

Second Term Home Assignment
Worksheet-05 (Chapter-3, Lesson-5), Date: 20/07/2020
Class: VII, Subject: Physical Education & Health
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Chapter-3: Introduction to Health Science and Health Service
Lesson-5: To cope with the pressure of taking drug

If we have got the knowledge about how we can stay away from drugs and how we will avoid tactfully the request and pressure from our friends or classmates, then we can build up drug free life easily.

Question 1: What are the remedies need to be followed to avoid the pressure and requests of taking drugs?

Answer: The following remedies need to be followed to avoid the pressure and requests of taking drugs:

1. Do not go to those places where drugs are available.
2. Do not take any medicine or tablets given by our friends.
3. Do not mix with the persons whoever take drugs in neighborhood.
4. Do not take part in unnecessary gossiping.
5. Abide by drug prohibition in the point of religious view strictly.
6. One should be self-confident and determined to avoid this bad habit.
7. Spend the leisure time in playing or practicing cultural activities.
8. Help elders in doing some household chores.
9. We are to participate in service oriented activities.
10. Play an active role in different programs to raise public awareness.

❖ **Now you will try to solve the answers of the following questions:**

- (a) How you can build up a drug free life?
- (b) How will you avoid the request and pressure of your friends to take drugs?
- (c) Why will you not to go those places where drugs are available?
- (d) Why will you not to take any medicine or tablets from your friends?
- (e) Why will you not mix with the persons whoever take drugs?
- (f) Why you will not take part in gossiping with your friends?
- (g) Why will you abide by prohibition in the point of religious view?
- (h) How will you spend your leisure time?
- (i) Why will you do your household chores?
- (j) How society will be benefitted?
- (k) How will you stay away from drug addiction?
- (l) What is the rule of smoking and tobacco products, use and control?
- (m) What is the smoking violation rule and how many TK will be fined if committed the same crime?
- (n) Where are smoking strictly prohibited?

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THE END