

Student's Book 2

Health and Family Life Education

for primary level





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Alike but Different



Activity 1



In groups, answer the questions.

- 1 How are Paul and Francine alike?
- 2 How are they different?
- 3 What do the girls in your group like to eat?
- 4 What do the boys in your group like to eat?
- 5 What do the girls and boys in your group like to do?

Did you know?

Our **sex** means whether we are male or female. Our **genders** (boys and men or girls and women) are the behaviours and dress that people expect from the different sexes.



Activity 2

With your partner, talk about the tasks (chores) which are done at home.

- 1 Which tasks do females (women and girls) do?
- 2 Which tasks do males (men and boys) do?
- 3 Can girls and boys do the same tasks? Why? Why not?

Share your ideas with the class.

Our families, our communities and media like TV and radio, give us messages about the kinds of things we should do and how we should look as boys and girls. This starts when we are very young but carries on all our lives. But we do not always have to follow these messages.

Activity 3

As a class:

- 1 List some activities at school that both girls and boys can do.
- 2 List some activities which are reserved for either boys or girls.
- 3 Talk about: Is this fair? Why? Why not?

Reflection

I will think about activities I have in common with someone of the other gender. How do I feel about these activities?

HIV Prevention



HIV is a kind of germ. It is a virus. It attacks our immune system, which protects us from disease. HIV can be treated but not cured. People with HIV are not able to fight the germs that cause diseases. When people with HIV become very ill with many diseases then they have AIDS.

People can have HIV for many years without knowing. During this time they can pass it on to others.

Did you know?

HIV is Human Immuno-deficiency Virus.
AIDS is Acquired Immuno-deficiency Disease Syndrome.



Activity 1



Read the text above.

- 1 What is HIV?
- 2 What part of the body does it affect?
- 3 Can HIV be treated?
- 4 Can HIV be cured?

HIV can be spread if infected blood enters someone else's body. So if there is an accident with blood, tell an adult immediately.



Reflection

What must I do to avoid getting HIV?

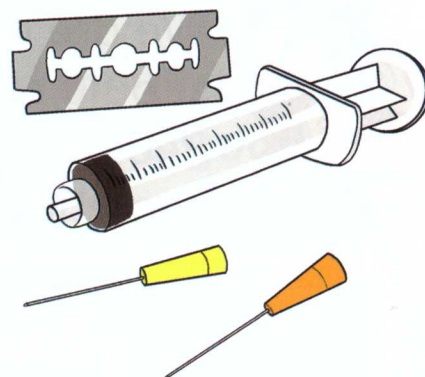
HIV is spread:



When someone has sex with a person who has HIV.



A mother with HIV can pass it to her baby.



Through blood on unsterilised needles, syringes, razors and other instruments.

HIV is not spread by:



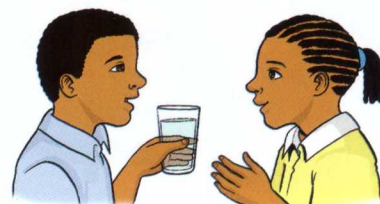
Being friends with someone.



Hugging or shaking hands.



Coughs or sneezes.



Sharing cups, plates, knives and forks or food.



Insect bites.

HIV is not spread in saliva, tears, urine or faeces.

Activity 2

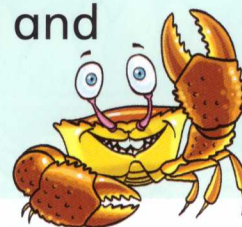
- 1 Role-play what to do after a playground accident.
- 2 Make up a song or poem to tell other children how HIV is spread and not spread.

Activity 2

In groups, role-play the situation shown in the picture. Show what happens after the picture to make a good ending for Saffron.

People who are unkind to PLWHA are usually ignorant about HIV. They may be afraid of catching HIV. Sometimes they blame the people with HIV for getting the disease. Often PLWHA experience stigma and discrimination.

What can you tell them which would help?



Did you know?

Stigma is when someone is seen as different and less good. Stigma leads to discrimination.

Discrimination is treating someone differently and unfairly because they are seen as different.



Activity 3

Imagine you are a person living with HIV.

- 1 How do you think other people might show stigma and discrimination?
- 2 How might this make you feel?
- 3 How might this affect your life?

Reflection

How can I show positive attitudes to PLWHA?





We are all different and special individuals. We should respect and care for each other. People living with HIV and AIDS (PLWHA) are sometimes treated badly by other people.



Activity 1



In groups, look at the picture.

- 1 Why do you think the other children won't sit with Saffron?
- 2 How are they behaving?
- 3 How does Saffron feel?
- 4 What can the teacher do to help the situation?

Reflection

Am I always kind to others?
How can I improve my care of other people?



Macmillan's *Health and Family Life Education for primary level* is an exciting new course for Caribbean schools based on the CARICOM Regional Curriculum Framework. The course follows the four CARICOM themes:

- Self and Interpersonal Relationships
- Sexuality and Sexual Health
- Appropriate Eating and Fitness
- Managing the Environment

These resources will develop knowledge, life skills, values and positive attitudes relating to real-life situations.

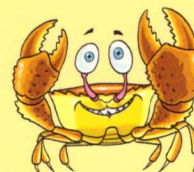
About the authors

The author and advisory team includes experienced Caribbean HFLE teachers and educators with experience as professional writers, teacher trainers, curriculum developers, guidance counsellors and Ministry HFLE Co-ordinators.



Key features:

- Interactive, discussion and personal reflection activities help children to build values, and practise life skills
- Case studies, mini stories and illustrations provide contexts for learning and help children to integrate new knowledge into their own experiences
- Group, pair and individual activities using different learning styles help children to develop healthy attitudes and behaviours
- Colourful illustrations help to bring each topic to life
- Playful characters will appeal to young learners



Course components:

Level	Student's Book	Activity Book	Teacher's Guide
K	Combined Student's Book and Activity Book for kindergarten level, with integrated notes for teachers and parents as extra support		Teacher's Guides for all levels are freely available online at www.macmillan-caribbean.com
1	✓	✓	 <p>Teacher's Guide 2</p>
2	✓	✓	
3	✓	✓	
4	✓	✓	
5	✓	✓	
6	✓	✓	



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