



*Let's learn  
the skills to live in  
a better way*



8

*A book of*

# Life Skills Based Education



**National Curriculum Council**

**Ministry of Federal Education and Professional Training**



**This book is based on Life Skills Based  
Education Curriculum 2022 and is being  
published for a pilot project**

# **Life Skills Based Education**

**Grade 8**



**National Curriculum Council**  
**Ministry of Federal Education and  
Professional Training**



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# P R E F A C E

Education is a process for achieving a permanent change in a learner's life. Towards this aim, it is extremely important to target not just cognitive growth but a holistic change in a person's life. In other words, in order to get ready to face the challenges of future, it is extremely necessary to work on skills improvement of the learners.

Towards this end, Life Skill Based Education is aimed at readiness of the learners to face an unseen future. It is designed to facilitate the practice and reinforcement of psychosocial skills in a culturally and developmentally appropriate way. It contributes to the promotion of personal and social development, the prevention of health and social problems, and the protection of human rights. In view of ground realities and emerging challenges for youth, both in and out of school, now Life Skill Based Education (LSBE) has become a priority of government of Pakistan. Accordingly, it has been included in certain National Policies such as Youth Policy, National Education Policy, Population Policy and most recently in the Single National Curriculum.

This book on Life Skills Based Education for Grade 8 has been developed to help young learners learn the basic skills to deal with their problems in an appropriate and responsible manner. With interesting stories and activities, this book helps young learners to understand important themes of health & hygiene, safety & protection, civic engagement, appreciation for diversity, fight against bullying, team building, decision making, conflict management, gender equality, and inclusion.

It is hoped that this book will become a source of such positive change in the society that will result in a more inclusive, tolerant, and prosperous Pakistan.

# CONTENTS

<b>UNIT 1</b>	<b>Self-awareness</b>	<b>05</b>	<b>UNIT 2</b>	<b>Civic Engagement</b>	<b>17</b>
<b>UNIT 3</b>	<b>Safety</b>	<b>27</b>	<b>UNIT 4</b>	<b>Self-Management</b>	<b>35</b>
<b>UNIT 5</b>	<b>Empathy</b>	<b>41</b>	<b>UNIT 6</b>	<b>Collaboration and Communication</b>	<b>49</b>
<b>UNIT 7</b>	<b>Conflict Resolution and Decision Making</b>	<b>57</b>	<b>UNIT 8</b>	<b>Gender Equity and Media</b>	<b>64</b>
<b>UNIT 9</b>	<b>World Around Us</b>	<b>69</b>	<b>UNIT 10</b>	<b>Human Rights</b>	<b>79</b>

## UNIT 01

# Self-Awareness

### After completing this unit, you will be able to:

- develop an understanding about communicable diseases
- analyze different risk factors associated with communicable and non communicable diseases
- learn preventive measures against diseases
- Develop an understanding of the importance of keeping a healthy and balanced diet
- learn about the importance of a healthy body image and how to avoid negative influences
- adopt good hygiene practices
- stay physically active
- learn basic first aid techniques and know how to reach out to emergency services
- an understanding of the adolescence phase in a life cycle and the physical and psychological changes that accompany it



# Communicable Diseases

Faisal spent the day with his cousin Amir, at his house, They shared snacks and played several games. Amir was sneezing and coughing throughout the time and did not cover his mouth and nose. In the evening, Faisal returned home and the next morning, he woke up sneezing and coughing!

## Do you know what happened?

Faisal caught the common cold, which is a communicable disease.

Communicable diseases are the ones that pass from one infected person to another. They may be caused due to a virus. In Faisal's case when Amir sneezed, thousands of viruses came out of his mouth and landed on the ball with which they were playing. As they were playing with the ball, the viruses got onto Faisal's hands. Once on his hands, the viruses entered his body and made him sick too.



Some common communicable diseases are cold, flu, influenza, ringworms and Covid.



## How do the Communicable Diseases Spread?

People can catch communicable diseases by shaking hands, sharing the same glass, cup or towel with an infected person. They may also be transmitted through insect bites, contaminated water, and food. In many cases they may also be transmitted through the air.

## Effects of Diseases

Diseases may have many effects. If proper treatment is not given, diseases may get complicated. In such cases they may also prove to be fatal. In other cases they may cause some irreparable loss such as some permanent disability.

## How to Prevent Transmission of Diseases

We can reduce the risk of contracting communicable diseases by following these steps:

- wash your hands regularly with soap and water
- practice good hygiene when handling food and never eat spoiled food
- receive vaccines against common diseases
- cover your mouth while coughing or sneezing

# Non Communicable Diseases

Just like communicable diseases, there are non-communicable diseases as well that are normally known as chronic diseases. They cannot be passed from person to person. Common, but preventable risk factors underlie most noncommunicable diseases.

Most noncommunicable diseases are the result of four particular behaviours:

- i) tobacco use
- ii) physical inactivity
- iii) unhealthy diet
- iv) use of drugs, alcohol etc.

These behaviours lead to four key physiological changes:

- i) raised blood pressure
- ii) obesity
- iii) raised blood glucose
- iv) raised cholesterol

## How to Prevent yourself against Non-Communicable Diseases

To prevent a non-communicable disease, you need to take care of yourself more than your surroundings. You can do this by keeping a healthy, clean diet and doing lots of physical activity, like playing a sport or exercising.

**What is your action plan to stay safe against most common communicable and non-communicable diseases?**

In order to stay safe against diseases, I will:

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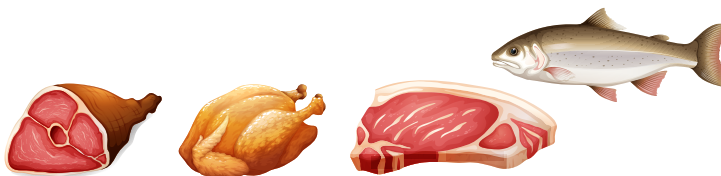
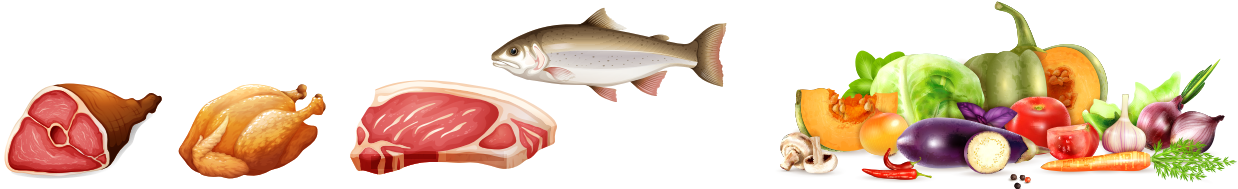
# How to achieve a healthy lifestyle?

## 1. Take a Balanced Diet

A healthy diet is vital for good health and nutrition. It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer.

A healthy diet comprises of a combination of different foods. These include:

- Staples like cereals (wheat, barley, maize, or rice) or starchy tubers or roots (potato etc.).
- Legumes (lentils and beans).
- Fruit and vegetables.
- Foods from animal sources (meat, fish, eggs, and milk).



**Which of the above-mentioned foods do you take on a regular basis? Make a list of foods that are already a part of your diet and foods you need to include in it.**

My diet contains the following:

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I need to include the following in my diet to make it healthy and balanced:

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## 2. Practice Good Hygiene

Good personal hygiene is one of the best ways to protect yourself from getting gastro or infectious diseases such as COVID-19, colds and flu and adopt a healthy lifestyle. Maintaining good personal hygiene also helps you prevent from spreading diseases to other people.

Personal hygiene includes:

- cleaning your body every day
- washing your hands with soap after going to the toilet
- brushing your teeth at least twice a day
- covering your mouth and nose with a tissue (or your sleeve) when sneezing or coughing
- washing your hands with soap and water after handling pets and other animals



Other than practicing personal hygiene, a healthy person also understands the importance of public hygiene and setting examples for people to follow. For example, if you are out for a picnic with your family, you should initiate collecting litter and disposing of it properly, so rest of your family members do the same. **Public hygiene** is as important as personal hygiene and someone who practices both is considered a clean and healthy person.



**Self-reflection: Do you practice the following when in public?**

- Avoid littering and use trashcans
- Use tissue to sneeze/cough
- Use public toilets in a clean manner
- Use deodrants for good odour
- Avoiding contact when ill

**3. Staying physically active**

Physical activity means anything from everyday tasks, like cleaning the house, gardening or walking the dog. It also means specific exercise like working out, swimming, playing cricket, football, or any gym-based activity. The best type of activity is one that makes you breathe a bit heavier, getting your heart and pulse pumping faster than usual. Regular physical activity reduces the risk of developing chronic diseases as well. It also makes you feel confident and more involved in life.



**List at least five physical activities you do on a regular basis.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Hassan's Obsession

Hassan is an eighteen year old boy who suffers from a severe kidney infection. Doctors discovered this was caused due to usage of steroids to gain muscles for bodybuilding in a short time. Steroids are strong medicines that provide short-term results but prove to be dangerous for health in the



long term. His friends revealed that he was fond of idealizing celebrities and social media influencers and that he wanted to gain mass and muscle in a short time so he could post his bodybuilding pictures on his social media platforms just like other people.

**What have you learned from Hassan's unfortunate experience?**

1. \_\_\_\_\_
2. \_\_\_\_\_

## Self-Esteem and Body Image

Self-esteem is how you feel about yourself. These feelings can change as things in your life change, such as going to a new school or becoming a brother or sister. Self-esteem can be positive (you love, respect, and trust yourself) or negative (you feel insecure and helpless).

Body image is part of self-esteem. It is how you feel about how you look. Body image also includes how you think others see you.

Having a positive body image means that you:

- feel comfortable in your body and with the way you look
- feel good about the things your body can do
- feel empowered to take good care of your physical health

It is common to struggle with body image, but there are things you can do to help yourself feel good and prevent negative influences.

**List three things you like about yourself.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**List three things you believe you are good at.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

To be a healthy person means to have a healthy body image. Here are some tips on how you can achieve that.

- Spend time with people who treat you well and help you feel good about yourself.
- Use positive self-talk, such as “I am strong, self-confident, and capable.”
- Celebrate what you like about yourself.
- Remind yourself that not everything on social media is real. People use filters and photoshopped pictures to present an unrealistic beauty and body standard. It is not real!
- Get out and participate in activities with your family and friends.
- Eat foods that are good for you and make you feel great, such as lots of fruits and vegetables, whole grains, and healthy fats such as from nuts and olive oil.
- Remind yourself that you are unique, special, valued and important.
- Be physically active at least 60 minutes each day.
- Talk with a trusted family member or friend if you are feeling low.
- Treat others with the kindness and respect that all unique individuals deserve.
- Avoid talking about physical features of others at any cost.

# Importance of First Aid

First aid is the emergency care a sick or injured person gets. In some cases, it may be the only care someone needs, while in others, it may help them until paramedics arrive or they are taken to the hospital. The best way to prepare for these events is to get official first aid training, but until you can do so, you can learn some basic life-saving steps.

When someone is unconscious, or unresponsive, a basic principle of first aid is ABC after you have called the emergency services:

- **Airway:** If someone's not breathing, clear their airway.
- **Breathing:** If the airway is clear and they're still not breathing, provide rescue breathing.
- **Circulation:** Perform chest compressions to keep blood circulating, as well as rescue breathing. If the person is breathing but unresponsive, check their pulse. If their heart has stopped, provide chest compressions.

**Compressions**  
Push hard and fast on the center of the victim's chest

**Airway**  
tilt the victim's head back and lift the chin to open the airway

**Breathing**  
Give mouth-to-mouth rescue breaths

## Emergency Services in Pakistan

Edhi Ambulance Helpline: .....	115
Chhipa Ambulance Helpline: .....	1020
Rescue Helpline: .....	1122
Police Madadgar Helpline: .....	15
Rangers Helpline: .....	1101
Pakistan Medical Assistance Helpline: .....	1166
Aman Ambulance Helpline: .....	1021
Fire Brigade Helpline: .....	16

## Activity

Take five minutes and memorize as many helplines as you can. Then take a test from the person sitting next to you and compare who knows the most helplines by heart.

## Adolescence and Puberty: What is it?

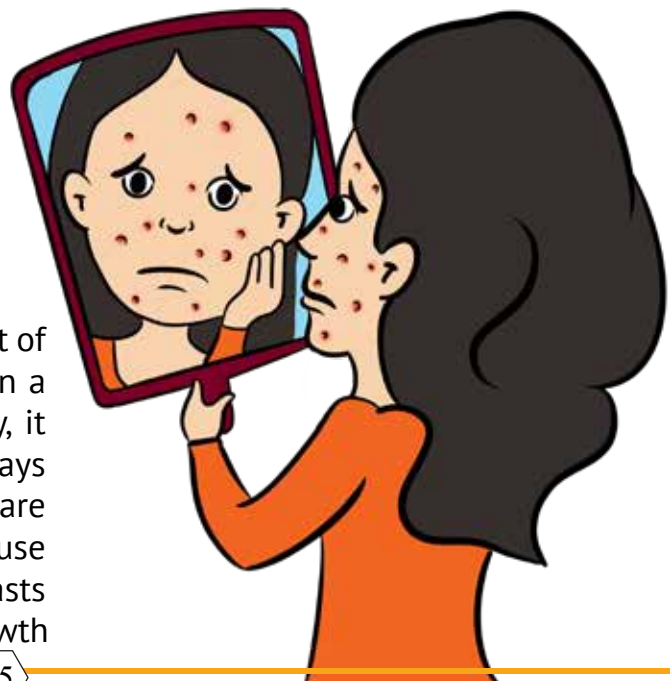
Ahmed is at an awkward time in his life. He is 15 and has begun noticing some changes in himself. He suddenly has pimples on his face and hair growing all over the body. His voice sometimes cracks, and he has grown several inches all of a sudden in a matter of few months! However, Ahmed is not alone. His sister Sara who is 13 is also going through changes. She, too like Ahmed, has pimples on her face, and her body is growing.

Ahmed and Sara are in adolescence. Adolescence is the transitional time period

between childhood and adulthood. Generally, adolescence is defined as between ages 13 and 18. During adolescence, children go through many changes: physical, emotional, intellectual, and social. The physical changes Ahmed and Sara are experiencing is known as puberty. Although Sara is younger than Ahmed, she is experiencing puberty because it generally starts earlier for girls between ages 8 and 13, whereas for boys, it starts between ages 9 and 15.

Let's take a closer look at the physical developments that occur during adolescence and puberty, including growth spurts and psychological differences in development at this stage of life.

- **Growth Spurts:** A spurt is a short burst of activity or something that happens in a hurry. When you go through puberty, it might seem like your sleeves are always getting shorter and your pants are crawling up your legs. That's because you're having a growth spurt that lasts for about 2 to 3 years. When that growth



spurt is at its peak, some kids grow 4 or more inches (10 or more centimeters) in a year! At the end of your growth spurt, you'll have reached your adult height – or just about.

- **Taking Shape:** Your body also fills out and changes shape during puberty. A boy's shoulders will grow wider, and his body will become more muscular whereas a girl's body will get curvier.
- **Sweating more than normal:** As you enter puberty, the puberty hormones stimulate the glands in your skin, including the sweat glands under your arms. When sweat and bacteria on your skin get together, it can smell pretty bad. However, maintaining your hygiene by taking frequent showers and using deodorants can help you during this time.
- **Growing hair:** Both girls and boys begin to grow hair all over the body, which is more thick and more common for boys. Boys also develop facial hair, and their voice deepens.
- **Emotional Changes:** You might experience mood swings in your adolescence. The ups and downs in emotions are caused by hormones that contribute to puberty. You might also become more sensitive to things and self-conscious due to sudden changes, but it is completely normal and eventually wears off.

People are all a little different from each other, so it makes sense that we don't all develop in the same way. During puberty, everyone changes at his or her own pace. Maybe your best friend's voice has changed, and you think you still sound like a kid. Or maybe you're the tallest girl in your class or the only boy who has to shave. But just about everyone catches up eventually, and most differences between you and your friends will even out. Until then, hang in there. Change can be scary, but it will also be worth it!

**After reading this chapter, share how you plan on overcoming the challenges of puberty.**

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## UNIT 02

# Civic Engagement

### After completing this unit, you will be able to:

- develop a good civic sense as a responsible citizen
- adopt best practices for community services
- understand the democratic governance system of Pakistan and the importance of the election process and voters' registration
- understand the role of a person in a democratic society and identify unjust and illegal activities such as corruption
- possess a basic understanding of national institutions and how they work, such as the judicial system, Election Commission, NADRA, Taxation Department, banking system, etc.
- discuss how holding power can relate to the experience of privilege, discrimination, and oppression



# Citizenship

A citizen is a resident of a country who enjoys all the rights and in return performs certain duties. A citizen is a legal member of a state.

## Responsible Citizen

**Do you know what it means to be a responsible citizen?**

A responsible citizen is one who is aware of both their rights as well as their responsibilities. This person understands their role in the community, country, and the world and demonstrates civilized behaviour in public places such as parks, railway stations, bus stops etc. This person plays a role in making this world a better place for everyone. They stand against injustice and help other beings in a time of need.

**What do you think are the qualities of a responsible citizen?**

A responsible citizen is the one who:

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# Community Service

Community refers to a group of people living in the same place or having a particular characteristic in common. Community service is a job performed by someone for the benefit of their community. This job is not done for money but for the greater benefit of fellow beings. Community service can be done at any level, for instance your street, your school or even your city. It is the community that enjoys the benefits of your community work.

Community service can be done to help anyone in need such as the poor, needy, orphans, senior citizens, persons with disabilities, and more. It can also be done for a cause aimed at helping animals, or to conserve or improve places, such as a historic building. Most of the times, community service is organized through a group, such as a not-for-profit organization, educational institution, or a foundation.

You can also initiate your own community service projects.

**Can you think of some ways through which community service can be done towards the cause of environment protection?**

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## Types of Governments

In different countries, different types of governments are there. Some countries are ruled by a King or a Queen. The system of government in such countries is called a monarchy. Most of the countries today are ruled by a Prime Minister or a President chosen by people of the country. This system is called **democracy**.

**Can you name some countries with a system of monarchy and some with democracy?**

**Monarchy:**

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**Democracy:**

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## Democracy

The word democracy comes from two Greek words: demos meaning people and kratos meaning power. We may say that democracy is a form of government which is based on the power of the people, and which depends upon the will of the people.

In a democratic system of government, people choose their representatives through free and fair elections which are held after every four or five years in most of the countries. It is our responsibility that after reaching the age of 18 years, we should register ourselves as voters with the Election Commission of Pakistan. In the meantime, we should



remind our elders to get registered as voters and vote for the best candidates of National and Provincial Assemblies elections.

## Role of Citizens in a Democratic Society

A democracy can only be successful when citizens follow basic values such as freedom, equality, accountability, social justice, and respect for all. They are supposed to understand their rights and responsibilities as citizens.

Pakistan is a multi-cultural and multi-lingual society. Though democracy is the system of government here, many people think that it is the government that has to do everything and in case of any failure or shortcoming only government is to be blamed.

Along with public representatives chosen by its citizens, all the citizens themselves are responsible for the prosperity of the country. Every citizen has to play a role in the success of the country. Among the most important roles people have to play in a democracy is exercising the right to vote during elections. For wise use of the vote, it is important that the citizens know the views of different candidates, and then make their decision to vote.

Another important role of citizens is to work for some civic cause such as cleaning some parks, uplifting facilities in a school or a charity campaign to help the needy. It can be done individually as well as collectively by becoming a member of some organization.

Citizens should also keep an eye on how their political leaders and representatives use their powers. They need to understand if their representatives are fulfilling their promises or not. In case these promises are not fulfilled, citizens may raise their voices through media.

The citizens should also understand that freedom guaranteed by democracy is not without limits. When you bear rights, you also have to bear the responsibility to make sure that your actions do not violate the rights of others.

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## Some Important Institutions of Pakistan

In every country, there are some institutions that make governance better. These institutions help the governments to ensure the provision of rights to its citizens and also ensure their responsibilities. The judicial system, electoral systems, registration authorities, taxation departments and banks are a few such examples.

# Judiciary

The Judiciary of a country plays an important role in the provision of justice to its citizens. In Pakistan, the Judicial System may be divided into three categories:

## a) Superior Judiciary



It comprises of the Supreme Court of Pakistan, Federal Shariat Court and High Courts in four provinces and Islamabad. The Supreme Court of Pakistan is the final court of appeal. It is also constitutional court that discusses and gives its verdict on cases related to constitutional explanations. The Federal Shariat Court scrutinizes the laws to ensure that they are in accordance with Islamic values. There is a high court in Islamabad and in each province. Appeals arising from civil and criminal cases in a state are heard by the state high court.

## b) District Judiciary

It comprises of the Civil and Criminal Courts created by Acts working under the supervision and control of the respective High Courts

## c) The Administrative Courts, Tribunals, and Special Courts:

These courts are created under different laws for specific purposes. For example, corruption cases, consumer rights, financial crimes, industrial relations cases, and narcotics cases are trialed in these courts.

**Write names of some special courts working in Pakistan.**

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## National Database and Registration Authority (NADRA)

National Database and Registration Authority (NADRA) was established as National Database Organization in 1998. This authority is responsible for registering citizens of Pakistan.

It is the responsibility of every citizen to get a national identity card once they have reached 18 years of age. In addition to this, NADRA also provides family registration certificate and juvenile certificate for children under 18 years. There are many other such services that are provided by NADRA.

**Can you find some other services provided by NADRA?**

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# Election Commission of Pakistan (ECP)



Election Commission of Pakistan is responsible for holding free, fair, and impartial elections in the country. These include elections of National Assembly, Senate, provincial assemblies, and local governments. It is the responsibility of every person of 18 years of age to get themselves registered as a voter in ECP. During elections, every responsible citizen is expected to vote for a suitable candidate.

The people who do not come out and cast their vote, do not deserve to be called responsible citizens. It is also unethical for them to criticize the actions of elected representatives.

**Can you find the turnout of polling in the previous three elections?**

**General Elections 2008** .....

**General Elections 2013** .....

**General Elections 2018** .....

# Federal Board of Revenue (FBR)

The Federal Board of Revenue (FBR) is responsible for collection of taxes from businessmen and other people and firms. It also investigates crimes related to taxes and money-laundering. Paying taxes is an important responsibility of every citizen. Governments provide facilities to the people of the country with these taxes.



**Do you know which taxes are paid by the citizens in Pakistan?**

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# State Bank of Pakistan (SBP)

The State Bank of Pakistan is the Central bank of the country. It is responsible for regulating the financial sector of the country. The State Bank of Pakistan regulates banks in the country. It is also responsible for issuing currency notes of different denominations. By controlling currency, it keeps an eye on the stability of the prices. Managing foreign reserves and exchange rates between foreign currencies and the Pakistani rupee is another important function of the State Bank of Pakistan.



**Do you know what these financial terms mean?**

**GDP:** .....

**Inflation:** .....

**Budget:** .....

**Let's find names and functions of some other important institutions of Pakistan.**

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## UNIT 03

# Safety

**After completing this unit, you will be able to:**

- learn safety measures to stay safe
- understand the concept of personal boundaries and respect
- know emergency numbers of the nearest police station or Rescue 1122 or offer immediate help during emergencies on your own
- politely excuse if asked to take part in any unhealthy activity
- say NO to anyone and everyone in moments that make you uncomfortable excuse politely if indulged or tempted in unhealthy activities, are vigilant and can say NO to anyone and everyone who approaches them out of the way.

Keep Calm

and

Learn to  
SAY NO



## Safety Measures

Safety is defined as the condition of feeling protected from any risk, danger, or injury, for which, precautions and safety measures are something we need to be taking at all times – both at home and outside. Let's learn how to ensure personal safety, home safety and staying safe in the outside world.



## Personal Safety Rules

Here are some important personal safety rules to follow:

### 1. Never go anywhere with a stranger

No matter what the circumstances are, do not let yourself be led away with a stranger. If a stranger offers you something or says, "Your dad asked me to pick you up and take you to him", do not trust them and immediately call out for help.

## 2. If you get lost, stay where you are

In any circumstance where you find yourself lost, don't panic, and wander aimlessly and give the impression that you are lost. Stay where you are, look around, find the counter where announcements are made and reach out to them to make one for you.

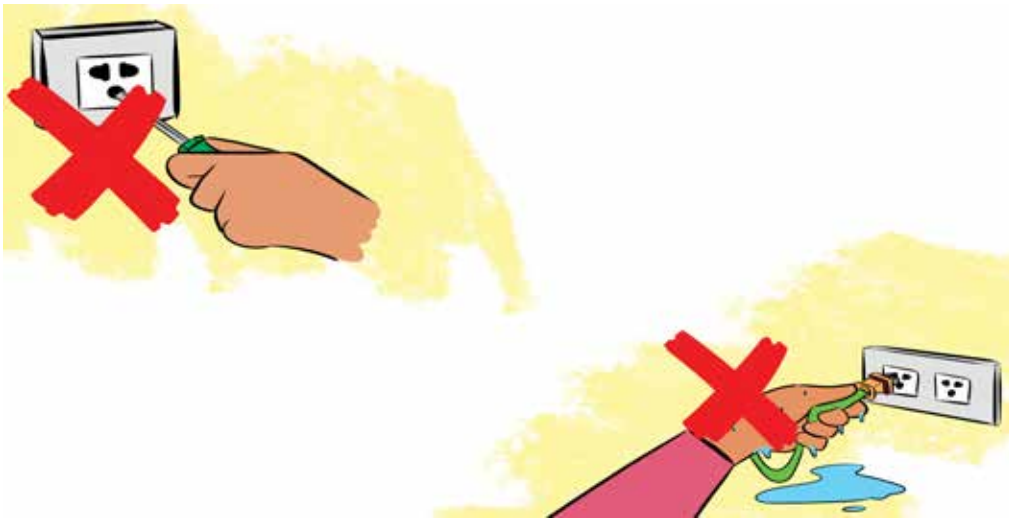
## 3. Do not post personal information online

Internet is something everyone uses these days and while it has made our lives a whole lot easier, it can also be very dangerous. Make sure to never trust someone online and give them personal information like where you live, your age, phone number, your school address etc. Refrain from posting such information anywhere on the internet.



## 4. Stay away from things that are harmful

Never come close to things that pose harm: matches, knives, weapons etc. and do not touch electric sockets with wet fingers.



## 5. Recognize “good touch” and “bad touch”

Your body is your personal space, so do not let anyone touch you inappropriately. A bad touch is any touch made at an odd place and which makes you uncomfortable, so no matter who does it, immediately call out for help and inform your parents.



## Circles around Me

The **dark red** circle is the “stranger circle”. Strangers are all the people you don’t know, so you don’t talk to them and don’t get close to them no matter what.

The **light red** circle is the “helper circle”. These are people you don’t know but you can trust them with help because they wear uniforms. Police, doctors, firefighters constitute this circle. They can touch you only to help you with an injury or ache.

The **orange** circle is the “acquaintance circle”.

These are people you know and say ‘hello’ to everyday, for example neighbours and kids at school, but you don’t talk to them, so you don’t let them touch you.

The **yellow** is the “buddy circle”. The people you know and talk to everyday come in this circle, such as your teachers and classmates. Even if you talk to them, you don’t let them in your personal space or touch you.

The **green** circle is the “friend circle.” Close friends and family come in this circle. You talk to them, spend time with them, and you may give them a fist bump or high five, but you can’t allow them to come into your personal space.

The **blue** circle is your “family circle”. Your parents and siblings can pat you or give you a hug, but you only allow them if it’s okay with you.

Now what is “personal space” after all, you ask? The purple circle is your “personal space” No one can enter this circle and the only person in your personal space can be YOU. You don’t let anyone touch you and enter your personal space and you respect others and don’t touch them or enter theirs either.



## Home Safety Rules

How many of these rules do you follow at home?

- Lock the doors and shut the windows before leaving the house
- Have emergency contact information written down somewhere for anyone to access at a time of need
- Not let any stranger, including neighbours or friends, enter when no adult is present in the house
- Keep dangerous things like matches, knives etc. at a level where infants and children can’t reach it
- Not access the internet unsupervised

If you checked all five of the above, the good news is you are safe at home. If you couldn't relate with any, make sure you start practising them today.



## Safety in the Outside World

1. Never speak to strangers or wander off alone. Have an adult with you at all times.
2. Be aware of your surroundings. There could be a broken glass or a bump in the road that could cause you harm. Always be looking around at all times when outside.
3. Don't stay out in bad weather like thunderstorms.
4. Always wear protective clothing and sunscreen to protect your skin from harmful UV rays.



5. Remember to take a water bottle with you to keep yourself hydrated whenever you go outside. Furthermore, keep a minimal first aid kit with you containing band aids, cotton, sanitizer etc.
6. Never consume anything except what your parents buy you. You might come across berries, plants, fruits or, mushrooms but do not pick anything and eat it.
7. Follow road safety:
  - Look right, look left, then look right again before crossing the road, and only cross the road if holding the hand of an adult or older child.
  - Don't walk or run near a road or street. Use footpaths.
  - Always face the traffic if walking on roads or streets with no footpaths.
  - Follow traffic signs and lights.
  - Get out of the car on the kerb side only.
  - Always wear a helmet when riding a bicycle, scooter or skateboard.

## An Odd Day in Ali's Life

Ali was a 13-year-old responsible and respectful boy. He was smart and competent and always remained top of his class. His friends Ahmed and Abdullah started to envy him because of this and one day, they decided to get Ali in trouble.

"But come on, it will be fun", they said.

"How is bunking class fun?", Ali questioned. "Please, I don't want to."

"You're saying this because you have never done anything fun at school. We bunk classes sometimes and have a lot of fun in the playground. Just try it once.", replied Ahmed.

"He is a loser. He can and will never be fun. Leave him out of it", Abdullah added on.

"I can be fun. You know what? Fine. I will bunk today's class with you both. Let's not go back to class after this break and go to the playground."

As soon as break was over, the three rushed to the playground. Ali thought they would have fun but Ahmed and Abdullah had ill intentions.

"I'll be back. I need to go to the bathroom", Abdullah said.



“And I’ll get us some snacks. You stay here and save this spot for us Ali”, said Ahmed.

“Okay. But please come back quick”, Abdullah replied nervously.

Abdullah and Ahmed took off laughing and whispering to each other. They went to the class and told the teacher they got a little late because they went to the bathroom. At the time of roll call, they told the teacher that Ali was present but that he might be bunking. Upon this, the teacher was shocked but informed the headmaster immediately who sent out guards to look for Ali. After a little search, they spotted Ali in the playground and brought him to the headmaster.

“How could you, Ali? Were you bunking?”, the headmaster asked.

“Yes. I’m sorry.”, Ali replied with his head down in shame.

“I have called your parents to receive your warning letter and take you home for now. They will be here soon. Sit outside and wait.”

Ali’s parents arrived in a matter of few minutes and took him back home. At first, Ali was hesitant to tell them the whole story but soon he broke down in tears and narrated the whole incident.

“So Abdullah and Ahmed asked you to do all this?”, Ali’s father asked to reconfirm.

“Yes, I’m really sorry dad.” Ali replied in tears.

“It’s alright Ali. But you are a bright boy. As a kid I used to teach you the importance of saying “NO”, did you forget it?”, Ali’s father asked.

“I remember of course, but they are my friends. I could not say no to them”, Ali replied.

“It doesn’t matter, Ali. You need to say no to not just strangers who are trying to touch you but anyone, be it your friends, trying to indulge you in any wrong or unhealthy activity. A friend might ask you to jump in the ocean, but would you? You are growing and you should know that not everyone wants what’s best for you. Sometimes people have ill intentions, and we don’t even know. You will have to learn to say no if a friend is asking you to do drive fast and put yourself in danger, or smoke, or watch something vulgar. Only you know and decide what’s best for you. Do not let anyone dictate you and indulge you in a wrong activity.” Ali’s father told him as he held him. “Take this lesson and learn the importance of saying “No” from it”.

“You are right dad. I will never agree to doing anything wrong with anyone, be it my friends or cousins. I will always say no and excuse myself from any unhealthy activity.”, Ali reassured his father.

“Good boy, I have trust and faith in you. Once you have learned this, you will become

invincible and do wonders in life. No one can stop you from being a bright, successful man one day if you apply this in your life.”

“I will be. I will make you proud.”, smiled Ali.

**Write a short account on what you have learned from this story.**

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## UNIT 04

# Self-Management

**After completing this unit, you will be able to:**

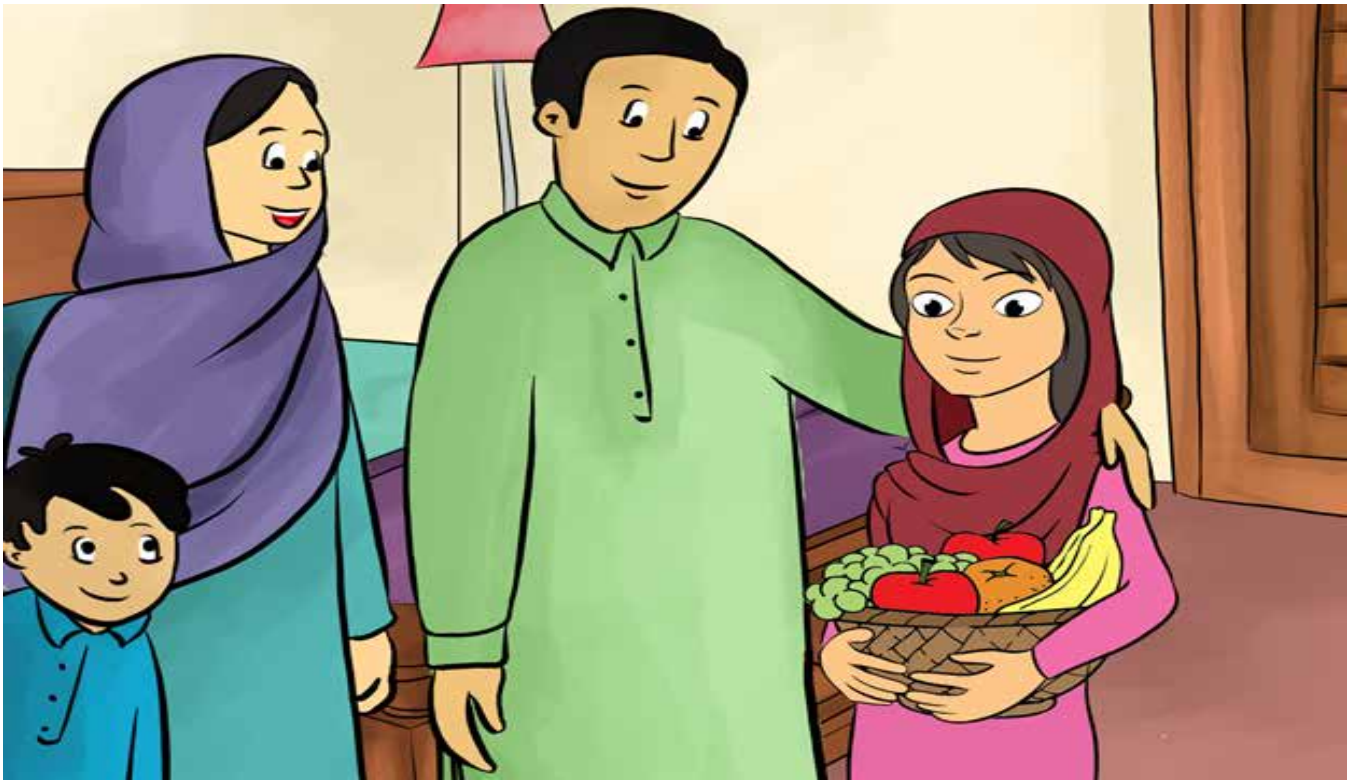
- understand various coping mechanisms
- build self-esteem and confidence
- develop self-awareness skills, including awareness of rights, influences, values, attitudes, rights, strengths, and weaknesses
- understand self-evaluation, self-assessment and self-monitoring skills
- know skills for managing stress/anxiety, in support of mental health
- demonstrate self-discipline, interfaith harmony, respect for women and girls
- learn self-organization through identifying, prioritizing, and following schedules.



## Zainab's Vacation

Zainab's summer vacation had just started. She was very excited about her trip to Naran. She had been looking forward to this trip throughout her final term. She was always fascinated by nature and was enthusiastic to go. Bags were packed and bookings were done. She and her family were all set to go. However, just a day before, her father received a call from the office. He took the call but as soon as he hung up, he became quiet.

"Baba! Are you alright? Is something wrong?", asked Zainab.



Her father looked at her, put his hands on her shoulders and said: "It was a call from my office. I have to go for an urgent meeting. I will have to leave the day after tomorrow. I'm afraid we will have to cancel our trip." Zainab gave him a dejected look. She couldn't believe what she had just heard. Her happiness and excitement turned into sadness and anger. "What!?! I have been waiting for this trip for months. No! No! I want to go. I don't know. You are the worst father ever!"

Zainab's mother who was listening to all this conversation quietly, came and sat with her. She patted her and said, "Don't worry Zainab. It's your father's official assignment. We should understand others' problems. We can take the trip some other time."

Zainab quickly realized it wasn't her father's fault and it was just as much news to him as it was to her. She hugged her father and said, "I'm sorry baba! I couldn't control myself and got a bit angry. I shouldn't have behaved that way."

Zainab's father held her back and said: "It's okay, Zainab. I am proud of you for realizing your mistake quickly."

Being happy, excited, sad, or angry is not strange. These are called our feelings. Sometimes we feel very sad about something. It may be missing our favourite activity, sport, or food. Similarly, sometimes we may be very happy or excited about something we like a lot. It could arise from winning a match or getting a very good score on a test. At times, we may also get angry over something or someone. However, it is important that we keep our feelings in check and don't let them get the best of us. It is important to act decently in every situation of life no matter what.

- **What do you think about Zainab's behaviour initially when she heard the news?**

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- **How would you behave if you are in Zainab's place?**

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## Coping with Emotions

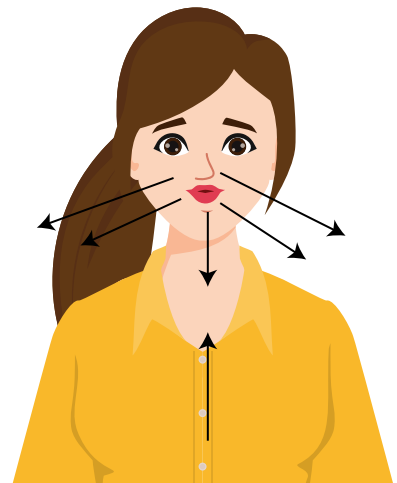
There come many situations in our life where we find ourselves experiencing negative feelings like anger, jealousy, stress, anxiousness, fear etc. It is normal to have these feelings but it is important to cope with them the right way. Instead of shouting in anger, or stop eating in stress, we can adopt some other coping mechanisms that are healthy. Here is a list of certain coping mechanism that you can adopt:

- Go for a walk, run, or hike.
- Do some yoga or stretching.
- Exercise.
- Put on some music and dance.
- Bounce or kick a ball.
- Jump rope or hula hoop.
- Squeeze a stress ball.
- Paint or draw.
- Talk to a loved one and ask for help.
- Try breathing exercises.

# Five Skills Everyone Needs in their Lives

## 1. Deep Breathing for Stress

Deep Breathing is the ultimate and fast solution to dealing with stress and anxiety. A few slow, deep breaths can help you relax your mind and body. When under stress, take “bubble breaths”: breathe in deeply through your nose and then breathe out slowly through your mouth like you’re trying to blow a bubble with a wand. Another breathing technique is “smelling the birthday cake.” Breathe in through your nose like you’re smelling your birthday cake. Then, blow the candles on the cake. Do this several times and you will eventually feel relaxed.



## 2. Self-Awareness

Self-awareness is the ability to examine your own emotions and reactions. It allows you to know your strengths and weaknesses, triggers, motivators, and other such characteristics. Being self-aware means that you take a deeper look at your emotions, why you feel a certain way, and how sometimes your sentiments could turn into reactions.



Practicing self-awareness allows you to better react to situations or people who might tick you off, which is a healthy skill to have. Deeply think about what your strengths are and how to strengthen them further,

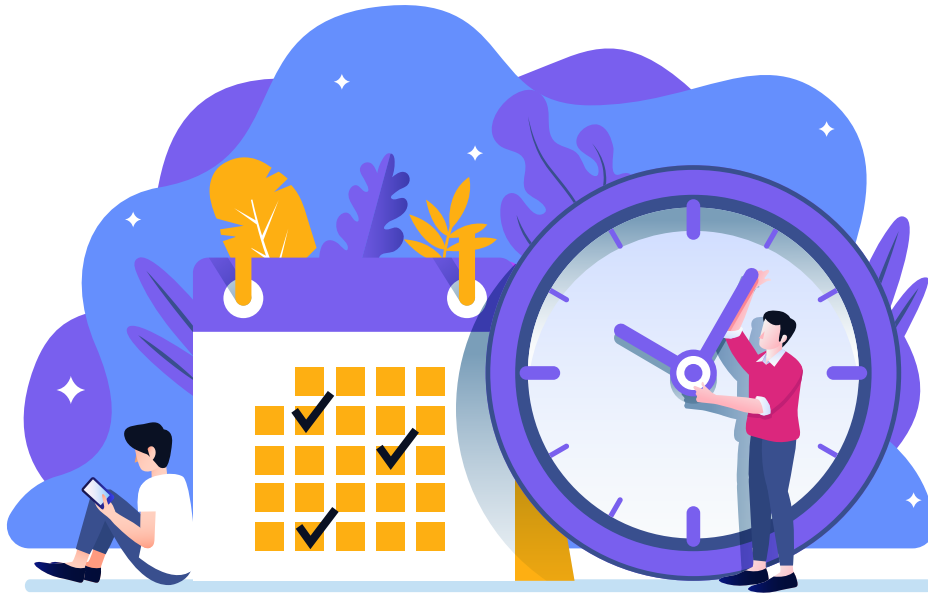
what your weaknesses are and how to overcome them, what your rights are so you don’t let anyone violate them, what triggers you, and how you feel about everyone in your life, and how to avoid any bad reactions you have given in the past during a certain situation. This is called self-assessment.

You may make a list, write it down in a journal, or make a mental note. Self-assessment or evaluation is the key to self-awareness, and self-awareness is ultimately the key to self-management.

## 3. Organization

Have you ever found yourself thinking there is not enough time in the day to manage everything? If yes, this is for you. Organization and prioritization are your problem solver. If you struggle with not being able to manage things timely, make a timetable and stick to it.

Divide each part of the day for everything that needs to get done during that day, starting from the most important to the least (prioritization). This way you can keep track of everything you are getting done and avoid causing a clutter in your mind.



#### 4. Self-discipline

Self-discipline is your ability to stick to your plans and goals. We discussed above how making timetables and following schedules can keep you organized, but what if you feel unmotivated to stick to them? It means you lack self-discipline. In order to attain or improve self-discipline, remind yourself of the goals you are trying to achieve in life. Write them down on a piece of paper and put it up in your room so you can be reminded every day to strive for them and not give up. For example, if you are feeling unmotivated to study but your goal is to come top of the class this year, remind yourself about it so you can work for it. You can also set rewards for yourself, such as treating yourself to your favourite chocolate or food if you manage to get tasks done despite the lack of motivation. This way, you can remain self-disciplined in your everyday life.





## 5. Co-existing

All around us, we find people that come from different backgrounds and religions. But it's important to understand that at the core level, we are all human beings and deserve to be treated as such. The skill to treat everyone equally and give love and respect despite differences is the most beautiful skill one can possess. It is important to respect everyone, especially women and girls, protect them and take care of them.



If you adopt these five skills, you will excel at self-management, and once you excel at self-management, you will be able to build self-confidence and become invincible. So what are you waiting for? Start today!

**After reading this chapter, I am convinced to make the following changes in my life:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## UNIT 05

# Empathy

## Learning about Diversity and Bullying

### After completing this unit, you will be able to:

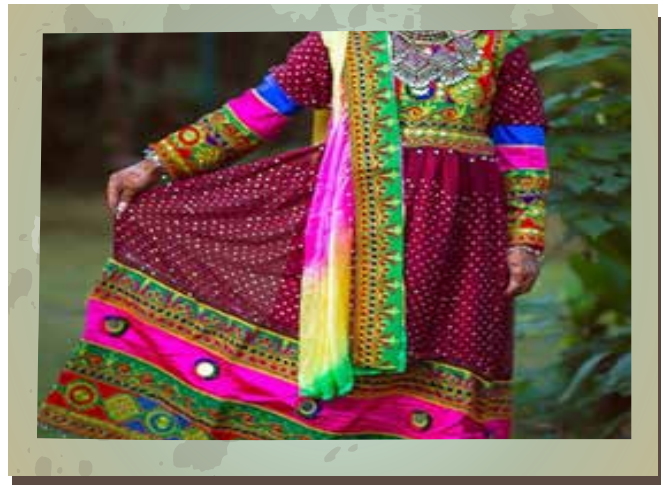
- develop an understanding of different cultures and exhibit respect for all
- identify the names of ethnic, and religious minority groups in Pakistan
- develop empathy for persons with disabilities and support them in their communities
- appreciate professions and acknowledge the importance of the role of every strata in the society
- develop an understanding of bullying behaviour
- identify signs of bullying
- demonstrate knowledge of preventive measures against bullying
- help out peers, who are being bullied and become a support system for them
- understand the necessary responses to bullying that can be put into action





## Rich Pakistani Culture

How many of these ethnic cultures of Pakistan can you identify by looking at the following pictures?



Our beautiful homeland Pakistan is the world's fifth most populous country with a population of over 220 million residents. With a land area of 881,913 km<sup>2</sup>, the country is the 36th largest in the world. There are over 60 languages spoken in Pakistan. Urdu is the national language, and a symbol of national unity.

## Main Ethnic Groups of Pakistan

Pakistan is a multi-ethnic and multi-cultural nation comprising many ethnic groups such as Balochi, Brahvi, Balti, Gilgiti, Hazara, Hindko, Kashmiri, Muhajir, Panjabi, Pashtun, Saraiki, and Sindhi.

Although Pakistan is an Islamic state and Islam is followed by an overwhelming majority of the nation, there are people from other religions too who live in Pakistan. These include Christians, Hindus, Sikhs, Buddhists, Parsis, Kalasha, Bahai's and some other faiths. They are represented by the white colour in the Pakistani flag.



## Appreciation of Diversity

When we go out of our homes, we meet people from different ethnic and religious groups. We also see people with different abilities such as people with a visual or hearing impairment, or people with restricted mobility. We also see low-paid workers like cleaners, maids, waiters etc. However, it is important to understand that at the core level, we are all human beings and deserve to be respected and treated as



such. We should treat the poor and people with disabilities with empathy. We should not look down upon them but instead help them however we can. We should appreciate all professions, and anyone working hard to make a living the right way. Our race, religion, caste, color, and creed does not define us as a human being; our character and integrity does.



As a Pakistani we should remember that all the people belonging to other faith groups deserve equal protection and their due rights. Pakistan is a homeland to all religious and ethnic groups, and they have an equal right to its resources. As a Pakistani, we should be proud of our diverse culture because every culture has something unique and beautiful to offer, its specialties, food, dresses, folk dances etc. From the mountains in the North to the Arabian sea in the south, every area of Pakistan and its residents are unique and beautiful. When we respect each other and stand together, we show the world what a diverse and beautiful country we truly are.

## Activity

### **We are Different and Yet Alike**

Sit in pairs and identify and write down similarities and differences about each other on a piece of paper. Differences could be based on ethnicity, culture, mother tongue, geographical area, interests etc. Have a discussion and get a better understanding about each other. Furthermore, talk about how we can avoid conflict and personal bias when dealing with someone from a different group or community.

**We are similar**

Handwriting practice area with a dashed top line and two dotted lines below it.

**We are different**

Handwriting practice area with a dashed top line and two dotted lines below it.

## From a Bully to a Friend

“Hey, weirdo!”

Aashir froze. It was that terrible bully Hammad again.

“What did you bring for my lunch today hmm?”, Hammad sneered. Aashir tried to run but Hammad was too fast for him. He was much bigger and stronger than Aashir. “No! Please!” Aashir cried. “Don’t snatch my lunch today! I am really hungry”.

Hammad just laughed in Aashir’s face as he snatched it from him as usual. Aashir felt pangs of hunger in his stomach, coupled with guilt and shame because he allowed Hammad to take away the food that his mother had made for him with such love – a sandwich, an apple, and a milkshake.

Having finished Aashir’s lunch, Hammad ran off to bully other kids, but Aashir as always sat dejectedly in a corner. He thought about how helpless Hammad always made him feel, being as tall and strong as he was. Sulking in his thoughts, Aashir noticed someone looking at him, someone he knew but hadn’t taken notice of before. It was Sami, a boy from another class. He gave him a tiny smile, visibly feeling sorry for him. Aashir just smiled back because he did





not want to show his feelings. However, Sami had witnessed the whole incident, and he knew the state Aashir was in, so he stood up and approached him.

“Hey, I’m fine,” Aashir mumbled. “It doesn’t bother me. He is just a friend of mine and we were joking around.”

“Don’t call a bully your friend. He might be your class-fellow but he is a bully. He is not your friend. Anyway, do you want to share my lunch? My mom gave me salad and a shawarma which I don’t like.” Sami said. Aashir’s stomach was rumbling with hunger, and though he wanted to act tough, the offer was too enticing to refuse.

Aashir began munching on Sami’s lunch. Hammad, who was on the other side of the cafeteria now noticed this and immediately walked in on them. Seeing Hammad approach, Aashir completely froze.

“How rude of you to not tell me you had more lunch, Aashir! You know I like shawarmas. Come on now, give it to me.”, Hammad said with a stern look on his face.

Before Aashir could react, Sami got up with a ferocious look on his face. “No!” he said, firmly, looking him in the eye. “You cannot and will not take our lunch!”



Hammad was shocked for a second. This was the first time he was being told “no” by someone. “Who are you now? His brother? Try and stop me.”, Hammad said trying to sound confident.

“I am someone who knows exactly what you are. A bully! And I also know the strict no-tolerance policy our school has against bullying. Now unless you want me to inform the teacher and get you expelled, get out of here. Don’t ever think about bullying anyone inside or outside this cafeteria. Get your own lunch or instead of bullying, make friends who can share theirs with you, like I’m sharing with Aashir”, Sami said to Hammad looking at him directly in the eye.



Everyone nearby started giggling, for they all disliked Hammad, the renowned bully. Aashir stood there stunned. Hammad immediately became teary eyed.

“You’re right. I’m sorry. I should make friends, not enemies. Making enemies gets you nowhere. I’m sorry Aashir. I won’t do this again.”, Hammad said with his head down in shame.

“It’s okay, Hammad. If you ask me politely, I will share my food every day with you. And I will be friends with you in a heartbeat because you have so much to offer. You have amazing football skills which everyone in the school admires, but you are always so busy scaring people to see how much they admire you.” Aashir said as he stretched his hand. “Friends?”, he smiled.

“Friends”, said Hammad as he took Aashir’s hand.

### What have I learned from this story? Check all that apply.

- Bullying is better than making friends.
- We should stand up for anyone who is a victim to bullying and be their support system, regardless of whether we know them or don’t know them.
- Anyone threatening, scaring, making fun of you, spreading rumours about you, or forcefully making you do something is a bully and we shouldn’t justify their behavior by calling them a friend.
- There are no ways to stand up to someone who is physically stronger than you.
- The best preventive measure against bullying is to immediately say “No” and inform the authorities of the school/parents.

### Are these behaviours bullying or not? Justify your answer.

- In the playground, Asad pushed Imran with an intention to hurt him after his team lost to him.  
\_\_\_\_\_
- During recess Sobia found out that her classmate brought the same homemade lunch she had for the last two days and made fun of her.  
\_\_\_\_\_
- After finding out her best friend Maria didn’t inform Amna about taking a leave from school, Amna felt upset and lonely at school.  
\_\_\_\_\_
- After disturbing the class and playing a prank on a fellow student, Saad very conveniently blamed his classmate Fahad, who was docile in nature. Fahad got punished for Saad’s action.  
\_\_\_\_\_
- In order to get back at her friend, Maria decided to spread rumours about her on social media platforms repeatedly  
\_\_\_\_\_

# How to Respond to Bullying

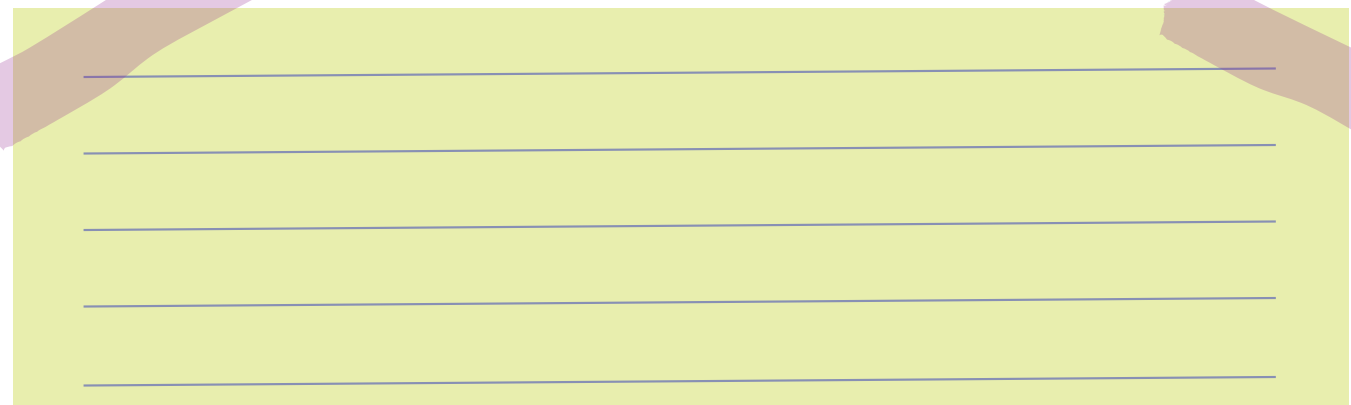
**In groups of 4, discuss the following scenarios and evaluate the appropriate response to the behaviour:**

a) Ambreen has a group of friends at school, with whom she likes to interact with. However, there is one friend in the group who always gets away with whatever she wants, and the rest follow. She decides whom to include in the group, which games to play and where to meet up after school. Ambreen feels that because she is a popular student in the group, everyone just agrees with her, however, she feels that it's not fair for the rest of them.

**Write your suggestions below about what steps Ambreen should take to ensure that everyone's suggestions and interests are equally represented.**



b) Adeel is an all-rounder at school. He excels in his studies and participates in extracurricular activities too and as a result teachers are very fond of him. However, Adeel has a habit of making fun of his peers and calling them names. His classmates feel upset as the name-calling doesn't stop. As Adeel's classmate who is concerned about others, what would you do to rectify his behaviour?





## UNIT 06

# Collaboration and Communication

### **After completing this unit, you will be able to:**

- adopt a collaborative behavior and attitude
- develop effective team-building skills
- understand the importance of helping others, especially the elderly & disabled, demonstrate patience, not react impulsively and control big emotions
- understand the true value of friendship, self-worth, how you should treat a friend
- appreciate ideas, feelings and emotions of others
- adopt eloquent communication skills on any topic pertaining to education, social issues, ethics, interfaith harmony, gender discrimination etc.
- clearly express thoughts on matters of day-to-day life and make an informed opinion based on facts & figures
- identify various communication styles and adopt the most effective style of communication
- demonstrate an understanding of how to communicate assertively about one's own decision
- agree/disagree politely, express needs and ideas
- use appropriate expressions in conversations to express and respond to others' opinion



# Better Communication



**Let's assume a friend has asked you to come outside to play with him, but you have homework. How will you respond?**

- a) "I have homework today, but I can do it later and play with you."
- b) "No! Don't you have any work to do? You're always asking me to play with you!"
- c) "No, I'm afraid I cannot play with you today because I have homework. Let's play on the weekend."

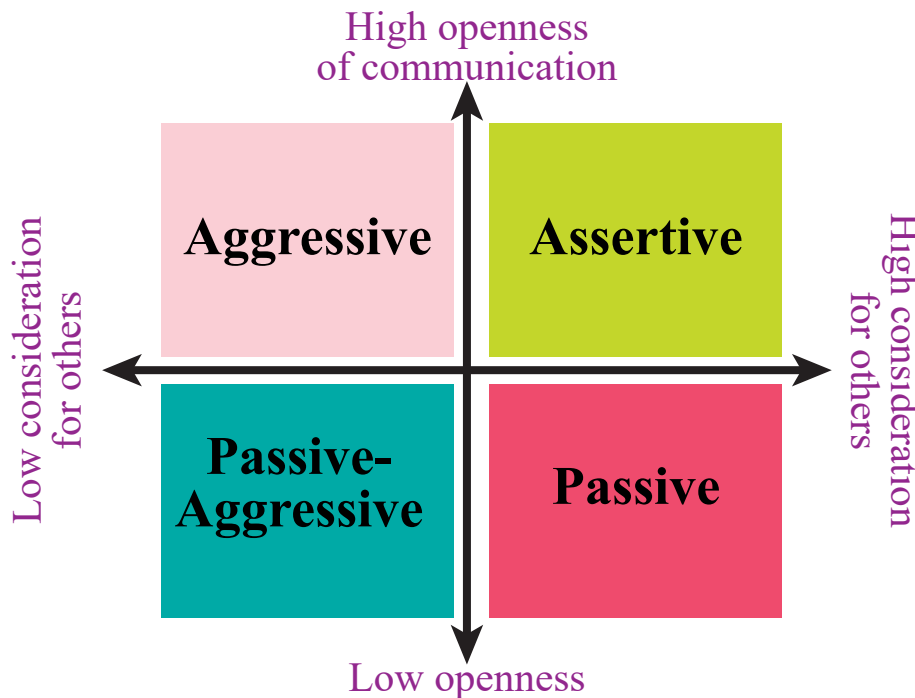
**Do you see how there are different styles to communicate the same thing? Let's look a little further into them:**

The first style is **passive**. Passive communicators tend to put the rights of others before their own and tend to be apologetic or sound tentative when they speak. They do not speak up if they feel like they are being wronged.

The second style is **aggressive**. Aggressive communicators stand up for their rights while possibly violating the rights of others. Such people tend to communicate in a way that tells others they don't matter or that their feelings don't matter.

The third, and the correct way to communicate effectively, is **assertive**. Assertive communicators respect their rights as well as the rights of others when communicating. They tend to be direct but not insulting or offensive. They stand up for their own rights and say “no” when needed but make sure the rights and feelings of others aren’t affected.

It is important to communicate in an assertive manner so that you are not feared or judged and pitied and disrespected by others. Assertive communication style helps you gain self-respect, respect of others, as well as respect from others.



## Passive – Aggressive – Assertive

There are certain non-verbal techniques we adopt when communicating with these styles. For each of the following, write in the blank if you think this non-verbal style is passive, aggressive or assertive:

- Apologetic tone: \_\_\_\_\_
- Tense, clenched, pointing fingers: \_\_\_\_\_
- Relaxed posture: \_\_\_\_\_
- Looking down or away in guilt: \_\_\_\_\_
- Staring, narrow, judgmental eyes: \_\_\_\_\_
- Looking direct in the eyes: \_\_\_\_\_

## How Will You React?

**Having learned what you just did, how will you react in the following scenarios?**

1. **The waiter brought you the wrong dish by mistake.**
  - a) “Hey, waiter! Have you lost your mind? You brought me the wrong dish. You are really incompetent. Let me speak to your manager!”
  - b) “Hey, you brought me the wrong dish but it’s alright, I will still eat it.”
  - c) “Hey there, I ordered a white sauce pasta, but you’ve brought me a red one. Did you confuse my order with someone else? If so, please get me the right order. Thank you!”
2. **A friend showed up at your house uninvited to spend the day with you, but you have a lot of homework to do.**
  - a) “Hi. I have a lot of work today but it’s alright, come in. We’ll spend the whole day together!”
  - b) “Hi, I appreciate that you came to see me, but I will only be able to entertain you for a little while. Please come in and have a cup of tea with me, but afterwards I have a lot of work to do. I’m free next weekend, though. Do you want to plan a day out then?”
  - c) “Why are you here? Nobody invited you. I have work to do, please go away and find something to do as well!”
3. **You can’t find a book that was on your table after your mother cleaned your room and you need it for your homework that is due tomorrow.**
  - a) “Hey mom, I appreciate that you cleaned my room, but I can’t find my mathematics book. It was on the study table. I need it for my homework. Can you please tell me where you placed it?”
  - b) “Why do you touch my things, mom? How many times do I have to tell you to not touch my things? You misplaced my book!”
  - c) “Mom, I can’t find my book. I think I must have misplaced it. I’m so sorry. I really need it. I don’t know what I’m going to do! Please look for it!”
4. **Your friend has an opinion that you disagree with: He thinks Messi is a better player than Ronaldo.**
  - a) “You don’t know anything, you’re not even a real football fan! Just shut your mouth!”
  - b) “That’s your opinion and I respect it. I, however, personally like Ronaldo better and I hope you’ll respect my opinion too.”
  - c) “Yes, you’re right, I’m wrong. Messi is better. Don’t be upset with me!”

## The Game



It was a beautiful, bright evening, and the nearby football ground was shining with yellow rays from the sun. Ahmed could see the ground from his window. He and his group of friends from his neighbourhood loved football, and today was the perfect day to play. He could not resist and immediately called them to gather in the ground in fifteen minutes. They decided that each of them would bring some piece of equipment for the game.

As per the plan, they all gathered in the ground. One of them decided to bring the corner flag. Ahmed himself brought the football. Similarly, all the others brought kits, goalkeeper gloves, marking chalk, goalposts, etc., The boys were in form and ready to play. All that was left to do was pick the teams. Since they had not decided what they would do about picking teams from beforehand, they got into an argument on the spot. Ahmed wanted to be the captain but Rana, a friend of his, disliked his approach.

**Ahmed:** “This was my plan; I should be the captain of one of the teams and I go first.”

**Rana:** “That does not mean that you are superior to all of us Ahmed. You called us and we came. You couldn’t have played without us anyways. This is not the right approach, and not a good enough reason to be captain. Anyone here can be the captain.”

**Ahmed:** “It’s not a good reason? So what’s good enough? Football skills, right? I’ve even got them unlike you. You are a pathetic player, and you know it.”

**Fawad:** “Ahmed, that’s enough Be quiet.”

**Ahmed:** “No why should I be quiet? He started it. Let me tell him the truth for what it is. He is a terrible player and even with those gigantic glasses, he can’t see where the ball is headed ever! You deserve to be in your room, cramming books, you ugly nerd!”

Hearing what Rana had just heard, he froze and went into shock that this was what a friend he had grown up with thought about him.

**Fawad:** “Hey, Ahmed! Back off! That’s enough!”

**Ali:** “Guys stop fighting. How about we just see who brought the most valuable item? He can pick the team.”

**Fawad:** “Okay.”

**Ahmed:** “Yes, fine, works for me.”

**Rana (in a low voice):** “It’s okay by me too.”

Though the boys all agreed to this approach, they couldn’t decide on the most valuable item. They then decided to start playing the game with all the objects they had bought, and that one by one, they will get rid of each and see which was the most important item needed for the match.

The game started. The first thing they got rid of was the whistle because they believed the referee could shout instead of whistling. Then, the goalkeeper realized gloves are of no use and that he can play with bare hands too. They then replaced the goalpost with a couple of bins on each side. And finally, they replaced football with an old tin. The boys got so invested that they didn’t even realize they had lost all the equipment and weren’t even playing football at this point. That is when an old beggar who was passing by the ground stopped to observe them.

The beggar stood there and kept wondering what they were even playing by throwing an old tin here and there with their feet. Suddenly, Ahmed saw the old man staring at them.

“Chacha! What are you staring at? Don’t you have begging to do! Get out of here!”, said Ahmed furiously.

“Don’t mind me, child. I am just wondering how ungrateful some people can be. You have all the equipment lying there on the ground that you all can use instead of hurting your feet with the old tin and actually gaining some skills. Yet look at you.”, the beggar said while nodding his head.

“Get out of here and mind your own business!” Ahmed shouted.

“Ahmed! That’s enough man! He’s an old man! You’re taking your frustration out for not being the captain on all the wrong people! First your friend, now an old man. How can you stoop this low? Watch your behavior!”, Fawaad said as he gave Ahmed a push.

“You’re.. right. I get so crazy about football that I lose all my senses. It was a perfect day to play and we kept wasting it in arguments.”, said Ahmed. He then walked up to the old beggar. “I’m really sorry chacha. I wasn’t in my senses.”

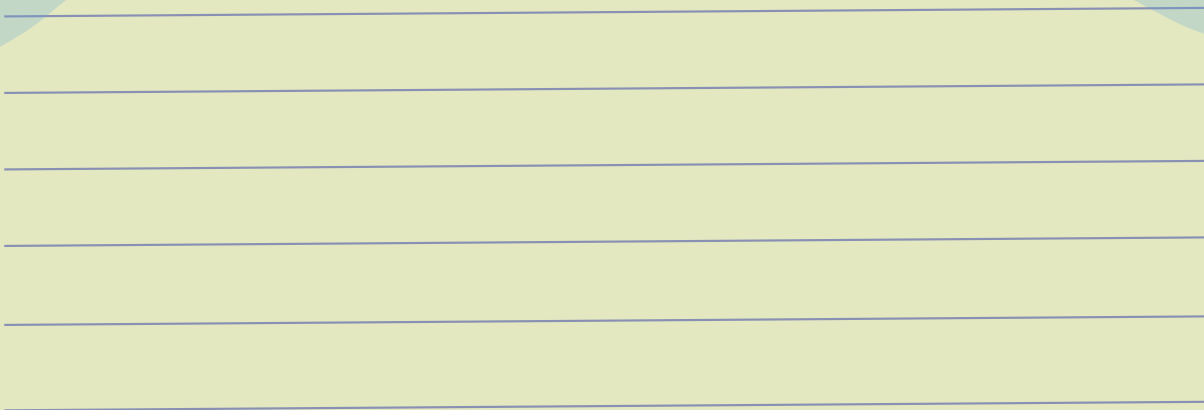
“It’s okay, child. I am only here to give you a piece of wisdom, not to steal anything. If you collaborate with your friends and use all this equipment, you will actually enjoy the game and improve your skills at the same time. Playing how you all are right now is a waste of time and energy.”, the old man replied.

It is then that they realized that because of their ego and pride, they were not even enjoying the game. They had all the necessary equipment but could not collaborate and play together. The old man showed them in a minute what they couldn't see and realize for the past two hours. Ahmed realized how wrong his behavior had been. He also apologized to Rana and asked him to be the one to select the teams. He urged the boys to make use of all of their stuff as a team and enjoy the game. They then spent the perfect evening by working collaboratively.

### What have you learned from this story?

1. Working collaboratively is better than working individually due to pride. **True/False**
2. Effective team building requires you to contribute equally. **True/False**
3. A team leader should be voted and selected by the majority. **True/False**
4. As a leader, you can ridicule and insult others. **True/False**
5. A real friend makes bad comments about you and lowers your self-worth. **True/False**
6. Elders, whether we know them or not, must be respected at all times. **True/False**
7. You should not try to resolve a conflict between members of a team. **True/False**
8. We should demonstrate patience when in a team. **True/False**

**Keeping in mind the communication styles we learned earlier, if you were in place of Rana, how would you have responded to Ahmed's comments?**



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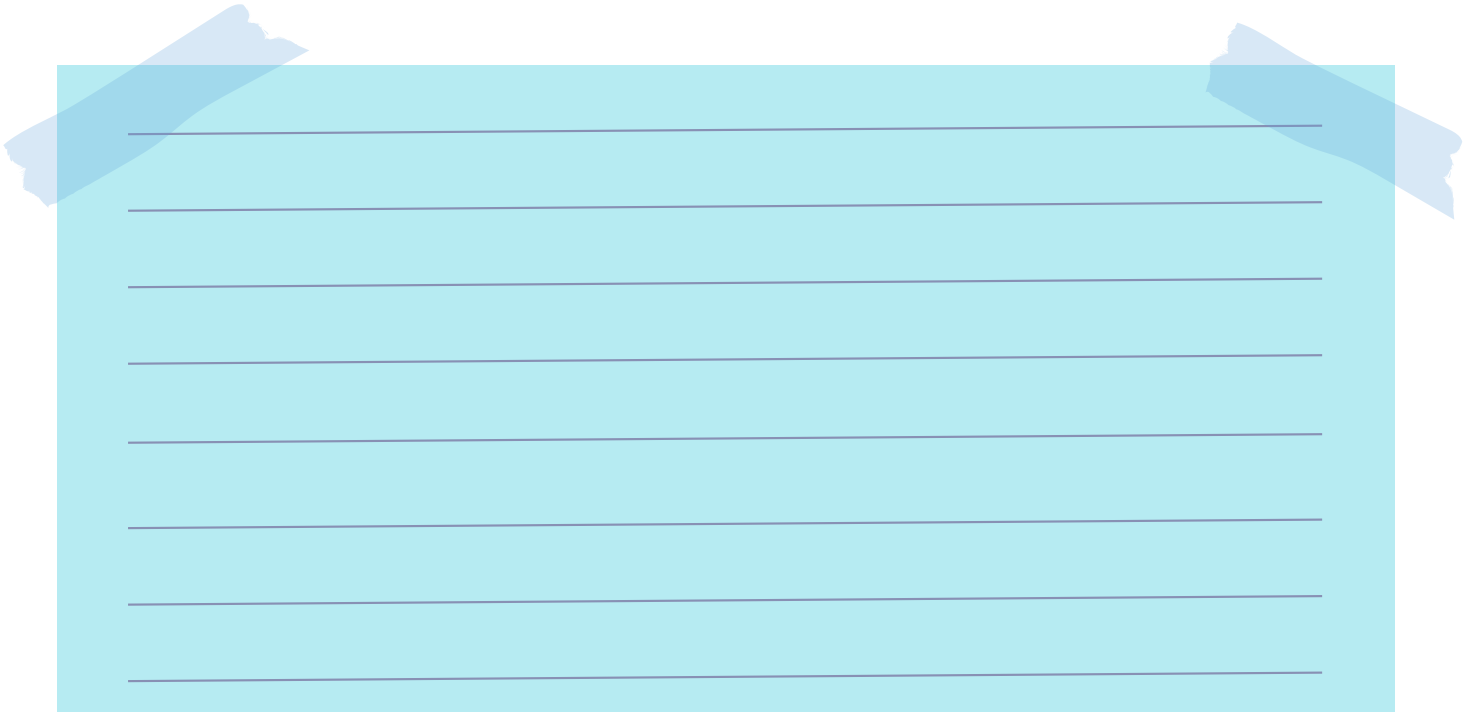
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**A friend is reflective of our own attitude, beliefs, and core values. This is why it's important to have good company. A good friend is supportive, loyal, respectful, and honest. What other qualities do you think a good friend has?**



A light blue rectangular area with horizontal lines, resembling a piece of lined paper with blue tape corners. It is intended for students to write their answers to the question above.

### Activity

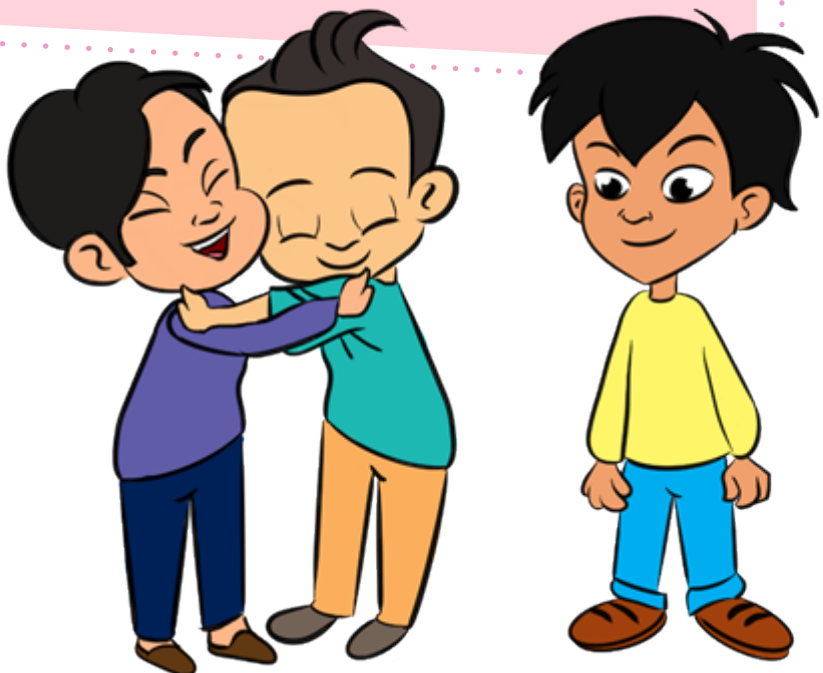
In a group of four, pick a social issue that is prevalent in our society such as gender discrimination, illiteracy, poverty etc. Form a stance i.e. how you feel about the issue and present your opinion to your group based on facts and figures. Work collaboratively and discuss everyone's opinions. If your opinions match, well and good, but if there's disagreement, work your way to reaching a middle ground. When you have finally agreed on one stance and opinion, speak up about the issue and present it together as a team to your class.

## UNIT 07

# Conflict Resolution and Decision Making

**After completing this unit, you will be able to:**

- understand conflict and identify ways to overcome it
- develop effective decision-making skills and understand the consequences of a decision
- understand and adopt goal-setting techniques
- have a clear set of career goals & objectives and know the way forward, argue and put forward pros/cons on career path choices



## A Tale of Two Friends

Amna and Ayesha were childhood best friends. They grew up together and had many memories over the years. Although Amna was a year elder than Ayesha and they weren't classmates, their bond was still a remarkable one that everyone in the school admired. On the first day of grade 7th, Ayesha met a new student named Sameen. They were making good conversation until Amna interrupted:

"Ayesha! There you are. I was waiting for you in the cafeteria. It's break time, come let's have lunch together."

"I'm so sorry, I completely forgot. Yes, let's go.," replied Ayesha.

Ayesha picked up her bag and went away with Amna. However, Sameen didn't like this. She decided to confront Ayesha when she came back to class.

"Hey, I was enjoying our conversation till that friend of yours rudely interrupted. Who is she?," asked Sameen.

"Who? Amna? That's my best friend. And it wasn't rude so be careful with the words you choose for her. I always have lunch with her."

Ayesha replied.

"Ah, okay. I see.," said Sameen with visible jealousy on her face.

Sameen decided she really liked Ayesha and wanted to be friends with her, but it was clear that she couldn't until Amna was in her life.

"She is a senior. Why is Ayesha even friends with her? No matter what happens, I will break this bond of theirs.," Sameen thought to herself.

The next day, Sameen saw Amna talking to someone in the corridor.

"Ugh! Not her again!," Sameen thought, but suddenly she got an idea. This was her chance to ruin their friendship. She went to class and told Ayesha a lie about Amna.

"Hey, Ayesha. I don't know how to tell you this but your friend from yesterday was talking to a girl and telling her that she is her actual best friend, and she wants to spend more time with her but that you don't leave her alone."

"What? That can't be. Amna always visits me as soon as she comes to school. She must not even be here. You must have seen someone else." Ayesha replied.

"Is that right? Come look for yourself then.," said Sameen and took her to the corridor.



In the corridor, Amna was having a conversation and laughing with a girl from her class. Ayesha immediately ran up to her and started shouting at her.

“What are you doing here Amna? Were you not going to come to see me since that is what we usually do? Or have you made a new best friend? Wow. Oh yes, you have. I don’t want to spend any time with you from here on. It’s better you leave me alone.”

“B-but Ayesha”, said Amna, as Ayesha turned away and left.

Everything happened so fast for Amna to even understand. But Ayesha had shouted at her and embarrassed her in front of the whole school, so she decided to never go back to her again.

Days went by and neither of the two spoke to each other. Sameen got close to Ayesha, but in her heart, Ayesha always missed Amna. Seeing her at school every day was hard for her when she could not speak to her. And seeing Ayesha replace her with Sameen was hard for Amna.

One day, Sameen didn’t come to school. Ayesha got worried because they had an important test that day that she knew Sameen wouldn’t miss unless something serious happened. She went to her house right after school and found her crying in her room.

“Hey Sameen, what’s wrong? Are you okay?”, Ayesha asked with worry.

“My mother is really sick, Ayesha. We are going to the USA for her treatment. I am leaving tomorrow.”, replied Sameen.

“What? How did that happen? I’m so sorry.”, Ayesha replied.

“Don’t be sorry Ayesha. I am probably being punished.”, said Sameen.

“Punished? For what?”, Ayesha asked with visible confusion on her face.

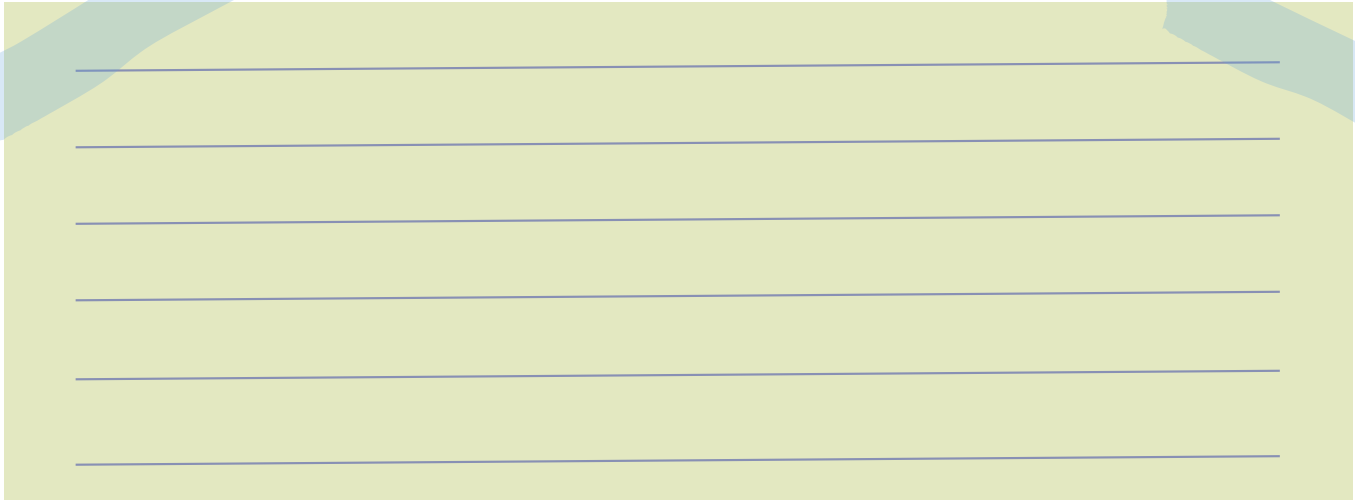
“I lied to you about Amna. She never said any of those things. I lied to you because I was jealous of her friendship with you. I’m really sorry..”, Sameen said as she wept.

“You.. what... I’m sorry I have to go”, Ayesha said as she got up and left.

Ayesha couldn’t believe her ears. How could have Sameen turned out to be like this? How could she have treated Amna this way? She decided to go directly to Amna’s house and apologize to her immediately. She told Amna everything from start to end, and Amna forgave her. Both of them decided to leave this incident behind and move forward with their lives.



**In your opinion, what is the moral of this story?**



## What is a Conflict?

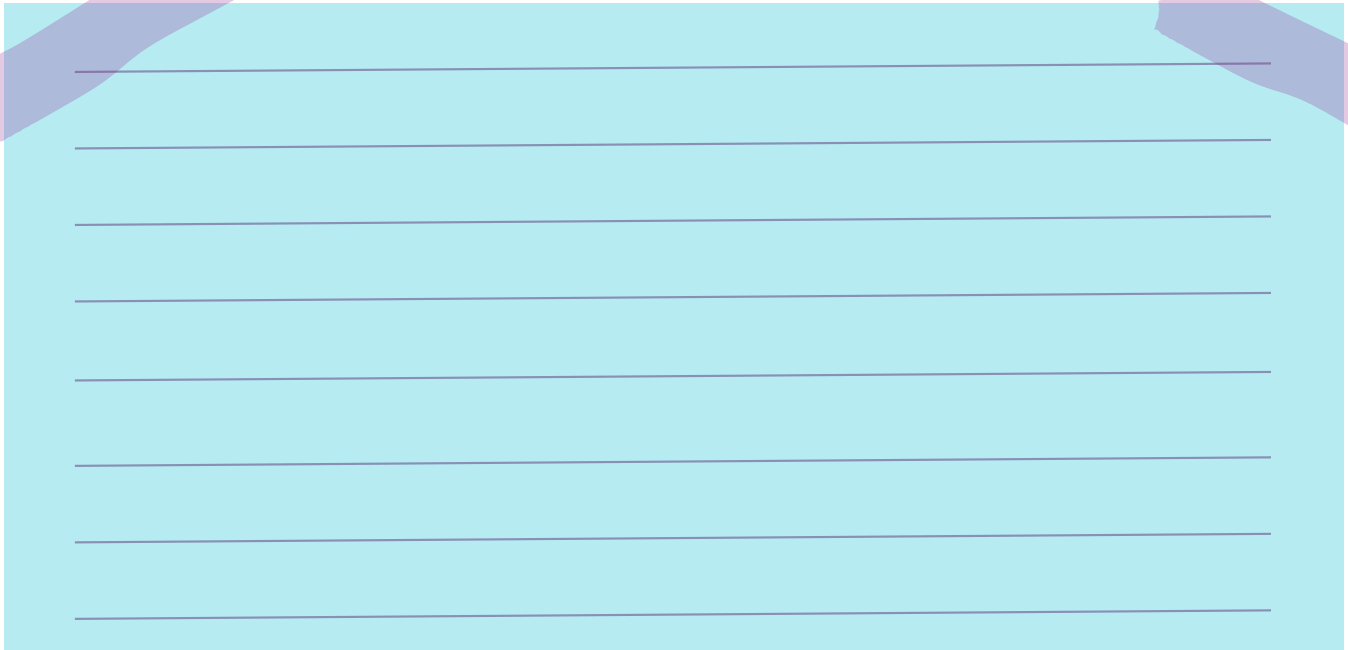
What Ayesha and Amna experienced is called a “conflict”. They had a clash and a quarrel due to a misunderstanding. One way they could have overcome this conflict was by talking directly to each other. Ayesha shouted at Amna and left, not allowing her to speak to clear the misunderstanding which is a classic example of one-sided communication. What Ayesha should have done is to talk to Amna in a proper manner where Amna was allowed to speak and address the issue. Furthermore, she should have thought before she acted. Had she paused for a second and thought about what Sameen was saying, she would have realized what Sameen was trying to do. To decide in haste was the wrong thing to do. She should have thought about the consequences before deciding embarrassing Amna in front of everyone.

## How to Resolve a Conflict

**In a conflict, it is important to:**

- Think before forming a strong stance.
- Be considerate of the other person’s feelings.
- Ask questions or talk to understand the issue.
- Allow yourself to listen to the other person with patience.
- Never act in anger and decide in haste.
- Consider every consequence before making a permanent decision.
- Offer solutions and work towards the best one.
- Apologize immediately when necessary.

**If you are ever found in a situation like Ayesha, what will you do?**



## Decision Making

Every day, we have to make certain decisions. Some of these decisions may be big while some may be for routine issues.

### **Do you know how to reach a decision?**

You may reach a decision by keeping in mind the following points:

1. Repeat the problem aloud.
2. Think about the problem carefully and the possible solutions to it.
3. Consider each solution separately. Evaluate its advantages and disadvantages.
4. Select the most suitable solution and follow it. If it still does not solve the problem, then move on.





## A Good Decision

One day Sadia and Ali's father could not arrive on time to pick them up from school. They wondered what to do next. However, they instantly remembered what points they had to follow to make the right decision.

They now had two solutions; walk home alone or ask someone from the school office to call their parents.

They realized going home alone was unsafe. Therefore, they called home from the school office. Soon their mother came to pick them up.

What do you think? Did the children make the right decision or the wrong one? What would you do in such a case?

## Goal Setting

We all should have some major goals in life and identifying these goals is the first step in the Goal Setting Process. Goal setting is a process that requires careful consideration of what you want to achieve and putting in hard work to achieve it. The 5 steps of goal setting process are:

1. **Write down your goals.** If you have two or more career paths you are interested in, make



a “pros and cons” list to figure out which one you should pursue. A pros and cons list is a quick and easy decision-making tool. Pros are arguments FOR taking a particular path while cons are arguments AGAINST it. By seeing which career path has the most pros, you can easily decide to pursue it.

2. **Establish a deadline** for your goal. Make sure it is realistic.

3. **Identify obstacles** you might have to face.

4. **Determine ways to overcome** these obstacles.

5. **Monitor progress** on a regular basis. This will keep you on track and help you see how far you've come and how much is still left until you've finally achieved it.

## UNIT 08

# Gender Equity and Media

### After completing this unit, you will be able to:

- develop conceptual clarity on important gender concepts including gender equity, discrimination, roles and stereotypes, and understand what necessary behavior and attitudes need to be adopted for a more equitable society
- actively advocate for women's empowerment among peers, family-members, and in communities
- analyze and share how gender affects mobility, safety, and access to community & civic spaces
- learn negative health impacts of child marriages and their consequences on education attainment and gender-based violence
- understand and adopt critical thinking.



## Do you Agree?

### Discuss if you agree with the following statements:

• Pink is for girls, and blue is for boys.	Yes	No
• Boys don't cry.	Yes	No
• A woman should only take care of her family.	Yes	No
• Only a man should work to earn money.	Yes	No
• Girls don't play sports.	Yes	No
• A girl should have a sweet, low feminine voice.	Yes	No
• Only daughters should help mother in the kitchen,	Yes	No

## What is Gender Stereotyping?

Above mentioned statements are classic examples of gender stereotyping. Gender stereotyping is the practice of ascribing to an individual woman or man specific attributes, characteristics, or roles based on their gender only. It is important not to discriminate on the basis of gender and form associations of things with gender only. Not allowing girls to join the armed forces is discrimination. Similarly, reinforcing the idea that girls do not deserve to get an education because they only get married and stay at home, in the end, is also discrimination. Everyone has an equal right to enjoy and take part in things they like.

### So, how does one put an end to this deep-rooted gender stereotyping?

According to World Health Organization “gender refers to the characteristics of women, men, girls and boys that are socially constructed. This includes norms, behaviours and roles associated with being a woman, man, girl or boy, as well as relationships with each other.”

The first thing that needs to be done is to develop an understanding that gender stereotyping or discrimination against any gender is a wrong behavior that needs to be corrected. When you, yourself believe in gender equity, you will find yourself advocating for it everywhere, be it at home, at school, or in a public place. Spreading awareness is the key to diminishing this practice. For example, if you see your mother reinforcing the idea that your sister should wear pink, you should tell her politely that that is not necessarily the case. Your sister can wear whatever color she desires.

Similarly, if the idea of “boys shouldn't cry, it makes them weak” is being shared by anyone, you should correct it politely. The point is not to be hostile towards someone reinforcing stereotyping or discrimination, but to make them aware, and educate them politely.

## Women Empowerment

All human beings have been created equal. People should not be denied their rights on the basis of their gender. Gender equality is a precondition for advancing development and reducing poverty. Empowered women contribute to the health and productivity of whole families and communities, and they improve prospects for the next generation. Women and girls should be empowered to make decisions for themselves in every walk of life. They should be allowed to join any profession without any discrimination.

On the other hand, marrying them at a young age will not only restrict their empowerment but also cause serious health threats. Though in many countries, it is prohibited by law, in many other parts of the world, child marriage is still a serious issue.

Similarly, gender based violence is a problem in many countries. Sometimes women in society do not feel safe while traveling alone. They may also feel uneasy while walking alone during the night or taking public transport or being in a secluded place because they are easily subjected to attack. As unfortunate as that is, it is the truth. A woman is the powerhouse and crux of humanity. She deserves to be loved, cherished, and respected.

**Name a woman role model in your life. What qualities does she have that you admire the most?**

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## Media Literacy

Did you know that literacy is beyond receiving formal education? In today's digitally growing world, digital and media literacy expand traditional literacy to include new forms of reading, writing, and communicating.

We all know that media is a source of information and entertainment. **Media literacy** is defined as "the ability to access, analyze, evaluate, create, and act using all forms of communication" and it "empowers people to be critical thinkers and makers, effective communicators, and active citizens."



Every day, we see different forms of media on television or online. But do we analyze this media the right way? In order to do so, there are five questions you should ask every time you come across a media containing an information or message:

### **1. Who created this message?**

You should question both the messages you see, as well the platforms on which messages are shared. If it does not come from a reliable source, you can easily tell the aim is to spread misinformation.

### **2. What techniques were used in this message that caught my attention?**

You might witness yourself getting attracted to a piece of information, article, advertisement, or a billboard without even realizing. Whenever you do, always question what made you put your attention towards this media.

### **3. How might different people interpret this message?**

For any piece of media, there are often as many interpretations as there are viewers. Whenever interpreting a media message, think deeply about how someone from a different background might interpret the same message in a very different way than you.



### **4. What values and points of view this media is giving, and what is it missing?**

Consider that the information we are consuming can reinforce stereotypes, values, and opinions. We should understand that it is just one person's point of view and is missing an entirely different point of view that could be yours. Don't let a negative piece of media affect your opinion, stance, and feelings.

### **5. Why is this message being sent?**

When you dive a little deeper into the purpose behind the message being sent, you can detect easily when someone is trying to gain power and influence. Was the purpose to inform, entertain, and persuade, and should you or should you not let the sender achieve this purpose is something you should question?

## **Advertisements**

Advertisements are videos or pictures on a TV channel or website, a poster in a newspaper, a flyer distributed by some people or billboards on roadside. All advertisements have some purpose. This may be to tempt you to buy something, subscribe to some service, take an admission in some institution etc.

You must be careful when watching, reading, or listening to different advertisements. This is because they may not always be the honest representation of a product or a service.

## Strategies and Tricks

In order to get the best results, advertisers use different strategies and tricks. These include attractive pictures, captivating phrases, interesting labels etc. Find an advertisement in a newspaper or magazine and indicate how the advertiser is tempting you to choose the product.

Some advertisements use pathos, meaning they try to appeal to your emotions and feelings. There may be advertisements showing some people in trouble and asking you to spend some money so that those people may be helped.

Some advertisements use logos, meaning they attract you through

some logic. Do you want to reduce your weight by 20 Kg or want a smile that is 40% brighter? These advertisers often use numbers, or historical references to make the product seem logical and reasonable. They use some vague words such as natural, pure etc.

Some advertisements use ethos, meaning they try to persuade you by appealing to ethics. You must have seen some advertisements claiming that a part of their profit will go to some orphans or needy people.



## Advertising Tricks

Find some advertisements from a newspaper, magazine, or TV and answer the following questions. You may do this task in pairs.

1. What is the name of the product? \_\_\_\_\_
2. How does the label or the advertiser attract or trick you to buy?

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1. What is the name of the product? \_\_\_\_\_

2. How does the label or the advertiser attract or trick you to buy?

\_\_\_\_\_

\_\_\_\_\_

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3. What is the name of the product? \_\_\_\_\_

4. How does the label or the advertiser attract or trick you to buy?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Create your own Advertisement

As you have read about different techniques used by advertisers, you may create your own advertisement.

## UNIT 09

# World Around Us

### After completing this unit, you will be able to:

- adopt environment-friendly practices (avoid usage of plastic bags etc.)
- understand the concept of conserving natural resources and adopt it in your daily routine (switching off extra lights or water taps etc.)
- critically analyze local and global trends regarding food security, water scarcity, global and local health issues, biodiversity and habitat, fossil fuels (oil, gas, and coal) and their environmental impact, industrial waste, carbon footprint
- develop an understanding of key insights on population growth and its challenges including urbanization and city growth, population structure, migration and immigration, mortality
- learn and adopt the necessary protective measures, during and post natural calamity, through school safety programs
- develop resilience building skills



## Environment-Friendly Persons

### Are you an environmentally friendly person?

1. Do you avoid plastic and use cloth bags and glass water bottles? **Yes/No**
2. Do you recycle glass, paper, metal, or plastic? **Yes/No**
3. Do you only buy what you will use? **Yes/No**
4. Do you donate used goods often? **Yes/No**
5. Do you switch off unnecessary lights? **Yes/No**
6. Do you conserve water and turn off water taps when not being used? **Yes/No**
7. Do you unplug electrical appliances to save electricity? **Yes/No**
8. Do you avoid throwing trash through the window of the vehicles? **Yes/No**
9. Do you avoid using cars, motorbikes etc. and prefer walking? **Yes/No**
10. Do you volunteer for activities such as planting trees or collecting litter? **Yes/No**

If you were able to answer “Yes” to at least 7, chances are you are an environment-friendly person. For every question you answered “No”, you should start making it a practice from today!



## Why is being Environmentally Friendly Important?

By being an environmentally friendly person, you conserve natural resources that we need to survive such as food, water, air, and shelter. Habitat refers to a place that provides everything that a plant or animal needs to survive, and biodiversity refers to the variety of living species living on earth. As the population of the world is increasing at a very alarming rate, consumption of these basic resources is also increasing. This is causing food and water and scarcity, and if we don't conserve, we might soon run out of these resources.



According to the 2022 State of Food Insecurity in the World (SOFI) report, the number of people affected by hunger rose in 2021 to 828 million, an increase of about 46 million since 2020 and 150 million since 2019, before the outbreak of the COVID-19 pandemic. For maximum food production, water is required for agriculture which is leading to water scarcity as well.

## Industrial Waste

Industrialization is leading to loads of industrial waste which is damaging natural habitats and causing severe health issues. Industrial waste pollutes the nearby soil or adjacent water bodies, and contaminates groundwater, lakes, streams, rivers, or coastal waters, posing risk to marine life. It is often mixed into municipal waste, making accurate assessments difficult.



Moreover, according to World Health Organization, 80% of the diseases are waterborne, therefore it is also harmful for human health.

## Effects on Health

Pollutants in the air caused by industries and vehicles can have permanent health effects such as accelerated aging of the lungs, loss of lung capacity and decreased lung function. It also contributes to development of diseases such as asthma, bronchitis, emphysema, and possibly cancer.

## Greenhouse Gases

The burning of fossil fuels such as oil, coal and gas causes a carbon footprint i.e. release of carbon dioxide, a greenhouse gas, into the air. Electrical appliances such as air conditioners and refrigerators also release these gases. Greenhouse gases trap heat in our atmosphere and cause the ozone layer protecting preventing harmful rays of the sun from entering to depleting, hence, causing global warming.



## Global Warming



Global warming is the long-term heating of the Earth's climate and is causing drastic weather changes every day. Other than global warming, carbon imprint has a negative impact on the environment in several ways: it contributes to urban air pollution, it causes toxic acid rain, it adds to sea and ocean acidification, and it worsens the melting of glaciers and polar ice.

**In your observation, what is the one common factor that's causing all these climate problems?**

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# Let's Make a Poster

**Make a poster to highlight issues causing climate change and steps to resolve this issue.**





## Population Growth

Population growth is one of the most important reasons for climate change. Our world's population is growing at a very fast pace. Let's take an example of our country Pakistan. Its growth rate increases every year and is currently 2.0%. It is the world's fifth most populous country with a population of almost 242 million. This rapid population growth is causing major implications and one of them is the depletion of natural resources. In order to control population growth, it is necessary to monitor it.

## Urbanization

Urbanization refers to an increasing proportion of a population residing in urban areas in comparison to rural areas. It is about the relative proportion of people residing in urban areas in a given area (such as a region, country, or continent). Pakistan has the highest rate of urbanization in South Asia. According to the 2017 Population Census, 36.4% of the population lives in urban areas. The UN Population Division estimates that,



by 2025, nearly half the country's population will be living in cities. Rigorous urban growth can lead to greater poverty, with local governments being incapable to provide services for all people. Concentrated energy use leads to greater air pollution with significant impact on human health as well as vehicle exhaust which also causes a negative impact on the environment.

## Population Structure

The population structure of a country is how it is made up of people of different ages. This is called "ageing population structure". The most common method to show this structure is by using a population pyramid. The accelerated economic growth that can occur as a population age structure matures is called "demographic dividend". It helps you see the strategic investments in health, education, economic policy, and governance that can be made, and hence is an important tool.



## Migration vs Immigration

The key difference between migration and immigration is that migration can occur within the borders of the same country as well as cross international borders, whereas immigration occurs when a person crosses an international border and becomes a permanent resident in another country. This also contributes to a population of the country, because when a country hosts more residents than it can afford, demand of basic good increases and leads to depletion. Therefore, it is important that migration and immigration rates are controlled.

## Mortality Rate

A mortality rate is a measure of the frequency of occurrence of death in a defined population. It is important to monitor the difference between mortality rate and population growth of a country because if the population growth rate is higher than that of mortality, it is concerning, and the right decisions are to be made by the government accordingly in order to not run out of resources.

**What could be the effects of overpopulation on a country?**



# Natural Calamities



Due to constant changes on our planet, we are at a higher risk for natural calamities. Natural calamities are catastrophic events that often occur without warning and disrupt the ecosystem, causing damage to personal lives, property, transportation, and livelihood. While it is never possible to prevent a disaster, the damage can be minimized through timely preparation.

## Earthquake

Have you ever wondered how you would act if an earthquake happened on a morning while you were in class? If so, here's what you need to do:

- Take cover under a solid table or other pieces of furniture and hold on until the shaking stops.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as fans.
- Stay inside until the shaking stops, and it is safe to go outside. Most injuries occur to people trying to move a different location inside the building or trying to leave.
- Do not use stairs.

## If you are outdoors,

- Stay away from buildings, streetlights, and utility wires.
- Stand on the open ground until the shaking stops. It is dangerous to stay directly outside buildings, at exits, and alongside exterior walls. Ground movement during an earthquake is rarely the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects.

## Storm

If there's a storm outside, stay indoors and if you are outside, immediately seek refuge inside. Lightening can strike you and can be fatal, therefore it is important to stay inside until the storm passes.



## Flood

Floods are a common in many parts of Pakistan, especially in monsoon season. There are certain precautions that can save you from effects of floods.

### In case of a flood:

- Do not walk or swim through the flood. Floodwater contains debris and contamination and can also be deadly due to fallen electrical lines in the water.
- Stay clear of bridges over fast-moving water.
- Keep an eye out for evacuation alerts.
- Move to higher ground and stay there until it is safe to move.



## Stay Resilient

In any case, the most important thing is to stay resilient. Natural calamities can be tough to experience, and it is possible that you or your friend panic easily and get stressed. Remember to help and calm others down during such a situation through comforting words. If you're panicking yourself, take five deep breaths consecutively. Stay in one place, close your eyes, and hold onto a friend's hand until it passes. Remember, when you show resilience i.e. the ability to cope and control, you are less prone to being affected or hurt during a disaster.

# My Plan

**Let's plan how to react in these situations.**

In case of a fire incident, I will \_\_\_\_\_

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In case of an earthquake, I will \_\_\_\_\_

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In case of flood, I will \_\_\_\_\_

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In case of a storm, I will \_\_\_\_\_

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## UNIT 10

# Human Rights

### After completing this unit, you will be able to:

- develop an in-depth understanding of the international treaties, conventions and instruments on human rights, child rights, discrimination against women
- understand Pakistan's status against the internal commitments
- flag the violation of fundamental human rights and quote and report the incidences of discrimination towards women/girls/minorities, and raise voice on injustice at appropriate forums





# Rights and Responsibilities

Rights and responsibilities go hand in hand. When you go to school to get education, it is your right. On the other hand, keeping your school and classroom clean is your responsibility.

We live in our beloved country Pakistan and work together for its prosperity. While living in this society we take care of not only our own rights but also the right of others. Understanding our rights and responsibilities can help us become responsible citizens.

## Human Rights in Pakistan

Rights are the freedoms protected by constitution of the country. The Constitution of Pakistan provides for fundamental rights which include:

- Freedom of speech
- Freedom of assembly
- Freedom of movement
- Right to vote
- Right to form political parties
- Right to criticize
- Freedom from unlawful arrest
- Right to security
- Freedom of religion
- Equality as a citizen
- Right to education
- Right to own property

**Activity**

Find information what each of these mean individually.

## Child Rights



As all the grown people have rights, children too have been given many rights. In 1989, the **United Nations Convention on the Rights of the Child** was adopted by the world leaders. It is an international agreement on childhood.

Child Rights are for all children regardless of who they are and where they live. Their language, religion, race, colour and gender does not make any difference. The poor and rich, differently abled people everyone deserves to be treated equally and they should not be treated unfairly for any reason.

## Provision Rights

Right to water, food, health, education, home, and play are few important rights related to provision rights of a child.

## Protection Rights - Values

Rights to have love & care, protection against any harmful work, participation in activities with dignity for children with special needs and protection from fighting and war are the protection rights of a child related to values.

## Protection Rights - Behaviours

Right to an identity (name, nationality etc.), freedom of expression, good life and right to standing together with others as agent of change are the examples of protection rights related to behaviour.

Several articles of 1973 Constitution of Islamic Republic of Pakistan preserve child rights and child protection such as Article 25A that guarantees right to education, Article 11/3 that prohibits hazardous labor of children, Article 25/3 empowers government to make special provisions for protection of women and children and Article 35 ensures the protection of mother and child.

You can learn more about these rights from the following website:

<https://www.unicef.org/child-rights-convention/convention-text-childrens-version>.



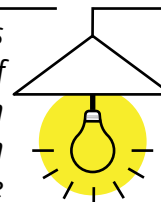
Make a poster showing child rights and their importance.

## The Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW)

This is an international convention that asks countries to eliminate discrimination against women and girls and promotes their equal rights.

Women in Pakistan have their own rights that they can use to avoid discrimination. Article 32 of the Constitution of Pakistan makes special provisions for the representation of women in the local Government. This allows women to participate in politics and take leadership roles. Moreover, Article 25 ensures that there is no discrimination practiced based on the gender in any forum, and Article 34 directs the state to take suitable measures to enable women to participate in all spheres of life and social activities. Furthermore, under CEDAW in 1996, Pakistan assumed the obligation to protect women from all forms of gender-based violence.

*When presenting its candidature for the elections of the Human Rights Council in April 2006, Pakistan committed itself to early ratification of core human rights international treaties. On 17 April 2008, Pakistan moved to uphold this pledge, ratifying the International Covenant on Economic, Social and Cultural Rights (ICESCR), and signing both the International Covenant on Civil and Political Rights (ICCPR) and the UN Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment (UNCAT).*



**DID YOU KNOW?**

## Sustainable Development Goals (SDGs)

In 2015, Member States of the United Nations (UN) adopted the 2030 Agenda for Sustainable Development, which includes a set of 17 Sustainable Development Goals (SDGs) to end poverty, fight inequality and injustice, and tackle climate change by 2030.

The Sustainable Development Goals (SDGs), also known as the Global Goals, are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity. Pakistan has displayed a commendable commitment to the 2030 Agenda for Sustainable Development as it was one of the first countries to endorse it globally in 2015. On 16th February 2016, the Parliament unanimously approved the Sustainable Development Goals (SDGs) as the national development agenda.

# Sustainable Development Goals



## Importance of Rights

It is important to be aware of your rights as a citizen so you can exercise them and not allow anyone to violate them. Furthermore, it is important that you speak up against injustices or violations of somebody else's rights as a fellow citizen. For example, as a male citizen, if you witness discrimination against women, you should speak up against it. Similarly, you should spread awareness about the rights of religious minorities. If you see an injustice being carried out, you should report it to a suitable forum and educate the victim about their rights and how they can exercise them and the person carrying out injustice about the punishment they will have to face. This is one of the important characteristics of a good Pakistani citizen, but more and most importantly, a good human being!



# Life Skills Based Education



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