

International Family Planning Project

WORKSHOP REPORT

HOME ECONOMICS/FAMILY PLANNING

ECHO WORKSHOP

Carron Hall Vocational School
Jamaica

February 27, 1980

Grant No. AID/DSPE-G-0010

American Home Economics Association
2010 Massachusetts Avenue, N.W.
Washington, D.C. 20036

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INTRODUCTION

The Echo Course held at Carron Hall was the fifth in the series of Echo Courses. Four others were held in November 1979 at Port Maria, Ocho Rios, Church Teachers College and Bethlehem Teachers College.

The Carron Hall group was comprised of teacher-participants mainly from neighboring primary and all-age schools. Also in attendance were Carron Hall final year students who participated fully. In addition, they formed valuable resource personnel for explaining the needs of youth. The attached evaluation sheets support this.

HOME ECONOMICS/FAMILY PLANNING

ECHO WORKSHOP
Carron Hall Vocational School

February 27, 1980

This was one of the follow-ups or echo workshops on planning prototype lessons in family planning/home economics, since the July 1979 workshop in which seventy home economics teachers participated and worked very hard in this pioneer effort in our country.

Through Dr. Thelma Stewart, AHEA International Family Planning Project country coordinator and core trainer, this workshop was organized to spread the idea to another group of participants in the rural areas of Jamaica. Contact persons were Kathleen Robinson, Principal of the host school, and Dottlyn Dawes, head of the Home Economics Department there.

Sixty-six participants which included five men, took part in reviewing the conceptual framework of a lesson plan for prototype lessons in family planning education. Miss Dawes led discussions on concepts and objectives and Dr. Stewart injected the sparks of interest in generalization and components of lesson plan. There was great participation by all throughout.

During the lunch break we were favored with two interesting educational films -- "A Question of Choice", and "We are Jamaica". The projectionist was Mr. F.R. Taylor, Senior Education Officer in the Ministry of Education.

The session after lunch was group work on lesson plans for family planning topics selected by each group. Each group in turn presented lesson plans prepared during the workshop.

The consensus of opinion was that such a workshop was an eye-opener and inspiration to all who participated; and everyone was looking forward to an upgrading of home economics/family planning lessons.

P R O G R A M

9:00 - 9:15 a.m.	Prayer/Welcome/Introduction
9:15 - 9:30 a.m.	Overview of Workshop The Need for Family Life Education
9:30 - 11:45 a.m.	Conceptual Framework (a) concepts (b) objectives (c) generalizations
11:00 - 11:15 a.m.	Break

11:15 - 1:00 p.m.	Conceptual Framework (cont'd)
	(d) components of lesson plan
	Groups to write lesson plan
1:00 - 2:00 p.m.	LUNCH
2:00 - 3:00 p.m.	Presentation of lessons from Groups
3:00 - 3:30 p.m.	Administrative details
3:30 p.m.	Adjournment

HOME ECONOMICS/FAMILY PLANNING ECHO WORKSHOP
Carron Hall Vocational School

BUDGET

2-pkgs. Duplicating paper @ \$15.00	\$ 30.00
1-pkg. Markers @ \$13.00/pkg.	13.00
4 Markers @ \$3.50	14.00
1 pkg. Magicubes Flash @ \$6.51	} 13.56
1 roll color film @ \$7.05	
66 snacks and lunches @ \$15.00	330.00
Traveling expenses paid participants	86.62
Tips	<u>12.82</u>
GRAND TOTAL	\$ 500.00

Echo Workshop - Carron Hall

LIST OF PARTICIPANTS

<u>NAMES</u>	<u>SCHOOLS</u>
Nadine Johnson	Carron Hall Vocational School
Winsome Brown	Carron Hall Vocational School
Ronald Eaton	Carron Hall Vocational School
Rosa Sutherland	Baxter's Mountain All-Age
Edith Randeem	Clonmel All-Age
Denver Oliphant	Highgate All-Age
Joyce Ellis	Highgate All-Age
Dorothy Reynolds	Enfield All-Age
Mr. Charles Robinson	Carron Hall Vocational
Patricia Williamson	Bromley All-Age
Rubell Kelly	Clonmel All-Age
Beverly Gordon	Guy's Hill Secondary
Marilyn Mothersille	"
Sonia Hutchinson	"
Lenomie Green	Woodside All-Age
Paulette Burford	Rose Bank All-Age
Lavina DeSouza	Carron Hall Vocational School
Deloris Reid	"
Ann Keane	"
Marcia Sinclair	"
C. M. Robinson	"
R.A. Bromfield	Troja All-Age
P. Mitchell	Seafield All-Age
O. Bromfield	Troja All-Age
L. Champagne	Seafield All-Age
M. Roberts	Jeffery Town All-Age
M. Deans	Carron Hall Vocational
L. Lee	"
H. Kennedy	"
D. Elliott	"
N. Thompson	"
A. Davidson	"
Judith Adams	"
Jacqueline Morrison	"
Sharon McPherson	"
Gretta Thompson	"
Yvonne Cummings	"
Kathleen Robinson	"
Marcia Forbes	"
Andrea Kelly	"
Beverley Harris	"
Josephine Kelly	"
Myrna Hall	"
Marlene Mills	"
Lileth Wilson	"

<u>NAMES</u>	<u>SCHOOLS</u>
Sheila Parker	Carron Hall Vocational School
Norma Dawes	"
Olive Bartley	"
Denise Stone	"
Collette Williams	"
Marlyn Gause	"
Veronica Simmonds	"
Marcia Gray	"
Marjorie Fuller	"
Charmaine Hancel	"
Mendes Mitchell	"
Rosalie Gordon	"
Ann Davidson	"
Ursella Malcolm	"
Rema Maxwell	"
Jacqueline Soares	"
Maudlin Flemming	"
Sharon Headly	"
F.R. Taylor	Observer

ECHO WORKSHOP - CARRON HALL

EVALUATION

The workshop is useful and helps to broaden the knowledge of all those who participated.

The workshop has really enlightened my thoughts on the subjects that were discussed.

I think that this workshop is very important for me. I have got ideas from fellow participants.

I think the workshop is very important as well as interesting because I got different ideas from different people who attended.

Today's workshop was very educational being a student doing the topics that were discussed.

I think the workshop was very beneficial.

The workshop today has helped me to learn a few things which I did not know before.

From what I have learned today, I think that this workshop is doing an excellent job and it should be more of a public type so that more young people can get involved.

I think the workshop was very interesting and beneficial.

In my opinion, the workshop was very beneficial especially to the students who attended.

I think today's workshop has helped to enlighten our knowledge on the various concepts surrounding family planning. It will also help us as young people to face certain situations.

This workshop has enlightened me on many topics that I was ignorant of. Since it is my first opportunity to attend a workshop I must say I appreciate all that was done.

The workshop today was very interesting. It shows how important it is for the younger generation of today to know how to plan their family so as to stop unwanted pregnancies and alleviate over-population.

The workshop was very enlightening and beneficial.

The workshop has given me more insight into education rather than in teaching.

This workshop is of great help to me.

This workshop was a very interesting and informative one. I have learned a lot from it.

I think the workshop was a worthwhile one. More of this type will improve the standards of living.

The workshop has developed for me, more concepts in teaching home economics and family planning.

Questions that were on my mind for a long time have been answered today.

Today's workshop is educational. It is food for thought.

The workshop was very interesting. It was refreshing and made me feel as if I was back in college taking part in an education class.

The workshop was an educative and interesting experience. A lot has been done from which individuals can get ideas to take back to their respective schools.

The workshop was informative. It refreshes memory of how to plan lessons incorporating family life education. We were well entertained and prepared for.

Today's workshop was an exceptional day in my personal life. This should be held more frequently. As a student I think it was really good.

This workshop has widened my experience in teaching family planning education. I think more of these workshops are needed.

This was a very well spent day. The subjects were very stimulating and I think there should be more of these workshops.

This workshop was a very successful one. It has illuminated my mind and revolutionized my thoughts on the different avenues and aspects involved in family planning.

The workshop was an interesting one and many important points were brought out. I was awakened to duties.

The workshop is a very essential activity and should be introduced to the teachers and pupils because it helps us to think about the process and the product in education.

I think the workshop has been a success. I have benefitted from it as our coming together with different views will help to make my teaching more meaningful. More of these would be greatly appreciated.

The workshop was of great benefit to me. We hope to have more of this type in the near future.

The workshop was an interesting and informative one.

A meaningful workshop. The need for family life education in all educational institutions is evident. More workshops of this nature should be held to involve all schools in the educational system.

Many ideas were obtained even to help in other subjects, especially on point of objectives.

The workshop was informative and it gave me new ideas to take back to the students at my school. I enjoyed the day.

The workshop was enjoyable and I obtained a wealth of information. I met people and observed the planning on the whole.

The workshop was in my estimation an invaluable one. It was well organized and Dr. Stewart was exceptionally good. I hope there will be more like this to come.

The workshop was quite good because one gets the opportunity to exchange ideas and to be more enlightened on writing a proper lesson plan.

This workshop was very interesting and the day well spent. It helps us to get a better view of what is taking place in our country and the problems facing us and how best to cope and solve them.

The workshop has contributed greatly in giving teachers new concepts under which to work and on the whole was both educational and interesting.

The workshop is very interesting and educative. It helps us to give different opinions and share our ideas with each other.

The workshop should start earlier in the morning so that more topics could be discussed and more time to do the discussion. Very interesting to this point.

The workshop was really necessary because it helped me alot and also has enlightened my knowledge.

The workshop is very important in the role of teachers. Everybody can hear each other's views and can put their views along with others and clarify.

In my opinion the workshop was very profitable.

I really achieved something from this workshop. It has helped me to really make a serious decision in life.

This workshop is very beneficial to me.

I think this workshop has changed my plans. I wanted to be a nurse, but teaching is interesting.

The workshop has given me a clear view of what is happening in life and how to be more prepared to face it.

The workshop was interesting. If it could continue like this, I think the teachers of Jamaica would be able to teach better and so help in trying to control over-population and break down the possibility of teenagers getting pregnant.

The workshop is one that should not be erased from memory. We have gained ideas that will help in the future.

The workshop has played a very important role in my learning.

I have benefitted alot from the workshop and it should be more often.

I have benefitted alot from the workshop and it should be more often.

The workshop is a place where people meet, exchange ideas and gain knowledge. This one is no exception.

The workshop was satisfactorily concluded. Students and teachers were enlightened on various topics.

LESSON PLAN

Group I

TOPIC: Teenage Views on Pregnancy

OBJECTIVE: (1) Students should be able to make decisions and a positive attitude towards self.
(2) Be aware of the causes and consequences of teenage pregnancy.
(3) Make their contribution towards population control and a better way of life.

PROCEDURE: Brainstorming -- Get individual views, list all views

TEACHING POINTS: (1) Interference with individual growth and development, education and social life.
(2) Marriage before pregnancy.
(3) Defer pregnancy for education.
(4) Unpreparedness -- consequences
(5) a. under-development of reproductive organs
b. lack of financial resources; drain on parental and national resources
(6) Irresponsible fathers
(7) Contraception--family planning

STUDENTS' PARTICIPATION: Select appropriate and relevant views

EVALUATION: Questionnaire -- Objective type questionnaire will be prepared to test students' understanding of the concepts.

QUESTIONNAIRE

(Some irresponsible statements for discussion)

1. A girl will become ill if she does not have a baby.
2. Having a child will cure period pain.
3. Pregnancy can be prevented by:
 - (a) drinking a cold glass of water after the act.
 - (b) urinating after intercourse.
 - (c) taking a washout after.
4. Having a baby will prove that I am a big woman.
5. Having a baby for a boy will commit him to marry a girl.
6. I should have sex because my friends are having it.
7. Having a baby early will not restrict my individual growth or development.
8. I should have my baby when I am young and later on I'll try to get my education.
9. People are dying so having many children will not affect the population.
10. When I am old my children will maintain me, so I am having out my lot.
11. My parents have 10 children and were able to take care of us, so I can follow their pattern.
12. If I cannot take care of my baby, my parents are compelled to do so.
13. The number of children will not affect the quality of life.
14. Complete --
 - (a) Contraception is _____.
 - (b) The methods of contraception are:
 - (1) Oral pills
 - (2) Condoms
 - (3) I.U.D.
 - (4)
 - (5)
 - (6)
 - (c) Vasectomy is an operation for _____.
 - (d) Tubal ligation is an operation for _____.

LESSON PLAN

Group 2

TOPIC: Causes of Teenage Pregnancy

AIDS: Pictures, panarama, slides--depicting depraved family life.
Get a resource person from the community (i.e., nurse, public health inspector)

OBJECTIVE: Children should know the causes of pregnancy.

SPECIFIC OBJECTIVE: Children should be autonomous and learn to wait before having sex play too early.

PRECEDURE: Have story telling about depraved conditions existing in communities.

Ask class brisk questions on some causes of pregnancy.

TEACHING POINTS: (a) Show slides depicting causes of teenage pregnancy.
(b) Class discussion based on slides showe; pupils give ideas also (i.e., girl wants to prove her love for the boy).
(c) Some girls try to escape from home because of lack of love from parents.
(d) Parents leave teenage girls unprotected.
(e) Overcrowding in one room may cause girl to be exposed to sex play too early.
(f) Some girls follow what other friends do; friends get pregnant, so does she.
(g) Status in employment. Person gets a job for a girl; the payment is sex which leads to pregnancy.
(h) Behavioral pattern of adults before teenager (i.e. making love before teenager).

STUDENTS' PARTICIPATION: From points discussed, pupils should be motivated to ask questions.

Have group discussions and pupils reporting.

Have question box pertaining to the topic.

LESSON PLAN

Group 3

SUBJECT: Home Economics

TOPIC: Self Concept (15 years old)

OBJECTIVES: The child should be able to recognize himself or herself as:

- (a) a worthwhile member of the family unit
- (b) a person with drives and emotions which should be properly channeled..

INTRODUCTION: Teacher will introduce the lesson with the opening sentence "I am glad". Each student in the class will complete the sentence giving answers of self concept:

Possible answers:

- (a) I am glad that I am a girl and can cook.
- (b) I am glad that I am a female and able to be a mother.
- (c) I am glad that I can go out with boys and control my emotions.

TEACHING POINTS:

Self respect. Students will have a high regard for self. He or she should be capable of responsible behavior at all times even under stress and strain.

Attention to duties. Each member of the family must participate in the activities for the proper functioning of the family; (e.g. doing the family laundry properly, preparing a day's meal.)

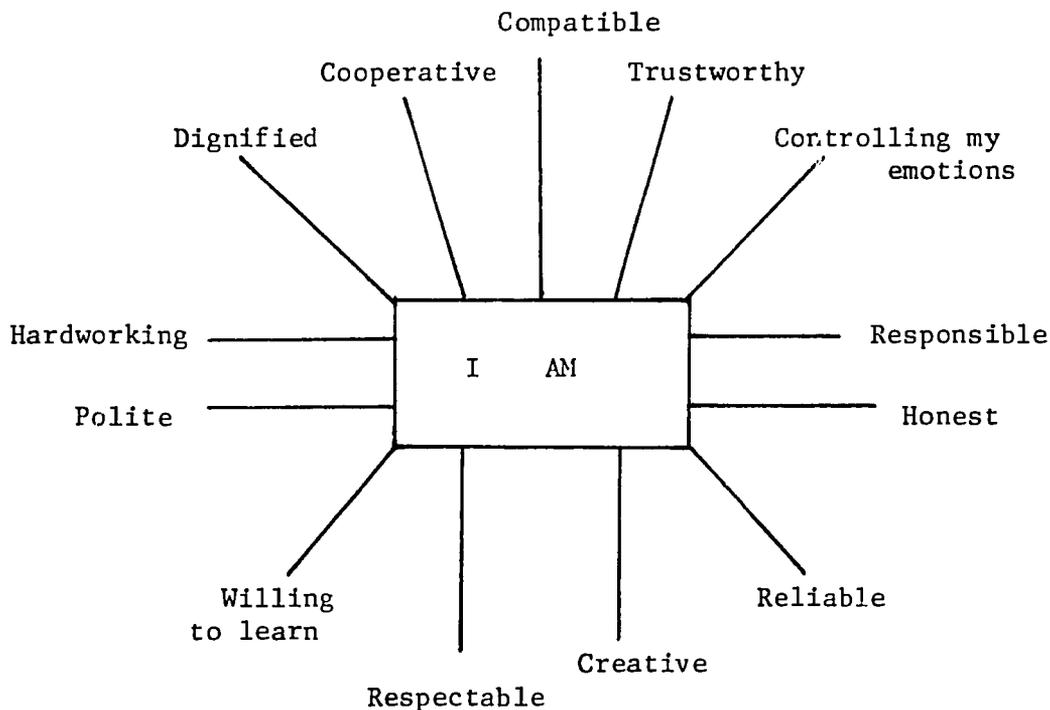
Interpersonal relationship. Knowing how to get along with people. Having friends and keeping them.

Impression that you will leave on other people.

Importance as a member of the school community.

Self-image. Child should take pride in himself/herself.

STUDENTS' PARTICIPATION: Students will use "I am" as a center of interest.



EVALUATION: Skit -- Two students (boy and girl) doing role play. The boy making advances and the girl refusing politely bearing in mind a high self concept.

LESSON PLAN

Group 4

SUBJECT: Food and Nutrition

TOPIC: Balanced Meals for Expectant Mothers

OBJECTIVES: At the end of the lesson students will be able to:

- (a) define a balanced meal
- (b) distinguish the essential nutrients
- (c) relate the importance of one nutrient during prenatal period
- (d) state how a smaller family will be able to maintain a more balanced diet

PROCEDURE: (a) Popular Jamaican fallacy written on chalkboard:

"Milk, eggs, tomatoes and green vegetables should not be eaten by pregnant woman or they will make the baby big."

- (b) Short questioning to find out how much of this saying students believe. Teacher enlightens student beliefs by commenting that these are some of the many foods that the mother requires for herself as well as that of the baby.

TEACHING POINTS:

- (1) Definition of a balanced meal.
- (2) Essential nutrients
 - (a) protein
 - (b) carbohydrates
 - (c) fats
 - (d) vitamins
 - (e) minerals
 - (f) water
- (3) Foods that contain these nutrients --

Protein -- animal products, nuts, beans
Carbohydrates -- yam, flour
Fats -- butter, margarine
Vitamins -- milk, fruit, vegetables
Minerals -- meat, vegetables
Water -- from fruits, beverages

- (4) The functions of two minerals--calcium and iron
 - calcium builds bones and teeth
 - iron helps to form healthy blood
- (5) The result of mineral deficiency--tooth decay, lack of blood clotting, goitre, etc.
- (6) The cost of a balanced meal for a small family as against a large family, both having the same income.

STUDENTS' PARTICIPATION: (1) Students work out cost of balanced diet for small family compared with large family, both having same income.

(2) Plan a simple balanced meal for a pregnant mother.

EVALUATION: Fill in the blank spaces.

NUTRIENT	FUNCTION	SOURCES
		Chicken
Mineral	Prevents disease scurvy	
		Margarine
Water	Provides energy	
Protein		Liver
		Bread
	Builds strong bones and teeth	
		Fish
Fat	Repairs worn out tissues	
Water		
	Good for the eyes	

LESSON PLAN

Group 5

TOPIC: Causes of inadequate clothing of the family and how to help this.

OBJECTIVES: Students will know the importance of adequately clothing the family.

Children must learn how to make use of their resources.

PROCEDURE: Step I

Introduction of lesson by a skit. Two families, the Browns, where father is a policeman and mother is a teacher with five children. The Johnsons, where father is a factory worker and mother is a domestic helper with eleven children. One morning Donna Brown while going to school saw Marlene Johnson crying. She persuaded her to tell her her problem. Donna found out that Marlene had only one uniform and this was not in good condition, therefore she could not go to school.

Step II

Using questioning technique --

(1) Why do you think Marlene had only one uniform?

Possible Answer

Parents could not afford another uniform.

(2) Why couldn't the parents afford another uniform?

Possible Answers

They have too many children to buy uniforms.

No! budgeting wisely.

Discussion:

1. Having the amount of children we can adequately take care of (e.g. clothing)
2. Budgeting wisely to meet family needs

Making use of resources (e.g. do own sewing, if possible instead of buying ready-made or paying to sew.)

TEACHING POINTS:

1. Plan your family according to resources.
2. Buy clothes which are durable not only pretty.
3. Wear uniform to cut down on expenses (e.g., for work, school).
4. Take care of clothes to make them last longer.
5. The larger the family the more difficult to make decisions.
6. Make full use of resources to supplement the budget.
7. Make everyday styles (choose styles that will not go out of fashion).
8. Choose clothes that are inexpensive to care for.
9. Renovate and re-cycle clothes where necessary.

STUDENTS' PARTICIPATION

- (1) Students will group themselves and discuss ways of solving the problem of clothing the family. Then report.
- (2) Allow children to ask questions.

EVALUATION: Quizzing students orally on topic.

Questions for Quiz:

1. Name some reasons why some children do not go to school regularly?
2. Name one way in which we can make use of our resources?
3. What do we mean by re-cycling and renovating clothes in the family?
4. What can children do to help with clothing in a family?
5. Why can't some families afford adequate clothes for their children?
6. What are some of the things we can do to cut down in expenses for clothing?

LESSON PLAN

Group 6

TOPIC: Housing in the Community -- The Effects of the Growing Community on the Family

OBJECTIVES: At the end of the lesson pupils should be able to:

- (a) differentiate between a safe and comfortable house; and
- (b) an unsafe and uncomfortable house.
- (c) choose a small house that can be comfortable.

PROCEDURE: People in urban areas live a different life-style from those in rural areas. In our society families are divided into upper, middle and lower classes.

- (1) Family is an ideal consisting of mother, father and two children.
- (2) Extended family, consisting of mother, plenty of children and grandmother.

With the ideal family, there are less people and a better house, whereas the extended family has more people and a smaller house.

Steps

1. Considering a safe and comfortable house, good doors, windows with good locks. Good bathroom facilities and refuse disposal. Adequate water supply and electricity. Modern kitchen with pest-free storage.
2. Unsafe and uncomfortable: Unsafe foundation, doors, roof, inadequate water supply, poor sanitation, poor food storage and poor recreation methods.

Question

Which of the two types of houses mentioned would they love to live in?

Possible Answer

One which is safe and comfortable with proper sanitary facilities and other necessary equipment.

Question

What are the advantages and disadvantages?

Advantages

Good sleeping facilities
Recreation -- adequate indoor games room
Place for eating and praying together
It brings the family into an intimate group

Disadvantages

No privacy
Too many people in one room
Mother, father and children sleeping in one big bed
Children leaving home at an early age -- sometimes to live with friends or to seek better opportunities

Children's Activities

- (a) Let pupils draw the type of houses in their community.
- (b) Using clay to make models.