

*Sierra Leone Home Economics Association*

*SUMMARY REPORT*

ON THE

Family Planning—Population Education  
Projects & Activities

OF

SLHEA

1973 — 1981

*SPONSORED BY*

THE AMERICAN HOME ECONOMICS ASSOCIATION  
INTERNATIONAL FAMILY PLANNING PROJECT

## A C K N O W L E D G E M E N T

THE SIERRA LEONE HOME ECONOMICS ASSOCIATION IS INDEED GRATEFUL TO THE AMERICAN HOME ECONOMICS ASSOCIATION FOR ALL THE MORAL AND FINANCIAL SUPPORT GIVEN TO THE ASSOCIATION OVER THE PERIOD FOR WHICH THIS REPORT COVERS, 1973 to 1981. THE INTERNATIONAL FAMILY PLANNING PROJECT ACTIVITIES HAVE IN NO SMALL WAY CONTRIBUTED TO THE HIGH ESTEEM THAT HAS BEEN ACCORDED TO HOME ECONOMISTS IN SIERRA LEONE, AT HOME AND ABROAD.

THIS REPORT HAS BEEN COMPILED BY TWO HARDWORKING MEMBERS OF THE SLHEA - MRS PAMELA GREENE, PAST COORDINATOR OF SLHEA , AND MISS QUEENIE JARRETT, PRESENT COORDINATOR OF SLHEA. WE ARE APPRECIATIVE OF THE TIME TAKEN & THEIR EFFORT. SPECIAL GRATITUDE MUST BE EXPRESSED TO MRS EDITH WILLIAMS AND MISS YEANOH CONTEH FOR UNTIRINGLY TYPING THE DRAFT AND FINAL REPORT.

WE HOPE THAT ALL WHO TAKE TIME TO READ THROUGH THIS REPORT WILL BE CONVINCED OF THE CONTRIBUTION HOME ECONOMISTS HAVE MADE AND CAN MAKE IN THE FAMILY PLANNING/POPULATION EFFORT IN SIERRA LEONE. THIS REPORT WILL ALSO SERVE AS BACKGROUND INFORMATION FOR OTHER POTENTIAL FUNDING AGENCIES TO RECOGNISE THE POTENTIAL OF THE SLHEA AND THE CONTRIBUTION OF HOME ECONOMICS TO NATIONAL DEVELOPMENT.

ON BEHALF OF THE SLHEA EXECUTIVE COMMITTEE

Lilian Adesimi Davies  
President  
SLHEA

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1. INTRODUCTION

The Sierra Leone Home Economics Association in its attempt to promote Family Planning and Population Education by integrating these concepts into all aspects of social, economical and cultural life of the people of Sierra Leone has organized a number of projects and activities during the period 1973 - 1981.

The Association ensures that its activities are channelled through formal and non-formal systems and it is gratifying to note that some, if not all of these activities have made remarkable impact on the various target groups so far - reached within this reporting period.

One permanent and obvious result is that of the Centre for Family Welfare Education and Counselling which serves the community in a practical way. Its outreach programme for village communities; though still in its formative stages aims at developing better family life awareness coupled with income generating ideas. Recently, the focus has been geared towards preparing urban and rural youths for responsible citizenship. The setting up of a Resource Centre has provided a variety of materials for people in all walks of life.

Also, SLHEA's representation on the Population Committee of the Ministry of Development and Economic Planning which is working towards the formulation of a national population policy and a National Population Council, is evidence of the contribution SLHEA has made and continues to make towards the 'population effort'

So many gaps have been bridged through personal contacts so as to spell out what Family Planning/Population Education is all about. Reports covering all activities so far undertaken have served as very useful material for research, desertation and reference on a very modest but global basis.

As we review our activities from time to time it does become necessary for a restructuring of ideas in theory to more practical activities which do not only consider physical affluence but propose for fuller life, programmes for the disabled, as a recognition for the year in action.

As the Association approaches the tenth year of intensive activities in the field of Family Planning/Population Education there is every reason to believe that home economics in Sierra Leone will continue to reach many more persons - youths as well as adults - especially in rural areas or disadvantaged sections of the population with integrated messages as well as cooperate and collaborate with other agencies and organizations working in this field; and share their expertise as resource persons as the need arises.

## 2. AHEA-IFPP PROJECT PURPOSE

"To institutionalize the integration of population/family planning knowledge and practice into formal and non-formal home economics educational and service system in selected developing countries for the enhancement of family well-being."

## 3.

### RATIONALE

Family Planning has become a vital issue today throughout the world. It is vital in its relation to the quality of life and conditions which most people in developed countries have and want for future generations. It is an even more vital issue in developing countries in relation to the life concerns and conditions of the present and their hopes and aspirations for the future.

Home Economics accepts a responsibility for helping to improve national and world conditions affecting the quality of life for families and their individual members. We hope that one of the obstacles -- rapid population growth -- will be alleviated as a result of the involvement in Family Planning and Population Education (Family Life Education).

The possibility of regulating pregnancies is perhaps the most revolutionary development since man moved from the forest to agriculture. Mothers stand to gain most, in health, in freedom from back-breaking fatigue, in time for real companionship with their children and participation in public life. But husbands and children gain equally, in terms of security and happiness, in freedom for each to grow toward his or her individual potential within the family circle.

Family Planning as such is not directed at limiting population. Slow population growth is a separate problem. Family planning is the means by which parents can cooperate with sound population programs, and this is important especially in countries where population is outgrowing economic and social resources. But family planning is more than national policy. Home Economists' view of family planning reflects their concern for basic human rights. They believe:

- o Couples have the right to choose freely and responsibly the number and spacing of the children they want and can afford, and the right to adequate education and information in this respect.
- o Children have the right to be born into families where they are wanted and loved, and into families that can give them the basic requirements of good nutrition.
- o Planning for the size of family is just one of the kinds of planning families can do to improve the quality of family life and contribute to a better community.

4. The Goal, Objectives of the Sierra Leone Programme are given as follows:-

GOAL:- INTEGRATION OF FAMILY PLANNING/POPULATION EDUCATION IN HOME ECONOMICS FOR BETTER FAMILY LIVING AND RESPONSIBLE PARENTHOOD IN SIERRA LEONE.

OVERALL OBJECTIVES:-

For Pupils:-

1. 1. To become responsible mature citizens who can make wise decisions concerning love, marriage, parenthood and family life.
2. To increase awareness and knowledge regarding population matters.

For Teachers:-

1. To feel comfortable in discussing family life education concepts in their regular teaching.
2. To help prepare children for their respective roles during their various stages of growth and development.

For Parents, Families and Individuals:-

1. To be able to make sound decisions regarding family size, spacing of children, family relationships and family welfare.
2. To foster better communication among parents and children in an atmosphere of trust and understanding about persons and family living.

For Policy-Makers:-

1. To foster the proper attitude towards population problems and their relation to the quality of life.
2. To direct attention to the development of relevant policy that will require citizen understanding, support and participation.

For National Development:-

To enhance development of education and health programs that constructively deal with the consequences of population changes.

For SLHEA:-

1. To contribute to the development and implementation of a comprehensive and educationally sound family life education programme in Sierra Leone.
2. To strengthen the Association through professional activities and involvement of membership.

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A. TRAINING AT THE TAIWAN INTERNATIONAL FAMILY PLANNING CENTRE

The involvement of Sierra Leone Home Economics in family planning and population education started in 1973 with the participation of two Home Economists at the Chinese Centre for International Training on Family Planning, March 19 to April 23, 1973.

The two participants from Sierra Leone were:-

Miss Pamela Thompson-Clewry  
Head, Department of Home Economics,  
Njala University College,

and

Mrs. Umu Wurie,  
Home Economics Extension Supervisor,  
Department of Home Economics,  
Njala University College.

The Objectives of this training programme were to stimulate Home Economists to:-

1. promote family planning through effective use of their regular personal and professional contacts
2. develop overall standards and training recommendations for the profession which includes family planning
3. promote support and participation by home economics organizations and groups in the development of national and local maternal and child health/family planning and better living programmes.

During this training exercise the Sierra Leone team planned as follows a country survey to be held in June, 1973 as well as two workshops one for home economics teachers and the other for field level workers in extension and community development programmes in Sierra Leone. It was the general agreement that home economists have an excellent opportunity to contribute to the very crucial problem of a rapidly growing population since they already are teaching many families around the world with information concerning improved practices in nutrition management, child care, housing and clothing. While expanding their services as home economists in this educational effort to support family planning services, they will be in a better position to redefine the breadth and scope of the profession through participating on programmes that relate directly to societal concerns.

Home Economists are in a position to help gather and translate information about cultural values and attitudes that affect family planning programs, they can give feedback on how materials are accepted and how materials and services meet the needs of people.

B. COUNTRY SURVEY JUNE 1973

As an immediate follow-up of the Taiwan family planning training the Sierra Leone Home Economists, recognizing the need to integrate family planning/population education in Home Economics and determined to establish a positive climate for the contributions they could make to the family planning effort, conducted a two weeks country survey in June 11 to July 3, 1973.

Two U.S. Home Economics Consultants, Dr. Margaret Warning and Mrs. Bronda Eheart joined two SLHEA Members in conducting the survey in Freetown and the Provinces and interviewed persons at senior-policy or administrative-supervisory levels on government ministries, institutions, private organizations and international agencies. The local team members were:-

Mrs. Enid O'Reilly Wright,  
Principal YWCA Vocational Institute &  
President,  
Sierra Leone Home Economics Association

&

Miss Pamela Thompson-Clewry,  
Head,  
Department of Home Economics,  
Njala University College.

Persons interviewed were:-

Dr. Marcolla Davies, Ag. Chief Medical Officer  
Dr. Belmont Williams, Specialist Obs. & Gyn.  
Mrs. J. Aaron Cole, Sen. Organizer for Home  
Economics  
Mr. J.E.N. Taylor Pearce, Dep. Chief Education  
Officer  
Mrs. T.A. Lucan, Curriculum Adviser, Institute  
of Education  
Mrs Mirian Kamara, Asst. Chief Social  
Development Officer  
Mr. Juma Sei, Permanent Secretary, Ministry of  
Soc. Welfare & Rural Development  
Dr. Kouthon, Director, Benni Mix Project, Bo  
Mrs. P. Njei, Social Development Officer, Bo  
Miss Florence Dilsworth, Principal,  
St. Josephs Secondary School  
Miss Cassandra Garber, Principal, F.S.S.G.  
Miss Isabella Johnson, National General  
Secretary, Y.W.C.A.  
Mrs. Iyatunde Palmer, Principal, National  
School of Nursing  
Mrs. Gladys Cole, Ag. Head, Department of Home  
Economics, MMTC  
Miss Lilian Adesimi Davies, Lecturer, Dept. of  
Home Economics MMTC  
Miss Tunde Benka Coker, Lecturer, MMTC  
Dr. Birendar Singh, Head, Demographic Unit,  
Fourah Bay College  
Mr. C.R.A. Cole, Head, Extra Mural Dept.  
Fourah Bay College

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Dr. E.O. Pratt, Sen. Medical Officer, President

Sis. Inez, Principal, St. Mary's Vocational School

Miss Agatha Lewis, Port Loko Teachers College

Sis. Helena, Principal, Guadelupe Secondary School,  
Lunsar

Mr. Dick Houdax, Chief of Mission, USAID

Mr. Peter Cheveas, Population Officer, USAID

Mr. E. Pratt, Executive Secretary, PPA (SL)

Mrs. V. Conger Thompson, Fieldwork Supervisor,  
PPA (SL)

Mrs. E. Beresford Cole, Clinical Supervisor, PPA(SL)

Dr. Philip Johnson, Director, CARE

Mrs. I. Lashley, Nutritionist, CARE

Miss E. Powells, UNDP

Mrs. R. Coombs, FAO Adviser

Miss R. Nwanzoke, Producer, Sierra Leone Broadcasting  
Service.

From this survey it was reported that "the home economist's role in family planning education is needed throughout Sierra Leone — not just in the villages, but in the small towns and in Freetown as well. They must strive to reach all family members, husbands, wives, children. One of the major difficulties in educating adults is that most are illiterate so cannot learn by reading. This factor has contributed to the prevalent acceptance of many taboos and superstitious belief. Many men believe that 'if God gives us a child, surely he will provide for him'. There is a widespread belief that women will be unfaithful if they use any type of contraceptive. Children grow up having their parents as examples to follow, consequently, without education they too hold the same beliefs as their parents.

In working to improve the quality of family life in Sierra Leone, home economists must work with men, women and children of all ages, of all religions, and at all levels of education. Home Economists must be flexible in their approach to family planning, in their methods of teaching, and in what they teach. Respect for the individual and a deep belief in the preservation of family life are pre-requisites. Home economists have the responsibility of trying to encourage a statement of government policy supporting the teaching of family planning through home economics so that young boys and girls can learn early in life about the many aspects of family life, and adults who have not had an opportunity to study can now learn about family life.

In order for home economists to teach people of all ages and with varied backgrounds, curriculum must be evaluated constantly. In the villages different methods and subject matter focus are used with the children and with the adults, but all educational approaches should be on a simple and basic level. In secondary schools, colleges and university classes, however, a much more sophisticated approach would be required. People cannot think about theoretical, philoso-

phical ideas until their basic needs for food, shelter, physical care, companionship and love are met. Once the basic needs have been met, subject matter content such as family relationships, decision making processes, and development of individual potential can be and should be discussed. These concepts are an integral part of family planning education at certain levels; they should be incorporated into the present curriculum of home economics whether or not an official government policy statement on family planning is given.

The responsibility of Sierra Leone Home Economists to become intricately involved in family planning education, may seem enormous, but it can be considered a challenge for these individuals with special talents, the home economists through out the country. Because the task is tremendous, the home economists as a group should have as one of their primary goals making home economics such a dynamic force in Sierra Leone that intelligent, dedicated, energetic young people, both men and women, will be attracted to the field. Even though the number of home economists in Sierra Leone is impressive in relation to the size of the country, many more people are needed.

The home economists of Sierra Leone are to be congratulated for the many steps which they have taken already in implementing family planning education. Above all else, it is their goal to preserve family life in Sierra Leone and to do nothing to disturb it. Although they are looking far into the future to prepare for what is to come in terms of family life, they are working to improve present situation. A primary need today in Sierra Leone is for education concerning the spacing of children to improve the health and well being of all family members, especially mothers and children. There is plenty of land to provide for the population today, but if the leaders succeed in gaining improved health and living conditions for all the people, the population may become more acutely aware of the need for the "whys" and the "hows" of family planning. Home economists are preparing for the future by recognizing possible problems and solutions of family planning for the good of all of the people of Sierra Leone.

The home economists in Sierra Leone can play a vital role in improving the quality of family life through family planning education in their country because they are a group of well educated, professional people with dynamic leaders. Because Sierra Leone is a small country, the home economists can work closely together and can function as a powerful body for the improvement of family life in Sierra Leone. While they are becoming aware of their strengths, they recognize their weaknesses which is the first important step in developing any new program. The writers are confident that these capable home economists will play an important role in helping the people of Sierra Leone to "make common sense out of their lives", to improve the quality of their lives through family planning education."

As a result of the Country Survey in Sierra Leone, the following recommendations were made:

1. That the home economists decide as a body, what are the most

important, immediate<sup>9</sup> and long range aspects of planning for better family life in Sierra Leone.

2. That the executive committee of the Sierra Leone Home Economics Association (SLHEA) call a special meeting of its members to decide upon the procedures which they wish to follow in the immediate future to implement a family planning program.
3. That the SLHEA and other administrators and leaders in related fields (for example, the Ministries of Health, Education, Social Welfare, Agriculture, and Planned Parenthood Association) consider having a workshop for home economists based on the plans developed by Miss Pamela Thompson-Clewry which were submitted to the AHEA with a request that a workshop be funded.
4. That if a workshop for home economists is undertaken, it should foster:
  - (a) an awareness and understanding of the role and functions of home economists in planning for better family life
  - (b) an awareness of the world and national population problems as they relate to family life
  - (c) an awareness of the need to analyze and evaluate critically the many aspects of planning for Sierra Leone family life, in terms of priority, when reviewing or implementing programs and curriculum.
5. That if a workshop for home economists is undertaken, consideration be given to the possibility of inviting a few home economics leaders from other West African countries, especially those who are members of the West African Examination Council.
6. Continue to cooperate and coordinate programmes with many agencies and groups which are interested in the health and well-being of all Sierra Leone family members.
7. That the SLHEA work as a body to stimulate interest in the development of a national policy on family planning.
8. That the SLHEA try to involve every member of the Association in developing and promoting home economics and family planning.
9. Because of the narrow definition associated with the words "family planning" in Sierra Leone, that the name be changed to something which will have a positive rather than negative connotation for the people who hear and use the title. (One suggestion was: Family Life Education).
10. That an evaluation of the results of the AHEA-IFPP in Sierra Leone be undertaken by the AHEA and SLHEA in approximately five years.

C. ORIENTATION SEMINAR, DECEMBER 1973

One of the major recommendations of the country survey conducted in June 1973 was that home economists in the country should be made aware of their role in promoting family planning-population education and be able to identify ways in which they could do so. It was also necessary to orientate other persons working in related field so that a clear understanding of the role and responsibilities of home home economists could be established.

The seminar was held at the West African Examinations Council Hall from December 3rd to 7th. 41 Local participants and 17 Observers including 6 from Ghana, Kenya and Liberia and a U.S. Consultant Dr. Barbara Holt attended the seminar. The objectives of the seminar were:-

1. To appreciate the significance of world and national population problems and their relationship to family planning.
2. To create an awareness and understanding of the role and responsibilities of home economics in family planning.
3. To develop an awareness of the need for curriculum revision of home economics and family life education programmes which take into account planning for better family living.
4. To build up sound critical judgement of the relationship between planned family living and national development.
5. To bring about the realization of the catalytic role of home economists in enhancing national development.

Resource persons and papers presented were as follows:-

1. Mr. Alfred Edward,  
U.N.D.P. Resident Representative  
P.O. Box 1011,  
Freetown. "World and National Population Problems".
2. Mr. B. Singh,  
Head, Demographic Unit,  
Fourah Bay College,  
Mt. Aureol, Freetown. "Demographic Studies in Sierra Leone"
3. Dr. D. Spencer,  
Dept. of Agricultural Economics,  
Njala University College,  
Private Mail Bag, Freetown. "Population Growth & Socio-Economic Development".
4. Mrs. R.O. Fardo,  
Chief Social Development Officer,  
Ministry of Social Welfare,  
Fort Street, Freetown. "Population Growth and the Quality of Family Life".
5. Dr. O. Robin-Coker,  
Specialist Paediatrician,  
Ministry of Health(Children's  
Hospital), Freetown. "The Implications of Family Planning on Maternal and Child Health".
6. Mr. S. Solado Adams,  
Principal,  
Milton Margai Teachers College  
Goderich, Freetown. "The Quality of a Nation depends on the Quality of its Families".

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7. Mr. Sam Lewis,  
Health Education Officer,  
Ministry of Health, Freetown. "The Home - A healthful place to  
live in"...
  8. Mrs. Gladys Cole,  
Ag. Head, Home Economics  
Department, Milton Margai  
Teachers College, Goderich,  
Freetown. "The Home Economics Teacher -  
A tool to improve Family Living".
  9. Dr. H. Thomas,  
Nutritionist,  
Ministry of Social Welfare,  
Bo, Southern Province. "Family Nutrition - The foundation  
of National Health".
  10. Mrs. Umu Wurie,  
Home Economics Department,  
Njala University College,  
Private Mail Bag, Freetown. "Community Development - The Basis  
for Rural Development".
  11. Dr. Belmont Williams,  
Specialist Obstetrician and  
Gynaecologist, Min. of Health,  
Freetown. "Contraceptive Methods".
  12. Dr. I.B. Peters,  
Specialist Obstetrician and  
Gynaecologist, Ministry of  
Health, Freetown. "The Problem of Abortion in our  
Society as it affects Family".
  13. Miss P. Thompson-Clewry,  
Head, Home Economics Depart-  
ment, Njala University College,  
Private Mail Bga, Freetown. "Developing Curricula to Integrate  
Family Planning Concepts into Family  
Welfare Programmes".
  14. Mr. A.T. Williams,  
Lecturer,  
Civil Service Training College,  
Tower Hill, Freetown. "Research, Communications and  
Evaluation as Important Aspects of  
Programme Planning".
  15. Mrs. T.A. Lucan  
Curriculum Revision Unit,  
Institute of Education,  
Tower Hill, Freetown. Chairman Session XI.

SPECIAL ADDRESSES:-

1. Hon. A.B.S. Jannah,  
Minister of Social Welfare. "Opening Address"
2. Mrs. H. Benjamin on behalf of  
the Minister of Education. "Educational Methods"
3. Hon. A.M. Conteh,  
Deputy Minister of Health. "Closing Remarks"

The two government Ministers who participated in the opening and closing ceremonies gave stimulating addresses supportive of the need for family planning education in Sierra Leone. Relevant excerpts of the addresses are as follows:-

Hon. A.B.S. Jannah, Minister of Social Welfare:-

"Family Planning is a very important aspect of economic development. The aim of social and economic development as we all know is to provide a higher and better standard of living for every man, woman and child in a community. Raising the standard of living means providing more and better food, improved health and educational facilities and more opportunity for gainful employment.

One of the best measures of economic progress is the growth of per capita income. This is the growth of national income adjusted for population growth; a very important relationship for human welfare. The higher the rate of increase in population the more difficult it is to raise the per capita income. It is therefore necessary for our social and economic development to start our national planning right at the family level ....."

The organisers hope to bring out forcefully the relationship between family planning and national planning on the one hand, national planning and economic development on the other hand, and the role of the home economists in the whole evolutionary process leading to the goal of national development"

Hon. B.M. Combeh, Deputy Minister of Health:-

"I have followed with interest the summaries of the various papers over the radio. Family Planning has taken on a very wide and complex connotation in various parts of the world but certain salient features of paramount importance have always emerged with greater emphasis and these are the health of the Mother and Child and the capacity of the family to ensure and healthy survival of children born. Birth control, or, as it is usually held, the limitation of population growth is only one aspect of the problems which though important cannot in any way overshadow the intrinsic problems relating to the health of the mother and child.

To this end my Ministry is deeply involved with programmes which will ensure that adequate facilities are provided for the delivery of health care services designed to improve the health of both the mother and child and at the same time promote measures towards better and improved family living,

As you are aware, the infant mortality rate in this country is one of the highest in the world and it is most appropriate that a seminar of this nature should be held here, and there is no doubt that all those responsible for the health

and well-being of our people have been aroused to a live awakening of their grave responsibility. The task is a formidable one against the odds of custom, traditions and superstition, but where there is a will there must be a way. We are prepared to meet the growing challenge of our time in this area and I am confident that with goodwill and the co-operation of all concerned, we shall succeed in our united endeavours towards achieving improved and better family living standards for our people".

Some of the recommendations that ensued from the seminar were:-

1. That the responsibility of home economics in family planning should be ensured through awareness and acceptance of definite involvement and commitment of home economists in family planning programmes and this implies that it is incumbent that home economists should be aware and should do something about family planning in every community in which they work.
2. That family planning in Sierra Leone should aim at improving the quality and longevity of life and that it is the right of every child born to enjoy a fuller and richer life. This can only be made possible if the size of the family is planned so that each child is given the opportunity to enjoy this fundamental right and to feel that it is wanted.
3. The Home Economics Association should endeavour as future projects to find ways and means: to contribute to the establishment of marriage guidance and counselling.
4. That the Sierra Leone Home Economics Association should endeavour to support all efforts directed towards the formulation of a national policy on family planning and to participate actively in national development planning.
5. That the fathers, mothers and children should be educated on the family planning. This should actively involve related ministries voluntary organizations and international agencies.
6. That government should establish agro-based industries located in raw material producing areas, in order to ease the unemployment situation and minimize the migration and urbanization problems.
7. That family planning projects be carried out in a broad spectrum involving government departments, institutions of learning, clinics, community services, extension programmes, home visits by voluntary organizations, through the mass media, adult education programmes and campaigns.
8. That the teaching of human biology, physiology and healthful living be started in schools from the age of 9 years so that by the time the children reach the age of puberty they know exactly what it all means. This teaching should be carried out in schools to both boys and girls. Family Planning and

sex education may be deferred till later on in the secondary schools.

9. That the teaching of home economics which integrates family planning concepts be introduced in the primary school curriculum and taught in Class 1 - 4 in the social studies programme, in Class 5 as part of the health education programme.
10. That home economics be made compulsory for all girls in secondary schools. The first three years of their secondary education should include all aspects of family living whilst the fourth and fifth years could be optional as examination subject. All boys secondary schools should offer a compulsory programme of home economics during the first three years.
11. That in the context of the above recommendations the Institute of Education should immediately consider establishing a home economics curriculum development section.
12. That international bodies such as FAO, UNICEF, UNESCO, IFHE and the International Family Planning Project of the American Home Economics Association should be approached to assist with the establishment of a home economics curriculum revision section in the Institute of Education.
13. That as a follow-up of the Sierra Leone Seminar on the Role and Responsibility of Home Economics in Family Planning, a Regional Workshop on "Development of Educational Materials for Family Life Education Programmes" be organized.
14. That the recommendations of the seminar be forwarded to all agencies and Ministries concerned with family welfare and the improvement of family living for their action.

D. CURRICULUM DEVELOPMENT WORKSHOP SEPTEMBER 1974

As the majority of the SLHEA Members were teachers of primary and secondary schools as well as college and university lecturers the most pressing concern of SLHEA was to begin a series of activities to integrate family planning-population education into home economics curricula at the primary, secondary and tertiary levels.

It was therefore necessary to begin to train teachers on the integration process as well as expose them to family planning and population concepts. To do this the first workshop on Curriculum Development was held at the Fourah Bay College, University of Sierra Leone in September 16 - 27, 1974. Twenty-five participants from schools and colleges in Sierra Leone as well as 6 Observers from Liberia, Nigeria and the Gambia participated in the workshop. The U.S. Consultant to the workshop was Dr. Jean Cooper of North Carolina University. Miss P. Thompson-Clewry who had by that time joined the staff of the American Home Economics Association International Family Planning project as Assistant Director, attended to monitor the activity. The programme consisted of resource papers presented by local experts in the educational field and followed by group work on the development of sample units of integrated home economics and family planning concepts. The workshop was officially opened by the Permanent Secretary, Ministry of Education, Mr. E.K.A. King and closed by the Director of the Institute of Education, Mr. T.J. Lemuel Forde.

The Workshop objectives included the following:-

1. To understand the basic processes of curriculum planning
2. To identify family planning and population education concepts that could be integrated into home economics curriculum for primary, secondary and college levels.
3. To identify areas of home economics which allow for the integration of family planning and population education concepts.
4. To prepare sample resource units or curriculum guides with integrated family planning/population education concepts in home economics subject areas.
5. To provide home economics teachers and supervisors with the necessary base in curriculum development to enable them to participate more effectively in home economics curriculum revision activities.
6. To prepare teachers to become better motivators of family planning and population education through their regular teaching.
7. To identify teaching materials and audio-visual aids that would be required for teaching family planning and population education.

Recommendations and follow-up activities that were suggested by the workshop participants included the following:-

1. A curriculum development unit for home economics should be set up within the Institute of Education.
2. Provision should be made for the training of home economists in curriculum development especially integrating family planning and population education concepts into home economics.
3. Further workshops should be organized for the planning in detail of the home economics curriculum for the entire country with emphasis on better family living and population education concepts.
4. That there be a complete involvement of all home economics teachers in family planning and population education programmes
5. That the home economics association, in conjunction with the Institute of Education, the Ministry of Social Welfare, the Ministry of Development and Economic Planning, hold a survey to find out the needs of all aspects of family planning.
6. That the Sierra Leone Teachers Union incorporate home economics with special reference to family planning when running in-service courses.

The resource papers and local experts involved in the workshop were:-

"Educational Policies & Priorities"	Mr. S.R. ALLEN, Ministry of of Education.
"Problems Needs and Aspirations of Families in Sierra Leone with Implications for Family Planning Concepts in Content Development"	Mrs. Amelia Ben Davies, Home Economist
"Needs, Abilities and Developmental Characteristics of Pupils and Students"	Mrs. Oni Gabbidon, Educationist
"Determining Objectives and their Classification"	Mr. G. Tregson Roberts, P.P.A.
"Developing Content - Concepts and Generalizations"	Dr. Jean Cooper, U.S.A.
"Selecting Learning Experiences and Methods-Teaching Unit Plans"	Mr. Amos Akingba, M.M.T.C.
"Resource Materials and Instructional Aids"	Mr. Gary Peters, M.M.T.C.
"Evaluation Techniques"	Dr. V.E. King, M.M.T.C.

In his Opening Remarks Mr. E.K.A. King, Permanent Secretary of the Ministry of Education said:-

"A few years back the study of this field or aspects of it, here in our own country was the preserve of those pupils in secondary school who were labelled dull and could not make the grade. Today, thanks to the more enlightened view of life and a deeper insight into the close relationship between society and its fabric - the family

attitudes towards this field have changed considerably for the better.

Now that home economics is gradually being given the place it deserves in our society, it is but fitting for the home economics association to direct its attention towards those activities which would culminate in more relevant programmes at Primary, Secondary and Tertiary levels.

At this stage I would like to offer hearty congratulations to the Sierra Leone Home Economics Association not only for organizing the Workshop but also for selecting the theme "Integrating better family living concepts into Home Economics",. A more apt theme could not have been chosen bearing in mind the many problems facing the family today and the repercussions of the state of the family on society. Moreover, it is significant that in line with basic principles of curriculum, the theme addresses itself to matters relating to contemporary life with its many constraints".

In his Closing Remarks, the Director of the Institute of Education, Mr. T.J. Lemuel Forde said:-

"Permit me to state that this Workshop marks an important turning point in the history of the Home Economics Education in Sierra Leone. Gone are the days when Home Economics (domestic science) was the cinderella of our educational system. (Today) instead of being regarded as an alternative when all else fails, it is now recognized as one of the pillars on which the education of our women stands. Indeed, not only has the concept of home economics gained its pre-eminence, the very breadth and scope of the subject has widened. Home economics is now regarded as one of the fundamental educational priorities for a developing country.

I can think of no better theme than the one you have chosen for this workshop, i.e. "Integrating better family living concepts into home economics". Furthermore, by concentrating your attention on the curriculum development aspects, you have endeavoured to find the means by which you could better structure the home economics education programme to serve the needs of learners at primary, secondary and tertiary levels. It is but right fitting that you have involved the Institute of Education in this exercise. Since one of our major responsibilities relates to curriculum development, the Institute is expected to spear-head activities in curriculum reform in all areas of our educational system. I am happy to state that we have not been derelict in our duties in this direction. I recall that in mid 1971 the Ministry of Education called a policy meeting on home economics education for the formal school system. Major policy decisions were taken at the meeting, among which I might mention the following, very briefly: (i) that home economics should be compulsory in Class 6 & 7 in all primary schools; (ii) that home economics should be made compulsory in forms 1 to 3 in the secondary school; (iii) that the basic concepts of home economics

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should be included in the training of all primary female teachers who would then assist in the integration of home economics in Classes 1 to 5 and, (iv) that home economics should be given equal status with other subjects, and boys as well as girls should be exposed to the basic concepts of home economics in the primary school. I recall also that over two years ago, I initiated discussions about the possibility of establishing a home economics division in the Institute of Education Curriculum Revision Unit. These discussions were held with personnel from the Ministry of Education and the Department of Home Economics of Njala University College. Later on, I proposed the idea of establishing a curriculum sub-committee for Home Economics and I even went as far as to suggest a possible member for this committee. I also recall having discussions with your worthy President of the Sierra Leone Home Economics Association with whom I exchanged some correspondence. It is my earnest hope that this workshop will help to focus more attention on the need for a vigorous programme of curriculum reform in home economics. I regard this workshop as a start, and a promising one, in the right direction, which we hope will ultimately lead to a lively and well structured programme of curriculum development in home economics. I was to assure you that you have our fullest support in this exercise.

Whilst acknowledging that much has been done in the field of Home Economics Education, I feel that we should now concentrate our attention on action-oriented programmes. The Institute of Education therefore proposes the following steps towards some positive action:-

- (i) that a consultative curriculum sub-committee be set up immediately for home economics education
- (ii) that reports of the various seminars held in Sierra Leone be documented and made available as background resource materials
- (iii) that a working party be set up comprising home economists from the Sierra Leone Home Economics Association, personnel from the Ministry of Education, the teaching profession, primary teacher training institutions the University and other agencies which now make some contribution to home economics education.
- (iv) that this working party consider and approve programmes for effective action in home economics curriculum reform preferably covering a 3 or 5 year time scale".

In her Closing Remarks, one of the International Observers to the Workshop, Mrs. M. Ogunka of Nigeria said:-

I admired: (a) the oneness of the Sierra Leone Home Economics Association

- (b) their absolute devotedness and hardwork for their profession and a course they believe in
- (c) their high sense of responsibility and cooperativeness
- (d) their high sense of humour and appreciation for each other's worth and their contribution toward successful running of the association
- (e) and finally the leadership they are giving to the rest of Home Economists in other countries in Africa"

E. WORKSHOP FOR RURAL DEVELOPMENT FIELD LEVEL WORKERS  
ON HELPING RURAL FAMILIES TO IMPROVE MATERNAL AND  
CHILD HEALTH THROUGH FAMILY PLANNING. NOVEMBER 1974

At this initial period of involvement of Home Economists in Family Planning/Population Education in Sierra Leone it was imperative that side by side with the training of personnel in the formal education system, family welfare workers in non-formal programmes should be exposed to the idea of integrating family planning concepts in the teaching or contacts with rural families. It was with this idea in mind and based on the recommendations of the country survey and previous seminars and workshops that a proposal was developed and sponsored by AHEA-IFPP for the Ministry of Social Welfare and Rural Development to train field level workers in Sierra Leone to use the integrated approach to family planning.

The Objectives of the Workshop were:-

1. To create an awareness of the major problems of family living in Sierra Leone that have implications for management of family resources.
2. To understand the basic concepts, methods and communication processes needed to help families plan towards better living within their communities.
3. To acquire skills in the preparation and use of visual aids and teaching materials for communicating ways of improving family life at village level.
4. To create an awareness of the maternal and child health problems in Sierra Leone and their relationship to family planning and management of family resources.
5. To understand family and social relationships in rural and urban settings and the role of the field workers in promoting social conditions conducive to better family living.
6. To develop an awareness of the need for more effective collaboration between governments departments, voluntary organizations and agencies working for rural development.

Issuing from the objectives the following subjects were used as lectures and discussion topics during the Workshop:-

Infant and Child Mortality in Sierra Leone  
Pre-School Child Nutrition  
Urbanization and Migration Problems  
Maternal and Child Health  
Family Planning  
Communication with Rural Families  
Family Relations in Sierra Leone  
Use of Media and Teaching Aids  
Management of Family Resources & Family Size

In attendance at the Workshop were 38 Participants who were Field Level Workers and Supervisors from the Ministry of Social Welfare, Ministry of Agriculture, Cooperatives and Voluntary Organizations. The Minister of Southern Province, Hon. Mr. Gobio Lamin, formally opened the Workshop and the Paramount Chief J.K. Boima III gave closing remarks at the workshop.

Remarks made the Paramount Chief are quoted as follows:-

"Although this aspect (Family Planning) has not been formally recognised by the Government of Sierra Leone as in other countries, yet there is a growing awareness among interested organizations and ministries that most of the social as well as economic problems of our day are a result of unplanned families. Family Planning does not discourage people from having children, instead it is concerned with spacing of children as a protective mechanism for the mother's health, while the accent on the number of children only spells out the economic problems that this may bring to a poor family.

One of the arguments against family planning in most developing countries is that the more children one has, the greater one's chances of laying a bigger farm because those children could be used as source of labour. But when we consider the high rate of infant mortality and the few that survive but starve or go uneducated, we can readily and without any argument accept the fact that the prosperity of a nation depends on healthy human beings".

Resource Papers were presented by the following persons:-

"Major Problems of Family Living in Sierra Leone"	Mrs. Yebu Sesay, Social Development Officer.
"World and National Population Situation"	Mr. Christian Cole, Extra-Mural Dept, F.B. College
"Rural-Urban Migration Problems in Sierra Leone"	Dr. Chike Okoye, Demographic Unit, Fourah Bay College
"Infant & Child Mortality in Sierra Leone"	Dr. O. Robbin Coker, Paediatrician.
"Major Problems of Family Living in Sierra Leone"	Mrs. Annie Bangura, Njala University College.
"Maternal and Child Health"	Sister Samai, Ministry of Health.
"Family Relationship in Sierra Leone "	Mrs. C. Forster, Social Development Officer.
"Collecting & Interpreting Data on Family Living"	Mr. Lawrence Harding, Director Central Statistics Office.
"Problems of Birth Control & Abortion"	Dr. Koso Thomas, Medical Officer, PPA (S.L)
"Case Studies on Family Relationships with Implications for Family Planning"	Mr. F.B. Fah-bundeh, Social Development Officer.

"The Role of the Field Worker in Family Planning"	Mrs. F. Kassim, PPA (S.I)
"Management of Family Resources in Relation to Family Size"	Mrs. L. Foh, Social Development Officer.
"Methods of Communication"	Mr. A.B.M. Kargbo, Ministry of Social Welfare, A-V Unit.
"Use of Audio Visual Aids"	Mr. F.A. Kongo, Ministry of Education.
"Planning Programmes for Rural Families"	Mrs. A. Umu Wurie, Njala University College.
"Working With Other Agencies in the Fields"	Miss M. Lang, C.A.R.E.

The participants were taken on Field Trips to see Family Planning Programmes in operation and also developed songs for promoting Family Planning such as:-

For the health of the mother  
Space your children  
For the economy of the family  
Space your children  
For the health of the family  
Space your children  
And you will live a happy life

CHORUS: Happy Life (2)  
Happy Life (2)  
Space your children  
And you'll live a happy life

For the comfort of your family  
Space your children  
For the welfare of your family  
Space your children  
For prosperity and long life  
Space your children  
And you'll live a happy life

Happy Life (2)  
Happy Life (2)  
Space your children  
And you'll live a happy life

Sister way you get belleh nor worr tight close  
Worr close way free  
So dat the pikin na belleh go feel free

CHORUS: Werr free close  
Werr free close  
Do ya a bage werr free clean close.

Sister way you get belleh  
Eat fish or beef  
Na plasas with red palm oil  
This go make the pikin na belleh grow fine

Sister way you get belleh go clinic  
One or two tem for month  
This go make you nor sick and the pikin na belleh  
go grow fine.

## F. FAMILY PLANNING/HOME ECONOMICS SUMMER INSTITUTES

Eleven Summer Institutes were conducted in the United States Universities in 1972, 1973 and 1974. The Institutes ranged in length from five to six weeks. The major objective of these Institutes was to help participants (Home Economists Students in the U.S. from developing countries) to see Home Economics/Family Planning Programmes as educational intervention strategies to help define values, goals and roles for women and families and to identify ways of attaining and adopting those values and goals. Though the Institutes varied considerably in areas of emphasis organization and format, there were common components of emphasis on depth and breadth of conceptual development, use of country studies conducted by the students prior to arriving, field experience, collection of educational materials specifically relating to home economics and family planning, and the development of culminating projects by each student of group of students. Specifically the objectives were:-

To help participants to:-

- develop knowledge of the basic population concepts and trends
- understand the meaning and characteristics of population problems at the family and individual level in a cultural context
- understand the relationship between fertility behaviour and economic social, psychological and physiological factors including methods of fertility control.
- assess the effectiveness of on-going population/family planning programmes and services
- develop strategies for integrating population education/family planning concepts into home economics curricula and programmes
- assess the impact of home economics and home economists in implementation of population education/family planning concepts.

In 1972, three summer institutes were held the following universities:-

Howard University  
University of Nebraska  
Clark College

In 1973, five summer institutes were held in the following universities:

Clark College  
Iowa State University  
Michigan State University  
Prairie View A. & M. University  
University of Tennessee

and in 1974 the institutes were held in:-

Oregon State University  
Iowa State University  
Drexel University

A total of 95 Students from developing countries participated in all of the eleven institute and eight Sierra Leoneans were among them namely:-

- |   |  |
|---|--|
| * Miss Rosaline Mac-Harding<br>54, Liverpool Street,<br>Freetown. | Student of Central Missouri State<br>University. |
| * Miss Christiana Metzger<br>3, Hagan Street,<br>Freetown.        | Student of Cornell University                    |

- \* Miss Ellaline Roy-Macauley      Student of Howard University  
P.O. Box 1063,  
Freetown.
- \* Miss Melvynne Caulker      Student of Otterbein College, Ohio  
c/o. Education Department,  
Kambia.
- \* Miss Selina Smith

G. PARTICIPATION IN AFRICA REGIONAL WORKSHOPS ON FAMILY PLANNING/FAMILY LIFE EDUCATION AND POPULATION EDUCATION.

During the period 1976 to 1980 several regional workshops were held in Africa in which Sierra Leone Home Economists participated. The main objectives of these activities was to propose future directions of the AHEA project in Africa.

The first of these Workshops was held in Accra, Ghana in April 1976. At this workshop the following Sierra Leone Home Economists participated:-

Mrs. Muriel Davies,  
Home Economics Teacher,  
Annie Walsh Memorial School,  
Freetown.

and,

Miss Pamela Thompson-Clewry (As coordinator of the Workshop)  
Regional Coordinator  
AGEA-IFPP, Freetown.

The Second Regional Workshop was held in Freetown, Sierra Leone in May 1977 the purpose of which was to familiarize Home Economics Leaders and Family Planning Field Supervisors with the working with Villagers Kit. Sierra Leone participants included:-

Mrs. Alberta Wright,  
President, S.L.H.E.A.

Mrs. Josephine Aaron Cole,  
Vice President, S.L.H.E.A.

Mrs. Annie Bangura,  
Lecturer,  
Njala University College,  
P.M.B., Njala.

Mrs. Admira Davies,  
Principal Social Development Officer,  
Ministry of Social Welfare & Rural Development.

Mrs. Lucy Foh,  
Social Development Officer,  
Ministry of Social Welfare & Rural Development.

and

Mrs. Pamela Greene (As Coordinator of the Workshop)  
Regional Assistant Director,  
AHEA-IFPP,  
Freetown.

The Third Regional Workshop of the AHEA-IFPP was held in Nairobi, Kenya, in September 1979. The theme of this workshop was Research and Evaluation. The Sierra Leone Home Economists at this Workshop were:-

Miss Queenie Jarrett,  
Ag. Senior Education Officer,  
Home Economics Ministry of Education,  
Home Economics Unit,  
New England, Freetown.

Mrs. Lillian Adesimi Davies,  
Lecturer,  
Milton Margai Teachers College,  
Goderich, Freetown.

and

Mrs. Pamela Greene (As Coordinator of the Workshop)  
Regional Assistant Director,  
AHEA-IFPP,  
Freetown.

The fourth Regional Workshop was held in Freetown in February 1981, at the Brookfields Hotel. This Workshop brought together twelve Home Economists who were either main network contacts of coordinators for the AHEA-IFPP to develop their potential as resource persons for the AHEA-IFPP within the region. The Sierra Leone participants were:-

Miss Queenie Jarrett,  
Coordinator,  
SLHEA and AHEA-IFPP,  
2, Richard Street,  
Freetown.

Mrs. Joyce Wilson,  
Vice President, SLHEA,  
Organizer for Home Economics,  
Ministry of Education,  
Home Economics Unit.

Mrs. Lottie Johnson-Cole, (As a Special Assistant to the  
Senior Organiser of Home Workshop Coordinator)  
Economics, Ministry of  
Education, Home Economics  
Unit, Public Relations  
Officer, SLHEA.

and

Mrs. Pamela Greene (As Coordinator for the Workshop)  
Regional Assistant Director,  
AHEA-IFPP.

Home Economists in Sierra Leone have also served as leaders or resource persons in training family planning/Sex Education/Population Education Workshops and Seminars organized in neighbouring West African countries, and in other regions.

In February 1976 Mrs. Alberta Wright, President of SLHEA represented the association at the Liberia Home Economics Association (HEAL) Orientation Seminar in Monrovia, Liberia. In attendance also was Miss Pamela Thompson-Clewry as the AHEA-IFPP Representative.

Mrs. Muriel Davies and Miss Thompson-Clewry also represented SLHEA at the Ghana Home Science Association Annual Conference which was held in conjunction with the Africa regional workshop mentioned above in April 1976.

In June 1979, Mrs. Alberta Wright as Counsellor of the CEFWEC attended the Sex Education Symposium which took place in Tel Aviv, Israel: and  
In September 1979 Mrs. Josephine Aaron Cole as Project Director of the SLHEA-CEFWEC attended a three weeks Family Life Education Workshop in Nairobi sponsored by the Centre for Family Studies (IPFF).

In September 1979, Mrs. Theresa attended the Conference of the Women's Alliance Federation, in Liberia.

In October 1978, Mrs. Josephine Aaron Cole attended the Women in Management Course organised by the Centre for Population and Family Planning Activities in Washington D.C., Mrs. Sophie Yilla, a Member of SLHEA attended the same course in April 1980.

In April 1980 Miss Queenie Jarrett served as a resource person at the Gambia Home Economics Orientation Workshop on Family Life Education and assisted Mrs. Pamela Greene, AHEA-IFPP Representative with the workshop. In January and March 1981, Miss Jarrett as Coordinator of the AHEA-IFPP made consultations to the Home Economics Association of Liberia (HEAL) to assist them with the Family Planning Workshop and follow up plans.

In July 1980, four SLHEA Members attended the IFHE Congress in Manila, the Philippines and they participated in the AHEA-IFPP Workshop on the Socio-economic Impact of Family Planning Programmes at Los Banos, the Phillipines:-

Mrs. Muriel Webber (Was at Los Banos)  
Secretary, SLHEA.

Mrs. Muriel Davies,  
Assistant Coordinator, SLHEA.

Mrs. Alberta Wright,  
President, SLHEA (Gave a Research Paper)

Mrs. Pamela Greene,  
Vice President IFHE and Regional Assistant Director,  
AHEA-IFPP

She was at the Los Banos as Resource person and also at the Congress as Vice President of IFHE.

Sierra Leone Home Economists have also participated in Family Planning Population Education Workshops sponsored by other agencies and organizations in Sierra Leone. For example:-

In 1980 the pathfinder Fund/PPA (S.L) Regional Conference on at the Cape Sierra Leone Hotel. Mrs. Joyce Wilson, Mrs. Joya Cole, Mrs. Josephine Aaron Cole and Mrs. Pamela Greene participated in the day to day sessions.

In September 1973, Mrs. Pamela Greene gave a paper on Pre-School Child Malnutrition - A Case for Family Planning at the PPA(SL) Conference on Health of the Family Unit held at Fourah Bay College, Institute of African Studies.

In July 1976 Miss Pamela Thompson-Clewry participated in a Population Panel at the IFHE 13th Congress in Ottawa, Canada and in August - September worked with a team of experts in the development of the Prototype materials "Working with Villagers" at the East-West Centre, Hawaii.

In 1980 Mrs Joya Cole attended a Course in Israel on Child Development.

H. DEVELOPMENT OF PROTOTYPE CURRICULUM MATERIALS  
PENNSYLVANIA STATE UNIVERSITY, JULY 1974, JULY 1975

A pilot project of the AHEA-IFPP to develop teaching materials for field testing was initiated in the summer of 1974 at the Pennsylvania State University. The materials included Mini lessons in various areas of Home Economics, with concepts, generalizations, behavioural objectives, experiences and background information for the teacher. Pre and post tests were prepared to be used with each lesson and a handbook of teaching strategies was also developed to use with the lessons. One Sierra Leone Home Economist Mrs. J. Aaron Cole, Senior Organiser for Home Economics of the Ministry of Education was among three home economists from developing countries who worked with the U.S Consultants at Pennsylvania State University to develop these materials. The lessons were field tested in Asia, Caribbean and Africa (Sierra Leone) during the school year 1974-75.

July 1975

At the second stage of the project when it was necessary to evaluate, revise and publish the materials another workshop was held at the Pennsylvania State University, this time involving Two Home Economists from 10 participating developing countries. In addition to Mrs. Aaron Cole, two other Sierra Leone Home Economists, members of SLHEA were participants.

They were:-

Mrs. Lettie Johnson Cole, Organiser for Home Economics  
Miss Mina Bailor, Home Economics Teacher, Secondary  
Technical School.

When the final prototype materials were worked out of this pilot project a kit of four units of home economics integrated lessons were published and distributed to participating countries of the AHEA-IFPP, for use, adaptation and training of local home economics teachers.

These contains the following sections:-

1. The Family

Topics:- \*Preparing for marriage  
\*Husband wife communication  
\*Expanding Women's World  
\*Planning Children  
\*The Responsible Father  
\*Preparing for later years.

2. Food & Nutrition

Topics:- \*Family Food Supply  
\*Planning Family meals  
\*Child Nutrition  
\*Nutrition of Mothers  
\*Population and Food Supply.

3. Resource Management

Topics:- \*Setting Family goals  
\*Using Family Resources  
\*Making Family Decision  
\*Family Budgeting  
\*Clothing the Family  
\*Housing the Family

## 4. Human Development

- Topics:
- \*Adolescent pregnancy
  - \*Conception
  - \*Family Planning Method
  - \*Belief and False Rumours
  - \* Where to find Services

## 5. Teachers Section

## 6. Resource Catalog containing:-

## Section A. Orientation

Books  
 Journals  
 Brochures/Reports  
 Films  
 Slides  
 Newsletter

## Section B. Population Education

Books  
 Pamphlets  
 Films  
 Flannelgraphs  
 Flipcharts

## Section C. Extension/Family Planning

Books  
 Pamphlets  
 Film  
 Training Materials  
 Film Strips  
 Flipcharts

## Section D. Curriculum Development

Books

## Section E. Communications

Books  
 Films  
 Newsletters  
 Kits

The Source book has been introduced to teachers in Sierra Leone by the Ministry of Education and lessons have been adapted and are being taught throughout the country by Home Economists who have been trained to use the integrated approach. An evaluation study to determine the extent to which "the integrated home economics approach" is being used is being planned.

I. DEVELOPMENT OF RESOURCE MATERIALS FOR USE IN TRAINING  
FIELD LEVEL WORKERS AND SUPERVISORS. IOWA STATE UNIVERSITY,  
JULY 1975.

A group of Home Economists from developing countries participated in a training and material development workshop at Iowa State University in July 1975.

The purpose of this workshop was; to bring together directors and supervisors of home economic extension in developing countries in order to develop prototype programme materials for middle level supervisors which integrate family relations, child development and nutrition with family planning; to study communication strategies for various audiences and devise evaluative techniques and tools.

Mrs. Yebu Sesay, a Home Economist and Social Development Officer of the Ministry of Social Welfare & Rural Development was involved in the development of the materials, Mrs. Sesay (now Janneh) is a network member of the project in Sierra Leone.

Mrs. Janneh on return to Sierra Leone was posted to the National Training Centre in Bo where she was able to use the knowledge and experience gained from the Iowa State University in helping to develop training materials for Field Level Workers who will be receiving pre- and in-service-training at the N.T.C. Bo. Mrs. Janneh is also a network member of the project in Sierra Leone.

The materials that resulted from the Iowa State Workshop consists of two handbooks namely:-

Integrating Family Planning and Home Economics  
Resource Handbook Part I

Integrating Family Planning and Home Economics  
Resource Handbook Part II  
Village Level

These handbooks have been used in all SLHEA Workshops and Seminars since they were made available by AHEA; and they have been distributed to field workers and supervisors of outreach programmes in Sierra Leone.

J. DEVELOPMENT OF MODULAR INSTRUCTIONAL MATERIALS FOR  
VILLAGE USE - WORKING WITH VILLAGERS PROTOTYPE KIT

A six weeks workshop on the development of modular materials for integration of Family Planning/Population Education in Home Economics for use with rural families was held in Honolulu, Hawaii at the East West Communications Institute. August-September 1976. Miss Pamela Thompson-Clewry, Coordinator SLHEA and Regional Coordinator for the AHEA-IFPP was a member of the working team that developed the materials.

The Workshop was designed for the production of the following materials:-

- Module 1: Prototype lessons, for adaptation and use by Field Workers at the village-level, which were based on content produced by AHEA and which achieved the integration of home economics and family planning.
- Module 2: A training package for field workers which emphasized communications processes and skills in working with village-level audiences.
- Module 3: Training package for field worker production of low-cost media for enhanced teaching at the village-level.
- Module 4: Methods of evaluation of materials produced.

The materials produced embodied the following characteristics:

1. A solid integration of family planning concepts into Home Economics.
2. Support for the problem-solving, participatory approach to learning.
3. International prototypes that could be readily translated, adapted, and produced by individual country extension services.

The products of this workshop and working with villagers kit is essential to improving the quality of teaching at the grass-roots level, to enhancing the effectiveness of field workers in their change-agent role of seeking to improve the quality of family life through home economics and family planning

NETWORK COMMITTEE:

As the AHEA-IFPP activities expanded in the Country, in 1977 it was necessary to form a Committee of key persons in Ministries and Institutions or Agencies that have some relationship with the work of the SLHEA and in particular, Family Planning/Population Education. The overall purpose of this committee is to establish a group of persons who would be knowledgeable enough about the project, its goal scope and objectives in order to promote the activities throughout the country. A 'network' is expected to:-

1. Channel Family Planning Population Education messages to as many people as they come in contact with particularly too young people who form the majority of the populace.
2. To be able to identify more network potentials in order to decentralise further activities and by so doing reach many more people.
3. Members should have some degree of maturity to be able to convince any target audiences and finally policy makers.

The following persons are members of the network committee in Sierra Leone:-

Mrs. Selina Smith  
Home Economics Teacher  
93, Regent Road,  
Freetown.

Mrs. L. Adesini Davies,  
Lecturer, Home Economics Dept.,  
Milton Margai Teachers College,  
Goderich, Freetown.

Mrs. J. Aaron Cole  
Director, SLHEA Family Welfare Educ.  
& Counselling Center,  
19, Walpole Street, Freetown.

Miss E. Roy Macauley  
Lecturer, Dept. of Home Economics,  
Njala University College,  
Private Mail Bag, Freetown.

Miss Q. Jarrett,  
Ag. Senior Education Officer  
(Home Economics), Ministry of  
Education, New England,  
Freetown.

Mrs. Alberta Wright,  
President SLHEA,  
P.O. Box 1189,  
Freetown.

Mrs. Admira Davies,  
Principal Social Dev. Officer,  
Ministry of Social Welfare & Rural  
Development, Freetown.

Mrs. Augusta Elias,  
Sen. Organiser of Home Economics,  
Ministry of Education,  
New England, Freetown.

Mrs. Zainab Jannah  
Social Development Officer,  
Centre, Ministry of Social Welfare,  
Kambia. Northern Province.

Mrs. Senya Harleston,  
Senior Agriculture Officer,  
Ministry of Agriculture & Forests  
Tower Hill, Freetown.

Mrs. Doris Roberts,  
Home Economics Teacher,  
Freetown Secondary School for Girls,  
Brookfields, Freetown.

Mrs. Rosalind Tejanic,  
Home Economics Lecturer,  
Women Teachers College,  
Port Loko, Northern Province.

Miss Sylvetta Scott,  
Nutritionist  
Ministry of Health,  
c/o. National School of Nursing,  
Freetown.

Miss Mary Scott,  
Lecturer, Home Economics Dept.,  
Bunumbu Teachers College,  
c/o. P.M.B., Kenema,  
Eastern Province.

Mrs. Pamela Greene,  
Regional Assistant Director,  
AHEA-IFPP,  
P.O. Box 414,  
Freetown.

## ADVISORY COMMITTEE

In 1977-78 as project activities began to take broader dimension in Sierra Leone and involving other ministries and agencies than the Sierra Leone Home Economics Association an Advisory Committee was formed in order to design and monitor family planning/population education projects sponsored by the AHEA-IFPP. The functions of the advisory committee are:-

1. Develop awareness of the contribution of home economics to population/family welfare programmes.
2. Cooperative planning among agencies.
3. Examine and identify priorities for programmes with Home Economics - family planning components.
4. Review, evaluate and assist with follow-up.
5. Work for the institutionalization of activities into regular government programmes.

The Chairman of this committee is the President of SLHEA and the Secretary is the AHEA-IFPP Coordinator who is also the SLHEA Coordinator. Members of the Sierra Leone Advisory Committee are:-

Mrs. Nancy Jere-Jones  
Planned Parenthood Association  
of Sierra Leone,  
22, Pultney Street,  
P.O. Box 1094, Freetown.

Miss Q.J. Jarrett,  
Ag. Senior Education Officer-  
Home Economics, Ministry of Education,  
2, Richard Street,  
Freetown.

Mrs. Alberta Wright,  
President,  
Sierra Leone Home Economics  
Association, P.O.Box 1189,  
Freetown.

Dr. Belmont Williams,  
Chief Medical Officer,  
Ministry of Health,  
Gloucester Street,  
Freetown.

Mrs. Eva Richards,  
Senior Development & Planning  
Officer, Ministry of Development  
George Street, Freetown.

Mrs. Enid O'Reilly-Wright,  
Principal,  
Y.W.C.A. Vocational Institute,  
Brookfields, Freetown.

Mrs. Agnes Labor (N.P.)  
Head, Department of Home Economics  
Milton Margai Teachers College,  
P.O. Box 1443,  
Freetown.

Mrs. Admira Davies,  
Principal Social Development  
Officer, Ministry of Social Welfare  
& Rural Development, Fort Street,  
Freetown.

Mrs. T.A. Lucan,  
Curriculum Development Co-  
ordinator, Institute of  
Education, Sparta Building,  
Private Mail Bag, Freetown.

Mrs. Florence Dahniya,  
Ag. Head, Home Economics Dept.,  
Njala University College,  
Private Mail Bag,  
Freetown.

Prof. G. Kpedekpo,  
ILO Population Expert,  
Population Unit, CPU  
Ministry of Development &  
Economic Planning, Freetown.

Mr. Alex Dickie,  
USAID Affairs Officer,  
c/o. American Embassy,  
Walpole Street,  
Freetown.

Mrs. Pamela Greene,  
P.O. Box 414,  
Freetown.

Mrs. Caroline Koroma,  
UNFPA Programme Officer,  
c/o. UNDP., Freetown.

Mrs. L. Adeeimi Davies,  
President SLHEA,  
Milton Margai Teachers College,  
Freetown.

CURRICULUM DEVELOPMENT PROJECT

Recognising that the goal of the AHEA-IFPP is the institutionalization of family planning/ population concepts integrated in home economics, the SLHEA established a 13 member sub-committee on curriculum development. The aim is to integrate population and family planning as well as responsible living concepts into the home economics curricula for both primary and secondary schools. In order to do this it was necessary to review the total school curriculum for home economics at these two levels.

A joint committee of SLHEA and the Ministry of Education Home Economics Unit began work towards this objective and syllabus for the primary and secondary schools have been developed. Concomitantly teachers in service have participated in several curriculum development workshops so that they will become familiar with the integrated approach and would be able to implement the new curriculum once it is accepted by the authorities.

The members of the Sub-committee include:-

Mrs Alberta Wright	
Mrs Muriel Davies	
Mrs Josephine Aaron Cole	
Mrs Frances Frazer	
Sr I. Marie O'Connor	
S. Mrs S. Rogerst Wright	Mrs Selina Smith
Mrs Ettie George	Mrs Pamela Greene (as Adviser)
Miss Agatha Lewis	
Mrs Audrey Mason	Mrs Joyce Wilson (Min of Education)
Miss Mina Bailor	Mrs Augusta Elias (Min. of Education)
Mrs L. Adesimi Davies	

A Seminar on Child Development in Sierra Leone was organized by the SLHEA from the 5th to 7th October 1978 as the Association's contribution to the International Year of the Child, 1979. The theme was "Focus on the Sierra Leone Child" and involved 86 Home Economists and Family Welfare Personnel as participants.

The main objectives of the seminar were:-

1. To update participants on Child Development subject matter
2. To highlight pressing problems relating to the development of and growth of children in Sierra Leone.
3. To identify family planning and population education concepts that could be integrated into this subject area by teachers.

Opening remarks were given by Mrs. Oredola Fewry, Acting Chief Education Officer of the Ministry of Education. A team of resource persons selected from various institutions and ministries gave the following papers as background papers for group discussion and recommendations:-

"Our Children, Our Heritage" (Keynote Paper)	Dr. V.E. King, M.M.T.C.
"A profile on our Dependent Population"	Mr. A. Thomas, Fourah Bay College
"Parental Care, Attention and Relationships"	Mrs. A. Fitzjohn, S.L.A.U.W.
"Education, Learning and Behaviour"	Dr. J. May-Parker, F.B.C.
"Nutrition of Children"	Mrs. V. Gilpin, National School of Nursing.
"Health of the Child"	Dr. Morley Wright, Paediatrician
"Social World of the Child"	Mrs. R.O. Forde, Chief Social Development Officer

Mrs. T.A. Lucan of the Institute of Education was the Chairperson for the panel of six speakers mentioned above. During the Seminar, special reports were given by schools from the Provinces on Child Rearing practices and problems in the community; and schools from the Western Area gave reports of what was being taught in the secondary schools in Child Care Development. Group discussion and group work resulted in the listing of basic concepts for integrating family planning population education into child care and child development courses for schools and colleges.

The following recommendation ensued from the seminar:-

1. That a subject entitled Family Life Education be included in the curriculum of Primary and Secondary Schools from Class 5 upwards.
  - (a) that responsible parenthood and the importance of moulding useful citizens be stressed in schools.
  - (b) that simple genetic education should be introduced from Class six to avoid misunderstandings which could have adverse effects.

2. That Health Education and Health Science lessons stress the dangers of filthy environment, personal hygiene, nutrition, some common diseases, and their symptoms, causative agents and methods of prevention. This must be taught at both levels of school - primary and secondary.
3. That in Sex Education, there is need for integration of Human Physiology with emphasis on Reproductive Organs, changes during puberty, personal hygiene. The teaching must be carried out by experienced and mature persons.
4. That in preparing an educational programme for parents, literate and illiterate on child care and development, short-term training courses on child care and development be planned to take place in the local environs.
5. That great care be taken to ensure that at various stages of sex education, the content is carefully reviewed and arranged to suit each level or age group.
6. That children who are potential dropouts need some education and guidance on Child Care.
7. That a committee within the Association be formed to spearhead the training of drop-outs as Nannies and child care assistants with provision for incentives and good conditions of employment.
8. That the use of the cup and spoon method of feeding and reasons for its use be taught in schools as the safe way especially for illiterate mothers.
9. That short term training courses on Child Care/Development be planned for both literate and illiterate parents to take place in the local environs using the vernacular language, liaising with health authorities, social workers etc.
10. That there is need to establish youth Clubs to foster healthy activities and education for adolescents.
11. That through social workers, and schools, education by mass media, the proper supervision of children moving from one town to another be emphasized.
12. That immoral films be banned and only educational films be shown to children. The need to teach choice, appreciation and evaluation of films to adults and children.
13. That there is need for more education for men especially on family planning/population education.

In her Opening Remarks Mrs. Fewry said:-

I note that this Seminar is in preparation for the International Year of the Child and that the focus will be on the Sierra Leone Child.

Although Children are basically the same all over, we know also that every child is a unique individual embodying a whole gamut of potentialities and characteristics. The Sierra Leone Child also has

characteristics arising out of the fact that he or she is Sierra Leonean.

All too often I get the sneaking suspicion that in education and particularly in the area of administration, we tend to focus on adult needs. It is timely that this time the Sierra Leone Home Economics Association is turning the spotlight on the child.

We in the Ministry welcome the initiative that the Association is taking to provide such professional stimulation. I know for a fact that those who are active in this Association are trying to accomplish what is a commendable objective in Home Economics Education in our Society and that is to improve family life and engender positive concepts of home and family, so that Sierra Leone could become a nation of happy homes, happy parents, happy adults and happy children. Because our focus on the Sierra Leone Child should take into account the education of the child, the health of the child and the creation of a congenial milieu for the child to develop to his or her full potential, there is need for the co-operation of people from all walks of life and from different Ministries. It is gratifying therefore to note that in planning this Seminar the organisers have taken full cognisance of this fact.

Dr. King spoke on "Our Children, Our Heritage". His talk was not only informative but also stimulating and gave much food for thought. He said that children inherited genes and their wide range of experiences helped in forming the character during the formative years (orinch nor ba bear lem). Ignorance of basic genetic knowledge could also lead to misunderstandings within a home, rousing suspicions of infidelity with adverse effect on a child's personality and development e.g. a child born with no resemblance to parents. Parents have a responsibility to ensure that a child is free from handicaps.

A child is entitled to affection, protection, security and peace from both parents. The foundation of character which are formed in the early years are best formed in a good home and not determined by socio-economics factors.

He condemned the removal of a child from the affection and security of a good home to an educational institution abroad before the age of 16 years, depriving them of that most powerful formative influence - parental affection, security, protection, peace, firm discipline, children guided and showing respect for all - and not for

In adolescence, self-discipline is a necessary quality. He made useful suggestions for dealing with adolescents and improving family life e.g. limiting size of family, spacing and sex education.

SOME OF THE IDEAS SUGGESTED FOR FAMILY PLANNING MESSAGES THAT COULD BE INTEGRATED INTO HOME ECONOMICS (CHILD CARE AND DEVELOPMENT COURSE) INCLUDED.

- A small planned family is a happy family.
- Space the births of children and have only the number that could be cared for properly.
- Children should be treated with respect in order to boost their ego as individuals with their own rights.
- Emphasize the advantages of healthy family living in relation to family size.
- Spacing will ensure affection, love and attention.
- Space children to ensure good health of mothers and children.
- Emphasize the need for good communication between father and mother.
- Allow adequate time e.g. 2 years between pregnancies.
- The fewer the children in the family the better the chances of proper physical and emotional development.
- Economic resources are increased when there are fewer children.
- Parents and children are likely to have better health and longer life span.
- Relate family size to housing and environmental conditions.
- Stress the importance of regular and proper antenatal care and adequate nutrition.
- Too many children may result in increased delinquency.
- Promote awareness of family planning services.
- Emphasize the need to seek advice when required.
- Family size may affect the family economic status.
- Children must be given affection, protection and security, the fewer the children the more this is possible.
- Discipline for youths must be sensible but firm.
- Sex education should be a part of the education before pupils leave school.
- Advantages of family planning should be explained to all adolescents.
- Emphasize that to be responsible, parents should provide affection, protection, security and good discipline.
- Four children should be adequate - space them every 2 years.

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N. WORKING WITH VILLAGERS WORKSHOPS - MINISTRY OF SOCIAL WELFARE & RURAL DEVELOPMENT.

The Ministry of Social Welfare and Rural Development with funding support from AHEA-IFPP through the Sierra Leone Home Economics Association organised a three weeks workshop for training of field level workers to use the working with Villagers Prototype Kit on integrated Home Economics and Family Planning lessons. This activity was the follow-up to a regional workshop on working with villagers held in Freetown in 1977 during which staff at supervisory level of the Ministry of Social Welfare and Members of SLHEA participated.

The major objective of the workshop was to train field level workers from various agencies and ministries with outreach programmes on use the problem-solving two-way communication approach of the integrated lessons with villagers.

The UNFPA Country Coordinator gave the opening address at the workshop. Twenty three field workers from the Ministry of Social Welfare & Rural Development, the Adult Education Unit of the Ministry of Education, Njala University College, Cooperatives, Ministry of Agriculture, CARE, participated in the activity. Twelve of the field workers were selected to field test the lessons in their districts during the three months period followed by a one day evaluation workshop to assess the effectiveness of the lessons.

Resource persons for the Workshop were:-

Mrs. Pamela Greene - AHEA-IFPP Regional Assistant  
Director

Mrs. J. Aaron Cole, SLHEA

Mrs. Alberta Wright, SLHEA

Miss Ellaline Roy Macauley, Njala University College

Mrs. Admira Davies, Ministry of Social Welfare &  
Rural Development

Mrs. Lucy Foh, Ministry of Social Welfare & Rural  
Development.

Mr. Abdul Rahman Kamara, PPA (S.L)

Mr. Atere Roberts, Health Education Unit, Ministry  
of Health.

Mr. J. Fahbunde, Ministry of Social Welfare & Rural  
Development.

A second workshop on the use of the working with Villagers Kit was organized by the Ministry of Social Welfare & Rural Development in Bo Chiefdom in the Southern Province. It was thought wise to move the training for the city to a village setting where the lessons would be tried with villagers on the spot. This was a one week workshop with participation of field workers from different Ministries and Agencies working with Rural families. Opening addresses were given by the Resident Minister for the Southern Province Hon. H. Hancilles as well as the Paramount Chief of the Chiefdom. It was a highly successful activity. Since the field workers came from all over the country the integrated approach to family planning could be practiced throughout the country and more families would be reached with

integrated messages if the field workers continue to apply the training they had acquired. It would be necessary to follow-up on each of these trainees to evaluate their work in the field.

O. SEMINAR FOR PARENTS AND GUARDIANS - APRIL 1979  
ON ADOLESCENT PROBLEMS.

One of the projects approved by the Advisory Committee for the Sierra Leone Home Economics Association was to organize special seminars for parents and guardians on adolescent fertility and teenage pregnancy.

The main objectives of the Seminar held in April 1979 were:-

1. To provide parents with a forum to discuss the pressing problems concerning the younger generation.
2. To discuss ways of improving communication between parents and children regarding sexual growth and development.
3. To identify attitudes of parents to sex education and family planning education for youths. Fifty parents and guardians were invited. Over 79 of them attended including market women and illiterate women and men. The key note address was given by Dr. Belmont Williams, Chief Medical Officer, in the vernacular. A panel of speakers covered the following topics:-

"Adolescent problems seen through the School Health Programme"	Dr. P. Nicol, Minister of Health.
"Problems of Teenagers seen through the Private MCH Clinic"	Mrs. Marionette Frazier, Mid Wife
"Impact of PPA on Teenagers"	Mr. Abdul R. Kamara, PPA (S.L)
"Drug Taking as a Youth Problem"	Mrs. E. Hyde, S.L. Drug Association.
"Need for Family Life Education"	Rev. Ademu John

After highlighting the problems of teenage pregnancy and adolescent fertility, Dr. Belmont Williams concluded her address by saying:-

"What can we do to help these children? I feel this meeting is a good beginning because we are all here to consider the problems and accept that they exist. Doctors, Teachers, Nurses and Home Economists cannot handle the problems alone. Parents must help by finding ways of handling their children at home. Others need to gain the confidence of their children and be friendly with them so that the children can go and talk to them when they have problems - especially the girls.

The schools should also try to provide sex education for the pupils when they get to the delicate age. Teachers need to be trained to handle the subject tactfully and to help their pupils to confide in them and overcome these problems".

The Women were divided into groups to discuss questions given to them based on the panel presentation and Dr. Belmont Williams' address. Group reports were given out of which the following major recommendations were drawn:-

1. The Seminar must be repeated annually for other parents and guardians to have an opportunity to discuss their problems with adolescents and to learn how to relate with young members of their families.
2. There should be more opportunities in future forums in which youths would participate so that both parents and adolescents could discuss the problems and find solutions together.
3. There should be similar discussions in the vernacular languages so that the views and problems of the different tribes in the country are known.
4. Many parents need to have more knowledge on sex education so that they will become more competent to talk to their children and more receptive to the approaches used in the school for the introduction of sex education into the curriculum.
5. The school system must provide opportunities for teachers to help young boys and girls right from the primary school to understand human development and the consequences of sexual relationships during adolescence and b the onset of puberty.
6. Family Life Education which incorporates sex education and population education concepts should be made a part of the curriculum for schools and training colleges.
7. Problems of teenagers and adolescent fertility should be publicised and discussed over the media so that more people are reached and would therefore appreciate the need to take action or support action that help young boys and girals in and out of school.

## P. SEMINARS FOR YOUTH ON RESPONSIBLE LIVING, 0-11. 5

SLHEA has been most concerned about the problems of youths in Leone as far as they relate to adolescent fertility teenage pregnancies, venereal diseases, illegal abortions, as well as the high rate of school drop outs. In its effort to stimulate public awareness to these problems SLHEA planned and organized a series of one day seminars for youths starting in February 1980. This "Youth Project" is closely linked with the SLHEA-FPIA Family Welfare Education and Counselling Project which is reported separately.

The main purpose of these seminars is to help youths to become responsible mature citizens who can make wise decisions concerning love, marriage, parenthood and family life. Many of the young boys and girls completely lack understanding of their sexual growth and development and the consequences of their sexual acts.

Therefore the specific objectives of each of the seminars were:-

1. To guide youths in the development of rational and responsible fertility behaviour.
2. To broaden the general knowledge of youths about population problems.
3. To provide a forum for discussion of adolescent problems.
4. To provide information on family planning, sex education to youths in school and out of school.

The first of these seminars was held on February 16th 1980 at the YWCA Vocational School Hall. 100 School-going boys and girls were invited from twenty secondary schools in Freetown. A panel of five adults gave their views on the main topic. "The Adolescent in Today's Society !" from the point of view of the Church, the School, the Society, the Parents and the Counsellor. This was followed by a reactor panel of youths, three boys and three girls who spoke about youth problems from their own point of view. There was opportunity for general discussion between both adult and youth panels as well as group discussions on burning issues and concerns identified by the youths themselves. Pamphlets and leaflets on adolescent fertility and human development were distributed to each youth and a question box was located in the hall for those shy youths to drop in their questions which they were unable to ask openly.

A second seminar of similar organization was held in February 1981 at the same venue but involving other youths from schools in the western area. This time the approach was slightly different. 86 Youth were involved from both school and out of school. They selected their representative panel which spoke first

Panel of adults. The adult panel consisted

The third seminar was held in the Provinces, at the Punjab Teachers College and involved 66 in school youths and out-of-school youths. In this programme an Imam, a Clergyman, a Principal, and a Parent/Teacher form the adult reactor panel. Handouts and a folder of informational materials on sexual growth and development, venereal diseases, family planning and other pertinent information such as grooming were distributed to the children.

In all of these seminars the following recommendations have come to the fore-front and attention of the SLHEA:-

1. For an adult and youth seminar to be organized.
2. More youth seminars.
3. More counselling centres to be established.
4. Introduction of sex education in schools.
5. Film and teaching materials on Adolescent awareness to be given to schools.

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Q. COMMUNICATING FAMILY WELFARE MESSAGES THROUGH THE MASS  
MEDIA AND TRAINING WORKSHOPS.

In July 1979, Five Home Economists attended a four weeks training course on Communication for Social Development organized by the University of Chicago and the Ministry of Information & Broadcasting at Fourah Bay College, University of Sierra Leone. Course content included the following areas:-

- 101 - Principles of Communication
- 102 - Population and Family Life Education
- 103 - The content of Social Development Programmes in S.L.
- 104 - Person-to-Person Communication
- 105 - Mass Media Producers for Social Development Communication.
- 106- 107 - Communication Research, Evaluation and Data Analysis.
- 108 - The Planning and Management of Community Programme.

Mrs. Pamela Greene was a Member of the Planning Committee of this course and developed the course outline for use. The five participants were :-

Mrs. Princess Elias,  
Sen. Organizer for Home Econ.  
Ministry of Education.

Miss Princess Georgestone  
Lecturer, Womens Teachers College,  
Port Loko.

Mrs. Gladys Cole,  
Lecturer,  
Milton Margai Teachers College,  
Goderich.

Miss Jomima Thomas (AHEA-IFPP Sponsor)  
Home Economics Teacher,  
Methodist Girls High School.

Mrs. Lilinn Adesimi Davies (AHEA-IFPP Sponsored)  
Lecturer,  
Milton Margai Teachers College,  
Goderich.

As an immediate follow-up of this activity the SLHEA planned and organized a communication training activity April-June 1980 for 15 of its members who were interested in communication activities of the association. Three communicators who were also on the planning committee of the Chicago Course were resource persons for this workshop.

In order to be able to reach a wider audience with appropriate integrated messages it was necessary to begin to train a core of home economists in communication techniques so that they will feel confident in using the mass media more effectively.

The original idea was to bring together a team of home economists and a team of communicators at a one week workshop to achieve the objectives set for the activity. However after careful consideration and to allow ample time for the participants to accomplish the tasks assigned to them it was decided to extend the period of the workshop over two months and to allow each participant to work at her own pace in close consultation with the communicators who were selected to be resource persons. 15 Home Economists and four communicators participated in the activity.

OBJECTIVES

1. To impart newspaper writing, radio and television skills to home economists.
2. To enable them to use these skills to make effective use of the mass media.
3. To become aware of the problems and issues related to communicating family planning messages through the media.
4. To assist home economists in preparing programmes for the media.
5. To plan strategies for using the various media during the year based on the materials developed at the workshop.

Tasks for each Team Six teams of two and three persons working individually were assigned the following tasks by the resource persons:

To prepare:	One Press Release	One Newspaper Article
	One Radio Script	One Radio Spot Announcement
	One Radio Interview	One Cartoon
	One Filler	One Poster.

Participants were:-

Miss Agatha Lewis	Mrs. Josephine Aaron Cole
Mrs. Doris Roberts	Mrs. L. Adesimi Davies
Mrs. Zenobia Wilson Taylor	Miss Princess Georgestone
Mrs. Eudora Nicol	Mrs. Lottie Johnson Cole
Mrs. Augusta Elias	Mrs. Selina Smith
Mrs. Joyce Wilson	Mrs. Admira Davies
Mrs. Alberta Wright	Mrs. Muriel Davies
Mrs. Gladys Carrol	

Resource Persons (Communicators)

Mrs. Tonie French - S.L.B.S.  
Mr. Arnold Gordon - U.S.I.C.A.  
Mrs. Bernadette Cole - M.I.B.

Method:

1. The Home Economists worked in pairs and individually.
2. General meetings were scheduled with the resource persons during which special papers were presented.
3. A plan of work developed and individual meetings were scheduled with the resource persons so that their work will be monitored.
4. Final meeting and presentation of work and certificates.

Assignments

<u>Target</u>	<u>Topics</u>	<u>Teams</u>
Men	Husband/Wife Communication Responsible Parenthood Bringing up Children Housing/Problems of Migration	L. Adesimi Davies D. Roberts
Newly-Married Couples	Husband/Wife Communication Nutrition Family Planning	Z. Wilson Taylor Mrs. G. Carrol
Youths 16-18 years	Youth Problems of Today Adolescent Fertility/Fertility Awareness; Responsible Living	J. Aaron Cole S. Smith
Pre-Adolescents	Personal Hygiene/Good Grooming Family Relationships Child Parent Communication Adolescent Fertility Fertility Awareness	A. Lewis E. Nicol J. Wilson A. Elias

Family	Environmental Sanitation	A. Davies
	Housing & Problems of Migration	I. Johnson Cole
	Population & Food Supply	P. Georgestone
	Population & Quality of Life	
	Family Relationship	
Unmarried Mothers	Women's Roles	M. Davies
	Bringing up Children	A. Wright

As a result of all of these training activities SLHEA Members have been using the radio and television in Communicating Family Welfare messages to the general public. Members give short talks on the Women's programmes from time to time or are interviewed on Radio and T.V. panels.

All SLHEA Seminars and Workshops are given complete coverage by Radio and Television. The Opening and Closing Addresses are broadcast as full text or summaries. Also the important resource lecturers are recorded and broadcast from time to time.

R. WORKSHOP ON THE USE AND ADAPTATION OF THE SOURCE BOOK FOR TEACHERS - INTEGRATING FAMILY PLANNING/POPULATION EDUCATION INTO HOME ECONOMICS - FEBRUARY 1980.

In February 11 - 15th 1980, 40 Home Economics Teachers, Supervisors, College Lecturers participated in a workshop in the Use and Adaptation of Resource Materials on Family Planning and Population Education in Home Economics at the National School of Nursing. This workshop was organized by the Ministry of Education, Home Economics Unit.

In 1975 three Sierra Leone Home Economists participated in the Pennsylvania State University during which the prototype materials for teachers were developed. The main objectives of this workshop were :-

1. To introduce the materials to teachers lecturers and social welfare officers.
2. To integrate concepts of family planning and population education into home economics education.
3. To adapt the materials for local use and to determine appropriate teaching aids that will be needed to help with the teaching of the units in local schools and colleges.

Competent personalities were selected to give lectures on pertinent topics in order to provide guidelines for review of the materials and for developing content.

The Workshop was opened by the Deputy Minister of Education and closed by the Deputy Chief Education Officer. Resource papers were presented by the following persons:-

"Preparation for Marriage - Husband Wife Relationships"	Mrs. C.A. Forster, Ministry of Social Welfare.
"Family Roles and Social Patterns in relation to Human Development"	Dr. M. Dumbuya, Department of Sociology, F.B.C.
"Population Growth and its effect on the Nutritional needs of the Family"	Prof. G. Kpedekpo, U.N. Population Consultant, Ministry of Development.
"Food Supply and Management"	Mrs. Gladys Carrol, Nutritionist, Ministry of Health.
"Resource Management"	Miss E. Roy Macauley, Njala University College.

In his Opening Address, Hon. Michael Abdulai said:-

"One of the objectives of Education as put forward in the Sierra Leone Education Review Report is that education provided should be strictly relevant, and should respond to the variation in the requirements of life and work within Sierra Leone. The integration of family planning and population education in home economics into the curriculum therefore is indeed a positive move towards achieving this objective. Since the means for the development and utilization of family resource such as food, money, time and energy are not always adequate, it is necessary that people should know how to make use of them in the best way possible as these are essential in building healthy families and healthy nations.

I am happy to learn of the cooperative efforts between the Ministry of Education and the Sierra Leone Home Economics Association in developing suitable and up-to-date curriculum in Home Economics for our institutions thereby ensuring that we keep abreast with modern trends in this subject. I am sure this would be a useful and rewarding week for Home Economists as they are directly concerned with education for better family living".

In his Closing Address, Mr. J. Taylor Pearce said:-

"Permit me to stress one or two aspects of the work you have done which I consider important. The first is the emphasis of planning. It has been said that planning is decision making for the future. When we plan we are able to anticipate the problems and issues of the future and from the vantage point of the present, to develop strategies which will ensure that we solve the problems and achieve the goals of the future.

It is in this context that the emphasis that you have placed on family planning is relevant. We need to ensure that people are directed to plan their resources towards the full utilization of all that they have and the promotion of their own personal well-being and fulfillment. Planning also affects our curriculum and as we have done this workshop on this specific area of population education so should we continue to plan the whole area of Home Economics Education towards the achievement of our goals".

S. RESEARCH ON THE ATTITUDES OF COLLEGE STUDENTS TO FAMILY PLANNING AND POPULATION ISSUES 1980.

In 1979, Two SLHEA Members, Mrs. Lilian Adesini Davies and Miss Queenie Jarrett participated in the Research and Evaluation Regional Workshop organized by the AHEA-IFPP in Nairobi, Kenya. As a direct follow-up of this training these two Home Economists together with Mrs. Alberta Wright and Mrs. Pamela Greene conducted a questionnaire survey on College Students attending teacher training colleges and the University of Sierra Leone on their attitudes to sex education, family planning and population issues.

Three other Home Economists, Miss Mary Scott of Bunumbu Teachers College, Miss Princess Georgestone of Port Loko Teachers College and Miss Elalline Roy Macauley assisted in administering the questionnaire to the students. An Associate Member of the SLHEA Mrs. Colina Cline, a Nurse Midwife also assisted in questioning students at the University.

The main purpose of this study was to present a paper at a research panel during the IFHE 14th Congress held in Manila, The Philippines. Mrs. Alberta Wright, President of the SLHEA presented the paper on behalf of the association.

Some of the findings of this survey included the following:-

73% of the sample were from Teacher Training Colleges and 27% of students were from the University (Njala and F.B.C). The majority of students were in their third year. 68% were Male and 32% Female. 56% were unmarried students. Of the total student population 33% were married Male and 11% married Females. 36% single Males and 20% single Females. Out of the total sample 80% were Christians and 17% Moslems. The majority of the students live most their lives in the Urban Areas (59%) and the majority also belonged to the extended family system (71%). Even though most of them belonged to the extended family system, 57% of them plan to have nuclear families and gave reasons for the type of family system they preferred to have.

The reasons they gave for nuclear families were as follows:-

40% gave economic reasons - that it is too costly to raise a large family.

16% stated they wanted peace and happiness, organized and disciplined families.

15% stated that they had been brought up in that system and would like to maintain it.

11% said they wanted to achieve a better quality of life for themselves and their families.

9% said they wanted less problems, privacy and for convenience.

Another 9% wanted to be able to provide adequately for their children's basic needs.

Out of those who desired to continue the extended family system:-

63% indicated that this was the traditional and cultural pattern of the country and would like to continue to maintain this system.

25% specifically indicated that they had to care for the older folks and younger members of their families, since there was no one else to do so. 7% mentioned the strength and support from a large family while 5% mentioned the close family ties that an extended family affords.

The students were asked to state the proper age for the beginning of sexual associations. Significantly 23% stated that 15 years or below would be appropriate. This may be due to the traditional pattern of early marriages. 36% indicated 16-18 years while 27% stated 19-21 years. Only 12% indicated that sexual associations should begin at 21 to 25 years of age.

#### SPOUSE SELECTION, ENGAGEMENT & AGE OF SPOUSE:

The students were asked to rank in order of priority what they would consider when selecting their spouse if they were not already married. Out of seven qualities and factors listed for spouse selection the students ranked character as the highest. This was followed in order of priority by health, economic status, looks, family background and talent had the same rating whilst occupation was rated the lowest of all.

They were also asked to give their opinion about engagement before marriage - whether it was necessary or not necessary. 82% said it was necessary before marriage. 78% approved of sexual relationships during the engagement period.

There was quite a variation in their opinion of the ideal age difference between husband and wife. But the majority (48%) indicated that the ideal age difference should be 5 years. The majority of students felt it was bad to marry a much older spouse.

The ideal age for marriage was also requested for man and woman separately. They suggested that 25-26 years should be the ideal age for men and 22-25 years for women. It is interesting to note that they have recommended a high age for marriage for women even though they had suggested that sexual associations should begin at an earlier age. This implies their sanction of pre-marital sex and therefore the need for family planning information to be provided for youths.

#### SEX EDUCATION AND FAMILY PLANNING:

They were asked to give their opinion on sex education in schools and at which level it should be provided. 94% approved of sex education in schools but they varied in their responses to the question at which level it should be taught. 39% approved of sex education at the early secondary level (11-15 years of age); and 34% approved of it for the late secondary level (16-20 years). However a significant number of students (27%) approved of the introduction of sex education at the late primary level (10-13 years of age).

When they were asked to give the meaning of family planning, 67% understood the meaning and gave responses such as spacing (37%); to prevent unwanted births (16%); to check population growth (10%); to achieve the desired family size (29%). A small number felt that it meant having fewer children for social and economic reasons (4%), and attainment of a happy and healthy family (4%). 33% did not know the meaning and perhaps the implications of family planning.

With regards to whether they would plan their own family or not, since family planning services are available in the country, 92% said they intended to plan their families. Only 8% did not intend to plan their families.

#### NUMBER OF CHILDREN IN FAMILY:

62% of the students already had children. 50% of them had 1 Child. 32% had 2 Children; 10% had 3 Children. Of this group with children, 42% would like to have in all 4 Children. It was significant to note that 41% wanted 5 or 6 children. Of the 36% who had not yet had children, 49% would like to have 4 Children; 25% would like to have 3 Children, whilst 21% would like to have 5 or 6 Children.

It is also important to note that none of those who have had children as well as those who have not yet had children, would like to have 7 or more children. Of the total group the ideal spacing period was given as 2-2½ years (54%). 26% gave 3-3½ years, whilst 6% mentioned 1 Year and 5% gave 1½ years as ideal spacing period.

#### FAMILY SIZE:

They were asked to state whether there were advantages or small (2-3 Children) families and large (5 or more children) families. 82% stated that there were disadvantages of large families and 45% said there were disadvantages of small families. 10% said there were advantages of small families. There did not seem to be consistency in their answers to both sets of questions on advantages and disadvantages of small and large families. 42% however did list some of the disadvantages of small families.

#### KNOWLEDGE OF FAMILY PLANNING METHODS AND ATTITUDE TO ABORTION:

They were asked to list down the various family planning methods they knew of. The most commonly known methods were the condom (67%); the pill (47%); foams and jellies (40%) and the IUD (47%). 2% mentioned traditional methods such as herbs and rope. With regards to their opinion on induced abortion 55% stated that it was a very bad practice. 17% said it was alright if medical or morally necessary and 11% said it was dangerous. However 55% accepted that abortion should be legally permitted by government.

#### GOVERNMENT SANCTION AND SUPPORT:

87% approved of government support for family planning programmes. 58% disapproved of government passing a sterilization law, whilst 88% approved of teaching fertility control in the schools. 95% approved of fertility advisory services being made available by government throughout the country. With regards to government law to

delay the age of marriage as a family planning measure 45% approved, 32% disapproved and 23% had no firm opinion on the matter.

STATEMENTS ON ISSUES:

Section B of the Questionnaire contained 40 Statements which were to be rated by the students on a 1 to 5 point scale, representing whether they strongly agree (the lowest number) to whether they strongly disagree (the highest number) with the statement. The middle number (3) indicated that they were uncertain.

60% of the students agreed with the statement that it was important to have children so that one will not be lonely in later years. 52% also strongly agreed with the belief that a woman cannot feel fulfilled if she has never given birth. They were strongly positive to the statement that one should have the right to bring into the world as many children as one desires as long as one can provide for their needs. They varied in their responses to the statement that it was better for an unmarried woman to have an abortion than to bear an unwanted baby. 44% had positive responses whilst 40% gave negative responses. 16% were uncertain.

91% agreed or strongly agreed with the statement that all young people should be educated about methods of birth control and 73% agreed also that young people should have access to effective contraceptives. The majority of them believed that married couples need children to lead a completely fulfilling life; also that no male should be denied to right of birth control when he does not want children. They strongly felt that if they did not have children they would not be completely happy no matter how full their lives were otherwise. 70% indicated that they planned to adopt children if they could not have their own.

With regard to some of the statements on population issues they strongly disagreed with the statements that there was adequate land in Sierra Leone and therefore there should not be any concern about over-population in the country; and that the population can be much larger than the present without affecting the quality of life of families. A significant number was however uncertain of the statement that there is enough available food in the world to feed the growing world population due to scientific advances.

It is clear from this study that students in the Colleges of Sierra Leone are generally aware of the need for family planning and population education and have specifically indicated that family planning programmes and services should be available to all and especially the young population who will be planning their families in the future.

The study reveals that although most of the students came from extended families they would rather like nuclear families because of economic reasons. It is clear that general economic and social trends have influenced their attitudes towards large family norms.

In September 1980 a one week workshop was organized by SLHEA on Material Development as a direct follow-up the the youth seminars as well as the workshops organized for teachers and parents. It was felt that SLHEA should have at its disposal materials that are country specific to distribute to participants attending workshops as well as relevant leaflets and brochures to guide youth of human reproduction and development, venereal diseases, grooming etc. Materials were also needs for parents to help them approach their own problems with their spouses and their children especially in the area of communication and decision making. There is the group of non-literate men and women who would need graphical or pictorial materials in order to understand the messages that SLHEA wishes to put across.

There for the objectives of this Workshop were for the Home Economists:

1. To review and adapt and develop materials on Family Planning Population Education for Home Economics Teaching in both formal and Extension Programmes.
2. To learn how to make simple low cost visual aids for effective communication of family planning sex education and population education concepts.
3. To develop ideas for use through the Mass Media, especially Radio, T.V. and Newspapers.

Though the workshop was, mainly on material development there was also scheduled on the programme sometime for discussion of the problems of teaching home economics in the schools and these have relevance for teaching family planning/population education as an integrated subject. The following are some of the recommendations that ensued from the Workshop:-

1. That a one day Seminar should be organised for Parents and Guardians to explain what family life education is all about.
2. To include family life education in the curriculum for all levels of the formal education.
3. The SLHEA Members should give regular talks on family life education at parent-teacher association meetings.
4. That school time tables should allow more time for the teaching of home economics.
5. That an exhibition on Family Life Education be mounted for the public.

This Workshop was unique in that instead of requesting resource persons from outside the SLHEA, Members of the Association had been developed to a stage where they could serve as the association's resources for the project. Therefore those who were trained in previous workshops such as the curriculum and communications workshops were the leaders and resource persons for this activity.

Opportunity was also taken to review several audio-visual aids which included the following family planning and films and film strips all available at the Resource Centre:-

1. Children are like flowers (FAO)
2. Clover wives (FAO)
3. A Village is a Big Family (FAO)
4. Dream of a City (FAO)
5. Happy Family Planning (IPPF)
6. Kirathino (IPPF)

## U. FAMILY WELFARE EDUCATION AND COUNSELLING PROJECT

The Members of the Sierra Leone Home Economics Association are mostly teachers who have had many years of teaching experience and continuous contacts with students. Therefore they were in a position to be justifiably concerned about the decline in the standard of behaviour of youths in and out of school. The effect of this decline became apparent in the increasing number of female school drop-outs due to unwanted pregnancies, high incidence of abortion, and sometimes deaths resulting from illegal abortions.

The Association was then faced with the problem of how to arrest this decline. Various suggestions were advanced and finally it was agreed that the youths needed guidance and counselling. This was then translated into objectives stating clearly what the Association hoped to achieve.

The Objectives were:-

To provide youths with a forum for discussion of adolescent problems.

To guide youths in the development of the right attitude towards sexual relationship.

To enable young adults to understand the health hazards of adolescent pregnancies.

To assist young adults in developing positive attitudes towards responsible parenthood and family life planning.

To help parents develop an awareness of the importance of good parent/adolescent relationships and communication.

Family Planning International Assistance undertook the funding of the Project as from December 1, 1978. Thus on March 15, 1979 the Centre For Family Welfare Education and Counselling, 19 Walpole Street, Freetown, was officially opened, and the Project launched by the then Regional Director, Mr. Marc Okunnu Snr.

The Project which is now on its third year, started off with a staff of seven in the first year - the Project Director, Field Assistant, Administrative Secretary, a Messenger, a Guard and two Part-time Counsellors. With the expansion of activities, four satellite centres were established occasioning an increase in staff members. Sixteen part-time Counsellors were then employed and the former two became full time Counsellor Supervisors. The total number of staff at present is twenty-three.

Project activities involve sessions with youths in and out of school, women's groups and even men-only groups, as well as individual and mixed group counselling and home visits.

The Field Assistant schedule covers the youths, women's and parents groups, while the Counsellor Supervisors and the part-time Counsellors are responsible for the individual and mixed group counselling, home visits and the distribution of non-prescription contraceptives.

Office hours are 9.00 a.m. to 4.00 p.m. with a lunch break of one hour. But there is at least one member of staff in the Centre

during the lunch break as invariably clinics call any time during office hours. Also only school sessions fit in within these time, usually the other sessions are in the late afternoons.

FPIA - SLHEA PROJECT

SIERRA LEONE MODIFICATION 3 (1981)

Objectives:

1. To provide follow-up family life education, responsible parenthood and family planning services to 10,200 youths through school-based activities; 420 women through "women only" meetings and 2,200 parents through parents meetings.
2. To provide 11,904 clients with IEC and counseling through home visits and a "Hot Telephone Line", which will result in 4,000 new acceptors of non-prescription contraceptives. Additionally, to provide non-prescription contraceptives to 3,464 continuing users.
3. To manage and monitor all project activities in accordance with the policies and procedures of the SLHEA and EPIA terms and conditions.

	First Trimester	Second Trimester	Third Trimester
<u>Objective 1</u>			
1.1 No. of students to be reached by field assistant	5000	1720	3480
1.2 No. of women to be reached by field assistant	180	90	150
1.3 No. of parents to be contacted by field assistant	980	480	740
<u>Objective 2</u>			
2.1 No. of clients to be contacted by receivers through "Hot Line" telephone	200	360	400
2.2 No. of clients to be contacted by field workers	2048	2000	2096
2.3 No. of clients to be contacted by counseling supervisors	1920	1900	1940
2.4 No. of new acceptors to be recruited by counseling supervisors	512	500	524
2.5 No. of new acceptors to be recruited by counseling supervisors	821	800	843
2.6 No. of continuing clients to be re-supplied by field workers	500	300	396
2.7 No. continuing clients to be re-supplied by counseling supervisors	810	700	758

55  
V. FAMILY LIFE EDUCATION FOR STUDENTS IN TEACHER  
TRAINING COLLEGES

The former coordinator of the Sierra Leone AHEA-IFPP - being the chief examiner for one of the teachers training colleges was requested by the Institute of Education to revise the programme for the Port Loko Teachers College which is a three years programme of training of teachers for Primary school. Since SLHEA and the Ministry of Education curriculum committee have proposed that Family Life Education concepts should be introduced in the Primary school it was imperative that teachers-to-be should be prepared to cope with the curriculum for the Primary level. It was therefore timely that the course on Family Life Education was introduced into the programme of the Port Loko Teachers College. Approximately 30 Students are enrolled each year in the three year programme. In 1980-81, 11 Final Year Students took the examination based on the revised curriculum and submitted projects as a requirement for the examination. Family Life Education projects accounted for 10% of the final marks awarded for the examination.

The Family Life Education course for the students covered the following units -

Unit 1 : Family Relationships

Objectives

1. To acquire knowledge of the common family systems in Sierra Leone and in the world.
2. To understand the interaction of family members and the changing role they play in the family circle.
3. To appreciate the role of the family in local culture.
4. To clarify goals and values in relation to family living.
5. To understand the role of children in the family and the relationship of family size and spacing of children and family health and welfare.
6. To appreciate the value of interaction and communication between family members, in relation to roles and responsibilities in the home.

Unit 2 : Responsible Living

Objectives

1. To understand the importance of adequate preparation of children before marriage.
2. To appreciate the importance of parenthood and its responsibilities.
3. To understand that successful family living embraces love and sparing of effort and possessions for the common good.
4. To understand the importance of responsible social behaviour consistent with moral and ethical values.
5. To understand the decision-making processes as they affect the family.
6. To acquire knowledge of how to get along with other people.
7. To know and understand the importance of proper selection of partner.
8. To understand the responsibility of a family member as well as a community member.
9. To appreciate the changing roles of men and women in family and society.

Unit 3 : Human Reproduction & DevelopmentObjectives

1. To understand the basis for teaching human relationships and family life education.
2. To develop ability to teach and apply the principles of human development and relationships in specific classroom, family and community situations.
3. To help teachers feel comfortable in discussing sexual growth and development with children.

Unit 4 : Child Care & DevelopmentObjectives

1. To acquire knowledge of the development of a child from birth to age of six for better understanding of child rearing.
2. To become aware of ways of helping with the harmonious development of the child.
3. To develop skills in caring for young children.

Unit 5 : Population EducationObjectives

1. To build up sound critical judgement of the relationship between planned family living and national development.
2. To appreciate the significance of world and National Population Problems and their implication for Home Economics Education.
3. To develop an awareness of the need for family life education programmes to emphasize planning for better family living.
4. To realise the catalytic role of home economists in enhancing human resource development.

The Milton Margai Teachers College which prepares teachers for Secondary Education offers a three year Home Economics Programmes leading to the Higher Teachers Certificate. Approximately 12-15 Students graduate from the college each year in home economics and find employment in secondary schools throughout the country. A trial course on Family Life Education is being conducted during the 1980-81 Academic Year. This course is offered to all students in Home Economics for four hours a week. On successful completion of the trial phase and after revision or modification of the course it is anticipated that Family Life Education will become a required course for all home economics students of the college.

The Course Outline includes the following units:-

Unit 1	:	The Family	4 Hours
Unit 2	:	The Family in a changing society	4 Hours
Unit 3	:	Human Development	6 Hours
Unit 4	:	Marriage	4 Hours
Unit 5	:	Family Planning	4 Hours
Unit 6	:	Appropriate Social Behaviour	4 Hours
Unit 7	:	Human Relationships	6 Hours
Unit 8	:	Population Education	8 Hours

Unit 9	:	Communication & Decision Making	4 Hours
Unit 10	:	Status of Women	6 Hours
Unit 11	:	Consumerism	6 Hours
Unit 12	:	Responsible Living	6 Hours
Unit 13	:	Counseling	6 Hours
Unit 14	:	Working with Villagers	8 Hours
Unit 15	:	Village projects on FLE	8 Hours
Unit 16	:	Using A-V resources in FLE	8 Hours
Unit 17	:	Housing & Home Improvement	8 Hours

The third Teacher Training College - Bunumbu Teachers College where Home Economics is being offered has not yet incorporated Family Life Education Concepts into its programmes. The SLHEA is considering holding a three day workshop of the Lecturers concerned with teaching FLE at Port Loko and MMTC Colleges and the Bunumbu Lecturers of Home Economics so that they could gain some experience in this area and find ways of introducing the subject into their curriculum.

W. COLLABORATION AND COOPERATION WITH OTHER AGENCIES  
AND ORGANIZATIONS

In almost all of the Family Planning/Population Education activities of the SLHEA Members of the association have worked closely or involved other persons from Ministeries, Agencies and Organizations working in the same field either as rescurce persons, planning committee members. SLHEA Members have served in similar capacities in the activities of other Ministries, Agencies and Organizations. The following bodies have in one way or the other been involved in SLHEA activities during the period under review:-

The Planned Parenthood Association of Sierra Leone  
The Ministry of Education  
The Ministry of Health  
The National School of Nursing  
The Ministry of Social Welfare  
The Association of Social Workers in Sierra Leone  
The Ministry of Agriculture & Forestry  
The Women's Federation  
The Extra Mural Department, University of Sierra Leone  
The Dpartment of Sociology, University of Sierra Leone  
Njala University College, Home Economics Department  
The Fertility Awareness Centre  
The Sierra Leone Association of University Women  
The Sierra Leone Drug Association  
C.A.R.E.  
United Nations Fund for Population Activities  
The Institute of Education  
The Milton Margai Teachers College  
The Y.W.C.A. National Secretariat  
The Y.W.C.A. Vocational Institute  
The Food and Agriculture Organization  
The United Nations Development Programme  
The Ministry of Development & Economic Planning  
The Central Planning Unit - MODEP  
The Population Unit - MODEP  
The Cooperative Department  
Religious Organizations  
The Midwives Association  
The Nurses Association  
The Home Economics Unit - Ministry of Education  
The Audio-Visual Unit - Ministry of Education  
The Adult Education Unit - Ministry of Education  
The Port Loko Teachers College  
The Bunumbu Teachers College

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X. PUBLICATION AND DISTRIBUTION OF MATERIALS AND  
TEACHING AIDS WITHIN THE COUNTRY

The SLHEA has endeavoured to prepare Reports of all the Family Planning activities that have been organized since 1973 and these have been distributed far and wide. Ten copies of each report are sent to the funding agency and each participant and resource person involved in the activity receives a report. Reports are also sent to various Ministries, Libraries and Members of the advisory and network committees in as much as there are sufficient members to distribute. The following activities have been documented:-

Report of the Country Survey 1973

Report of the Seminar on the Role & Responsibilities of Home Economics in Family Planning December, 1973.

Report of the Workshop on Helping Families towards Better Family Living through Ministry of Social Welfare 1974.

Report of a Workshop on Curriculum Development September 1974

Report of a Workshop on Working with Villagers, May 1978

Report of a Workshop on Communicating Family Welfare Messages through the Mass Media 1980.

Report of a Workshop on Child Development - Focus on the Sierra Leone Child 1978.

Report of Two Workshops on Adolescent Problems & Responsible Living 1980.

Report of a Material Development Workshop 1980.

Report of a Youth Seminar on Responsible Living 1981.

Report of a Forum for Policy-Makers, Principals and Senior Administrators - Some Policy Looks Ahead. 1981

A study of the Attitudes of College Students to Family Planning and Population Issues 1980.

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Aprat from reporting the regular workshops and seminars two publications have been produced by Mrs. Pamela Greene with relevance for Family Planning and Population Education. 2000 Copies of each of the booklets have been printed and have been distributed not only in Sierra Leone but to other countries in Africa, Asia and Latin America/Carribean. They are:-

- \* Reaching Rural Families Through Family Life Education - A guide for training Field Level Workers.
- \* Nutrition and Family Planning - A guide for training Field Level Workers.

The SLHEA has also prepared special folders for Youths and Adults in which are leaflets and brochures pertaining to sex education, family planning, responsible living etc. 1000 folders for adults and 1000 folders for youths have been prepared and are being used in Seminars from time to time.

All AHEA-IFPP produced materials and publications have also been widely distributed to Home Economists and persons involved with Family Life Education activities in Sierra Leone. In particular the following publications and materials have been distributed:-

- \* Family Planning in Home Economics - Folder I
- \* Family Planning in Home Economics - Folder II
- \* Partners in Change - Slide Cassette Kit
- \* A Source Book for Teachers - Population and Family Planning in Home Economics
- \* Working with Villagers
- \* Resource Papers for Curriculum Development - Family Planning and Population in Home Economics
- \* Women's Roles and Education
- \* The LINK News Letter
- \* Enriching Family Life through Home Economics and Family Planning
- \* Integrating Family Planning and Home Economics Resource Hand Book Part I & II
- \* Integrated Home Economics Programmes - on International Force for Families

Other Newsletter and Publication given wide distribution are:-  
Salubritas (APHA/WFPHA)  
Populations (UNFPA)

The following Audio-Visual Aids have been made available to the SLHEA from AHEA-IFPP and other population and Family Planning Organizations and are located in the Resource Centre at 19, Sanders Street.

Films : Kiratinmo - Nutrition & Family Planning  
Happy Family Planning - Carbon  
Planning your Families  
Barrier methods of contraception.  
Methods of Bulk Planning  
About conception and contraception  
Population ecology.

Film Strips and Cassettos:-

Meeting the People (IPPF)  
Adjusting and his Carebao (FAO)  
A Village is a Big Family (FAO) - Sierra Leone  
Children are Like Flowers (FAO) - Sierra Leone

How to use satisfied Acceptors in Family Planning  
 Motivation (UNESCO)  
 Jose's Dream (FAO-UNFPA)  
 Dream of the City (FAO) - Sierra Leone  
 Documentary of a Barrio (FAO) - UNFPA  
 How to trace Family Planning defaulters (UNESCO)  
 Steps in motivation during a Family Planning Home Visit  
 Choice not Chance  
 Before the Baby comes.

Slides and Cassettes:

Partners in Change  
 Women and Development  
 Birth Rates  
 Barrier methods of contraception  
 Birth.

Records & Filmstrips:

Especially for Boys  
 Especially for Girls  
 How Conception occurs  
 The Pill  
 Birth of a baby  
 The I.U.D.  
 How to manage I.U.D. Acceptors  
 Proud Father  
 Promoting consumption of Nutrition Foods  
 As you plan your crops plan your family  
 Clever wives.

Communicate:

Communicate Planning Game  
 Lifting (Film strips)  
 Portable Filmstrip/Slides projectors (Filmstrip)  
 Contraceptive methods teaching kits  
 Reproductive Anatomy & Physiology Kit.

UNFPA:

Population Teaching Index Cards  
 Population Facts at Hand

POSTERS AND TEACHING CHARTS: ( A WIDE ASSORTMENT )

Sex Education:

Comics  
 Getting it together is life itself (Filmstrip/Cassette)  
 How to teach your child about sex { " " " }  
 Kids who have kids are kidding themselves { " " " }  
 How can you tell if you're really in love { " " " }

Family Planning and Population Education posters are also collected and made available to teachers and other persons interested in family life education, at the Resource Centre. Some of the posters and teaching charts of interest to Family Planning and Population Education include:-

## Y. RESOURCE CENTRE

Because of the felt need for some where centrally located for Home Economists and Family Welfare Workers, Students and other persons to acquire materials, publications and references for their work with formal and non-formal education a resource centre was established as part of the regional Assistant Director of AHEA-IFPP office in Freetown.

COLLECTION AND SERVICE:

Books, Booklets, Journals, Bulletins on Home Economics subject areas, family planning, population and family life education may be used on the premises by the public. They may be borrowed only by Home Economists and family welfare workers.

AUDIO VISUAL AIDS:- Films, slides, filmstrips, diagrams, posters, charts, cassettes, teaching kits on home economics, family planning, population education may be borrowed for training activities such as workshops, seminars and school/college teaching.

VERTICAL FILES:- available for review but may not be removed from the premises.

PAMPHLETS, BROCHURES AND PROJECT NEWSLETTERS:- acquired in bulk are available free to home economists and family welfare workers.

WHO MAY USE THE CENTRE:

STUDENTS:- from secondary school, colleges and the University.

HOME ECONOMISTS:- Teachers, lecturers, extension and field workers.

OTHER EDUCATORS:- from Government Ministeries and the Institute of Education.

MEMBERS OF SIHEA (Sierra Leone Home Economics Association)

PROFESSIONALS from other health and educational service organizations such as nutritionists, nurses, social workers, agriculturists.

INDIVIDUALS - may call or drop in for more information on the project.

HOURS - Mondays to Fridays

8.30 a.m. - 12.00 p.m.

1.00 p.m. - 5.00 p.m.

SUBJECT AREAS OF MAJOR CONCENTRATION IN THE RESOURCE CENTRE:-

Foods  
 Nutrition  
 Clothing/Textiles  
 Home Management  
 Consumer Education  
 Womens Roles/Education  
 Sex Education  
 Human Reproduction  
 Family Planning  
 Population Education  
 Communications  
 Rural Development  
 Community Development  
 Extension Education  
 Village Technology  
 Curriculum Development  
 Housing  
 Home Improvement

Child Care & Development  
 Health  
 Education  
 Family Relationships  
 Home Economics Programmes  
 Colleges & Universities (HE)  
 International Agencies  
 Funding Agencies  
 International Federation for Home Economics

HOW TO USE THE CENTRE:

1. You may drop in the spend time browsing around.
2. You may make an appointment with the staff to get specific information.
3. You may borrow publications and visual aids.
4. You may place your name on the mailing list for newsletters and brochures.
5. You may request special meetings for a group to preview films and filmstrips or slides.
6. You may call or drop in to pick up free materials and publications.
7. You may wish help in planning integrated home economics/population education/family planning lessons.

Regular News Letters/Bulletins/Journals etc. that are received and filed at the Resource Centre that relate to Family Planning-Population Education and Sex Education of Family Life Education:-

POPLINE

UNESCO COURIER

CENTRE CALLANG

SALUBRITAS

INTERCHANGE

COMPASS

BASICS

STUDIES IN FAMILY PLANNING

INTERCOM

CENTRE FOCUS

FPIA NEWSLETTER

CODEL NEWS

POPULATION REPORTS

UNICEF NEWS

BRIEFS

L.I.F.E.

DRAPER FUND REPORT

LINK

POPULATION PROFILES

POPULATION BULLETIN

DEVELOPMENT FORUM

POPULI

TAICHI NEWS

Z. EVALUATION OF PROJECT SPONSORED ACTIVITIES IN  
SIERRA LEONE.

Persons in Sierra Leone who have participated in AHEA-IFFP Sponsored activities since the Taiwan Training Course and Summer Institutes in the U.S. have been categorized as follows:-

1. HECL = Home Economists working in Teacher Training Colleges and the University of Sierra Leone .
2. HETS = Home Economists who are teachers in Secondary Schools
3. HETS = Home Economists who are teachers in Primary schools.
4. HER = Home Economists who have retired.
5. HEA = Home Economists in administrative positions
6. S.W.S.= Social Worker (Supervisory or Administrative level).
7. S.W.F.= Social Worker (Field Level)
8. F.P.W.= Family Planning Worker
9. H.W. = Health Worker
10. E.A. = Education Administrator
11. R.O. = Religious Organisation Personnel
12. C.O. = Communicator
13. H.A. = Health Administrator
14. A.G. = Agricultural Worker
15. Dev. = Development Officer
16. PAP = Population Agency Personnel

1. Total No. of persons involved with or exposed to project activities January 1973 to December 1980 (excluding parents, guardians, youths) = 257
2. Total No. of Home Economists in Secondary Schools = 73 (28.4%)
3. Total No. of Home Economists in Primary Schools = 9.4%
4. Total No. of Home Economists as Lecturers in Colleges and the University = 8 : (3.1%)
5. Home Economists who have retired but still involved with project activities = 4 (1.5%)
6. Home Economists in and other persons in education administration = 20 (7.8%)
7. Persons in Social Work/Rural Development at Supervisory Level = 5 (1.9%)
8. Persons in Social/Rural Development Work at Field Level = 57 (22.2%)
9. Person working in Family Planning Program = 13 (5%)
10. Person working in Health Programme Administration/Field Work = 25 (9.1%)
11. Person working in Agriculture Extension Programmes = 6 (2%)
12. Person working in other programmes Development Communications = 7 (2.7%)

Total No. of person involved or exposed to only one and more than one project sponsored activities:- (excluding Youths, Village Men & Women and Parents)

	<u>NO</u>	<u>%</u>
(a) One activity	105	40.8
(b) Two activities	85	33.1
(c) Three activities	27	10.5
(d) Four activities	11	4.3
(e) Five activities	8	3.1
(f) Six activities	3	1.2

		65	
(g)	Seven activities	7	2.7
(h)	Eight activities	3	1.2
(i)	More than 8 activities	8	3.1
	Total =	<u>257</u>	

EVALUATION REPORT (USAID) 1972 - 1977 (5 Years)  
(by Mullard, Milurk, Hayden)

SIERRA LEONE

Sierra Leone has six teacher training colleges, of which four have incorporated some family planning material into the home economics curriculum. The team found it difficult to judge how much emphasis is given to family planning material. Regardless of the amounts, there is a total of about 50 home economics majors graduating from all four schools each year.

About 30 of the nation's high schools teach home economics, and of these the coordinator estimated 15-20 schools may include some family planning education in the home economics course work. The coordinator estimated that in these schools approximately 3,000 students would be exposed to family planning information which would not include contraception but would contain some human reproduction material. This exposure reaches less than 10 percent of the total secondary school population of 39,000 students.

At the primary school level, there are 25 home economics centers at which children receive once a week general population information. Again, the number of students reached is fairly small: about 3,500 out of a total elementary school population of 178,000.

The YWCA organization operates a Vocational Institute for dropout girls which is headed by the former President of the Sierra Leone Home Economics Association. Each year 350 girls in the equivalent of the final two years of high school are required to take home economics courses which include population, human reproduction and contraception. The YWCA operates another night school program for about 80-160 working women a year, in three-month courses, during which they receive family planning training. The school principal conducts annual seminars for all of her 40 teachers and invites other teachers for a workshop on how to teach and counsel students on family planning. Many students are counseled on the subject outside the classrooms.

In the area of community development, there are approximately 160 social development workers. The Chief social development officer attended the AHEA-sponsored family planning awareness seminar and seems to have close contact with the Sierra Leone Home Economics Association leadership. Most of the workers attended a three-month pre-service training course where they received approximately 50-60 hours of family planning training. Each can cover only a small

number of villages and may not initially supply or resupply contraceptives. Some family planning training in the community development field was initiated prior to the start of the AHEA project.

In the entire country there are only twelve government clinics and six private (PPA) clinics. Government clinics are so crowded and understaffed that the MOH finds virtually no time for family planning work. Thus potential acceptors find services generally unavailable in most rural areas. This tends to neutralize any potential effectiveness of outreach workers in community development and by the Ministry of Health's traditional birth attendants. The latter really are not expected to do much outreach work, though they could be very useful if they were permitted to give out pills and condoms.

The small but lively SLHEA has taken the initiative to develop proposed curriculum changes to integrate population/family planning into home economics. This work, which has been in progress for over a year and is expected to take a year or two more to complete, is being carried out through 13 SLHEA sub-committees. They planned to have a meeting of all sub-committees in January, 1977 for purposes of reviewing work to date in curriculum revisions. Their work is of an advisory nature, since all public school curriculum development work is the responsibility of the Government's Institute of Education.

The SLHEA has begun regular, weekly 15 minute radio broadcasts which will include family planning information. These broadcasts will be in English as well as in four of the most widely used vernacular languages, and are intended to reach ultimately about 70 percent of the population. There are also plans to have periodic television broadcasts. These cannot be transmitted beyond Freetown and would reach the relatively small part of the population who have television sets.

The coordinator, who also is the designated West African regional coordinator, has written two booklets on family planning education in home economics which are being used in some activities described above. She also wrote a booklet on how to organize home economics associations in other countries.

#### IV. PROBLEMS

The Government of Sierra Leone has very serious financial constraints. The lack of funds prevent additional Government programs and services, thereby restricting all efforts related to family planning. Inadequate finances may be one of the greatest barriers to family planning program development. The Ministry of Health is starved for funds. Currently, there are only twelve overcrowded health clinics with no time or space for family planning.

The Institute of Education, responsible for curriculum development staff training and materials development, does not have funds for home economics curriculum development. There is at present no organized home economics curriculum in public education. The only organized effort of home economics curriculum development is being carried out

on a volunteer basis by the Sierra Leone Home Economics Association.

Sierra Leone has no published policy on family planning. There does not seem to be any strong support for a family planning program from top leadership, nor is there strong objection. There are a few indications that resistance to the family planning program is breaking down.

There are strong cultural barriers to family planning programs. Over fifty percent of the population is Muslim. More of a problem may be socio-economic, in that rural families feel the need of many children to work on the farm. Older people depend on children for care during old age. Men with many wives and children are finding it economically difficult to support them.

Teachers expressed concern regarding the sensitivity of the population toward the teaching of sex education in public schools. There exists some confusion and uncertainty about the roles of the respective departments of Government. These two factors may be directly related to the lack of a government policy on family planning.

At the present time there is not a strong feeling that a problem in population exists in Sierra Leone.

#### V. CLIMATE FOR PROJECT

Of the seven countries the team visited, this is the most difficult environment in which to try to carry out any kind of population project. The government has no announced policy on family planning. It has extremely serious financial problems, which cut across and hamper other efforts critical to family planning success, such as MCH clinics.

One Ministry of Education Official wrote to the Institute of Education in April 1975, that the teaching of the reproduction system in human beings should be limited to students who need this knowledge for their professional courses; doctors, nurses, and paramedical personnel. This view does not, fortunately, seem to be widely held within the MOE. The Ministry does not have its own curriculum development section but looks to the Institute of Education to do such work for it.

One of the brightest aspects of the environment is the existence of a small but vigorous Sierra Leone Home Economics Association, which has worked effectively to help introduce family planning into the educational system. While top leaders don't openly support family planning, neither do they oppose it. The existence of a large Muslim population, (over 50%) reported to be less receptive than other elements of the population to family planning, does not brighten the environmental picture.

#### VI. RELATIONSHIP TO AHEA

There is a particularly close relationship between the coordinator and the AHEA project director in Washington, partly because the former served for about 18 months in AHEA headquarters as an assistant project

director. Each year following the June 1973 country survey, two or more Sierra Leone Home Economists have been to the United States, either to participate in prototype material development workshops or to attend AHEA's Ad Hoc Advisory Committee meetings.

There is adequate correspondence between the coordinator and AHEA headquarters to maintain good communication. The project director never has visited Sierra Leone.

#### VII. EMBASSY USAID ATTITUDE TOWARD PROJECT

The AID Representative expressed his positive support for the project. He believes that because it is so hard to get any population project activity going in this country the momentum gained under the AHEA project, though modest in extent, should be kept up and moved forward. He believes the time is not right for a United States financed bilateral population project. He believes that the government's attitude over the next few years will become increasingly receptive. There is no resident USAID Population Officer here. The Population Officer from Liberia also is assigned collateral duties in Sierra Leone and, in the past, has come over once or twice a year. With so little AID population effort the AID Representative believes that the AID Population Officer from Liberia cannot justify more frequent visits.

#### VIII. SUMMARY

Of the seven countries the team visited, Sierra Leone has the most difficult environment in which to carry out any population project activity. Despite this, the project coordinator and her key associates in the Sierra Leone Home Economics Association, working closely with appropriate officials in the Ministries of Education, Agriculture, Social Welfare and Community Development, have been able to assist and encourage in the development of a modest amount of sound activity.

Prior to the AHEA project, there was no integration of population and family planning education into home economics courses in any level of the educational system. In the past three and one half years since the 1973 survey in Sierra Leone, population including family planning materials has been introduced into the four teacher training colleges in the country which teach home economics. It is also being integrated in varying degrees into home economics courses in a number of high schools. While the Ministry has no statistical data on the number of high schools which are providing such integrated studies, the coordinator believes the number is probably close to twenty.

At primary level a small start has been made by bringing 3500 students to 25 learning centers one day a week for home economics training, including population studies. Prototype material developed by AHEA is used by teachers in the centers.

The small but active and able Sierra Leone Home Economics Association which has members in key locations throughout the home economics system, is working through 13 subcommittees to develop a proposed curriculum for integrating population/family planning education into the high school home economics program. They also have started a 15-minute radio program and are planning TV broadcasts on home economics, which will include some family planning.

The Sierra Leone element of the AHEA project has made fair progress in a most difficult environment. It is slowly and soundly helping to establish an institutional framework for further expansion. The streamlined AHEA procedures have been very useful in these circumstances, as they have in other countries.

(by Boynton, Murphy, Weideman)

BACKGROUND

Sierra Leone is a West African nation with 3.4 million people and a growth rate of 2.6 percent. It has no official population policy, although a National Population Development Commission was established recently and charged with formulating a population policy. Representatives of the Sierra Leone Home Economics Association (SLHEA) are involved in this effort. Family planning services are available at no cost at private clinics and some government health facilities. There is still sensitivity about population control, and family planning is best approached within a context of child-spacing to improve health and family welfare.

A. Strong Country Programs

Sierra Leone has a strong home economics network; 221 Sierra Leoneans are qualified home economists. Many of the 89 members of the SLHEA hold responsible positions in government and educational institutions, including the Ministries of Health, Education, and Social Welfare and Rural Development; the Milton Margai Teachers College, Njala University College, Fourah Bay College, and School of Nursing; and vocational and secondary schools. The AHEA project, through the SLHEA, exerts considerable influence on government policies on education, family life, and population/family planning. The SLHEA network is further strengthened by an able and dynamic Country Coordinator, who is also the RAD.

The AHEA project has an Advisory Committee with 14 members, as well as a network of 15 members who are leaders in family planning/population education in Sierra Leone.

B. Integrated Curriculum Change

The SLHEA home economics network has been active in integrating population/family planning into traditional home economics courses at primary and secondary levels. P/FP is also part of the curriculum at teacher training colleges and at Njala University. The curriculum coordinator of the Curriculum Revision Unit (Institute of Education, Ministry of Education) wants to incorporate population/family planning education into the formal syllabus for the secondary schools. She notes that increased staffing and funds for teachers' workshops are needed to accomplish this. The SLHEA has developed a prototype syllabus to accelerate the process and is willing to provide technical expertise.

Through the AHEA project, population/family planning education is taught at the YWCA Vocational School and at the School of Nursing as well.

In the non-formal sector, population/family planning is being integrated into the curriculum of the outreach (extension) workers of the Ministry of Social Welfare and Rural Development. In addition,

the curriculum for health educators in the Ministry of Health includes population/family planning. These workers serve in rural areas in Sierra Leone.

### C. Training Programs

The SLHEA has been very active in training programs. It has organized several workshops, including a child development workshop, a parent seminar on adolescent fertility, and a youth seminar. Both the SLHEA and the RAD have participated in and contributed materials to several other workshops. For example, in February 1980, 40 home economics teachers reviewed and adapted the AHEA International Family Planning Project (IFPP) Sourcebook for Teachers in a workshop sponsored by the AHEA project, IPPF, and the Ministry of Education. In the Ministry of Social Welfare and Rural Development, 23 field workers adapted, field-tested, and evaluated the AHEA working with Villagers materials in two 1979 workshops. Other ministries have included population/family planning in their workshops. SLHEA network members exert considerable influence and frequently serve as resource persons.

The three-teacher training colleges and the University College prepare home economists for secondary - and primary-level teaching, as well as for other jobs. The colleges are The Milton Margai Teachers College, The Women Teachers College, The Bunumbu Teachers College, and the Njala University College.

At Milton Margai Teachers College, the 42 students training as secondary home economics teachers receive as many as four hours of instruction in family planning each week.

In the Ministry of Social Welfare and Rural Development, 23 of the 200 field workers received training in integrating population/family planning concepts into income-generating activities for rural women. The supervisory staff in the ministry feel that unless women's farm and household burdens are alleviated, they will not be interested in family planning, since children are viewed as helping hands on the farm.

Of the 100 field workers in the Ministry of Health, 50 have attended two workshops for which AHEA provided population/family planning materials. In addition, more than a dozen SLHEA members have benefited from training in the U.S. and have used their training to stimulate population/family planning-related activities in Sierra Leone. For example, four home economists attended the University of Chicago in-country training course on communications for social development held at Freetown in July 1979. They are now involved in developing radio and television programs on population/family planning.

### D. Educational Materials

Educational materials produced or adapted by the SLHEA have been used by such organizations and ministries as PPA of Sierra Leone, the Center for Family Welfare, Education and Counseling (Sponsored by

FPIA and SLHEA), the YWCA, and the Ministries of Social Welfare and Rural Development, Education and Health.

A coordinator from UNFPA (Swaziland) asked to be placed on the SLHEA and AHEA mailing lists after reviewing their materials. SLHEA and AHEA population/family planning materials are also being adapted for use on radio and television programs (incorporated into scripts and interviews). AHEA and SLHEA materials were noted in almost every office and clinic and evaluation team visited.

#### E. Publications

The SLHEA publishes a quarterly bulletin, Home, Family and Community which contains considerable information on population/family planning issues. The Link is also distributed to a large audience in Sierra Leone. AHEA-produced audiovisual aids are provided for workshops and seminars.

#### F. International Collaboration

SLHEA members maintain excellent relations with other organizations working in the population/family planning field in Sierra Leone. Among these are UNFPA, FPIA, PPA, and Center for Family Welfare, Education and Counseling. SLHEA members, as well as the RAD and the Country Coordinators have helped organize and have participated in several workshops. They have served as resource persons at International conferences sponsored by AHEA, IFHE, FAO, and IFPP. In addition, the AHEA Advisory Committee and network include members of PPA, ILO, USAID, and UNFPA.

#### G. Evaluation, Field Study, and Research

A complete evaluation of the Sierra Leone project will be made in 1981-1983 (see "Project Document for Sierra Leone").

A research study ("Attitudes of College Students Towards Family Planning and Population Issues") has been proposed to the AHEA for presentation at the IFHE Congress in Manila. The proposed study is a result of the training received by two SLHEA members who participated in the Nairobi "Regional Workshop on Research and Evaluation" held in September 1979. Three hundred questionnaires were sent to college students and 100 were returned. Coding and analysis were completed in May and June. A summary report can be presented in Manila by a SLHEA delegate if AHEA approves the proposal.

A Ministry of Health study entitled "Knowledge and Attitudes of School Children on Sex Education and Sexually Transmitted Diseases" was conducted in 1979. The director of the Central Statistics Office is now coding and analyzing the questionnaires.

A SLHEA member conducted informal interviews at Women Teachers College in Port Loko, in the Northern Province of Sierra Leone, to determine the knowledge of contraceptives and attitudes of students and college staff towards family planning.

SUMMARY-: Population/family planning education is still at an early stage of development, but substantial progress has been made since the previous evaluation, primarily because of the work of the SIHEA/AHEA International Family Planning Project. Information and education activities (such as those conducted by the AHEA) should be continued. The consensus of the evaluation team and of local Sierra Leone leaders seems to be that the AHEA International Family Planning Project has been most influential in promoting the development of a mature family planning/population education program in Sierra Leone.

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## 6. OBJECTIVES OF THE SIHEA

The work of the Association will be guided by the following objectives-;

1. Exchange ideas and knowledge among home economists and professional persons in related fields to help bring about needed improvements in the home and family life in Sierra Leone.
2. Encourage scientific studies to provide factual material for development of programmes for family living in Sierra Leone.
3. Encourage young women to enter the profession and provide opportunities for members to improve themselves for more effective leadership in home economics.
4. Develop professional interests and advancement in the various areas of home economics, i.e. foods, nutrition, and dietetics, child and family development, clothing and related arts, home management and family economics, housing and home furnishings and consumer affairs.
5. Encourage and promote friendly relations among members who are trained in home economics and members from related professional and to develop mutual appreciation of the other's views and thereby bring out and preserve the best.
6. Interpret the scope of home economics to educational authorities and to the public and use every means possible to bring about the wider concept of the service home economics can offer the educational curricula from kindergarten through college levels.
7. Cooperate with other agencies that are interested in the welfare of the family
8. Form a body that will include regional branches in order to facilitate the coordination of home economics activities in the country.
9. Identify opportunities in the country for home economics and use them
10. Raise the status of women in Sierra Leone.

## SLHEA EXECUTIVE COMMITTEE

1980

PRESIDENT	- Mrs Lilian Adesimi Davies
VICE PRESIDENT	- Mrs Joyce Wilson
SECRETARY	- Mrs Muriel Webber
ASSIST SECRETARY	- Mrs Eudora Nicol
TREASURER	- Mrs Alberta Wright
ASST TREASURER	- Mrs Selina Smith
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ASST SOCIAL SECRETARY-	Miss Agatha Lewis
PUBLIC REL OFFICER	- Mrs Lottie Johnson Cole
COORDINATOR	- Miss Queenie Jarrett
ASST. COORDINATOR	- Mrs Muriel Davies
ORDINARY MEMBERS	- Mrs Spphie Yilla
	- Mrs Lousia Thomas
EX-OFFICIO	- Mrs Pamela Greene (RAD. AHEA-IFEP)
	- Mrs Josephine Aaron Cole (Director SLHEA-FPIA Project)

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