

Lesson Number	Title of the Lesson	Skills	Activity
3	Family, Health and Security	Interpersonal Relationships Decision Making	Discuss the role of your family in shaping your life
		Problem solving Critical Thinking	

Summary:

Family is the oldest human institution. Each one of us is born in a family. A family typically consists of a married couple and their children. It also extends to a group of related people sharing a common home. Members of a family belong to it by virtue of birth, marriage or adoption. A family looks after the basic needs of love, care, home, food, health. It also looks after the financial, emotional and physical security of all its members. Family structure can be classified as Joint family and Nuclear family depending on the number of family members and their interrelationships.

Looking after the health of the family members is an important duty of the family. Health is a state of the body and its functions. WHO or World health organization defines health as a complete state of physical, mental, social and spiritual wellbeing and not just the absence of disease or infirmity. There are defined indicators which confirm physical, social, emotional and spiritual health and wellbeing.

Family provides to its members a sense of security. Security means safety to life. It can be physical, social and psychological. It assures that an individual is safe from all external threats and dangers and can lead a life without any fears.

Principal Points

Functions of a Family

- Protection
- Emotional support
- Financial security
- Teaching of ethics and family values
- Teaching of life skills and work skills
- Provides recreation
- Socialization
- Fulfills biological needs

Factors contributing to the health of the family

- Nutritious food: Balanced diet for all members of the family
- Physical exercise: Brisk walking, yoga, aerobics, jogging, playing outdoor sports, wrestling, dund-baithak, judo karate
- Maintaining good posture: Sitting, walking, standing with back straight and shoulders stretched
- Rest and Sleep: Short rest after intense work, 6-7 hours of sound sleep

- Healthy habits: Regularity in meals, Regularity in sleep and waking time, Regularity in passing stools, Resisting temptations of smoking chewing tobacco, drugs
- Sanitation: Keeping surroundings clean, Not spitting & urinating in public places, Proper disposal of wet and dry garbage

Build your understanding

1. Types of Family

Joint Family	Nuclear Family
A combination of nuclear families related to each other	Husband, wife and their unmarried children
Large in Size	Small in size
Share a common home & kitchen	Share a common home & kitchen
Eldest member is the head of the family	Eldest member is the head of the family
Members are co-owners of the property	Couples own the property
Finances are shared	Finances are in control of the couple
Participate jointly in all the family events	Events celebrated within the small family unit

What is Important to learn:

Joint Family

Advantages	Disadvantages
• Encourages cooperation adjustment	• Disputes are common regarding distribution of property, finances and work
• Sharing of responsibility and burden	• Work is sometimes not evenly distributed so some members get little time for rest
• The old, the helpless, the unemployed, the sick all are cared for	• Individual talent and potential are not encouraged
• Financial and emotional security	• Due to the large family financial crunch is experienced
• Encourages equality in relations	• There is no independence & privacy

Nuclear Family

Advantages	Disadvantages
• Greater independence and Privacy	• No adult and experienced support to working couples
• Individual talent is promoted	• Young children are at times left unattended or external help is sought
• Finances can be utilised for everyone's need	• No financial and emotional support in case of eventuality or adversity like death or serious accident
• Deeper emotional bond among the members	• Social values like adjustment, sharing and cooperation are difficult to imbibe

• More space for all members in the house	
• Less sharing of resources	

2. Indicators of Good Health

Physical	Mental	Social	Spiritual
Energetic	Happy	Pleasant behaviour	Respect for beliefs and religious practices of others
Normal height & weight	Contented	Friendly	Tolerance for fellow beings
Normal functions of the organs	Confident	Sensitive and compassionate	
Clear clean skin	Free from tensions and anxiety	responsible	
Bright eyes	Relaxed	Helpful & kind	
Shiny hair		Willing to share	
Clean breath		Environmental Conscious	
Good Appetite			
Sound Sleep			

Did you know:

Sanitation

- Surroundings can be dirty due to choked drains, accumulated sewage water, wetgarbage, human and animal excreta
- Dirty surroundings are inhabitable and are very good breeding grounds for insects and microorganisms
- People living in these areas can suffer from diseases like cholera, jaundice, malaria and tuberculosis

Clothing

- Clothing is also dependant on climate
- Light fabrics which absorb sweat and breathe easily are good for summers
- Heavy woollen clothes which keep the body warm by not allowing escape of body heat are advisable in winters
- Dirty and soiled clothes can cause skin infections hence clothes should be washed and dried well

Extend your Horizon

1. Causes of disintegration of joint family

- Industrialization
- Migration of people from villages /small towns for better opportunities

- Poor agricultural practises leading to crop failure
- Less living spaces available in cities so the whole family cannot be accomodated

2. Child Abuse

- Small children are bullied by older children and adults.Sometimes,physical and emotional torture is done just for fun which causes great trauma to the victim.
- Sexual abuse is also prevalent which causes physical and emotional scars.
- Child abuse requires compassionate and sensitive counselling and handling

3. Smoking, Alchoholism&Drugs

- Peer pressure encourages and tempts to indulge in these vices
- They are addictive and cause great harm to the body and mind
- Strong family values help to fight the temptations

4. Safety Measures at Home

- All poisonous substances to be kept away from the reach of children
- Electric connections to be regularly checked
- Floors to be kept dry
- Sharp objects to be handled with care and kept out of reach of children
- Gas stoves to be regularly checked for leakages and knobs to be closed after use

Evaluate yourself:

1. Study your family structure and answer in one word:

- Who takes important decisions in your family?
- Who manages finances?

2. Which two outdoor activities you would practise to maintain good health?

Maximize your marks:

- Attempt all the exercises given in the lesson
- Your friend is encouraging you to try cigarettes just for fun.What will be your reaction and why?