

Community-based Extended and Continuous Education and Learning (EXCEL)

Participants Booklet

Phase 2

**Department of Educational Planning and Training, Pyinnya Tazaung Association,
UNICEF
December 2005**

Phase II Student book

Term A and B - Each Term 12 hours Phase II Each Cluster 4 hours	
A1	A-1-2 Needs and wants
A3	A-3-1 How to behave (G7L14 B-G Relationship L16 - Keeping boundaries) A-3-2 His or her thinking
A	
B1	B-1-1 Don't try it- (G06L12 Drug: Types and Consequences)
B2	B-2-1 What is the cause? B-2-4 Have empathy
B3	B-3-1 Let's practice cleanliness B-3-2 Diarrhoea (G5L5 -အားလုံးကကြပါနဲ့ကဗာ) B-3-3 Let's eat well B-2-4 Balance diet (G6L10- Nutritional requirements

Phase 2 – A

Part2/A-1-2

Time: (45) minutes

Needs and Wants

ခန္ဓာထုတ်ထုတ် အရာများ

 <p>ပိန့်</p>	 <p>အများနှင့် ဝါးဝါးသင်း၊ ဆက်ဆံတတ်မှု</p>	 <p>ဘင်္ဂါ</p>	 <p>အစားအစာ</p>	 <p>ပေါ်တော်ကား</p>
 <p>ဆန်</p>	 <p>အိမ်</p>	 <p>ပုဂံပုတီး</p>	 <p>အတတ်ပညာ</p>	 <p>ခရီးသို့</p>
 <p>ထီး</p>	 <p>မိသားစုအသိအမှတ်ပြုမှု</p>	 <p>တင်ဖရာ</p>	 <p>နာရီ</p>	 <p>ကမ္ဘာ့ကဏ္ဍ</p>
 <p>စက်ဘီး</p>	 <p>လွန်ခြင်း၊ ဝမ်းဗျာ</p>	 <p>လေတောင်းလေသန့်</p>	 <p>ဓန</p>	 <p>ဆေးကုသမှု</p>

Reproduction Health

Part 2 / A-3-1

Time: 60 Minutes

How to behave

Communication Gone Away

Mi Soe met her friends, who also brought some other friends, to a tea shop. Among them Yan Naing, the boy who Mi Soe was interested in, came along as well. They all sat in a big table and ordered some food. Yan Naing paid a lot of attention to Mi Soe and she was feeling nervous. He noticed that she always seemed to looking at him too. All friends talked for some time and Mi Soe and Yan Naing became friendly.

After leaving the tea shop, they all decided to see famous movie in the video parlour. In the video parlour Mi Soe happened to sit besides Yan Naing. As more and more people arrived, the parlour became crowded, and people had to move closer together. Mi Soe was pressed close to Yan Naing. She tried not to get too close to him, but it was impossible to avoid it with everyone sitting like that. Suddenly Yan Naing put his arm around her. She felt a little uneasy. As she liked him so she kept quiet. He became bold and put his head on her shoulder.

Many of her friends went outside because it was so crowded. She felt, she needed some air and told Yan Naing she wanted to go for a short walk. Yan Naing thought she got the same idea as he had that she wanted to be alone with him and they went out of video parlour. Outside it was beginning to get dark. He took Mi Soe's hand and led her towards the place where some trees in the park. When they got under one tree Yan Naing pulled Mi Soe to him and started kissing her. She was shocked. Sure, she liked him but she hardly knew him. She pulled away from him. Yan Naing couldn't understand why Mi Soe was suddenly acting this way. It was her idea to come out to begin with.

He tried again but she pushed him this time. She did not think she should be alone with Yan Naing. Getting scared, she said, " Lets' go back to video parlour. The others might be looking for us". Now Yan Naing felt really confused. Did Mi Soe like him or not?

How do I communicate my boundaries to other people?

Here are some words to use:

- * I HAVE A PROBLEM WITH THAT. _____
- * I DON'T WANT TO _____
- * I'VE DECIDED NOT TO _____
- * THIS IS WHAT I NEED. _____
- * THIS IS HARD FOR ME TO SAY _____
- * I UNDERSTAND YOUR POINT OF VIEW BUT _____
- * I FEEL UNCOMFORTABLE ABOUT _____
- * I'D RATHER NOT _____
- * I'D PREFER NOT TO _____
- * IT'S IMPORTANT TO ME. _____
- * I'LL THINK ABOUT IT. _____
- * THAT'S UNACCEPTABLE. _____
- * I GUESS WE SEE IT DIFFERENTLY. _____

Phase2 / A-3-2

His or Her thinking



Phase 2 – B

Drugs and Alcohol

Phase 2 / B-1-1

Don't try it

Betel Nut and Tobacco True / False Quiz

- | | | |
|--|-------------|--------------|
| 1. Chewing betel nut will help prevent cavities in your teeth. | True | False |
| 2. Betel nut chewing can increase the risk of different cancers. | True | False |
| 3. Betel nut becomes more addictive when mixed with other substances. | True | False |
| 4. <i>Nicotine is not an addictive substance. Once you start smoking, you will easily be able to stop.</i> | True | False |
| 5. <i>Tobacco is the most important cause of lung cancer.</i> | True | False |
| 6. <i>There are no adverse health consequences to breathing environmental tobacco smoke (second hand smoke).</i> | True | False |
| 7. <i>Tobacco companies target mostly on teens..</i> | True | False |
| 8. Alcohol isn't as harmful as other drugs. | True | False |
| 9. Drinking alcohol can make a person alert. | True | False |
| 10. The worst thing that can happen by drinking alcohol is a raging hangover. | True | False |

Betel Nut, Tobacco and Alcohol True / False Quiz Answer Key

1. Chewing betel nut will help prevent tooth decay.

This is false. In the past it was believed that betel nut strengthens teeth and toothpastes were produced with betel nut. However, betel nut will cause mouth ulcers and gum deterioration leading to loss of teeth.

2. Betel nut chewing can increase the risk of different cancers.

This is true. Chewing betel nut can lead to cancers of the mouth and stomach. Using lime with betel nut or adding tobacco can further increase the risk.

3. Betel nut becomes more addictive when mixed with other substances.

This is true. Adding opium or tobacco to betel preparations make betel nut chewing more addictive.

4. Nicotine is not an addictive substance. Once you start smoking, you will easily be able to stop.

This is false. Nicotine, contained in all forms of tobacco, is an addictive drug. It is important to discourage initiation, especially among young people. Experts on nicotine dependence say that the drug controls you -- you don't control the drug."

Specifically:

- *You're not able to stop using it when you decide to*
- *You use the drug despite clear evidence that it is harming you*
- *There are clear withdrawal symptoms-- including, in the case of nicotine, depressed mood, sleeping problems, irritability and difficulty concentrating*

5. Tobacco is the most important cause of lung cancer.

This is true. This is only one of the direct health consequences of tobacco. Smoking is a known or probable cause of about 25 diseases.

6. There are no adverse health consequences to breathing environmental tobacco smoke (second hand smoke).

This is false. Second-hand smoke, is a complex mixture of more than 4,000 chemical compounds, including 43 known cancer-causing agents. Nearly 700 million, or almost half the world's children, breathe air polluted by tobacco smoke, particularly at home.

7. Tobacco companies mostly target teens.

This is true. So that the tobacco industry can continue to reap profits, it must replace quitters with new smokers, and it must replace the dead smokers.

8. Alcohol isn't as harmful as other drugs.

This is false. Alcohol increases your risk for many deadly diseases, such as cancer. Drinking too much alcohol too quickly can lead to alcohol poisoning, which can kill you.

9. Drinking alcohol can make a person cool.

This is true. There's nothing cool about stumbling around, passing out, or vomiting on yourself. Drinking alcohol also can cause bad breath and weight gain.

10. The worst thing that can happen by drinking alcohol is a raging hangover.

This is true. If you drink enough alcohol, fast enough, you can get an amount in your body that can kill you in only a few hours.

2- B HIV/AIDS

Phase 2 / B-2-1

What the cause is

Maung Nu Aye's Family and the virus Illustrated Story

Maung Lu Aye was a 14 years old seventh standard student. He had two younger sisters aged 10 and 6, respectively. Maung Lu Aye's parents were fairly well-to-do. Only his father worked, while his mother just looked after the children. His father's job required him to travel very frequently. All three children were well-behaved, and as Maung Lu Aye was a bright boy, their family was happy indeed. But the time came when Maung Lu Aye absented himself very often from school and was not happy as he used to be and was dejected. He just said nothing had happened when his friends asked him. Finally, when the class teacher asked him to make sure exactly what had taken place, he said that his father was stricken with fever every now and then, and that he had been ill for about a month. As he defecated quite often, he was sent to the hospital to have a medical test where upon it became known that his father was infected with the AIDS virus. He was, therefore, unable to attend his classes because he had to care of his father.

Later, Maung Lu Aye attended his classes regularly. But, after about three months, he came with his mother to the school and informed the teacher that he would have to leave school. As their income had fallen because his father was unable to work due to his illness and as the medical expenses were high, he had to help his mother in looking after the shop she had opened at their house. Thus, it became impossible for him to attend school.

After a year, his father died of AIDS. On Maung Lu Aye's 16th birthday his mother, passed away, too. The doctor told them that his mother's infection was transmitted from his father.

Maung Lu Aye and his two sisters were adopted by their grandparents who lived in another town. Maung Lu Aye was unable to further his studies but had to help in his grandparent's business.

Maung Lu Aye's Family and the Virus





မောင်နှမအားလုံးလိမ္မာရေးခြားရှိပြီး
မောင်လူ့အေးကလည်းစာတော်တော့
သူတို့မိသားစုလေးဟာ ပျော်စရာလေးပဲ။



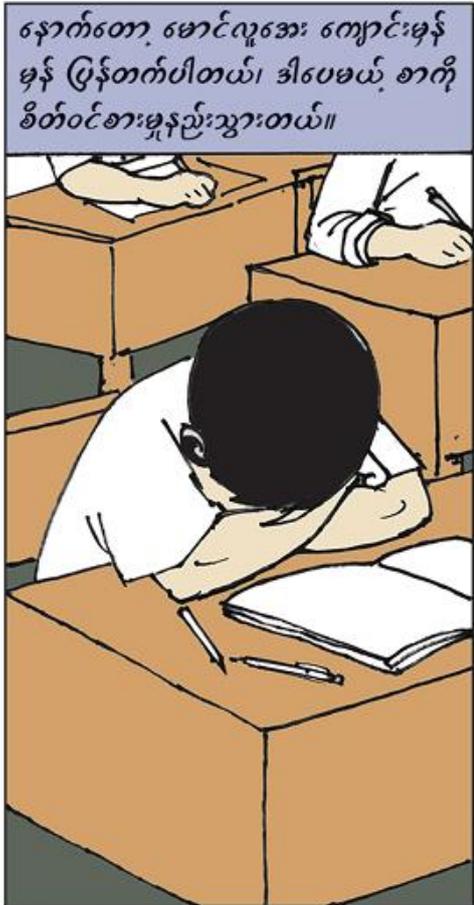
တစ်ချိန်မှာတော့ -- မောင်လူ့အေးဟာ ကျောင်းပျက်လာပြီး ---



ကျောင်းမှာလည်း အရင်လိုမပျော်တော့ဘဲ
မိုက်နေတယ်။ သူငယ်ချင်းတွေမေးတော့ --
ဘာမှမဖြစ်ဘူးလို့ပဲ ပြောတယ်။



နောက်ဆုံး အတန်းပိုင်ဆရာမက
သေသေချာချာမေးတော့မှ ---
သူ့အဖေ ပျားပြီး နေမကောင်းဖြစ်



ဆေးဖိုးဝါးခက်ကုန်လို့ ဘူအမေဟာ
 ဘူအဖေကိုပြုစုရင်း အိမ်ဈေးဆိုင်လေး
 တည်ရတယ်။ မောင်လူအေးလည်း မိသားစု
 ဝင်ငွေရဖို့အတွက် ကြည့်လိုက်ကုရတယ်။

၁ - နှစ်ကြာတော့--- ဘူအဖေ ဆုံးသွားတယ်။

မောင်လူအေး ၁၆ နှစ်ပြည့်တဲ့နေ့မှာ---
 ဘူအဖေဆီက ကူးတဲ့ရေဂါနဲ့ပဲ ဘူအမေပါ
 ဆုံးသွားတယ်။

မောင်လူအေးတို့ မောင်နှမ ၃ ယောက်
 မိဘမဲ့ မျက်စေ့သူငယ်နဲ့ပဲ တခြားမြို့ရွာက
 အဘိုးအဘွားတွေ ဈေးစားရ လိုက်နေရတယ်။

မောင်လူအေးလည်း ပညာကို ဆက်မသင်နိုင်ဘဲ
 အဘိုးအဘွားတွေရဲ့ လုပ်ငန်းမှာ ဝင်လုပ်ကိုင်ရတော့
 တယ်။

Basic Care Strategies For Persons with HIV/AIDS

Needs of Persons with HIV/AIDS	Care and Assistance
<p><u>Physical Care</u> General Care According to Basic Needs</p>	

Needs of Persons with HIV/AIDS	Care and Assistance
<ul style="list-style-type: none"> • Food 	<ul style="list-style-type: none"> - Have the PHA eat food with high nutritional value. Do not allow them to eat very spicy foods, foods of extreme tastes, or food which has been pickled because it will call diarrhea. - Have the PHA eat soft foods, small/simple portions 4-5 times a day. Only a little food is given each time but it is given often. - Have the PHA drink 6-8 glasses of clean water which has been boiled per day. - Do not allow PHA to drink alcohol or smoke cigarettes

<ul style="list-style-type: none"> • Residence 	<ul style="list-style-type: none"> - Arrange a clean residence. Open the windows to get fresh air and good circulation of air. Do not let water collect as it may become a reservoir for mosquitoes. - Arrange pillows and bed to be clean and comfortable for the PHA. - If the PHA is very fatigued and can hardly help themselves, you should arrange necessary items to be close at hand and stay close by to be ready to help.
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<ul style="list-style-type: none"> • Clothing 	<ul style="list-style-type: none"> - Change the clothing and the bedding of the PHA frequently. - Arrange washcloths, towels, and blankets for the PHA - Do not dress the PHA in clothing which is wrinkled because it can cause friction against the skin. - If clothing is stained with blood, soak and then wash in water with detergent to kill germs.
<ul style="list-style-type: none"> • Personal Hygiene 	<ol style="list-style-type: none"> 1. Assist the PHA bathe, wash hair frequently. 2. Use a soft-bristled toothbrush with the PHA. Have the PHA take care of oral hygiene often. 3. Do not share toothbrushes or razors with others. 4. Wash your hands before preparing food, before eating, or before giving medication to the PHA. Also wash your hands after using the toilet 5. Wash dishes, flatware, and glasses in clean water. (AIDS cannot be spread by sharing utensils) 6. If your hands come in contact with the blood or pus of the PHA, wash your hands with soap or detergent and water. 7. Used feminine hygiene pads should be burned in an appropriate pit.

<ul style="list-style-type: none"> • Giving Medication 	<ul style="list-style-type: none"> - Wash your hands before touching medication. - Read the labels to make sure you have the right medication. - If you are giving a liquid medication, the bottle should be shaken before poured from the bottle. - Give the correct amount of medication, at the right time, according to the doctor's specifications. - If the PHA cannot swallow pills, crush the pills and dissolve in water before giving to the PHA. - Have the PHA drink water after taking medication, except for medication which is sucked beneath the tongue. - Observe the symptoms of the PHA after taking any medication.
<p>Care According to Symptoms</p> <ul style="list-style-type: none"> • Fever 	<ul style="list-style-type: none"> - Wipe down the body of the PHA - Have the PHA drink a lot of water. - Change clothing that has become soaked in sweat. - Make sure that the environment is comfortable and clean so that the PHA can rest sufficiently.
<ul style="list-style-type: none"> • Diarrhea 	<ul style="list-style-type: none"> - Have the PHA drink a lot of water or buy rehydration salts to be dissolved in water or make your own rehydration salts by using boiled water, sugar and a little salt to drink instead of regular water. Be sure to give sufficient amounts of water or water with rehydration salts. - Do not drink milk. - Give soft foods, in small portions but often. - Be careful that you give only food and beverages which have been well cooked and are clean.

<ul style="list-style-type: none"> • Sore Mouth/Throat 	<ul style="list-style-type: none"> - If there is a chancre sore in the mouth, use cotton buds which are clean and dry to apply medication to the sore. Medication should be applied when the sore first appears in the mouth. - Care for the hygiene of the mouth and teeth and rinse out the mouth with warm water with salt. - Be careful not to chew food too forcefully or too quickly to not cause sores in the mouth which may become chancre sores.
<ul style="list-style-type: none"> • Cough 	<ul style="list-style-type: none"> - Drink a lot of water. - Use your hand or a handkerchief to cover your mouth when you cough. - Have the PHA rinse out the flem into a tissue which is then burned or into a shaving basin or other utensil which has disinfectant in it. Then, wash down the toilet. Wash the utensil in detergent. - If lying on a bed, change the position of the PHA often. If the PHA sit if they are able so that they will not choke on saliva or flem. Or, use pillows to prop-up the head when coughing. - You should stay with the PWH/A when they are coughing to give emotional support. Sometime when they cough they become very tired and feel like they are about to die. Therefore, you should be there as a friend.
<ul style="list-style-type: none"> • Fatigue, Loss of Appetite 	<ul style="list-style-type: none"> - Take care to have the PWH/A eat nutritional food. Give soft food in small pieces which give a lot of energy such as fresh milk, broth, fruit juice, sweets, etc. Each meal should be given in small portions but be given frequently. If very fatigued, you should also give vitamins and food supplements. - Give emotional support to the PHA to eat a lot of food.

<ul style="list-style-type: none"> • Sores, Skin Rashes 	<ul style="list-style-type: none"> - If there are sores, cover them with sterile cotton gauze or with clean cloth. - Clip the fingernails of the PHA so that they are short and clean so that they will not scratch their skin and cause sores. - Help the PHA to bathe and keep their body clean. - Help apply medication which prevents itching.
<ul style="list-style-type: none"> • Nausea, Vomiting 	<ul style="list-style-type: none"> - Stop food and water for 1-2 hours. Have the PHA rinse their mouth with saline solution, with warm water, or with tea. - Have them inhale ammonia. - Have them change positions slowly.
<ul style="list-style-type: none"> • Stomach Ache 	<ul style="list-style-type: none"> - Stop drinking alcohol or beverages with alcohol mixed with them completely. - Stop foods with extreme tastes and pickled foods. - If you think the stomach ache is caused by an ulcer, have the PWH/A take antacid medication or ulcer medication in appropriate doses. Check to see if the symptoms are better. - If they have pain in a specific area give the appropriate medication. For example if there is pain in the intestine, give medication which will relax the intestine.
<p><u>Mental/Emotional State</u> Care of mental and emotional state</p>	<ul style="list-style-type: none"> - Give emotional support to help reduce the PHA's stress. - Accept the PHA as a member of the family and society who needs love and sensitivity from other members of the family. Act as if the PHA is still an important member of the family and is still needed by others. - Be interested in the PHA, make time for them, talk, provide counseling, and listen to anything and everything they have to say with interest.

- Make contact with the PHA by holding their hand, tenderly touching their arm. Give them the chance to express their feelings, e.g. anger, fear, crying, etc.

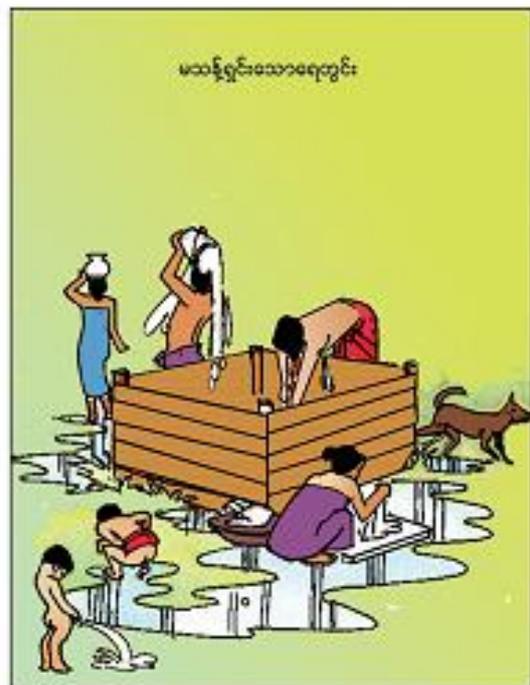
- Do not talk about subjects which will make the PHA feel pained or unhappy.

- Bring comfort to the PHA by bringing the teachings of their religion to them.

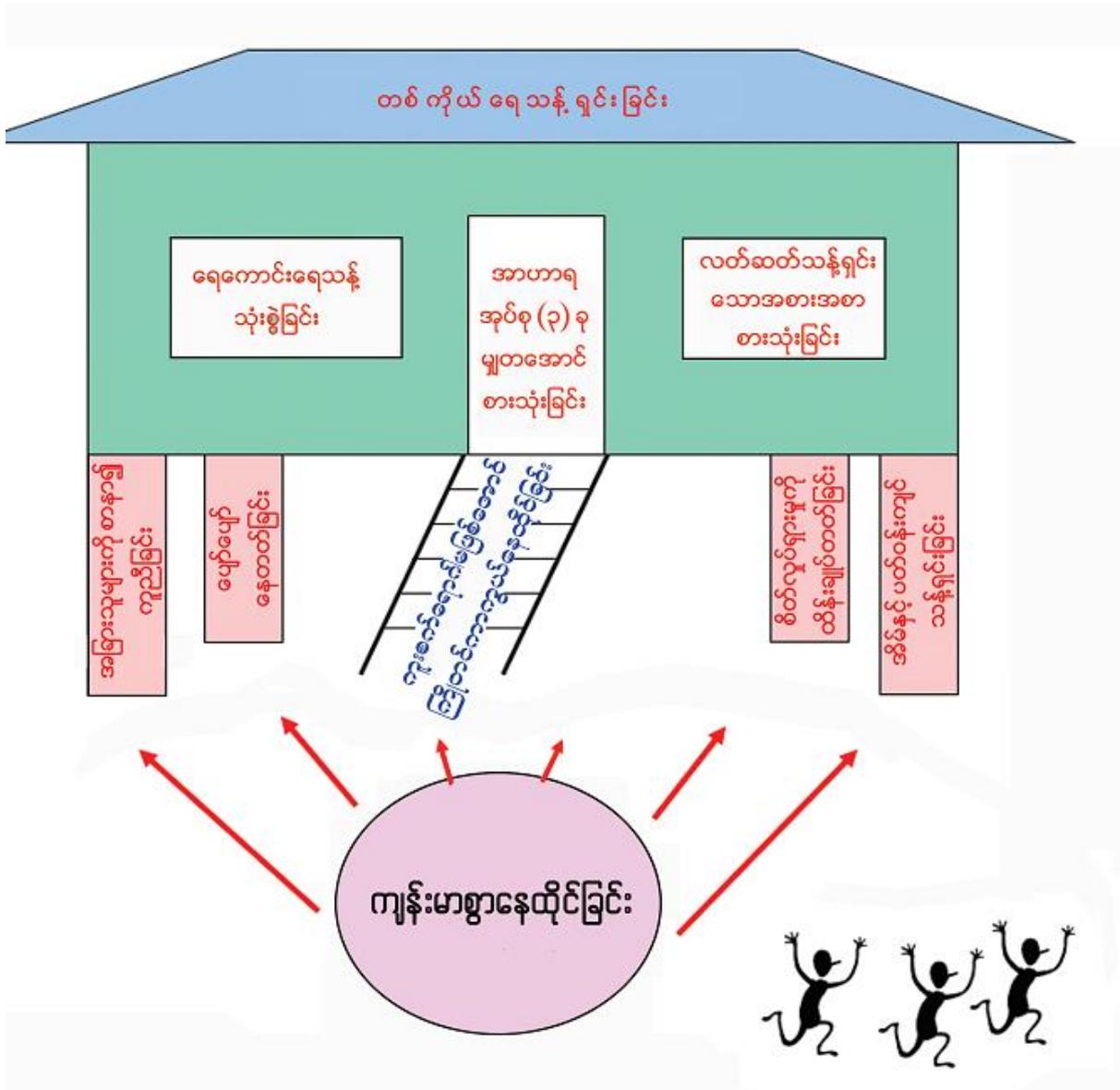
- Turn on the radio to a program which the PHA likes.

- Recommend that the PHA practice meditation to put the mind at ease and reduce stress.

- Be truly willing to help the PHA.



The picture of the house for jigsaw activity



Phase 2 / B-3-2

Diarrhea

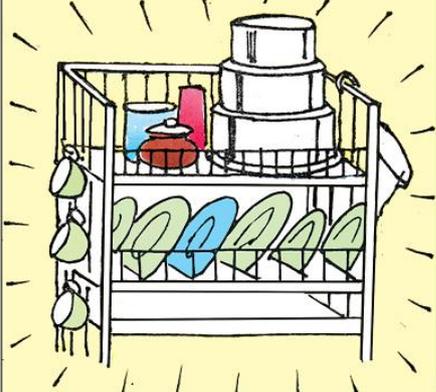
Picture 1

Picture 2

Picture 3



Ways for diarrhea protection

	
<p>Use clean cooking pots, bowls, cups, and saucers.</p>	<p>Drink clean water.</p>



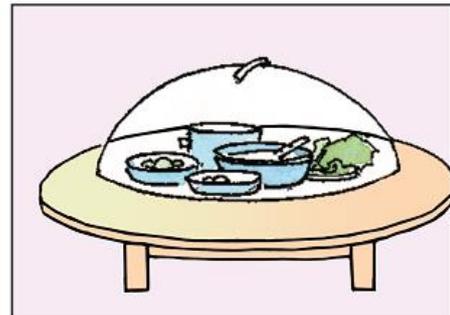
Use fly-proof latrine.



Wash hands after using latrine.



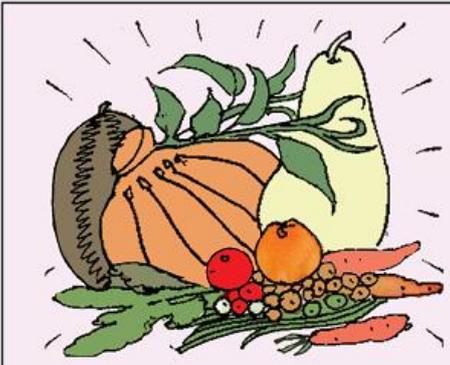
Wash hands properly before eating.



Cover the food from the flies.



Don't eat food that is rested by the flies.

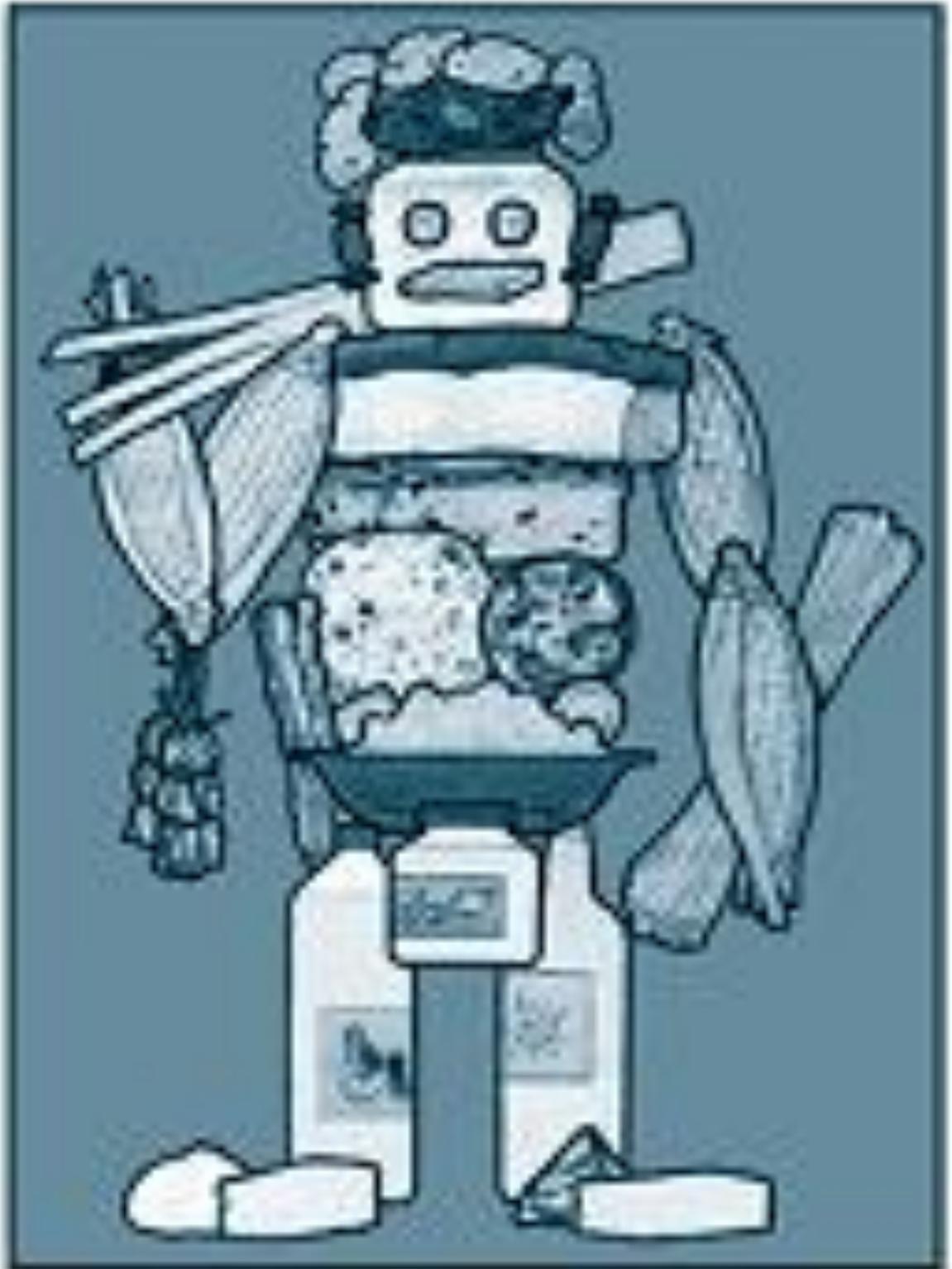


Eat fresh and clean food.

Food for growth



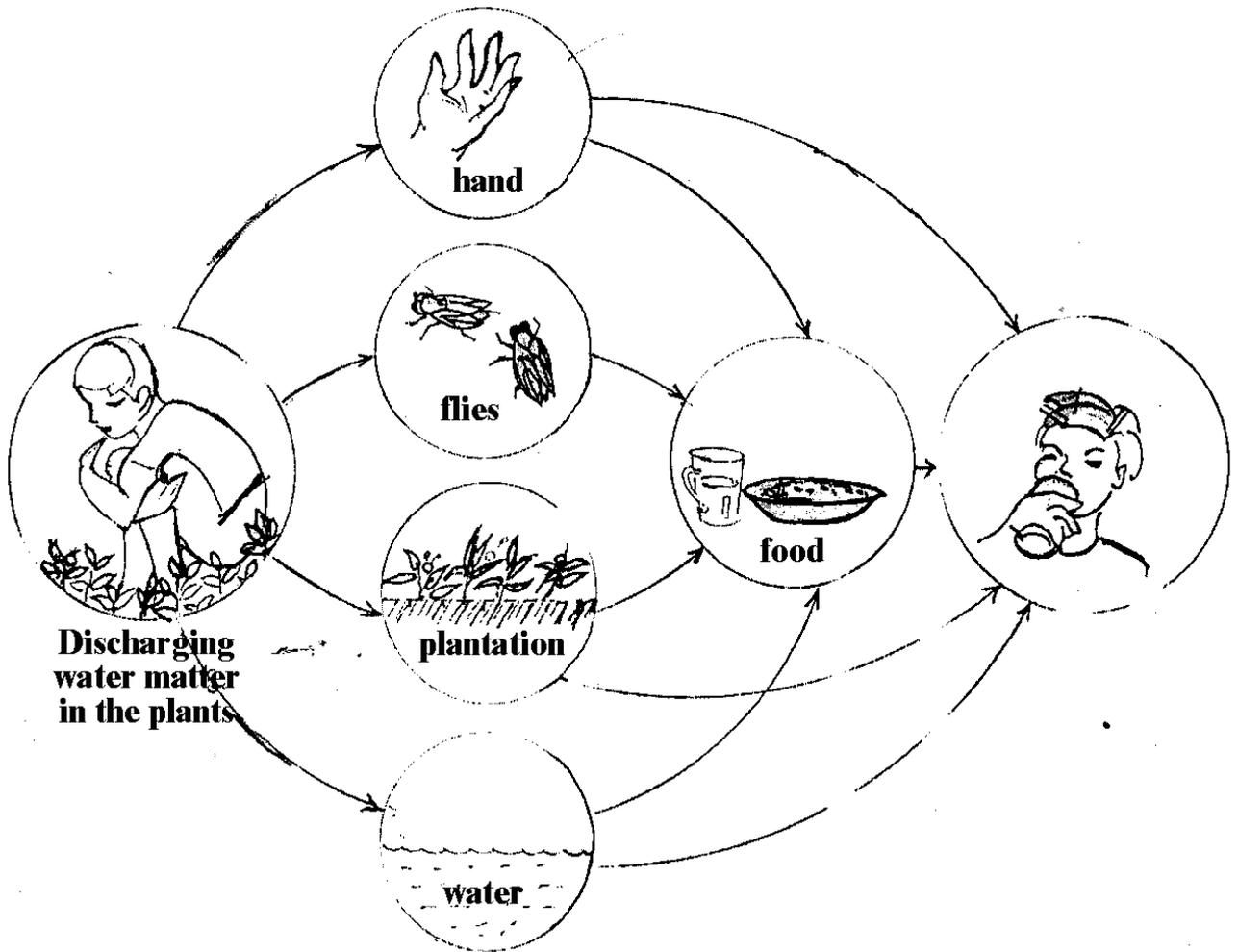
Food for energy



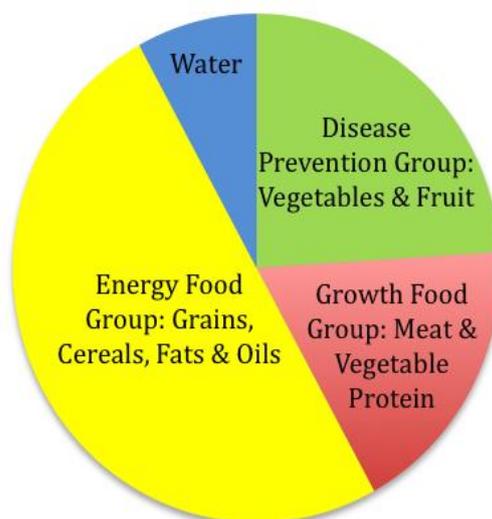
Food for protecting diseases



How waste matter can come into our mouth



A plate of a meal

Nutritional Requirements**Table 2****Appropriate body height with respect to age**

Age		Body height (Male)				Body height (Female)			
Year	Month	100%		80%		100%		80%	
		Centimetre	Feet	Centimetre	Feet	Centimetre	Feet	Centimetre	Feet
5	0	109.9	3.61	93.4	3.06	108.4	3.56	92.1	3.02
6	0	116.1	3.81	98.7	3.24	114.6	3.76	97.4	3.20
7	0	121.7	3.99	103.4	3.39	120.6	3.96	102.5	3.36
8	0	127.0	4.17	108.0	3.54	126.4	4.15	107.4	3.52
9	0	132.2	4.34	112.4	3.69	132.2	4.34	112.4	3.69
10	0	137.5	4.51	116.9	3.84	138.3	4.54	117.6	3.86
11	0	143.3	4.70	121.8	4	144.8	4.75	123.1	4.04
12	0	146.4	4.8	127.2	4.17	151.5	4.97	128.8	4.23
13	0	156.5	5.13	133	4.36	157.1	5.15	133.5	4.38
14	0	163.1	5.35	138.6	4.55	160.4	5.26	136.3	4.47
15	0	169.0	5.55	143.7	4.71	161.8	5.31	137.5	4.51

1 Inches = 2.54 centimetres

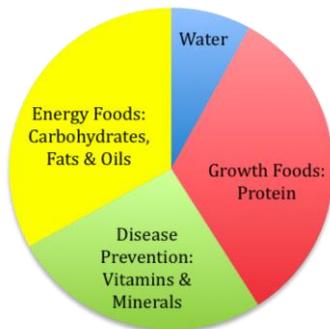
Table 1

Appropriate weight with respect to age

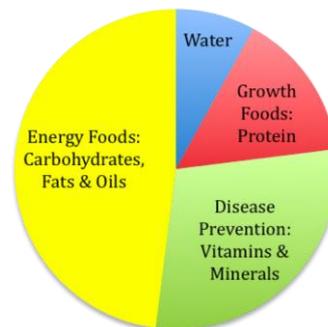
Age		Body Weight (Male)				Body Weight (Female)			
Year	Month	100%		80%		100%		80%	
		Kilogram	Pound	Kilogram	Pound	Kilogram	Pound	Kilogram	Pound
5	0	18.7	41.14	15	33.08	17.7	39.03	14.2	31.31
6	0	20.7	45.54	16.6	36.6	19.5	43	15.6	34.4
7	0	22.9	50.38	18.3	40.35	21.8	48.07	17.4	38.37
8	0	25.3	55.66	20.2	44.54	24.8	54.68	19.8	43.66
9	0	28.1	61.82	22.5	49.61	28.5	62.84	22.8	50.27
10	0	31.4	69.08	25.1	55.35	32.5	71.66	26	57.33
11	0	35.3	77.22	28.2	62.18	37	81.59	29.6	65.27
12	0	39.8	87.56	31.8	70.12	41.5	91.51	33.2	73.21
13	0	45.0	99.00	36.0	79.38	46.1	101.65	36.6	80.70
14	0	50.8	111.76	40.6	89.52	50.3	110.91	40.2	88.64
15	0	56.7	124.74	45.4	100.11	53.7	118.41	43.2	95.26

1 kilogram = 2.205 pounds

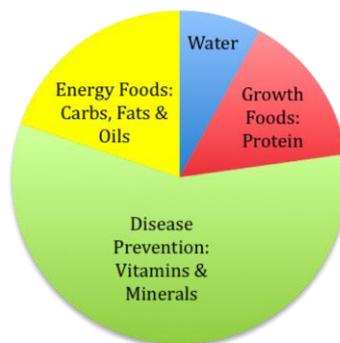
Normal Weight, Low Height



Low Weight, Normal Height



High Weight, Normal or Above Height



Inside back cover

Good health is the main thing among the needs.

5 CLEANs

- ❖ Drink clean water
- ❖ Use fly-proof latrine
- ❖ Wash hands cleanly with soap
- ❖ Eat clean food.
- ❖ Create a clean environment