

10th STANDARD ACTIVITY MATERIALS

Making Life Choice - When I Grow Up I want to become A BIG _____

ACTIVITY MATERIAL - 3.1

The Life Choice Career Sheet:

Today you are a student. According to you, what job, will you be in, 10 years from now?

1. Does it need further studies?
2. Does it need training?
3. According to you how many years of further studies does it need?
4. According to you how many years of training does it need?
5. Is it a skilled job or unskilled job?
6. Would you like a salaried job?
7. Would you like a self - employed job?
8. Would like a private firm job?
9. Would you prefer a government job?
10. In what way are you preparing yourself for this job?
11. Is the job - decision, made by you or by your parents?
12. Will your parents support your decision?
13. How much guidance do you expect from parents for this decision? - full/ little/ a lot
14. How much guidance do you expect from your teachers for this decision? - full/ little/a lot
15. How much finance do you need to get this dream of yours realized?
16. Do you think about your job/career?
17. Have you discussed this with your friends?
18. Have you discussed this with your parents?

You have decided on this career because

1. You always wanted it - Yes/No
2. You think you have the abilities required for this job - Yes/No
3. Your parents decided this for you - Yes/No
4. Many of your friends choose it - Yes/No

5. This job is the most popular today - Yes/No
6. Pays most money - Yes/No
7. Gives stability and security - Yes/No
8. Good dowry market - Yes/No
9. Quick money - Yes/No
10. Gives employment to others - Yes/No
11. Socially meaningful - Yes/No
12. Allows you as a woman to be married, have children & work - Yes/No
13. Easy to get - Yes/No
14. Extra income possible - Yes/No

Is there a possibility that you will be unemployed ten years from now? Why?

Family:

1. Do you expect to get married?
2. When do you think you will get married - number of years from now?
3. Will be it an 'arranged marriage' or 'love marriage'?
4. If arranged will you say 'no' if you do not like the person?
5. Do you think your parents will listen to your opinion?
6. Most important quality your life partner should have?
7. Truly speaking will you give/take dowry?
8. Would you like to work after marriage/would you like your wife to work?
9. Have you discussed about marriage with friends?
10. Have you discussed about marriage with siblings - brothers, sisters?
11. Do you love somebody now?
12. Do you plan to marry him/her?
13. Do you plan to have children?

Preparing for Examination - I will do my BEST!!!!!!!!!!!!!!

ACTIVITY MATERIAL - 3.2

HOW TO PREPARE FOR EXAMINATION: Guidelines

Preparation throughout the Year

- Adequate and early preparation is very important to reduce examination tension.
- Preparation starts from the day the student enters the class for that year.
- Attending classes regularly and listening with interest.
- Taking down proper notes in the class.
- Reading textbooks and comparing it to the class - notes, to get a clear picture and understanding of the lesson covered by the teacher.
- Any reading is to be understood by its concept than just memorizing it.
- Writing and summarizing by the student in a way, which is easy for him/her to remember what is read (using mnemonics as an aid to cover all points).
- Discussing the lesson with friends out of the class.
- Clarifying doubts with teachers or other classmates.
- Getting the help of teachers, parents or a tutor if the student has difficulty in understanding certain topics or chapters.
- Finding a method to connect it to other known information.
- Reviewing notes regularly.
- Giving more time and importance to subjects found difficult by the student - e.g. Mathematics, English.
- Avoiding choosing portions in each subject and reading only that based on earlier question papers.

One Month Before the Exams

- Preparing a study plan.
- Combining favorite and not so favorite subjects in the study plan of a day.
- Trying and completing two Model Question Exams (each subject) in this time.
- Having fixed time of sleep and relaxation (including T.V. time).
- Meditating and doing autosuggestion every day - to be calm in the examination situation.
- Discussing with one's parent or sibling or friend regarding progress in the exam preparation from time to time.

Some DON'Ts Few Days Before the Exams

- ☒ Collecting new notes and materials from friends and reading them till the last minute without time for revision.
- ☒ Trying to learn new things on one's own at the last moment.
- ☒ Sitting for long hours continuously to read. Not taking breaks for bath, food, relaxation and sleep. It makes one feel more tired, reduces concentration and makes studying boring and anxiety producing.
- ☒ Keeping awake whole night and reading for few days before the exams.
- ☒ Excessive use of Coffee or Tea or Cigarettes to keep awake the whole night.
- ☒ Giving up studying totally as the student feels that his/her mind is 'BLANK' and seems to have forgotten everything that was read; hence giving up.

- ☒ Spending time to trace the 'question papers' or teachers who are probably involved in paper correction.
- ☒ Copying large amount of materials on bits of paper thinking that it might help during exams.

Some Do's on the Day of the Examination

- ☑ Having a good night's sleep the previous night.
- ☑ Having a light but adequate breakfast.
- ☑ Leaving for the examination hall well in advance.
- ☑ Checking whether one has taken all the necessary things - pens, pencils, geometry box, hall-ticket - a checklist of all items is essential.
- ☑ Going to the toilet before entering the examination hall.
- ☑ Taking deep breaths, making suggestion or a prayer to do well.

Steps to be Followed when the Student Gets the Question Paper in Hand

- ▶ Reading the instructions carefully. If there are any doubts clarify with the instructor, teacher or invigilator.
- ▶ Budgeting the time and planning the answers. Allocating time for each question. Many times students write one answer for too long a time and ends up with too little time for the other questions.
- ▶ Choosing the best known questions if choices are available.
- ▶ If not sure of an answer, not spending long time thinking and recalling answers. Going to the next known question. Handling the less known questions towards the end.
- ▶ Writing legibly - if a mistake is made do not overwrite but cross it out.
- ▶ Highlighting important points - underline, write in capital etc.
- ▶ Answering to the point and not writing unnecessary information to make the answer appear long.
- ▶ Giving equal importance to things like formulas (maths, science), drawing figures (science), marking on the map (geography), graphs (maths and physics).
- ▶ Trying to finish ten minutes earlier. This helps the student to go through the paper and correct mistakes/underline important points etc.
- ▶ Most of the students have a habit of discussing answers with friends after the examination. This makes the student anxious and worried. The anxiety may interfere with the reading for the next examination. Once an exam is over it is better to concentrate on the next one. Review and discussion could be done after the last examination.

How to Handle the Anxiety:

The Guidelines

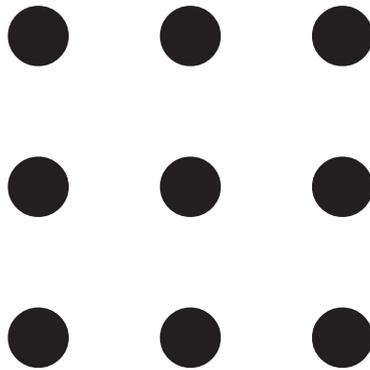
- ▶ Following "How to Prepare for Exams" suggestions during preparation before and on the day of exams.
- ▶ Following some specific relaxation techniques many times a day - meditation, breathing exercises, prayers and autosuggestion. This method must be comfortable and useful to the student. So it is necessary that the student starts using it, months before the exams and see whether it is effective for him/her.
- ▶ Solving old examination papers within specified time - 3 hours, i.e. doing mock exams on one's own.
- ▶ Recognizing whether one is mildly anxious or highly anxious that interferes with concentration and learning. If one is highly anxious, sharing it with someone whom the student trusts in and taking help is desirable.
- ▶ Avoiding negative thoughts, for example 'I have not prepared well', 'I may fail in this exams' or 'I have not covered all the portions'.
- ▶ Practice group relaxation exercises in the school for 10 minutes everyday at least 3 months before exams.

Coping with Stress and Suicidal Behavior - Flying the Kite of Hope

ACTIVITY MATERIAL - 3.3

DIRECTOIN : You have to connect all the nine dots by four lines without lifting the pen/ pencil from the paper or retracing a line already drawn.

PROBLEM:



Coping with Stress and Suicidal Behavior - Flying the Kite of Hope

ACTIVITY MATERIAL - 3.3a

Situation - 1:

Krupakar and Vasumathi are good friends studying in X class. They spend time together reading, talking, exchanging class notes etc. They never consider themselves to be 'lovers'. One of Krupakar friends' who is jealous of Vasumathi's friendship with Krupakar, writes on the school walls and black boards that they are 'lovers'. Both of them feel very upset and ashamed by this. Vasumathi goes home during the class and without telling her mother anything hangs herself with her dupatta in her room. Knowing about her suicide, Krupakar drinks Tik-20 the next day but is saved by his brother.

Situation - 2:

Shareen is the only daughter of her parents. Her parents constantly fight with each other on money matters and father's drinking. Shareen often threatens to run away from house if they continue fighting. Her parents never take her threats seriously. One day Shareen jumps out of her flat from the second floor when parents are fighting and hitting each other.

Discussion Questions for the Groups :

1. Are the problems of Vasumathi, Krupakar and Shareen common among adolescents?
2. In the face of failure; Romeo and Juliet committed suicide. What do you think about it?
3. What are the common methods usually used by adolescents like them to solve any problems today?
4. Is there an effective way of solving even the most difficult of problems in our lives ?
5. Is 'suicide' 'an option' at any time for any 'problem'?
6. Solving any problem is not easy. How do you go about solving it?

Sexual Intercourse - What is this Sex Stuff?????!!!!

ACTIVITY MATERIAL - 3.4

Situation - 1:

Geetha is a 15 years old adolescent student in X class. She feels very nice whenever she sees a romantic song on the T.V. Recently she has started tuitions in her house for mathematics with her cousin Sudhir - a college boy. Geetha does not object, whenever Sudhir touches her while giving notebooks or pencils. He has started brushing against her while teaching her. Geetha feels very light and nice - she knows that Sudhir also likes these small touches. One day when they are alone Sudhir boldly hugs and kisses Geetha and suggests 'sex' indirectly by pressing his body against hers tightly.

Situation - 2:

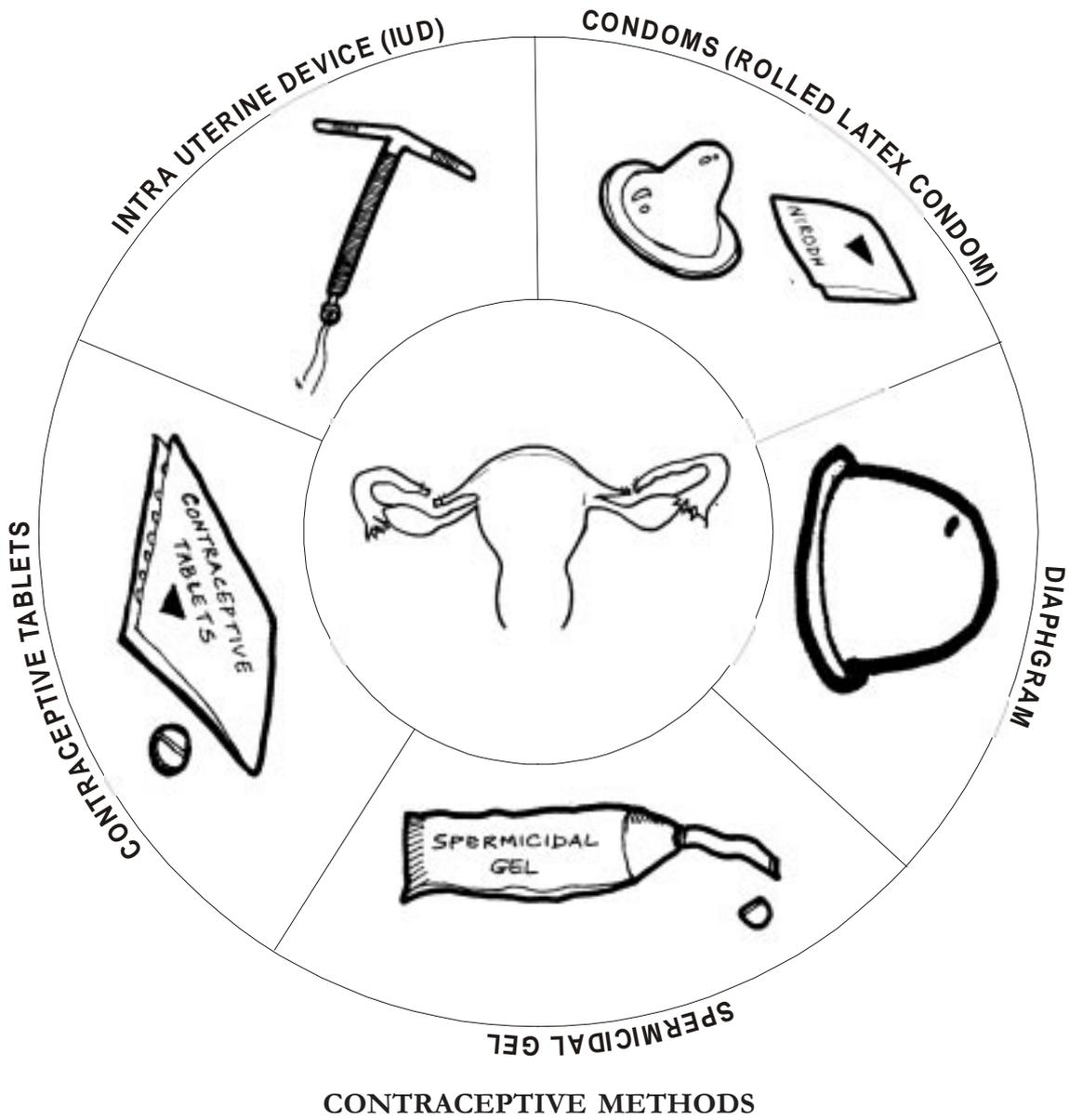
Swapna is a 19 years old girl who is married 2 months back to Roy, who is 28 years old. Swapna has had a strict upbringing where topics like 'love'; 'sex' 'childbirth' were never discussed. Swapna is very afraid to be alone with her husband Roy, as he always tries to touch and talk of having sex with her. Swapna feels uncomfortable and tries to avoid being alone with him.

Discussion Questions for the Groups :

1. What are the abilities a boy like Sudhir or girls like Geetha/Swapna need in order to understand their sexual feelings?
2. What skill does an adolescent boy (like Sudhir) or girl like Geetha or Swapna need in order to decide about when to have sex?
3. What do you understand about sex/sexual act?
4. What is the opinion of your group after discussion about sex?
5. How or from whom do we get information on sex?
6. Do men and women have similar or different sexual needs - why?
7. How is sex seen differently in our country when compared to Western countries?
8. Why is there a Marriage Law in most of the countries which says that marriage is permitted only after the age of 18 years? How does it influence sexual behavior in adolescents?
9. What are common doubts/anxieties regarding sex at your age?

Contraception - I have the CHOICE!!!!!!

ACTIVITY MATERIAL - 3.5



Myths and Misconceptions - Pretty and Handsome

ACTIVITY MATERIAL - 3.6

STATEMENTS:

PINK CARDS (Myths) AND GREEN CARDS (Facts)

- **MYTH** : Women with smaller breasts are not sexually attractive.
FACT : Size of breasts alone does not decide the sexual attractiveness of a girl.
- **MYTH** : Application of cream, exercise, consuming pills and injections help in breast enlargement or development.
FACT : There is no medicine, cream or injections of hormones that enlarge or develop the breast. Advertisements shown on the T.V., newspaper, and magazines about how to increase breast size misguide people. Size of breasts can be changed only by surgery - expensive and has its own risks.
- **MYTH** : Bra is worn by women to look sexier and attract men.
FACT : Breast is a very soft gland or organ. Bra is used to support the breasts and avoid/prevent sagging.
- **MYTH** : Wearing a tight bra causes breast cancer.
FACT : One should wear a bra, which is neither too tight nor too loose. Wearing a tight bra does not cause breast cancer.
- **MYTH** : Girls who have a 'sexy figure' with big breasts are sexually more active.
FACT : Shape of a girl has nothing to do with her being sexually active. It is to do with her urges controlled by hormones and culture too decides the attitude.
- **MYTH** : Big breasts produce more milk than smaller breasts.
FACT : The breasts are made up of the fatty tissue, which determines the size of the breast. Milk glands, which secrete the milk after delivery are not influenced by the amount of fat or size of breasts, but by hormones. So size is not related to secretion of milk.
- **MYTH** : Breast-feeding a baby makes women less attractive and older.
FACT : Breast-feeding a newborn baby does not make the breast sag. It helps in developing bonding with the baby and the uterus to get back to its original size. Pregnancy increases the size of the uterus.
- **MYTH** : Menstruation is nothing but bad blood going out of the body.
FACT : Menstrual blood is not impure - it is like saliva or tears. Body does not remove any toxins through menstrual blood. It is a misconception to say it is impure - scientifically not correct.
- **MYTH** : A girl is impure during menstruation.
FACT : Girls are not dirty during periods. She can have a good bath and be as clean as other persons.
- **MYTH** : Women have more than 2 or 3 menses in a month.
FACT : Women usually have period or menses only once in a month.

Health Promotion Modules - 10th Std.

- **MYTH** : A man with a larger penis is sexually stronger than a man with a smaller penis.
FACT : The size of penis and sexual ability in a man are unrelated.
- **MYTH** : Night emission makes a boy tired, weak and lose his memory. He should consume more food.
FACT : There is no connection between wet dreams and sexual impotency nor memory. One can consume normal food and doesn't require any extra nourishment. The inadequacy if present may be due to guilt about such act. Memory problems are related to anxiety about semen loss.
- **MYTH** : Loss of semen during masturbation or wet dreams leads to dark circles around the eyes of a boy.
FACT : Wet dream or night emission is normal among adolescent boys. It does not make one tired, weak or cause dark circle around the eyes.
- **MYTH** : Masturbation is a sin.
FACT : Masturbation is physiological. It is more in men than women.
- **MYTH** : Only men (not women) practice masturbation. It is more common among young than married people.
FACT : Masturbation is practiced by both sexes. It is more common among men. Women are taught culturally to suppress sexual needs. This does not mean they have no sexual needs. A woman masturbates by stimulating the clitoris. It is common among young, married and even elderly. It is not a sin as it is physiological.
- **MYTH** : Frequent masturbation leads to impotency.
FACT : Masturbation does not lead to impotency especially in boys. Young people who indulge in that excessively lose interest in other important activities like studies and games. Hence, it is advisable for boys to keep it under control. Anything, even eating in excess is not advisable.
- **MYTH** : Frequent masturbation diminishes size of penis.
FACT : No, Masturbation does not lead to shrinkage of penis or breasts. After ejaculation the penis normally shrinks to its usual size.
- **MYTH** : Women do not have sexual urges.
FACT : Women also have sexual urges. Culturally, women have been told that it is wrong to show their sexual desire. Hiding sexual desire is connected to being 'chaste' and also 'good'. These are attitudes. Proper expression of sexual desires by a woman with a stable partner like spouse is satisfying to both.
- **MYTH** : If you are god-fearing you should not have thoughts of sex or sexual urges.
FACT : Somebody can be god-fearing and yet be sexually active. Proper expressions of sexual desire - within a marriage, with a single partner, with love and trust both by men and women are necessary and healthy.
- **MYTH** : Touching private parts, kissing, holding, hugging lead to pregnancy.
FACT : Pregnancy is a result of sexual intercourse between a man and a woman. Touching private parts, kissing, holding, hugging do not lead to conception.

Health Promotion Modules - 10th Std.

- **MYTH** : A well-built person is sexually stronger.
FACT : Physical strength in a person with good health is not connected to sexual power. If somebody is generally unhealthy and weak, then he/she can be sexually weak due to fatigue.
- **MYTH** : One should not have sexual intercourse during menstruation.
FACT : One can have sex during menstruation. If both partners are willing and comfortable they can have sex during menses. Infection of genitals if not clean, is a possibility.
- **MYTH** : Taking contraceptive pills causes breast cancer among women.
FACT : Research does not totally confirm that taking contraceptive pills causes cancer. One needs to keep in touch with the doctor.
- **MYTH** : Loops like Copper - T for women leads to pain in the abdomen and causes severe bleeding. It interferes with sexual act.
FACT : If a correct size loop is introduced the discomfort and bleeding stops after a few days. It does not interfere with sexual intercourse.
- **MYTH** : Loop inserted improperly may enter the chest/abdomen and cause death.
FACT : The copper - T (IUD) stays in the womb until a doctor, or nurse removes it. It never enters the chest or stomach and cause death. If it gets dislodged, it usually comes out through the vagina.
- **MYTH** : Sterilization in men and women is irreversible.
FACT : Sterilization is reversible to a certain extent in both men and women. A minor surgery can be done for re-canalization. The couple can have a child after the re-canalization. Success rate is higher for men than women. It can fail in men also.
- **MYTH** : After sterilization men become impotent and lose interest in sex.
FACT : Man cannot become impotent after sterilization. What is cut is only the vas deferens (tubes which carry spermatic fluid). Sexual act is controlled by desire, attitudes and male hormones.
- **MYTH** : Women should not lift heavy objects at all after sterilization.
FACT : Women can carry out day-to-day activities after a routine sterilization. (Avoiding heavy manual labor for 6 weeks is sufficient). They do not require any additional rest, periodic checkup or scanning.
- **MYTH** : Use of condoms decreases sexual satisfaction in men.
FACT : Condoms do not decrease sexual satisfaction.
- **MYTH** : One person can have sex with multiple partners, but should wash genitals immediately after having sex to prevent STDs, HIV/AIDS.
FACT : Washing genitals immediately after sex does not prevent HIV/AIDS or STDs.
- **MYTH** : AIDS is common only among poor people.
FACT : HIV/AIDS affect all class of people (rich, poor and middle class people).
- **MYTH** : Washing genital with soap immediately after sexual intercourse prevents pregnancy.
FACT : Washing genitals after sex does not prevent pregnancy.

Empathy - HIV/AIDS - Please Help Us

ACTIVITY MATERIAL - 3.7

Situation :

“PLEASE HELP US”

Rashmi : You know yesterday in village meeting people suggested that Zaved’s father should leave the village along with his family members.

Shabana : Why? Did Javed’s father commit any sinful act?

Rashmi : No! Javed father has AIDS and it seems his little brother and mother are also infected. People in the village are scared to speak with them.

Shabana : Oh really? That means his father had sex with lots of women.

Rashmi : Look Shabana, Javed is coming towards us along with his little brother Haniff.

Shabana : Rashmi I don’t want to stand here and speak with them. I am going. Are you coming with me?

Rashmi : Don’t be stupid. HIV/AIDS does not spread through talking, touching, playing with them. I think you should talk with his brother and treat him as a friend rather than running away like this.

Shabana : I can’t do this. My parents have told me not speak or play with HIV infected person. They always say that HIV infected people should be kept separately. One woman from the neighboring village was asked to leave the place because she had AIDS. She was not allowed to speak with anybody or visit the temple or public places. She was kept away from every activity in the village. I read about the same type of incident happening in several places in the newspapers. I feel Javed and Haniff should not be allowed to attend school. **“ I AM SCARED OF AIDS”**.

I don’t want to speak with them. I am going..... Bye!

Discussion Questions for the Groups :

1. How do you feel after listening to Javed’s family condition?
2. Is our attitude same for illness like fever, cancer, tuberculosis, leprosy, etc?
3. Have come across or read similar situations like Javed’s family? How did you feel about it?
4. Will you make an attempt to change Shabana’s attitude? How?
5. Which are the illnesses which are looked down upon (stigma)?

Homosexuality - Is he OK???????

ACTIVITY MATERIAL - 3.8



PICTURE 1



PICTURE 2