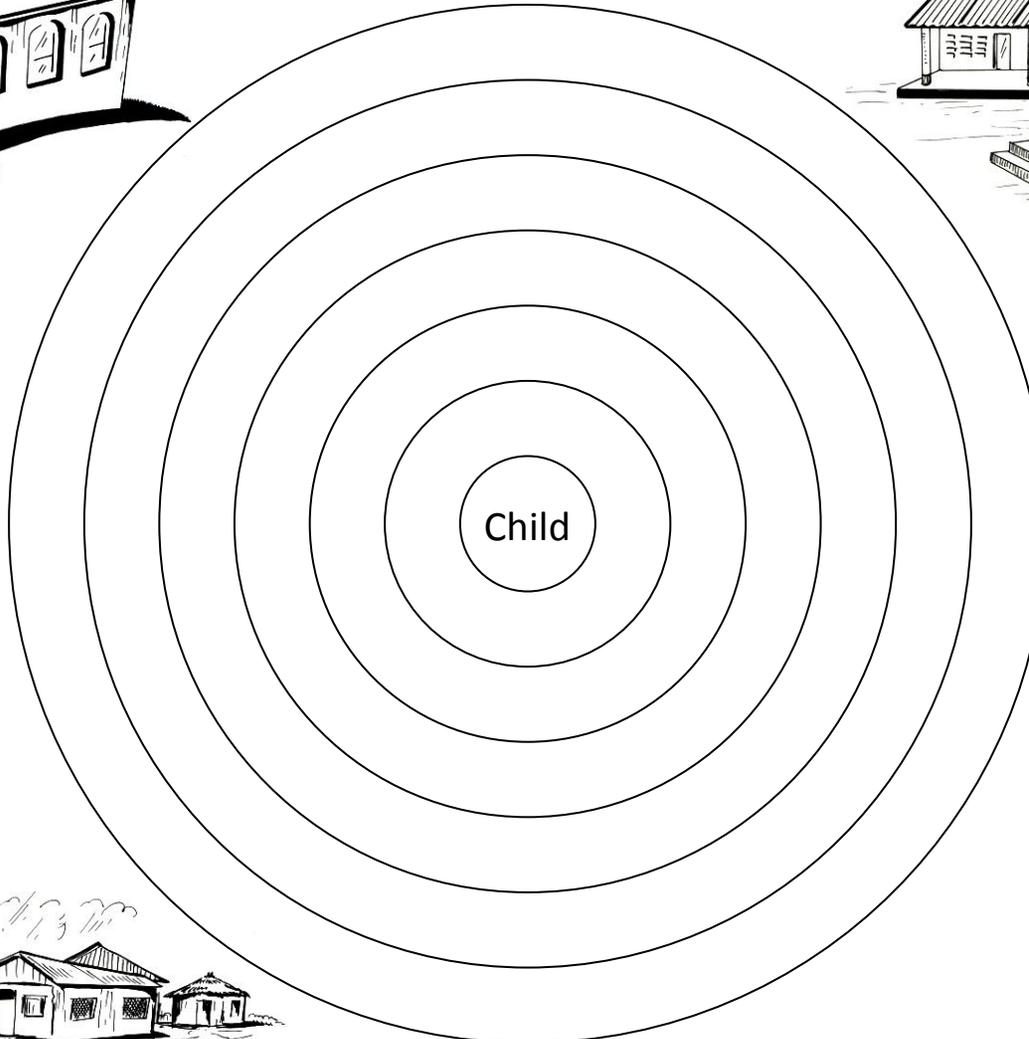
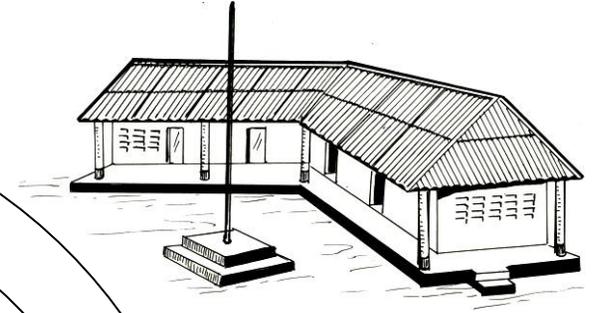
Lesson 33: What are Values?

Learning Point:

- Values are learned over a period of time from parents, teachers, media and society.



Directions: The circle diagram shows a child at the centre. Parents, teachers, media and society teach us our values but their impact is not the same. Draw a line from the person or institution to one of the circles showing the level of impact they have on the learner's values.



MODULE B

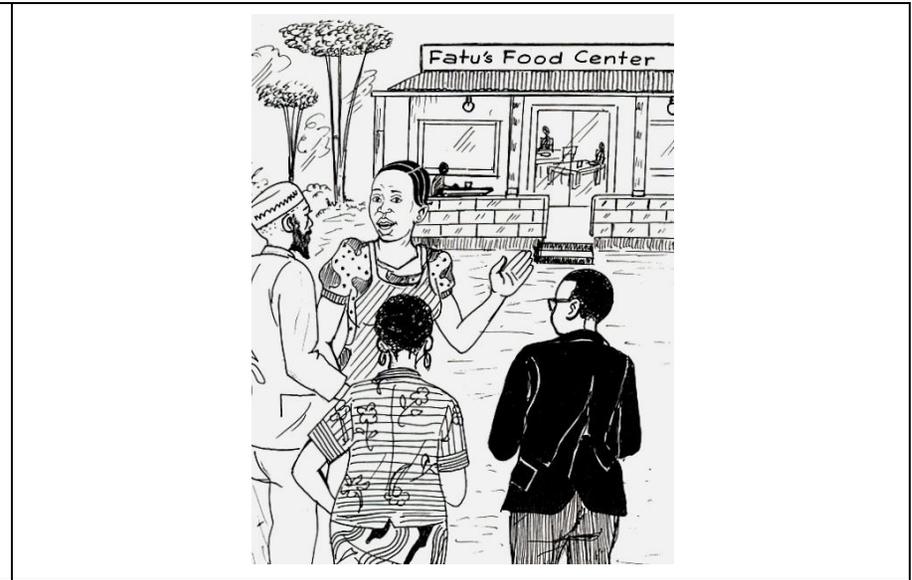
Lesson 39: Am I Important?

Learning point:

- Self-esteem is feeling good about ourselves. It means that we feel capable and feel we have valuable things to offer other people.



Directions: Circle all the pictures below which show a person with high self esteem.





MODULE C

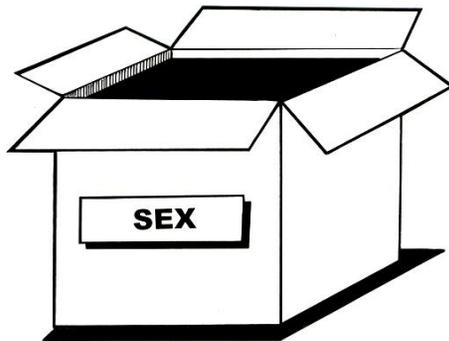
Lesson 45: My Role in the Family, Community and Society

Learning points:

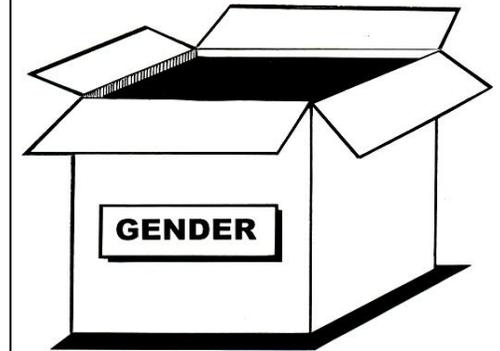
- Gender is a set of qualities and/or behavior which is expected of us by society.



Directions: Show which statement relates to sex and which statement relates to gender by drawing a line from the statement to either the 'sex' box or 'gender' box.



Women give birth to babies; men do not.
Men make bricks and build houses.
Women can breast-feed babies; men can
bottle-feed babies.
Women are at greater risk for HIV infection
than men.
Women work in the fields.



MODULE C

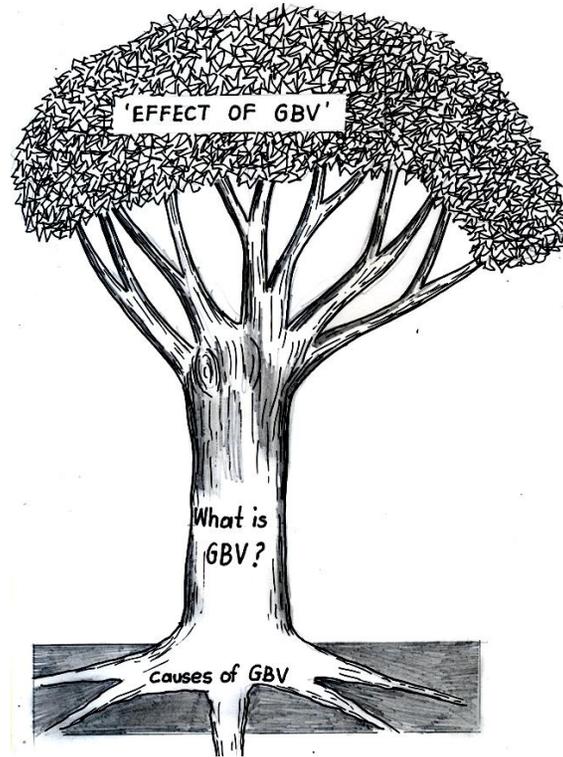
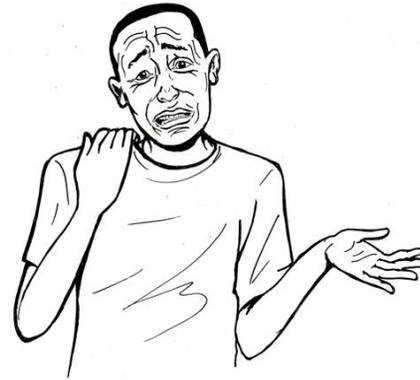
Lesson 48 Violence – What is it? (Part 1), Lesson 49 Violence – What is it? (Part 2) and Lesson 50 Power, Force and Consent

Learning Points

- GBV can affect both men and women but is more commonly experienced by women.
- GBV occurs as a result of an abuse of power and the use of force.



Directions: The branches of the tree show the effects of gender-based violence (GBV), the trunk of the tree shows what is GBV and the roots of the tree show the causes of GBV. Look at the pictures around the tree and decide if these show the effects, causes or definition of GBV. Draw a line from each picture to the correct part of the tree.



MODULE C

Lesson 50: Power, Force and Consent (Part 1)

Learning Points:

- GBV occurs as a result of an abuse of power. The perpetrator uses their power over the victim even though the victim has not consented.



Directions: Find the words below in the word search.

- a. Social power
- b. Economic power
- c. Political power
- d. Physical power
- e. Gender based power
- f. Age related power

1. Directions: Find the words below in the word search. **Word Search Puzzle.**

G	A	S	P	H	Y	S	I	C	A	L	P	O	W	E	R
T	E	D	S	O	C	I	A	L	P	O	W	E	R	I	S
E	C	N	W	T	W	I	G	W	G	T	J	V	E	P	J
K	O	M	D	Z	A	X	E	C	T	M	R	U	I	O	W
U	N	B	R	E	H	D	R	H	E	J	V	Y	J	L	F
R	O	T	P	I	R	S	E	A	T	E	N	R	F	I	Y
Q	M	I	O	W	G	B	L	R	U	B	W	Y	R	T	B
P	I	Z	L	P	L	O	A	V	R	G	C	V	P	I	D
Y	C	O	T	O	B	I	T	S	H	T	G	R	B	C	H
M	P	X	J	K	M	W	E	M	E	V	N	E	T	A	U
V	O	L	H	A	O	R	D	T	H	D	A	V	I	L	B
A	W	O	P	S	W	A	P	Y	X	B	P	F	U	P	E
B	E	R	V	R	V	Z	O	P	E	W	B	O	R	O	V
A	R	G	L	O	H	K	W	B	J	R	S	I	W	W	G
S	Q	F	E	P	T	C	E	I	W	E	T	V	G	E	D
T	U	C	S	C	U	E	R	Y	S	R	O	E	W	R	R

Clue:
You can search horizontally (side to side), vertically (up and down) or diagonally (slanted).

2. Link each of these words to one of the pictures which give an example of the person who may have this power.
- a. Social power
 - b. Economic power
 - c. Political power
 - d. Physical power
 - e. Gender based power
 - f. Age related power



3. Look the pictures that go with each of the different types of power and think how that power could be abused. Discuss this with another learner.

MODULE D

Lesson 59: Maintaining Peace – Active Listening

Learning Points:

- Good communication and practicing active listening supports the promotion of peace.
- Listening to others opinions and honest communication supports active peace.



Directions: Number the different stages (1-6) in the correct order for active listening.

- ___ Ask if you have understood everything correctly.
- ___ Ask for more information.
- ___ Thank the person for speaking to you.
- ___ Listen to what the person is saying to you.
- ___ Reword what has been said to you to show that you have understood it.
- ___ Repeat back exactly what has been said to you.

MODULE D

Lesson 60 – Maintaining Peace: One Way versus Two Way Communication

Learning Points:

- Wherever possible, we should be doing two way communication so that there are no misunderstandings or lack of information occurring. Two way communication can support building trust and confidence in ourselves and in others.

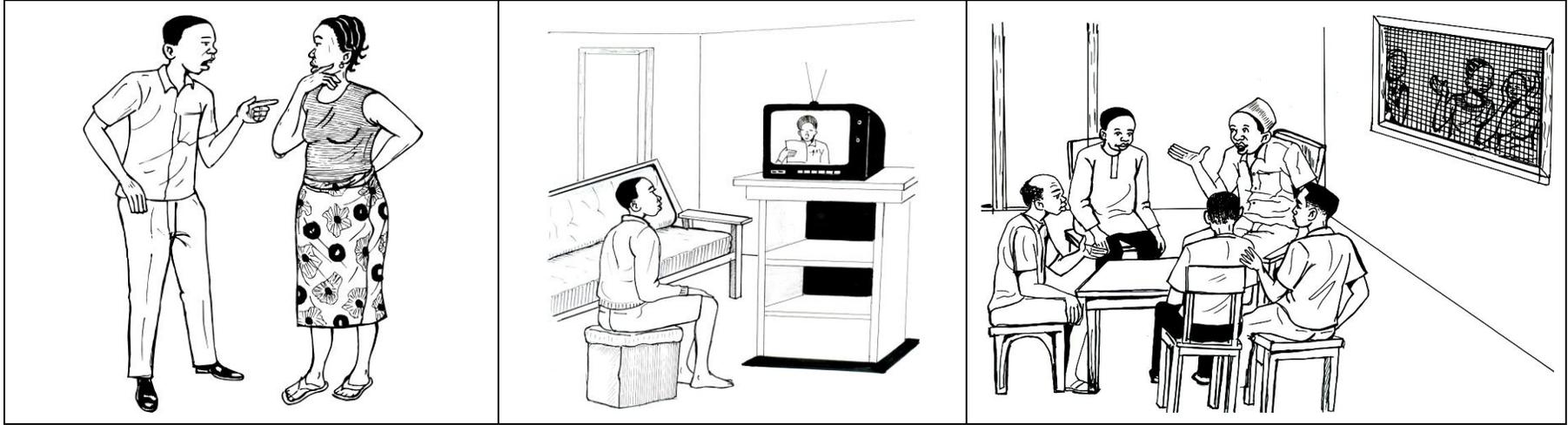


Directions: Look at the different boxes below and circle the ones which show two way communication.



A person in church listening to the pastor speaking





MODULE E

Lesson 67: When Conflict Occurs – The Art of Negotiation (Part 1)

Learning Points:

- Listening to the concerns of the other person involved in a conflict can help find a common ground.



Directions: There are 6 steps of questions to answer when you are problem solving. They are all shown below but they are in the wrong order. The empty boxes show each step. Put the different steps for problem solving in the correct order on the diagram from the list below.

- a. Are we happy with these possible solutions?
- b. What do we want?
- c. Is the problem solved?
- d. How many solutions can we find?
- e. What is the problem?

f. What is the best solution?

MODULE F

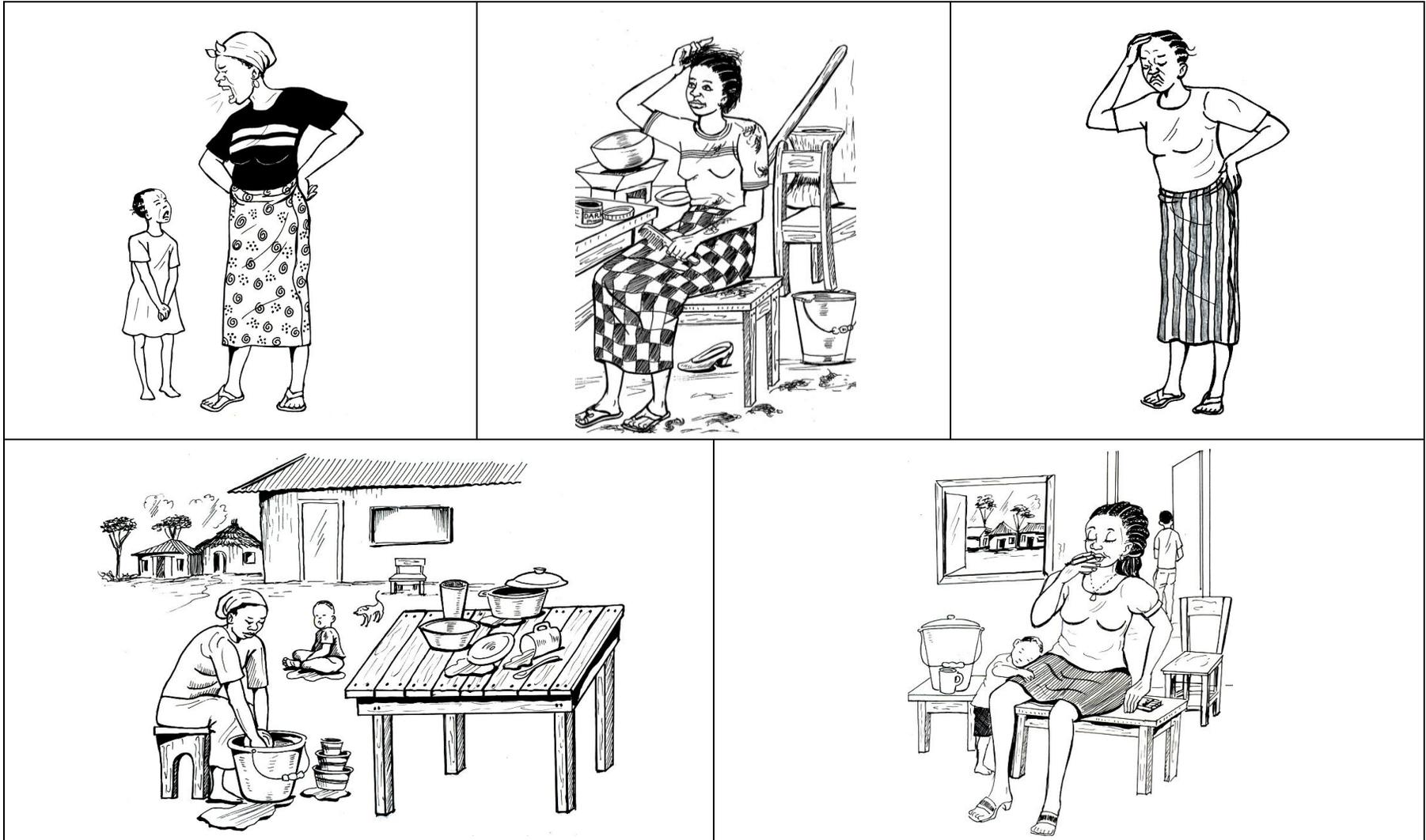
Lesson 75: Signs and Symptoms of Stress

Learning Points:

- Anyone who is alive experiences the signs and symptoms of stress.
- If your stress is prolonged, it can lead to physical illness examples; ulcers, stroke, heart attacks, accidental injuries etc.



Directions: Look at the illustration below showing the different symptoms of stress. What stress symptoms is the mother showing? Arrange these symptoms into one of the following groups: behavioral, emotional and physical. On the picture, write the letter 'b' beside the behavioral symptoms, the letter 'e' beside the symptoms which are emotional and the letter 'p' beside the symptoms which are physical.



MODULE F

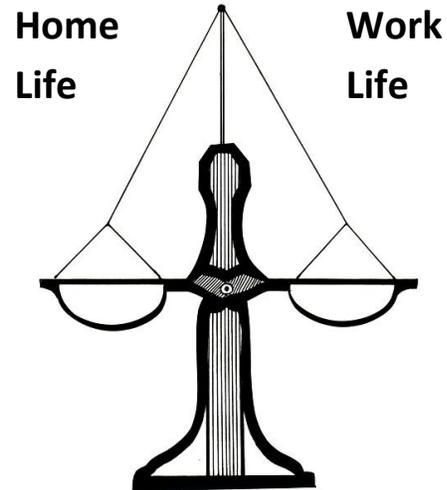
Lesson 79: Balancing Home and Work Life

Learning Points:

- Planning and being committed is the answer to a balanced home and work life and will reduce stress levels.
- Taking some time off for yourself will not only benefit you, but it will benefit your work and family greatly.



Directions: Look at the picture showing the set of scales. Draw on the picture what is needed to maintain a happy balance between home and work life. Put your drawing on either side of the scale.



Draw on the picture what is needed to maintain a happy balance between home and work life. Put your drawing on either side of the scale.

MODULE G

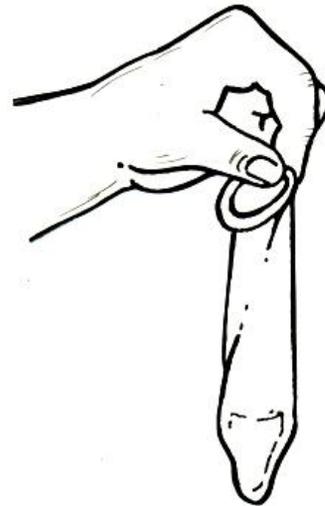
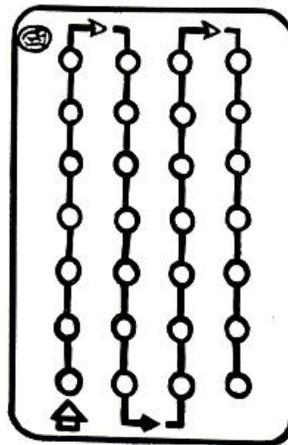
Lesson 84: What is Family Planning?

Learning Points:

- Having the number of children I want and knowing when I want them is called family planning. Family planning is a means to achieve and demonstrate responsible parenthood.



Directions: Look at the two pictures. List as many benefits as you can of family planning.



MODULE G

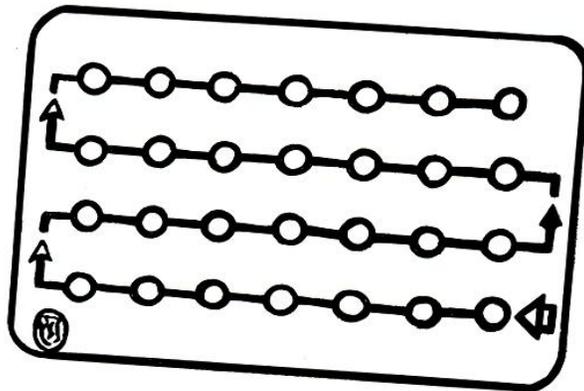
Lesson 85: Family Planning Methods

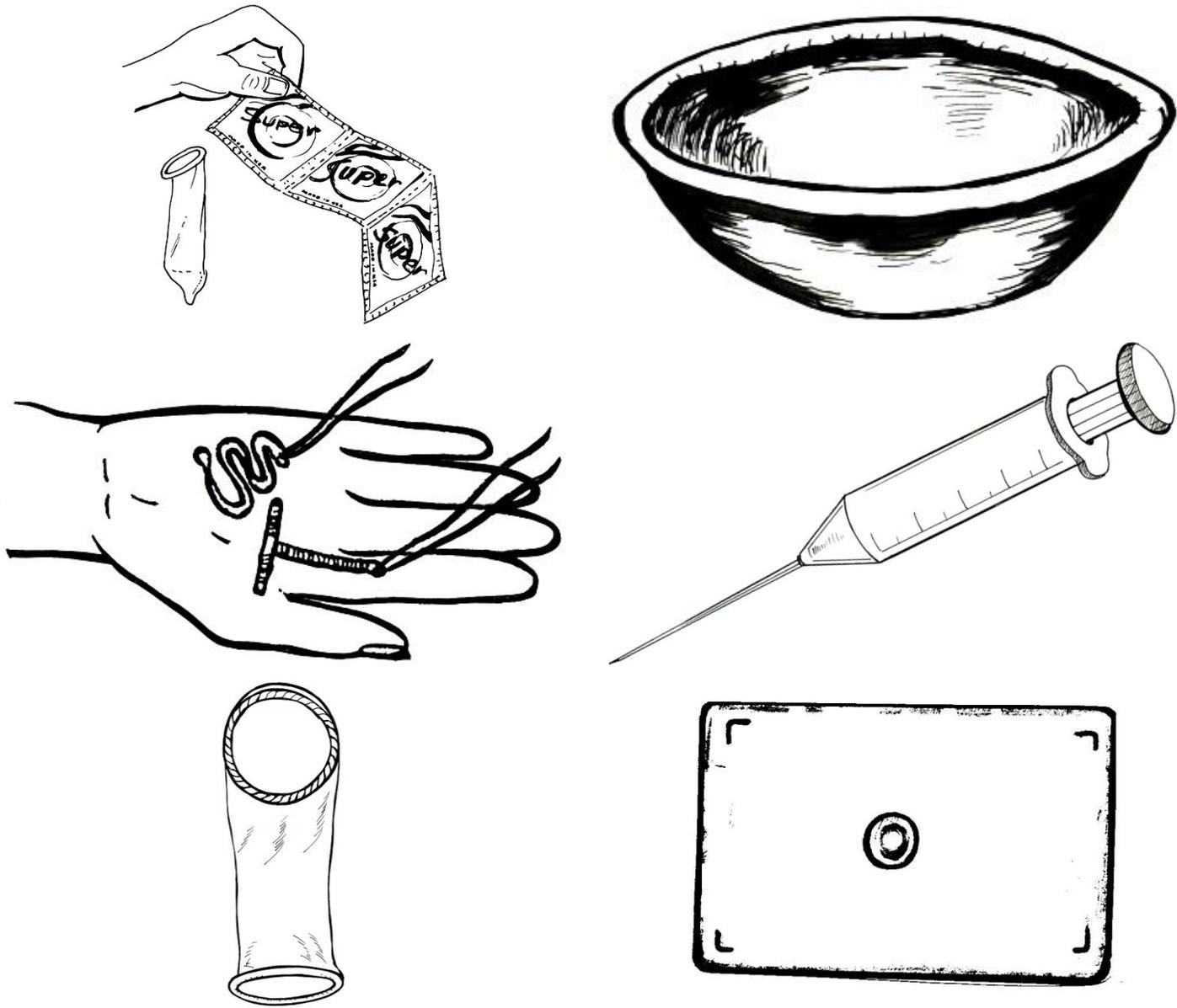
Learning Points:

- Knowing how a family planning method works, how well it prevents me from pregnancy and how well it protects me from STDs and HIV will help me choose the right method.



Directions: Look at the pictures of different family planning methods. Circle the ones which do NOT prevent STDs or HIV being passed from one person to another person.





MODULE G

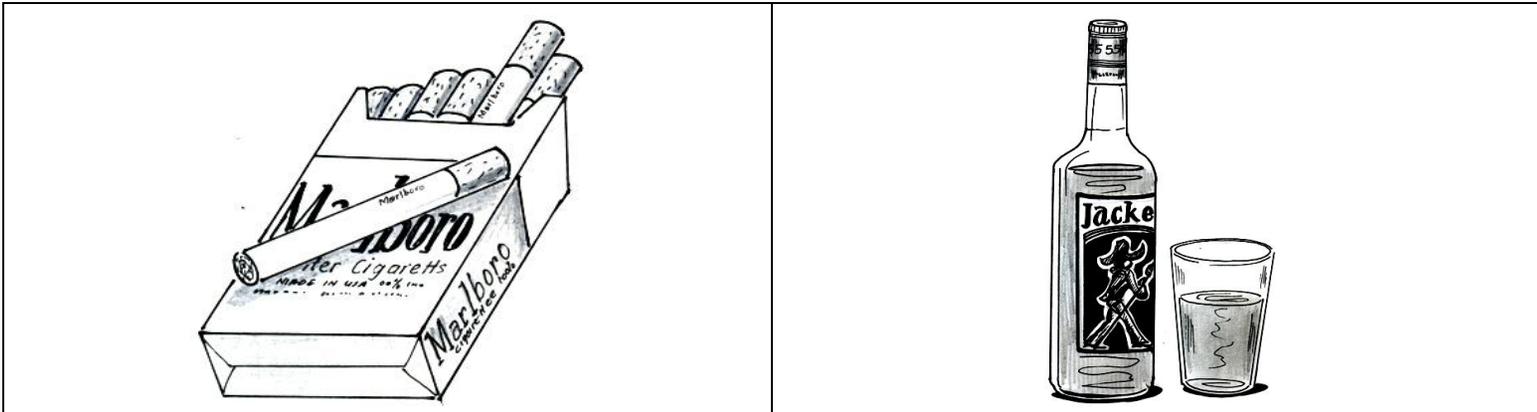
Lesson 87: Safe Pregnancy

Learning Points:

- Safe motherhood or safe pregnancy and delivery means a woman should not die or be harmed because of pregnancy, while giving birth or after she gives birth.



Directions: Put an X on any picture which is showing something a pregnant woman should NOT do.





Module H

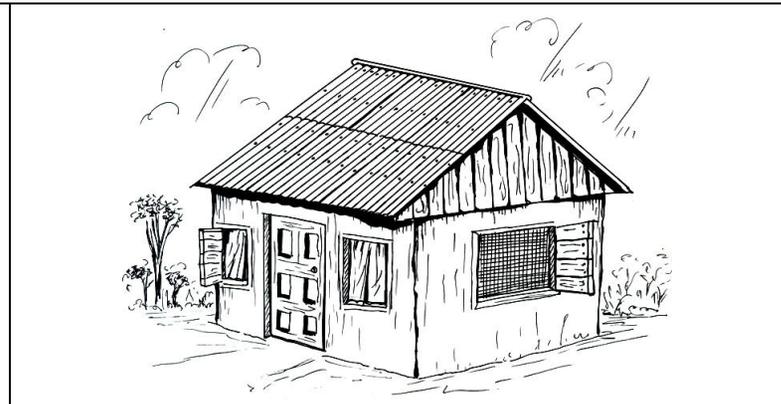
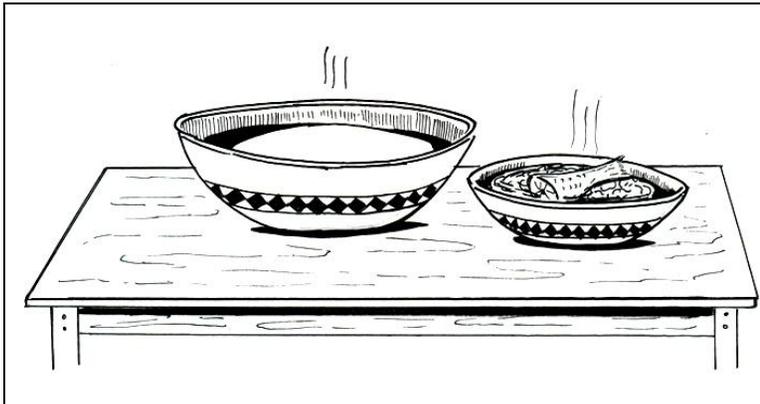
Lesson 95: What does a Human Need to Survive?

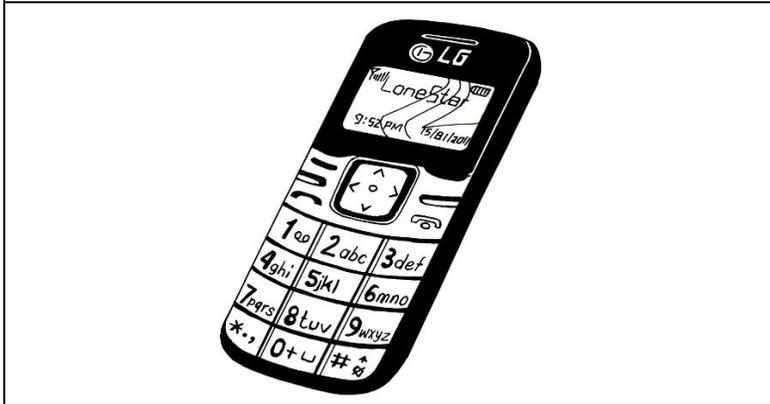
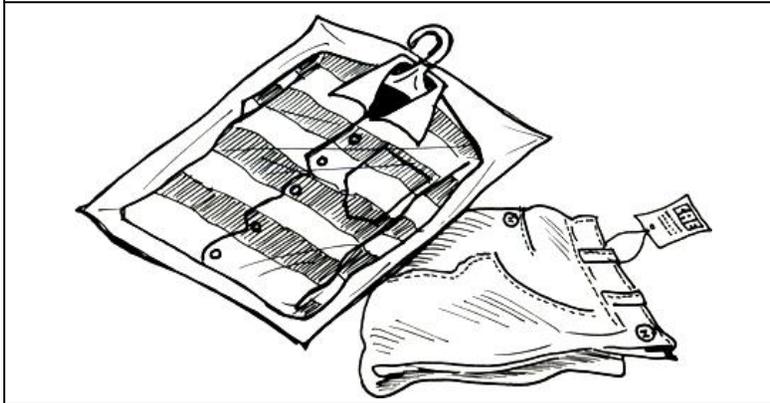
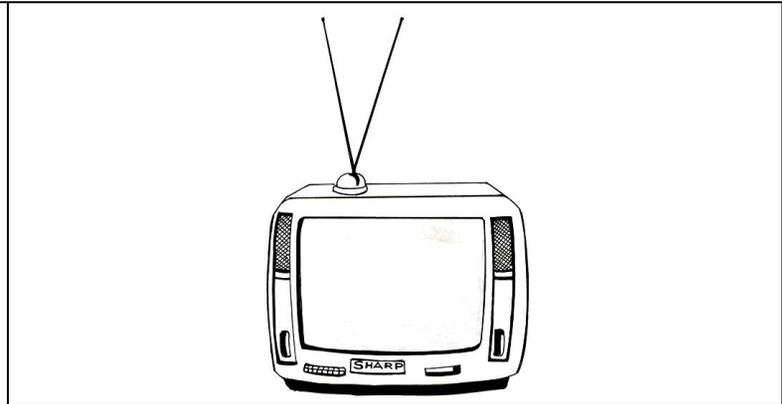
Learning Points:

- All human beings need water, food, oxygen and shelter to survive.
- Water, food, oxygen and shelter are all found in the environment.



Directions: Look at the pictures in the boxes below. Which of the pictures shows what a human needs to survive?





MODULE H

Lesson 97: Consequences of Man's Effect on the Environment – POLLUTION

Learning Points:

- *Pollution is when something that is poisonous or has other harmful effects is introduced into or exists in the environment.*



Directions: Look at the picture below and place an X on all the types of pollution that you can find. Beside each type of pollution, identify if it is air pollution (A), ground pollution (G), water pollution (W) or noise pollution (N).

