

OUR NATION

Definition and concept of a nation when two people of different sex get together as husband and wife they form a family.

A family is a social group people who are closely related to each other which comprise father, mother, children and sometimes close relatives like uncles, aunts etc.

A clan is a combination of various families.

A tribe is a group of different clans whose people of the same culture history and language barrier

Therefore the combinations of several tribes make up the population of nation.

A nation: is a large group or community of people living in a defined geographical area sharing common history culture and language under government e.g. Tanzania, Uganda, Kenya, Malawi and Zimbabwe component of the nation.

There are seven main components that make our nation. These components are

- Country,
- Sovereignty,
- Government,
- People,
- Language,
- Culture and history.

A country is an area of land that has boundaries and is under the control of a government, sovereignty is the freedom that a country has governed itself. This means that there is no external power that controls that country.e.g Tanzania.

There are two types of sovereignty.

1. **Internal sovereignty**: This is where a country has the power to supervise all its internal affairs. Tanganyika becomes a sovereignty state on 9th December 1961 and Zanzibar got its sovereignty on 10th December 1963.
2. **External Sovereignty**: This is where a country has the freedom to form its governing policy and foreign policy.

Tanzania is a sovereignty state. It has both internal and external sovereignty.

3. Government: Refers to the selected or elected group of people who are responsible for controlling a country or state. In other words, the government is the body of people which administers the state and maintains law and order. The government has power and authority to control and direct people's activities within its territory.

In Tanzania we use the republic system of government. This means that the country is headed by a president and political leaders elected by the people.

4. People: Refers to the person who belongs to a particular country. In 2012 the population of Tanzania was estimated to be 47,445,392 people. The Tanzania people have their own central government national language common culture and history. The people in a nation must live peacefully. Solve their problems and develop their nation.

5. Language: Is the system of communication mostly in speech and writing that is used by the people of a particular society. Tanzania has more than 130 tribes that speak their tribal language but the national language is Swahili. A national language such as Swahili.

6. Culture: Refers to the customs and beliefs of a particular group of people. It also includes the people's art way of life and social organization.

7. History: Refer to the past events that occurred in the development of a nation. Tanzania as a nation has a long history that includes events from pre colonial and post-colonial times.

NATIONAL SYMBOLS.

National symbols are sign which represents a nation.

These are very important as they serve as are reminder of our national hood to us and to the rest of the world. These include the National Anthem, The national flag, the coat of Arms, The uhuru torch constitution ,presidential standard and national currency.

1. THE NATIONAL ANTHEM.

The national anthem is the official song of the nation. It is played or sung on special occasions such as

1. Before the president address the nation and after the address.
2. When the president inspects the guard.
3. At the opening of internal events e.g. Football matches.
4. When the president or vice president visit another country.
5. On the announcement of the death of president/vice president.
6. When the national flag is being hoisted.

Importance of National Anthem.

1. It is symbol of our nationality and freedom.
2. A unifying tool for Tanzanians.
3. It makes citizens feel proud of their country.
4. It is identity for internal recognition.
5. It expresses a sense of belonging to Tanzania and African.

The national Anthem of Tanzania

1. *Mungu ibariki Africa*
Wabariki viongozi wake
Hekima umoja na amani
Hizi ni ngao zetu
Africa na watu wake
Ibariki A-frica
Ibariki A-frica
Tubariki watoto wa Africa

2. Mungu ibariki Tanzania

*Dumisha uhuru na umoja
Wake kwa waume na watoto
Mungu ibariki
Tanzania na watu wake
Ibariki Tanzania
Ibariki Tanzania
Tubariki watoto wa Tanzania*

2. THE NATIONAL FLAG

Flag is a piece of cloth with a special coloured design. National flag of Tanganyika was hoisted for the first time on 9th Dec 1961 and that of the united Republic of Tanzania was hoisted for the first time on 26th April 1964 when Tanganyika and Zanzibar united to form Tanzania. The main function of a national flag is to show that Tanzania is a complete independent and sovereign state. The national flag has four different colours which are black, green, blue, and yellow.

1. **BLACK**: Represents the skin colour of the African who are the indigenous of Tanzania.
2. **YELLOW**: Represents the natural wealth of Tanzania like minerals and national parks.
3. **BLUE**: Stands for the part of Indian Ocean and other water bodies found in Tanzania.
4. **GREEN**: Represents land vegetation of Tanzania.

Importance of National flag.

1. It is symbol for freedom and unity of the people.
2. It is state symbol for the country and its citizens.
3. A symbol for nationality of Tanzania.
4. Sometimes represents misfortune like death of state leader or many people at once and it is hoisted half most.

3. THE COAT OF ARM/NATIONAL EMBLEM.

The coat of Arm is a government longoar emblem which comprises many different colours and land make of the nation of Tanzania. It is the official stamp of the government.

coat of Arm has 12 components

1. **Two human figures.**-man and woman represent people of Tanzania. The two figure symbolize cooperation between men and women in bringing development
2. **National flag**- The flag as a symbol of national freedom.
3. **Uhuru Torch**-The torch represents national freedom and prosperity.
4. **Crossed axe and hoe**-These represent the tools which Tanzania used to develop their county
5. **Elephant tusks**- as symbol for national resources (plant and animal/ wildlife).
6. **Shield and spear**- as symbol for tradition weapons of defense.
7. **Sea waves**- represent parts of water bodies such as Ocean, river, lake of Tanzania.
8. **Cloves and cotton**- stands for cash crops produced in Tanzania.
9. **The inscription UHURU NA UMOJA**- This means freedom and unity, it is the national moto of the United Republic of Tanzania.

10. **Peak of Mount Kilimanjaro**- This mount is a source of pride for Tanzania
11. **Golden band on the upper part of the shield**- Represent the mineral wealth of the country
12. **Red band on the shield**- Represent fertile red soil in Tanzania

Importance of Coat of Arm.

The Tanzanians coat of arm plays the important role because it functions as;

1. National symbol for Tanzania as a state.
2. It symbolizes state political and economical bases.
3. It symbolizes our national culture and history.
4. A seal of the president and government.
5. A symbol of state sovereignty freedom and unity of the people.



4. THE UHURU TORCH.

Is commonly know as the independence torch . Introduced for the first time by president of Tanzania M.J Kambarage Nyerere to symbolize freedom unity , love, dignity , solidarity, and hope.

It was first lit top of Mount Kilimanjaro at mid night on 9th December 1961. This was the day when Tanganyika got independence from Britain. Every year there is the Uhuru Torch races. The race starts and ends at different important points in the country. The Torch causes positive social political and economic message.

Significance of the Uhuru Torch.

1. It symbolizes freedom and light
2. It promotes unity in the country.
3. It promotes development through projects initiated during race e.g. school and health centers
4. Promotes peace dignity respect and hope among Tanzanians

5. NATIONAL CONSTITUTION.

A constitution is the system of laws and basic principles by which the national is governed. Our country is ruled according to the constitution written 1977 since then it has been undergoing some amendments to suit the contemporary changes.

Importance of National Constitution

1. It is the basic law from which other laws are created.
2. It describes form and content of Tanganyika government.
3. The government rules by the will of the people through the constitution .
4. It describes clearly the relationship between citizens and state leaders.
5. It shows the structure of the state organs.
6. It states clearly the distributions of power among the state organs.
7. It promotes human right.

6. NATIONAL CURRENCY.

Currency is the system of money that a country uses. The Tanzania national currency is shillings. The value of shilling always appears as coin/notes. Currency is also called Money .Money is used for measuring value trading and paying for goods and services in a country .It is also use a means of settling debts.

Importance of national currency.

1. It is used in buying and selling (Trade transaction)
2. It is used to measure value.
3. It is identity of nationality and freedom.
4. It is a mean of setting debts.

7. THE NATIONAL LANGUAGE.

This is the language spoken by all people national country.

The national language of Tanzania is Kiswahili.

8. NATIONAL FESTIVAL DAYS IN TANZANIA.

National festivals are days when we celebrate important national events most offices and business are normally closed on such day. During these days people remember important historical events which have taken place in the development of the national.

NATIONAL DAYS

Are often categorized into two categories group which are;

- 1- Civic national festival and holiday.
- 2- Religion national festival.

CIVIC NATIONAL FESTIVAL HOLIDAYS

- 1- Independence day - fall on 9th December each year ⇒⇒
- 2- Union day - fall on 26th April each year
- 3- Zanzibar Revolution – fall on 12th January each year
- 4- Nane nane day – fall on 8 August each year
- 5- Mayday (workers day) fall on 1st may each year
- 6- Sabasaba day – fall on 7th July each year
- 7- Nyerere day – fall on 14th October each year

8- Karume day – fall on 7th April each year

9- New year day – fall on every 1st January

RELIGIOUS NATIONAL HOLIDAY AND FESTIVALS.

1- Christmass day – fall on 25 December each year

2- Boxing day – fall on 26 December each year

3- Good Friday – and Easter Monday holiday – depends on the christmass calendar.

4- Eid- el- Fitri and Eid – el haj pilgrimage to Mecca depends on the sight of the moon according to Muslim

5- Maulid day – according to Islamic calendar.

SIGNIFICANCE OF NATIONAL FESTIVAL AND PUBLIC HOLIDAYS

1- Keeps a history of our country a live

2- Leaders pass importance information to the public during these days

3- Provide an oppportunity for citizen to meet and share day

4- These days promotes unity among Tanzania

5- Provide an oppportunity to identify problems in the society through speeches.

NTRODUCTION TO CIVICS

What is civics?

Civics is the study of human rights and responsibilities of citizens, the governance and environment in which our society is found.

In civics we study about.

- The environment in which we live in.
- Governance and government.
- Human rights and responsibilities of citizen
- Social cultural and economic development.

IMPORTANCE OF STUDYING CIVICS.

1. To understand human rights e.g. rights to life associate with worship.
2. To understand duties and responsibilities of citizens.
3. To understand environment in which we live in.
4. To promote peace and security in our society.
5. To understand and up hold our culture
6. To establish good relationship and respect.
7. To understand road safety for example causes of road accident and measures to be taken in preventing road accident.

Exercise.

1. What is civics?
 2. Mention five importance of studying civics?
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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.

1. Self – awareness

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

2. 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.

3. 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.

4. **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**

5. 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

1. **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.

2. **Forming friendship**

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

3. **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.

4. **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.

5. **Negotiation**

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

6. **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.

1. 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.

2. 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 had never thought of .

3. 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.

4. 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: -

1. Forming relationship with other people

This is enable how to behave in each relationship

2. **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

3. **Showing empathy-** This is the ability to feel what others are going through, especially when they are experiencing problems.
4. **Exhibiting peer resistance-** A person who has proper social skills is able to resist bad influence from his or her peers and friend
5. **Displaying effective communication-** Proper communication can be used to establish good relationships with other people
6. **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 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: -

1. **FAMILY**

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

2. **NEIGHBOURS**

We learn different things from our neighbors.

3. **FRIENDS**

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

4. **SOCIETY**

The way people live in the society allow individual to lean

5. **SCHOOL:**

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

6. **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 properly, education, marriage e.c.t

ASPECTS OF HUMAN RIGHTS

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

1. Legal rights
2. Moral rights

LEGAL RIGHTS

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

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: -

1. Civic and political rights
2. Economic social and culture rights
3. Environmental and developmental

Civil AND POLITICAL RIGHTS

- Are these right that very 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 exited an fairly
- 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 posses property alone
- Freedom of thought conscious and religion
- Freedom to have ones opinions and express one self.
- Freedom to assemble peacefully to associate with other 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 some 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.

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IMPORTANCE OF HUMAN RIGHTS IN OUR SOCIETY

Human right is the very important in our society because

1. Are foundations of freedom justice peace and liberty
2. Limit government powers and action against the people
3. Help people to be aware to take actions against traders who violet their rights.
4. Human right promotes 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 there 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 good including clothing

PROMOTION OF HUMAN RIGHTS IN TANZANIA

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

1. The constitution is based on the universal declaration of human rights.
2. The right to live is guarantees individuals person to life no one should take someone life.
3. The right to freedom from slavery, the constitution Tanzania does not allow any form of slavery.
4. Freedom from torture or security in human or degrading
5. The right to be recognized everywhere as a person in front of the law.

HUMAN RIGHTS ABUSE

What is human right abuse?

Is the unlawful prevention of a person enjoyment of his or her right as outlined in the constitution .

Example of human rights abuse

- F.G.M Female Genital Mutilation (women circumcision)
- 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 trial 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.
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RESPONSIBLE CITIZEN SHIP

1. What is a citizen

Is a person who belongs to a particular country.

>>A citizen has full rights as a member of that country either by birth or by being granted such right.

>>A citizen of a country is expected to be patriotic to his or her country.

1. What is citizenship

>Is the condition of being a citizen of a certain community with the right and duties that go with such status

> Is the legal right of a person to belong to a particular or country

Types a citizenship

1. Citizen by birth
2. Citizenship by descent or kinship
3. Citizenship by regulation on naturalization.
4. Citizenship by birth both parents father and Mother or marriage.

• Citizenship by birth

This is the type of citizenship by being born in country where both parents of the given person reside

• Citizenship by descent or kinship

A child who is born in Tanzania and one of his or her parents is a citizen of Tanzania.

• Citizenship by registration or naturalization

A person who is born outside of Tanzania one of her or his parents is a citizen of Tanzania. However, after aged 18 such a person has to apply to the ministry of home affairs

• Citizenship by marriage

A foreign woman who marries a citizen of Tanzania may register for citizenship. She or he must make an oath promising to be a good citizen and to be loyal to the constitution of the centered republic of Tanzania.

IMPORTANCE OF CITIZENSHIP

The important of citizenship are as follows:-

1. It enable a person to exercise his or her legal right in the country
2. It allows a person to participate in civic activities such as voting
3. It enable a person to get service which are granted to get service which are granted to citizen only.
4. A citizen has the right to participate in the political and economic activities of the country.

RESPONSIBILITIES OF CITIZENS

Are the things a person has to perform as a rule .A citizen has to do certain things in the country in which he or she is a citizen

A. Personal responsibilities

1. Takes care of himself or herself
2. Behaves in a civil or respectful manner.
3. Considers the rights and interest of others.
4. Accepts responsibility for his or her action.
5. Supports the family.

B. Political duties or responsibilities

1. Participate in the country civic affair such as attending political meeting.
2. Take part in elections.
3. Take part in building and consolidating democracy.
4. Help to develop public policy .
5. Advocate favorable policies and legislation.
6. Acquire and use information in order to make good decision .

c Social responsibilities

1. Protect his or her country from its enemies
2. Promote fairness ,equality and social justice.
3. Respect the right of fellow citizen
4. Obey the law of the country in order for everyone to live in peace and harmony.

D. Economic responsibilities

1. Pay taxes and other statutory payment to the government
2. Do lawful productive work.
3. Participate in community development activities.

Advantage of fulfill civic responsibilities

1. Reduce rate of crimes
2. Create peace ,harm and love during political ,social ,economic activities.
3. Right of the people are respected .
4. Good living standard
5. Development

RESPONSIBILITIES OF CITIZEN TO SPECIAL GROUP

1. **What is the special group?**

Are people with unusual problems that need special care or treatment in the society. Or Special groups are all people who face an experience difficult in their environment .special groups are groups' people who are disabled and disadvantage due to their problems their need special attention or care (treatment).

Special groups are un able to solve various problems facing them, these problems in thunder physical biological environmental political and problems.

Examples of special groups.

In our society (Tanzania in general) special groups include

1. Women
2. The elderly
3. The disabled
4. Refugees
5. Orphans
6. Street children

7. HIV AIDS victims

Other special groups include youth and addable and albino.

The women

This group of people is ignored in some communities. They are not given equal opportunities to participate in decision makes in their families or at high level. In some community are not given leadership position. In many cases girls were not allowed to go to school the women end up fall into forced marriage, early marriage, forced prostitution in ritualized wife's and being raped. This group of people need support from the community and easing they enjoy their right.

THE ELDERLY,

These are old people. As people age, they become less energetic and may not be able to work as well as young people. As a result, they cannot work effectively and earn their daily living. In addition, some disabilities such as poor eyesight and poor muscle control may be caused by old age. Elderly people therefore need special care.

THE DISABLED

This group includes people with mental disabilities, those with hearing and speech difficulties, the blind and physical disturbance. People with disabilities are to be helped in performing different tasks in respect to their disabilities and needs.

THE REFUGEES

Are people who flee their countries to go and settle in foreign countries because of insecurity in their home countries. The following are some of the reasons for their forced migration: 1/ political conflict 2/ civil war 3/ social conflict 4/ drought or famine 5/ religious conflict 6/ economic problems.

STREET CHILDREN

This is a group of children who stay on the streets as they have no place to live. This could be as a result of various causes such as poverty, abuse by parents or guardian, death of parents and family break up. Due to these reasons the children are forced to live on the street with neither parent nor guardians to take care of them. They may also engage themselves in labour and drug peddling.

HIV AIDS VICTIMS

These are people who are infected with human immune-deficiency virus (HIV). The virus attacks the white blood cells that protect the human body from infection and disease.

Responsibilities toward special group;

1. Assisting these people by providing material and financial help.

2. Interacting with them ,at home and community meeting ,and allowing them to express their opinion and feelings.
 3. Showing them respect and understanding.
 4. Providing education to all depending on their special needs.
 5. Supporting them physically, for example when they are crossing roads.
 6. Providing counseling and socialization.
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FAMILY LIFE

A family is a group of people who are related by blood, marriage Or adoption. Some of the reasons for getting married or companionship and to get children.

COURTSHIP AND MARRIAGE

Courtship is a period during which two people get to know one another before they get married. It also appropriate for the preparation for wedding. Courtship enable the two partner to understand each other and to know each families members.

Marriage is the union of a man and a woman as husband and wife. It is a formal and legal between a man and women, accompanied a wedding ceremony

IMPORTANCE OF COURTSHIP

Courtship is importance period before marriage because it helps a couple to: -

1. **Develop self- discipline**

Without self discipline an individual may be disqualified by the family of the potential husband or wife.

2. **Know each other**

It gives the two partners an opportunity to know each others feelings, altitudes, expectation and other aspect of life before marriage. This helps to avoid unnecessary conflicts in the future.

3. **Prepare for marriage**

Marriage requires a lot of things to be done in advance, involves the couples relatives neighbors and friends.

4. **Show evidence of maturity**

People who intend to get marriage must be mature enough to take care of the family they are due to start.

5. **Acquire property**

Courtship gives a couple times to acquire some basic requirement of life such as a house and furniture.

RELATIONSHIP BETWEEN COURTSHIP AND MARRIAGE

Courtship and marriage are closely related. This relation can be seen in the areas.

1. Courtship is the foundation of a good marriage
2. The courtship period allows the couple to learn important life skill. For example one learner how to love and understand his other partners.
3. The two partners decide to get marriage.
4. A good marriage needs a blessing or parents, relative and neighbors.

EARLY OR PREMATURE MARRIAGE

Is the marriage done under 18 years old. The legal age for marriage in Tanzania is less than that 15-18 years and above considered to be early or premature marriage

CUSTOMS AND BELIEF THAT ENCOURAGE EARLY MARRIAGE

Customs are habits that are passed from one generation to another. They include greetings, punctuality and obedience.

Belief are things that are thought to be true by a certain community, different society have their customs and belief about marriage.

The following are some customs and belief that may encourage early marriage.

1. **Payment of bride price**

The parents of a girl receive bride price in terms of cash, livestock or land; this can encourage early marriage because greedy parents may be tempted to forced the young daughters to be married in order to get wealth

2. **Gender discrimination in education**

Is where a boy is given priority over a girl in terms of education; some parents have the wrong belief that educating a girl is west of time and money. This encourages early marriage because girls are forced to drop out of school in favor of their brother's.

3. **Traditional initiations**

Traditional practices such as initiation prepare a girl for marriage. This is encourage early marriage because a girls is considered woman who is ready to start her own family.

4. **Inheritance**

Some communities do not allow a boy to inherit property if he is not married. This encourages some boys to enter into marriages as a qualification to inherit property.

5. Lack of education

Some parents marry off their young daughters due to ignorance

PROBLEMS ASSOCIATED WITH EARLY MARRIAGE

1. Complication during delivery

Early marriage causes maternal and infant death in the society this is because reproductive organs of the young girl are not enough to support a pregnancy. They are not matured to a pregnancy. Deliveries are not safe. The complications arising during pregnancy and labour most often result in death or permanent damage to the girl's body.

2. Prevention of young women from continuing

In some communities, young girls are forcefully removed from school to be married off. This interferes with their education and future plans.

3. Increase in poverty

Most couples that get married at a young age do not have reliable means of getting income. It becomes difficult for them to take care of their children.

4. Spread of HIV and AIDS

Very young men and women may not be able to make correct decisions on mental matters. They are at a high risk of being infected with sexually transmitted diseases, including HIV and AIDS.

5. Break down of families

Very young men and women may lack enough experience, knowledge, and tolerance as far as family problems are concerned. They may not know how to settle their differences, and sometimes minor problems lead to separation and divorce.

PREVENTION OF EARLY MARRIAGE

1. Education

The society should be educated on the dangers of early marriage.

2. Basic sociocultural practices

Cultural practices- societies should abandon negative social cultural practices such as female circumcision and gender discrimination.

3. **Laws**

The government should enact strict laws against early marriages and enforce the existing one to discourage parents from forcing their children to get married at early age.

4. **Poverty alleviation**

Poverty alleviation strategies should be strengthened. This will help preventing the economic hardship which force poor parents to marry off their young girl in order to get bride price .

FOUNDATION OF A STABLE MARRIAGE

A stable marriage exists where the couple is united under the rules of marriage. A couple supports love and respect each other.

1. **Agreement** – the two should also agree on what they expect to achieve in the marriage.
2. **Love** – marriage partners must have affection for each other. Love is an important component of a stable marriage.
3. **Trust** – the couple must trust each other.
4. **Tolerance and understanding** – each partner should exercise tolerance towards, the weakness of the other. It may not always be possible for one to fully agree with the action of the other person
5. **Transparency** – marriage partner should be open with each other. It is wrong to keep secrets which may danger the marriage.

TYPES OF FAMILIES

There are three common types of families these are: -

1. **Nuclear family**

This is family which consists of a father, mother and children.

2. **Extended family**

This is family which consists of a father, mother, children, grandparents, aunts, uncles, nieces, nephews, cousin and other relatives.

3. **Single-parent family**

Single parent families may result from the death of one partner, divorce or getting children.

THE IMPORTANCE OF FAMILY

A family plays an important role in the community. The reasons why the family is important include: -

1. To foster co-operation in the society

2. The bring up children who will be honest, trust worthy and responsible people in the society.
3. Families promote the development of individual members.
4. Good families act as role models in the society children and youth therefore have role models they can copy.
5. Families provide the children with opportunities to be hard workers
6. Children are taught customs of their society.

FAMILY STABILITY

A stable family is a one in which peace, respect love and good behavior are observed
The following factors contribute to family stability

1. RESPECT

This is situation in which members. The children respect their parents and people other.

2. LOVE

This enable family member to help each other

3. GOOD BEHAVIOUR

A family should live in peace and avoid conflicts

IMPORTANCE OF FAMILY STABILITY

The following are some of the way in which family stability in important

1. Family members participate in other social and economic activities
2. Family members are able to participate in communal activities such as cleaning up market and planting trees.
3. Peace in country begging at the lowest level of the family
4. Family stability helps members to enjoy in positive habits and activities and reduces incidences of drug abuse or crime.
5. Children from stable families are likely to start their own families in future thereby ensuring the continuity of the family as unit.

RIGHTS AND RESPONSIBILITIES OF FAMILY MEMBERS

Right are the things one is allowed to do or that one is entitled to. In the family as a unity parent have their right and children also have their right some of the right that parents have are: -

1. Making family decision
2. Guiding and advising their children
3. Being respected by their children
4. Teaching their children community values.

Children in the family also have family. This right include: -

1. Expressing their opinion
2. Being treated equally without any kind of discrimination
3. Being registered after birth and being given name
4. Living with their parents
5. Rest and leisure
6. Getting basic and secondary need like food, education and healthcare
7. To be protected from injury abuse economic exploitation

RESPONSIBILITIES

These are duties that a person is obliged some parental responsibilities are: -

1. Making family decision
2. Providing security for the family
3. Ensuring discipline is maintained by the children
4. Providing family requirement such as a food, cloth, shelter and education.
5. Taking charge of the day to day activities of the family
6. Loving and taking care of the children
7. Arranging and organizing family activities such as cleanliness and preparation of meal.
8. Counseling their children to be well behaved

Responsibilities of children in the family include

1. Helping with domestic tasks
2. Respecting parents and elders
3. Taking care of their young brother or sister
4. Obeying their parents and teachers
5. Going to school to learn.

Consequence of not carrying out responsibilities

1. Family instability:

Children can acquire bad habits and create trouble in the family and in the society.

2. Conflicts:

Frequent misunderstandings may arise between members of the family.

3. Family breakdown:

A family may break down if there are frequent misunderstanding and quarrels.

4. Street children:

In the absence of peace and provision of family requirements children will not stay at home. They will end in the street.

5. Lack of basic need:

If parent do not work hard, children cannot get their basic need as well as other needs

ROAD SAFETY

ROAD ACCIDENT

Road are the hard surfaces built for vehicle to travel on.

The are three types of road in Tanzania

1. Earth road
2. Gravel road
3. Tamar road

Road sign are also known as traffic sign these are sign near the road that given information or instruction to road user. Road sign carry message for road user through symbols, shape and colour where road user road are likes . motorist, cyclist and pedestrian. There fore symbols are sign which give message ,order ,information, or direction and temporary condition .The following are the types of road sign which are 1,Warning 2,order 3,information

1. Warning,

These sign warn the road users of dangerous or unusual condition a head .

2. Order,

These sign order the driver to follow the given direction .

3. Information

These sign give information to the road users.

4. Shapes

The three types of road signs are usually enclosed in different shape .They normally help the road user to interpreter the sign

5. Color

There mainly four colors used with road signs .Red (use for stop represent wrong), Amber,Green,blue.

-Green It allow user of the road to go

- Blue in most cases is used for the sign that provide give information

Importance of Road signs

1. They make road users aware of what is ahead .
2. The direct road user.
3. They minimize accidents
4. Help road user to use the road safely.

What is an accident?

1. It is any dangerous events which occur in our environment.
2. **What is road accidents**

Are those bad occasions caused by road users while using the road.

c. **Causes of road accidents**

Road accidents have becoming common problem in Tanzania. There are several factors/ causes which led to the occurrence of road accidents there are;

1. Some drivers are driving while are drunk.
2. Over loading of passengers together with roads.
3. Disobeyed road/ traffic sign by road users.
4. Inadequate maintenance of roads (roads are not well constructed).
5. Carelessness/negligence of driver's e.g. high speed.
6. A longtime working of drivers with no resting hours.
7. Most drivers not graduate on that work (ineffective training of drivers).
8. Carelessness of pedestrians to cross the road and passing livestock in the road.
9. Overconfidence of drivers.
10. Most of vehicles/cars are too hold to carry passengers.
11. Drivers are forced to rush so faster to meet their own income and their employer's Income.
12. Lack of safety equipment for services e.g. Fire extinguisher, mechanical safeguards e.t.c

D. **Effects of road accidents**

1. Death's of many people
2. Loss of government income (economic effective)
3. Increase of orphans and widows/widowers
4. Increase of disabled people that are seriously injured
5. Destruction properties which were carried and road destruction.

E. **Ways of preventing road accidents**

1. Frequent check up of vehicles including their weight and number of passengers
2. Road users should be made aware on road rules and adhere to them accordingly.
3. Traffic regulation and law enforcement departments must work efficiently.
4. Alcohol and drugs should be prohibited when driving.
5. Maintenance of roads and put enough road signs
6. Medical checkup license, physical and mental capabilities for drivers must be investigated
7. Drivers should get ample time to rest
8. Punishment and fines for law violators be initiated.

F. **How to improve road safety?**

Road safety can be improved if the following element will be observed.

- Traffic road signs should be observed

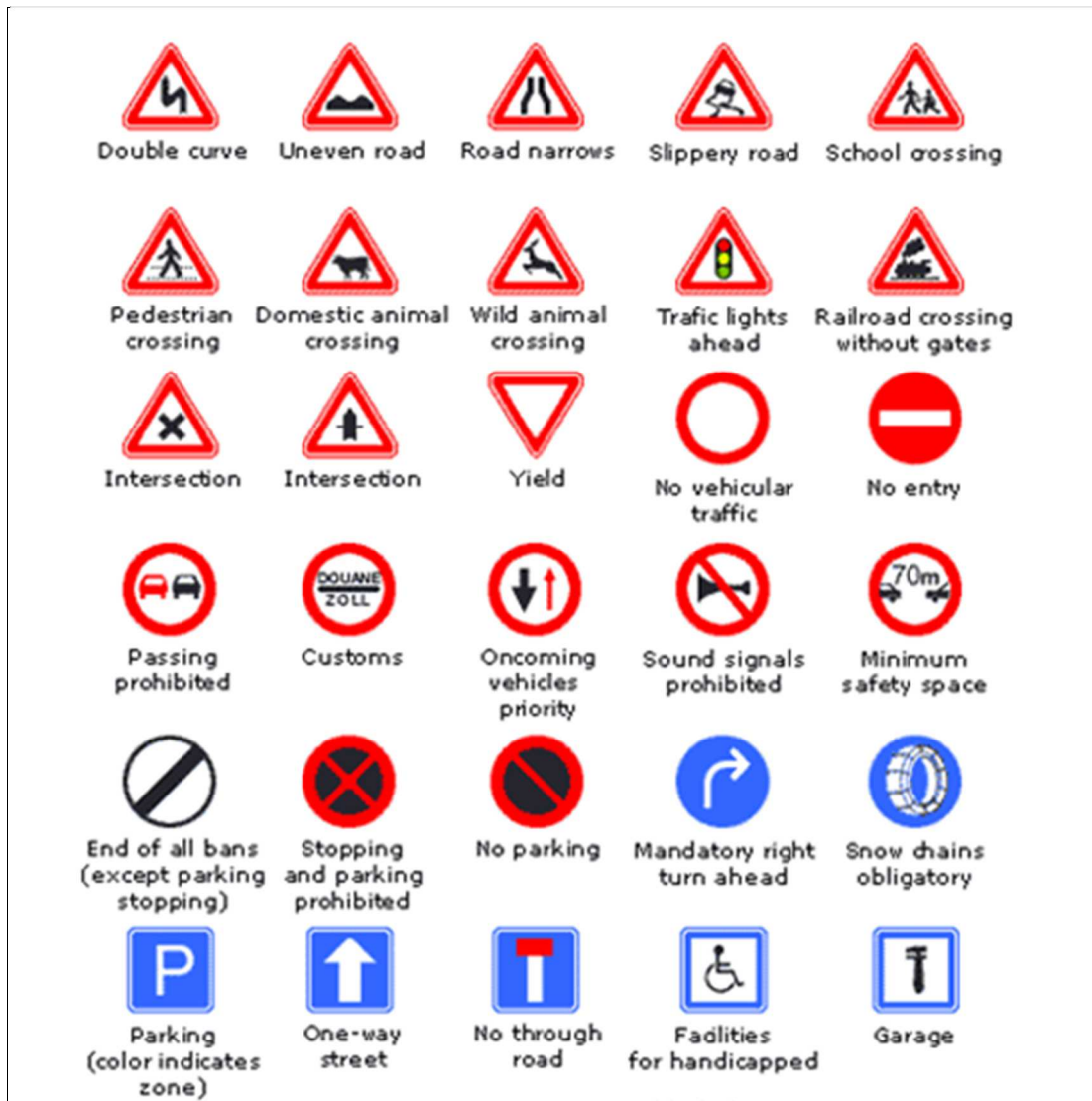
- A system of conducting day to day inspection in order to ensure that the vehicles/ motor vehicles used are in good order.
- Putting clearly defined road traffic signs at a particular position
- Traffic police should direct vehicles in case of emergency
- Improve the weight of the road which allows good accommodation of vehicles and other road uses.

G. **Road safety to disabled, children and elders.**

Road re used by different people such as pedestrians, cyclists motorists e.t.c Also children, disabled and elders have a right to use the road.

1. **How to help them to cross the road?**

- Road safety education should be given to all road users so as to avoid accidents
- Driver should give them time to cross the road
- Education should be provided to them e.g. they should be taught that always cross the road only where is a Zebra crossing or if there no any car coming
- This group should be accompanied when crossing the road a person near him/her should help him/her to cross.



WORK

Work is any lawful activity that a person does earn a living. People work to produce good and service. People must participate in activities that will improve their living standard as well as develop the nation.

WORK-RELATED ACTIVITIES

Work- related activities can be physical mental. Members of the society engage in activities according to their abilities and knowledge.

The following are some of the activities which different people in the society.

	ACTIVITIES	TYPES OF GOOD PRODUCED
1	FARMING	Crops e.g. maize, rice and cassava
2	LIVES STOCK KEEPING	Lives stock and their products. Milk, skin, meat

3	FISHING	Fish
4	MINING	Minerals e.g. gold, coal and diamond
5	BRICK	Bricks
6	CARPENTRY	Furniture e.g. table, chair and desks.

	ACTIVITIES	TYPES OF GOOD PRODUCED
1	Banking	Financial transaction
2	Transportation	Transporting good of people
3	Communication and information	Provision of information
4	Health service	Health care
5	Teaching	Provision of education
6	Tourism	Leisure

IMPORTANCE OF WORK

WORK FOR SELF – DEVELOPMENT

1. We get our basic needs from working. To get food, clothes and shelter.
2. Work improves the economic position of a family and a nation.
3. Work keeps people busy. They do not have time to engage in criminal activities.
4. Work as an identify in the society. They identity each other as judge, carpenters, photographers, engineers.
5. Work brings respects a person who work hard is respected in the society.
6. Work makes people innovative. They come up with solutions to problems.
7. Work is the basic for human life.

WORK FOR NATIONAL DEVELOPMENT

National development

Refer to the improvement in the life of the people in a country. When the people in a country work hard, increase the country production.

This makes the economy grow. Work involves the lives of people by producing good and service.

- Work in enable people to pay taxes to the government.
 - Work enables the government to provide social services such as health care, education and security.
 - Work enable government engage in development projects such as building road and industries.
-

PROPER BEHAVIOR AND RESPONSIBLE DECISION MAKING

Behaviour is the way a person does things in particular situation. A person behaviour can change due to his or her mood, place or the person he or she is dealing with for example.

1. Mood

When a person is happy, he or she behaves differently from the way he or she behave when angry or sad.

2. Place

A student in the classroom behaves differently from the way he or she behave in the pay-ground

3. Persons one is dealing with

A student behaves differently when dealing with fellow student or friends, teachers, parents, relatives or strangers.

There are two major types of behaviour these are:

1. Proper behaviour, also known as good behaviour
2. Improper behaviour also known as bad behaviour

• **PROPER BEHAVIOUR**

This is behaviour which is an acceptable to the society. Example of such as behaviour includes honesty, love, kindness, obedience, sympathy and co-operation.

These types of behaviour may originate from various places in the society; these include:

1. Parents

Good parents guide their children to wards proper behaviour.

2. Mass media

Radio, television, news paper and other types of media have programmers or articles which teach people good behaviour.

3. Proper education

People who get proper formal as well as informal education usually have good behaviour

4. **Good friends**
5. **Religious teaching**

ELEMENT OF PROPER BEHAVIOUR

1. Respect for parents, relatives and other people
2. Use of proper language; this means not using abusive language
3. Taking part in community activities such as minerals, weddings and environmental conservation.
4. Proper dressing; dressing which is socially acceptable
5. Working hard.
6. Helping others

Importance of behaving properly

The following are some of the benefits of proper behaviour in society

1. There is unity, peace and harmony in the society
2. The members of the society are helpful and co-operative with each other.
3. Everyone in the society is free to exercise their right and fulfill their responsibilities.
4. There is development and prosperity in the society as people work hard.

• IMPROPER BEHAVIOUR

This is behavior which is not acceptable in the society. Example of improper behaviour include: -

1. Use of abusive language
2. Prostitution
3. Taking illicit drugs
4. Laziness
5. Fighting
6. Stealing and robbery
7. Causing trouble and disturbing
8. Disrespect for school rules
9. Disrespect for parents, elders and relatives
10. Arrogance is being rude because one feat that he or she is more important.

Improper behaviour can be a result of many factors some of these factors are: -

1. Lack of parental care and guidance

Parents do not spend enough time with their children to know their problems.

2. Mass, media Television, radio the inter net and news papers play a great role in changing people's behaviour. Some of the programmers and articles expose young people to violence prostitution and other social evils.

3. **Poverty:**

Some people may be forced to engage in bad habits because of their poor economic status. For example, they may steal or engage in prostitution to earn money.

4. **Drunkenness:**

Drinking alcohol excessively can make someone lose control of his or her actions, resulting in improper behaviour.

5. **Lack of proper education:**

Education is an important tool in changing bad behaviour.

6. **Friends:**

Some friends are not good. They can lead one in to truancy use of abuse language, drugs prostitution and absence from school.

Consequences of improper behavior

Improper behaviour may result in bad consequences some of these are: -

1. Spread of HIV and AIDS due to prostitution and sharing of needle for injecting drugs.
2. Crimes such as robbery and rape
3. Social problems such as drug abuse, homosexuality and corruption
4. Family problems such as lack of food, unwanted pregnancies and early marriage.
5. Poverty, when people do not work and therefore do not produce wealth
6. Lawlessness in the society people do not respect each other.

HOW TO CONTROL IMPROPER BEHAVIOUR

Several measures can be taken to control improper behavior some of these measures are:

1. Mass education on good behaviour among members of the society
2. Parents need to be closer to their children and spend quality time with them counseling and guiding them.
3. People who belong to different faiths should adhere to their religious teaching on good behavior.
4. The government should enforce the existing law to curb anti-social behaviour.
5. The importation of pornographic material should be banned
6. Schools and colleges should educate young people on how to behave properly in the society.
7. The government should ensure all children get formal education. Parents should be encouraged to make their children go to school.

RESPONSIBLE DECISION MAKING

A decision is the choice which an individual makes after thinking through different option in a given situation.

Decision- making is one way of solving problems responsible decision-making involves making. A choice after carefully considering all the option available and using particular creative to make the best choice.

IMPORTANCE OF RESPONSIBLE DECISION- MAKING

Decision making is important for the following

1. It builds a sense of commitment when members of the society are involved in making decision that affects them.
2. It facilitates proper utilization of available resources
3. It ensures as sense of equality: this is due to the equal participation of members in decision-making
4. It ensures efficiency because members of the society make decision on that concern them
5. It creates a sense of collective responsibility in carrying out tasks and making policies
6. It encourages a person to achieve what he or she has planned to do

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