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Unit III - LIFE SKILLS EDUCATION

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OBJECTIVES

On completion of this course the students will be able to:

- Critically analyse the concept and meaning of Life Skills Education.
- Understanding the need, concept and significance of Life Skills Education.
- Conceptualise the Relationship between Life Skills and Adolescence Education.
- Identify and develop Core Life Skills required for Adolescence in preparing for future.
- Understand STDs and HIV/AIDS - its Causes, Prevention and Cure.

INTRODUCTION

Adolescence, a crucial stage of growth and development, as it marks the period of transition from childhood to adulthood. It is characterized by rapid physiological changes and psychosocial maturation. It is also the stage where young people extend their relationships beyond parents, family and are intensely influenced by their peers and the world at large. As adolescents mature cognitively, their mental process becomes more analytical and are capable of abstract thinking, better articulation and of developing an independent ideology. These are truly the years of creativity, idealism, buoyancy and a spirit of adventure, experimentation, risk-taking, and of giving in to negative peer pressure, of taking uninformed decisions on crucial issues, especially relating to their bodies and their sexuality. According to World Health Organisation it is also a stage where STDs are spreading at an alarming rate. That is why this stage is considered as a period of autonomy, happiness, stress & strain with increased potential and also of greater vulnerability. Proper awareness, guidance and

exposure to suitable life skills will work positively and effectively in the growth and development of adolescents as it is considered as a turning point in one's life, as they prepare for their future.

This course will discuss about the meaning and concept of life skills its relevance to adolescence. It will also discuss the core life skills in the light of WHO's recommendations and also help to understand some of the common STDs, its causes, prevention and treatment.

NEED FOR LIFE SKILL EDUCATION

Adolescence is a period of transition and change. Adolescent children face changes in every aspect of life and because of lack of awareness or knowledge about the changes that happen to them. Though, biological factors play a significant role in the physical changes that takes place during the transition period from a child to an adult, a combination of biological, psychological and social forces influence adolescent's development. It is important that adolescent children are to be properly equipped by training to face this transition period as it acts a base for their future.

Another aspect of adolescence is that individual starts moving closely with their peers, in other words they start exploring about their society; in the process create a unique identity for themselves. As this is the forming stage lack of awareness and lack of skills leads to challenges. According to Central Board of Secondary Education, the key issues and concerns of adolescent students are

- a. Developing an identity
- b. Managing emotions
- c. Building relationships
- d. Resisting peer pressure
- e. Acquiring information, education and services on issues of adolescence.
- f. Communicating and negotiating safer life situations.

In order to address these issues genuinely, one has to be prepared and life skill education is a positive approach to address it. According to WHO, life skill education will provide the individual 'the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life'. Hence, in a country like India, where the population of adolescence is high; the need for equipping adolescence with life skills education becomes all the more important.

DEFINING LIFE SKILLS

The World Health Organization has defined life skills as, "the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life". The nature, type and significance of life skills differ across culture and generations, however the core life skills which are essential for survival are similar to every human being born in this world.

UNICEF defines life skills as “a behaviour change or behaviour development approach designed to address a balance of three areas: knowledge, attitude and skills”. The UNICEF definition is based on research evidence that suggests that shifts in risk behaviour are unlikely if knowledge, attitudinal and skills based competency are not addressed. Life skills are essentially those abilities that help promote mental well-being and competence in young people as they face the realities of life

CONCEPT AND SIGNIFICANCE OF LIFE SKILLS EDUCATION

Hamburg (1990) defined life skills training as the teaching of requisite skills for surviving, living with others, and succeeding in a complex society. Nelson-Jones (1993) states life skills are personally responsible sequences of self-helping choices in specific psychological skills conducive to mental wellness. The nature and level of life skills varies from individual to individual as it depends on the social and cultural context of the individual in which he/she is brought up and hence it is unique.

Powel (1995) defines life skills as the life coping skills consonant with the developmental tasks of the basic human development process, namely those skills necessary to perform tasks for a given age and gender in the following areas of human development – psychological, physical, sexual, vocational, cognitive, moral, ego and emotional. Hopson and Scally (1986), has given taxonomy of life skills under the four areas:

- a. Learning/Academic Skills (i.e., study skills, learning from experiences etc.);
- b. Relating skills (i.e., communication, handling relationships, conflict management etc.);
- c. Working and Playing skills (i.e., money generation and management, career planning, time management etc.); and
- d. Developing Self and Other Skills (i.e., being positive about oneself, problem solving, stress management, inter and intra personal skills, maintaining physical well-being, etc.).

A review by UNICEF found that approaches relying on life skills have been significantly effective in educating youth about health-related issues—such as alcohol, tobacco, and other drug use; nutrition; and preventing HIV/AIDS and other sexually transmitted infections (STIs). Life skills education programs can also be effective in preventing school dropout and violence among young people. Life skills train the individual for all round development and equip him for future job market.

Hence the significance of life skills is to develop in adolescent children the mental ability to adapt and have a positive outlook which is reflective of behaviour, irrespective of the situation in which the individual is placed and above all able to adjust happily.

RELATIONSHIP BETWEEN LIFE SKILLS AND ADOLESCENCE EDUCATION

Vygotsky believes society influences learning and adolescents’ children learn virtually everything from their society. In Piaget’s cognitive theory he emphasised adolescents develop meta-cognitive abilities which will help them to discern and decide on things / issues

on their own. Their mental process becomes more analytical and are capable of abstract thinking, logical reasoning and have better articulation abilities. It is also a period of adventure, excitement, thrill seeking and make every effort to have positive self-image among peers/ and others. Their awareness about body image, peer pressure, sexuality etc. acts a turning point in one's life. Hence, it is a period of increased potential and at the same time, one of greater vulnerability.

Adolescence is a stage of stress, strain, and physical growth. Many psychologist and educationist believe the age group of 10 – 18, adolescent years are most vulnerable to health and behaviour related problems. In a developing countries, cultural sensitivity, gender biased, have made the life of adolescence even more challenging. Their perception about life and what it holds for them in their coming days adds pressure. Undue importance to academic achievement focussing on cognitive structures and less of affective and psychomotor structures has crippled their growth and development. Inclusive classroom are never the same and individual attention is only on theory and never practiced. Job markets are high and dry. The challenges for adolescent children are infinite and no solutions are seen. Hence the need for special focus on adolescents is gaining momentum day by day as the future society is at stake. As in the words of Nelson Mandela, '*Education is the most powerful weapon that can be used to change the world*', life skill education will act as catalyst to prepare and propel adolescent students for a world of opportunities and challenges.

CORE LIFE SKILLS

Having better Life skills means the ability to accept & adapt to oneself positively and has the mental makeup and maturity to understand others and adjust within the environment happily. At the same time it is not just the mental ability or physical skills, but the combination of physical, social, emotional, psychological abilities which are needed for having peace with oneself and with his environment, throughout his life. In other words the behaviour which adolescent child gets shaped through training will probably help him to face his life better.

Following are the ten core Life Skills laid down by WHO:

- Self-awareness includes recognition of 'self', our character, our strengths and weaknesses, desires and dislikes. Developing self-awareness can help us to recognize when we are stressed or feel under pressure. It is often a prerequisite to effective communication and interpersonal relations, as well as for developing empathy with others.
- Empathy- To have a successful relationship with our loved ones and society at large, we need to understand and care about other people needs desires and feelings. Empathy is the ability to imagine what life is like for another person. Without empathy, our communication with others will amount to one-way traffic. Worst, we will be acting and behaving according to our self-interest and are bound to run into problems. No man is an island, no woman either! We grow up in relationships with many people – parents, brothers and sisters, cousins, uncles and aunts, classmates, friends and neighbours.

When we understand ourselves as well as others, we are better prepared to communicate our needs and desires. We will be more equipped to say what we want people to know, present our thoughts and ideas and tackle delicate issues without offending other people. At the same time, we will be able to elicit support from others, and win their understanding.

Empathy can help us to accept others, who may be very different from ourselves. This can improve social interactions, especially, in situations of ethnic or cultural diversity. Empathy can also help to encourage nurturing behaviour towards people in need of care and assistance, or tolerance, as is the case with AIDS sufferers, or people with mental disorders, who may be stigmatized and ostracized by the very people they depend upon for support.

- Critical thinking is an ability to analyze information and experiences in-depth in an objective manner. It contributes in developing independent analysis by strengthening us to recognize and assess the factors that influence attitudes and behaviour, such as values, peer pressure and the media etc. in a rational manner.
- Creative thinking is a novel way of seeing or doing things that is characteristic of four components – fluency (generating new ideas), flexibility (shifting perspective easily), originality (conceiving of something new), and elaboration (building on other ideas). It helps us to explore beyond our direct experience, and respond effectively to the by adding flexibility, and newness in finding answers to situations of our daily lives.
- Decision making helps us to deal constructively with decisions about our lives. This can have consequences for health. It can teach people how to actively make decisions about their actions in relation to healthy assessment of different options and, what effects these different decisions are likely to have.
- Problem solving helps us to deal constructively with problems in our lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain. It is making careful decisions through proper scientific analysis and follow through the process persistently till a positive outcome of the problem is achieved.
- Interpersonal relationship skills help us to relate in positive ways with the people we interact with. This may mean being able to make and keep friendly relationships, which can be of great importance to our mental and social well-being. It may mean keeping, good relations with family members, which are an important source of social support. It may also mean being able to end relationships constructively.
- Effective communication means that we are able to express ourselves, both verbally and non-verbally, in ways that are appropriate to our cultures and situations. This means being able to express opinions, desires, needs and fears. This means being able to seek for advice and or assistance in times of need.
- Coping with stress is the ability to recognise the sources of stress in our lives, and how this affects us, and acting in ways that help us control our levels of stress, by changing our thoughts, environment or life style and learning how to relax etc.

- Coping with emotions is the ability to recognise emotions within us and others, as well as being aware of how emotions influence behaviour and being able to respond to emotions appropriately. Intense emotions like anger or sadness can have negative effects on our health if we do not respond appropriately.

HOW CAN LIFE SKILLS HELP YOUNG PEOPLE MAKE BETTER CHOICES CONCERNING THEIR HEALTH?

Developing life skills helps adolescents translate knowledge, attitudes and values into healthy behaviour, such as acquiring the ability to reduce special health risks and adopt healthy behaviour that improve their lives in general. The adolescents of today grow up surrounded by mixed information and views about sex, drug use, alcohol, etc. Parents and teachers are finding it difficult to address them and their constructive efforts mostly land up developing negative attitude among young people. Researchers feel it is through specially designed modules of life skills education young people can be trained effectively in a systematic way focussing on issues, their attitude and behaviour which help them fight these challenges and many health-related problems.

STDs & HIV/AIDS: CAUSES, PREVENTION AND CURE

STD is short for Sexually Transmitted Disease. STDs are diseases that are spread through sexual intimacy such as vaginal intercourse, oral sex, anal sex or sometimes skin-to-skin contact.

According to the World Health Organization (WHO, 2015a), 498 million people between the age group of 15 to 49 are infected every year with chlamydia, gonorrhoea, syphilis, or trichomoniasis. Teachers, physicians and other health-care providers play a crucial role in preventing and treating STDs as most of these cases are found at a very young age.

Age Group

People of all ages can have STDs. At one end of the age spectrum, children can get STDs through sexual abuse. At the other end, the elderly can get STDs by not using barrier protections (male or female condoms) or unwittingly from unfaithful spouses. However, most new STDs are acquired by teens and young adults. For example, half of all new HIV infections occur in people between the ages of 15 and 24 years. In this same age group, 56% of all gonorrhoea and 67% of all chlamydia infections occur (CDC, 2015k).

Some of the most common STD's are

- Chlamydia Gonorrhoea
- Genital herpes
- Human immunodeficiency virus (HIV) infection
- Human papillomavirus (HPV) infection
- Syphilis
- Trichomoniasis
- Hepatitis B

STD's commonly spread through the form of:

1. Bacterial STDs
2. Viral STDs
3. Parasites

Organisms that cause Bacterial STDs

Some STDs are caused by bacteria (“germs”). Bacterial STDs can be treated and cured with antibiotics. Your health care provider will prescribe medication and instructions on how to take it. You should take all of it and not stop when you start feeling better. Stopping your medicine too soon can make the bacteria that caused the STD harder to cure.

It is common for sexual partners to pass the bacteria back and forth, so treatment usually includes not having sex until all partners are cured.

a. Chlamydia

Chlamydia is one of the common reportable STD and it can be very serious. Untreated, chlamydia can cause sterility in both men and women. Babies born to mothers with chlamydia can get eye and lung infections. Chlamydia is a major cause of Pelvic Inflammatory Disease (PID) in women, a painful infection that can lead to infertility.

People with chlamydia are much more likely to get HIV if they have sex with an infected person.

Signs and Symptoms	Testing for Chlamydia	Treatment
<p>Unfortunately, most people who have chlamydia don't know that they have it because they don't have symptoms. If they do have symptoms, men might have a burning feeling with urination or a slight discharge, and women may have a little more discharge than normal. Woman may also have a burning feeling or abdominal pain.</p>	<p>Testing for A few cells are swabbed from the genital area and Chlamydia examined, or a urine test can be used. Neither method is painful.</p>	<p>Chlamydia is easily treated with oral antibiotics. Don't have sex until your medicine is finished. Because it is so easily spread, partners should be treated also or you may get it again. Your doctor may want to re-test you after treatment to make sure you haven't been re-infected.</p>

** adapted from Washington State Department of Health, STD Services*

b. Gonorrhoeae

It is a very common STD caused by a germ known as gonococcus is a diplococcus that causes gonorrhea, which can infect the urethra, Bartholin's glands, cervix, epididymis, and Fallopian tubes. Oral sex can lead to gonococcal pharyngitis and anal sex to gonococcal proctitis. Untreated gonococcal infections can cause Pelvic Inflammatory Disease (PID),

potentially leading to infertility or ectopic pregnancies in women and epididymitis in men. Babies born to infected mothers can become blind. Gonorrhoea is about one tenth as common as chlamydial infections, although the two infections are frequently found to coexist in an infected person (CDC, 2012f; WHO, 2012b).

People with gonorrhoea are much more likely to get HIV if they have sex with an infected person. People with both HIV and gonorrhoea are much more likely to spread HIV.

Signs and Symptoms	Testing for Gonorrhoeae	Treatment
<p>Most men have symptoms a few days after sex. They often have painful urination and pus dripping from the end of their penis. Most women have no symptoms at all. There may be some yellowish vaginal discharge but it can be hard to tell the difference from normal discharge.</p> <p>A sore throat and/or sores on the tongue are symptoms of oral gonorrhoea, and rectal discharge and itching can result from anal sex with an infected partner.</p>	<p>Samples of discharge are taken from the affected area and tested. Some clinics use a urine test. Because there are different types of gonorrhoea, the sample will be tested to find out which medication is best. You should be tested for chlamydia at the same time, because about half of all people who have gonorrhoea also have chlamydia.</p>	<p>Depending upon what type of gonorrhoea is found, you will either receive a shot of antibiotic or be given antibiotic pills to take. Gonorrhoea has developed resistance to many common antibiotics, so it's especially important to take all of your medicine, even after you feel completely well and all your symptoms go away.</p>

** adapted from Washington State Department of Health, STD Services*

c. Syphilis

Syphilis was the first disease to be identified as an STD. It is passed through contact with the sores of an infected person. It is much more common in men than in women but, like many STDs, it can be very serious if not treated. It can be passed to a fetus during the last 5 months of pregnancy.

People with syphilis are much more likely to get HIV if they have sex with an infected person. People with HIV will get sicker faster if they get syphilis.

Signs and Symptoms	Testing for Syphilis	Treatment
<p>Syphilis is a complicated and serious disease and symptoms vary depending on the stage of the disease.</p> <p>Primary (first) stage About 3 weeks after sex, a</p>	<p>The sores can be tested and there are blood tests. Your health care provider may do more than one type of test or repeat tests. People treated for syphilis must return to their clinic or doctor for</p>	<p>Syphilis is cured with a large dose of antibiotics given by a shot. Treatment stops the silent damage, and if a woman with syphilis is also pregnant, she can be treated and cured.</p>

<p>single, painless sore called a chancre (shan-ker) appears on the body. They are usually on the penis, anus, cervix or mouth, but they can appear anywhere. These chancres can look like sores from other diseases, including other STDs. With syphilis there is only one sore, it doesn't hurt and it is usually hard around the edges. The sore is very contagious, which means you can give other people syphilis.</p> <p>Second stage If syphilis isn't treated during the primary stage, it moves to the secondary stage. In 6 or 7 weeks, infected people develop a rash, usually on the body and the palms of the hands and soles of the feet. This rash is contagious. You may feel like you have the flu. These symptoms go away in about 2 weeks but, if you aren't treated, serious damage can start happening inside your brain, heart and other organs.</p> <p>Third or latent stage There are no symptoms and you aren't contagious, but the hidden damage gets worse until treatment or death.</p>	<p>additional tests.</p>	
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** adapted from Washington State Department of Health, STD Services*

Viruses

Some STDs are caused by viruses. Many viruses can be managed with special drugs called anti-virals but they cannot be cured with antibiotics. A few viral STDs can be prevented with vaccines. The body's immune system naturally gets rid of some viruses and others, like HIV, live in the body for a very long time.

a. Human Papilloma Virus (HPV)

It is a virus that lives on the skin and causes warts. There are many different kinds and they are spread by skin-to-skin contact with someone who has HPV. Some are passed on mostly through sex. It is very contagious, and even people with no visible warts can give them to others.

HPV can be a very serious STD for women because some types of HPV are linked to cervical cancer. Only a few women will develop cervical cancer but all women should have a regular Pap test to check for cell changes.

Recently, a vaccine became available that prevents the most common kinds of HPV in women, including the two that cause most cervical cancer. It is recommended for girls 11 or 12 years old, but it is available for females between the ages of 9 and 26. It is especially important for females to get vaccinated *before* their first sexual contact. Even if you have been diagnosed with HPV, you can still get the shots to prevent infection by other forms of the virus. Women and parents of girls should talk to their health care providers for more information.

The HPV vaccine is not available for males yet.

Signs and Symptoms	Testing for HPV	Treatment
Few people notice any signs of infection. Genital warts can grow on or inside the penis, on the cervix, inside the vagina or anywhere in the genital area. They can also grow on the thighs, anal area or, more rarely, in the mouth. HPV can appear weeks, months or even years after contact with someone who is infected. Three months is the average. Genital warts can look	If there are visible warts, the doctor will look at them and decide if you should be tested for HPV or other conditions that can look like HPV. All women who are or have been sexually active should have regular Pap tests, which involve taking some cells from the cervix to check for abnormal cells.	Because it is a virus, HPV cannot be cured, but the warts can be treated. About 25% of people who are treated will develop warts again, and 30% of all warts will disappear without any treatment. There are several ways the warts can be treated. Choices include freezing or burning the warts, and surgery with or without lasers. Never try to treat warts yourself without seeing a health care professional first.

darker, lighter or the same as skin color. They can be raised, flat, soft, hard, small or large. They can appear as a single wart or in groups.		
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** adapted from Washington State Department of Health, STD Services*

b. HIV/AIDS

Human immunodeficiency virus (HIV). HIV infections deplete the immune system of cells, including a subclass of T lymphocytes called CD4 cells. Eventually, the immune system can become so ineffective that cancers and opportunistic infections (OIs) by other organisms can get a foothold and spread. At this stage, the HIV-infected person is said to have developed AIDS (AVERT, 2012b). HIV can be transmitted through sexual contact, and if AIDS develops, the secondary urinary and genital tract diseases that can develop include OIs of the vulva, vagina, cervix, prostate, epididymis, and testes, and cancers of the cervix and testes. An HIV infection also makes the acquisition of other STDs more likely (CDC, 2014k; WHO, 2012b).

Signs and Symptoms	Testing for HIV / AIDS	Treatment
People can have HIV for years without looking or feeling sick. Sometimes, when they first get HIV, they may feel flu-like symptoms but these quickly go away. Later, they may have a fever, fatigue, loss of appetite, severe weight loss, night sweats, diarrhea, swollen glands, cough, sores and yeast infections. If you have any of these symptoms for more than 2 weeks, you should see a doctor.	<p>There are different types of tests. Most tests look for antibodies to the virus in a person’s blood. For most people these antibodies take 3 months after exposure to appear. So it is best to wait for at least 3 months after the last time you were at risk before taking the test. Sometimes it can take up to 6 months. It would be very unusual to take longer than 6 months to develop antibodies.</p> <p>Depending upon the type of test, it can take up to 3 weeks to get your results so it is very important that you do not risk further exposures to HIV or other STDs during this time. And because you</p>	There is no cure for HIV/AIDS right now. But, there are many different medicines that people can take to help the immune system. People with HIV usually take several at a time. Pregnant women with HIV can take drugs that lessen the chances of giving HIV to their babies. Because new treatments are announced frequently, you should talk with your doctor regularly about how they might help you

	could be contagious, you should continue to be abstinent (not have sex) or use condoms.	
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** adapted from Washington State Department of Health, STD Services*

c. Hepatitis

Hepatitis means inflammation of the liver. It can be caused by many things, including drugs, toxins, alcohol and viruses.

Hepatitis B (HBV) is a sexually transmitted virus that attacks the liver. Most people recover and their bodies get rid of the virus. But Hepatitis B may cause serious liver damage or even liver cancer. Fortunately, there is a vaccine that prevents HBV.

Some people who are carriers may have no symptoms, but they can spread the infection to others.

It is easy to get HBV if you have sex or share needles with an infected person. Touching an infected person’s sore or cut, or sharing a razor, toothbrush or nail clipper can put you at risk. Even tiny amounts of blood or other body fluids can spread the virus. You cannot get it through food, water or casual contact.

Women can pass this virus on to their babies during childbirth.

Signs and Symptoms	Testing for Syphilis	Treatment
Many people with the virus have no symptoms at all, but are still contagious. Symptoms can include yellow color in the skin and eyes, loss of appetite, nausea, vomiting, stomach pain, joint pain and extreme tiredness.	Your health care provider will use a blood test to check for this disease.	There is a vaccine that prevents Hepatitis B, but it cannot be cured. There are drugs for people who have Hepatitis B that help decrease the change of liver damage. Some of these drugs have serious side effects also. It is recommended that all babies and teenagers get the Hepatitis B vaccine.

** adapted from Washington State Department of Health, STD Services*

Parasites

STD parasites are small bugs that either live on or under the skin. Some parasites also live in the wet, warm areas of the body like the genitals. They are extremely common and very easy to spread through intimate contact like sex, but some of them can also be spread through contact with things like bedding.

These STDs are generally more annoying than harmful and can be a challenge to treat. The important thing to remember is that people who get a parasite STD are at more risk of getting one of the more serious STDs.

a. Public Lice

Pubic lice are small insects found in the genital area of humans. They are common and found everywhere in the world. Pubic lice are usually spread through sexual contact. They are sometimes spread through contact with bedding, towels or clothing used recently by someone who has pubic lice. It is not possible to get them by sitting on a toilet seat.

Signs and Symptoms	Testing for Public Lice	Treatment
<p>Most people have intense itching, but not everyone. Some people can see the lice and the eggs which are attached to pubic hairs. You may notice small blue spots on your skin or tiny blood spots in your underwear as a result of their bites.</p>	<p>Testing for Adult lice are large enough to see with the naked eye, so a Pubic Lice doctor’s diagnosis is not usually necessary. However, people who get pubic lice should be tested for other STDs.</p>	<p>There are shampoos, rinses and lotions that are designed to kill pubic lice. You can buy them in most drugstores. The directions on the package should be followed very carefully. Some products cannot be used by pregnant women or very young children. If there are lice in the eyebrows or lashes, use a product specially made for that purpose.</p> <p>Washable clothing and bedding should be washed in hot water and dried in a hot dryer. Dry clean other items that cannot be washed. Things that cannot be dry cleaned or washed can be sealed in a plastic bag for 10 days so that the lice and lice eggs die.</p> <p>It’s important that everyone you have had sex with in the last month be treated also or you will get lice from them again.</p>

** adapted from Washington State Department of Health, STD Services*

b. Scabies

Scabies is a skin infestation caused by tiny bugs called mites. They are common and found everywhere in the world. Scabies is spread through direct skin-to-skin contact and is easily passed between sexual partners and close household members. The mites live under the skin in the moist folds of the body, especially between the fingers and toes. They also live in the genital areas, under the breasts and armpits.

Signs and Symptoms	Testing for Scabies	Treatment
They are too small to be seen without a microscope, but the mites cause intense itching and rashes. Small pimple- like spots may be present as well.	Testing for Scabies is most commonly diagnosed by looking at the Scabies rash. The doctor may take tiny scrapes of skin to look at under a microscope.	There are special lotions that kill the mites and their eggs—follow directions carefully. Pregnant women and very young children should not use some kinds of scabies lotions. Talk to your doctor about what’s safe. Itching may continue for 2–3 weeks after treatment. Clothing, bedding and other linens that can be washed should go in the hot cycles for both washers and dryers. Items that cannot be put in hot water can be either dry cleaned or sealed in a plastic bag for 3–4 weeks. Everyone you have had close contact with should be treated at the same time.

** adapted from Washington State Department of Health, STD Services*

Effective Strategies to Prevent STDs

Prevention is better than cure and hence one has to be aware of the preventive measures in order to protect from STDs.

Avoid unprotected sex

Abstinence is the surest way to avoid getting an STD. Know your partner’s sexual history is as important as your own. The more partners you or your partners have, the higher your risk of getting an STDs. It is still important that you and your partner get tested, and that you share your test results with one another. If you are not sure never opt for it.

Be faithful

Have sex with only one other person whom you trust. Sexual fidelity with someone who is not infected means that you won't get an STD from them and they won't get one from you.

Use condoms

They aren't 100% effective but, if you choose to have sex, latex condoms can be a very good protection against STDs. Learn how to use condoms correctly and use a new one every time you have sex.

Don't mix alcohol with sex

Taking alcohol or drugs can affect your ability to make stable decisions about sex and *never* share needles. Hence avoid both of them for better health and hygiene.

Avoid risky sex practices

Sexual acts that tear or break the skin carry a higher risk of STIs. Even small cuts that do not bleed let germs pass back and forth. Anal sex poses a high risk because tissues in the rectum tear easily. Body fluids also can carry STIs. Having any unprotected sexual contact with an infected person poses a high risk

Have fewer partners

The more people you have sex with, the greater your chances of getting an STD. Hence avoid them.

Get Immunized

Vaccines are safe, effective, and recommended ways to prevent hepatitis B and HPV. HPV vaccines for males and females can protect against some of the most common types of HPV. It is best to get all three doses (shots) *before becoming sexually active*. However, HPV vaccines are recommended for all teen girls and women through age 26 and all teen boys and men through age 21, who did not get all three doses of the vaccine when they were younger. You should also get vaccinated for hepatitis B if you were not vaccinated when you were younger.

CONCLUSION

Life skill education is essential for young adults as it enables them to understand & bring about needed attitude and behavioural changes. It also empowers them to be better prepared to face the world on their own. Research shows that life skills-based education has increased pro-social behaviour, decreased negativity, self-destructive behaviour, increased ability to plan ahead and choose effective solutions to problem; improved self-image, self-awareness, social and emotional adjustment etc. Prevention is better than cure so educating the vulnerable group is important for creating awareness and prevention of STDs. According to World Health Organisation, sex education based on life skills was more effective in bringing about desired changes in behaviours among young adults. Since life is to live and to live in a beautiful way, life skill education will make the life of young adults beautiful and

meaningful. It is high time that students, parents, teachers, educationist, administrators, policy makers and all stake holders of education realize the importance and work on ways and means to integrate and implement them in our Indian Education System.

MODEL QUESTIONS

1. Explain the meaning and concept of life skills education
2. Mention the significance of life skills education to adolescent students.
3. Explain the concept and importance of the following life skills among adolescence
 - a. Critical Thinking
 - b. Problem Solving
 - c. Coping with Stress.
4. Create a strategy to enhance communication skills among students.
5. Explain in detail about the core life skills identified by World Health Organisation.
6. Explain the causes of HIV-AIDS and describe the preventive measures to be adopted in controlling them effectively.
7. Expand the term STD. Explain how STDs gets transmitted?
8. What are the strategies to prevent STDs?

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