

Friday, 8th may 2020
Science lesson 34

Social problems

Are problems that affect the comfort of people in a community.

Examples of social problems

1. Prostitution
2. Drug abuse
3. Homosexuality
4. Violence
5. Adultery.

Activities in PHC which address health and social problems.

1. Carrying out immunization
2. Using essential drugs properly
3. Practicing family planning
4. Feeding on a balanced diet
5. Cleaning and protecting water sources from contamination.

How can young people avoid health and social problems?

1. By participating in PHC activities.
2. By forming health clubs
3. By using their leisure time to learn practical skills like weaving.

Poor health habits

Are practices that affect our health.

Examples of poor health habits

1. Alcoholism,
2. Homosexuality
3. Smoking
4. Lack of enough sleep and rest.

Life skills that help to control health and social problems

1. Peer resistance
2. Self-awareness
3. Self esteem
4. Assertiveness
5. Proper decision making
6. Effective communication

How young people can avoid social problems

1. Avoiding bad peer groups.
2. Form clubs such as young farmers club, drama and music.
3. Join church choirs
4. Participating in sports activities such as football, netball, swimming and athletics.
5. Attending youth seminars and conferences on morals, drug abuse, HIV/AIDS
6. Using their leisure time to learn practical skills e.g. weaving, tailoring, computer use.

Good health habits

These are practices that promote good health

Examples of good health habits/good health life styles

1. Having enough rest
2. Feeding on a balanced diet
3. Doing regular body physical exercises

Common sicknesses at home

1. Malaria
2. Typhoid
3. Flu etc.

Causes of common sickness

1. Poor personal hygiene.
2. Poor feeding.
3. Poor sanitation.
4. Poor waste disposal.
5. Drug abuse

Signs of common sickness

1. Fever
2. Loss of appetite.
3. Vomiting.
4. Loss of weight
5. Diarrhoea
6. Nausea

Controlling common sicknesses in a home and community.

1. Immunization
2. Through proper nutrition
3. Personal hygiene
4. Boiling water for drinking.
5. Good food hygiene.
6. Proper rubbish disposal.

Activity

1. How are social problems different from poor health habits?
2. Give any two examples of each of the following
 - a) Social problems
 - b) Poor health habits
 - c) Good health habits
3. State any two ways of common sicknesses can be controlled without using drugs/treatment
4. State any two importance of each of the following practices
 - a) Having enough rest
 - b) Doing regular body physical exercises
2. Give the meaning of PHC
3. State any two principles of PHC
4. Which element of PHC is promoted when we;

- a) Feed on a balanced diet?
 - b) Take children for immunization?
 - c) Ensure proper disposal of rubbish and human wastes?
5. Mention any two life skills that can safe guard people against social problems like drug abuse and smoking