

## Community Based Extended and Continuous Education and Learning (EXCEL)

Part	Topic	Page
<b>A</b>	<b>Total hours (12)</b>	
<b>A-1</b>	<b>Self Awareness</b>	
	A-1-1 Get to know one another	
	A-1-2 What animal am I?	
	A-1-3 We like different things	
	A-1-4 Everyone has good quality	
<b>A2</b>	<b>Expectation</b>	
	A-2-1 Goals and expectations	
	A-2-2 Making endeavor is the key	
<b>A3</b>	<b>The most essential thing in life</b>	
	A-3-1 What is essential in life?	
	A-3-2 Let's practise personal hygiene	
<b>A4</b>	<b>Physical changes in teen and identify risks in the community</b>	
	A-4-1 This is a natural process	
	A-4-2 Value it	
	A-4-2 Let's find out what is in the community	
<b>A5</b>	<b>Emotional changes and risks</b>	
	A-5-1 Emotionally Labile age	
	A-5-2 Stranger is danger	
	A-5-3 You shouldn't do	
<b>A6</b>	<b>Drugs abuse</b>	
	A-6-1 Do you know me?	
	A-6-2 What could happen?	
<b>A</b>	<b>Summary Key Messages</b>	
<b>B</b>	<b>Total hours (12)</b>	
<b>B1</b>	<b>Protection and personal safety</b>	
	B1-1 Personal Safety	
	B-1-2 Say whatever to be said	

B-1-3 How do we say?

## **B2 Friends**

B-2-1 Whose words are true?

B-2-2 Choosing friend

## **B3 Empathy (Considerate for others and mutual relationships)**

B-3-1 Mutual relationship

B-3-2 Be considerate to others

B-3-3 Having sympathy is not enough

## **B4 HIV/AIDS (transmission of diseases, caused by HIV)**

B-4-1 Communicable diseases ESSE G6L14

B-4-2 How germs spread

B-4-3 HIV and AIDS

## **B5 HIV/AIDS (prevention, identification)**

B-5-1 How HIV spread Mg Ni and HIV story

B-5-2 How to prevent HIV/AIDS-

B-5-3 Who has HIV?

## **B6 Positive Thinking**

B-6-1 Think like "Ma Sabai"

B-6-2 Every one is unique

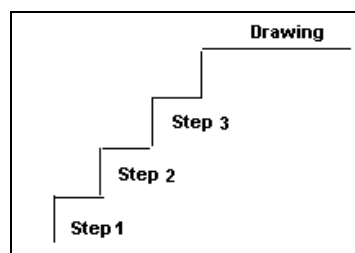
## **B Summary Key Messages**

# Goals and Expectations

## Part 1/A-2-1

**What do I want to be, what should I do?**

A goal is something you want to achieve or accomplish.



### Goal-Setting

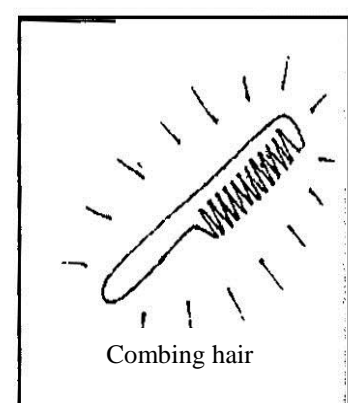
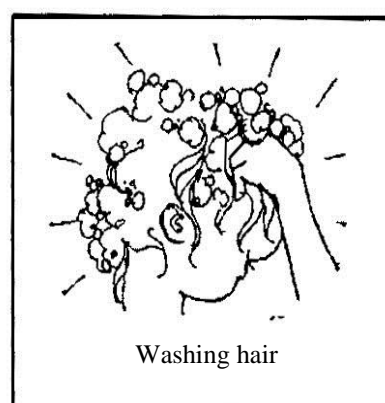
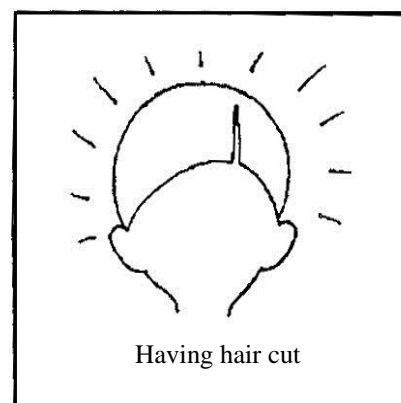
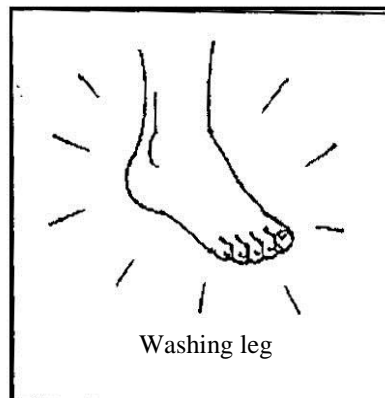
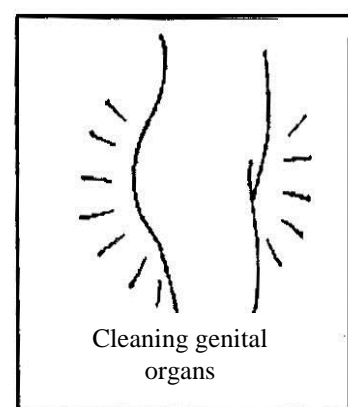
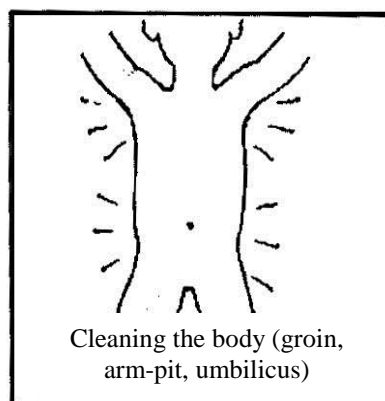
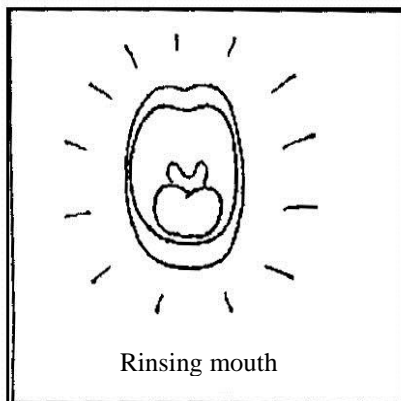
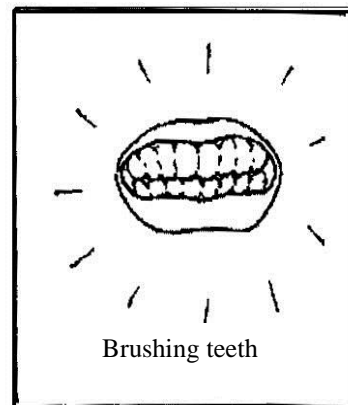
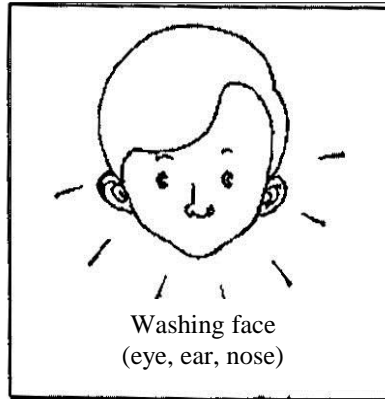
- Decide on a goal – something you want to achieve or accomplish
- Think through the critical steps necessary for you to reach this goal
- Think through your own personal strengths and abilities and the resources needed to fulfil the steps to reach the goal and decide if the goal is realistic or not.
- Order the steps logically (short term, longer term) so that each step will help you move toward the next step.

**Part 1/A -3-2**

**Let's practice personal hygiene**  
**Personal hygiene Activities to be practiced**

Sr. No.	Personal Hygiene Activities	Time to practice personal hygiene							
		After getting up from bed	While bathing	Before meal	After meal	After using toilet	Before going to bed	Weekly	Monthly
1	Washing face (eye, ear, nose)								
2	Brushing teeth								
3	Rinsing mouth								
4	Cleaning the body (groin, arm-pit, umbilicus)								
5	Cleaning genital organs								
6	Washing hands								
7	Washing legs								
8	Clipping nails								
9	Having hair cut								
10	Washing hair								
11	Combing hair								

# Personal hygiene activity cards



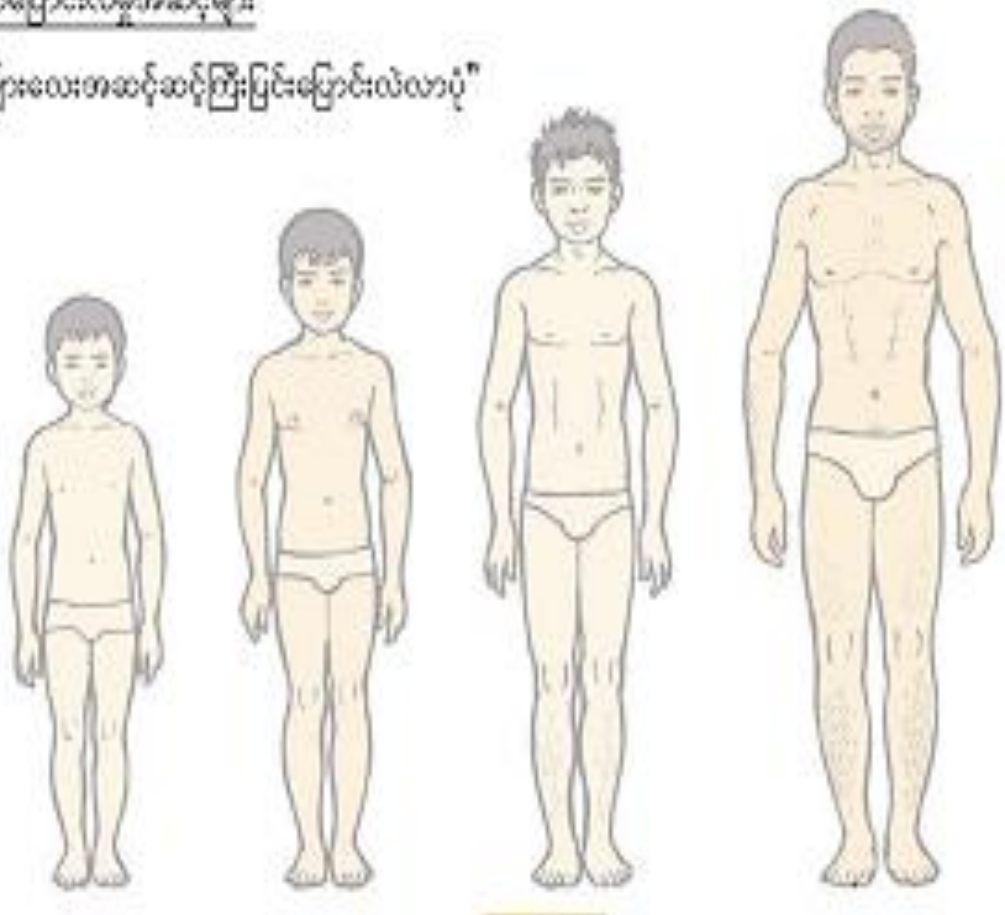
**Physical changes in teen and identify risks in the community**  
**Part 1/A-4-1**

**This is a natural process**

**PUBERTY STAGES IN BOYS**

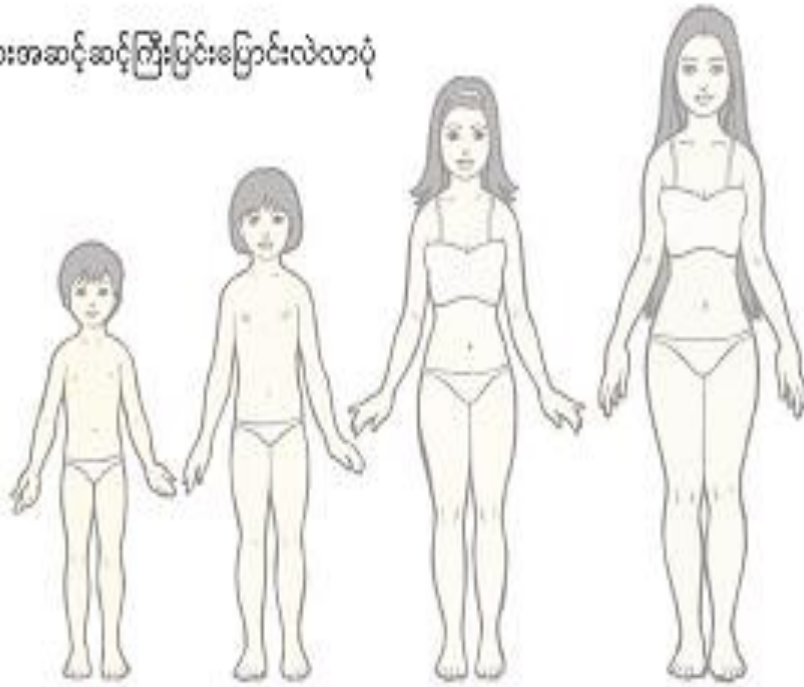
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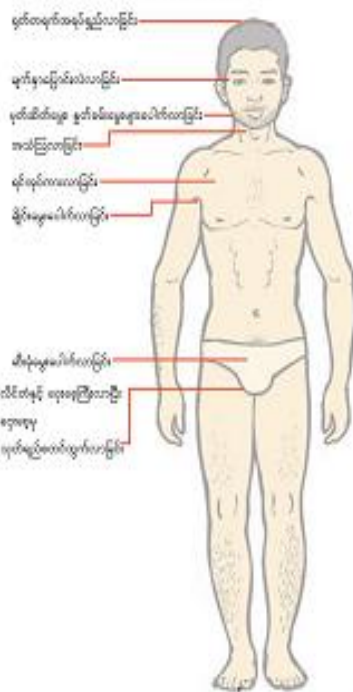


## PUBERTY STAGES IN GIRLS

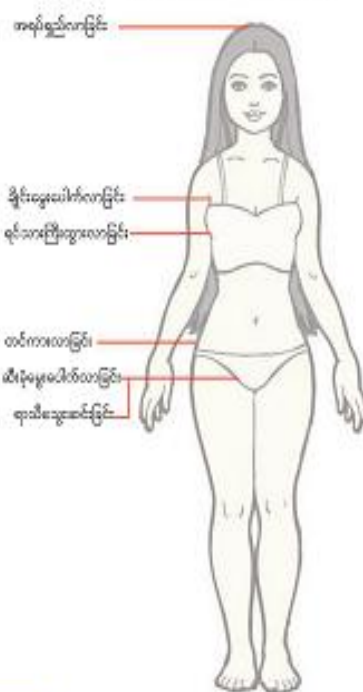
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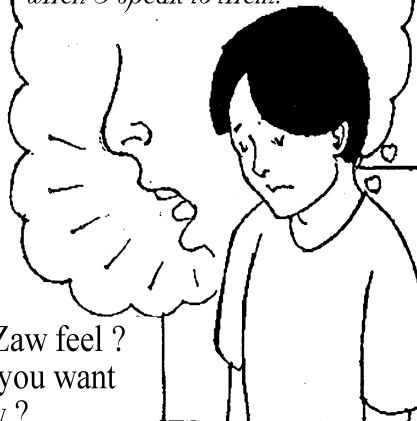


မိန်းကလေးတွေပျိုဗော်ဝင်ချိန်မှာ



## Is it nature?

*I don't like to be a teenager. My voice crackles. Uncle says I'll have a more booming voice. I don't know when that'll come about. I wonder if people will make a laughing-stock of me when I speak to them.*



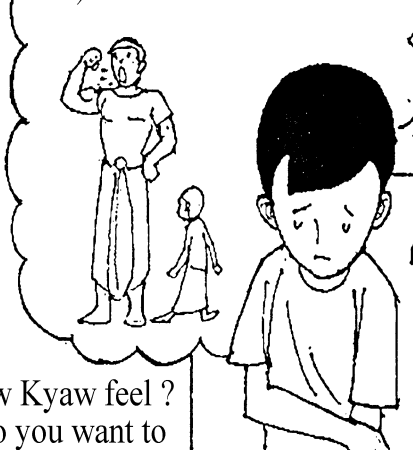
How does Zaw Zaw feel ?  
What advice do you want to give Zaw Zaw ?

*It seems my body has grown extremely big this year. Jackets have become tight, clothes don't fit anymore. It seems people are making fun of me. How shameful I feel!*



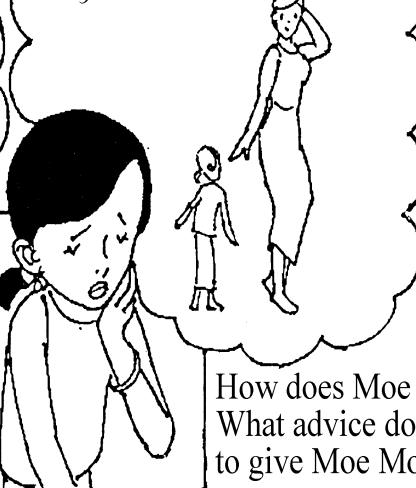
How does Ni Ni feel ?  
What advice do you want to give Ni Ni ?

*Ah! People have become taller, their voices have changed. It seems they've become stronger. As for me, nothing is changed yet. I wonder if it'll go on like this forever.*



How does Kyaw Kyaw feel ?  
What advice do you want to give Kyaw Kyaw ?

*Some people have become so beautiful. It seems their complexion glowing. As for me, I'm so skinny, thin and flat. It's so distressing!*



How does Moe Moe feel ?  
What advice do you want to give Moe Moe ?

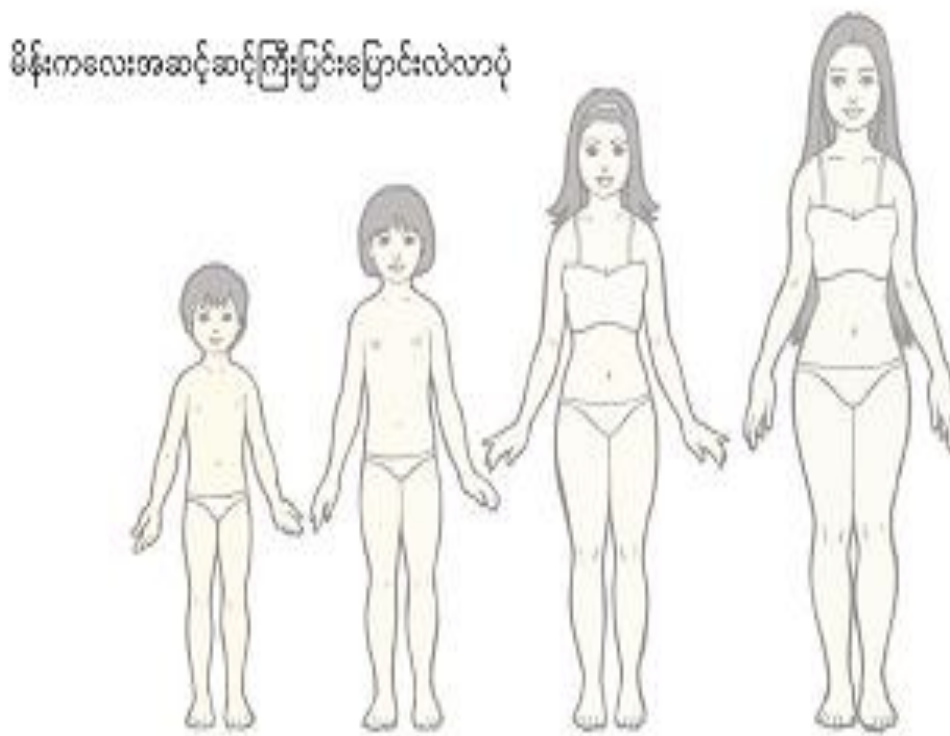
Is it nature ?



**Facilitator Notes:**

**PUBERTY STAGES IN GIRLS**

Stage 1 (8-11 years)	Stage 2 (8-14 years, Average 11-12)	Stage 3 (9-15 years, Average 12-13)	Stage 4 (10-16 years, Average 13-14)	Stage 5 (12-19 years, Average 15)
There are no outside signs of development, but a girl's ovaries are enlarging and hormone production is beginning.	The first sign is typically the beginning of breast growth, including "breast buds." A girl may also grow considerable height and weight. The first signs of pubic hair start out fine and straight, rather than curly.	Breast growth continues and pubic hair gets coarser and darker. Body is still growing and your vagina is enlarging and may begin to produce a clear or whitish discharge, which is a normal self-cleaning process. First menstrual period may begin late in this stage.	Pubic hair takes the triangular shape of adulthood, but doesn't quite cover the entire area. Underarm hair is likely to appear in this stage, as is menarche (first menstruation). Ovulation (release of egg cells) begins in some girls, but typically not monthly.	This is the final stage of development, when a girl is physically an adult. Breast and pubic hair growth are complete, and your full height is usually attained at this point. Menstrual periods are well established, and ovulation occurs monthly.

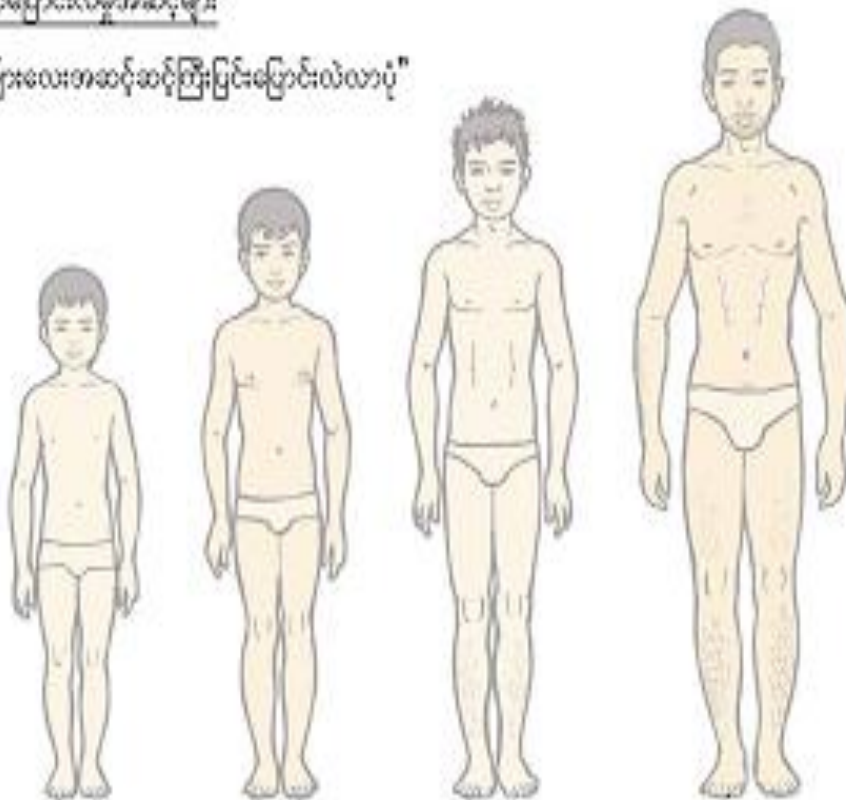


## PUBERTY STAGES IN BOY

Stage 1 (9-12 years)	Stage 2 (9-15 years)	Stage 3 (11-16 years)	Stage 4 (11-17 years)	Stage 5 (14-18 years)
Male hormones are becoming active, but there are hardly, if any, outside signs of development. Testicles are maturing, and some boys start a period of rapid growth late in this stage.	Testicles and scrotum begin to enlarge, but penis size doesn't increase much. Very little, if any, pubic hair at the base of the penis, Increase in height and change in body shape.	Penis starts to grow in length, but not much in width. Testicles and scrotum still growing. Pubic hair starts to get darker and coarser and is spreading towards the legs. Height growth continues and body/face shape looks more adult. Voice begins to deepen (and crack). Some hair around the anus grows.	Penis width increases, as well as length. Testicles and scrotum still growing. Pubic hair begins to take adult texture, although covers a smaller area. Most boys have first ejaculations. Underarm hair develops. Facial hair increases on chin and upper lip. Voice gets deeper and skin gets more oily.	Nearing full adult height and physique. Pubic hair and genitals have adult appearance. Facial hair grows more completely and shaving may begin now or soon. During the late teens and early twenties, some men grow a bit more and develop more body hair, especially chest hair.

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"ဓမ္မာက္ခန္ဓာလေးအဆင့်ဆင့်ကြီးပြင်းပြောင်းလဲလာပုံ"



## **Common Questions and Answers on Puberty**

### **For all youths**

#### **Q. Is it normal for some boys and girls to mature earlier than others?**

- A.** Yes. Some boys start puberty as early as 10 years old, others not until they are 14 or 15. Some girls start puberty as early as age eight, other not until they are 13 or 14. However, all girls should start menstruating by the age of age 16.

#### **Q. Why do some parts of the body mature more quickly than others?**

- A.** During puberty, there is an order in which certain physically changes usually occur: for girls, breasts begin to grow; for boys, growth of the testicles is usually the earliest sign. However, bodily changes can occur in a different order and still be considered normal.

#### **Q. Why do many teenagers have skin problems?**

- A.** During puberty increased hormonal activity leads to increased activity in the skin glands. Oil produced by the glands block skin pores and mixes with bacteria to cause pimples or spots. To help keep skin clear, teens should wash faces and hands frequently, preferably with un-perfumed soaps.

### **For Girls**

#### **Q. How long does it take for breasts to be fully developed?**

- A.** It takes a different amount of time for each girl. If a girl starts later than other girls, it does not mean that her breasts will always be smaller. There is no link between what size breasts will be and when they start to develop.

#### **Q. What is a menstrual period?**

- A.** Starting to have periods is probably the single most important change of puberty for girls. Periods happen because the internal female sex organs, which grow like the rest of the body during puberty, breaks down and causes a small amount of bleeding. This may sound scary but, if you are prepared for it, it is nothing at all to worry about. The blood trickles out gradually over a few days but sanitary towels can easily absorb the flow.

Periods can start any time between the ages of eight and 17, but the most usual time is about a year after your breasts have begun to develop. There is nothing you can do you make your periods start or to delay them from starting once they are ready to.

A woman has a period about every four weeks (28 days). The cycle can vary, though, from about 20 days to 35 days from woman to woman, and even in the same woman from month to month. A period lasts from two to about eight days, but the average is five.

Some women suffer from premenstrual syndrome (PMS) for a few days before a period and is probably caused by changing hormone levels. Symptoms include sore, swollen breasts, a bloated, heavy feeling especially in the abdomen, headaches, acne, and feeling clumsy, tired, irritable or depressed. There is no proven remedy but a healthy diet may help so might eating little but often throughout the day. Exercise and extra sleep can also make you feel better..

**Q. How does a girl know when her period is about to start??**

**A.** No one can be sure exactly when this will happen. Most girls begin menstruating between the ages of 12 and 16. The average is 12 or 13. The best way a girl can know is to look for signs. Underarm hair and a whitish discharge from the vagina are signs that the period probably is not too far away.

**Q. What if a girl's period never starts??**

**A.** Periods will start sooner or later. However, if a girl reaches age 16 and has not yet had her first period, she should visit a doctor.

**Q. Can anyone tell when a girl has her period?**

**A.** No. Unless she tells someone, it is her private secret. When you get your first period, you should tell your mother (or father or another adult you trust). That way, there will be somebody to answer questions you might have.

**Q. Are there any foods to avoid during a period?**

**A.** No. The idea that certain food should not be eaten is a myth.

**Q. I am scared about getting my first period. Does it hurt?**

**A.** The process of menstruation itself is painless. Some women do experience cramps or other symptoms before or at the start of their period. A woman should not be scared of getting her period. It is a completely normal event.

**Q. What do I do when I get my first period?**

**A.** If you know about menstruation before it happens for the first time, you will be better prepared to handle this situation without fear or embarrassment. If it does come unexpectedly, do not panic. Your teachers, family member and others can provide you with directions on what to use to soak up the menstrual flow.

**Q. What do I do if someone touches me in a way that makes me feel uncomfortable?**

**A.** Your body is your own, and no one should touch you in a way that makes you feel uncomfortable. You have the right to ask someone to stop touching you if it makes you feel bad. If this is happening to you, remember it is not your fault, and you should talk to a trusted adult for help and keep talking to as many people as necessary until someone takes action.

**For Boys**

**Q. Why do some boys experience breast tenderness during puberty?**

**A.** Occasionally one or both of a boy's breasts can become slightly enlarged or sore. This is related to the rising levels of hormones in the body. Once the hormones become balanced, the tenderness and swelling will stop.

**Q. Do boys get a period?**

**A.** No. Boys do not get a period, or menstruate, because they have a different reproductive system than girls.

**Q. Can semen and urine leave the body at the same time?**

**A.** No. Some boys worry about this because the same passage is used for both urine and semen. A valve at the base of the urethra makes it impossible for urine and semen to travel through this tube at the same time.

**Q. What is the right length of a penis?**

**A.** There is no standard penis size, shape, or length. Some are fat and short. Others are long and thin.

**Q. Is it normal to have one testicle hanging lower than the other one?**

**A.** Yes. Most men's testicles hang unevenly

**Q. Is it a problem for the penis to curve a little bit?**

**A.** It is normal for a boy or man to have a curving penis. It straightens out during an erection.

**Q. What are those bumps at the head of the penis?**

**A.** The bumps are glands that produce a whitish creamy substance, called smegma. This substance helps the foreskin slide back smoothly over the glans (head of the penis). However, if it accumulates under the foreskin, it can cause a bad smell or infection. It is important to keep the area under the foreskin very clean at all times.

**Q. How does one prevent having an erection in public?**

**A.** This is normal Even though you may think it is embarrassing, try to remember that most people will not even notice the erection unless you draw attention to it.

**Q. Will wet dreams or ejaculation make a boy lose all of his sperm?**

**A.** No. The male body makes sperm continuously throughout its life.

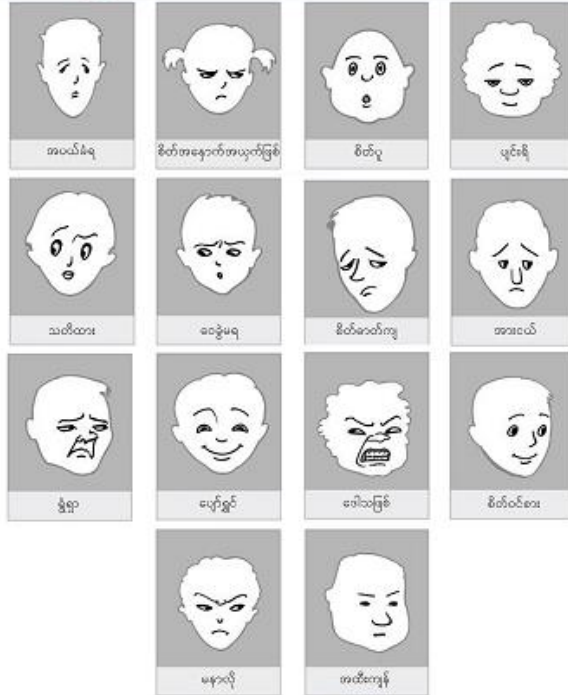
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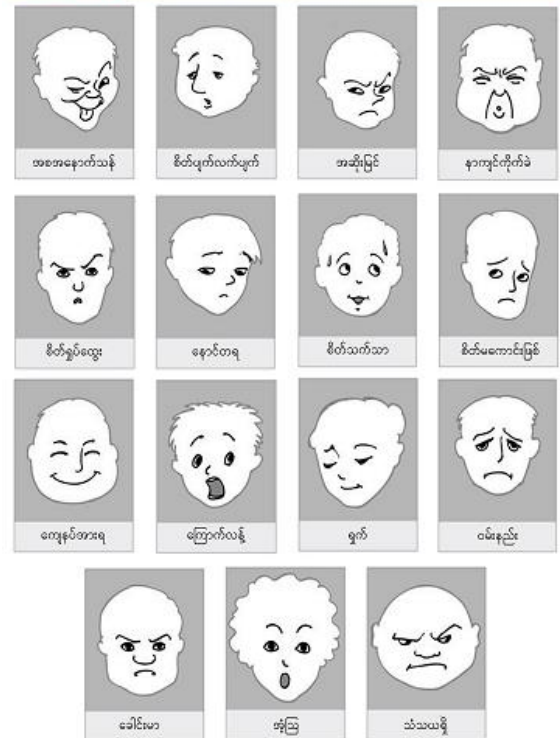
Part 1/A -5-1

## Emotionally Labile Age

### ဝိတ်ခံစားမှုများ (စိတ်လွန်စွာခံစားမှုထုတ်ဖော်မှုများ)



### ဝိတ်ခံစားမှုများ (စိတ်လွန်စွာခံစားမှုထုတ်ဖော်မှုများ)



## Feelings and emotions of Teenagers

Feeling and emotion	Thinking/Behaviour/
Identity	Struggling with a sense of identity and questions about oneself (e.g. Who am I? How do others see me?)
Moodiness	Swings from extreme happiness to worry, anger and depression.
Independence	Need for more independence and privacy
Friendships	Relationships with friends and opinions of others become more important.
Shyness	Lack of confidence in their personality and looks ( I don't think I am as beautiful as she. I can't do like him.)
Appearance	More concern or worry about appearance. (Oh, my complexion!, Why, these pimples!)
Fantasies	New "crushes" on movie stars and singing artists, teachers, peers and friends.
Sexual attraction	Feeling sexually attracted to people.( Use more make-ups, change styles of clothes)

## PART A

### SUMMARY KEY MESSAGES

1. When you introduce yourself to a person you have never met before, you must be able to introduce about yourself by mentioning your name.
2. It is not strange that everyone has unique characteristics. You should know that there can be differences.
3. You should notice that everyone can have different likes, thoughts, and experiences apart from different characteristics.
4. Use your talents and abilities appropriately with situations.
5. Set achievable goal and when you try to achieve your desire, goal and expectation, you need to try your best and you also need to be creative.
6. Whenever you face difficulty, remember “the spider”.
7. Good health is an essential thing in life.
8. Physical changes appear naturally. You don’t need to be shy.
9. Together with the physical changes, your emotions also change. You must value yourself and try to cope with your emotions and stress.
10. You must be aware of the risk situations in the community and avoid them.
11. You must also avoid the behaviours that can hurt you and others around you.
12. Drugs can result bad consequences not only on you but also on your family. Drug use should be avoided



## **Have Understanding**

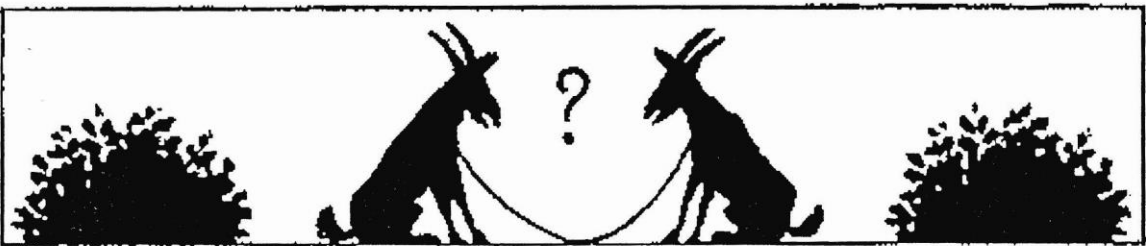
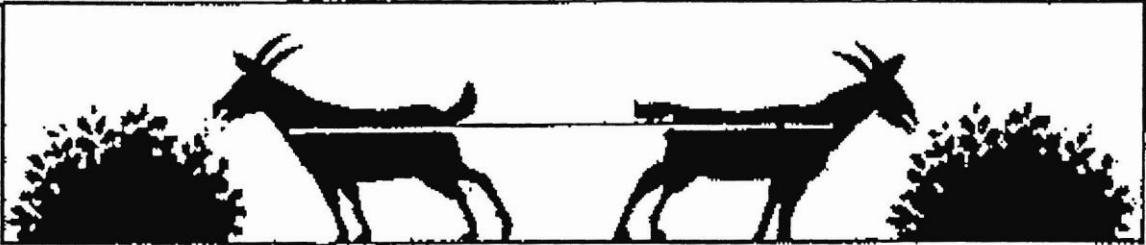
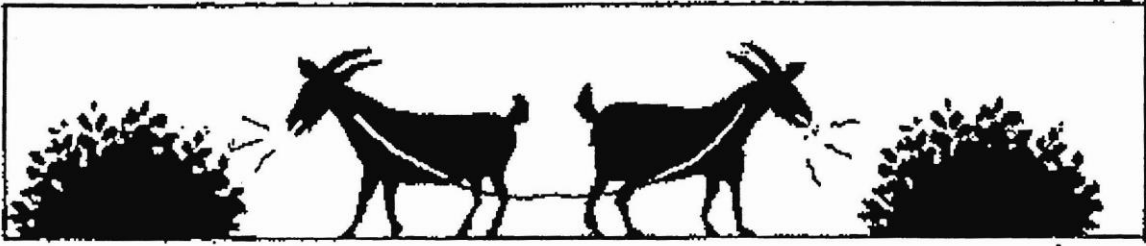
To sustain friendship,  
Five qualities are in the list.

Understanding is the main thing,  
Respect comes into being.

Never forget to take responsibility,  
While you need to labor in unity.

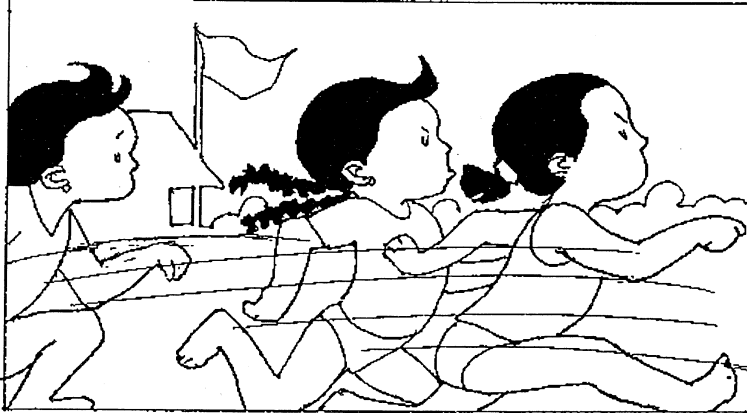
Taking care to one another,  
Fasten the ties together.





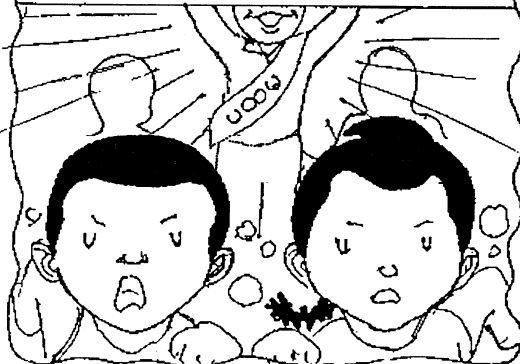
Be considerate to others

Wah Wah and Su Su run in the front when in-school 200 metre race is discharged.

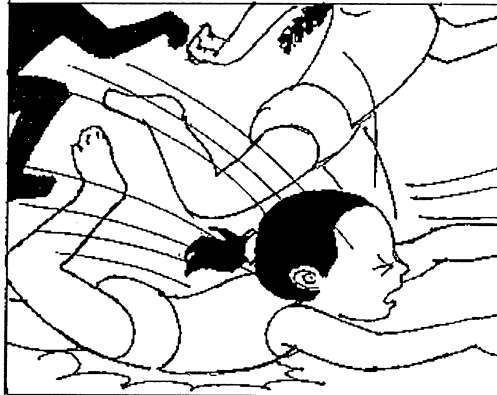


Mutual relationship

Wah Wah and Su Su, friends in the same class, expect to win the first prize.



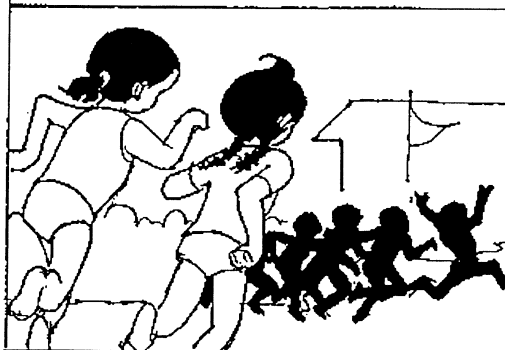
Su Su falls down just before she can pass the point of goal.



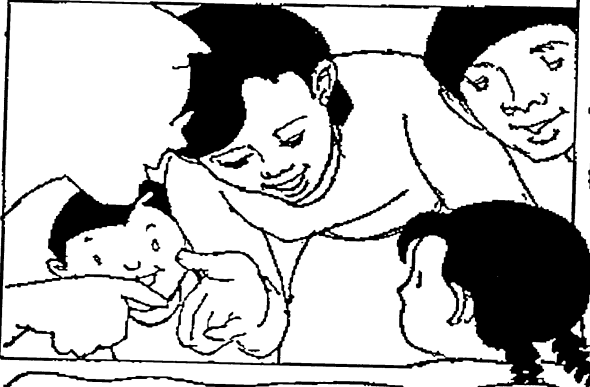
When everybody is surprised, Wah Wah stops running to help Su Su stand up.



Other runners overtake them and reach the goal but Wah Wah and Su Su reach the goal after them.



Everybody including teachers ask Wah Wah why she did not pass the goal but help Su Su.



Yeaterday evening Wah Wah's mother fell down on the way home under heavy rain. Su Su helped and took her to home.



Therefore Su Su was also wet, felt not very well and became weak. Wah Wah explains others that is the reason why she helped Su Su.



The school head and race committee award the special prize to Wah Wah and Su Su.



## HIV/AIDS

### Transmission of Diseases and ESSE

#### The Four Principles of Communicable Disease Transmission

- E** **EXIT** – the germ must *exit* the body of an *infected* person
- S** **SURVIVE** – the germ must be in conditions in which it can *survive* (e.g. in blood, in air, in water, in the body)
- S** **SUFFICIENT** – *sufficient* quantities of the germ are needed to cause infection
- E** **ENTER** – the germ must *enter the body* of another person

#### Having a cold

- E** **EXIT** – When the person sneezes, the germs *exit* the body of an *infected* person into the air together with droplets of saliva and mucus.
- S** **SURVIVE** – The germ can *survive* in the air together with droplets of saliva and mucus.
- S** **SUFFICIENT** – The germ is microscopic so that millions of germ can be found in the droplets of saliva and mucus. Therefore, there are *sufficient* quantities of the germ to cause infection.
- E** **ENTER** – The germ in the droplets of saliva and mucus can *enter the body* of a person near by through the mouth and nose when that person breathes in.

(Note: A cold is communicable because all four principles of transmission are present.)

## How germs spread



### Diseases spread through the air

Colds, influenza, pneumonia, tuberculosis, tonsillitis, and measles are spread by coughing and sneezing.

- *Prevention of transmission to others: Cover your mouth and nose when coughing or sneezing and wash hands frequently with soap.*
- *Prevention of infection: When other people cough or sneeze without covering their mouth and nose, cover your mouth and nose and wash hand frequently with soap.*

### Diseases spread through water

Diarrhoea, hepatitis A, typhoid, and cholera can be spread through unclean water.

- *Prevention of transmission to others: Do not share water glasses or eating utensils with others.*
- *Prevention of infection: Drink only boiled or filtered water. Keep drinking water in clean covered containers and drink from only clean cups or glasses.*

### Diseases spread by touch

Diarrhoea, eye infections, such as conjunctivitis (pink eye), and worms are spread by the coming in contact with germs (or eggs) and the germs (or eggs) entering the body through the eyes, nose or mouth.

- *Prevention of transmission to others: Wash hands frequently with soap, especially after handling / touching animal refuse, garbage or the soil.*
- *Prevention of infection: Wash hands frequently with soap, especially after handling / touching animal refuse, garbage or the soil. Clean vegetables and fruit before eating. .*

## HIV/AIDS

### Picture of HIV

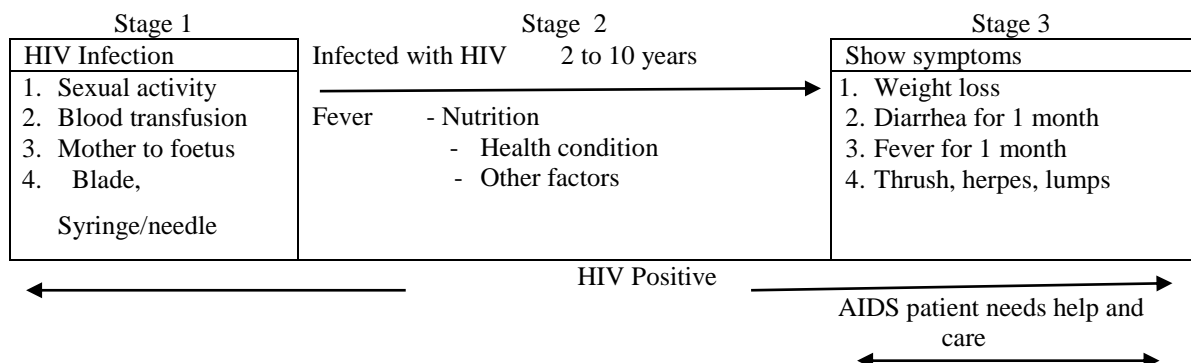
I am HIV. I love to live in the body fluids of human-beings. I can transmit from one infected person to another person **through blood, sexual fluids and from mother to foetus**. and live there till that person's entire life. At first, that person can work and move as a healthy person. When I destroy the immune system of that person for my survival, he/ she slowly becomes weak and the other diseases come into the body. This person finally becomes seriously ill and passed away. Therefore, people are afraid of me and protect themselves and prevent me from coming into their body. How would you live to protect yourself and prevent my infection?

### Ways that can cause HIV infection





## Ways that cannot cause HIV infection





## HIV/AIDS Prevention

Part 1/B-5-2

### How to prevent HIV/AIDS

After Maung Ni has come back from a talk on HIV/AIDS.

Ah ..., I had unprotected sex sometime ago. Could I have been infected with HIV? Goodness! I better get a blood test.

Later, when Maung Ni arrives at the clinic, the doctor tells him:

The blood test for HIV does not detect HIV itself. In fact, it is a test that looks for white blood cells, called antibodies, which the body makes to try to get rid of HIV. These cells are only produced if HIV is present.

It takes time for the body to produce antibodies – usually up to three months after someone has been infected with HIV. This period is called the “window period” because we cannot be sure if a person is infected. However, even though the antibodies are not yet present, HIV is in large quantity so that the virus may be easily transmitted to others.

This means that, a person may be tested for antibodies to HIV 3 months after a person’s last risk behaviour.

If the test result comes back “positive” this means that antibodies for HIV are present and that person has been infected with HIV. A “negative” test result means that no antibodies were detected. However, the person should begin to practice safer behaviour so that they do not place themselves at risk of infection again.

1. If you have confidential information and this information can be a danger to you or others, you must confide it to the elders. When you do this, you must speak clearly and precisely so that the adults understand it.
2. When you make friends, you should find good friends and consider carefully whether their words are true or not.
3. Although you have different ideas from others, you can live in harmony with others through negotiation. You should help others with sympathy.
4. Communicable diseases can transmit from one person to another in many different ways. You must protect yourself from disease transmission. AIDS is caused by HIV and HIV can transmit through sexual intercourse. Therefore, you should avoid having sex before marriage.
5. As everybody can have chances of HIV infection, you should avoid behaviours that can cause HIV infection.
6. When you have something unhappy, you should be positive and think about it from the bright side. You should accept the idea that everybody has good qualities.