

Strand	Building Healthy Relationship
Sub - Strand	Preventing Harmful Situations
Learning Outcome	To enable students to learn how to avoid harmful situations from occurring.

Preventing Harmful situations form occurring

- Always be aware of behaviour and situations that signals danger. Example: Safety signs.
- Isolate yourself from dangerous situations. Example: Avoid getting involved in fights
- Always talk things over Example: Use dialogue to come to a common conclusion.



Scenario

Suicide: An act of taking your own life

Reasons:

People often turn to have the thoughts of committing suicide because they:

- Think no one cares for them.
- Often hide their problems from others.
- Are embarrassed and humiliated by society.
- Are constantly criticized for their failure.

Ways to overcome the thoughts of committing suicide

1. Talk to a responsible adult and discuss your problems and issues.
2. Have stronger values and self-belief. Think of life as gift from god.
3. Engage yourself in activities that interest you example: listening to music, playing games.

Activity:

1. Give two examples of harmful situations that a person should always avoid. Explain how?

2. What is suicide? _____

3. Explain why people often turn to think about committing suicide? _____

4. How can a person avoid such dreadful actions such as turning to take his/her own life? _____

Strand	Building Healthy Relationship
Sub - Strand	Effects of Suicide on Family and Community.
Learning Outcome	To help students realise the drastic effects of suicide on others.

Notes:

Effect of Suicide on the family

- Family members often live in the pain of losing a loved one all their life.
- Has a negative impact on the mental health of the family members.
- Family members lose hope of things to get better.
- Feeling of isolation and emptiness because of the untimely loss.
- Having less or no interest in the activities that they often shared.
- Feeling intense pain and sadness when family festivities and gatherings take place.

Effect on the nation

- Loss of life of a leader who would have contributed vastly to the nations progress
- Setting bad examples to others especially children.
- Greater awareness required by government when suicide cases rise.
- Sets a bad impression about the country which has high suicide statistics.
- Hiring of more community counsellor's to prevent the rise in cases.

Activity:

1. Complete the table given below:

Suicide	
Effects on the Family Members	Effects on the Nation

Write a paragraph on how you can help your community to raise awareness on suicide prevention?
