
Comprehensive **Sexuality** Education **Booklet**

Grade 1-3



RIGHT HERE
RIGHT NOW

Comprehensive Sexuality Education (CSE) is a curriculum based, age appropriate teaching and learning process to give young people knowledge, attitudes, skills and values to make appropriate and healthy choices in their life regarding their health, sexuality, relationship and also understand and ensure the protection of their rights.

Comprehensive Sexuality Education (CSE) Booklet

Edition: Second, December 2023
Author: Dr. Bhagwan Aryal
Dr. Ram Krishna Maharjan
Reviewed by: Shreya Shrestha, YUWA
Aney Rijal, YUWA
Lirisha Tuladhar, YUWA
Sijan Gelal, YUWA
Bipana Shrestha, YUWA
Layout Designer: Saurav Thapa Shrestha
Sanskriti Pandey
Publisher: YUWA Nepal

© Copyrights Reserved, YUWA, 2023

Support for this project was provided on behalf of the Right Here Right Now Partnership. The partnership is funded by the Ministry of Foreign Affairs of the Netherlands.

For further information please contact:



YUWA | Right Here Right Now Nepal Secretariat

88, Khursanitar Marga, Lazimpat-2, Kathmandu, Nepal
Tel: 01-4519489 || info@yuwa.org.np || www.yuwa.org.np

¹Association of Youth Organization Nepal (AYON), Beyond Beijing Committee (BBC), Blue Diamond Society (BDS), CDS-Park Mugu, Family Planning Association of Nepal (FPAN), Federation of Sexual and Gender Minorities Nepal (FSGMN), Human Development and Environment Protection Forum (HUDEP), LOOM Nepal, Restless Development, Rural Women's Network Nepal (RUWON), Visible Impact, Youth Action Nepal (YAN), Youth Development Centre (YDC), YUWA, Yuwalaya.



Grade

1

Introduction

Human body is made up of various body organs. Each organ has a specific role. For these organs to function properly, we need to keep them clean. We should take proper care of these organs to remain fit and healthy.

We spend most of our time with our family and friends. We stay, eat, play and enjoy time with them. So, to remain happy, we need to love our family and friends. Family and friends love and care for us and we need to do the same. Our relationships with family and friends also affect our physical health.

After completion of the course, the students of grade one are expected to identify one's own body organs, ascertain the functions of various body organs, determine the need of physical activities for healthy body and discuss the importance of family.

The students will be introduced with the one's body, including the functions of various human body organs, need for physical activities to remain healthy and understand the relationship with family and friends.

Our Body

Body structure

We all have a body. It has many parts. Eyes, nose, legs, head, fingers, hand, hip, are some examples. It has internal parts too. Heart, lungs, stomach, intestine, kidneys are some examples. It has many organs. Each organ is made up of cells. Cell is a basic unit of life. Billions of cells are there in our body. Cells combine together and make smaller parts. These smaller parts combine together and make our whole body.

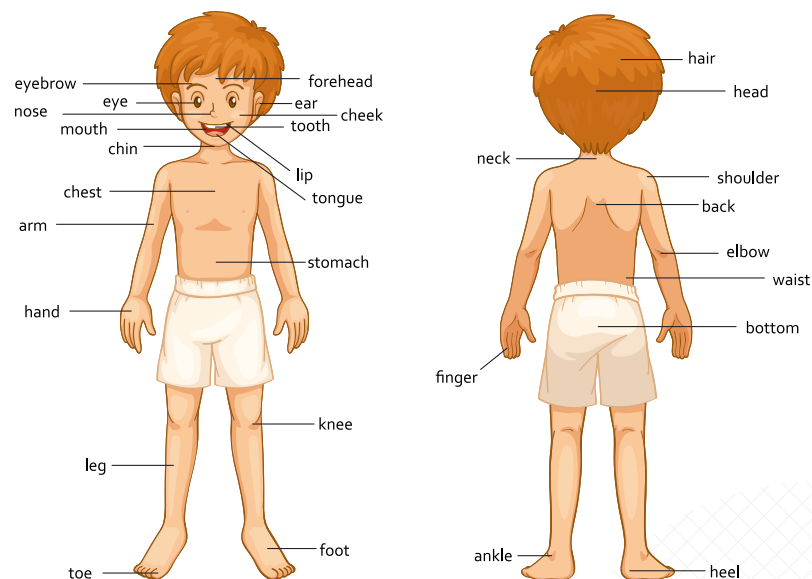
Different organs of our body

Our body is made up of various organs. The main organs of our body are as follows:

- **Eyes:** These are sense organs. There are two eyes in our face. They look round in shape.
- **Ears:** These are also sense organs. There are two ears in both sides of our head.
- **Nose:** There is a nose in our face. It is also called sense organ. It has two nostrils.
- **Mouth:** There is a mouth in our face. It has teeth, a tongue and other parts.
- **Hands:** There are two hands. Each hand has five fingers.
- **Legs:** There are two legs. Each leg has a foot, five toes and a heel.
- **Penis:** Penis is a body organ found in boys. It is an elongated muscular organ. It is a private body part.
- **Vagina:** Vagina is a body organ found in girls. It is a hollow tube. It is a private body part.



Parts of the Body



Activities

Please stand in front of a mirror. Look at yourself. What do you see? Do you see your body? How is your body? Do you know how your body is made? What are the major parts of your body?

Things to Remember

- Our body is made of a smallest unit called cell.
- Cells join together to form different parts of body. Body is made from these parts.
- There are eyes, ears, nose, mouth, hands, legs, penis, vagina and other organs in our body.

Functions of Body Organs

Our body organs have special work to do. They work in harmony with each other.

- » **Eyes:** These help to see different things.
- » **Ears:** These help to hear sound.
- » **Nose:** It helps in smelling. It also helps in breathing.
- » **Mouth:** It helps to eat food and drink water. It also helps in speaking.
- » **Hands:** These help to carry things, write and eat. These also do many other things.
- » **Legs:** These help to walk and run. These also make body stand.
- » **Penis:** Penis helps in peeing or urination.
- » **Vagina:** It is a reproductive organ that helps women to give birth.

Activities

Make a list of human organs with their one function each.

Things to Remember

Different organs of body have different roles.

Understanding Family and Friends

Role of family members

Who are there in your family? Are father and mother present in your family? Are grandparents living with you? Do you have brother or sister?

We have a family. We live with family members. Each family member has their own roles in family.

Role of Parents

- » Take care of children and senior citizen in family.
- » Arrange education for children.
- » Fulfill basic needs of family members.
- » Create comfortable environment at home.
- » Give time to family members.
- » Help each other in need.

Role of Children

- » Understand parent's expectations.
- » Respect seniors.
- » Love juniors.
- » Keep their things in proper place.
- » Keep cleanliness of surrounding.
- » Be in discipline.

Maintaining good relationships with family and friends

It is important to maintain good relationship with others. We must be good to family and friends. Good behavior towards everyone is needed for good relationship. We can maintain good relationship by the following ways:

- » Always listen to others.
- » Don't ever argue unnecessarily.
- » Respect while talking with others.
- » Always talk politely.
- » Help others when in need.
- » Obey instructions of seniors.
- » Love and take care of juniors.

Good and bad influence of friends

◇ Read the following story:

There was a boy in a village. His name was Ramu. He was living with his father and mother. He was very obedient. He used to keep his surroundings clean. He never hurt others.

One day, in his neighborhood, another family moved in. There was also a boy named Parshu. Ramu was pleased to see him. Ramu and Parshu became friends. Every day, they played together.

Parshu had a bad behavior of hurting others. He used to play with Ramu but also used to say bad words. He also spoke rough words. Ramu also learnt the rough words from him.

One day, while at home, Ramu spoke rough words to his father. His parents felt very sad. They tried to find the reason of it. They politely asked him why he spoke that word. They didn't shout at him. They reminded him how polite he used to be in the past. Later, Ramu also realized that he had done wrong thing. He said sorry to his father. He also told that he learnt the rough words from Parshu. So, he decided to keep a distance from him until he improved his behavior.

What do you learn from the story?

We have to be careful in selecting friends. Some friends are good and some are bad. Good friends help us in need. But bad friends give us problems. Good friends influence us positively. Bad friends influence us negatively. Good friends are careful about our health. Bad friends can make us involve in unhealthy habits. We have to stay in company of good friends only. They help us and make us learn good things. They never keep us in trouble.

Activities

Write short paragraph about your friend who is good to you.

Things to Remember

Each family member has their own role in family.
Good relationship can be maintained by good behavior.
Bad friends can affect us badly and good friends can affect us well.

Physical Activities

Feeling of one's own body

How is your health? How often you become ill in a month? Are you lean and thin or obese? Why is it so?

Feeling positive towards one's own body is necessary. We must feel healthy. We should try to be fit. Feeling fit makes us happy. Being active for whole day keeps us fit.

Need of physical activities

Physical activity means movement of body. It is necessary for staying fit. It helps to us in many ways.

- » Helps us to be healthy.
- » Helps in digestion of food.
- » Helps in growth of body.
- » Makes us sleep well.
- » Gives us entertainment.
- » Keeps us fresh.
- » Makes us happy.
- » Makes us wise.

Kinds of physical activities for healthy body

We should remain active to have a healthy body. There are different kinds of physical activities.

- » Walking
- » Jogging
- » Bicycling
- » Playing games like football, volleyball, basketball, table tennis, gymnastics, badminton or kabaddi
- » Yoga
- » Household works like washing, gardening, cleaning, swiping or cooking.

Activities

Make a list of activities you did in the last week.

Things to Remember

- Feeling positive towards one's own body is necessary.
- Physical activities make us fit.
- Playing games, yoga and doing household works can be useful for healthy body.

◇ Exercises

1. Fill in the blanks

- Cell is a basic _____ of life.
- Nose is a _____ organ.
- There are _____ eyes in our body.
- Penis and vagina are _____ parts.
- We should remain _____ to have a healthy body.

2. Match the following

A	B
Penis	Walking
Eyes	Peeing
Vagina	Hearing
Ears	Way of birth of a baby
Legs	Seeing

3. Tick (✓) the correct answer and cross (X) the incorrect one

- Nose is a private part of body. []
- Vagina is a female organ. []
- Playing games is good for health. []
- Bad friends can make us involve in unhealthy habits. []
- We should make only good friends. []

4. What are your private parts? Write their name.

5. What are your sense organs? Write their name.





Grade
2

Introduction

Our body has different parts. We should keep these parts clean. We need different things to clean our body. We should take a bath regularly. We should wipe off our body with a dry towel. We should comb our hair with clean comb. We should cut nails with a nail cutter. We should never bite nails. We should brush our teeth after meal. While brushing, we should move the brush up and down and inside the mouth. We should wash our face, eyes and nose with clean water. While taking bath or washing hands and mouth we should rinse these parts with clean water to remove the soap completely.

Likewise, we need to love our family and friends. Family and friends love and care for us and we need to do the same. Our relationships with family and friends also affect our physical health. It also affects our feelings and emotions and mood. So, it is very important to have good relationship with family and friends.

After completion of the course, the students of grade two are expected to identify and list body organs, clarify how physical growth in bodies takes place, describe the importance of maintaining hygiene and cleaning body organs, especially genital organs and discuss the importance of relationships with family and friends

The students will be introduced with the one's body including the growth processes in human body, maintaining hygiene by remaining clean and understanding relationships with family and friends.

Our Body

Body structure

Our body is made up of cells. Cell is a basic unit of life. Billions of cells are there in our body. Cells combine together and make smaller parts called organs. These smaller parts combine together and make our whole body. Body has soft parts like muscles and skin. It has liquid part like blood. It has hard parts like bones. All these parts are made from cells. Different internal and external parts make human body. Ears, mouth, hands are external parts. Heart, lungs, stomach, intestine, kidneys are internal parts.

Different organs of our body

Our body is made up of various organs. Each of our body organs have special work to do. They work in harmony with each other. The main organs of our body are as follows:

- **Bones:** There are strong solid parts inside our body called bones. There are more than 300 bones in small children. Adults have 206 bones in total. Bones give shape and size to our body.
- **Muscles:** Muscles are soft elastic tissues. All movement in the body is controlled by muscles. Some muscles work without us thinking, like our heart beating, while other muscles are controlled by our thoughts and allow us to do stuff and move around. All of our muscles together make up the body's muscular system.
- **Skin:** It is the largest organ of our body and a sensory organ

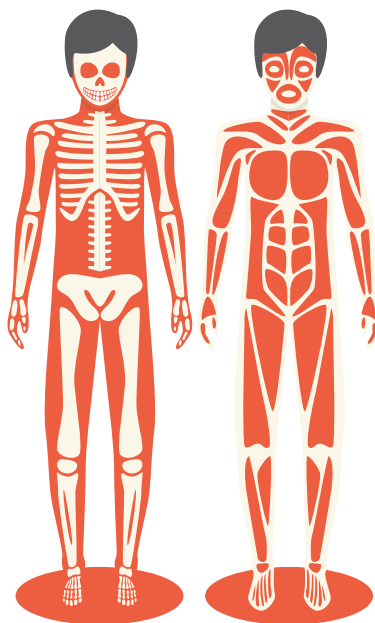


fig: bone system

fig: muscular system

too. It is outer layer of our body. It protects our muscles and internal parts. It also helps in feeling.

- **Blood:** It is a red fluid that transports oxygen and nutrients to the cells and carries away carbon dioxide and other waste products. It is pumped by the heart. It travels in our body through different vessels.
- **Penis:** There is a penis in boys. It is an elongated muscular organ. It is called the private part of boys. Penis helps in removing urine.
- **Testis:** In boys, there is a pouch hanging of the body below penis. This carries two testes. This is also called the private part of boys. It prepares male hormones.
- **Vagina:** There is a vagina in girls. It is a hollow tube. It is called the private part of girls. It helps to remove menstrual blood. Mothers give birth to a child through this way.
- **Anus:** This part is there in our buttock area. It is also called a private part. It removes human excreta (feces).

Good touch and bad touch

Does your mother touch your body?
Does your teacher touch your body?
Does your friend touch your body?
Where do they touch? Do you feel difficulty while they touch you?

A **good touch** is that touch which makes a child feel secure, cared for and happy. Some examples of good touch are:

- » Hugging
- » Holding hands
- » Changing a baby's diaper
- » Washing a child's body
- » A caring touch
- » A grandparent kissing their child
- » A doctor examining a child

There are some private parts in our body. Penis, vagina, anus, buttocks, chest and breasts are called private parts. These parts are not allowed to touch by anybody. Parents can touch these parts of smaller children when needed. Doctors also can touch these parts for treatment. Other people can't touch these parts. Even our relatives cannot touch these parts. If they touch here, it is a bad touch. If anybody touches us unnecessary in other parts for a long time, this is also bad touch. Hitting, slapping or kicking are also **bad touch**. Bad touch makes us feel bad. It is the touch we don't like. We want it to stop right away.

Activities

Inform your friends in neighborhood about good touch and bad touch.

Things to Remember

- Our body is made of a smallest unit called cell.
- Cells join together to form different parts of body. Body is made from these parts. There are bones, muscles, blood, skin, penis, vagina etc. in our body.
- Good touch makes us feel happy. Bad touch makes us feel bad.

Growth Process of Human Body

How old are you? Five, six, seven or eight? Do you remember how small you were at an age of 2 or 3 years? Now see how big you are. You know how we grow?

This happens due to increase in number of cells in our body. We grow due to increase in number of cells in our body. Our body will have more growth when we become youth. We are growing every day.



After birth, every human being start to grow. As we take proper food and drink, we grow. We start to be taller and larger. Our organs also start to mature. We change in shape and size. We also gain weight. We slowly become matured.

In order to have a good growth process, we have to consider the followings:

- » Eat balanced diet
- » Avoid junk foods
- » Eat fresh fruits, vegetables, lentils and milk
- » Drink sufficient water
- » Exercise or play regularly
- » Prevent diseases
- » Have regular health check-up

Activities

Ask your grandfather or grandmother about the stages of life they spent. Ask them what changes were seen in their body from childhood to ageing.

Things to Remember

- Growing is a natural process.
- Growing happens due to increase in cells.
- We must eat balanced diet and take care of our health for proper growth.

Cleanliness and Hygiene

Regular cleaning of human body

 Look at these questions and answer:

- » What you do in the morning first after waking up?
- » What you do before eating anything?
- » What you do after using toilet?
- » What you do after gardening?
- » Why do you take bath?
- » Why you brush your teeth?
- » How you clean your eyes, ears and nose?

We start to clean our body after waking up. We drink lukewarm water and go to toilet. Then we wash our face, hands and legs. We also take a whole bath. We wipe our body and change clothes. We do gargle and brush our teeth twice a day. Brushing teeth helps to remove germs in our mouth. It prevents from decaying of teeth.

We comb our hair. We also trim nails. We wash our eyes with fresh water. We wipe our nose with clean cloth. We do not blow our nose. We clean our ears gently with cotton buds. We do not clean it with anything sharp.

We wash our hands with soap water before eating anything. We also wash our hands with soap water after using toilet. We wash hands with soap water after gardening or touching anything.

We take bath regularly to keep it clean and healthy. We feel fresh after bathing. Washing removes dirt, oils, sweat and germs from the body's surface.



Keeping our body clean is an important part of keeping us healthy. Our body performs better when it is clean. We must pay regular attention to the basic cleanliness and hygiene. Basic cleanliness and hygiene includes:

- » Washing hands
- » Bathing
- » Cleaning eyes, ears, nose and face
- » Brushing teeth and cleaning mouth
- » Combing hair
- » Trimming nails
- » Covering mouth while sneezing and coughing
- » Cleaning foot
- » Putting on clean clothes



Importance of cleaning genital organs

Do you clean your private parts? If yes, how do you clean it?

Our private parts are also called genitals. Genital hygiene is very important. We daily clean our other body parts. We also need to clean our genitals. Keeping genital organs clean keeps infections away. Following methods are necessary for genital hygiene:

- » Clean genital area with soap and water once every day
- » Dry genital area by wiping with clean towel
- » Do not exchange underwear
- » Regularly change underwear
- » Wear only loose fitting cotton underwear

Activities

Check your personal hygiene behavior over a last week.

Personal Hygiene

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Brush teeth in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash face	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get dressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Change clothes when dirty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash hands after going potty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use tissue to sneeze/blow nose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean ears	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush teeth before bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Things to Remember

- Washing removes dirt, oils, sweat and germs from the body's surface.
- Our body performs better when it is clean.
- Keeping genital organs clean keeps infections away.

Family and Relationships

Maintaining good relationships with family and friends

We all have a family. We live with our family. It is important for us. There are many members in family. Parents and children are found in family. We should love each other. We should support each other. We should never hurt each other. Everyone need to maintain good relationship with each other. Having good relationship makes life happier.

Similarly, we should maintain good relationship with friends. Friends are needed in difficulties. They remain helpful to us if we behave well. We should also help them in need.

We can maintain good relationship with family and friends as following:

- » Always listen to others.
- » Don't ever argue unnecessarily.
- » Respect while talking with others.
- » Always talk politely.
- » Help others when in need.
- » Obey instructions of seniors.
- » Love and take care of juniors.

Activities

Make a list of activities you do at home to maintain good relationship with parents.

Things to Remember

- Everyone need to maintain good relationship with family and friends.
- Making good relationship makes life happier.
- There are several ways of making relationship good.

Exercises

1. Fill in the blanks

- A. Cells combine together and make smaller parts called _____.
- B. There are _____ bones in adults.
- C. Anus removes human _____.
- D. Keeping genital organs clean keeps _____ away.
- E. Everyone needs to maintain good _____ with each other.

2. Match the following:

A	B
Penis	Carrying oxygen
Blood	Giving way to birth of baby
Skin	Movement
Muscle	Feeling
Vagina	Urination

3. Tick (✓) the correct answer and cross (X) the incorrect one

- A. Penis is a private part of body. ()
- B. Growing happens due to increase in cells. ()
- C. We have to wash our hands with soap water before eating. ()
- D. We have to respect while talking with others. ()
- E. We can exchange our underwear with friends. ()





Grade
3

Introduction

Healthy life leads to a longer life. We become healthy if our body is clean. Our body gets unclean while playing, working and walking to school. We will be sweating and dust particles stick to sweat and body becomes dirty giving bad smell. If we do not clean our body, we become sick.

We have to bathe to keep our body clean. We must brush our teeth daily. We must cut nails from time to time. If we do not cut nails, dust may be trapped on nails and that goes to our stomach while taking food. If dirt goes to stomach, it may cause various diseases. So, it is very important to maintain cleanliness of our body.

To maintain healthy food, we should also follow healthy habits. We need to be active and engage in physical activities such as sports and music. As human beings, we are also differentiated by sex and feelings. There are differences in human bodies of boys and girls. Boys and girls may be experiencing different feelings and emotions as well. So we need to respect both bodies and feelings of other human beings. Parents and children in family need to communicate to get help and support.

After completion of the course, the students of grade two are expected to identify the importance of cleaning different body organs, demonstrate cleaning of different body organs, discuss the role of families to maintain good health and healthy life, and ascertain the need to communicate better to get help and support. The students will be introduced with the one's body including the physical changes taking place and as a result, physical and emotional differences between boys and girls. The students will also be informed about the need of communication to get help and support in family.

Our Body

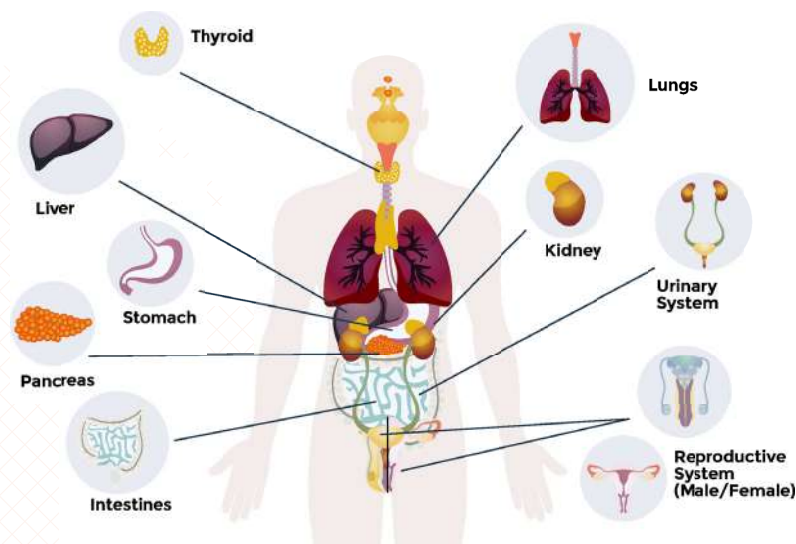
Body structure

Human body is made up of different organs. Organs are made up of different cells. Cell is a basic unit of life. Billions of cells are there in our body. There are different types of cells. Specific cells make specific organs.

Our body has different external and internal organs. Clearly visible organs are external organs. E.g. ears, nose, mouth, hands, legs, head, etc. Some organs are inside our body. They are not visible normally. E.g. heart, lungs, liver, stomach, intestine, bones, etc.

Some organs are sense organs. Eyes, ears, nose, tongue and skin are sense organs. Some organs are involved in digestion. Mouth, throat, stomach, intestines are digestive organs.

Similarly, some organs help in respiration. Nose, wind pipe, lungs play role as respiratory organs. Bones make skeletal system. It helps in formation of body structure. Muscles also make structure of the body. Each and every organ help in formation of body structure.



Different organs of our body

Our body is made up of various organs. The main organs of our body are as follows:

- **Brain:** It is inside our head. It is soft. It is covered by skull bones. It helps us in thinking, understanding and remembering. It stores information. Brain gives order to other parts for work.
- **Heart:** It lies inside chest. It is covered by lungs. It is about the size of our closed fist. It pumps blood. Blood travels through artery, veins and capillaries in our body.
- **Lungs:** There are two lungs inside our chest. It is spongy in shape. It helps in respiration.
- **Stomach:** Food that we eat goes to stomach. It is a bag like structure inside our abdomen. It helps to break the food particles into fine pieces.
- **Liver:** There is a liver inside our abdomen. It is the largest internal organ. It helps to clean toxic things from our body.
- **Intestine:** There are intestines inside our abdomen. These are long pipes. Useful things of food are absorbed here.
- **Kidneys:** There are two kidneys in our body inside abdomen. It cleans the blood and produces urine.
- **Urinary Bladder:** It is a hollow muscular organ that stores urine from the kidneys before removal by urination.
- **Penis:** There is a penis in boys. It is an elongated muscular organ. It is called the private part of boys. Penis helps in removing urine.
- **Testis:** In boys, there is a pouch hanging of the body below penis. This carries two testes. This is also called the private part of boys. It prepares male hormones.
- **Vagina:** There is a vagina in girls. It is a hollow tube. It is called the private part of girls. It helps to remove menstrual blood. Mothers give birth to a child through this way.
- **Anus:** This part is there in our buttock area. It is also called a private part. It removes human excreta (feces).

Activities

Prepare a list of major internal and external body organs.

Things to Remember

- Our body is made of different organs. It has different external and internal organs.
- Cells join together to form different parts of body. Body is made from these parts.
- There are brain, heart, lungs, stomach, kidneys, penis, vagina and other organs in our body.

Physical Changes

Growth process of human body

Growth is the process of physical maturation resulting an increase in size and shape of the human body and its organs. Changing from one shape and size to other is a normal process. This happens due to increase in number of cells in our body. We grow due to increase in number of cells in our body. Our body will have more growth when we become youth. We are growing every day.



After birth, every human being start to grow. It happens inside mother's womb even before we are born. If we take proper food and drink, we grow well. We start to be taller and larger. Our organs also start to mature. We also gain weight. We slowly become matured.

In order to have a good growth process, we have to consider good food, exercise and prevention of diseases.

Growth of sensitive organs and physical changes between boys and girls

Are you a boy or a girl? Boys and girls differ in some aspects naturally. Boys and girls have different types of private parts. They are also called sensitive organs. Boys have penis and testes. Girls have vagina. There are some bodily changes seen in boys and girls in the process of maturation.

As the boys reach to age 10 or above, following changes are seen:

- » Height increases
- » Weight increases
- » Voice starts to change to more heavy
- » Marks of moustache start to be seen
- » Penis develops.

Similarly, when the girls reach to age 10 or above, following changes are seen:

- » Height increases
- » Weight increases
- » Voice changes to more sweet
- » Hip bone grows bigger
- » Vagina develops
- » Menstruation may start.

Activities

Identify what changes are seen in your body at present than two years earlier.

Things to Remember

- Human beings have a process of development which is the process of growth to maturity.
- Different types of physical changes are seen in boys and girls on the process of growth.

Role of Family

Role of family to help children understand about differences between emotions of boys and girls

Family is a group of people related to each other by the relationship of blood, marriage or law. They mostly live together, share a common life and home. A family may have parents, children, grandparents and other kin. Some families are small. Some families are large.

Every family plays a big role in helping their children in different situations. Family understands the emotions of children. Sometimes children face failures in exams. Sometimes they lose things. Sometimes they are scolded by somebody else. They may feel sorrow. They may have emotional problems. This is the time when they need the help of family.

Role of family to help children in emotional need

- » Talk with children
- » Ask about their problems gently
- » Create comfortable environment at home to share things
- » Understand that a boy and girl may have different feelings
- » Understand their problems
- » Don't scold if they have done something mistakenly
- » Give them time to change
- » Love them unconditionally

Need of communication to get help and support

It is important to communicate properly with family to get help and support. Everyone must behave well to family. Good behavior towards everyone is needed for good relationship. If good relationship is kept, it will be easier to get help and support.

Parents are always more experienced than their children. Therefore, if any problem arises, children should tell about the problem to their parents. Parents can support by listening to the children. They can advise what to do next. They can protect the children from any threat. They mostly help in illness. So, it is always necessary for children to communicate and share their feelings to their parents.

If parents are absent while any problem, then help from a trusted adult must be taken. Trusted adult is a person who knows us and can help us. Teachers, senior brother or sister, grandparents, neighbor etc. may be a trusted adult.

We should not hesitate to get help and support in need. Important thing is to talk and ask for help. For this we must properly explain the problem.

Activities

Explain a situation when you needed help from a senior and how you asked help for.

Things to Remember

- Every family plays role in helping their children in different situations including emotional need.
- Parents should talk to their children when they are in need. Similarly, children should also seek help from their parents or a trusted adult when any problem arises.

Physical Activities

Need of physical activities

Every day we do various activities. We must be active throughout the day. We should take rest too but we should never be lazy. Physical activity includes those activities which need movement of body. It is necessary for staying fit. We should remain active to have a healthy body. It helps us in many ways.

- » Helps us to be healthy.
- » Helps in digestion of food.
- » Helps in growth of body.
- » Makes us sleep well.
- » Gives us entertainment.
- » Keeps us fresh.
- » Makes us happy.
- » Makes us wise.

Kinds of physical activities for healthy body

After waking up in the morning, we start to involve in different activities. We do light exercises, yoga or stretching of the body. Then we involve in household activities like cleaning, washing, cooking, etc. We get time to play some games also. We walk here and there. We run, jump, climb and skip. All these are physical activities. There are different kinds of physical activities.

- » Walking
- » Jogging
- » Bicycling
- » Playing games like football, volleyball, basketball, table tennis, gymnastics, martial arts, badminton or kabaddi
- » Yoga
- » Household works like washing, gardening, cleaning, swiping or cooking.

Activities

Prepare a routine to follow. Include a balance of study, play, entertainment, work and other household activities.

Things to Remember

- Physical activity includes those activities which need movement of body.
- It is necessary for staying fit and healthy.
- There are various kinds of physical activities including walking, running, playing, yoga, and household activities.

◇ Exercises

1. Fill in the blanks

- A. _____ stores information.
 B. _____ is the largest organ of our body.
 C. Heart pumps _____.
 D. Penis and vagina are _____ parts.
 E. Changing from one shape and size to other is a _____ process.

2. Match the following:

A	B
Penis	Respiration
Liver	Urination
Kidney	Pumping blood
Lungs	Removing toxic materials
Heart	Filtering blood

3. Tick (✓) the correct answer and cross (X) the incorrect one

- A. Muscles and bones make structure of the body. ()
 B. We are growing every day. ()
 C. Parents should not talk to their children. ()
 D. Children should communicate properly to get help. ()
 E. Physical activity makes us lazy. ()

4. How can we communicate well with our family to get help?

5. What is your favorite game? How it is useful to improve your health?

