



Notes

21

CONCERNS AND ISSUES IN HUMAN DEVELOPMENT

You have already studied about the development of children across ages and about the factors which affect their development. But, there are children who do not get adequate environment and facilities for their full development. For example, the neglect of girl child in Indian families is a well known fact. Many children instead of being in school, have to work in hazardous occupations while still others may indulge in anti social acts. Some children are differently abled. Children whose parents or themselves are HIV positive or suffering from AIDS are shunned by society. Some children start taking drugs first by chance or under peer pressure and become addicted to them. They all need our special attention. In this lesson we shall study about the special issues related to these children and shall try to find out some of the ways to help them.



OBJECTIVES

After studying this lesson you will be able to:

- give example of common discriminations against the girl child;
- explain the term and enumerate the causes of 'juvenile delinquency'; suggest remedial and preventive measures;
- relate the consequences of child labour on development of the child;
- suggest ways of reducing the problems of 'socio economically disadvantaged children';
- list some major physical disabilities in children, describe the problems faced and suggest ways to help them;



- suggest guidelines to help mentally retarded children;
- define the terms 'AIDS' and 'HIV' and list myths and misconceptions regarding AIDS;
- suggest ways to ensure safe motherhood leading to lower morbidity and mortality;
- define the term substance abuse, give symptoms and effects of drug abuse.

21.1 DISCRIMINATIONS AGAINST THE GIRL CHILD

Read the following story -

Seema is a ten year old girl living in a small hut. She gets up at five in the morning and goes out to perform household chores in others' houses. Her brothers who are older to her are forcibly sent to school when they have no interest in studies and have failed two/three times. Whenever Seema expresses her desire to go to school she is scolded by her parents. Her brothers are considered assets to the family while Seema is considered a burden.

After reading the story how do you feel about Seema's life? Is it not the situation of many girls in India?

The girl child in India faces a difficult life. She is discriminated against right from birth or even when in the womb. She is an unwanted, uncared for and an inferior being in most of the families. Can you outline the discriminations against her? Here are some of them.

Who takes food first in an Indian family? Is it the girl child? No, most mothers in our country tend to feed their husband and sons first. They give only left over food to their daughters. Such food is often inadequate in quality and quantity, e.g. many times girls do not get adequate amounts of dal, vegetables, chapattis, etc. The discrimination in feeding habits begins soon after the birth. Do you know that female infants are breast fed for shorter duration as compared to male children?

What happens when an individual does not get adequate amount of food? The person fails to develop resistance to diseases and falls sick frequently. When girls fall sick, are they taken to the doctor? No, because good health is not considered important for them. As a result many little girls fail to see their first birthday. In this way a girl child is denied even basic **nutrition and health facilities**.

Is the number of girls attending the school same as that of boys? The answer is 'no'. Because many of them are taken out early from the school even before they complete their basic education. Girls start helping their mothers in the household tasks at a very early age.



Notes

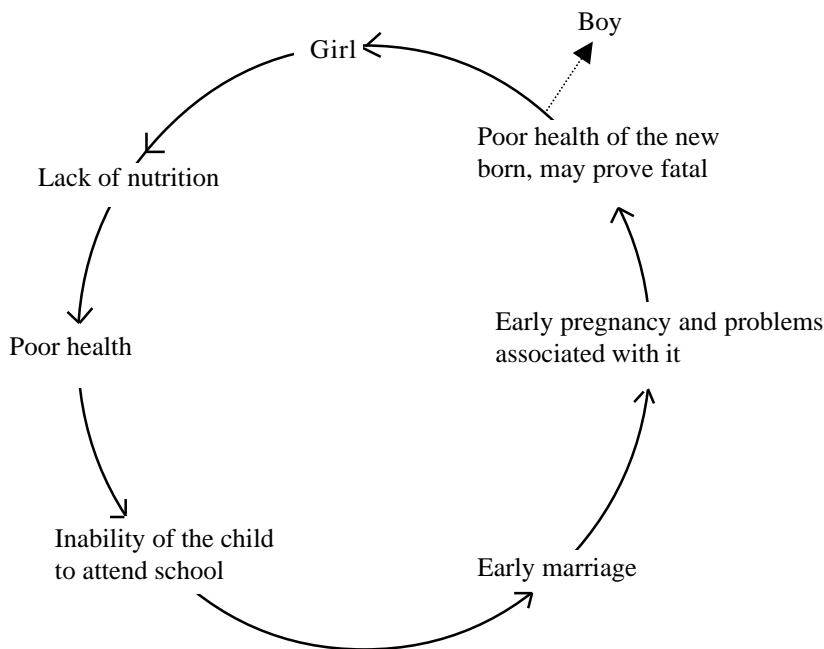


Fig. 21.1 A vicious cycle

21.1.1 Role of Education

What role can education play in her life? It is the girl child who will later on weave the life of every member of her family. So, education is very important for her. It helps her in the following ways—

1. Education creates awareness among girls. They know what is happening around them, what is good or bad, how they can use/avoid these. Educated girls can run their own lives and households more efficiently e.g., they would know their rights as consumers and can purchase best possible items for their families in the given amount and maintain account of household income and expenditure.
2. Education gives them financial independence. Education imbibes confidence and skills in girls which enables them to take up a vocation if required and hence provide financial help to the family.
3. Educated girls who will later on become educated mothers can look after the studies of their children. Educated mothers help their children to develop good habits and values.
4. Educated mothers understand the day-to-day problems their children may face and help in providing more meaningful solutions to these problems.

If the parents educate their girl child they will not only help their daughter but also make her a better daughter-in-law, wife and a mother. This in turn will help the entire society.

After reading about the discriminations against the girl child how would you like to treat your daughter? What role can you play to change the attitude of your community towards the girl child?



Notes



INTEXT QUESTIONS 21.1

1. Give three indicators which show discrimination against girls.
2. The girls are discriminated against because they
 - (i)
 - (ii)
 - (iii)
3. State three ways in which education helps a girl child.
 - (i)
 - (ii)
 - (iii)

21.2 WHAT IS JUVENILE DELINQUENCY ?

Do you read the newspaper everyday? What are the main stories? Who are involved in these incidents? The children and the teenagers. Do you think this kind of behaviour is socially acceptable? No, these are antisocial behaviours and cannot be accepted.



Fig. 21.2: Juvenile delinquency

Juvenile delinquency means acts of violation of law by the young people (a boy below sixteen years and a girl below eighteen years) who as a rule cannot be punished by the law.

Can you list some of the behaviors which are considered 'delinquent' ? Yes. some of them are –



Notes

1. Forgery
2. Violence
3. Stealing
4. Suicide
5. Telling lies
6. Sex crimes
7. Drug peddling, etc.

21.2.1 Causes of Juvenile Delinquency

Delinquency among young people can be caused by a number of factors. Here are some of them.

Poverty is one of the major causes of juvenile delinquency. Poor children do not have adequate facilities and comforts of life. They find stealing and robbery an easy means to get the facilities. So the young people indulge in thefts, robbery, etc. Sometimes because of poverty, parents also encourage their children to take up such activities.

Can bad company turn an individual delinquent? Yes, young people pick up activities like stealing, telling lies, breaking window panes, etc., in order to influence the leaders of their group. Later on these become habits.

Does violence in media encourage delinquency ? Yes, violence in films and books depicts the delinquent as a strong character. The young boys who watch these acts identify with these characters and try to imitate their behavior.

Regular fights among parents is yet another reason for this problem. When parents quarrel with each other their voices are raised. Children do not understand these fights and get scared. The fight brings a feeling of insecurity in them.

The following chart sums up the causes of juvenile delinquency.

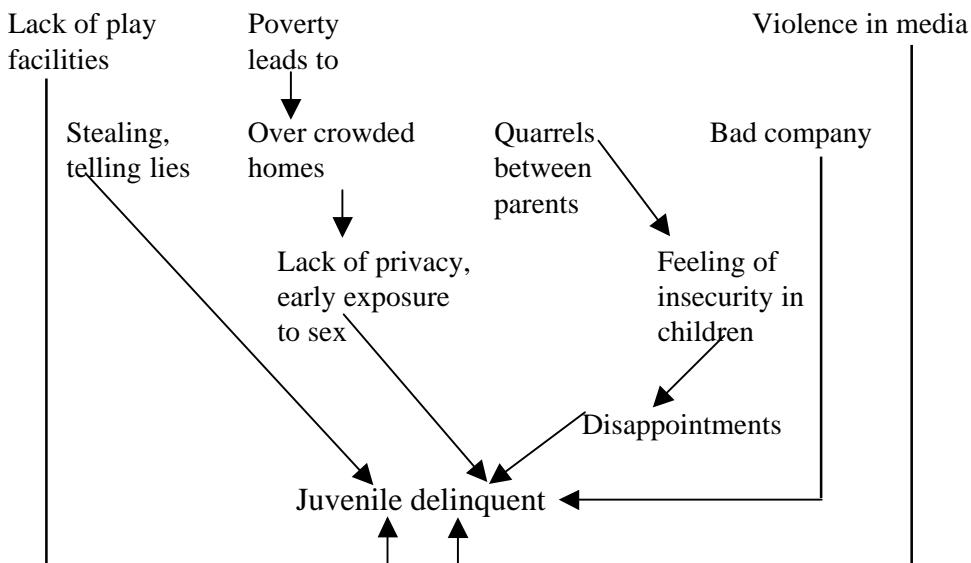


Fig 21.3 Causes of Juvenile Delinquency



Notes

21.2.2 Remedial and Preventive Measures

What happens to the children who behave in a delinquent manner? On specific complaints of the people, they are taken out from their neighborhood to a place called remand home. What is done in the remand home ? Here, the children are given opportunities to give up their delinquent manners. Facilities for vocational training are available which enable them to stand on their own feet. Besides these remedial measures we can do things which can prevent the problem from occurring. What are these ?

Since poverty is the main cause of juvenile delinquency we can do some thing to remove it. Do you know that there are many **poverty removal programmes** in our country? Try and find out those institutions which provide loans at a very nominal rate of interest to start a vocation. Is there any voluntary organization working in your neighbourhood ? Can you approach it to provide vocational training to poor people?

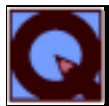
Parents must spend time with their children, discuss their problems and patch up their differences. Enable them to develop good habits and sound values. After studying this, how would you like to behave as parents or future parents with your children?

Provide recreational facilities to young people as it will help them to spend their time gainfully.



Activity 21.1: Look around and see if there are some children who remain unattended. Can you organize some useful recreational activities for them? List how this would help them.

<i>S.No.</i>	<i>Activities organized</i>	<i>How these helped</i>



INTEXT QUESTIONS 21.2

Answer the following questions in two lines.

- Who are juvenile delinquents ?



Notes

2. What kind of behavior is delinquent?
.....
.....
3. Which factors lead to delinquency ?
.....
.....
4. If delinquency is due to poverty what kind of input should be provided to the delinquent ?
.....
.....
5. How do the play facilities enable the young people ?
.....
.....

21.3 CHILD LABOUR-CAUSES AND CONSEQUENCES

Look around in your neighbourhood and try to find out the jobs where children are involved. You will find that they are selling newspapers, working in dhabas, cleaning cars, polishing shoes or working in houses as domestic help, etc. Is there anything wrong when children work? Yes, because this is not their age to work and earn a living. They need to be in school and acquire knowledge. Long hours of working denies them the opportunities for their development.

How do you classify a labourer as a child labourer? Yes, on the basis of the age.

Any child who is below fourteen years of age and is engaged in work to earn a living is a child labourer.

Can you think of some of the causes of child labour ? Let us try to list some of them. These are :

Causes	Consequences
<ul style="list-style-type: none"> ● Poverty ● Illiteracy and ignorance of parents ● Orphaned, abandoned and rejected children ● Nimble fingers and keen eyesight which are assets in traditional craft e.g. carpet weaving. 	<ul style="list-style-type: none"> ● Children are made to work for long hours (12-16 hours) in uncomfortable body positions and this may cause permanent disability. ● They work in unhygienic conditions and often suffer



Notes

<ul style="list-style-type: none"> ● Demand for such labour which is cheap, silent and uncomplaining. 	<ul style="list-style-type: none"> ● from infectious diseases. ● They miss schooling and thus add to the number of illiterate in the country.
--	---

21.3.1 Dealing with the Problems of Child Labour

Do you recall how we dealt with the problem of poverty in section 21.2.2 ? Can those methods be adopted here also ? Yes, those methods can be adopted here also.

- Make provisions for non-formal education. The employers must motivate them to attend school by freeing them for a few hours during working time. The employer should also make arrangement for schooling if necessary.
- Educate parents so that they can realize the negative consequences of child labour and the importance of educating children.
- Provide medical facilities and arrange regular health check up camps.
- Allow children to work in clean, well ventilated and illuminated rooms for fewer number of working hours as compared to adults.



Activity 21.2 : To identify a child labourer in your locality and develop a profile. How can you help this child?



INTEXT QUESTIONS 21.3

1. Give three reasons why parents send their children to work.
 - (a)
 - (b)
 - (c)
2. List three conditions under which children are made to work.
 - (a)
 - (b)
 - (c)
3. List three methods by which the problem of child labour can be dealt with.
 - (a)
 - (b)
 - (c)



Notes

21.4 SOCIO-ECONOMIC DISADVANTAGED CHILDREN

Read the following story.

Radha is a ten year old girl. Her parents work at construction sites. Being the oldest she takes care of her four siblings in the absence of her parents. The whole family is living in utter poverty. To forget his miseries, her father often comes home drunk and fights with his wife. Earlier, Radha used to go to school but she was taken out because her father could not afford the fees.

Children like Radha are called *socio-economically disadvantaged children*. They live in *extreme poverty*. These children are underprivileged and their parents fail to provide adequate facilities for their proper physical, mental, social and emotional development.

21.4.1 Helping Socio-Economically Disadvantaged Children

How can we help socio-economically disadvantaged children? What can be done to facilitate all round development of such children ? Here are some suggestions.

- **Provide education.** Give them *incentives* like free books, stationery, uniforms, scholarships and mid-day meals in schools. This will encourage their parents to send them to school. This has already started in some schools at some places.
- Along with education, provide them *vocational training* so that they can take up a vocation after completing school. This will infuse *self-confidence* in such children and help them handle different situations in life.

You may read more about such issues at <http://freethechildren.org>



Activity 21.3 : After studying about these children, try to locate such children in your neighborhood. Think of the services which you can provide for them. Can you start teaching them in your free time ? If yes, go ahead and start the mission!



INTEXT QUESTIONS 21.4

I A children's club held a meeting to discuss how they could help socio-economically weaker children of their area. They made mistakes while writing the suggestions. Unscramble the words to find out what you can do to help such children of your area.

- i) HTCAE such children.

.....



Notes

- ii) TODNAE old games and OYST.
.....
- iii) Donate old OOKBS and comics.
.....
- iv) Teach some SKLIL.
.....
- v) Teach personal GYNHEEI.
.....
- vi) Organize LEADNUOCIAT games.
.....
- vii) Provide SNUOITIRTU snacks.
.....
- viii) Organize FRCAT activities.
.....
- ix) Teach them SAOMRL through story telling.
.....
- x) Encourage them to attend LOCSHO.
.....

21.5 MAJOR PHYSICAL DISABILITIES

Rani can not walk because she had suffered from poliomyelitis when she was younger. Ramesh, a five year old boy, finds it difficult to control his head. Subodh can not read Pinky’s story books-he is blind. Ajay can not speak and hear but understands his mothers gestures.

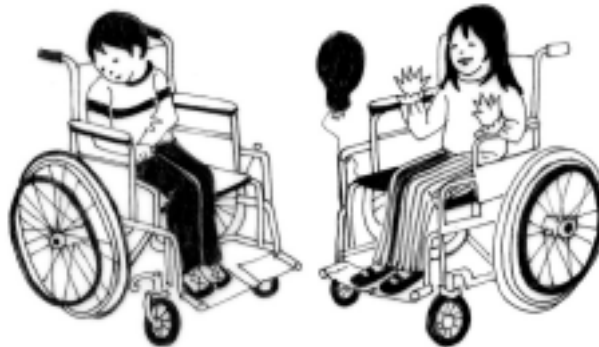


Fig. 21.4: Children with orthopaedic disabilities

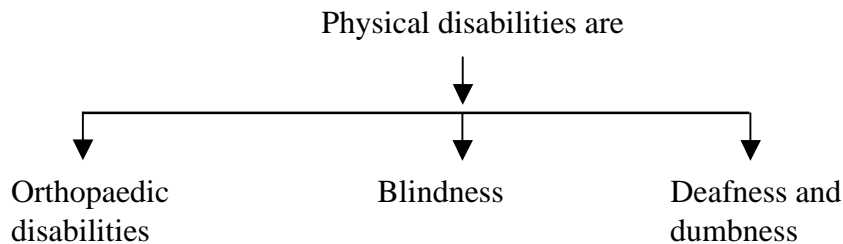


Notes

What is wrong with these children ? Yes, they are unable to perform some of the activities which you and I can. Such children are called physically **disabled children**.

The disabled children can not perform one or more activity in a manner which is considered normal for a human being.

Can you list some of the major physical disabilities found in children?



Have you seen children who do not have or can not use their hands or legs or any other part of the body ? These children are called **orthopaedically disabled**. The major causes of orthopaedic disability are malformation of bones, deficiency of calcium and vitamin D, and accidents causing damage to the bone. You must have heard about Sudha Chandran - a classical dancer. In 1981 she met with an accident and her leg had to be amputated (cut off). The gutsy Chandran got back to the dance floor with an artificial foot called 'Jaipur foot'. She has been giving regular dance performances even after the accident. Hers is a classic case of inner resolve and determination. She overcame her disability with the help of 'Jaipur foot' to become one of India's acclaimed dancers. Remember there are many Sudhas hiding amongst us. All they need is our support and encouragement.

Some children have stiff muscles. Such children are called **spastics**. What kinds of problems do they face ? These children have *problems in movements and body positions*. They often have slow and faulty movements of hands, head or legs. The degree of stiffness in spastics varies from child to child.

Have you seen **blind/partially blind** children in your neighborhood ? What is their problem ? Partially blind can see very little and the blind see nothing. Many children have problems in seeing things clearly. We may not pay attention to the fact that the child has a seeing problem until we notice that the child has *difficulty in threading the needle, reading bus numbers or reading letters from the black board*. Such children can see much better with spectacles. Who can forget the contribution of Surdas to Indian literature ? Despite being blind he did not let that affect his creative output.



Do you know that only some children are born blind and in a majority of the cases blindness is acquired? *Lack of vitamin A in daily meals and injuries to the eye are major causes of blindness.*

There are some children who can not hear or speak. They are called **deaf and dumb**. How do parents recognize whether their child is deaf? Parents often notice early that their child cannot hear because the child does not respond to even loud noise. Children born deaf have difficulty in acquiring language. Can you guess the reason for it? This is because they can not hear either their own voice or that of their parents and hence language has no meaning for them. *Loud noise, ear infections, putting pins, crayons, etc., into the ears to take out ear wax are some of the major causes of deafness in children.* However, such hearing defects may be corrected by using hearing aids.

21.5.1 How to help disabled children

With your love, care, help and encouragement, physically disabled children can develop skills as early and as well as other children. Some of the ways to help them are presented here.

1. Let the child undergo medical examination as early as possible for assessment of disability. Why do you think it is important? Because, the earlier the disability is detected, greater are the chances of recovery from it.
2. Once disability is detected and assessed, help the child to learn to tackle it. It is good to admit a disabled child in a special school for short duration. Here the special aids and methods are used to help them get used to the disability. How does a blind child learn to read and write? Yes, with the help of Braille. *Braille is the arrangement of dots representing alphabets and can be read by finger tips.* Similarly, a deaf child learns to read the lips and use the sign language.
3. Encourage disabled children to make use of *substitutes* for missing body parts. Can you name some such substitutes? These are *braces, splits, artificial limbs, etc.* From where can one get them? These are given free of cost or at a very nominal rate in government hospitals.
4. After learning to deal with the disability it is better to let the child be with normal children.
5. Encourage the blind child to use the remaining sight and other senses. How will you teach about shapes to a four year old child? Yes, by using the sense of touch.
6. Help the blind child to use a stick while walking. Why do they need it? It helps them in finding the way and makes them more confident.



Notes

7. Encourage the hearing impaired child to use and properly maintain *hearing aids*.
8. Encourage the child to make use of *speech and lip reading*. How is lip reading important to them? It helps them in understanding what other people are talking by focusing their attention to certain cues in lips and facial movements.
9. Allow the deaf child to use *gestures and sign language*.

Do you know that after finishing education many of the physically disabled persons can take up many jobs which are handled by normal people. The disabled persons do not need sympathy but your support to unfold their potential. Will you provide that to them? It only means matching the disability and the job and providing the specific facilities needed. We have seen a physical education teacher managing the sports programme of a college with excellence and with 90% disability in the leg. Isn't Ravinder Jain a wonderful lyric writer and music composer ?



Activity 21.4: Identify a child with special needs and study the family's efforts in his/her achieving independence.



INTEXT QUESTIONS 21.5

1. Orthopaedically disabled children are those who have a problem in
 - (a) speaking
 - (b) seeing
 - (c) listening
 - (d) use of body parts
2. The best way to teach a blind child to recognize various shapes is by
 - (a) drawing pictures
 - (b) oral descriptions
 - (c) feeling the shape
 - (d) oral description and touch.
3. The children born deaf have difficulty in learning to speak because they
 - (a) get startled by the voices of their parents
 - (b) cannot hear their own babbling
 - (c) prefer to listen than to talk
 - (d) cannot hear any sound



Notes

4. A child who has hearing problem should
 - (a) get the ears cleaned
 - (b) use hearing aids
 - (c) get practice in listening
 - (d) concentrate on listening

5. To help rehabilitate disabled children it is important to
 - (a) deal with them with love and care
 - (b) provide medical help as early as possible
 - (c) spend time with them
 - (d) do all the above

21.6 WHAT IS MENTAL RETARDATION?

Mental retardation is *delay* or *slowness* in a child’s mental development. The child who is mentally retarded learns things at a slower rate than other children of the same age. The developmental milestones of such children are delayed. Can you give an example of it? Yes, the child may be late in learning to walk, talk etc., What do you think could be the reason for the delay?

The reason is mental retardation which can be caused by diseases and/or injuries affecting the development of brain of the child e.g. brain tumors, poisoning from pesticides, lack of oxygen to brain, damage to brain from instruments used at the time of birth, injury to the brain in an accident, etc. The degree of mental retardation depends upon the extent of damage that has taken place in the brain. Some children are more retarded than others.



Fig. 21.5

Helping Mentally Retarded Children

You might be wondering what can be done to help mentally retarded children. All mentally retarded children can be helped to learn self help skills to some extent. Some of them can also learn to read and write while some always require somebody to take care of them. How can you help these children to grow up to their maximum potential? Following are some of the guidelines:

- Never call these children ‘stupid or idiot’. It hurts them as it would hurt you.
- Let the children do as much as they can by themselves. Help only

when asked for. Slowly teach the children to dress and undress themselves, eat properly, share things with others and follow simple directions.

- If the degree of mental retardation is not very high, then involve the children in simple household tasks, e.g., house keeping and cooking simple food items like rice, make tea, boil potatoes, etc. This will not only keep them occupied but also make them independent.
- Enroll mentally retarded children in special schools where they are given training in some vocation for income generation.



INTEXT QUESTIONS 21.6

Choose the answers that are **not correct**

1. Mental retardation is delay in
 - (a) Walking
 - (b) talking
 - (c) mental development
 - (d) development of eating habits
2. Mental retardation is caused by
 - (a) injury to the brain
 - (b) disease which affects the growth of spinal chord
 - (c) long illness
 - (d) chronic cold and cough
 - (e) lack of oxygen to the heart
3. Mentally retarded children can be taught
 - (a) to look after themselves
 - (b) to help in the house
 - (c) to cook
 - (d) some professional skill.



Notes

For Extra Information
log on to:

<http://www.disabilityindia.org>



Notes

**21.7 SEXUALLY TRANSMITTED DISEASES
(STD's/AIDS/HIV/RTI's)**

(i) WHAT IS RTI?

Sometimes, microorganisms may infect areas around reproductive parts. During the act of sexual intercourse, these micro organisms may be easily transmitted from one person to another leading to reproductive tract infections (RTIs).

(ii) WHAT IS STD?

Diseases which spread through sexual contact are called sexually transmitted diseases (STD).

Syphilliss and gonorrhoea are examples of STDs. They are caused by bacteria and spread through sexual contact with an infected person. Symptoms of gonorrhoea occur in about 2-5 days whereas syphilliss becomes evident in 10-90 days.

Symptoms

- fever and sores appear on the skin, in the throat and genital area; specially vagina or penis, anus, rectum and in the mouth.
- rashes on hands, feet and palms.
- white patches in the mouth.
- acne-like warts in the groin area.
- hairfall in patches from infected areas.

Prevention and cure

- maintain sexual intimacy with only one person.
- avoid prostitution or homosexuality.
- take appropriate medical treatment.

(iii) WHAT IS AIDS?

AIDS stands for **acquired immune deficiency syndrome**. It is called

Acquired	:	Because it is not inherited; one gets it from somebody.
Immune Deficiency	:	It gradually weakens and ultimately destroys the body's defence mechanism, i.e., ability to fight with disease causing germs.
Syndrome	:	It is not just one disease or symptom but a group of diseases.

AIDS is a condition caused by a virus called HIV that causes damage to the immune system of the body.



HIV/AIDS cannot be diagnosed on the basis of one sign or symptom. All the symptoms of AIDS can be the symptoms of other diseases too. Only after proper examination and test HIV infection can be diagnosed.

(iv) WHAT IS HIV?

The virus which causes AIDS is known as HIV which stands for *Human Immunodeficiency Virus*.

The weakening of the immune system by the virus inside the body of the infected person makes the person unable to resist other diseases.

There are currently two types of HIV viz., HIV 1 and HIV 2 which cause AIDS. HIV belongs to a family of many viruses called retroviruses. It is very tiny, even a thousand times smaller than the thickness of a hair. It looks like a rolled up procupine or a sunflower in full bloom.

HIV/AIDS and the Immune System

The immune system refers to the way in which the body protects itself from infection and diseases. The skin serves as the outer defence mechanism while white blood cells (WBC) are important in the working of the body's immune system.

Once a person is infected with HIV, the body produces the antibodies to HIV in an effort to protect itself. Antibodies are substances that are produced in the body to fight infection by viruses and bacteria. But these antibodies are not powerful enough to fight against the HIV virus. HIV attaches itself to the genetic material of some white blood cells. With this material from the cell, the virus reproduces itself. Once the virus enters and attaches itself to the cell, it is difficult to destroy it without damaging the cells. Destroying the virus means destroying the cells and making the immune system weaker.

21.7.1 Signs and symptoms of AIDS

Signs and symptoms, generally in HIV infected and AIDS patient can be the signs and symptoms of any other disease too. Whether a person is infected with HIV or not is known only by the blood test. A person with positive blood test may not suffer from AIDS at present but after some time this person may develop AIDS.

HIV infected people develop one or more of the following signs and symptoms:

- Persistent fatigue
- Severe weight loss (by at least 10% of the body weight);
- Night sweat
- Fever lasting several weeks, and

Notes



- Persistent diarrhoea lasting over one month.

Most people with HIV infection may not show signs or symptoms of the disease, but may develop AIDS after some years. That period is called the asymptomatic period and it may extend to ten years or more. But since they have HIV virus in their blood, they can infect others.

Common manifestations of a person with AIDS are:

- swollen lymph glands usually in the armpits, neck and groin region;
- white spots inside the mouth, throat or on the tongue caused by fungal infection;
- red, brown, pink or purplish blotches on or under the skin, inside the mouth, nose or eyelids;
- Tuberculosis (T.B.)

A person's body takes about two weeks to three months after infection to produce HIV antibodies. The length of time between HIV infection and AIDS can be ten years or more. However, the time taken varies widely from person to person. It may depend on the amount of virus present in the blood, individual immune system and exposure to repeated or severe infection, anxiety and depression. Other health risks such as smoking, overtiredness, low nutrition and heavy drinking may cause AIDS to develop earlier.

HIV Testing

HIV antibodies develop in the first three months after infection, so after three months it is possible to detect the HIV infection by blood test. Only in very rare cases the antibodies may take upto six months to develop. So, even if one tests negative after three months, it is a good idea to test again after six months.

21.7.2 Modes of HIV Transmission

HIV can be transmitted through blood, semen and vaginal fluids and from mother to child.

Infection through blood

Since this virus lives in the blood it can be transmitted through blood and blood products. HIV can also be transmitted through the use of needles, syringes, blades, knives, surgical instruments and other piercing instruments that have been used on an infected person. If these infected instruments are used on healthy people without proper sterilization it may cause infection. Improperly sterilized instruments used for circumcisions, tattooing, acupuncture, ear piercing and traditional healing practices can also transmit HIV.



Intravenous drug users are also at a great risk as the needles they share are rarely sterilized.

Infected mother to new born child

HIV can be transmitted from woman with HIV infection to her child before or during birth. Before birth, it may be transmitted across the placenta to the foetus and during childbirth from the mother's blood and through breast feeding. The chances of HIV passing on to the new born child are about 30 percent.

Infection through sex

The most common route of HIV transmission is unprotected sex (not using a condom) with an infected partner. Though chances of infection per single exposure is 0.1 to 1 %, yet 80-90 per cent of the world's HIV infections are through this mode. HIV is present in semen and in cervical and vaginal fluid of the infected person. This is why HIV has been described as the latest Sexually Transmitted Disease (STD). The presence of other STDs make the transmission of HIV much easier. This mode of HIV infection can be ruled out totally if people decide to follow safe sex practices.

21.7.3 Myths and misconceptions about HIV transmission

There are certain myths about transmission of HIV infections. One should know that the HIV does not spread by casual contact such as:

- Shaking, touching or holding hands
- Body contact in crowded public places
- Sharing cups, plates and other eating utensils
- Working in the same place
- Playing in the same place
- Playing or sitting together
- Sharing clothes, food, etc.
- Kissing and hugging
- Sleeping in the same room
- Sharing toilet, bathroom facilities and swimming pool
- Smiling and laughing together

Notes

**For Extra Information
log on to:**

<http://www.aids-india.org>



Notes



Activity 21.5: Observe and record the information available on AIDS/HIV through hoardings/banners/advertisements.

1. Find out the symbol of AIDS. Draw, colour and paste it in your practical notebook.

21.8 SAFE MOTHERHOOD

All lives are precious. In a family everybody has the right to be healthy. You can be happy only if you are healthy. Generally who is the person responsible for keeping the house clean, cooking for everybody, collecting water, etc.? It is the woman of the family. She may or may not be helped by others present in the family. It is a good practice to involve everybody in the house work specially at a time when she is working outside the home, sick or going to be a mother.



Fig. 21.6

Safe Motherhood

The safe motherhood initiative is a worldwide effort to reduce maternal mortality (death of the mother) or morbidity (ill health) during pregnancy and childbirth. Do you know that our country is one of those places in the world where highest number of maternal deaths occur? In North America, if 4,000 women are pregnant only one woman may die. In India if 132 women are pregnant, one of them may die. Could underdevelopment be the cause of these unwanted deaths? From the age of around 14 years to around 45 years women may get pregnant. Getting pregnant is a natural process. Pregnancy and childbirth may not always remain as natural and easy as everyone expects. All over the world about 6,00,000 women die yearly of pregnancy and childbirth related problems. In India a total of about 1,00,000 women die of pregnancy and childbirth related problems every year. Many more than this number suffer from some permanent damage. Safe motherhood teaches us about ways to reduce maternal and neonatal (mother and newborn baby) mortality and morbidity.

Women should know the following to ensure safe motherhood

- i) Avoiding early or late pregnancy - Pregnancy must be avoided before 18 years and after 35-37 years as it is unsafe for both the mother and the child's health.



- ii) **Planning the family** - This means that there should be a gap of more than two years between two pregnancies so that the mother's body gets time to recover. The child also gets proper care and attention during this time. Planning the family also means restricting the number of children in a family to two or three.

Any one of the following methods can be used to plan one's family. These are called methods of contraception.

- **Natural methods** - In the Rhythm method, sexual contact is restricted to the safe period of females and in the Coitus Interruptus method, the penis is withdrawn from the vagina before ejaculation. These are not very safe methods and may result in an unwanted pregnancy. The safe period can be calculated with the help of the doctor at your nearest Health Center.
 - **Mechanical methods** -
 - Used by males: The condom (a thin rubber tube) worn over the penis prevents the sperms from entering the vagina after ejaculation. Condoms are available at a chemist's shop.
 - Used by females - The diaphragm or the intra-uterine device (IUD) are devices inserted into the vagina by a doctor. They prevent a pregnancy from occurring. IUD is commonly known as Copper T.
 - Chemical methods - These are in the form of sperm killing cream/jelly which are applied in the vagina. They are also available as oral contraceptive pills which have to be taken daily by the females.
 - **Surgical methods** - These are methods of sterilization and are permanent in nature. In Vasectomy (for males) the vas deferens is cut and tied at both ends. In tubectomy (for females) the fallopian tubes are cut and tied at both ends.
- iii) **Care during pregnancy** - It is extremely important to take adequate care of the woman during pregnancy, delivery and childbirth. The following precautions must be taken for safe motherhood.

Precautions to be taken for safe motherhood

- A qualified nurse/doctor must be consulted for care during pregnancy and for preparations for the type of delivery to be expected.
- Presence of a person skilled at normal deliveries is important at the time of delivery. She must also know when to refer this woman to a

Notes

For Extra Information
log on to:

<http://www.safemotherhood.org>



hospital where blood transfusion and surgical procedure can be carried out if necessary.

- The newborn baby must be kept clean. The umbilical cord must be cut and tied, then kept clean so that bacteria cannot enter.
- Breast feeding must be started as soon as possible because early breast-milk gives natural immunity to the child. Also, dirty bottles may cause infection and diarrhoea.

**INTEXT QUESTIONS 21.7**

1. From the following cross out all those which do not help in transmission of HIV infection.
 - (i) blood, semen and vaginal fluid
 - (ii) shaking hands with infected person
 - (iii) needles and blades used for piercing or incisions
 - (iv) mother to child before or at the time of birth
 - (v) sleeping in the room where infected person sleeps
 - (vi) kissing or hugging the infected person
 - (vii) transfusion of blood from infected person
 - (viii) having unprotected sex with infected partner
 - (ix) sharing clothes of an infected person
 - (x) playing with an infected person
2. Select the most suitable answer to complete the following statements, from the four given.
 - (i) The antibodies for HIV infection develop in the blood of an infected person in
 - (a) 3 months
 - (b) 2 weeks
 - (c) 2 weeks to 3 months
 - (d) 3 weeks to 10 years
 - (ii) The symptoms of AIDS may appear in a HIV positive person in
 - (a) 2 weeks



Notes

- (b) 3 months
 - (c) 3-4 months
 - (d) 10 years
- (iii) A sure way to say that a person is HIV positive is when he/she
- (a) shows severe weight loss
 - (b) suffers from fever for several weeks
 - (c) has persistent diarrhea
 - (d) shows antibodies in blood
- (iv) AIDS is caused by HIV which damages the
- (a) immune system of the body
 - (b) circulatory system of the body
 - (c) capacity of individual to make blood
 - (d) capacity of individual to make antibodies in the blood.
- (v) Safe motherhood means
- (a) to reduce maternal mortality and morbidity
 - (b) to deliver a baby alive
 - (c) to raise healthy children
 - (d) to look after the mother's health
- (vi) Which of the following is not a precaution for safe motherhood?
- (a) consultation with a trained nurse/doctor during pregnancy
 - (b) presence of a skilled person during delivery
 - (c) testing the sex of the unborn child
 - (d) safe cutting and tying of umbilical cord

3. Write the full form for AIDS and HIV.

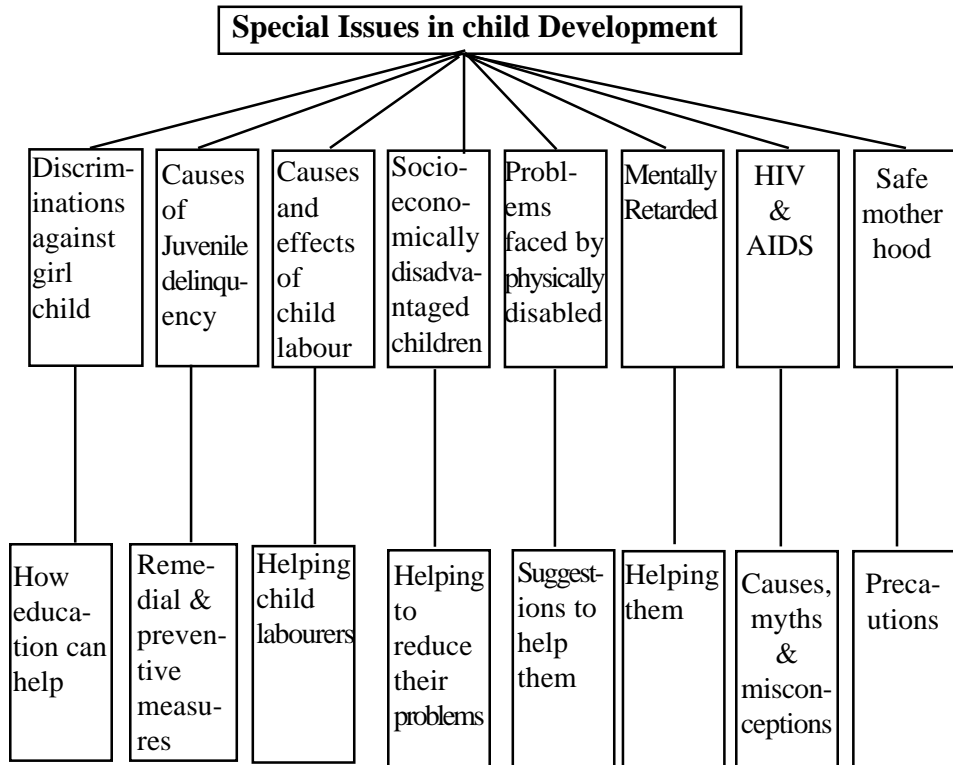
.....
.....



Notes



WHAT YOU HAVE LEARNT



TERMINAL EXERCISE

1. List various discriminations against the girl child and discuss any one of them in detail.
2. Discuss the role of education in enhancing the status of the girl child.
3. Define juvenile delinquency and enumerate its causes.
4. What preventive measures can be taken for dealing with the problem of juvenile delinquency?
5. Define 'Child Labour' and list its causes.
6. Throw some light on the consequences of child labour.
7. Suggest methods of dealing with the problems of child labour.
8. Define 'socio economically disadvantaged children' and suggest some ways of reducing their problems.
9. List some major physical disabilities in children and describe the problems faced by them.
10. Suggest some ways in which you can help disabled children.



11. Define mental retardation and suggest ways of helping mentally retarded children.
12. Define 'AIDS' and 'HIV'.
13. What are the 'Myths' and 'Misconceptions' regarding 'AIDS'.
14. Write a note on safe motherhood.

Notes



ANSWERS TO INTEXT QUESTIONS

21.1 Refer to text

21.2 Refer to text

21.3 Refer to text

- | | | | |
|-------------|-----------------|------------------|-----------------|
| 21.4 | i) Teach | ii) Donate, toys | iii) Books |
| | iv) skills | v) hygienic | vi) educational |
| | vii) nutritious | viii) craft | ix) morals |
| | x) school. | | |

- | | | | |
|-------------|--------|--------|--------|
| 21.5 | 1. (d) | 2. (c) | 3. (b) |
| | 4. (b) | 5. (b) | |

- | | | | |
|-------------|--------|--------|--------|
| 21.6 | 1. (d) | 2. (d) | 3. (e) |
|-------------|--------|--------|--------|

21.7 Refer to text

AUDIO - Missing girl child in India.

VIDEO - Agle janam mohe bitiya na kijo/Aparna ka janam.