

# Section Two:

## Where Am I Going?



# LIFE PLANNING SKILLS

## A CURRICULUM FOR YOUNG PEOPLE IN AFRICA UGANDA VERSION

### SECTION TWO: WHERE AM I GOING?

#### UNIT 6: GENDER ROLES AND EQUALITY

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Activities	Page
<b>Purpose and Objectives</b>	<b>175</b>
6.1 Warm Up	177
6.2 Sex, Gender Roles, and Stereotypes	178
6.3 Good Decision Making	180
6.4 Gender vs. Stereotypes	185
6.5 How Gender and Stereotypes Affect Us	187
6.6 Gender Roles and Vocations	189
6.7 Conversation Circle & Commitment	191

#### UNIT 7: RELATIONSHIPS

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Activities	Page
<b>Purpose and Objectives</b>	<b>193</b>
7.1 Warm Up	195
7.2 Building Healthy Relationships	196
7.3 Peer Group Relationships	201
7.4 Heterosexual Relationships	205
7.5 The Ideal Friend or Partner	209
7.6 Good Decision Making	211
7.7 Under Pressure	216
7.8 What is Homosexuality?	219
7.9 Weighing the Options	222
7.10 When Relationships Break	226
7.11 Conversation Circle & Commitment	232

## UNIT 6: GENDER ROLES AND EQUALITY



### PURPOSE AND OBJECTIVES

This unit examines the meaning and role of sex and gender in society and human development, so as to help participants avoid making assumptions about what men or women should want or be able to do. The unit also looks at how gender influences two very important areas of a young person's life: male-female relationships and the selection of a vocation or job.

**By the end of this unit, participants should be able to:**

- ➔ Explain stereotypes and assumptions about gender and how these affect relationships.
- ➔ Explain how stereotypes affect vocational choices.
- ➔ Identify their values about male and female gender roles and gender equality.

**ACTIVITIES** →

Warm Up—Fruit Basket	<i>10 minutes</i>
Sex, Gender Roles, and Stereotypes	<i>30 minutes</i>
Good Decision Making	<i>60 minutes</i>
Gender vs. Stereotypes	<i>60 minutes</i>
How Gender and Stereotypes Affect Us	<i>45 minutes</i>
Gender Roles and Vocations	<i>30 minutes</i>
Conversation Circle & Commitment	<i>20 minutes</i>

**4 hours 15 minutes**

**ACTIVITY 6.1****WARM UP—FRUIT BASKET****Purpose:**

To have fun and warm up before engaging in intense discussions.

**Time:**

10 minutes

**Steps:**

1. Have participants sit in a circle or semi-circle.
2. Give each participant the name of a fruit, e.g. mango, apple, orange, pawpaw. Use fewer names so that there are more participants with the same name. Call each fruit name out loud so that everyone knows what the different names are.
3. Have participants repeat their fruit names after you, so that they can remember.
4. Take away chairs so that there is one less than the number of people in the group.
5. Tell the group when you call out, say, “Apples ... out de pot!” all the apples must leave their seats and come to the centre. When you say, “Apples ... in de pot,” all the apples must try and find a different seat in the circle. You can call more than one group of fruits to the centre or all the groups at once.
6. Let participants know that you, the facilitator, will also be participating in the game and will be looking for an empty seat.
7. The left over “apple” who could not find a place in the pot then switches roles with you and calls out another fruit name.
8. Stop the activity when it is clear that participants have had fun and are relaxed.

**ACTIVITY 6.2****SEX, GENDER ROLES, AND STEREOTYPES****Purpose:**

To define the terms “sex,” “gender,” and “stereotypes” and look at the differences between them.

To discuss how each plays a role in defining or influencing behaviour.

**Time:**

30 minutes

**Steps:**

1. Divide participants into three groups (if total number of participants is between 12 and 19) or six groups (if total is between 20 and 30) and give each group one of the topics below:
  - a. Sex
  - b. Gender roles
  - c. Stereotype
2. Ask each group to discuss, define, and give an example of its respective topic.
3. When the groups are finished bring them back together and let them share their discussions.
4. Use the following “Presentation Notes” to clarify and summarise.

**PRESENTATION NOTES****DEFINITIONS****Sex**

Sex has more than one meaning. It can refer to whether a person is male or female. It is also used to describe sexual intercourse.

**Gender Roles**

This refers to the different things that men and women do. Some of these things are based on fact because of male and female physical attributes. For example, only a woman can produce children.

Other gender roles are based on what society believes about what men and women can or cannot do, for example, the idea that women are more caring and are therefore more suitable for certain jobs than men, such as nursing. Society's beliefs and influences play a big role in determining male and female roles, but that is

changing. For example, some countries do not allow women to join the army. The one clear difference between men and women is the fact that only women can become pregnant and bear children. Anything else is considered a stereotype.

### **Stereotypes**

This includes beliefs about different groups of people that are not based on fact, but on what others think about that group. For example, statements such as “a woman’s ‘no’ means ‘yes’” or “women do not make good soldiers” are stereotypes because they are not based on fact.

5. Ask participants if they have any questions and discuss these. Discuss how stereotypes can affect the way we feel about ourselves, how we behave, what we believe we can do, our goals we set for ourselves, etc.
6. Summarise and highlight the following points.

#### **Key points:**

- **Sex means either male or female. This also applies to plants and animals.**
- **Gender role means the different things that a male or female is considered capable of doing. This is heavily influenced by society’s beliefs.**
- **Stereotypes are beliefs that have no factual truth—usually stories that have been around so long that people start to believe that they are true and treat them as such.**
- **Gender roles can change over time, especially when challenged to be proven right or wrong.**

### **LINKING SENTENCE**

If a person believes that because s/he is a man or a woman, s/he is limited in what s/he can do with her or his life, the person will probably set different goals than what s/he really would like to achieve. Because gender roles can severely limit the plans we make and the goals we set for our future, it is important that we become aware of them and overcome the stereotyped expectations that are put on us. Then we can plan for ourselves, without worrying about how others see us.

To do this, it is useful to be able to make the right decisions without being greatly influenced by what others say, think, or do.

**ACTIVITY 6.3****GOOD DECISION MAKING****Purpose:**

To understand the (unconscious) process we go through when we make decisions.

To practise applying the good decision-making model to real life situations.

**Time:**

60 minutes

**NTF:**

If this activity was done in an earlier unit, skip steps 1 through 9 and do the following:

- Remind participants about the model, referring to the particular unit where it was done.
- Start with step 10.

**Steps:**

1. Ask the group the question, "Under what situations or conditions does a person make a decision?"
2. List the responses on the chalkboard or flipchart paper. These may include statements such as:
  - a. When faced with a difficult situation.
  - b. When faced with more than one choice.
  - c. When faced by a challenge/challenging situation.
  - d. When there is a problem.
3. Use the following "Presentation Notes" to introduce the decision-making model. Write out each letter step by step on the chalkboard or flipchart as you introduce and describe it. Copy each letter exactly as in the following notes, so that the word **DECIDE** is spelt vertically. Emphasise the 3Cs: Challenges, Choices, and Consequences.





### PRESENTATION NOTES

We make decisions every day of our lives without always being aware of how we come to those decisions. Whenever we face a problem that requires us to make choices, there is a certain thought process we go through. This is sometimes done so quickly that we are not aware of it. Every decision-making process is made up of the following steps:

**D**efine the problem or **challenge** you are facing.

**E**xplore the **choices** that you have.

**C**hoose one of the explored choices.

**I**dentify the **consequences** of this choice.

**D**o—Act out the choice you have made.

**E**valuate—Look back at your decision and see if it was a good one. If not, choose another one and repeat the process.

4. Ask participants if they have any comments or questions and discuss these.
5. Tell participants that they will now practise using the model and ask them to turn to **page 49** in their workbooks.

#### NTF:

**For semi-literate youth, do the following:**

- Choose and brief youth to role-play the scenario.
- Ask participants to get into pairs or small groups of three and do the activity.
- Each pair or small group should present its decision as a short skit.



## WORKBOOK ACTIVITY

### GOOD DECISION MAKING

Read through the scenario below and use the **3Cs model** (Challenges, Choices, and Consequences) previously discussed to come to a decision.

#### Scenario

Your dad is a construction worker and you have grown up around many construction sites. You have also helped out a lot and have a lot of knowledge and skills and you have completed a diploma in construction at the technical college.

You see an advert for a builder with a local construction company and decide to apply. You get called for an interview and you realise that you are not taken seriously because you are young and considered inexperienced. What would you do?

1. What is the **CHALLENGE** that you are faced with?
2. What are your **CHOICES**? Think about these and write three of them in the space below.

**Choice 1:** \_\_\_\_\_  
\_\_\_\_\_

**Choice 2:** \_\_\_\_\_  
\_\_\_\_\_

**Choice 3:** \_\_\_\_\_  
\_\_\_\_\_

3. What are the **CONSEQUENCES** of each choice you have written down? Write these in the spaces below.

Choice	Positive Consequences	Negative Consequences
1		
2		
3		

4. What is your decision?

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5. Why did you make this choice?

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6. How did your values help you to make this choice?

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6. Take participants through the good decision-making model using the following instructions. Write the relevant part of the model as you discuss it.
  - a. First identify the problem or **challenge** that you are faced with.
  - b. Next, think of the **choices** that you have and write at least three of these down.
  - c. Next, identify both the possible negative and positive **consequences** of each choice.
  - d. Look at the choices and consequences that you have listed and make a decision.
  - e. Lastly, evaluate the decision you made. Ask yourself why you made this decision and if it is the best one to make. If you are not happy with the decision you have made, make another choice and go through the process again.
7. Clarify that decision making is usually done alone, but people may seek other people's opinions before making a decision.
8. Ask participants to share their responses to the questions in the workbook activity. Let one person share her or his responses to the questions before moving on to another participant.
9. At the end, ask participants to briefly discuss how easy or difficult they found the model to use. Allow general discussion about the model.

10. Summarise and highlight the following points.

**Key points:**

- **The best decisions are made when we have all the facts.**
- **We must think of all the consequences of any choice, but especially any negative consequences there may be.**
- **People make wrong decisions sometimes. The important thing is to realise this and take steps to correct it.**
- **It is not always easy or possible to go through this thought process when making a decision. Sometimes we do not have time to think of the consequences but have to make a quick decision to ensure our safety or survival. It is therefore up to us to weigh this and do what is appropriate for the time and situation.**
- **Good decisions are not easy to make. We can make extra efforts to succeed or to achieve our goals.**

**LINKING SENTENCE**

Although it is sometimes useful for us to discuss our situation with another person whose opinion we respect, it is important to realise that the final decision is ours and it will affect how we behave with and towards others.

**ACTIVITY 6.4****GENDER vs. STEREOTYPES**

**Purpose:** To examine many beliefs about males and females and discuss which are fact or myth.

**Time:** 60 minutes

**Steps:**

1. Write each of the statements below on a separate sheet of flipchart paper:

Males may believe that to be masculine they should...

Females may believe that to be feminine they should...

2. Give each person a piece of paper and tell the participants to write one example of how they would complete each statement.
3. When all the participants are finished, invite comments and discussion on the points listed. Add any of the following points, **if they are omitted**.

Males may believe that to be masculine they should:

- a. Be in control and appear unemotional.
- b. Be the dominant partner in a relationship.
- c. Force sex on their sexual partners.
- d. Have sex early and with many partners.
- e. Work in careers that are mechanical or use physical strength.
- f. Be the "head of the family."
- g. Have more than one wife and/or girlfriend.
- h. Have many children and earn lots of money.
- i. Take risks to prove their bravery.
- j. Settle things using physical violence.
- k. Drink or use drugs without showing the effects.
- l. Avoid "female" work like housework and raising children.

Females may believe that to be feminine they should:

- a. Show their emotions and be submissive.
- b. Give in to the demands of a sexual partner.
- c. Have many children, regardless of whether they want to or not.
- d. Think about the needs of others before their own.
- e. Look pretty and sexy for their partner.
- f. Accept men's sexual harassment without complaint.
- g. Take the blame for violence, sexual assault, or rape.
- h. Avoid "mostly male" careers.

4. Divide the group into small, same-sex groups. Ask each group to do the following:
  - a. Discuss the sentence "I'm glad to be a man/woman because..." and list their reasons on flipchart paper.
  - b. Discuss "If I were a woman/man I could..." and list these responses on a separate sheet.

- c. When the groups are finished, ask them to put up their responses where all the participants can see them. They should present them as follows:

Females' Responses	Males' Responses
I'm glad I'm a female because...	I'm glad I'm a male because...
If I were a male I could...	If I were a female I could...

- Direct everyone's attention to the responses and ask if there are any stereotypes listed or if these are characteristics of women and men. You should expect and encourage as much discussion as possible to make sure that there is consensus.
- Draw a line through any responses the group concludes are stereotypes.
- Have a general discussion on what participants have learnt from the activity.
- Summarise and highlight the following points.

**Key points:**

- It is a fact that the only thing a man cannot do that a woman can do is give birth to a child.
- A woman can do anything she decides to do.
- We need to be sure of what are real gender roles and what are stereotypes.

**LINKING SENTENCE**

Gender roles have played a great influence in shaping men's and women's positions in life for many years. But many people hold beliefs that are not based on any fact at all. It is important to know this and to realise the need for communicating clearly with others so we can understand how gender and stereotypes play a role in our lives and our relationships.

**ACTIVITY 6.5****HOW GENDER AND STEREOTYPES AFFECT US****Purpose:**

To examine how gender and stereotypes influence our behaviour and the way we relate to others.

To get participants to realise the need to challenge certain beliefs about both sexes.

**Time:**

45 minutes

**Steps:**

1. Divide participants into four groups. Cut apart the following case studies so that each group can receive only the one they are going to work on.

**GENDER ROLES CASE STUDIES**

**Case Study 1:** Sarah has been offered a place at the village polytechnic to study engineering. She is the only girl in the class and the boys are always teasing her about a girl trying to do “a man's job.” When she came first in the exams, the boys stopped talking to her. She is feeling miserable because she has no friends in the class. What should she do?

**Case Study 2:** Moses wants to buy a doll for his younger brother, but his friend Juma says “No way!” Moses explains that dolls help teach little boys to take care of someone and be loving, but Juma argues that they just teach boys to be sisters. Moses knows his own position is a good one, but he's concerned about what Juma might say to their friends. What should Moses do?

**Case Study 3:** Shirley and Dennis, both in tailoring school, have been writing to each other for more than a year now. Dennis is coming to visit Shirley during the summer holiday and it is likely that they will end up having sex. Shirley knows that having unprotected sex is risky so she goes to the corner pharmacy to buy some condoms. The cashier says to her that girls have no business buying condoms—that is what boys are for, and she refuses to sell them to Shirley. What should Shirley do?

**Case Study 4:** John and Mary have been married for about one year. In the beginning, John would come home at awkward hours of the night and demand to be given food. Mary would wake up, quickly prepare it, and return to bed. Now when John comes home, he is usually drunk and when Mary wakes up to prepare his food, he often beats her, forces her to have sex, and tells her she is not a good wife. She is afraid to tell him to stop the beatings and the rape and she dare not tell his family. What should she do?

2. Give the following instructions:
  - a. Read the assigned case study.
  - b. Discuss and agree on a solution to the problem or situation given in the case study. Be sure to have reasons to back up your solution.
  - c. Choose someone from your group to present the case study and solution.
3. Invite discussion at the end of each presentation. Focus on:
  - a. Identifying the gender role or attitude/behaviour in each case study.
  - b. Exploring participants' views of the proposed solution and how they would do things differently.
4. Repeat the process until the group has discussed all the case studies.
5. Use the following points to stimulate general discussion:
  - a. Which sex has the most advantages? Disadvantages? Why is this so?
  - b. How do culture and religion affect gender roles for women and men? Give examples.
  - c. Are men and women equal? Are they treated equally? Do they have the right to be treated equally?
  - d. What have you seen that may suggest that gender roles are changing here in Uganda?
  - e. How do gender roles and stereotypes affect male and female relationships?
6. Summarise and highlight the following points.

**Key points:**

- **Many relationships suffer because of expected gender roles and stereotypes.**
- **People, especially those in male/female relationships, must talk about what they expect from each other and not be bound by what others expect from them.**

**LINKING SENTENCE**

It is easy for us to fall into the gender roles that society expects of us. We must be careful and talk about our own needs in our relationships, so that our partners become aware of our expectations, and not feel like they have to fit into any particular role. Let us now look at how gender affects the choices we make in terms of study and work.



**ACTIVITY 6.6****GENDER ROLES AND VOCATIONS**

**Purpose:** To look at how gender influences choices of work, training, and professions for both males and females.

**Time:** 30 minutes

**Steps:**

1. Remind the group that one of the most damaging results of stereotypes is the false belief that women and men should only have jobs in certain fields.
2. Divide participants into three small groups. Give each group a piece of paper and ask them to brainstorm and develop a list of:
  - a. Ten people from anywhere in the world who are well known or popular (male and/or female).
  - b. Ten African men who are well known or popular.
  - c. Ten African women who are well known or popular.
3. After a few minutes, ask volunteers to give you the names on their lists. Write these on the chalkboard or flipchart under the relevant heading.
4. Ask participants to discuss:
  - a. Which of these three lists was the easiest/hardest to compile? Why?
  - b. What kinds of jobs/professions do the women have?
  - c. Which of the males or females have non-traditional careers?
5. Allow general discussion on the questions above and any others that the participants may have.
6. Summarise and highlight the following points.

**Key points:**

- **People's beliefs about what men and women can do affect the work/study choices that they make.**
- **Sometimes people end up in unhappy jobs because of gender roles and beliefs.**

## **CONCLUDING NOTES, UNIT 6: GENDER ROLES AND EQUALITY**

Gender roles are heavily influenced by society, and often based on stereotypes. Many relationships suffer because of expected gender roles and stereotypes. Beliefs about what men and women can do also affect choices about work and study, sometimes leading people to be unhappy. It will take a long time for us to start to change what society and others expect of us, and do more of what we feel is right for us. As we become more aware of our skills and abilities, as well as the need to pursue jobs that are in line with our values, it will get easier to challenge the stereotypes about gender that currently exist.

**ACTIVITY 6.7****CONVERSATION CIRCLE & COMMITMENT****Purpose:**

To reflect on the unit and note the key facts and skills learnt.

To show how the new knowledge and skills gained will be used by making a commitment to change one thing about ourselves based on what we have learnt about gender and equality.

**Time:**

20 minutes

**NTF:**

**This activity works best with groups of 12 or less. If working with larger groups, first divide them into smaller groups, then get a report back from each group.**

**Make sure to give each group the questions they should answer or write them where the entire group can see them.**

**This activity can be done in a number of ways. For literate groups, do the following.**

**Steps:**

1. Ask participants to sit in a circle and discuss the following:
  - a. What is one very important piece of information that you have learnt from this unit?
  - b. How or why is this important to you?
  - c. How does this information influence you to change your behaviour?
2. Ask participants to think about one commitment they are going to make in terms of gender roles and equality.
3. Ask participants to turn to **page 51** in their workbooks.

**WORKBOOK ACTIVITY****KEY LESSONS LEARNT**

Based on the information discussed and the learning that has taken place, give answers to the following:

1. What is the most important piece of information that you have learnt from this unit?
2. Why or how is this information important to you?
3. How does this information influence you to change your behaviour?

**MY COMMITMENT**

4. Write the commitment that you are going to make to yourself in terms of what you learnt about gender roles and equality. You will not be asked to share this with the group.

**NTF:**

**For semi or low-literate groups do steps 1 through 3 above, then continue as follows.**

4. Close your eyes and make a promise to yourself—something that you will do to change your behaviour to be more in line with what you learnt about gender and equality.

## UNIT 7: RELATIONSHIPS



### PURPOSE AND OBJECTIVES

This unit examines different kinds of relationships and helps participants to understand can help build or damage a relationship. In this unit we will look at the qualities of an ideal partner, as well as explore the arguments young people put forward for and against having sexual intercourse as a teenager. The unit also looks at how heterosexual and homosexual relationships are formed and the advantages and disadvantages of being in a relationship.

**By the end of this unit, participants should be able to:**

- ➔ Explain which behaviours can improve or damage a relationship.
- ➔ Talk about what qualities develop and define friendship and romantic relationships.
- ➔ Explain what the word “homosexuality” means.
- ➔ Explain how to make effective decisions and the consequences of choices.
- ➔ Practise making difficult decisions.
- ➔ Apply effective decision making to sexual decisions.
- ➔ Practise resisting pressure.

**ACTIVITIES**

Warm Up—The Human Web	<i>10 minutes</i>
Building Healthy Relationships	<i>45 minutes</i>
Peer Group Relationships	<i>55 minutes</i>
Heterosexual Relationships	<i>90 minutes</i>
The Ideal Friend or Partner	<i>45 minutes</i>
Good Decision Making	<i>60 minutes</i>
Under Pressure	<i>90 minutes</i>
What is Homosexuality?	<i>60 minutes</i>
Weighing the Options	<i>30 minutes</i>
When Relationships Break	<i>45 minutes</i>
Conversation Circle & Commitment	<i>20 minutes</i>

**9 hours 10 minutes**

**ACTIVITY 7.1****WARM UP—THE HUMAN WEB****Purpose:**

To help participants focus on the complexities of relationships and the need to work together to solve most problems.

**Time:**

10 minutes

**Steps:**

1. Ask participants to stand in a circle with their eyes closed and arms outstretched in front of them.

**NTF:**

**If working with a large group do this activity in two small groups, either simultaneously if there is enough space to do so or one group after the next.**

2. Explain that when you say “move,” all the participants should walk slowly towards the centre of the circle, and keeping their eyes closed grab hold of whatever hands they touch.
3. Tell participants to keep their eyes closed until you tell them to open them.
4. Participants will find themselves entangled. When each person is holding someone else’s hands, tell them to open their eyes.
5. They should try to get untangled without letting go of each other.
6. If you are not happy with the way the hands have been held, for example, if more participants held hands of people to their sides and not in front of them, ask the groups to do the activity again.
7. Let participants return to their seats when you think the point has been made and it is clear that the “entanglement” is over.

**ACTIVITY 7.2****BUILDING HEALTHY RELATIONSHIPS****Purpose:**

To identify positive and negative factors that influence relationships and how to deal with these.

To discuss how to build positive relationships.

**Time:**

45 minutes

**Materials Needed**

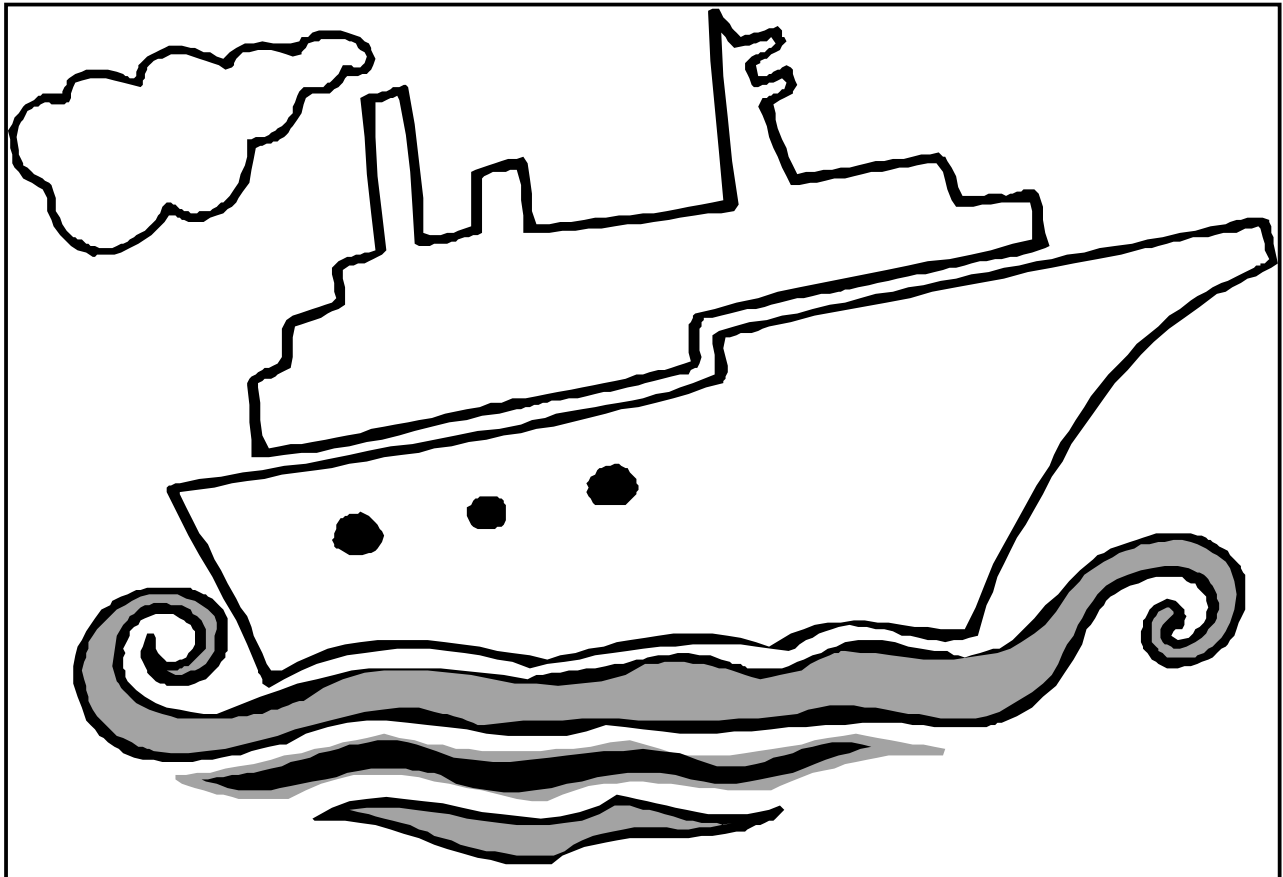
- Poster 7.1–The Ship
- Sticky tape or prestik

**Steps:**

1. Start with an open discussion on the following questions:
  - Why do people get into relationships?
  - What are the different types of relationships that young people find themselves in?
2. List the responses on flipchart paper.
3. Display Poster 7.1: The Ship
4. Point out that just as there are certain things that keep a ship afloat and moving (calm seas, fuel, a solid hull or base), there are certain things needed to keep a relationship afloat.
5. Ask for an example of something that is necessary for a strong or healthy relationship (e.g. respect) and write it on the hull or base of the ship.
6. Also point out that there are certain things that can ruin a relationship, just as stormy seas or a bad storm can sink a ship. Ask for an example (e.g. dishonesty) and write it in the water beneath the ship.
7. Divide the participants into six groups and give each group a sheet of flipchart paper with one of the following headings written at the top:
  - a. Peer
  - b. Social
  - c. Work
  - d. Sexual/Romantic
  - e. Family
  - f. Community



POSTER 7.1–THE SHIP



8. Tell participants that each group will do the following:
  - a. Draw a picture of a ship in the water.
  - b. Identify at least five things that help make their particular type of relationship successful and write these on the hull or base of the ship.
  - c. Identify at least five things that could damage or destroy the relationship and write these in the water beneath the ship.
  - d. Hang the flipchart paper on the wall when they are finished.
  - e. Spend no more than 15 minutes on this activity.
9. When all the groups are finished allow some time for them to move around and look at each other's ships.
10. You can use any of the following "Presentation Notes" to elaborate if needed:



### PRESENTATION NOTES

#### a. Respect

- Respect is shown through attitudes and behaviour.
- The partner must feel valued, worthwhile, and important.
- Negative criticism, name-calling, and ridiculing are destructive.
- Useful ways to show respect include being there when needed, listening carefully to what is said, and responding appropriately.

#### b. Empathy

- Empathy means trying to understand another person's position, that is, trying to see situations from the other person's point of view.
- This shows a deeper understanding, particularly if communicated back to the other person using different words.
- Empathy is different from sympathy.

#### c. Genuineness

- Being genuine involves being yourself and having positive self-esteem.
- Genuineness is shown if verbal and non-verbal behaviour give the same message.

#### d. Values and Attitudes


- Successful friendships/relationships are often based on individuals having similar values. Two people will continuously be in conflict if their values about most things differ.
- Values can change over time, owing to changing circumstances, etc. This may have an effect on a relationship.
- Pressure to change values may jeopardize a relationship. If virginity before marriage is valued, for example, then pressure to become sexually active prior to marriage will harm the relationship.

**e. Communication**

- Humans communicate verbally and non-verbally. Verbal communication is talking, non-verbal communication is known as body language and shown by listening, smiling, frowning, nodding, body posture, etc.
- Communication reveals how one individual feels about another.
- Most people tend to spend more time talking than listening.
- Listening is a skill that takes time to develop and needs to be practised.

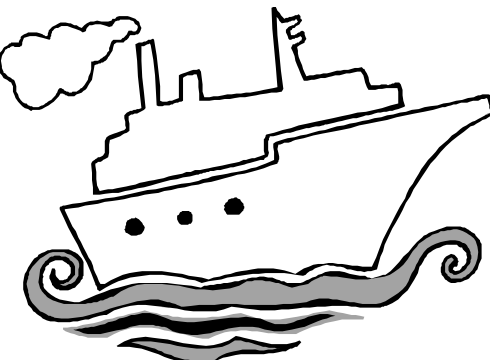
11. Encourage a brief discussion around the question, “Which qualities do you think are the most difficult to find in a relationship?”

12. Ask participants to turn to **page 54** in their workbooks.



## WORKBOOK ACTIVITY

### BUILDING HEALTHY RELATIONSHIPS



Copy the list of things that can build or break a relationship. Write them where they belong on the ship; things that build on the hull, and things that break in the water.

13. Ask if there are any questions or comments and address these.

14. Summarise and highlight the following points.

**Key points:**

- **No two people are the same. We therefore need to compromise and understand each others' differences for relationships to be successful.**
- **Many people practise negative behaviours in their relationships.**
- **Respect and communication are two important factors needed to build a good relationship. (NTF: Here you can check what participants remember about communication from Unit 2.)**

- **We have to be honest with ourselves and those with whom we have a relationship. We should say when things are going right and when we are unhappy about something.**
- **We need to assess our relationships and decide whether they are good or bad for us.**

**LINKING SENTENCE**

Everyone deserves good relationships. Each of us has a clear idea of what we would like in a friend or partner, and we must be able to hold onto that. Apart from the five qualities discussed in this activity, there are several other qualities that make a relationship special. Remember that the best relationships result from each person working hard at giving the best of herself/himself at all times. Many relationships are far from perfect so we need to keep working at those that are important to us, especially those with our peers.

**ACTIVITY 7.3****PEER GROUP RELATIONSHIPS****Purpose:**

To discuss the importance of belonging to a group.

To look at the benefits and disadvantages of belonging to a group.

To provide some insight into “winner” and “loser” behaviour.

**Time:**

55 minutes

**Steps:**

1. Ask participants to brainstorm common areas where young people may meet each other. List the responses on a chalkboard or flipchart paper.
2. Ask participants to talk about what makes friends and friendships important. Encourage the participants to share how they feel about having friends and different kinds of friendships.
3. Use the following “Presentation Notes” to explain the importance of friends.

**PRESENTATION NOTES****THE IMPORTANCE OF FRIENDS**

The peer group is important during adolescence. There is a great need to belong to a group, and this need is a natural part of adolescent development. This creates a need to conform to the behaviour acceptable to the group, which may lead to the individual being “swallowed” up by the group. The group’s behaviour may be detrimental to the adolescent, e.g. use of alcohol or drugs, and the adolescent may find her/himself under pressure to take part in activities that s/he does not or would not normally do. This is called peer pressure and often results in the adolescent joining in the group behaviour rather than risk being ridiculed or rejected by the group.

4. Put two sheets of flipchart paper on the wall. Write the heading **ADVANTAGES** on one sheet and **DISADVANTAGES** on the other. You could also write the two words on the chalkboard.
5. Place an assortment of markers next to the flipchart or several pieces of chalk near the board.

6. Ask for participants to buzz in threes for two minutes on the advantages and disadvantages of belonging to a group, then invite a volunteer from each group to write one point under each heading. The participants can add points from where they are seated.
7. Ask participants to share stories of how they have been influenced positively or negatively or pressured by their friends and how they felt about the individual or group at that time. Encourage them to share how they handled peer pressure.
8. Ask the group to get back into their buzz groups of threes and come up with a list of ways to cope with peer pressure.
9. At the end, let the groups give their feedback and write the list of points on the chalkboard or flipchart paper.
10. Encourage general discussion at the end to make sure that all the participants agree with and accept the list for themselves.
11. Explain that, while people are not “winners” or “losers,” they can exhibit behaviour at different times that can be described as “winner” and “loser” behaviour. Sometimes, groups that adolescents belong to might encourage them to act more like “losers.” In addition, people who exhibit “loser” behaviour and remarks are more easily bullied into potentially difficult or harmful situations. Use the following information in the table to discuss signs of “winner” or “loser” behaviour.

### Examples of Winner and Loser Behaviour


	<b>WINNER</b>	<b>LOSER</b>
1	A winner works harder, and has more time.	A loser is always too busy to do what is required.
2	A winner goes straight through the problem.	A loser gives way when s/he should not and holds on to things that are not worth fighting for.
3	A winner feels strong enough to be friendly.	A loser is rarely friendly, and at times is a petty tyrant.
4	A winner listens.	A loser only waits for her or his turn to speak.
5	A winner respects those who are more clever (or more experienced or knowledgeable) than s/he is and tries to learn from them.	A loser does not recognise other people's strengths. S/he tries to find (and capitalize on) their weaknesses.
6	A winner explains why.	A loser explains away.
7	A winner feels responsible for more than just her or his own work.	A loser says “I just work here” or “I am only in charge of this little bit.”
8	A winner sets her or his own pace.	A loser has two speeds: one is hysterical, the other is apathetic.
9	A winner uses her or his time to improve herself/himself.	A user uses her or his time to avoid criticism.

10	A winner is not afraid of making mistakes in order to improve herself or himself.	A loser refrains from doing something out of fear of making a mistake, or what others will say.
11	A winner focuses on possibilities.	A loser focuses on problems.
12	A winner focuses on solutions.	A loser focuses on excuses.
13	A winner is proactive.	A loser is reactive.
14	A winner accepts responsibility.	A loser apportions blame.
15	The winner never wants to be a loser.	The loser always wants to be a winner.

### Examples of Remarks and Reactions to Situations

A WINNER SAYS	A LOSER SAYS
I was lucky.	I was unlucky.
Yes, I will. No, I will not.	Yes... perhaps... maybe... depends... but...
I will find time to do it.	How do you expect me to find time to do it?
Let's get to the heart of the matter.	Well, it is difficult to say.
I haven't expressed myself clearly.	You misunderstood me.
It seems we have different views.	I will not change my mind.
I'm OK but I can be better yet.	I'm not as bad as some of the others.
Tell me...	As I have already said...
There could be a better way.	We've always done it like this.
Let's try to be more flexible.	But the rule says...
Let's present our case to management.	Management will never agree to that.
You're never too old to learn.	Do you know how many years of experience I've had?
Let's make it work this time.	We've tried that before.
That sounds exciting.	We've never tried that before.
It may be difficult, but it is possible.	It may be possible, but it is difficult.

12. Ask participants to turn to **page 55** in their workbooks, and remind them of the list of ways to cope with peer pressure.



**WORKBOOK ACTIVITY**

**MANAGING PEER PRESSURE**

Copy the guidelines that the group has come up with in the space below. You can refer to this for your own use or to share with your friends.

**Guidelines for Dealing with Peer Pressure**

13. Ask if there are any comments or questions and discuss these.

14. Summarise and highlight the following points.

**Key points:**

- **It is healthy and normal to want to belong to a peer group.**
- **Many youth find themselves bullied or taken advantage of by a peer group.**
- **We must first and always be true to ourselves and our values and make decisions that are good for us.**
- **Friends are important but we should not be led astray or pressured into doing things that we do not want to do.**
- **“Winner” behaviour can help us handle peer pressure.**

**LINKING SENTENCE:**

As part of normal adolescent development, we become more dependent on peers because we feel that they understand us better. This is fine, but it is important to know which peers are not good for us. They may not be bad people themselves, but have such an influence over us that they can convince us to do things which we do not want to, or which are not good for our development.

During adolescence we are especially vulnerable to peer pressure because we need to have friends, but we must choose friends who are good for us and who will help us make the right choices and decisions.

Friendships established during adolescence are vital, whether with the same or with the opposite sex, and can sometimes last a lifetime.

We all experience challenging situations in which we can behave like “winners” or “losers.” The aim should always be to be a winner as much as possible. Loser remarks and behaviour tend to lead to no reward and being bullied into situations we do not like. The more we talk and act like “winners” the more winner-oriented we become.



**ACTIVITY 7.4****HETEROSEXUAL RELATIONSHIPS****Purpose:**

To examine how male/female relationships come about and look at the dating process.

To discuss what “platonic” means and its role in relationships.

**Time:**

90 minutes

**Steps:**

1. Write the word **HETEROSEXUAL** on the chalkboard or flipchart and ask the group to describe what it means. List the responses.
2. Acknowledge participants’ responses and clarify the meaning by explaining that “heterosexual” means a person who is involved in an intimate or sexual relationship with a member of the opposite sex. That is, male and female.

**NTF:**

**If questions are raised about homosexuality, you can explain what this means—“A person who prefers an intimate or sexual relationship with a member of the same sex”—and say that this will be covered in another activity.**

3. Ask participants to get into small groups and discuss the following for a few minutes:
  - a. How does a young person know when s/he is attracted to another person?
  - b. What are the common feelings that young people feel when they are attracted to someone?
  - c. How do young people express these feelings?
4. Bring the groups back together and ask participants to share their responses. List the responses on the chalkboard or flipchart paper and facilitate group discussion around them.

**NTF:**

**The word “date” may be raised. If so, move to step 6. If not, continue with step 5.**

5. Write the word “DATE” on the chalkboard or flipchart paper and ask participants what it is or what it means. List the responses. Go to step 7.
6. Point out or circle the word “DATE” and ask participants what it is or what it means. List the responses.

7. Divide participants into same-sex pairs or small groups. You will need a total of eight pairs or small groups of the same sex.
8. Give each pair or group a sheet of paper to write on.
9. Assign each of these topics to one male and one female group each:
  - a. Why would you go on a date? What are the advantages of dating?
  - b. What are some of the negative feelings or behaviours you could experience on a date? What could go wrong?
  - c. What are some of the positive feelings or behaviours you could experience on a date? What could go right?
  - d. What would you expect from a person you go out on a date with? How would you want that person to behave?
10. Ask each pair or group to choose a person to give feedback at the end.
11. List the responses on the chalkboard or flipchart paper under the headings **MALE** and **FEMALE**.
12. Facilitate discussion on each point and allow participants to share their views.
13. Ask participants to turn to **page 56** in their workbooks.



### WORKBOOK ACTIVITY

#### ASKING FOR A DATE

Asking for a date is difficult, because most teenagers are scared of being rejected or laughed at. Remember that asking for a date is not asking someone to commit herself/himself to you in any way. Below is a set of questions about dating. Choose one answer for each question to show how you feel. Put a tick (✓) next to the answer you choose.

1. **What is the best way to ask a person for a date?**
  - a. By phone
  - b. Face to face
  - c. Via a friend
  - d. By letter
  - e. By sending them an invitation to a party or special occasion
  - f. Other: \_\_\_\_\_
2. **Who should ask for a date?**
  - a. Boy
  - b. Girl
  - c. Either
  - d. Friend on the person's behalf
  - e. Other: \_\_\_\_\_
3. **How soon or when should a person ask for a date?**

- a. When you have only just met
- b. When you have been friends for a while
- c. For a special occasion (e.g. party)
- d. Other: \_\_\_\_\_

**4. Where is the best place to go on your first date?**

- a. To the movies
- b. To a disco
- c. To a school function
- d. To play sport
- e. For a walk
- f. To a bar
- g. On a youth-group outing
- h. Other: \_\_\_\_\_

**5. What is the best way to get to and from the place you are going for your date?**

- a. A relative or friend can drop you and pick you up again
- b. Walk
- c. Use public transport
- d. Go together
- e. Meet at the place
- f. Other: \_\_\_\_\_

14. When participants are finished encourage them to share their answers and stimulate general discussion.

15. After a few minutes, present the following tips on dating.



**PRESENTATION NOTES**

**TIPS ON DATING**

- Be yourself.
- Use the time to talk about each other's likes and interests and get to know each other better.
- Try to be genuine, open, and honest.
- Remain true to yourself.
- Show respect for your partner's privacy—do not ask too many questions.
- Do not try to dress or act like someone else.
- Behave in a way that does not embarrass your partner or yourself.
- Discuss how you each feel or what you believe about certain behaviours before the date, e.g. using alcohol, sexual activity, etc. and make decisions for yourself.

16. Ask if there are any questions or comments and discuss these generally.  
Additional points for discussion can include:
- What does the word “platonic” mean? (Platonic refers to a spiritual, friendly, non-physical/sexual relationship. There is no romantic or intimate expression of feelings between the two people involved.)
  - Can young people have platonic relationships? Why or why not?
  - What are the advantages and disadvantages of platonic relationships?
17. Summarise and highlight the following points.

**Key points:**

- **Dating is a fun thing to do when you are comfortable with the person.**
- **Make sure that you know what you expect from a date and state this clearly to the person.**
- **It is best to go to public places on a date, such as the movies, so as to avoid any dangerous or unpleasant incidents such as being forced into any sexual activity.**
- **Anyone can have a platonic relationship if s/he wants to.**
- **Girls do not have to wait to be asked out; they can ask a boy out on a date.**

**LINKING SENTENCE**

It is not always easy to get to know what a person is really like. Sometimes we can know a person for a long time and still be surprised by something he or she does or says. What is important is to know ourselves and what we want in a relationship, and be able to decide if someone is good for us or not. This decision will help us determine which people we will have in our lives and what kind of relationship we will have with each one.

**ACTIVITY 7.5****THE IDEAL FRIEND OR PARTNER**

**Purpose:** To discuss the qualities that young people seek in friendships or intimate relationships and to rank these in terms of importance.

**Time:** 45 minutes

**Steps:**

1. Choose and brief actors from the group to do the following short scenes. Each person should get a chance to share. Each scene should last no more than five minutes.
2. Do all the scenes before any discussion.

**NTF:**

**Copy and cut out the scenes to give to the different groups.**

**Scene 1: Two female friends talking**

You are both hanging out on the school grounds during lunch and talking about what you want out of life. Tell each other what behaviour, qualities, etc. you expect or will look for in a boyfriend.

**Scene 2: Male and female on a date**

This is the second time you are on a date together and you are still getting to know each other. Tell each other what behaviour, qualities, etc. you expect or will look for in each other as a boyfriend and girlfriend.

**Scene 3: Two male friends talking**

You are at a party where there are lots of pretty girls. You are sitting together and watching the dancing. You start talking about what behaviour, qualities, etc. you expect or will look for in a girlfriend.

3. Ask the other participants to quietly observe the scenes and make a note of the different behaviours and qualities that are mentioned.
4. At the end of the three scenes ask participants to share what they observed and to say which different qualities were mentioned in the three scenes.
5. Write down a list of the behaviours, qualities, etc. that are mentioned and ask the group to share their views on these points.
6. Ask participants to get into same-sex groups of between five and six people. Each group should first list the behaviours, qualities, etc. that they expect or look for in a partner/lover, then rank them in order of importance, with number one being the most important.

7. When each group is finished ask them to display the responses on the wall.
8. Allow everyone to read them and invite comments on common qualities that people look for in others. You can use the following points to stimulate discussion:
  - a. How similar are the lists?
  - b. What are the main differences between the ideal man and the ideal woman? How does this play itself out in relationships?
  - c. What are the differences between the sexes in terms of how they ranked certain qualities? How do these affect relationships?
  - d. How does a person find the qualities that he or she is looking for in a partner?
9. Summarise and highlight the following points.

**Key points:**

- **We will not find all the behaviours or qualities that we expect or like in one person alone.**
- **We should get to know people well enough so that we know what qualities they bring to the relationship that are in line with our expectations. On the other hand, we also need to know what they lack.**
- **No one is perfect. Everyone has a weakness and makes mistakes at some time.**
- **We should not judge others but learn to accept people for who they are.**

**LINKING SENTENCE**

Dating and getting to know people are an exciting and interesting part of life. This is how we make friends and find intimate partners or lovers. But we still need to remember to follow the rules and take time to know people. This is the only way we can make the right decisions about our friends or lovers. And remember, we all have to live with the consequences of any decision we make, so it is important that we make the right decisions, especially those that may have a major impact on our lives.

**ACTIVITY 7.6****GOOD DECISION MAKING****Purpose:**

To understand the (unconscious) process we go through when we make decisions about our relationships.

To practise applying the good decision-making model to real life situations.

**Time:**

60 minutes

**NTF:**

If this activity was done in an earlier unit, skip steps 1 through 9 and do the following:

- Remind participants about the model, referring to the particular unit where it was done.
- Start with step 10.

**Steps:**

1. Ask the group the question, "Under what situations or conditions does a person make a decision?"
2. List the responses on the chalkboard or flipchart paper. These may include statements such as:
  - a. When faced with a difficult situation.
  - b. When faced with more than one choice.
  - c. When faced by a challenge or challenging situation.
  - d. When there is a problem.
3. Use the following "Presentation Notes" to introduce the decision-making model. Write out each letter step by step on the chalkboard or flipchart as you introduce and describe it. Copy each letter exactly as in the following notes, so that the word **DECIDE** is spelt vertically. Emphasise the 3Cs: Challenges, Choices, and Consequences.



## PRESENTATION NOTES

We make decisions every day of our lives without always being aware of how we come to those decisions. Whenever we face a problem that requires us to make choices, there is a certain thought process we go through. This is sometimes done so quickly that we are not aware of it. Every decision-making process is made up of the following steps.

**D**efine the problem or **challenge** you are facing.

**E**xplore the **choices** that you have.

**C**hoose one of the explored choices.

**I**dentify the **consequences** of this choice.

**D**o—Act out the choice you have made.

**E**valuate—Look back at your decision and see if it was a good

one. If not, choose another one and repeat the process.

4. Ask participants if they have any comments or questions and discuss these.
5. Tell participants that they will now practise using the model and ask them to turn to **page 58** in their workbooks.

**NTF:**

**For semi-literate youth, do the following:**

- Choose and brief youth to role-play the scenario.
- Ask participants to get into pairs or small groups of threes and do the activity.
- Each pair or small group should present its decision as a short skit.



**WORKBOOK ACTIVITY****GOOD DECISION MAKING**

Read through the scenario below and use the **3Cs model** (Challenges, Choices, and Consequences) previously discussed to come to a decision.

**Scenario**

You are in a new relationship with a girl/boy and all s/he wants is to spend time with you. S/he is really nice and you enjoy being with her/him, but you miss spending time with your other friends. When you tried telling her/him that the two of you need to spend time with other people, s/he accused you of wanting to sleep around. What should you do?

1. What is the **CHALLENGE** that you are faced with?

2. What are your **CHOICES**? Think about these and write three of them in the space below.

**Choice 1:** \_\_\_\_\_  
\_\_\_\_\_

**Choice 2:** \_\_\_\_\_  
\_\_\_\_\_

**Choice 3:** \_\_\_\_\_  
\_\_\_\_\_

3. What are the **CONSEQUENCES** of each choice you have written down? Write these in the spaces below.

Choice	Positive Consequences	Negative Consequences
1		
2		
3		

4. What is your decision?

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5. Why did you make this choice?

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6. How did your values help you make this choice?

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6. Take participants through the good decision-making model using the following instructions. Write the relevant part of the model as you discuss it.
  - a. First identify the problem or **challenge** that you are faced with.
  - b. Next, think of the **choices** that you have and write at least three of these down.
  - c. Next, identify both the possible negative and positive **consequences** of each choice.
  - d. Look at the choices and consequences that you have listed and make a decision.
  - e. Lastly, evaluate the decision you made. Ask yourself why you made this decision and if it is the best one to make. If you are not happy with the decision you have made, make another choice and go through the process again.
7. Clarify that decision making is usually done alone, but people may seek other people's opinions before making a decision.
8. Ask participants to share their responses to the questions in the workbook activity. Let one person share her or his responses to the questions before moving on to another participant.

9. At the end, ask participants to discuss briefly how easy or difficult they found the model to use. Allow general discussion about the model.

10. Summarise and highlight the following points.

**Key points:**

- **The best decisions are made when we have all the facts.**
- **We must think of all, or as many of the consequences of any choice, but especially any negative consequences there may be.**
- **People make wrong decisions sometimes. The important thing is to realise this and take steps to correct it.**
- **It is not always easy or possible to go through the 3Cs model when making a decision. Sometimes we do not have time to think of the consequences but have to make a quick decision to ensure our safety or survival. It is therefore up to us to weigh this and do what is appropriate for the time and situation.**
- **Good decisions are not easy to make. We can make extra efforts to succeed or achieve our goals.**

**LINKING SENTENCE**

Being able to make the right decision is especially important when we are faced with a tough challenge, or being pressured by a situation or someone else. We will now look at how to deal with such situations.

**ACTIVITY 7.7****UNDER PRESSURE****Purpose:**

To look at situations which call for quick or urgent decision making.

To discuss how to make the right decisions when one is in a difficult or pressured situation.

**Time:**

90 minutes

**Steps:**

1. Divide participants into four groups and give each group one of the following scenarios.

**NTF:**

**Copy and cut the scenarios to give to the groups.**

**SCENARIOS: TOUGH DECISIONS****Scenario 1**

You have recently succeeded in giving up smoking weed (marijuana). At a party one weekend your good friend offers you a joint/spliff (marijuana cigarette). S/he is very persistent and says, "Just this last time." You know very well the high feeling you get from weed, and you do not experience any bad effects. In fact, it makes you feel really cool and gives you confidence to talk to people. But you know that if you start again it may take a while before you can give it up. What would you do?

**Scenario 2**

You know about HIV and other STIs and have decided that you will not have unprotected sex with anyone. Your new boyfriend/girlfriend does not like condoms though, and says that you do not have to use one. S/he insists that using the herbs s/he got from her/his aunt/uncle will be more effective. S/he says that if you insist on condoms the two of you will have to end the relationship and s/he will find someone else who will not want to use a nasty condom. One afternoon at a friend's house you are drinking beers and watching TV. You and your girlfriend/boyfriend start to kiss and get really turned on so you move off to the bedroom for privacy. You really want to have sex with your girlfriend/boyfriend but s/he insists that you cannot use a condom. What would you do?

**Scenario 3**

You are one of the last to leave a party at your friend's house in town. It is late at night and to get home you have to walk through some empty, deserted areas. Tabu, your brother's friend, is supposed to walk with you but he has been drinking and smoking weed. He is not really drunk, but your mother told you never to be alone and far away from other people with anyone that you do not know well or who has been drinking. But walking home alone at night through those isolated areas is very dangerous. What should you do?

**Scenario 4**

You have a very short temper and you always get into fights, so your family has sent you to spend some time with your aunt in Jinja to keep you out of trouble. One weekend at a party this young woman/man accuses you of trying to steal her/his boyfriend/girlfriend. You say you do not know what s/he is talking about and turn your back, but s/he grabs you by the arm and says you are lying. You feel your temper heating up and try to walk away, but s/he holds onto your clothes and starts shouting at you, saying how s/he is going to beat you up for talking to her/his girlfriend/boyfriend. What should you do?

2. Give each group flipchart paper and the following instructions:
  - a. Using the good decision-making model identify the challenges, choices, and consequences presented in the scenarios. Write these on flipchart paper.
  - b. Spend ten minutes preparing a new scene based on the decision made.
3. Bring the groups back together and let each group present its scene.
4. Use the following points to stimulate discussion at the end of each presentation:
  - a. How real is it to make the kind of decision shown by the group?
  - b. What other decision could the group have made?
  - c. Do you think the group made the best decision? Why? Why not?
  - d. What makes it difficult or easy to make the right decision?
5. After all the scenes ask a few volunteers to share their experiences of having to make decisions in difficult situations before. These do not have to be sexual or related to the scenarios, just situations that they found themselves in where they found it difficult to make the best decision for themselves.
6. Encourage general discussion, allowing participants to share their views and opinions.
7. Summarise and highlight the following points.

**Key points:**

- **If in a difficult situation, decisions made should be determined by the measure of danger or difficulty we are in.**
- **We should try to remain true to our values.**
- **Remember that we are the ones who will suffer the consequences of any decision that we make.**
- **If there is no time to consider all the choices and consequences, we should at least think of the best and worst things that could possibly happen and make a decision based on this.**

**LINKING SENTENCE**

It will not always be possible to go through the step-by-step process of the 3C's model. Sometimes because of time and circumstances we may have to make a fast or immediate decision. It is therefore important that we communicate our needs and expectations clearly so that people understand what we want and what we are not prepared to do and avoid being in a "pressured" situation as much as possible.

This is important in all friendships including those where we might find ourselves attracted to a member of the same sex or notice that someone of the same sex is attracted to us. It is useful to know how to deal with this so let us now try to understand homosexual relationships and what the word "homosexuality" means.

**ACTIVITY 7.8****WHAT IS HOMOSEXUALITY?****Purpose:**

To understand what the word “homosexuality” means.

To explore how to deal with attraction to members of the same sex.

**Time:**

60 minutes

**NTF:**

This activity is not designed to explore the right or wrong of homosexuality. Its key objective is to acknowledge that there is homosexual behaviour in our communities and to help youth understand and know the facts regarding homosexuality.

The facilitator is not expected to show support or disapproval of homosexuality, but to facilitate the discussions in a way that allows participants to share their views and acquire the factual knowledge they need.

It is important that the facilitator’s personal feelings about homosexual behaviour do not affect or influence her/his facilitation of this activity. S/he must not come across as judgemental or disapproving as there may be youth in the group who are grappling with this issue. The need for sensitivity is therefore very high! A co-facilitator is recommended if the lead facilitator feels uncomfortable with facilitating this activity and discussion.

**Steps:**

1. Write the word **HOMOSEXUAL** in the middle of the chalkboard or flipchart paper. You may also use the words **GAY** or **LESBIAN**.
2. Ask participants to call out the first words that come to mind on hearing or seeing this word.
3. Ask participants as many of the following questions as possible:
  - a. What picture comes to mind when we think of a person who is homosexual, for example:
    - i. What would a homosexual person look like?
    - ii. How would s/he dress?
    - iii. How would s/he behave?
    - iv. What job would s/he have?
4. Encourage discussion around what the group thinks influences or makes a person choose to be in a homosexual relationship.
5. Ask participants to turn to **page 60** in their workbooks.



## WORKBOOK ACTIVITY

### UNDERSTANDING HOMOSEXUALITY

Read through and think about the following questions. You can make notes in the space below each one if you want to. You will be asked to share your feelings with the group.

#### HOW WOULD YOU FEEL IF...

1. Your closest friend told you she or he was homosexual?
2. You found out that your teacher was in a homosexual relationship?
3. Your favourite pop star announced that she or he was homosexual?
4. Your brother or sister told you she or he was homosexual?
5. A man dressed as a woman sat next to you on a bus?
6. Your church minister announced that she or he was homosexual?
7. Your boyfriend or girlfriend told you he or she suspect they might be homosexual?

6. At the end, ask for a few volunteers or call on a few participants to share their responses. Discuss why it is easier to accept homosexuality amongst strangers or in foreign communities than with people we know or in our own community.

#### NTF:

**If you are running out of time you can choose some of the scenarios to do, rather than doing all of them. Copy and cut scenarios to give to groups.**

7. Divide participants into four groups and give each group instructions and one of the following scenarios. Check that they understand what to do before they start.

#### Instructions

In your groups read through the scenario assigned to you and discuss whether or not the person highlighted in bold homosexual or not.

**Tabu** is a married man with children. He has only been sexually involved with his wife and his girlfriends before. Tabu watches a lot of pornographic (sex) videos and finds himself fantasising about having sex with men, including some of his male friends.

**Don** was sent to prison for a number of years. There he developed a close and loving relationship with his cellmate that involved sexual activity. When he was released he began dating women again. He has been out of prison for five years now and has not had a sexual relationship with any man.



**Toko** is a young man who has been unemployed for a long time. A friend of his introduced him to a “sugar daddy” who offered him money and clothes in exchange for sex. Toko lives with his girlfriend but has started having sex with the man for the money and gifts that he gets.

**Simon** says that from an early age he knew he was different from other boys. He has never fantasised about or had sex with a woman, although he has several female friends. Since adolescence he has always been involved in male sexual relationships.

8. At the end bring participants back together. Ask each group to read its scenario and say whether or not that person may be a homosexual. They should give reasons to support their answers.
9. Encourage general discussion at the end of each presentation. Here are some guiding questions:
  - a. How easy/difficult was it to decide the person’s orientation in some of the scenarios? Which ones? Why?
  - b. What do you think labels a person as a homosexual?
  - c. What good and or bad can come from labelling people?
  - d. What could be the advantages or disadvantages of homosexuality?
10. Summarise and highlight the following points.

**Key points:**

- **Homosexuality is not accepted in most societies, but it is practised in many.**
- **Like in any relationship, a person must weigh the pros and cons of being involved with an individual, regardless of the person’s sex.**
- **During adolescence, many young people may feel attracted to a member of the same sex. How these feelings are dealt with and how family and friends respond to the person sometimes helps that individual move away from or choose to be in a homosexual relationship.**
- **The dangers of being in a homosexual relationship are like in any other relationship. If a person practises unsafe sex, s/he may suffer the same consequences regardless of who s/he has sexual intercourse with.**
- **If a young person is concerned that s/he may have strong homosexual feelings, s/he should talk to someone that s/he trusts, or a community/social worker. It is important to get the facts in order to make the right choices.**

**LINKING SENTENCE**

During adolescence, many teenagers experience feelings of attraction to members of the same sex, and some may have intimate physical or sexual contact with friends of the same sex. This does not always mean that the person is a homosexual; it could mean that they are going through a stage of physical/sexual development and experimentation. This could be a confusing and difficult time and we must be careful not to judge or label others, but to be tolerant and supportive at all times.

**ACTIVITY 7.9****WEIGHING THE OPTIONS****Purpose:**

To examine reasons for and against having sexual intercourse as an adolescent.

To discuss what influences a young person to engage in or delay sexual intercourse.

**Time:**

30 minutes

**Materials Needed**

- Poster 7.2–Weighing the Options Scale
- Sticky tape or prestik

**Steps:**

1. Start the activity by explaining to the participants that they will focus on sexual decision making in this activity.
2. Display Poster 7.2–Weighing the Options Scale.
3. Explain that the scale represents two choices young people can make about having sexual intercourse—either to have sex now (as a teenager) or to wait.
4. Divide the participants into two or four groups (depending on the total number of participants) and give each group a sheet of flipchart paper.

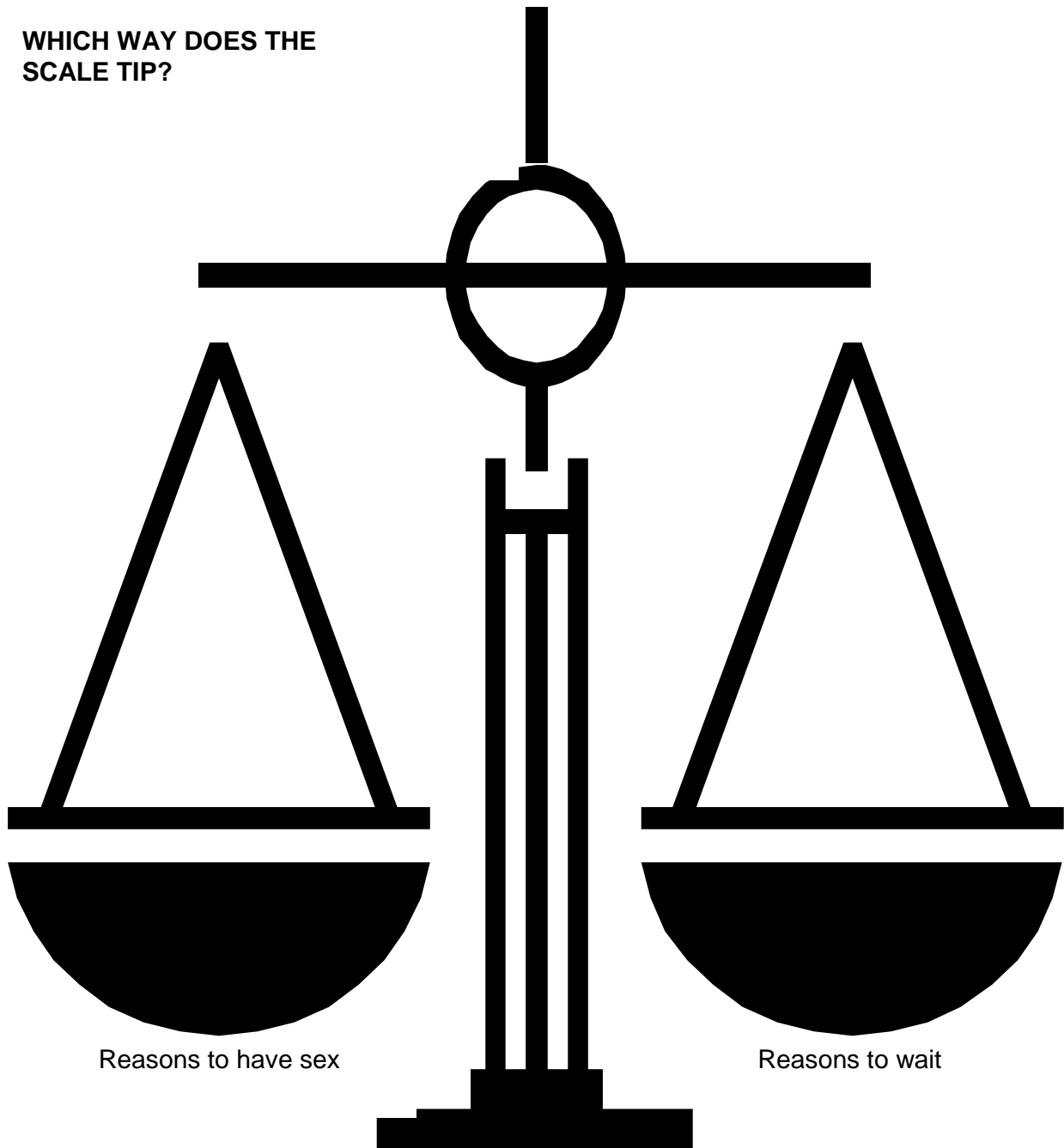
**NTF:**

**If working with four groups, two will answer the same question. You can then discuss their responses jointly.**

5. Ask the groups to do the following:
  - a. Brainstorm all the reasons and arguments why a young person would say “no” to sex now.
  - b. Brainstorm all the reasons and arguments why a young person would say “yes” to having sex now.
6. Each group should write its responses on flipchart paper.
7. After ten minutes bring the groups back together and ask them to present.
8. If working with four groups, let one group that is answering question “a” put up its flipchart paper, and then ask the second group that is also answering question “a” to add any additional points.

**POSTER 7.2: WEIGHING THE OPTIONS SCALE**

**WHICH WAY DOES THE  
SCALE TIP?**



9. Do the same for the groups answering question “b.”

**NTF:**

**Whether working with two or four groups, you should have only two sheets of flipchart paper on the wall.**

10. Add any of the following points that do not come from the group.

**Reasons for Saying “Yes”**

- To stop pressure from friends/partner.
- To communicate loving feelings in a relationship.
- To avoid loneliness.
- To get affection.
- To receive presents or gifts.
- To receive and give pleasure.
- To show independence from parents and other adults.
- To hold onto a partner.
- To prove one is an adult.
- To become a parent.
- To satisfy curiosity.

**Reasons for Saying “No”**

- To follow religious beliefs or personal or family values.
- To be ready for intercourse before engaging in it.
- To keep a romantic relationship from changing.
- To avoid pregnancy.
- To avoid STIs, including HIV and AIDS.
- To avoid hurting parents.
- To avoid hurting your reputation.
- To avoid feeling guilty.
- Early or previous sexual abuse.
- To reach future goals.
- To find the right partner.
- To wait for marriage.

11. Ask participants to discuss the two lists and rank the reasons using a scale of 1 to 3 (1 = not a very good reason, 2 = a fairly good reason, and 3 = an extremely good reason).
12. Stimulate general discussion using the following questions as a guide:
- a. What influences teenagers to say “yes” to sex?
  - b. What is the best and worst thing about saying “no” or “yes” to sex as a teen?
  - c. What does a teenager need to know, or be prepared to do, if s/he is going to say “yes” to sexual intercourse?

13. Summarise and highlight the following points.

**Key points:**

- It is an individual choice whether or not to have sexual intercourse as a teenager. We must make our own decisions based on the advantages and disadvantages to ourselves.
- Teenagers are very vulnerable to peer pressure and the influence of friends and media. This often causes us to make the wrong choices and decisions.
- Being cool and popular is fun, but it often challenges our values. It may be very unpopular to do the right thing, but more self-satisfying.
- Being sexually aroused is normal and natural. It does not mean that we have to engage in sexual activity.
- Choosing to have sex is a serious decision. It needs to be thought about carefully so that we take the necessary precautions.

**LINKING SENTENCE**

Failure to make good decisions about sexual intercourse is one reason many teenagers have unplanned pregnancies and/or contract STIs, including HIV. Young people need to be aware that if and when they do decide to act upon sexual feelings, and have sexual intercourse, this is no guarantee that their friendship or relationship is going to last.

**ACTIVITY 7.10****WHEN RELATIONSHIPS BREAK****Purpose:**

To examine what causes adolescent relationships to break.

To discuss how to break a relationship with dignity and respect.

**Time:**

45 minutes

**NTF:**

**It is useful to have a co-facilitator for this activity.**

**If working with a large group (more than 12) choose participants or ask for a few volunteers. Make sure that you have enough to pair them off with a member of the opposite sex.**

**Choose and brief the actors for the TV talk show and let them practise beforehand. Copy the instructions for the “actors.”**

**Steps:**

1. Ask the group to form pairs with members of the opposite sex. If there are uneven numbers make enough pairs and let those without partners act as observers.
2. Ask one partner from each pair to leave the room but make sure that it is not all the girls or all the boys that go out.
3. Give the following instruction to the partners that stay in the room. Make sure that the partners outside cannot hear what is being said.

You have been dating your partner for six months. You like her/him a lot and the relationship has been going OK. You both have the same friends and like the same things, but you have decided that you no longer want to be in a relationship with her/him. You know that it will be a shock to your girlfriend or boyfriend. You have asked her/him to come and visit you today but s/he has no idea that you intend to break off the relationship.

4. Ask the partners in the room to wait while you go and talk to the partners outside. Give them the following instruction and again, be careful not to let the partners in the room hear what you are saying.

You have been dating this person for six months. You really care for her/him and think that the two of you can be together for a long time. Everything is going just great and you are sure that your partner feels the same way. You do a lot of things together and all your friends think that you are a great couple. You're going to visit your girlfriend/boyfriend today and are really excited at the thought of seeing her/him.

5. Ask everyone to return to her or his partner and start talking. All the pairs should talk at the same time—not one after the other. Participants can stand if they want to or choose any position that is natural and comfortable.
6. Allow the conversations to go on for not more than four minutes, then stop the group.
7. Ask participants to return to their seats and discuss how they feel, either as the person breaking up or the person being “let go.”
8. Write two headings, **PERSON BREAKING OFF** and **PERSON BEING LET GO** on the chalkboard or flipchart and list the feelings mentioned under the appropriate heading.
9. Discuss:
  - a. What makes teenage relationships break?
  - b. Do most teenagers know when their relationship is not working and is likely to break?
10. Write down the responses and use the following “Presentation Notes” to contribute information and facilitate discussion.



## PRESENTATION NOTES

### REASONS FOR BREAKING UP

- One or both partners are no longer in love or no longer care enough to stay.
- One partner wants a different kind of relationship from the other, e.g. going steady versus friendship, sexual versus non-sexual, or spending time mainly together versus being in a group.
- One person changes too much because of being in a different group, experimenting more than the other, undergoing a personality change when drinking or using drugs, or normal adolescent changes due to personal, family, or school pressures.
- One starts taking an interest in or dating others.
- The partners have different sexual desires.
- The person is found to be different from what was expected.
- The person's qualities are found to be different from what is considered important.
- One places higher value on outside activities, such as sport, than being with friends or each other.
- One of the partners is moving to a different city or town.
- Parents do not consider the person or the relationship to be acceptable.
- There is conflict over roles within the relationship, e.g. equal status versus one partner dominating the other.
- There is emotional and/or physical abuse.

11. Ask participants if they have any comments or questions and discuss these. Encourage participants to talk about how teenagers can cope with a broken relationship. They can share their own experiences or that of friends.
12. Ask the participants that you have chosen for the TV talk show to put on the show at this point. All other participants should listen and observe.

### TV Talk Show

This is a weekly programme on youth issues on national television. Today's guests are two youth from a local secondary school, a parent from the community, a counsellor, and a youth on parole for beating up his girlfriend. The television interviewer manages the programme.

Choose five people to play the roles above and give each her or his part to read. The facilitator can act as the interviewer.

**Interviewer:** Welcome viewers, to "Youth Talk." Today we will be looking at breaking off relationships. We have with us Lucy and John from Kampala Secondary School, Mike from the rehab programme, Ms. Molinga from the Counselling Centre and Mr. White, a parent. Welcome, guests. If I can start with you Lucy, what message do you have for our young viewers?

**Lucy (youth):** Well, first thing is that they should be prepared for painful feelings. It is not easy breaking off a relationship, or being told that you're not wanted in the same way anymore. It hurts either way. If you're the one breaking the relationship, be careful not to let yourself be talked out of it. Always remember why you made the decision to break up.

**Interviewer:** Thanks, Lucy. How about you, Ms. Molinga? What do you have to say about this issue?

**Ms. Molinga (counsellor):** Well, it is really important that you are kind and honest—not cruel. Give reasons for the break up, but do it in the way you would like it to be done to you. And also you should think about the timing. If the other person is writing exams or experiencing family problems it may be best to wait until a better time, but not too long.

**Interviewer:** Some good points there from counsellor Molinga. Can we hear from Mr. White? As a father of four teenagers, you must have seen a fair number of broken hearts.

**Mr. White (father):** Oh yes, I certainly have. My advice to any young boy or girl out there who is about to break up with someone is, try not to blame yourself or your partner. People change, especially teenagers. But more importantly, try to stay friends. This isn't always easy to do, but at least try.

**John (youth):** It is all right to try to remain friends but people shouldn't make promises they can't keep. If you're breaking up you can try to be friends but don't promise to call each other and go out "once in a while" and stuff like that. That only makes it harder. The point I would like to make is that the person should break up



face-to-face. It is not nice to write a letter or call the person on the phone. You should be brave enough to talk to that person so that they can see that you mean what you are saying.

**Interviewer:** Unless of course if the person lives really far away or if you're afraid of some physical harm. Which brings us to you, Mike. What would you say?

**Mike (youth on parole):** Yeah, well, I've learnt my lesson. My girlfriend wanted to end the relationship and I was so hurt and angry that I hit her. I was really sorry afterwards but it was too late. Anyway, I would say to girls especially, make sure that you're in a place that is safe and open. You never know how people will react so don't take a chance and be alone. It could turn out quite nasty if the other person doesn't take it too well.

**Interviewer:** Well, there you have it viewers, tips on how to break off a relationship. That's all for today. Do join us again tomorrow as we discuss "How to mend a broken heart." Thank you and goodbye.

13. At the end ask if there are any comments or questions on the issues raised in the talk show and discuss these. Encourage participants to speak openly and freely and share their experiences.

14. Ask participants to turn to **page 61** in their workbooks and ask volunteers to read a point each.



## WORKBOOK ACTIVITY

### GUIDELINES FOR ENDING A RELATIONSHIP

Read through the following guidelines then share how you feel about them:

- Be prepared for hurt feelings. Sometimes people re-establish relationships so that they do not feel uncomfortable. This does not help but only delays the person getting in touch with how they really feel.
- Be kind and honest but not cruel. Give reasons for the break up, but do it in the way you would like it to be done to you.
- Do not let yourself be talked out of it. Always remember why you made the decision to break up.
- Do not blame yourself or your partner. People change, especially as teenagers.
- Consider your timing. If writing exams or experiencing family problems it may be best to wait until a better time, but not too long.
- Break up in a place where you can safely leave. Being stranded is not pleasant.
- Try to stay friends. This is not always possible but it is important to try to achieve.
- Do not make promises you cannot keep. This will only prolong the agony.
- Try to do it face-to-face. Fearing the other person's reaction causes some people to write a letter, phone, or get others to break up the relationship for them. This should only be done if physical abuse is feared or if living far away from each other.

15. Allow a few minutes to discuss the given points. Remind participants of the ground rules they established at the beginning of the workshop, such as using “I” statements and a non-judgemental approach. Ask how these “rules” apply to ending a relationship.
16. Summarise and highlight the following points.

**Key points:**

- **No one has the right to force you to stay in a relationship or to physically or verbally abuse you if you choose to leave.**
- **If in a bad relationship you should talk to a relative or local counsellor or social worker. It is your right to leave that relationship so get the help you need.**

## CONCLUDING NOTES, UNIT 7: RELATIONSHIPS

Building and maintaining healthy relationships of all kinds requires respect, communication, and honesty. Friendships established during adolescence are vital, but not all relationships are healthy or good for us. We must be true to our values and ourselves and make decisions about relationships that are good for us. We should resist pressure from our peers to do things we do not want to do. Dating can be lots of fun, but we should know what we expect from it. Choosing to have sexual intercourse is a serious decision, and it needs much careful thought. Being sexually aroused is normal and natural, but it does not mean you have to have sex.

In adolescence, many relationships will end. Breaking up is never easy—not for the one ending the relationship or the one being let go. But it is bound to happen at some time, especially during adolescence as teens discover personal likes and dislikes about themselves and their friends. Except in relationships where there was some kind of abuse, it is a good thing to try and break up in a way that lets both partners keep their dignity and self-respect.

**ACTIVITY 7.11****CONVERSATION CIRCLE & COMMITMENT****Purpose:**

To reflect on the unit and note the key facts and skills learnt.

To show how the new knowledge and skills gained will be used by making a commitment to change one thing about ourselves in terms of our relationships.

**Time:**

20 minutes

**NTF:**

**This activity works best with groups of 12 or less. If working with larger groups, first divide them into smaller groups, then get a report back from each group.**

**Make sure to give each group the questions they should answer or write them where the entire group can see them.**

**This activity can be done in a number of ways. For literate groups, do the following.**

**Steps:**

1. Ask participants to sit in a circle and discuss the following:
  - a. What is one very important piece of information that you learnt from this unit?
  - b. How or why is this important to you?
  - c. How does this information influence you to change your behaviour?
2. Ask participants to think about one commitment they are going to make in terms of relationships.
3. Ask participants to turn to **page 62** in their workbooks.

**WORKBOOK ACTIVITY****KEY LESSONS LEARNT**

Based on the information discussed and the learning that has taken place, give answers to the following:

1. What is the most important piece of information that you have learnt from this unit?
2. Why or how is this information important to you?
3. How does this information influence you to change your behaviour?

**MY COMMITMENT**

4. Write the commitment that you are going to make to yourself in terms of what you have learnt about relationships. You will not be asked to share this with the group.

**NTF:**

**For semi or low-literate groups do steps 1 through 3 above, then continue as follows.**

4. Close your eyes and make a promise to yourself—something that you will do to change your behaviour to be more in line with what you learnt about relationships.

