

Introduction

“Democracy” is a form of administration as well as a way of living. A democratic society is a self-disciplinary and consensual society in which people act in cooperation with one another based on freedom and equality and being respectful to the opinions of the majority. To ensure the existence of such a society, it is quite essential to develop democratic qualities in the citizens.

It is expected from this chapter, to establish the required competencies in students by,

- Building up qualities that are needed for a democratic way of life
- Giving an understanding about the rights and the duties of a child
- Explaining the importance of managing emotions positively
- Explaining the need for leadership emphasizing the importance of improving leadership qualities
- Raising awareness about the way they should behave as a followers to live as members of the society, family and the school.

Democratic features visible in the family and in the school

Democratic features of a family

Family is the smallest, basic and important unit that can be seen in any society. You have studied in Grade 7 under the unit “Our Family” that the family can be classified into two: the nuclear family and the extended family.



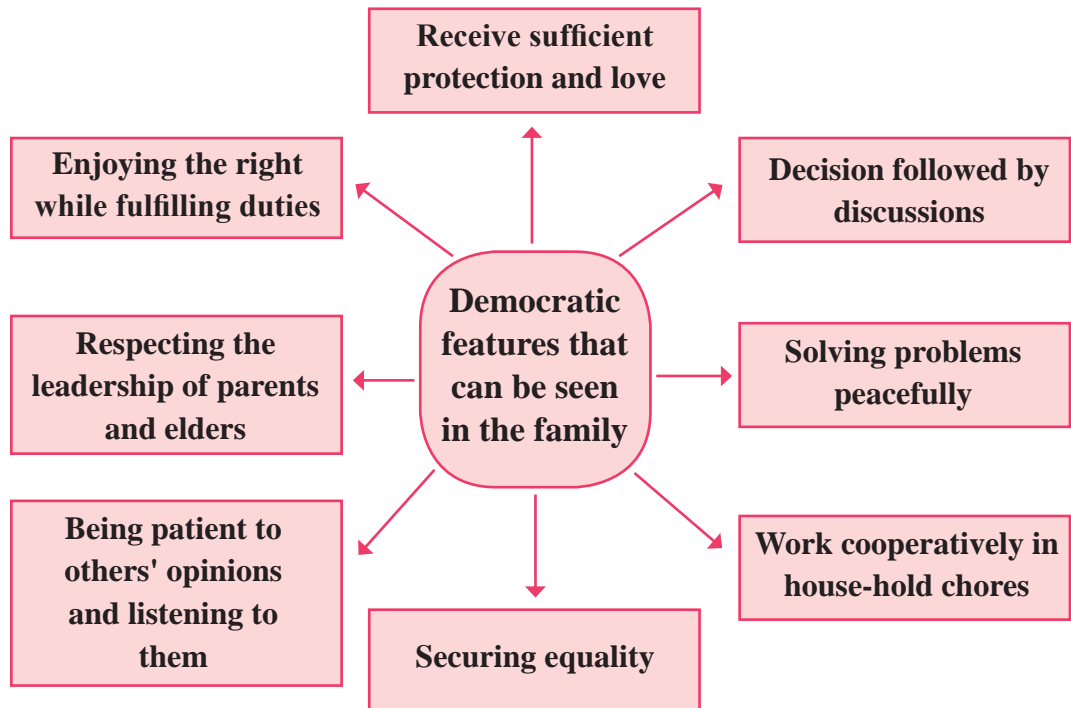
A nuclear family – mother, father and children



Extended family - father, mother, children, grandparents, uncles, and aunts

Your family can be a nuclear family. However, if you ask the elders in your family such as your mother, father, grandmother, and grandfather, it would be clear that they had spent their childhood in an extended family. But at present, you can see plenty of nuclear families around you.

Each and every member of the family has duties and responsibilities. Everyone is liable to fulfil them cooperatively, understandingly in friendly manner.



Children obtain democratic experience from the family. Democratic qualities such as recognition of leadership qualities, listening to others, and respecting their ideas and work in collectively can be learnt by being a member of the family.

Affection, love, kindness, compassion, protection and nutrition will determine the well-being of both children and the society they live. Fulfilment of the duties and responsibilities from parents to children and its vice versa will be beneficial to all.

Taking decisions after discussions among family members at **general occasions** will be quite helpful for the unity, harmony and the betterment of the family.

e.g.

- Selection and preparation of meals
- Performing household chores collectively
- Keeping house clean
- Entertainment and enjoying leisure
- Planning educational activities

It is more effective to discuss together and take decisions even at **special occasions** of the family.

e.g.

- Organization of various functions
- Purchase of a land/house
- Construction, carrying out alterations, repairing of a house
- Purchasing a vehicle
- Decisions on marriages



A happy family



Working in collectively

In family affairs,

- Tolerating the views of others lead to honour others.
- Tolerating the views of others lead to honour the view of the majority.
- Unity and cordiality in the family is improved by respecting the views of the majority

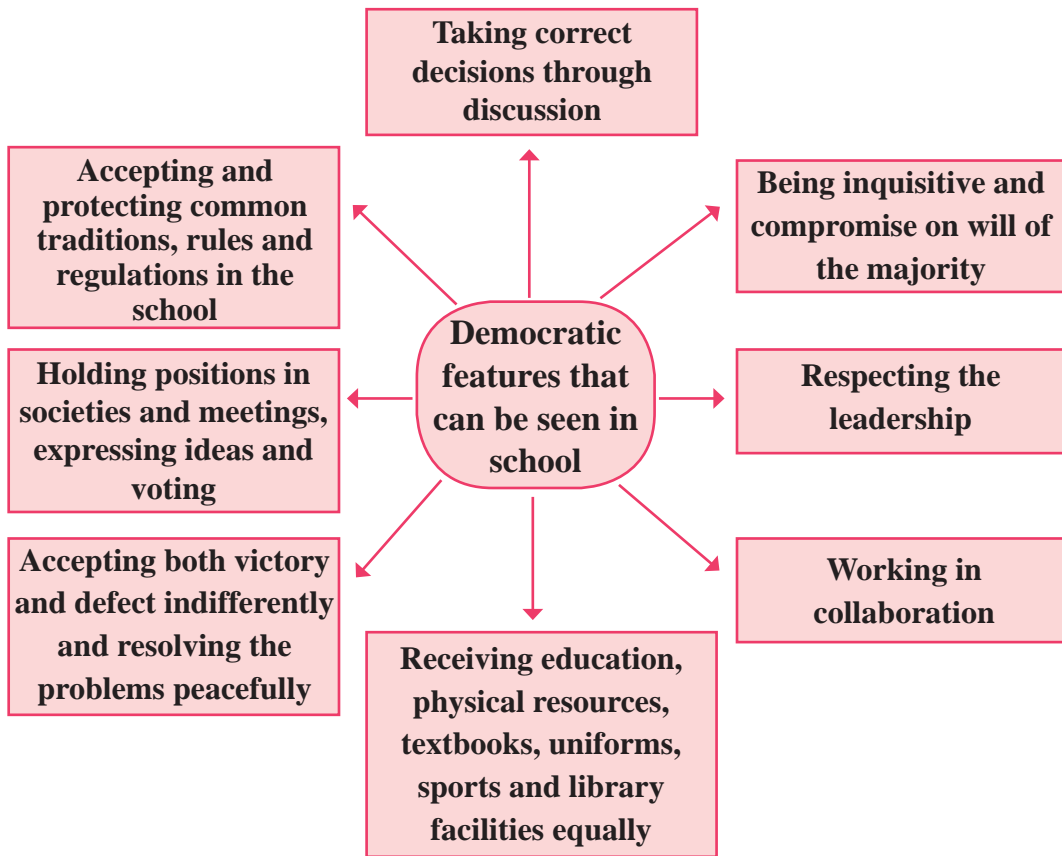
Liberal and peaceful environment in the family helps you improve your talents and skills. Treating parents and elders as leaders, seeking their advice and guidance, helping the family affairs, and working collectively are some of the responsibilities of the children while enjoying freedom. Such a behaviour will assure the family progress as well as the progress on well as the progress of the society.

Activity

- Name 05 democratic features which you have identified as the features prevail in the family.
- Name several occasions where all the family members work in harmony.

Democratic features that can be seen in school

The school is the closest institution to the child next to his home. From childhood to adolescence a child leads a life as a student. Every child gets the opportunity of improving his or her skills and capabilities by making use of the freedom, resources and opportunities available in the school. This will enable them to achieve objectives of life successfully. Each and every child should try to achieve objectives in life which are more useful to oneself and to the society. There are many specific features that can be seen in a school in a democratic society.



All school, children are fortunate to obtain equal opportunities in receiving free education. The valuable opportunity of receiving free education from primary education to the university level is something that you should try your best to achieve.

The school which consists of children from different social environments provides equal opportunities for education for all of them. The school also provides security and opportunities to develop various competencies of the children during the school hours. Disciplinary rules within the school are common to all. Textbooks, uniforms, mid-day meals, library and laboratory facilities are provided to all equally. The school also provides the children the opportunity to engage in co-curricular as well as extra curricular activities in order to develop their various competencies.

Some co-curricular activities practised in school in order to familiarize democratic way of living are as follows:

- Holding Literary Associations, Religious Associations, Subject Related Associations
- Organizing national festivals, religious festivals, sports meets, cultural festivals
- Assigning duties as prefects, monitors, subject leaders, sports captains
- Organizing and holding competitions on dancing, singing, playing musical instruments, drawing, general knowledge, essay writing and debates etc.
- Giving training and experience on cadetting, environmental pioneers, scouting, first –aid services
- Organizing educational trips, field trips, exploration trips and excursions

Activity

- Name some of the co-curricular activities implemented in your school.
- Write five benefits that you can gain by taking part in those activities.

Rights and obligations of children:

The most valuable asset of the parents is their children and they are the future resource of a country. Every religious leader has pointed out the importance of children by giving priority to them in their sermons. Every society pays more attention on children.

It is the responsibility of both the government and adults to provide proper nutrition to children, protect them, provide suitable education, prepare the background for physical and mental growth, guide and assist them to be a person with good personality. According to the United Nations Convention on Child Rights, every human being below eighteen years is considered as a child. The rights entitled to all children irrespective of their gender are recognized as Child Rights. These rights are listed under four themes.

- Right to protection
- Right to participation
- Right to development
- Right to exist

United Nations Convention on Child Rights consists of a preamble and 54 Articles. Every member of the country is bound to protect and follow it. The United Nations International Children’s Emergency Fund (UNICEF) functions as an organization established to protect child rights.



While enjoying their rights, children should in turn ensure that they fulfil their duties and obligations at every occasion. Rights and obligations are interconnected. It is also quite essential to enjoy rights and fulfil obligations for the well-being of the society. Rights without obligations are meaningless and self-centred.

Given below are some of the rights and obligations of children. Study them well.

Rights of a child	Duties/Obligations of a child
Right to education	<ul style="list-style-type: none"> ● Engaging in educational activities well ● Respecting parents and teachers ● Protecting discipline, rules and regulations and traditions of the school
Right to health facilities	<ul style="list-style-type: none"> ● To be aware of personal hygiene ● Following good health habits ● Raising awareness among other people on good health habits
Right to the benefits of social security	<ul style="list-style-type: none"> ● Contribution to social security ● Raising awareness among other people about social security
Right for freedom to hold a religious belief	<ul style="list-style-type: none"> ● Religious well-being ● Respecting the religious beliefs of other people
Right to freedom of expression	<ul style="list-style-type: none"> ● Expressing truth ● Expressing ideas that do not harm others
Right to maintain friendly relationships	<ul style="list-style-type: none"> ● Selection of friends wisely ● Selection of friends to suit your age ● Refraining from stealing, cheating and harmful deeds
Right to participate in activities of societies and associations	<ul style="list-style-type: none"> ● Developing one’s capabilities. ● Contribution to social progress
Right to proper care	<ul style="list-style-type: none"> ● Respecting and obey parents and elders ● Supporting them whenever possible

Institutions that safeguard child rights

We often hear through media about various problems children face in the present society. Getting them involving in various abusive activities, harassment, sexual abuse and child labour are some of them.

There are many reasons which cause the loss of equal opportunities for children while being subjected to oppression. Death, separation, going aboard, imprisonment, drug addition, alcohol addition of one or both parents and their less attention to their children and poverty are some of the opportunities for children.

Given below are some institutions which function for the purpose of protection of child rights and save the children from these situations providing necessary support and guidance to them:

- National Child Protection Authority
- Department of Probation and Child Care Services
- Children and Women Bureau, Sri Lanka Police

Government officers providing services to children and families at regional level:

Position	Office	Services provided
Child Rights Promotion Officer	Divisional Secretariat	Provide all the services related to child rights and coordinating facilities
Regional Child Protection Officer	Divisional Secretariat	Inquire into problems concerning the protection of children and provide necessary support
Early Childhood Development Officer	Divisional Secretariat	Provide facilities relevant to preschool education and other early childhood services
Counselling Officer of the Ministry of Women and Child Affairs	Divisional Secretariat	Provide counselling services required for children and women
Social Services Officer	Divisional Secretariat	Provide special welfare services of the government related to children
Women Development Officer	Divisional Secretariat	Provide home economic and vocational education services required for women and girls
Informal and Formal Education Officer	Divisional Secretariat	Provide facilities to non-schooling children and children with special needs

Activity

- Design a wall chart on “Child Rights and Obligations” and display it. Include creative work such as essays, short stories, free verse, drawings and cartoons.

Various emotions

Your face is the best mirror which reflects your thoughts, feelings and emotions. Observe your face with a mirror to see how your facial expressions change when feel happy, sad, fearful or angry. Your bodily expression in such situations may be crying, laughing, getting angry, being silent, fright, being disappoint and being lethargic.

Good emotions are delightful for oneself as well as for the society. However, if unfavourable emotions are not properly manipulated, they will cause harm not only to you but to the society also. For example, a person raged with anger may tend to scold others, assault them, destroy property and even cause harm to lives.

We can hear from everyday news various incidents resulted by failing to control emotions. Discuss with your teacher about this. He/She will explain you many facts about this.

Emotions and effects/reactions caused by them

Emotion	Reaction
Happiness	→ laughing, dancing, cheering, shedding happy tears, shouting, jumping
sorrow	→ crying, sighing, wailing, withered face, beating the chest, redness of eyes, perspiring
Anger	→ scolding, assaulting, trembling of limbs, tongue twisting, gnashing, observing silence
Fear	→ trembling, screaming, widening of eyes, running, inability to speak, stammering,



The above pictures show external reactions of the body on emotions. As a result of emotions, reactions inside the body such as high blood pressure and secretion of hormones, take place.

When the unfavourable emotions continue, a person is subjected to physical, mental and social deterioration.

Examples: physical illnesses/ mental illnesses/ creating various conflicts/ imprisonment/ addiction to drugs/ suicide

Let's control emotions positively

In a democratic society, all citizens should receive equal opportunities. But, inequality exists due to different reasons. Various emotions emerge according to the nature of the experiences we encounter. The responses in such situations should be proper and suitable. We should practise ourselves to identify, control, express in a proper way the feelings or emotions that come to our minds in various occasions in our daily life.

Measures that can be taken to neutralize unfavourable emotions

- Exercises to calm the mind
 - Meditation
 - Growing plants
 - Enjoying the environment
 - Engage in religious activities
 - Keeping pets



- Association of friends
 - Discussion
 - Mutual support
 - Engaging in various activities
 - Picnics



- Changing personal and environmental conditions causing unfavourable emotions
 - Keeping home and office clean in an orderly manner
 - Minimizing inequalities and differences
 - Keeping the environment beautifully
 - Acting cordially and collaboratively
 - Working according to a timetable



- Involvement in creative activities
 - Composing poems and songs, writing books
 - Performing dramas
 - Engaging in aesthetic activities
 - Landscaping
 - Singing songs, dancing, painting
 - Watching dramas and films



- Engaging in sports and physical exercises
 - Engaging in an indoor or an outdoor sport or game
 - Walking
 - Engaging in physical exercises
 - Swimming



Let us establish democracy by managing emotions positively

Management of emotions in an optimistic way, as a citizen of a democratic society, will lead to the betterment of both others' lives and one's own life.

Mental stress and emotions are quite natural but we should practise our selves to control such emotions and to manage effectively.

For this strategies like,

- pre-arrangement
- working according to a timetable
- getting others' support and advice
- listening
- following rules, regulations, customs and traditions
- developing self confidence etc, can be used.

Through these, it is possible to achieve objectives in life easily without being subjected to various harassments.

You must determine to become a democratic citizen who appreciates freedom and equality, and protect the rights of others while fulfilling one's own duties and responsibilities. For this, you should support your friends. Then you will

- become a person who does not become a victim of emotions and who is having a balanced personality
- automatically generate in you features like easy going characteristics, smiling and pleasant features and attractive discourse.
- become a person who does not hurt others' feelings.
- act cooperatively and peacefully.
- become subjected to the trust and the respect of others.

Activity

- Collect information about incidents which brought about favourable and unfavourable results due to the management of emotions positively and negatively.
- Based on the information collected, write five meaningful sentences on the importance of controlling emotions positively as a citizen of a democratic country. Or else, compose a poem, a song or draw a picture and display the best one in the classroom.

Let us improve the leadership qualities by identifying the need for leadership

Whenever people act collectively, there should be a leader to direct them. The task of a leader is to direct and motivate the family, several people or a group of people for the fulfilment of an objective or objectives.

- Leadership is the process through which people are directed and persuaded to achieve a clear objective.
- Leadership is the ability to persuade others, make them dedicated and encourage them to achieve the objectives of an institution or of an organization.
- Leadership is not a methodology or a technological skill. It is the matter of opening up of the heart. Through this, not only you but others too can be stimulated.
- “Great Leadership” is not a methodology to follow. It is a humanistic experience that generates in the heart and bonds with the hearts of others.

Occasions where leadership can be seen in the society

- Within the family - parents, adult children
- In school - principal, vice principal, assistant principals, sectional heads, class teacher, prefects, management committee leaders, monitors, subject leaders
- In the society - religious leaders, community leaders, political leaders, heads of institutions

Qualities of a leader (Leadership qualities)

- Communication skill → Presentation, explanation, speech, build up the process, listening, firmness
- Problem solving skill → Understanding the problem, collecting information, analysing, finding solutions, implementing
- Organizational skill → Deciding the objective, planning, organizing, decision making
- Manipulative skill → Deciding the target, organizing teams, controlling, reaching the targets
- Human relationships → Sociability, attraction, ability to keep inter-relationships, maintaining relationships
- Affectivity → Friendliness, affability, sensibility, cheerfulness

Let us identify various leadership styles in the society

According to the nature and the activities of the persons who provide leadership to the society, leadership styles differ. When we have a look at the leaders of a family, an institution, an organization or of a country analytically, many differences can be identified. You have to attempt to become a democratic leader and to establish a democratic society.

Autocratic leadership style	Corrupted leadership style
<ul style="list-style-type: none">- Non acceptance of public opinion- Refusal to change- Act very strictly- Take unshakable decisions unanimously- Threatening, intimidation- Obstruct to develop capabilities	<ul style="list-style-type: none">- Malversation of public property- Engaging in fraud, corruption and theft- Display of wrong precedents- Disregard for law, rules, regulations, customs and traditions- Inclination towards privacy

Nominal leadership style	Democratic leadership style
<ul style="list-style-type: none">- Not working for upliftment of the society- Not having the good leadership qualities- Not having clear targets and expectations- Not doing any changes- Desire to being salient in society	<ul style="list-style-type: none">- Accepting and respecting the public opinions- Maintaining close relationship with the public- Encouraging the public and cheer them up- Listening and solving the conflicts- Giving opportunities to develop the abilities of the public- Appreciating and approving of freedom and equality

Why does society need leaders?

Leadership is essential to direct a particular society for the fulfilment of its expectations, aims and objectives. Lack of dynamic and productive leadership leads to the deterioration of the family, school, institution, organization as well as the country. Discuss examples of such situations with the teacher.

There are many reasons to be a leader. Some of them are given below:

- To develop organizations, institutions and a state with a correct vision
- To set goals and direct towards achieving the goals
- To plan properly
- To face challenges and objections
- To overcome challenges and objections democratically
- To have followers attached
- To encourage followers
- To distribute and utilize resources properly
- To resolve and minimize conflicts

Activity:

- Collect information and photographs of religious, political and community leaders inspiring you.
- Prepare a booklet including information on the contribution they made to establish and strengthen the democratic society.

Features of democratic leadership

In many countries of the world to-day, a democratic system of administration exists. The United States of America, France, Great Britain, Swaziland, India and Sri Lanka are examples for democratic governments. The system of selecting political leaders in these countries is based on general elections. At elections, people elect leaders of their choice, as representatives. Exemplaries of political leadership directly affects every sphere of the country. Their precedents determine the sustenance of a democratic society.

Some qualities a democratic leader should possess:

- Humanity
- Honesty
- Dedication
- Equality
- Friendliness
- Creativity
- Ability to take correct decisions
- Confidence
- Assertiveness
- Heeding/listening
- Impartiality
- Sociality
- Prudentiality
- Helping others

Leader and follower

- The leader is the person who directs the team.
- The follower acts under the direction of the leadership.
- The follower should be ready to act in a trustworthy manner when the leader directs the team with confidence.
- It is the duty of the follower to support the leader to reach correct objectives without expecting any benefits.
- Dedication and enthusiasm is advantageous for a follower to become a great leader.
- The Leader and the follower are mutually bound together by responsibilities.

Situations in which leadership and fellowships are visible in the society

The family, the school and the society are formed by a number of groups consisting of leaders and followers. Some examples are given below:

Leader	Follower
Father	- other members of the family
Principal	- staff, students
Chief Incumbent of the temple	- other monks/lay devotees
Member of Parliament	- voters
President	- citizens of the country

When we consider school as another example, we can find many leaders and followers too. Various leaders can sometimes become followers. The duty of leaders and followers is to perform one's duties and responsibilities properly. Look at the following examples:

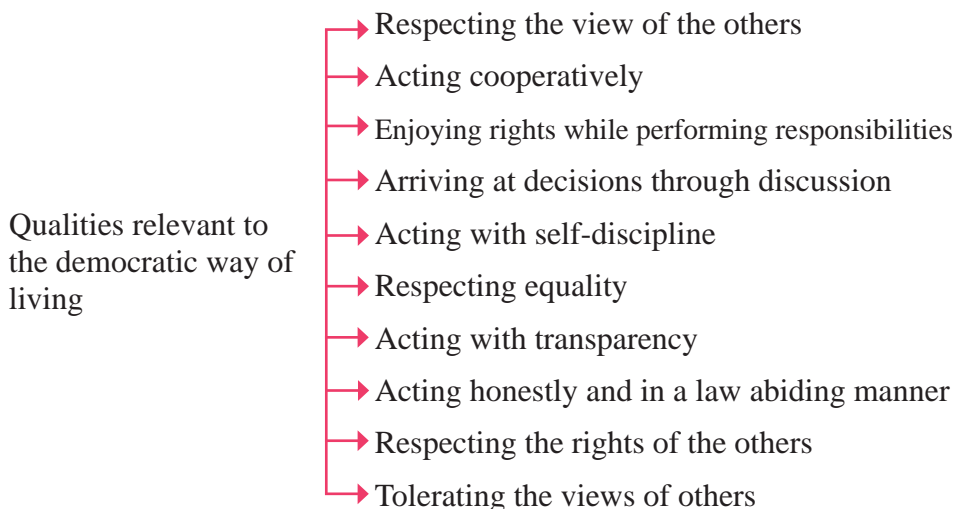
Leader		Follower
Principal	-	staff, students
Class teacher	-	students in the classroom
Prefect	-	students of the school
Monitor	-	students in the classroom
Subject leader	-	students studying the subject

Democratic way of living

We can see many conflicts and disagreements prevailing among persons in the contemporary society. The reason for this is the competition and mistrust prevalent among them. Nobody can live alone in the society. When we act as a group we should respect others, tolerate their views and act in a fair manner. Then, conflicts and disputes can be minimized.

Respect for the accepted customs and traditions, laws, rules and regulations and act with equality and coexistence are the features that can be seen in a democratic way of living. The specific feature of such a society is the concern not only to work for one's own benefit but for the betterment of others also.

A democratic way of living is to transform democratic features into life habits of a person and act as a good citizen in the society.



Democratic way of living guarantees well-being of the society

Democracy can be identified as a system of government as well as a way of living. The reason to identify it as such is the necessity of the establishment of democratic features for the well-being of the society. Let us consider how the democratic way of living contributes to the well-being of the society.

- Improvement of harmony in the society
 - Relationships develop when every community group is respected and treated equally.
 - People are satisfied as their needs and requirements are fulfilled as expected.
 - Contribution and representation in every activity is entitled.
- Establishment of a society with minimum conflicts
 - Respect the will of the majority
 - Providing opportunities for minority representation
 - Respecting all communities and their culture
- Creation of a law abiding society
 - Citizens being law abiding
 - Acting in a just and peaceful manner
 - Recognition and respect of one another
- Protection of the rights of all
 - Accepts rights
 - Fulfills obligations
 - Appreciates freedom

Activity

- Write an essay on “Existence of democratic ways contributes to social wellbeing”. Display the best essay in the class.

Summary

- ⇒ Democratic features in a family ensure the family well-being.
- ⇒ It is important, as members of the family unit, to develop the qualities of democracy for the democratic way of living.
- ⇒ As a member of the school society, you as a student, should follow the democratic features of the school.
- ⇒ Both enjoying the child rights and rendering the duties are important.
- ⇒ There are several institutions to protect the child rights. They have many duties to be performed.
- ⇒ Various emotions and feelings that occur in one's mind affect one's behaviour.
- ⇒ Controlling and managing emotions in an optimistic or positive way is very important to all as citizens of a democratic society.
- ⇒ Democratic leadership qualities should be identified and practised.
- ⇒ There are qualities that should be developed as a leader and as a follower.
- ⇒ Democratic way of living guarantees the well-being of the society.