
Comprehensive **Sexuality** Education **Booklet**

Grade 4-5



RIGHT HERE
RIGHT NOW

Comprehensive Sexuality Education (CSE) is a curriculum based, age appropriate teaching and learning process to give young people knowledge, attitudes, skills and values to make appropriate and healthy choices in their life regarding their health, sexuality, relationship and also understand and ensure the protection of their rights.

Comprehensive Sexuality Education (CSE) Booklet

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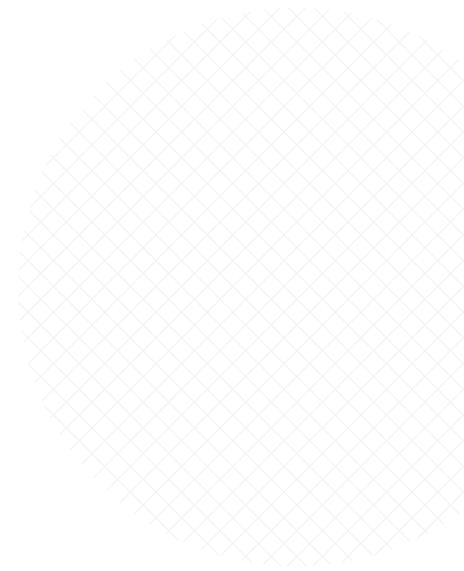
Grade

4

Introduction

Comprehensive Sexuality Education (CSE) helps young people/adolescents to acquire age-appropriate complete sexuality education. It nurtures positive attitude and values, and develops life skill to adopt healthy habits. CSE for grade four provides information on various aspects of relationships, our body, personal hygiene, growth processes, respecting own body and bodies of others.

After completion of the course, the students of grade four are expected to identify the importance of relationship with family members, neighbors and friend and that value of friendship, be acquainted with the importance to respect own bodies and keep them safe, discuss the growth process of body and importance of hygiene and cleanliness, and ascertain some body parts as private parts and nobody is allowed to unnecessarily touch those parts.



Relationships

As the person grows, they develop many relationships with different people – e.g. with our schoolmates, with our family, with our neighbors and, later with our work colleagues. Relationship means having good and healthy understanding with people to whom we meet or interact daily. We cannot force anyone to be in relationship with us or some other person.

Relationships require honesty, understanding and respect. We have relationship with our family, neighbors, friends whom we meet daily. If we want to have healthy relationships, we should respect the rights of other people. Relationship can be discussed under two sub-headings:

Relationship with neighbor, family members and support

Neighbors are those who live around our home. We should help each other, if we help our neighbor, they will also help us. Good neighbors are those who help their neighbor in happiness and in sorrow. We should always respect each other and live without fighting.

Family is a group of people living together in one house and sharing the same kitchen. Families can have; sometimes a father and a mother, sometimes a mother or a father, or two fathers or two mothers. Sometimes families have grandparents, children and other times they don't. Some families are small with two generations of people known as a Nuclear family. Some families are large with more than two generations of people

known as joint family. Similarly, some families are modern where as some are traditional.

The joint effort of each member of the family and neighbor helps to maintain strong relationships. Each one of us have to perform our roles and responsibilities. As the age increases the nature of responsibility towards family members and community increases.

A. Roles and responsibilities of parents

The roles and responsibilities of a parents are as following:

- Parents should behave as a friend to their children
- They should teach cultural norms, values, religion and encourage children to practice them
- They should teach their children about age-appropriate roles and responsibilities

- They should listen to their children and give time to them
- They should not enforce decision to children.

B. Roles and responsibilities of children

Children should also do several works in family and maintain good relationship with family members.

- Children should obey and respect all the senior members of the family
- They should love the smaller members of the family
- They should respect the decision of their parents and senior family members
- They should study, play and do household works in balance.

Friendship

Friends are those with whom we share everything; food, happiness, sadness. There are two types of friend: good friend (who supports us in study and good work), bad friends (who ask us to do bad things like fighting). We should be careful in making friends. We should always say "NO" to any bad work that our friend asks us to do. We have to respect and help our friends in good work.

Activities

Take a chart paper and paste the photos of five different people and write your relationship with them.

List the name of your five good friends and what do you share with them.

Things to Remember

- We should have respect, open talk, trust and honesty with each other.
- We should always help our neighbor.
- We should always respect each other.
- We should always say "NO" to bad work our friend asks us to do.

Our Body

Orientation on body structure

The smallest unit of our body is called cell. Our body has millions of cells. Similar cells are combined to make tissue and the similar types of tissues form an organ. Each organ has its own function. Our body has external and internal organs. Organs combine together make various systems of our body. E.g. mouth, throat, stomach, intestine, anus etc. make digestive system. There are 10 such systems in human body. All systems work in harmony to make a human body.

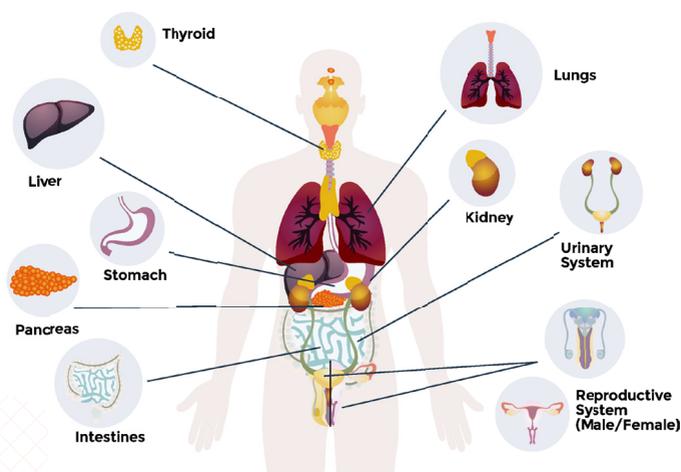


fig: Human Body

Introduction to different external organs of our body

These are the organs which we can see by naked eyes. These are the external parts of the body which are visible. E.g. head, hands, legs, nose, mouth, eye, ear, skin.

External organs can easily be exposed to sunlight, air, dust, water and germs. Therefore, we have to take care of these organs. External organs must be regularly cleaned and kept hygienic.

Skin is the largest external organ. It should be regularly washed and cleaned. Eyes, nose, tongue, and ear are other external organs. These are also sense organs. Each organ must be cleaned properly. Eyes can be cleaned by washing with clean water. External ear can be cleaned by water but water should not enter internal part of the ear. Similarly, nose should not be picked by hand. It should not be blown too hard. It can be just gently wiped with clean cloth. We should not use any object to remove waste from eyes, nose and ears.

Mouth, teeth, and tongue should be kept fresh by regular brushing and mouthwash. Hands can transfer germs, so they should be carefully washed with soap water or sanitizer. Regular whole body bath is also necessary to keep our external organs clean and healthy. We have to take bath regularly with soap and clean water.

Introduction to private parts

There are some parts in our body which are normally kept hidden by clothes. We call them private parts because we do not show them to everyone. The genitals, penis, vagina, anus, breasts, buttocks, are our private parts. Boys have penis which help in urination. Similarly, girls have vagina through which menstrual blood flows. Urethral opening is also there which helps them in urination. Nearby penis or vagina, there is anus at the back part. It is to excrete feces.

We should keep our private parts clean. After each urination and defecation, the penis or vagina and anus should be cleaned with water, wiped with toilet paper and kept dry by wiping with clean towel. We should regularly inspect our private parts and find if any changes are

there. Any problem found should not be hidden. We should inform to our parents and seek medical treatment if any problem is seen.

We should daily clean these organs to make them safe and beautiful. Our body excrete the unnecessary things in the form of urine and feces. We should always use latrine for excretion. We have to clean anus with clean water after excretion.

In addition, nobody is allowed to touch our private parts. Our parents while inspecting any problem in the body or the doctors while checking up our health can touch these parts. Otherwise, not even our seniors, teachers, relatives or friends can touch these parts for any reason. If anybody touches our private parts, or try to touch there, we should complain that to our parents or teachers or any trusted senior in family.

Activities

Which parts of your body did you clean this morning? Write and tell it to your class.

Write the name and importance of any three external body parts. What are private parts of our body?

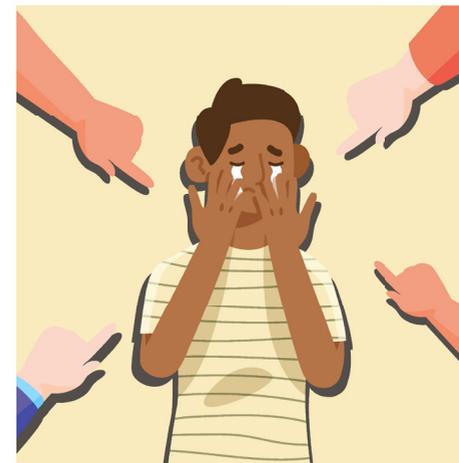
Things to Remember

- We should always clean our body.
- External parts of the body are visible and needs regular cleaning.
- Private parts also need cleaning. Nobody can touch our private parts.

Respecting own body and bodies of others

Please read the following story:

Ramesh was 7 years old. He was studying in class four. He was small in height and dark in color. His all friends teases him by calling "Pudke" and "Kale". One day when he entered the class, all of his friends laughed at him and teased him by calling "Pudke Aayo". He returned home sad and crying. Ramesh's mother asks him why was he crying. He said, "Mom everyone tease me by calling Pudke and Kale.



Why I am like this. From tomorrow I will not go to school". Listening to this, she hold him in her arms and told, "Son you are very special, and no one has the height and color you have. You are good at study and game. Everyone is different, some people are tall and fair, while some are small and dark, some have big eyes, some have small eyes, some like boy's cloths, some like girl's cloth, some have sharp nose, and others have flat nose. This means we all are different and we should respect the differences in everyone."

She told the stories of great people who were known of their work rather than looks. After this, Ramesh stopped crying and became happy. Next day he went to school and told his friends about the different body appearances that his mother told about. He showed confidence and did not care the teasing of friends. Later the friends who teased him became tired. From that day, no one teased Ramesh saying "Pudke" and "Kale". All his friends started respecting each other.

Activities

Express how you feel about your body and what do you like of your body.
Choose your one friend and describe what body parts you like about him/her.

Things to Remember

- All bodies are special and unique.
- We should respect the appearance of each body.
- We should not tease anyone based on their color, height, weight or looks.

Growth Process and Personal Hygiene

Growth process of body

Growth means physical change, such as increase in the size of body. Growth is a natural process of changing shape and size of body by time. As we grow with age, we change physically. Usually small children grow very rapidly if good food and care are given. Similarly, adolescents also grow very fast. People at age of 10 to 19 years are called adolescents.

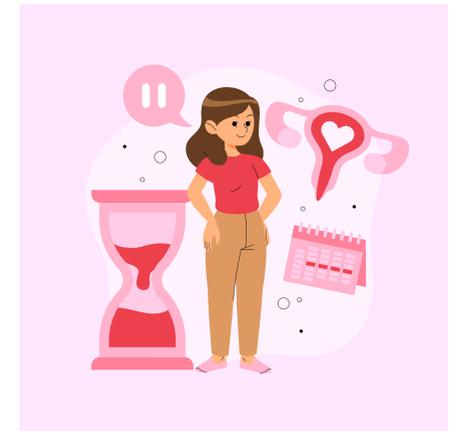
Some physical changes in girls during this time are: breasts start developing, menstruation starts, hairs grow in private parts, and voice becomes sweet. Changes in boys during this time are: appearance of moustache, voice becomes rough, body shape enlarges, and hairs grow in private parts. In some boys and girls, the changes occur early while it is late in some.

Growth process is rapid until adolescence period. It slows down in adulthood and ageing.

Introduction to menstruation

Please read the following story:

My name is Srijana. I study in class 4. My elder sister's name is Babita. She is 12 years old. We live with our father, mother and grandparents. One day we were playing outside our house. I saw blood at Babita's skirt and asked her. Babita went to bathroom to check. Babita screamed from the bathroom. I and my mother went to see her. She was sitting and crying. When my mom saw that Babita is bleeding, she smiled and said, "Babita don't worry, you will be ok".



She asked Babita to wash herself and gave her a clean cotton cloth to use as pad. My mother told us that bleeding from vagina is normal for an adolescent girl. It may start anytime when a girl reaches 10 years. It may start even earlier at 9 years and even later at 15 years. The bleeding stops itself from 3-5 days. This type of bleeding is called 'menstruation' or 'period'. It occurs normally in every 28 days. During menstruation we should take bath regularly and use clean cotton cloths or sanitary pad. My mother also told that it may be painful to some girls at initial, but will be normal after some time. She said it is a natural process and need not to worry. If heavy pain occurs, we have to seek medical care. Babita and I are happy again.

◇ Discuss the answers of the following questions with your friends on the basis of above story:

- What is menstruation?
- Is menstruation a normal process?
- What should be done if menstruation occurs?

🏠 Activities

List the physical changes that occur in girl's body during growth.
List the physical changes that occur in boy's body during growth.
Discuss with your mother about menstruation and find out five points on menstrual hygiene.

📌 Things to Remember

- Growth means physical changes such as increase in the size of body
- Physical changes that occur during adolescence is normal.
- Menstruation is a normal process in every female's life.
- During menstruation we should pay attention to cleanliness.
- We should use clean cotton cloths or sanitary pad during menstruation.

◇ Exercises

1. Fill in the blanks

- Skin is the organ of the body. (external, middle, internal)
- Anus is the organ of the body. (external, middle, internal)
- Urinary organs excrete (blood, sweat, urine)
- After excretion we should clean our anus with (clean water, soap water, mud water)
- Growth is thein the body size. (increase, decrease)
- Breast growing is the physical change of..... body (girl, boy)
- Moustache growing is the physical change of.....body (girl, boy)
- Menstruation isfrom vagina. (bleeding, sweating)
- Menstruation is process. (normal, abnormal)

2. Match the following:

A	B
Cell	Internal Organ
Liver	Largest body organ
Kidney	External Organ
Skin	Smallest unit of human body
A. Heart	Internal Organ

3. Tick (✓) the correct answer and cross (X) the incorrect one

- We should respect and help each other. []
- We do not live with neighbor. []
- We should force people for friendship. []
- We should make good friends. []
- Children should respect the decision of family members. []
- We should respect the body of each other. []
- Teasing your friend is good habit. []
- Everyone looks different and are special. []

4. Write down the name of your five neighbors and relation with them. Specify what you call them. Look at the example below:

Name of Neighbor	Your relationship	How you call
Ram K.C.	Uncle	Ram uncle
Purnima Shrestha	Sister	Purnima sister





Grade
5

Introduction

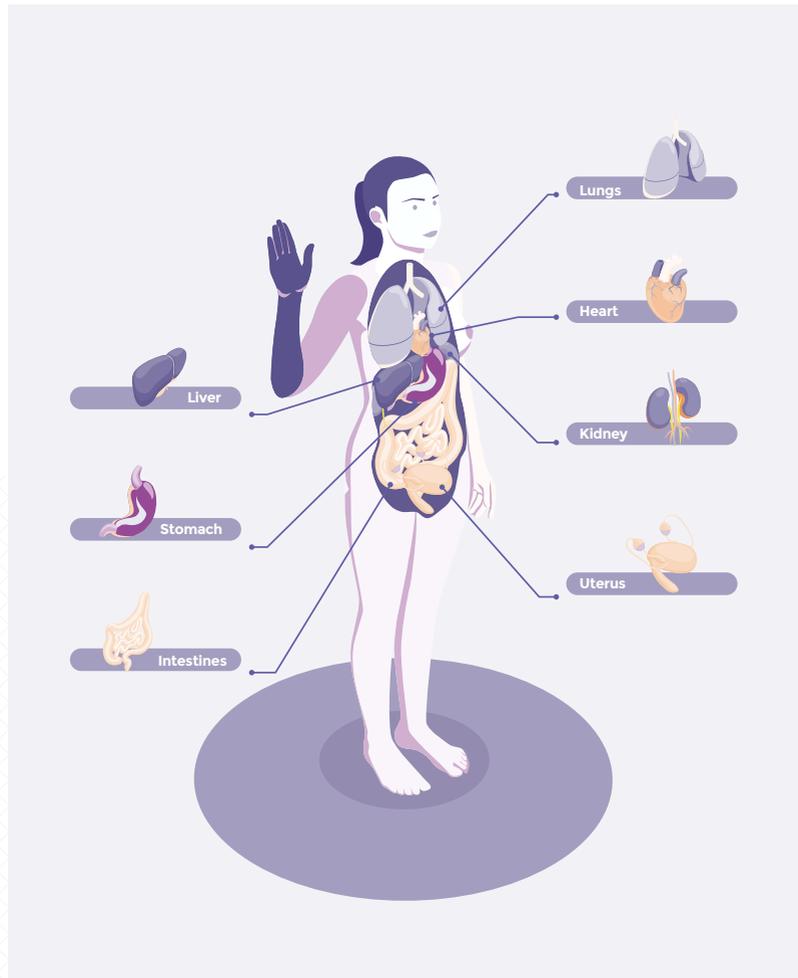
Health is one of the basic needs of our life. Living a healthy life is our right too. Every parent aspires to see their children healthy, tidy, vigorous, sharp and robust; and should be away from any kind of injury or disease. Every year hundreds and thousands of people die of communicable and other diseases like HIV and AIDS, due to lack of education and other reasons. Health education plays a crucial role in bringing positive changes in behavior of students by developing knowledge and skills related to health and hygiene. Therefore, health education is prescribed right from the basic level of school education.

Comprehensive Sexuality Education for grade five provides information on various aspects of anatomy and physiology, puberty and adolescent development, pregnancy and reproduction, healthy relationships, personal safety and gender.

After learning the contents of CSE, the students of grade five are expected to understand the changes occurring during adolescence period, be familiar with the sexual and reproductive organs of both boys and girls and maintaining hygiene of their sexual and reproductive organs. Also, the students are expected to understand good touches and bad touches, and saying “No” to any uncomfortable touches.

Anatomy and Physiology

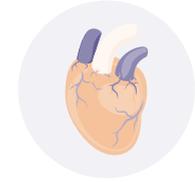
Human anatomy is the study of the structures of the body. Physiology is the study of how cells, tissues, and organs function. The fundamental structural and functional unit of the organism is the cell. The group of cells that work together to perform a common function are tissues. Organs are structures composed of two or more types of tissues. We have various important internal body organs including reproductive organs.



Introduction to the internal parts of the human body

Human body is made up of many internal and external organs. Brain, Lungs, Heart, Liver, Kidney, Intestine, Urinary Bladder, Ovaries, Vagina, Uterus, Testes, Penis are some major internal body organs.

- A. Heart:** The heart is a muscular organ just behind and to the left of the breast bone, about the size of a closed fist. Through the network of arteries and veins, the heart pumps blood. There are four chambers in the heart (the right and left atrium, right and left ventricles). The heart pumps blood to whole part of the body.
- B. Lungs:** Lungs are the respiratory organ of human body. Our body contains two lungs. Lungs are located in either side of the chest.
- C. Liver:** The liver is an organ about the size of a football. The liver is reddish-brown in color and feels rubbery to the touch. You can't feel the liver normally, because it's protected by the rib cage. The main function of liver is to filter the blood coming from the digestive tract, before passing it to the rest of the body. The liver also detoxifies chemicals.
- D. Kidneys:** The kidneys are two bean-shaped organs which passes waste as urine. Kidney filters the blood before sending it to the heart.
- E. Urinary Bladder:** The urinary bladder is simply a muscular pouch to store urine. In humans, it is a hollow muscular organ that stores urine from the kidneys.



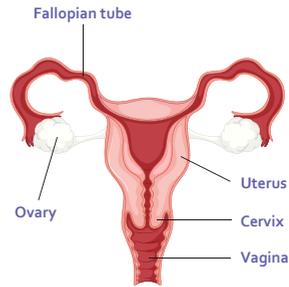
Female reproductive organs

A. Ovaries: Ovaries are oval shaped organs located on each side of the uterus. Each ovary produces ova/egg and female hormones. There are normally two ovaries.

B. Vagina: Vagina is an 8 to 12 cm long tubular structure extending from vulva to the uterus. It is a muscular part of the female genital tract. Blood flows from vagina during menstruation.

C. Uterus: Uterus is also called womb. It is a hollow pear-shaped muscular organ. Here baby is grown inside and protected till birth.

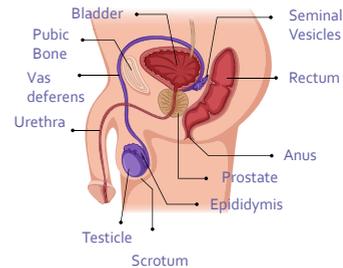
D. Breasts: There are two breasts in a grown-up female. These organs are basically for feeding milk to baby after birth. The breast is the tissue overlying the chest muscles. Women's breasts are made of specific tissue that produces milk (glandular tissue) as well as fatty tissue.



Male reproductive organs

A. Testes: Testes are oval shaped organs hanging out of male's body in pouch called scrotum. Each testis is over the size of large grape. Testis produces sperm and male hormone.

B. Penis: Penis is an elongated muscular organ surrounding urethra. It helps in urine elimination.



Things to Remember

- Human anatomy is the study of the structures of the body.
- Physiology is the study of how cells, tissues, and organs function.
- We have many important organs including ovaries and testes.

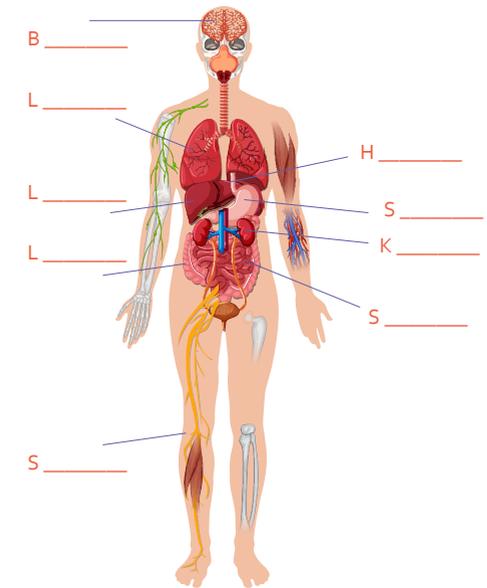
Activities

Label the internal body parts and write the name of each organ against its main function given in the table: (Figure below is an example, we need to draw the similar one)

Human Organs

Label the diagram using the human organs from the box below

Lungs Skin
Brain Small Intestine
Liver Large Intestine
Kidneys Heart
Stomach



Complete the table below by filling the name of the organ in the figure above. First letter of the organ is written.

Organ	Function
B	Controls body
H	Pumps blood
K	Cleans the blood and makes urine
L	Helps in breathing
L	Filters blood coming from digestive tract

Puberty and Adolescent Development

Adolescence

Adolescence is a period in life ranging from 10 to 19 years. It is a transitional period from childhood to adulthood. It is bringing several changes which are normal as per natural law. People in adolescence are called adolescents. Adolescents experience many changes in physical, mental and social aspects of development.

Activities

How old are you? Have you entered to adolescence? If yes, what changes you find in your body at present than two years ago?

Physical changes approaching puberty

Adolescents gradually change from child to young adult. The time when puberty begins varies greatly among individuals. However, it usually occurs between the ages of 10 to 14 in girls and between the ages of 12 to 16 in boys. There are certain changes happening in the body of boys and girls in this period. Many people are afraid of these changes. Every boy and girl should understand that these changes are natural and normal.

Physical changes in girl's body

- Breast buds develops as early as 8 years old which develops fully between 12-18 years age.
- Body structure starts to change e.g. Thigh will be cone shaped
- Voice becomes sharp and melodious.
- Menstruation may start.
- Hair starts to grow in underarms and around genital organs (pubic hair).
- Starts to produce reproductive hormones (e.g. progesterone)
- Pimples may appear.

Physical changes in boy's body

- Testicles and scrotum grow as early as 9 years old.
- Penis begins to lengthen.
- By age 17 or 18, their genitals are usually at their adult size and shape.
- Pubic hair grows.
- Voice becomes harsh with the development of vocal cord.
- Hair starts to grow at chest and in underarms.
- Starts to produce reproductive hormones (e.g. testosterone)
- Pimples may appear.

Things to Remember

- Adolescence is started normally at an age of 10 years and lasts up to 19 years.
- Puberty may bring several physical changes in girls and boys, which should be taken as a normal process.

Activities

- Write five major physical changes that occur in girl's body during adolescence.
- Write five major physical changes that occur in boy's body during adolescence.

Pregnancy and Reproduction

Introduction to reproductive system and pregnancy

Reproductive system

The process by which human beings reproduce and bear their living offspring is called reproduction. The system of organs and parts which function in reproduction is called reproductive system. Its main function is to ensure survival of the species. In women, this system includes ovaries, fallopian tubes, uterus, cervix, and vagina. In men, it includes testes, seminal vesicle, urethra and penis.

Pregnancy

Development of fetus inside woman's womb is known as pregnancy. When the male and female reproductive cells (sperm and ovum) meet inside woman's body in the fallopian tube, conception happens. After that, the fertilized ovum (or egg) travels to the uterus and attached to its internal part. Then the pregnancy period is started. It usually lasts about 40 weeks, or just over 9 months. It is measured from the last menstrual period to delivery. Pregnancy can be confirmed with a pregnancy test.

Introduction to menstrual hygiene, menstrual hygiene management and disposal of pads

Introduction to menstrual hygiene

A. Menstruation: Menstruation, or period, is normal vaginal bleeding occurring as part of the monthly cycle of a girl or woman. As a female reaches to her adolescence, she undergoes menstruation. Female's body prepares itself for pregnancy every month. The uterus, or womb, sheds its lining if no pregnancy occurs. The menstrual blood from inside of the uterus is partly blood and partly tissue. It passes out through the vagina. Periods usually begin between 11-14 years of age and continue until menopause at about 50 years of age. Menstruation normally lasts from three to five days.

A. Menstrual hygiene: It's very ok that girls and women have menstruation. Our mothers, aunts, sisters too have menstruation. It is a natural process. Having menstruation on right time is a good sign of development and health. No one should feel shame or guilt on having menstruation. However, one has to pay attention to the cleanliness and hygiene during menstruation. Keeping the body and genital organs clean during menstruation keeps germs away. Every girl must prepare herself for hygiene during menstruation.

B. Menstrual hygiene management: During the menstruation girls should take bath daily and use clean home-made cotton cloths. She can also use sanitary pads that are available in the market. She should change the cotton cloth or pad in every 2-3 hours to avoid infection. Using blood-stained cloth or pad for long time leads to infections, and bad smell. Home-made cotton cloth pad should be washed by soap and clean water and dried at clean place under direct sunlight. Sanitary pads that we buy from market should be disposed properly.

Things to Remember

- The menstrual blood from inside of the uterus is partly blood and partly tissue.
- Hygiene is the most important thing to be considered during menstruation.

Activities

Talk with your mother about her first experience of menstruation. Ask her how she maintains hygiene during menstruation. Write a paragraph on it.

HIV and AIDS and other STDs

Introduction to Sexually Transmitted Infection/Diseases (STIs/STDs)

Sexually transmitted diseases (STDs) or sexually transmitted infections (STIs) are the infections or diseases that are passed on during unprotected sex or genital contact with an infected partner. The organisms (bacteria, viruses or parasites) that cause sexually transmitted diseases pass from person to person by blood, semen, vaginal or other bodily fluids. Some examples of STDs are Syphilis, Gonorrhoea, Genital Warts, Chlamydia, herpes simplex virus and HIV.

Listing various types of STIs and their causes

There are various types of STIs found. Some are very minor and can be recovered soon. Some are very dangerous and can be difficult to recover later if not treated on time. The major types of STIs with their cause is given as following:

Type of STIs	Name of STI	Causative agent
Bacterial	Chlamydia	Chlamydia trachomatis
	Gonorrhoea	Neisseria gonorrhoeae
	Syphilis	Treponema pallidum
Viral	HIV and AIDS	Human immunodeficiency virus (HIV)
	Herpes	Herpes simplex virus (HSV)
	Hepatitis B	Hepatitis B virus (HBV)
	Genital warts	Human papilloma virus (HPV)
Parasitic	Trichomoniasis	Trichomonas vaginalis

Stigma and discrimination related to HIV and AIDS

HIV stands for Human Immunodeficiency virus (HIV). HIV weakens people's immunity system. It then results in increased chance to a wide range of infections, and other diseases. When HIV enters the human body, it is not called AIDS rather called a person is HIV positive.

AIDS is known as Acquired Immune Deficiency Syndrome. HIV and AIDS are not same. AIDS is a set of symptoms and illnesses that develops at the final stage of HIV infection. It may take several years for a person to develop AIDS. Nowadays, due to the Anti-retroviral medicine, person is treated at the HIV stage and very few people reach to AIDS stage.

HIV infected people are living with stigma due to hatred by the people. Some people in our community discriminate the people living with HIV. They have a wrong understanding that HIV is transferred only through bad ways. It's not right to do this.

Today HIV positive people can live a normal life. There is no reason to hate them. Since there are many ways of transmission, HIV infected people should be treated with respect. HIV has been transferred to many small children too. It's not their fault to get this disease. Therefore, we should not hate HIV infected people. If we give love, affection and respect to HIV positive people, their psychology will be good. They will live a very good life with honor.

Things to Remember

- There are various diseases which are transferred through unsafe sexual contacts.
- People living with HIV should not be discriminated.

Activities

Make a table of various STIs with their causes.

Healthy Relationships and Personal Safety

Please read the story...

Sita was 10 years old. She lived with her father, mother and younger sister Kopila. Sita and Kopila used to play in a playground near to their house. There was a boy who was 16 years old. The boy used to play with Sita and Kopila. During the play, the boy used to touch in the chest and waist of Sita in a wrong way. The boy also asked Sita to play with him in another playground but she refused. Whenever the boy used to get some opportunity, he touched Sita inappropriately. Sita used to feel uncomfortable but could not say anything to him. She was afraid of the boy. Then, Sita and Kopila stopped playing outside. Sita could not understand why the boy touched her and to whom she should talk.

One day at school, Sita's teacher taught about the good and bad touch. He said, "That touch which is comfortable at and is not being touched in your private parts or any parts of body that you feel uneasy is 'bad touch'. You should say 'NO' to bad touch. If that person still does not stop, you should inform to your parents, teachers or any elder people." Sita then understood what type of touching the boy was doing to her.

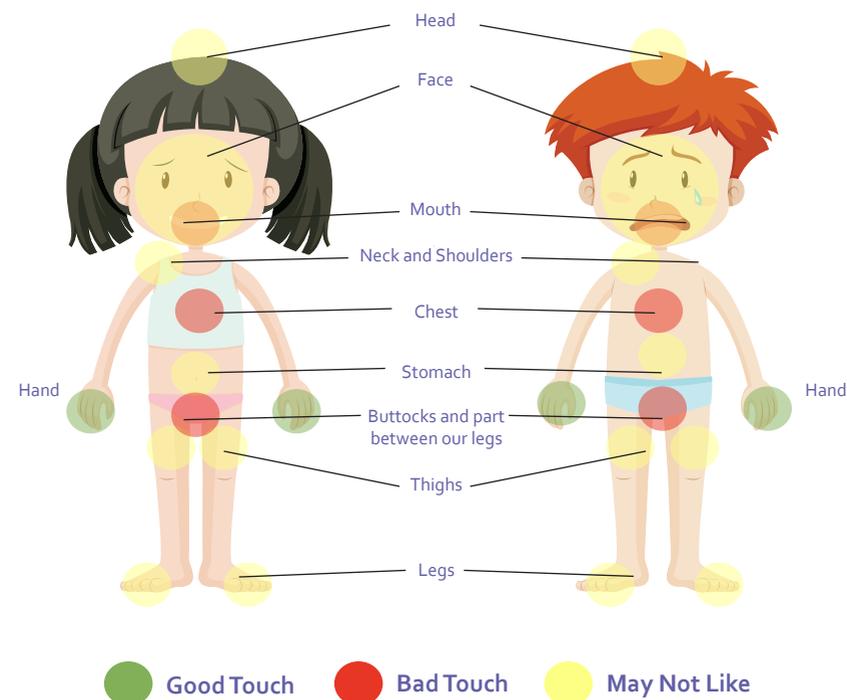
She told her mother about the boy's behavior. Her mother then scolded that boy and asked him to stop touching any girl unnecessarily.

Maintaining personal safety- identifying good touch and bad touch, and seeking help

We all have to be careful to maintain our personal safety. Safety of our body is our right. Sometimes some bad people in our community show unwanted behaviors. They touch us in our body unnecessarily. Sometimes they try to kiss us. Sometimes they rub their hands in our private body parts. These all are bad touches.

Small children do not understand what is wrong touch and right touch. They feel bad by some touches but could not say anything against that. This is due to ignorance about the touch.

We must say NO when somebody known or unknown person try to touch our private parts. We should also oppose when they touch even in the common parts for a long time. We should also complain all these behaviors to our parents. We can complain such behaviors to our teachers too. We should never become afraid to say NO to bad touch. We should always seek help of seniors when anybody does bad touch to us.



🔄 Things to Remember

- There are good and bad touches.
- The touches which are touched in our private parts, touched by unknown, touched unnecessarily, and make us uncomfortable are called 'bad touch'.
- We should not be afraid to say 'NO' to the uncomfortable touch and seek help from parents, teachers or elders.

📏 Activities

Label the parts of body touching there by others means the 'bad touch'.



Gender

Concept of gender

The term 'Sex' refers to biological differences between male and female. After having birth as a male or female, different postures, dress, roles and duties are expected by the society. 'Gender' refers to the role of each sex given by the society.

Please read the following...

Arun and Ashmita are the brother and sister. Arun is 12 years old and Ashmita is 9 years old. They live with their parents and grandparents. Every morning, their mother prepares tea and asks Ashmita to give it to every member of the family. Arun sits and drinks milk with his father. His mother asks Arun to buy vegetables from market while asks Ashmita to clean the room. During any festival, Ashmita helps in puja and cooking. While Arun helps his parents mostly in outside work. One day, Ashmita asks her mother why her brother does only outside works and she has to do household works.



📌 Think the answer of the following questions and discuss with your friends.

- What may have been the reply of the mother on Ashmita's question?
- What do you think is the cause of this discrimination between girls and boys?

Gender vs. Sex

The terms gender and sex are related but different in meaning. The differences between gender and sex are as following:

Gender	Sex
Social difference between people based on sex	Biological difference between male and female
Human made discrimination	Natural difference
Found different in different culture and societies	Remain same throughout culture and societies

Gender stereotypes, gender role and expectations

There are separate roles expected from people in our society. Each one is assigned separate roles. The separate roles expected by society from man or woman become gender stereotype. It is a bias demand about characteristics or the roles that are to be performed by women and men.

Gender stereotype leads to gender discrimination, violence and hatred. A gender stereotype is harmful because it may block women's and men's capacity to develop their personal abilities. It also stops them to make choices about their lives.

In most of our Nepalese society, decision-making and financial responsibility are expected from male, and homemaking and rearing children are expected from female. This is gender stereotype. However, it varies between cultures. We should never stick-on gender stereotype. The roles of man and woman are now changing. Both have equal rights and responsibilities. Man and woman both should be respected.

Things to Remember

Sex is the biological differences and gender is the social construction. Genders Roles and expectations varies between cultures.

Activities

What is your sex? What roles are provided to you by your family at home? Is there any gender stereotype? Discuss it with your parents.

Exercises

1. Answer the following questions

- Write the name and function of three Female Internal Reproductive Organs.
- Write the name and function of two Male Internal Reproductive Organs.
- What is a Bad Touch?
- What should be done to maintain personal safety?
- Why HIV positive people should not be discriminated?
- Why gender stereotype is harmful?

2. Fill in the blanks with appropriate words

- Adolescent age ranges between _____ years.
- Girl's and Boy's both produce reproductive _____.
- Sexually transmitted infections are acquired by _____.
- HIV is caused by _____.
- Ovaries are _____ internal reproductive organ.
- Testes are _____ internal reproductive organ.

3. Write 'T' for 'True' statement and 'F' for 'False' statement.

- Structural and functional unit of the organism is the cell. []
- We should say 'No' to Bad touch. []
- Gender refers to the biological differences between males and females. []



