

## 13

# FACE CHALLENGES WITH CONFIDENCE

You have turned out to be a grown up child with love and protection of your parents, brothers and sisters. Today you are a child studying in grade 7. During this period of your life you may have faced various situations. In future you will have to face various situations. Some of these may be happy or some may be sad. Unhappy situations which you find difficult to solve may be considered as challenges you face in life. Challenges can be categorized under three topics.

- **Physical**
- **Mental**
- **Social**

You should take steps to safeguard yourself against these challenges. Interrelationship with your elders, teachers and good friends will help you to face the challenges successfully.

Diseases and illnesses affect our health and disturb our daily activities. This is a challenge we face. You may have realized that you have already faced many such challenges successfully. Yes, that is true, parental protection, security from elders and teachers would have helped you. In the future you may have to face more serious challenges. But have faith that you have the courage to face any challenge.

- Have faith and courage to face challenges.

## Challenges in the family, school and environment

- Challenges against health.
- Unexpected calamities.
- Immediate changes in the environment
  - floods
  - earthquakes
  - Tsunami, etc.
- Environmental pollution by chemicals.
- Abuse and Exploitation.
- Expectations of others.
- Accidents.

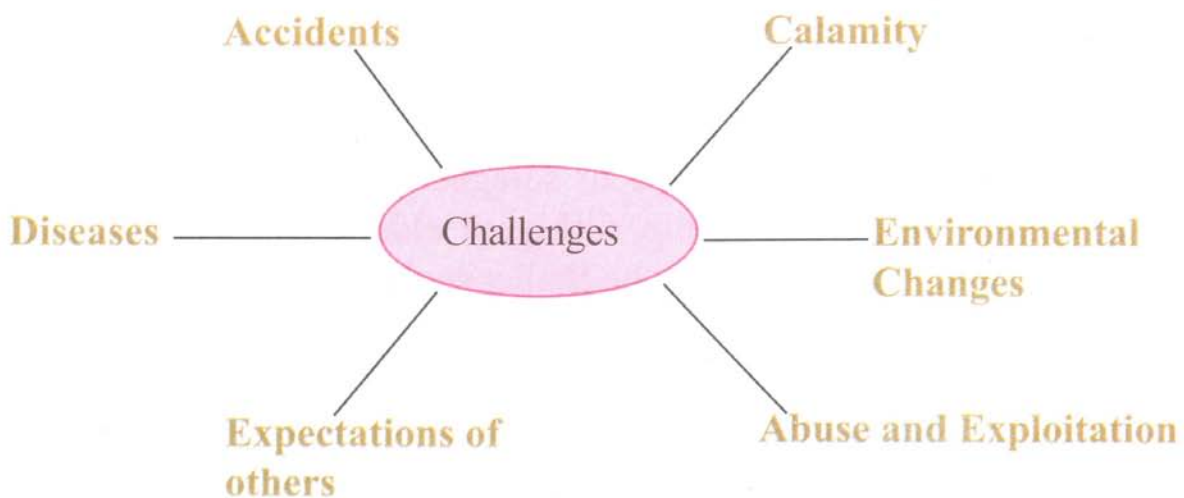


Fig: 13.1

## To overcome challenges we must have

- correct knowledge.
- ability to Identify challenges on time.
- ability to take correct decisions.
- methods to avoid unnecessary gangs, threats.
- control of emotions.
- good health habits.

You will have to face various challenges in the society we live.

## **1. Challenges against health**

There may be many challenges you have to face with regard to your health. Health means complete physical, mental and social well being. It is very important that you should safeguard your health. Sickness in the family, unhealthy atmosphere and environment are challenges you have to face.

## **2. Accidents - Emergencies**

Accidents can be considered as challenges that affect our health. Accidents can happen at any place; in the home, in the school, in the play ground or on the road.

### **Accidents and Emergencies**

- **Wounds and Cuts**
- **Fractures/Sprains/Dislocation**
- **Drowning/Electric shocks**
- **Unconsciousness (Fainting)**
- **Foreign bodies in nose, eyes, ears, throat etc.**
- **Burns and Scalds**
- **Bruises**
- **Bleeding**
- **Bites and stings**
- **Poisoning**

Do you know that most of these accidents happen due to carelessness, forgetfulness and ignorance? Accidents can make you disable or disfigured and affect your social status, make your parent or can't do a job. eg: burns, broken bones.

What measures you should take to prevent accidents in your home?

- **Do not leave small children and elderly people alone in the house.**
- **Avoid spilling water on the floor.**
- **Use safety lamps to avoid burns.**
- **Keep knives in safe places beyond the reach of children.**
- **Clean the garden to avoid snakes and other harmful animals.**
- **When using electric appliances wear rubber slippers.**

Dangerous environment can cause any accident.



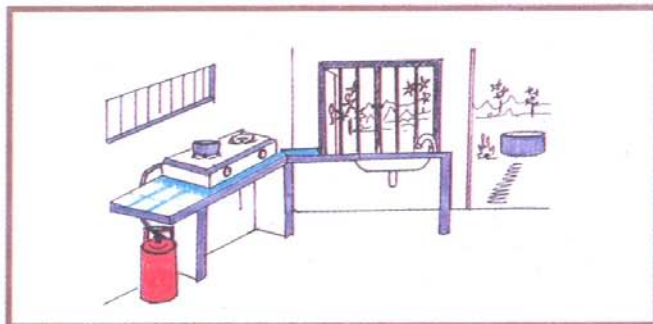
Cleaning the home garden by the family

Fig : 13.2



Using an electric iron

Fig : 13.3



In an airy room using a gas cylinder

Fig : 13.4

When you use a gas cooker remember to keep the windows open to have air place in the room.

Protection is necessary to avoid challenges.

### 3. Disasters:-

Effect of natural changes of the environment floods, drought, storms, earth slips, Tsunami, wild fire, earth quakes, tornado, volcanoes are some challenges we have faced and heard. Bomb explosions are disasters that we experience from the recent past.

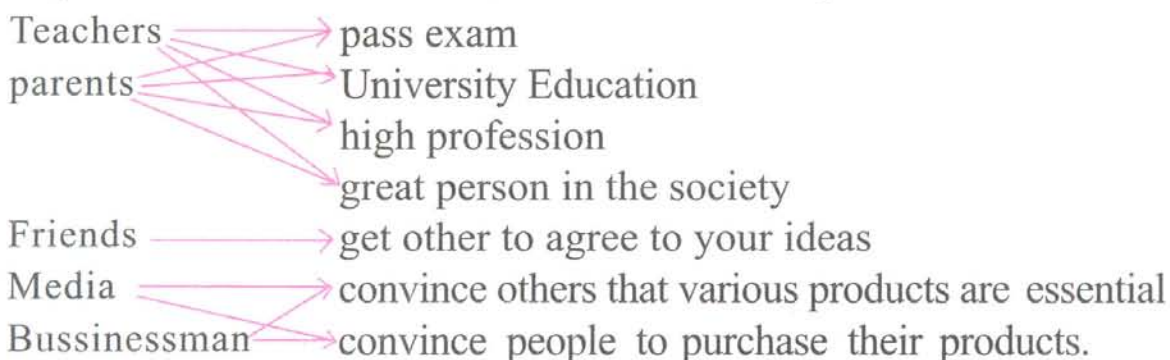
### 4. Mental stress:-

This is also a challenge. It is very necessary to keep a balanced mind. We should make it a point to face situations successfully. Do not take things serious and go on thinking about the situation. Play during leisure.

### 5. Abuse and Exploitation

You may be having many friends in the school and in your neighbourhood. You play with them, you go on trips and enjoy with them. Some of them may be good, very loyal to you. Specially you have to be very careful with people who use liquor. Some people might offer you toffees, chocolates and things and pretend very kind to you with deceiving mind. Don't get deceived by them. Do not have sudden friendship with unknown people. You are safe with your parents and teachers and your good friends. Don't develop friendship with elderly people whom you do not know.

Expectations of others are sometimes a challenge.



Trying to fulfill other people's desires is also a challenge.

### Activity 13.1

Fill the table below about abuses of school children.

Please copy the table in your note book.

Abuse/Exploitation	How it happened	The bad result
eg; Smoking	with bad peers	Lost of self respect
.....	.....	.....
.....	.....	.....
.....	.....	.....

### First Aid

The care given before medical treatment may be called firstaid. Follow the procedures given below.

#### Snake bite

- Make the patient calmdown.
- Wash the place of the bite with soap and clean water.
- Take the patient to a hospital or to a doctor as soon as possible.

#### Burns

- Put out the fire by appropriate method.
- Cover the victims body with a gunny.
- It is easy to put off fire by rolling on the ground immediately as one catches fire.
- Hold the burnt area under running water (tap / shower)
- Immediately take the patient to a doctor or to a hospital.

Do not use water to put out kerosene oil lamp fires. As kerosene oil floats on water the fire, will not go out but spreads.

**First aid - when a foreign matter gets stuck in the eye, ear or nose.**

- If something is stuck in the eye, wash the eye with clean water.
- Try to remove the matter carefully with a piece of clean cloth/ gauze soaked in water.
- If any of these is not possible take the patient to a doctor.

**Injury to joints**

**Dislocation**

- Make the patient rest.
- Do not move the injured area.
- Give medical treatment as quickly as possible.

**Fractures**

- Make the patient rest.
- If there is a wound cover it to prevent germs.
- Do not move the injured area, Give medical treatment.

Prevention from accidents is more easier than giving first aid.

Face challenges successfully for a happy life.