

CIVICS F1.

LIFE SKILLS

A skill is the ability that a person has to do something well.

Life skills are the abilities that a person has to live well in the society.

They enable a person to manage his or her life properly and make it better.

Life skills also enable a person to know what to do at certain time and what not to do.

These skills include the ability to

Understand one self

Building sound relationship with others

Survive under difficult circumstances

Act responsible and safe

Solve problems.

TYPES OF LIFE SKILLS

There are three major types of life skills.

(i) Individual life skills

(ii) Social skills

(iii) Effective decision making skills

1;INDIVIDUAL LIFE SKILLS

These skills enable individual to understand themselves in various ways. People are able to understand their **strengths** and **weaknesses**, how they **think** and feel, and how they **express** their thoughts and feelings.

Self – awareness

Is the ability of an individual to know himself or herself, his feeling, emotion, strength, weakness.

Coping with stress

Stress is mental, emotional or physical tension or pressure it cause by events as examination, death, devoice. A personal need to develop skills that will help a

person to manager cope with stress.

Coping with emotion

Emotion is strong feeling such as fear, love anger, shyness e.t.c

The ability to cope with different emotion enables a person to control his or her strong feeling and action.

Assertiveness

Is the ability of a person to know what he or she want and why, and able to take necessary steps to achieve it. An assertive person able to express his or her opinion

2; SOCIAL SKILLS

Is the ability to understand and live in peace and harmony with other. It gives individual knowledge,an a ability to live according to the standard of the society. Some aspects of social skills are forming health relationship, forming friendship, pear resistance, empathy, negotiation and effective communication

Forming health relationship

Relationship refers to the way people interact and behave to word each other. Relationship can be between children, neighbors, peers, students' teachers and parents.

Health relationship enables one to know how to behave properly in each relationship.

Forming friendship

Is the ability of an individual to make friends with people who he/she can share activities,ideals, joy and sadness.

Peer resistance or peer pressure

Is when one friends influence him/her to do something e.g. our friend can influence to work harder in studies or can influence us doing wrong things such drugs taking, running away from school.

Empathy

Is the ability to understand other people feeling and to feel concerned about their problems. These enable us to share our friend's problems.

Negotiation

Is the ability to agree on issue without undermining or going against one's principles it helps when disagreements occur.

Effective communication

Is the ability of a person to communicate with people according to their mood age and back ground. It includes speaking skills means saying what you want that can be easily understand, speaking, reading, writing and listening.

3. EFFECTIVE DECISION MAKING SKILLS

These skills enable a person to make good decisions. The following are aspects of effective decision making skills.

Critical thinking

Is the ability of a person to develop a deep understanding of something. It helps a person to understand his/her environment, problem in which present he/she has to make decision that might consider the advantages and disadvantage of doing something.

Creative thinking

Is the ability to think and come up with new ideas and new ways of doing, things, and creative thinking helps individuals to come up with solutions. That other people hand never thought of .

Decision making

Is the ability to make the best choice out of many available options in life is important of think about consequences before making a decision.

Problem solving

Is the making choice and acting on it problem solving help individual to make decisions and implement them.

IMPORTANT OF LIFE SKILLS

Life skills are importance for making life better as following: -

It helps to make proper decision in life e.g. choosing a friendship, subject's e.t.c.

It develops good behavior; a person is able to avoid bad things such as smoking, drug abuse, sexual relationship, taking alcohol.

It increases love and understanding for other people.

Respond effectively to different situation such divorce, death of relatives and friends, examination pressure, harassment.

It maintains peace and order Negotiation help people to solve problem peaceful and helps to prevent conflict.

It helps to understand environment and the way of fitting it.

HOW TO USE SOCIAL SKILLS

Social skills give person knowledge live with others peacefully in the society. We can use social skills in: -

Forming relationship with other people

This is enable how to behave in each relationship

Making good friend

Good friend are those who: -

- >Respect and assist us, our parents, relatives and elders
- >Go to school and respect school rules
- >Assist each other when one misbehaves

Showing empathy- This is the ability to feel what others are going through, especially when they are experiencing problems.

Exhibiting peer resistance- A person who has proper social skills is able to resist bad influence from his or her peers and friend

Displaying effective communication- Proper communication can be used to establish good relationships with other people

Problem-solving- This is a social skill that enables a person to make proper decisions in difficult times.

CONSEQUENCES OF NOT APPLYING LIFE SKILLS

Improper choice in the future careers develop

Bad behavior, people may develop bad behavior. For example youth may not respect their parents, teachers and elders.

Conflict can occur. Example conflict among student in the families due to lack negotiation skills.

Poverty may occur, due to lack of proper decision making in the society country

or individuals.

Poor leadership may occur due to lack communication between citizen and leaders.

Lack of empathy leader to suffering for these who have problems

SOURCE OF LIFE SKILLS

People learn life skills from different source of following: -

FAMILY

Parent's guardians and relatives are the source of life skills.

NEIGHBOURS

We learn different things from our neighbors.

FRIENDS

Friends enable us to acquire various life skills exchanging good idea.

SOCIETY

The way people live in the society allow individual to lean

SCHOOL:

The good education we get from school enables us to develop skills for life difference things e.g. how to behave.

RELIGION

Good religion teachings help us to get skills that help us to live harmoniously in society.

HUMAN RIGHTS

What is human right?

-Are those accepted principle of fairness and justices that all people deserve. Or are claims individual or a group of people against the state.

OR

-Are basic things that all human being are entitled to and which nobody should interfere with such as right include right to life ,ownership of property, education, marriage e.c.t

ASPECTS OF HUMAN RIGHTS

There are two types of aspects of human rights there are: -

Legal rights

Moral rights

LEGAL RIGHTS

Are those rights which are named and defined in the constitution of the United Republic of Tanzania and International convention.

MORAL RIGHTS

Are those rights which are recognized by a society by way of conscience. They are agreed by a society to be desirable e.g. Religious matters.

TYPES OF HUMAN RIGHTS

There are three types of human rights there are: -

Civic and political rights

Economic social and culture rights

Environmental and developmental

Civil AND POLITICAL RIGHTS

Are these right that every person must enjoy

The right to life, liberty and security of person

Freedom from slavery

Freedom from torture cruelly in human degrading treatment or punishment.

Equality before the law

To be tried before competent or skilled lawyer.

To be considered innocent until proved guilty

To be given a fair and public hearing

Not to be arrested determined or executed unfairly

Freedom of movement in his or her country.

To live any country including his own and to return to it when she/he likes to

To be protected by the family society and the state.

To possess property alone

Freedom of thought conscious and religion

Freedom to have one's opinions and express one self.

Freedom to assemble peacefully to associate with others freely.

ECONOMIC SOCIAL AND CULTURAL

Economically, socially and culturally every person must enjoy the following rights

Right to social security and free development of his or her personality.

The right to work and choose employment

The right to equal pay for equal work

The right to just and favorable remuneration

The right to form and join trade union

The right to rest and leisure including reasonable limitation of working hours and period holidays with pay.

The right to standard of living sufficient for the health and well being i.e. food, clothing, housing, medical care and others.

The right to education whether born in or out of wedlock to enjoy the same social protection.

For parents to choose the kind of education shall give to their children.

Environmental and developmental

are the rights that people have to live in an environment that is clean and free from pollution.

People also have a right to wealth and natural resources, self-determination and peace.

These

IMPORTANCE OF HUMAN RIGHTS IN OUR SOCIETY

Human rights are very important in our society because

Are foundations of freedom justice peace and liberty

Limit government powers and action against the people

Help people to be aware to take actions against traders who violate their rights.

Human rights promote development in their society since it provides equal rights to the people e.g. right to education.

RELATIONSHIP BETWEEN RIGHTS TO THE PROVISION OF BASIC NEED.

Human rights relate to many aspects of human life. Among these aspects is the promotion of social services in Tanzania these services are provided by Government and UN

Example:

WHO } provide medical services
UNICEF }

UNESCO – provide education

FAO } Provide food
WFP }

UNEP (HABITAT) provided housing living enrolment sanitation

UNIDO Provides various goods including clothing

PROMOTION OF HUMAN RIGHTS IN TANZANIA

Tanzania is a member of UNO promotes both human rights and fundamental freedoms in the following ways.

The constitution is based on the universal declaration of human rights.

The right to life guarantees individuals person to life no one should take someone's life.

The right to freedom from slavery, the constitution Tanzania does not allow any form of slavery.

Freedom from torture or security in human or degrading

The right to be recognized everywhere as a person in front of the law.

HUMAN RIGHTS ABUSE

What is human rights abuse?

Is the unlawful prevention of a person's enjoyment of his or her rights as outlined in the

constitution .

Example of human rights abuse

F.G.M Female Genital Mutilation (women circumcison)

Raping of women and children

Killing of old people due to bad tradition

Women beating from her husband

Child labour

Forced marriage

Prohibiting women from inheritance

Corruption

Invasion of weak countries by bigger countries

Idd Amin Dada vs Tanzania

FACTORS WHICH CAUSE HUMAN RIGHTS ABUSE

Negligence of the action

Ignorance of the society concerned

Selfishness of some individuals who consider only their interests.

Parents can be abuse the right of their children by;

1. Denying them education
2. Not providing basic needs such as food and clothing for their children.
3. Forcing their children to marry against their wishes ,especially at a tender age.
4. Giving their children severe punishment.

Society can be abuse individual rights through;

1. Beating up and killing suspected criminals without giving them a fair trail in a court of law.

2. Abandoning children in the streets.
3. Stigmatizing less fortunate member of the society such as the disabled and people living with HIV and AIDS.

Government can abuse human right through ;

1. Making oppressive laws that limits the individual rights.
2. Discriminating against some citizen due to their colour ,gender, religion, or ethnic origin.
3. Not including a Bill of Right in the Constitution.
4. Not maintaining the rules of law.

Effects of human rights abuse

1. Conflict among family member and in the community. This leads to unrest and instability in the society .
2. Conflict between citizen and their government .This makes it difficult for the government to enforce law and order.
3. Citizens are unable to perform their duties and responsibility in peace
4. Increased crime and poverty in the society.
5. Oppression of the less fortunate member in the society , for example ,workers ,may be underpaid or the poor may be denied justice in the court of law .
6. Citizen are unable to obtain their basic needs when the right to work is denied or abuse

Ways to combat abuse of human rights

1. The government has to maintain the rule of law. Where the rule of law is not being maintained, e.g. in countries at war, a lot of human rights abuses are experienced such as the inability to get basic needs.
2. The government should educate its citizens about their basic rights so that they can claim them when they are denied.
3. The society has to respect all people, including the sick and the disadvantaged.
4. The courts of law should enforce the law in a just manner and punish those who abuse the right of others, such as thieves and murderers.
5. There should be a system of controlling the activities of the government.
6. The government has to be transparent in its operations.
7. All people should be treated fairly and equally before the law.

