

FIRST TERM Social Studies E-LEARNING NOTE

SCHEME OF WORK

FOR

J.S.S THREE

1. Revision of JS 2 work
2. Trafficking in children and women
3. Conflict
4. Media expression
5. Human harmful traditional practices
6. Decision making
7. Human emotion (love)
8. Population
9. Family life education
10. Goal setting
11. Peace
12. Revision



12-13 Examination

WEEK ONE

Revision of Js 2 work

WEEK TWO

TRAFFICKING IN WOMEN AND CHILDREN

(HUMAN TRAFFICKING)

Human trafficking is the act of taking children and women out of their homes to work as domestic servants or commercial sex workers in or out of their country.

Factors Responsible for Trafficking in Children and Women

1. **Bad Economy:** The economic challenges has greatly motivated. So many people to engage in the bad act of children and women trafficking. This happens because everyone is finding means of making ends meet.
2. **Crave of wealthy:** the passion for wealth and material needs people to engage in the act of human trafficking. Many people have considered this as business, a fast way of making money.
3. **Poverty:** it is referred to inability of an individual to provide for his/her family basic necessities of life. This has led many people to release their children for traffickers. They feel the income generate from children would help them in living a better life.

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4. Unemployment: As a result of the bad economy many people have left or lost their jobs, while the fresh graduate and those that are qualified to work have no job the jobless are made people to venture into children and women trafficking.
5. Peer group influence: Many people had been introduced into the bad act of trafficking by their friends. These people take it to be business.
6. Greed: Those who are into contented with their income often fall into the hands of traffickers mainly because of their greed. They want to be rich as others.

CONSEQUENCES OF TRAFFICKING IN CHILDREN AND WOMEN

Human trafficking is a national and international criminal offence. These are some of the negative effects of human trafficking.

1. It leads to untimely death
2. It leads to unwanted pregnancy
3. It kills child's initiative
4. It leads to psychological trauma
5. It retards child's growth
6. It dents the nation's image
7. It leads to sexual abuse and harassment
8. Tendency to contract HIV/AIDS
9. Human right violations
10. Increase in the level of illiteracy



1. It Leads to Untimely Death: The children and women are at the risk of contacting sexual transmitted disease that can lead to death eventually.
2. Unwanted Pregnancy: If a girl or woman is subjected to rape, it may lead to unwanted pregnancy or unwanted baby.
3. It Kills Child's Initiative: Trafficking in children and women generally does not allow these children participating and contributions in the development of any society.
4. It Leads to Psychological Trauma: Some children and women that are introduced to menial jobs and are sexually harassed or abused can be disturbed psychologically.
5. Retards Child Growth: A child's physical and mental growth can be retard or hindered due to malnutrition and lack of care from people they are serving.

PREVENTIVE MEASURES

1. Stiff punishment
2. Compulsory education
3. Appropriate legislation
4. Public enlightenment programme
5. Tight security at the borders
6. Curriculum

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7. Improvement of the economy
8. Proper upbringing of children
1. Stiff Punishment: The law should be designed in such a way that those caught the act should be severely punished.
2. Compulsory Education: Education should be made compulsory for all children to a particular age
3. Appropriate Legislature: The national assembly should make laws that will prevent or put a total stop to children and women trafficking
4. Tight Security at the Borders: Military and paramilitary personnel should be at the border to ensure that people involved in this acts are arrested.
5. Improvement of the Economy: Government should initiate and implement good policies that will improve the economy
6. Proper Upbringing of Children: Parents should put good values in their children so that they can live with it in the future.
7. Public Enlightenment Programme: People should exposed the reason why they should engage in human trafficking

WEEK THREE

CONFLICT

Conflict can be defined as a misunderstanding or disagreement between two or more people.

Conflict arises as people interact in their families, workplace, offices, social clubs, communities and countries.

Conflict occurs sometimes due to lack of cooperation.

As a nation Nigeria has witnessed a lot of conflict. For instance the civil war between 1967 and 1970 seriously threatened the existence of Nigeria as a nation. Other past conflicts in Nigeria were informed of students riot, inter-tribal wars (Ife-Modakeke war), religious riots particularly in the north (Kano, Kaduna, Plateau, Bauchi etc). Workers strikes and protests, electoral protest leading to burning of valuable properties and destruction of live.

Causes of conflicts

1. Selfishness
2. Lack of cooperation
3. Bad leadership
4. Lack of religious tolerance
5. Lack of religious tolerance
6. Communication gap
7. Indolence and inefficiency
8. Criminal activities

Effects of conflict in the society

1. Breakdown of law and order
2. Loss of lives and property
3. Insecurity

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4. Debars progress in the society
5. Brings disunity

Conflict resolution

Conflicts can be resolved in the following ways

1. Dialogue
2. Through the Law court
3. Through the police
4. Government intervention
5. Through family or village head
6. Through wars

Examples of conflict in Nigeria

1. Nigeria civil war 1967 – 1970
2. Hausa/Kataf conflict in Kaduna state
3. OS crisis in Plateau state
4. Ife/modakeke intra-ethnic conflict in Osun state
5. Okirika/Elemi inter-community conflict in River state
6. Aguleri/Umuleri inter-ethnic conflict in Anambra state



HARMFUL TRADITIONAL PRACTICES

Harmful traditional practices are traditional and psychological distresses and damages on individual. The distresses include fear, emotional, pain, stigma, death etc.

TYPES OF HARMFUL TRADITIONAL PRACTICES

1. Female circumcision
 2. Slavery
 3. Child marriage
 4. Widowhood
 5. Reference for male child
 6. Violence against women
1. Female Circumcision: it can also be known as female genital mutilation. It involves the painful removal of sensitive female genital organs. It is mostly performed on infant. This is being practiced in many communities in Nigeria to prevent the girl from being promiscuous
 2. Slavery: This is a state of being subjected to all forms of hardship, suffering and violence without any right to resist or fight back in any form.
 3. Child marriage: This is a practice in which female children are given out in marriage at their teenage years. This is mostly practiced by the Hausa.

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4. **Widowhood:** Maltreatment of widows is prevalent in many communities in Nigeria. Some cultures force the widow to drink water used in bathing the dead or while some widows cannot have their bath until their husbands are buried.

In some other societies women cannot go out of the house until certain while some widows are compelled to wear black dresses for certain days or a year after the death of their husbands.

5. **Preference for Male Child:** In many Nigerian cultures, there is a strong preference for a male child. A woman with a female child in the family is not recognized and respected. She would receive all forms of insult, embarrassment, scolding and maltreatment from the husband and his family until she has a male child.
6. **Violence against Women:** This is common in some societies where men beat their wives with cane, horse whips, slap and use rod. The reason could be for coming back home late, not cooking on time or not taking care of the children.

CONSEQUENCES OF HARMFUL TRADITIONAL PRACTISE

1. It can lead to death
2. Sexual disorder
3. Spread of HIV AIDS
4. Emotional pains
5. Retard development
6. Infringement of human right



1. **IT CAN LEAD TO DEATH:** Some of the traditional practice come along with pains which may eventually lead to death.
2. **SEXUAL DISORDER:** female genital mutilation may cause serious relationship disorder when the girl or lady is married.
3. **Spread of HIV/AIDS:** If female genital mutilation is carried out with infected surgical knife such person automatically becomes an HIV/AIDS patient.
4. **Emotional Pains:** Women who are forced to undergo certain rituals like drinking water used in bathing the dead husband, sleeping with the dead husband in the same room, suffer from pains emotionally.
5. **Retard Development:** child marriage usually denies a girl the opportunity of developing physically, emotionally and psychologically.
6. **Infringement of Women Right:** Most of the harmful traditional practices affect women more than men. These constitute infringement intrude on their health and reproductive right.

PREVENTIVE MEASURES

1. Public enlightenment
2. Legislation
3. School curriculum
4. Non-governmental organization
5. The media

WEEK FIVE

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MEDIA EXPRESSION

Mass media are means of communicating with the general public. These can be achieved through television, radio, telephone, internal facilities etc.

TYPES OF MASS MEDIA

1. Electronic Media: these include television, radio, internet, movies etc.
2. Print media: These include billboard, newspaper, magazine, postal, calendars etc.
3. Traditional Media: These are gong, drum, town criers, gunshot, fire lighting etc.

MEDIA PORTRAYAL OF GENDER

The mass media usually send messages about gender that are beneficial and educational.

EXAMPLES OF SOME MEDIA PORTRAYAL

1. Women in transparent clothing suggest that women need to wear this in order to attract men.
2. Men have more strength than women
3. Women enjoy being beaten

INFLUENCE OF MASS MEDIA ON VALUES AND ATTITUDE

This can be considered in two ways

1. Positive
2. Negative

POSITIVE INFLUENCE OF MASS MEDIA

1. They help in reducing gender bias in the society
2. Educate young ones about danger of pre-marital relationship
3. Create more awareness about HIV/AIDS and STD
4. Promote unity and tolerance
5. Provide right teaching on sexuality values

NEGATIVE VALUE

1. Promote indecent dressing
2. It promotes pornography, which increase immorality in the society
3. It promotes use of vulgar expression
4. It increases violence in the society
5. It promotes women as immoral object

QUALITIES OF GOOD MEDIA PROGRAMMES

1. They enhance good decision making skills
2. They encourages one to be good
3. They discourage gender bias
4. They teach appropriate moral values
5. They portray value of commitment and relationship in marriage

POSITIVE MEDIA PORTRAYAL

1. The families work together as one
2. The children being educated and cared for

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3. Male and female are treated with respected

NEGATIVE MORAL PORTRAYAL

1. They encourage pornography
2. They encourage indecent dressing
3. They encourage vulgar expression in image, painting, and music.

WEEK SIX

DECISION MAKING

Decision making is the act of making up one's mind to undertake a particular, cause, project or idea and backing it up with action

It could be defined as choice made between alternatives.

TYEPS OF DECISION

There are two types of decision

1. Minor decision
2. Major decision

MINOR DECISION

These are decisions that have little or effects on our lives/future.

1. Choice of cloth to wear
2. Choice of food to eat
3. Choice to school club to join
4. Choice to play game
5. Choice to watch television



MAJOR DECISION

These are important decision that have great impacts and effects on the future of an individuals.

EXAMPLES

1. Choice of career
2. Choice of friends
3. Choice of life partners
4. Choice of school to go
5. Decision of whether to take drug or not
6. Choice on whether to engage in pre-marital relationship
7. Economic decision

SITUATION THAT REQUIRE DECISION MAKING

1. Choice of career
2. Choice of school
3. Choice of friends
4. Marriage decision
5. Economic decision

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6. Decision on whether to take drug or not
7. Decision on whether young people need on any relationship or not

FACTORS THAT INFLUENCE DECISION MAKING

1. Personal goal
2. Value
3. Friends and peer groups
4. Religious belief
5. Peer pressure
6. Parents/family expectations
7. Society norms

PEOPLE THAT INFLUENCE OUR DECISION

1. Parent or guardians
2. Friends/peer groups
3. Siblings (our brothers and sisters)
4. Our teachers
5. Religious leader
6. Other adults

HOW TO MAKE RIGHT DECISION

These are the steps in making right decision



1. Define the problem
2. Collect information that would help you to solve the problems
3. Weight the possible consequences of the decision
4. Decide on an option
5. Act on the decision
6. Evaluate the outcome
7. Considering family and personal values
8. Consider the impact on other people.

IMPORTANCE OF DECISION MAKING

1. It gives purpose/direction to our lives
2. It assists us to identify our values
3. It builds self esteem
4. It helps in minimizing our values
5. It helps to resists pressure to conform to other peoples opinion

It assists us in proper goal setting

6. It enables us to make best choice out of available options
7. Helps us in learning more about ourselves

WEEK SEVEN

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HUMAN EMOTION (LOVE)

1. Love is a genuine feeling toward someone
2. Love is a strong feeling between two people
3. Love is a strong feeling or affection towards somebody or something
4. Love is the ability to express feelings emotion and affection towards someone or something
5. Love means having deep and warm feeling about and other love involves happiness and responsibilities.

TYPES OF LOVE

1. Self-love
 2. Friendship love
 3. Comfortable love
 4. Complete love
 5. Infatuation
 6. Romantic love
1. Self-Love: This is the kind of love one has for himself. It involves accepting, believing and knowing oneself
 2. Infatuation: This often referred to as love at first sight. It is based on physical beauty or handsome. It does not last long.
 3. Friendship Love: This is the love that exists between two close friends. It involves deep intimacy, sharing, caring, closeness etc.
 4. Comfortable Love: This type of love exists between parents and children. It is sincere and genuine love. It involves caring, showing concern with high level of loyalty, commitment and dependability
 5. Complete Love: This type of love is deep and lasting. It takes time to develop
 6. Romantic Love: It involves passion and intimacy

QUALITIES OF LOVE

1. Caring
2. Trust
3. Honesty
4. Acceptance
5. Commitment
6. Sincerely
7. Forgiveness
8. Respect
9. Companionship

BEHAVIOUS THAT ENHANCE LOVING RELATIONSHIP

These include:

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1. Tolerance
2. Sharing
3. Mutual respect
4. Good communication
5. Thoughtfulness
6. Making future plan together
7. Journey making decision
8. Remembering important days

WAYS OF EXPRESSING LOVE

Love can be expressed through:

1. Sharing
2. Showing respect
3. Exchanging gift
4. Rendering assistance
5. Caring

WEEK EIGHT

POPULATION

Population can be referred to as the number of people living in particular area over a period of time

This population of Nigeria as at 2006, according to population census was 14 million but today (2015) the population of Nigeria is over 180 million

BASIC UNITS OF POPULATION

Population is made up of

1. The family
 2. The community
1. The family: a family is a group of people related by blood, marriage or adoption
 2. The Community: A community is defined as a group of people who often live close to each other and work together to achieve a common goal e.g. town, cities, schools etc.

POPULATION CONCEPTS

1. Over population
 2. Optimum population
 3. Under population
1. Over Population: This refers to a situations where country is available resources are less than the population. This means that the population is too large for the available resources which may cause low standard of living.

BENEFITS OF OVERPOPULATION

1. Availability of sufficient labour/labour force
2. Available large market for goods and services

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3. Easy dissemination of information
4. It is easy to get aids from international organization
5. It is easy to recruit large army for Defence

PROBLEMS OF OVER POPULATIONS

1. Increase in social vices and crimes
2. Pressure on social amenities
3. Overcrowding and congestion problems
4. High cost of living
5. Low standards of living
6. High rate of unemployment
7. Environmental pollution

CONTROL OF OVER POPULATION

1. Family planning
2. Monogamy should be encouraged
3. Late marriage
4. Public enlightenment
5. Strict immigration
6. Sex education



WEEK NINE

FAMILY LIFE EDUCATION

Meaning of Family Life Education

Family life education is a concept which exposes the youths to what it entails or demands to run a family successfully when they become adults

IMPORTANCE OF FAMILY LIFE EDUCATION

1. It helps in preparing youths for adulthood
2. It gives them sense of direction
3. Supports moral development of the child
4. Provides useful information about having happy future home
5. Prevents a child or youth from making avoidable mistakes
6. It minimizes family related social problems
7. It improves the quality of individual and family life

CORE MESSAGES IN FAMILY LIFE EDUCATION

The core messages in family life education include:

1. Child spacing
2. Family size
3. Gender issues

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4. Management of resources
5. Family welfare
6. Population size
7. Good adulthood and parenthood

FAMILY SIZE AND CONSEQUENCES

Family size could be small or large

- i. Small family size
- ii. Large family size

SEX EDUCATION

Sex education has been defined as the process of acquiring the necessary knowledge and information about changes that occur in the body.

IMPORTANCE OF SEX EDUCATION

The importance of sex education are:

1. Promotes good interaction between boys and girls
2. Prevent unwanted and teenage pregnancies
3. Prevents the spread of HIV/AIDS and other STIs.
4. Increase youths awareness on problems relating to human growth and development
5. Develops in youth right attitudes and beliefs about sex
6. Prevents social vices such as prostitution, homosexuality etc.

PHYSICAL CHANGES IN BOYS AND GIRLS

Physical changes that take place in boys and girls occur due to physiological and hormonal changes in the body as they grow.

A. **Changes in boys:** these include

1. **Changes in Voice:** Voice begins to break and becomes deep
2. Public hair begins to grow around the genitals
3. Chest broadens
4. Height increases.

B. **Changes in Girls**

1. Public hair begins to grow around the genitals
2. Development of breasts
3. Menstruation begins
4. Pimples appear on the face

WEEK TEN

GOAL SETTING

A goal is any accomplishment or achievement which an individual focuses and works at achieving goal setting can therefore be to as process of writing down goals to be achieve at a particular time of a specific task.

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TYPES OF GOALS

There are two types of goals

1. Short term goals
2. Long term goals
1. **Short Term Goals:** these are goals one wants to achieve within a short period e.g. day, week or month.
2. **Long Term Goals:** These are goals one wants to achieve over a long period of time

CHARACTERISTICS OF A GOOD GOAL

A good goal has the SMART as its acronym

1. S - Specific: Knowing what you want to achieve
2. M - Measurable: The goal should be measured
3. A - Achievable: The person setting the goal should have all it takes to achieve it
4. R - Realistic: It should be what can be done within a specific time frame
5. T - Time-Limit: There should be a time limit for the achieving of the goal.

IMPORTANCE OF GOAL SETTING

1. It gives one steps of direction
2. It helps one to be focused and determined
3. It boost one's self esteem
4. It helps in decision making
5. It guides ones guidance use of time
6. It brings motivation to someone to work hard



HOW TO ACHIEVE YOUR GOALS

1. Identify your goal
2. Think on possible alternatives
3. Make the best choice
4. Develop a plan of action
5. Set time limit for the accomplishment
6. Take one step at a time
7. Evaluate your progress period
8. Continue with your plan never give up

EFFECTS OF ACHIEVING SET GOALS

1. It motivates in setting new goals if the first set goals are achieved
2. It makes someone to feel fulfilled
3. It develop your self confidence
4. It makes people to be proud of you.

OBSTACLES IN ACHIEVING GOALS

1. Having low self esteem
2. Unavailability of resources
3. Peer group influence negatively

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4. Procrastination the attitude of I will do it later/tomorrow
5. Fear of failure
6. In availability of information
7. Lack of ambition
8. Setting unrealistic and immeasurable goals.

WEEK ELEVEN

PEACE

Meaning of peace

Peace is a situation in which there is harmony, understanding and good interaction between individuals, communities and nations. It is a period of non-existence of chaos, violence and misunderstanding in a society.

Types of Peace

1. **Positives Peace:** this is a type of peace in which people naturally or normally live together in harmony and have cordial relationship
2. **Negatives or Uneasy Peace:** this kind of peace is forced on people. It is a kind of peace in which people are forced through the police or the military actions to stay together peacefully. For instance, the use of peace-keeping forces in war-ravaged areas like Cote de Voire, Sudan, Iraq, Liberia

IMPORTANCE OF PEACE

The importance of peace include:



1. Unity
2. Progress
3. Co-operation
4. Tolerance
5. Economic development
6. Political stability
7. Removes fear of insecurity
8. Makes government programmes and polices work

Ways of promoting peace

Peace can be promoted in the society through:

1. Tolerance
2. Fairness and justice
3. Protection of human rights
4. Communication
5. Peace should be encouraged
6. Proper utilization of resources

REVISION AND EXAMINATION

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