

THIRD TERM

Week 1

Topic: Employment.

Subtitle: Consequences of unemployment.

Resources and Materials:

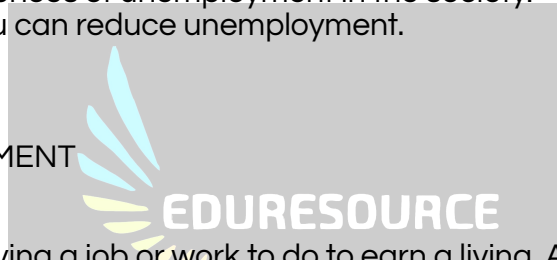
Building Background/connection to prior knowledge: pupils are familiar with the topic in their previous classes.

Learning Objectives: By the end of this lesson, pupils should be able to:

- 1 define employment.
- 2 define unemployment.
- 3 mention five consequences of unemployment in the society.
- 4 mention four ways you can reduce unemployment.

Content

MEANING OF EMPLOYMENT



Employment means having a job or work to do to earn a living. A person may do his or her own work or may work for other people, or even the government. If you are doing your own work, you are said to be self-employed. If you are working for government or other people, you are called an employee of those people or the government, and the people or government that employed you are your employers.

Jobs open to people in the locality

A job is work, for which payment is made when it is completed. Jobs that are open to people in our community include the following:

- 1 Trading
- 2 Carpentry or interior decoration
- 3 Tailoring/fashion designing
- 4 Farming
- 5 Shoemaking
- 6 Teaching
- 7 Nursing
- 8 Banking
- 9 Printing
- 10 Engineering
- 11 Catering and hotel management
- 12 Publishing

13 Medicine

Some people are self-employed while others are employed by other individuals and organisations.

People who is self-employed work for themselves, and whatever they produce becomes their own. They can use the products or sell them to those who need them.

A person who is employed by another person or an organisation works, and is paid a salary by his/her employer at the end of the month.

Why people should be employed

People should be employed for the following reasons:

- 1 So that they can earn a living.
- 2 To keep them busy and out of trouble.
- 3 So that they will contribute to the development of society.
- 4 So that they will be responsible members of society.
- 5 When people work and earn an income, they are happy.

The meaning of unemployment

Unemployment means not having a job to do. People who do not have a means of livelihood (i.e., of making money) or that are not engaged in a job are said to be unemployed. Some people have just left one job and they are yet to get another job. For example, a bricklayer may have just completed building one house, and may have to wait to be hired to build another. A person may have been sacked or removed from one job and is yet to get another one.

During this period of waiting, he or she is unemployed. A school leaver who is still searching for work is also unemployed.

Consequences (bad results) of unemployment in our society

The following are some of the consequences of unemployment in our society:

- 1 When people are unemployed, they become sad and idle, and may develop bad habits such as stealing or prostitution.
- 2 Some people who do not have work become unhappy and may begin to take hard drugs, such as Indian hemp and cocaine, thinking this would help them overcome the frustration of unemployment. Soon they become drug addicts and problems for themselves and society.
- 3 Some people who are unemployed may become frustrated and unhappy and after a while, begin to beg for money. This brings shame to them and their families.
- 4 School leavers who fail to get work turn to their parents for support. This may become a big burden and sorrow for the parents.
- 5 When people fail to get employment, they may not be able to provide their needs and solve their problems because they do not have money. They may begin to think about their problem and worry too much about their condition, and this may affect their health.
- 6 Unemployment makes big towns and large cities over-crowded, because most people who are unemployed go there, thinking they would get jobs.
- 7 Many youths marry late because they do not have jobs to provide for themselves and a new family.

Unemployment can be reduced in the following ways:

- 1 The government and rich people in our society should help create jobs by setting up factories, industries and business outfits, so that people can work in such places and be useful to themselves and society.
- 2 Banks should help people who are not employed to set up their own businesses by giving them loans under conditions that they can bear.
- 3 Young people should be advised to study subjects that will make it easy for them to get work, so that when they leave school, they can become selfemployed or easily get employed by others.
- 4 Government should encourage people who are looking for jobs to work on farm settlements or other similar government projects.
- 5 Government should set up training organisations to train people in different fields so as to make them self-employed. People can, for instance, train to make baskets and furniture, or train to be farmers and food producers.
- 6 Government should encourage farmers by making it easy for them to get farmland, farming equipment, fertilisers and electricity.
- 7 Government should construct good roads in the rural areas and provide constant electricity for all, so that people can establish workshops and industries and run such industries without difficulty.
- 8 Sometimes, wicked and unpatriotic people reserve employment opportunities only for their relations, some of which are still in school. When such people are caught, they should be punished severely.

Strategies & Activities:

Step 1: Teacher revises the previous topic.

Step 2: Teacher introduces the new topic.

Step 3: Teacher explains the new topic.

Step 4: Teacher welcomes pupils' questions.

Step 5: Teacher evaluates the pupils.

Assessment & Evaluation:

- 1 define employment.
- 2 define unemployment.
- 3 mention five consequences of unemployment in the society.
- 4 mention four ways you can reduce unemployment.

Exercise

A Choose the best answers for the following questions.

1 _____ means having a job or work to do to earn a living.

A Employment B Occupation C Working

2 We can be employed by working for _____.

A thugs B the government C nobody

3 One who works for others is known as _____.

A an employee B an employer C a messenger

4 One who does his own work and not for others is _____.

A self-reliant B self-employed C sufficient

5 When people work and earn a living, they are _____.

A unhappy B happy C covetous

Week2

Topic: Wages and Income

Subtitle: Problems of income distribution in Nigeria

Instructional Materials:

Resources & Materials:

Learning Objectives: At the end of the lesson, pupils should be able to:

- 1 define wages.
- 2 define salary.
- 3 say the difference between a wage and a salary.
- 4 mention at least five reasons why people work.
- 5 mention at least three ways of rewarding workers.
- 6 write at least three problems of income distribution in Nigeria.
- 7 mention ways of solving those problems.

Content

Wages

Wages refers to the amount of money paid to a worker in return for the work he or she has done or the services he or she has rendered. Wages can be paid daily, weekly, or fortnightly. Wages can also be paid at the end of the month. This is usually called salary.

Income

An income is the total sum of money which a worker earns. This includes his salary and all the allowances he receives.

Reasons why people work

- 1 People work in order to earn money. They use the money to take care of themselves and members of their family.
- 2 People work because it is not good to be idle. When people are at work, they do not have the time to do evil.
- 3 People work to become responsible and to gain respect from other people in society.
- 4 People work in order to keep their body and mind healthy.
- 5 By working, people render services to their community and the nation.
- 6 People work in order to practise what they have learnt at school or at a training outfit.

People do different types of jobs, and they receive different rewards. Some of these rewards can be seen, while some cannot be seen. Examples of such rewards include the following:

- 1 Workers are paid some amount of money at the end of every month. This form of payment is known as salary or wages.

How workers are rewarded

Workers receiving their salaries from the bank

2 Workers can be rewarded for working hard by promoting them. This means raising their positions. For instance, a worker can be promoted from a clerk to a supervisor.

3 Workers can be rewarded by giving them merit awards and prizes, in order to encourage them and others to work harder.

4 Workers are usually given allowances, such as housing, meal and transport allowances.

5 They are usually given a salary increment every year.

6 Workers sometimes receive bonuses.

Problems of wages and income distribution

1 Most employees are not satisfied with their income because they regard it as too small. A lot of people are looking for jobs, and many companies offer little wages or salaries and are not ready to increase such wages.

2 Many organisations do not pay wages or salaries on time. Sometimes, some workers may not receive their salaries for two or three months because of one reason or the other.

3 Some companies may be experiencing difficulty such as poor sales or mismanagement of funds. Such companies may even close down after some time, leading to non-payment of workers' salaries.

4 Workers may decide to go on strike in order to fight for their rights in some organisations. Such organisations may decide to sack such workers or even refuse to pay them.

5 Some employers do not recognise their hardworking employees by rewarding them properly.

6 Some organisations keep many of their workers as casual labourers. This usually means that they would pay the workers little wages, fail to improve their welfare and could sack them any time.

1 Employers of labour and the government should offer better salaries to workers, in order to motivate them to work harder.

2 Employers should pay workers' salaries on time, so that the employees would be comfortable and happy.

3 Employers of labour and the government should be concerned about the welfare of their workers, in order to discourage them from going on strike.

4 The government and other employers of labour should create better working conditions for workers, in order to make them comfortable, and to motivate them to work harder.

5 Employing people as casual labourers should stop. All workers should be employed as permanent workers and free to enjoy every benefit (salary, allowance, leave, promotion) of a worker.

Solutions to the problems of wages and income distribution

1 Employers of labour and the government should offer better salaries to workers, in order to motivate them to work harder.

2 Employers should pay workers' salaries on time, so that the employees would be comfortable and happy.

3 Employers of labour and the government should be concerned about the

welfare of their workers, in order to discourage them from going on strike.
 4 The government and other employers of labour should create better working conditions for workers, in order to make them comfortable, and to motivate them to work harder.
 5 Employing people as casual labourers should stop. All workers should be employed as permanent workers and free to enjoy every benefit (salary, allowance, leave, promotion) of a worker.

Strategies & Activities:

Step 1: Teacher revises the previous topic.
 Step 2: Teacher introduces the new topic.
 Step 3: Teacher explains the new topic.
 Step 4: Teacher welcomes pupils questions.
 Step 5: Teacher evaluates the pupils

Assessment & Evaluation

- 1 define wages.
- 2 define salary.
- 3 say the difference between a wage and a salary.
- 4 mention at least five reasons why people work.
- 5 mention at least three ways of rewarding workers.
- 6 write at least three problems of income distribution in Nigeria.
- 7 mention ways of solving those problems.

Exercise

A Choose the best answers for the following questions.

1 The amount of money paid to a particular workers after completing a particular job is called _____.

A salary B income C wage

2 The total sum of money which a worker earns at the end of every month is called _____.

A salary B income C wage

3 _____ can be paid daily.

A Salary B Income C Wages

4 One of these is not part of the reasons why people work.

A To earn money B For them not to be idle

C To become armed robbers

5 Anybody that does not work can become _____.

A armed robber B rich C wealthy

6 One of these is a way of rewarding workers for a job well done. _____.

A giving them query at the end of the month

B giving them bonuses C making them to work overtime

7 Salary increment is part of _____.

A reward for a hardworking worker B punishment for a lazy worker

C encouraging stealing

8 Strike is _____.

A when workers hold meeting together B when workers refuse to work

C when workers demonstrate by carrying placard

9 Strike is a way of _____.

A showing appreciation to the employers
B increasing the level of productivity C fighting for workers' rights.
10 Payment of workers' salaries on time is a way of _____.
A solving the problems of income distribution
B punishing the workers C making the workers lazy.

Week3

Topic: Communication.

Subtitle: Types of communication.

Instructional Materials:

Resources & Materials

Learning Objectives: At the end of the lesson, pupils should be able to:

- 1 define communication.
- 2 mention at least two examples of traditional means of communication.
- 3 mention at least two examples of modern means of communication.
- 4 list at least five differences between traditional and modern ways of communication.
- 5 mention at least five problems of communication in Nigeria.
- 6 explain at least two ways of solving those problems.

Content

MEANING OF COMMUNICATION

Communication is the process of sending and receiving messages or information. Messages or information may be in the form of ideas, news and feelings, sent from one person to another, and from one place to another. For communication to take place, there must be a sender and a receiver of the message. The different ways in which messages are sent and received are called means or *systems of communication*.

Sender of information → Channel or means → Receiver of information
of communication.

. Traditional means of communication

Traditional means of communication are the means of communication used in the olden days or in traditional societies. Our forefathers had traditional means of communicating with each other before the introduction of modern systems.

The traditional means of communication include:

- 1 The gong: Using the sound of the gong to draw people's attention, in order to give them some important information. The Igbo are an example of those who use the gong.
- 2 The talking drum: The use of the talking drum is common among the Yoruba.

The talking drum is beaten by a professional drummer. The sounds produced from this drum form different words, giving information.

3 Town crier: The town criers are messengers sent to deliver messages to people inside and outside the community. A town crier also usually beats the gong to attract attention before delivering his message.

4 By using sounds and signs: People can communicate with others this way. A person may shout in a particular way to inform others that he is in danger, or needs help. A person may also sigh to show that he or she is worried or fed up with something.

People carry certain marks on their faces to show what tribe they belong to, or what title they hold in the community. Certain leaves may be put in front of a person's compound, or on the gate of his house, to indicate that nobody should enter the place.

5 Other traditional means of communication include smoke signals and the sound from horns, bells and flute.

Modern means of communication

Modern means of communication are more complex and sophisticated than the traditional means. They include:

1 Printed information: These are ideas, words, and feelings printed or written down in books, magazines, newspapers, leaflets, bulletins, billboards, letters and handbills. A lot of people get information by reading printed matters like books, newspapers and magazines.

A town crier delivering a message

2 Telephone (Telecommunication): Most towns and villages in Nigeria have telephone services. With the introduction of the global system of mobile telecommunication (GSM), Nigerians can send and receive information and new ideas over long distances by their cell phones. The cell phones give greater range of options such as voice call, text messages, and access to the internet. Some of the GSM providers in Nigeria are Globacom, Airtel, Etisalat and MTN.

3 Radio: Information such as news and other important messages can be sent and received through the radio.

4 Fax, email and the Internet: These are the most modern means of sending and receiving information. The telephone and fax machines are both used in sending letters and messages from one place to another. The computer, cell phone and ipad are used in the case of e-mail and the Internet.

In the case of the Internet, millions of computer users around the world can send information and messages and receive such information at the same time. Messages are also sent through the facebook and twitter on personal (mobile) phones today.

The internet is fast, cheap and easy to use. The internet is also used to call.

The skype, facebook and other social media are developed for this purpose.

5 Television: This is also used to send news, advertisements and other messages to many people at the same time.

6 Satellite systems: People can watch or listen to live events such as football

matches, local and international news, beauty competitions and religious programmes via the satellite system. The satellite uses a dish or antenna and a decoder to transmit information to the television and radio set.

Differences between traditional and modern means of communication

The following are some of the differences between traditional and modern means of communication.

- 1 The traditional systems use more of natural and local materials for communication, (e.g., gongs and drums) while the modern systems use complex and sophisticated systems such as machines.
- 2 The traditional systems are simple and easy to use, while the modern systems are more difficult to use.
- 3 The traditional systems are very slow in sending messages, while the modern systems send messages faster.
- 4 The traditional systems cost little or nothing, while the modern systems cost a lot of money.
- 5 The traditional systems can reach only a few people at the same time with the same message but the modern systems can reach millions of people at the same time with the same message.
- 6 The traditional systems cannot preserve the messages and reproduce them if necessary, but the modern systems can preserve the messages and reproduce them or present them all over again after a period of time.
- 7 The traditional systems cannot carry messages to far distances, but the modern systems can carry messages to far distances.

Problems of communication

- 1 Modern communication systems are expensive to get. Maintaining the communication equipment is also expensive.
- 2 Sometimes our telephone systems offer poor services. This is because the telephone networks are sometimes bad.
- 3 Some of our communication systems transmit negative practices and alien cultures which tend to influence our people especially youths negatively.
- 4 Some of our communication systems, like the computer and the fax machine, the internet and cell phones such as the androids are very complicated and sophisticated and cannot be used by everybody.
- 5 Sometimes people cannot use some modern communication equipment

because of poor electricity supply.

- 6 Some people defraud others through the Internet.

SOLUTIONS

- 1 Government should make laws against poor services rendered by telecommunication service providers.
- 2 Government should set up a body or an effective organisation to monitor and control the quality, nature and content of programmes and films transmitted by television and satellite operators. This is to prevent the transmission of negative practices and other social vices.
- 3 Government should encourage the production of locally made telecommunication gadgets, in order to make communication more affordable, and easier to use.
- 4 Telecommunication service providers should make their services very effective

and regular.

Strategies & Activities:

Step 1: Teacher revises the previous topic.

Step 2: Teacher introduces the new topic.

Step 3: Teacher explains the new topic.

Step 4: Teacher welcomes pupils' questions.

Step 5: Teacher evaluates the pupils.

Assessment & Evaluation:

1 define communication.

2 mention at least two examples of traditional means of communication.

3 mention at least two examples of modern means of communication.

4 list at least five differences between traditional and modern ways of communication.

5 mention at least five problems of communication in Nigeria.

6 explain at least two ways of solving those problems.

Exercise

A Choose the best answers for the following questions.

1 The process of sending and receiving messages or information is known as

_____.

A transportation B communication C text messaging

2 For communication to take place there must be _____.

A a sender and a communicator B a receiver and a channel

C a sender and a receiver

3 The person that starts the communication is called _____.

A a sender B a receiver C a channel

4 The means of communication is also known as _____.

A sender B receiver C channel

5 The use of talking drum is a _____ means of communication.

A modern B traditional C faster

6 The systems of communication used by our forefathers is _____ means.

A modern B traditional C electronic

7 Messengers that are sent to deliver information to people inside and outside the community are called _____.

A town criers B clerks C information officers

WEEK 5

Topic : Accident

Subtopic: Types of Accident

Instructional Materials:

Resources & Materials

Learning Objectives: At the end of the lesson, pupils should be able to:

1 define accident.

Downloaded from eduresource.com.ng ©Educational Resource Concept

- 2 mention different types of accident and their causes.
- 3 mention different types of first aid treatment to be given to various accident victims.
- 4 explain the meaning of burns, scalds and bruises.
- 5 mention at least three ways of preventing burns, scalds, bruises and bites.
- 6 mention at least five reasons for using road signs.

Content

MEANING OF ACCIDENT

An accident is a sudden or unplanned situation in which people are injured and property is damaged. There are many types of accidents with different causes.

Types of transport accidents and their causes

1 Road transport accidents: These happen on the road, especially when drivers, motorcyclists or pedestrians are careless. Road accidents may also occur because the roads are bad. Sometimes accidents occur when road users are drunk and cannot think clearly. Neglect of road signs also causes road accidents.

2 Air crash: An aeroplane may drop from the air suddenly, thereby destroying lives and property. This is called an air crash. It can happen if the aeroplane is faulty or if the pilot is careless. A very bad weather or military attack may also cause air accidents or crashes.

3 Marine accidents: These happen when a canoe, a boat or a ship travelling on water capsizes or sinks. Marine accidents can occur for the following reasons:

- a) If a canoe or boat carries too many passengers.
- b) If a ship develops a fault, and it is not repaired early.
- c) If the sailors on a ship are careless.

4 Rail accidents: An accident occurs if a train derails, that is, it is off the rail track. This may be caused by faulty engine. Sometimes trains collide (hit each other) due to overspeeding or carelessness.

Other forms of accidents and their causes

There are other forms of accidents apart from transport ones. The accidents at home are called domestic accidents while other accidents may occur in school, at work or in other places. Such accidents are listed below, with their causes.

1 Burns

If someone is hurt by fire, we say he/she has suffered burns. Burns can be caused through the following: fire for cooking, a bush fire, a hot iron, a burning house, a burning car, a kerosene lamp or stove. Ignorance and carelessness are the main causes of accidents through such fire.

2 Scalds

Scalds are injuries or wounds sustained by heat from boiling water, hot oil, or

any hot liquid or steam. The skin may peel or become black when one is scalded.

3 Bruises

Bruises can occur if one suffers a fall or a blow on any part of the body, or when the surface of the body rubs against a hard or rough object. For instance, children often suffer bruises on their knees or hands when they fall.

4 Bites

Bites are cuts on the body which can be caused by animals, such as dogs, snakes or insects such as mosquitoes.

It is important to give immediate help to anyone who has had burns, bruises or bites or who has suffered scalding before taking him or her to the hospital for treatment.

First aid for accident victims

The first aid for burns, scalds, bruises and bites is as follows:

Burns and scalds

- 1 Hold the victim by the unhurt parts of his body.
- 2 Use a clean cloth to cover the affected part.
- 3 Then take the victim to the hospital to see a doctor for further treatment

Bruises

- 1 Make the victim sit or lie down in a comfortable position.
- 2 Soak a clean piece of cloth in cold water and place it on the affected part of his body; or if possible, put some ice cubes in a towel and place the towel on the affected part to reduce pain and swelling.
- 3 Then take the person to the hospital for further treatment.

Bites

- 1 Use a piece of cloth or bandage or any other material immediately available, to tie the affected part of the body, just above the affected area. This is to prevent the poison from the bite from flowing to the heart. This kind of treatment is very good for snake bite.
- 2 Wash off the poison around the wound with soap and water.
- 3 Then take the person to see a doctor.

Prevention of such accident

Each accident can be prevented if we do the following:

Transport

- 1 Only mature, qualified people should drive vehicles (i.e., motors, boats, trains and planes).
- 2 Vehicles should be in good order before driving them.
- 3 Drivers should obey transport rules.
- 4 The government should repair our roads and rail tracks.

Burns

- 1 Avoid filling your lanterns and stoves with kerosene when they are already burning.
- 2 Avoid putting fuel in your car tank when the car engine is still working.
- 3 Avoid playing with candlelight or fire.

Scalds

- 1 Be careful with hot water, hot oil and other hot liquids or steam.

2 Do not go near them if you have nothing to do with them.

Bruises

1 Avoid sharp objects like sticks which may hurt you.

2 Avoid playing in places where there are broken bottles, nails or stones.

3 Wear your sandals or shoes always.

4 You must be careful when moving around or playing, in order not to fall down or brush your skin against a rough surface.

Bites

1 Avoid playing with dogs.

2 Avoid staying in dark places and corners.

3 Keep your home and surroundings tidy to ward off snakes and scorpions.

A sign shows or tells us something. Road signs show road users the kinds of roads on which they are travelling, what is happening on the road, what should happen on the road, and how road users should behave on the road.

Strategies & Activities:

Step 1: Teacher revises the previous topic.

Step 2: Teacher introduces the new topic.

Step 3: Teacher explains the new topic.

Step 4: Teacher welcomes pupils' questions.

Step 5: Teacher evaluates the pupils.

Assessment & Evaluation:

1 define accident.

2 mention different types of accident and their causes.

3 mention different types of first aid treatment to be given to various accident victims.

4 explain the meaning of burns, scalds and bruises.

5 mention at least three ways of preventing burns, scalds, bruises and bites

Exercise

A Choose the best answers for the following questions.

1 A situation in which people are injured and property damaged without anyone planning it is called _____.

A accident B incident C situation

2 A type of accident that occurs when drivers and motorcyclists or pedestrians are careless is _____.

A air crash B road accident C rail accident

3 Accident that occurs at home are called _____.

A rail accident B domestic accidents C air crash

4 If a train derails and goes off the train track, it is called _____.

A road accident B rail accident C accident

5 When someone is hurt by fire, he will suffer _____.

A burns B scald C heat

6 Injuries sustained by heat from boiling water or hot oil is called _____.

A burns B scald C heat

7 If someone rubs his body against a hard or rough object, he will have _____.

A burns B bruises C bites

8 Cuts on the body caused by animals such as dogs, snakes or mosquitoes are _____.

A bites B bruises C heat

- 9 The help given to anyone who has burns, bruises or scald before being taken to the hospital is _____.
A second aid B first aid C medical treatment
- 10 After first aid, a victim who suffers burn, scald or bruises should be taken to the _____ for further treatment
A home B hospital C school
- 11 Snake bite on the body will cause poison to the body.
A Yes B No C Sometimes
- 12 Snake bites can lead to death of the person if the victim does not get quick medical attention.
A Yes B No C Never
- 13 Filling your lantern or stove with kerosene when it is already burning is dangerous and may lead to _____.
A burns B scalds C bruise

WEEK 5

Topic :Meaning of drugs

Subtite: Effect of drug abuse

Instructional Materials:

Resources & Materials

Learning Objectives: At the end of the lesson, pupils should be able to:

- 1 define drug abuse.
- 2 list the commonly abused drugs.
- 3 identify the commonly abused drugs by their street names.
- 4 mention some characteristics of drug abusers.

Content

Meaning of drug abuse

Drugs are define as substances that are taken into the body to cure illnesses.

Drugs are also chemical substances used in the prevention, diagnosis, treatment and cure of diseases.

Reasons for taking drugs

We take drugs for the following reasons:

- 1 To prevent diseases.
- 2 To diagnose diseases.
- 3 To cure diseases.
- 4 To enhance physical or mental well-being.

Apart from these reasons, some people use drugs for reasons that are not normal.

This is an aspect of drug abuse. For this reason, any of the following could be called drug abuse:

- Taking drugs without doctor's advice.

- Taking drugs when you are not ill.
- Taking more or less than what the doctor prescribes.
- Habitual taking of illegal drugs.

Ways of getting in contact with drugs

These drugs are classified into:

1 Common drugs – These are easily available at the medicine stores and can be taken without doctor's prescription. Examples include paracetamol and pain-relieving balms.

2 Legal drugs – These are drugs that are not easily available but can be taken with doctor's prescription. An example is valium 5.

3 Illegal drugs – These are drugs that are not legally allowed to be taken. They are called hard drugs. Examples include heroine, cocaine and Indian hemp.

There are two main ways of getting in contact with drugs. These ways are:

1 Proper ways

2 Improper ways

1 Proper ways

If we are given:

- by a doctor in the hospital,
- by a nurse,
- by a pharmacist,
- by our parents and
- by our teachers.

All these are proper ways of getting in contact with drugs.

The doctor, the nurse and the pharmacist are professional medical practitioners.

They know much about drugs and drug regulations. Our parents and our teachers too can give us drugs in a proper way.

2 Improper ways

Some people when they are ill, do not go to the hospital. They collect drugs from:

- their friends,
- their brother or sister,
- a visitor to their house, or
- a drug peddler or hawker (on the street)

All these ways are improper.

Some may even buy drugs just because it was advertised on the media. This way is also improper. If we take drugs through all these means, it is called drug abuse. Taking drugs on our own without doctor's prescription is also known as self medication.

Going by the definition of drug abuse, any drug can be abused. Both the common and legal drugs can be abused if proper dosages and usage are not followed.

Commonly abused drugs and their street names

1 Pain relievers: Pain relievers are drugs that are taken by someone who suffers from pain with the hope of getting relief from such pain. Examples include Paracetamol, Panadol and Novalgin. People take these drugs at any time without prescription. Some people even take an overdose. If we take drugs without prescription or take more than what is prescribed, it is a form of drug abuse. The street name for pain relievers is *Karaole*.

2 Stimulants: These are drugs or substances that make someone feel more awake and thought to give more energy to work. Examples include kolanut,

cocaine, nicotine, caffeine, heroine and alcohol. Some people take these drugs to enhance their performance. For example, the footballers, musicians and artisans do take stimulants to enhance their performance at work. Some people who read overnight also take stimulants to keep themselves awake.

There are different street names given to different stimulants. Some of the common street names are:

General name Street name

a) cocaine coke

b) heroine coke

c) alcohol ogogoro, kaikai, burukutu

d) marijuana sepe, igbo, wewe, ganja, weed, Indian hemp.

e) kola nut obi, gworo

Alcohol

Cigarette

Kolanut

3 Depressants: These are drugs or substances that reduce the level of activities in someone. Some people may take such drugs to enable them sleep well. An example of such drugs is Valium 5.

When drugs are wrongly taken by a person, they are said to have been abused, and can become harmful. Drugs must only be taken under proper guidance and advice. Otherwise, they can be abused.

Reasons why people abuse drugs

Some of the several factors that can make someone to engage in drug abuse are discussed below.

1 Ignorance or illiteracy on the part of the users can affect their attitudes towards drugs. When people are not educated, they may do things wrongly.

2 Curiosity – Curiosity is the desire to want to learn or know about something. Most young people are naturally curious and would like to experiment with different experiences.

3 Environment factor – Some people live in communities where there are no basic amenities and where there is high level of unemployment. In such communities, drug supply and use are always very common. This makes them to have easy access to hard drugs.

4 People think drugs will help relieve stress

5 Peer influence –

Effects of drug abuse

Abusing drugs has the following social, economic and health effects:

1 Loss of control: Drug abusers always lose control and balance. They walk, talk, sleep and eat carelessly.

2 Inability to cope with school activities: If a school child abuses drugs, he would not be able to concentrate in class. This may lead to repetition or dropping out of school. He may also be involved in various school offences which may lead to his being sent out of school.

3 Health problems: Stimulants affect the nervous system of human beings, and can cause some health problems. Some of the problems are inability to sleep, or to rest, loss of appetite, convulsion, withdrawal syndrome, and mental disorder.

4 Financial problem: People who abuse drugs may incur unnecessary debt in order to keep up with the drug habit. In the long run, they may get involved in such crimes as stealing and armed robbery.

5 Addiction: People who formed the habit of using drugs before they can sleep

Downloaded from eduresource.com.ng ©Educational Resource Concept

or do some other things will always depend on such drugs. They would not be able to do things normally without using drugs. They become drug addicts.

6 Death: Drug abuse can lead to death. There is a popular warning that smokers will die young. Drugs like depressants can make someone dull in reasoning. If such people drive, they may have accidents, which may lead to death.

Strategies & Activities:

Step 1: Teacher revises the previous topic.

Step 2: Teacher introduces the new topic.

Step 3: Teacher explains the new topic.

Step 4: Teacher welcomes pupils' questions.

Step 5: Teacher evaluates the pupils.

Assessment & Evaluation:

1 define drug abuse.

2 list the commonly abused drugs.

3 identify the commonly abused drugs by their street names.

4 mention some characteristics of drug abusers.

Exercise

A Choose the best answers for the following questions.

1 We must abstain from drug abuse because of _____ substances contained in most of the drugs.

A harmful B sweet C bitter

2 One strategy of preventing drug abuse is engaging in behaviours that our mental well-being _____.

A promote B disturb C flatter

3 A good or satisfactory condition of life that is full of health, happiness and prosperity is called _____.

A physical well-being B spiritual well-being

C social well-being

4 When an individual realises his own abilities and can contribute to his community, it is called _____.

A mental well-being B spiritual well-being C social well-being

5 When an individual is able to get along with other people in the society it is called _____.

A mental well-being B social well-being C physical well-being

Week 8

Topic: Characteristics of drug abusers, their treatment and Rehabilitation.

Instructional Materials:

Resources & Materials

Downloaded from eduresource.com.ng ©Educational Resource Concept

Lesson objective: At the end of the lesson, pupils should be able to:

1.State the characteristics of drug abusers, their treatment and Rehabilitation.

2. list commonly abused drugs and identify them by their street names

3. list some characteristics of abusers of alcohol, tobacco and cannabis

Content

Characteristics of drug abusers, their treatment and Rehabilitation.

1 Alcohol –

a) *Aggressiveness* – An aggressive person is someone who is easily provoked. He gets angry easily and does not listen to people's explanation. He sticks to his own argument and he is ready to fight if his point is not taken.

b) *Slow speech* – A drunk person will not be fluent in speech. He would turn to an artificial stammered.

c) *Hallucination* – This is when someone talks to himself with an imagination that something is real without it being so. If you see somebody who talks to himself on the street or road, it may be as a result of over-indulgence in alcohol.

d) *Loss of balance* – People who abuse alcohol will always stagger on the road. Their hands and body will be shaking. They will not be able to maintain their balance.

e) *Disobedience* – People who abuse alcohol will always be disobedient. A disobedient person is someone who does not listen to instruction. He will always be rude to people including those who are older than him.

2 Tobacco –

An example of tobacco is cigarette.

People who abuse tobacco can be identified with the following:

a) *Bad smell* – They smell badly of tobacco, to the discomfort of those who stay near them. People always run away from them due to such smell.

b) *Discoloration of lips* – The lips of abusers of tobacco are usually dark.

c) *Burnt/dark finger* – Tobacco smokers oftentimes get their fingers burnt.

d) *Incessant coughing* – The lungs of abusers of tobacco are usually dirty due to constant inhaling of smoke. This usually leads to blockage in their air pipes and then incessant coughing.

e) *Lack of appetite* – This is lack of feeling for hunger. The person will not like to eat even when he is hungry.

3 Cannabis – This is commonly known as marijuana. The street names are 'igbo', stone, weed, 'ganja', and Indian hemp.

People who abuse cannabis can be recognised through the following behaviours:

a) *Undue excitement* – They feel unnecessarily happy even where they are supposed to show signs of sadness.

b) *False source of confidence* – They feel 'high' and above everyone. They

talk with pride. They usually demonstrate high level of arrogance.

c) *Bad odour* – Just like tobacco abusers, cannabis abusers also smell badly.

d) *Dirty teeth* – Their teeth are always dirty and sometimes black.

4 Cocaine

a) People who take cocaine usually find it difficult to sleep even though they feel sleepy.

b) They also find it difficult to eat and stay calm.

c) They may also have tremors and convulsion. Tremors are unintended movement or shaking of one or more parts of the body while convulsion is when a person's body shakes rapidly or uncontrollably.

Strategies & Activities:

Step 1: Teacher revises the previous topic.

Step 2: Teacher introduces the new topic.

Step 3: Teacher explains the new topic.

Step 4: Teacher welcomes pupils questions.

Step 5: Teacher evaluates the pupils

Assessment & Evaluation:

State the characteristics of drug abusers, their treatment and Rehabilitation.

2. list commonly abused drugs and identify them by their street names

3. list some characteristics of abusers of alcohol, tobacco and cannabis

Exercise

A Choose from the best answers for the following questions.

1 Apart from curing sickness, drugs are also taken to _____.

A prevent sickness B bring sickness into the body

C contact sickness from others

2 Taking too much of a drug than is required is called _____.

A drug insult B drug abuse C drug trafficking

3 Drugs which we take from a doctor's prescription is _____ way of taking drug.

A proper B improper C immoral

4 When we take drugs carelessly it is called _____ way of taking drugs.

A improper B proper C immodest

5 Examples of professional medical practitioners are nurses, doctors and _____.

A carpenters B pharmacists C accountants

6 Improper ways of collecting and using drugs are those from friends, visitors and _____.

A doctors B nurses C drug hawkers

7 Paracetamol and Panadol are examples of _____.

A pain relievers B stimulants C pain inducers

8 The street name for pain reliever drugs is _____.

A kaikai B karaole C ganja

9 Examples of stimulant drugs are kolanut, cocaine and _____.

A paracetamol B caffeine C tom tom

10 Drugs that give more energy and make people more awake are called _____.

A stimulants B pain relievers C antibiotics

WEEK9

Topic: Prevention of drug abuse

Subtitle:

Instructional Materials:

Resources & Materials

Lesson objective: At the end of the lesson, pupils should be able to:

- 1 list behaviours that promote physical, mental and social well-being in people.
- 2 mention some life skills that are needed for maintaining positive healthy behaviours.

CONTENT

Prevention of drug abuse

Drug abuse as the act of handling or using drugs wrongly

There are many ways of preventing drug abuse. One of the ways is by engaging in behaviours that promote our physical, mental and social well-being.

A state of physical well-being is a good or satisfactory condition of life that is full of good health, happiness and prosperity. It also means that someone is healthy, physically strong and free from feeling weak. Mental well-being on the other hand is a state in which an individual realises that his or her own abilities can cope with normal stresses of life, can work productively and are able to contribute to the development of his or her community.

Mental well-being involves being happy, being content with what you have, having self-esteem, self-confidence and having good relationship with people around you.

Social well-being is the ability to easily get along with other people. This involves how a person communicates, interacts and socialises with other people.

Behaviours that promote physical, mental and social well-being

1 Stress reduction – One of the reasons why people engage in drug abuse is stress. Some drug abusers believe that when they are under tension, they can use drugs to 'cool down'. For example, to those who smoke, smoking is the best way to cool down tension. However, this is not true because smoking will add more to their problem.

The importance of exercise to the body are:

- a) It combats unhealthy conditions, and diseases.
- b) It improves people's mood and makes them feel better.
- c) It boosts one's energy.
- d) It promotes better sleep.
- e) It can be fun and a way of engaging in activities that can make someone feel happy.

2 Positive and good relationship with peers

3 Eat a balanced diet . A balanced diet is a diet that contains all the classes of food in appropriate proportions. Balanced diet makes us healthy. It also helps our body to prevent any diseases that may attack us. The food we eat can be divided into three groups.

- Energy-giving food
- Body-building food
- Body-protecting food

If we eat enough energy-giving food, we may not need any drug to give us energy. If we also eat enough body-building and body-protecting foods, we may not need any drugs for building our body. In the long run, we would be free from drug abuse.

4 Accept discipline from your parents and teachers

5 Young people should live honest lives, work hard and be content with what they have

6 Young people should join religious organisations, where they would be taught how to pray and behave well.

7 Those who have the time can learn new skills.

Life coping skills that are needed for positive, healthy behaviours

The following are some of the skills and how to maintain them:

1 Choosing good friends: People say *show me your friends and I will tell you the kind of person you are*. The kinds of friends we keep determine the type of behavior we exhibit. It is good to avoid bad friends. Bad friends will influence us into doing what is bad including indulging in hard drugs. For us to keep good friends, we also need to be honest and faithful in our dealings. This will make people to trust and rely on us.

2 Establish acceptable measures of discipline: Parents and guardians should make the acceptable forms of behaviors in the community known to their children. They should also tell them the punishment for various offences and how to avoid them.

3 Contentment: This is a state of being satisfied with whatever one has. Children should be content with whatever they have for them not be lured into drug abuse.

4 Be courageous: Parents should teach their children how to show courage in defending their beliefs. They should be taught how to resist peer pressure.

5 Learn how to work hard: With hard work, it is very easy for a person to succeed. It is good to work hard. It is not good to look for crooked means to success.

6 Self-reliance: This is the ability to work alone, without anybody's help, and achieve results. Being self-reliant improves self-confidence and the ability to take decisions of your own. With this, we can easily say NO! to drug abuse or peer pressure

Strategies & Activities:

Step 1: Teacher revises the previous topic.

Step 2: Teacher introduces the new topic.

Step 3: Teacher explains the new topic.

Step 4: Teacher welcomes pupils questions.

Step 5: Teacher evaluates the pupils

Assessment & Evaluation:

1 list behaviours that promote physical, mental and social well-being in people.

2 mention some life skills that are needed for maintaining positive healthy behaviours.

Exercise

A Choose the best answers for the following questions.

1 We must abstain from drug abuse because of _____ substances contained in most of the drugs.

A harmful B sweet C bitter

2 One strategy of preventing drug abuse is engaging in behaviours that our mental well-being _____.

A promote B disturb C flatter

3 A good or satisfactory condition of life that is full of health, happiness and prosperity is called _____.

A physical well-being B spiritual well-being

C social well-being

4 When an individual realises his own abilities and can contribute to his community, it is called _____.

A mental well-being B spiritual well-being C social well-being

5 When an individual is able to get along with other people in the society it is called _____.

A mental well-being B social well-being C physical well-being

6 Engaging in body exercise reduces _____.

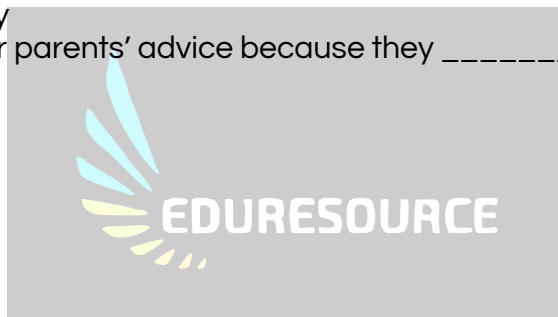
A hunger B stress C play

7 We should listen to our parents' advice because they _____ more than we do.

Week 10

Topic : Pollution

Subtitle: Meaning and types of pollution



Instructional Materials:

Resources & Materials

Lesson objective: At the end of the lesson, pupils should be able to:

1 define pollution.

2 mention at least three types of pollution that are common in your locality.

3 mention at least one effect of each of the types.

4 write at least five ways of controlling pollution and its effects.

Content

Meaning of pollution

Pollution is anything that makes our water, land, air and environment dirty and unsafe for human use.

For example, a heap of rubbish is a type of pollution. A dead animal lying on the road causes pollution.

Polythene bags, orange peels and remnants of food items pollute the surroundings.

Types of pollution common in our locality

1 Water pollution

Water pollution takes place when dirty materials are dumped into streams, ponds, lakes, rivers and other bodies of water. Some people urinate and excrete into streams. This makes water from the streams unfit for drinking. Wells which are not covered can have various germs getting into them, thus making them dangerous.

Some people spray chemicals into water while fishing. This pollutes the water and kills the fish. Fish caught by this method are unfit for eating.

By-products or waste from factories sometimes flow into streams and rivers and cause water pollution.

2 Air pollution

Air pollution takes place when coal, kerosene, petrol and engine oil burn. When they are burning, they produce smoke. The smoke makes the air dirty and dangerous. Smoke from factories also pollutes the air.

3 Noise

Noise (perhaps in the form of constant loud music or rowdiness) is a kind of pollution. It disturbs the mind and prevents people from sleeping, resting or reasoning properly.

Effects of pollution

Water pollution has the following effects:

1 It makes the water dirty and unfit for drinking.

2 It causes diseases like dysentery, typhoid fever and cholera.

Air pollution has the following effects:

1 It makes the air dirty and bad for breathing into the body.

2 It causes sneezing, blood poisoning, cough, lung diseases and cold.

Noise, as pollution, has the following effects:

1 Noise disturbs people's minds and prevents them from reasoning properly and thinking creatively.

2 Noise can also cause headaches and sleeplessness.

Control of pollution

1 Factories should dump their waste at the proper places.

2 Factories and industries should be built or located far away from where people live.

3 Landlords should provide modern toilet facilities in their houses.

4 Everyone should ensure that the environment is clean always. We can do this through regular sweeping, cleaning of gutters and cutting of grasses in our area.

5 Those living in towns and cities should dump their refuse only at refuse dumps approved by the local government.

6 The government should ensure that refuse at dump sites is removed regularly. This will prevent the refuse from becoming so much as to cause pollution.

7 The government should discourage owners of smoky cars from plying the roads.

8 People should live in quiet areas. Again people in the neighbourhood could take action against anyone who is in the habit of producing noise in the environment.

Strategies & Activities:

Step 1: Teacher revises the previous topic.

Step 2: Teacher introduces the new topic.

Step 3: Teacher explains the new topic.

Step 4: Teacher welcomes pupils' questions.

Step 5: Teacher evaluates the pupils.

Assessment & Evaluation:

1. Define pollution.

2. Mention at least three types of pollution that are common in your locality.

3. Mention at least one effect of each of the types.

4. Write at least five ways of controlling pollution and its effects.

Exercise

A. Choose the best answers for the following questions.

1. Anything that makes our environment dirty and unsafe for human use is known as _____.

A contamination B pollination C pollution

2. A heap of rubbish in our environment is _____.

A a sign of healthy environment B a form of pollution

C a way of life

3. Pollution occurs _____.

A on land only B in the air only C everywhere

4. The dumping of dirty materials into streams, ponds, lakes and other bodies of water is called _____.

A pond pollution B water pollution C stream pollution

5. We can pollute rivers by _____.

A using chemicals to kill fish B fetching water with bucket

C putting dam into it

6. One way of causing air pollution is _____.

A urinating into streams B closing all the windows in our rooms

C burning firewood

7. Smoke from factories can cause _____ pollution.

A air B water C noise

8. Sound of generators in our compound can cause _____ pollution.

A air B water C noise

9. The type of pollution caused by people who play loud music is _____ pollution.

A air B water C noise

Week 11

Topic: Agricultural technology



Subtitle: Meaning of technology

- This is cultivation of land and rearing of animals and birds. While technology is a science applied to practical.

We have two ways of land cultivation. Traditional ways and modern ways

- Traditional ways of land cultivation, fish farming and keeping of animals and birds.

In this way of farming most people use very simple farming implements like machet, hoes, Also people fish in rivers with nets and hooks.

- Traditional people keep fowls and goats in their houses. The Fulani move about with their cattle.

Modern methods of land cultivation fish farming and keeping of animals and birds.

- Machines like tractors, harvesters are used.

- Farmers now apply fertilizer. Birds and other animals are kept in population and feed with feeds

- Fishing is done with trawlers; fish ponds are also used.

