



Second Term Home Assignment
Class: VII, Subject: Physical Education & Health
Worksheet-07 (Chapter-4, Lesson-2), Date: 18/08/2020
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Chapter-4: The Personal Safety of Adolescence

Lesson-2: The Techniques of Maintaining the Personal Safety at Adolescence

Question 1: What are the techniques of maintaining the personal safety at adolescence?

Answer: The techniques of maintaining the personal safety at adolescence are as follows:

- a) The adolescent should let know the triangle distance which indicate safe distance from each other.
- b) The children should let know all kinds of torture & tell to their parents those without any fear.
- c) The children should let know their personal barriers i.e. child marriage, dowry system etc.
- d) The guardians should make them the cautious all out of things in order to save them from the obstacle of their personal safety.
- e) If any incident of any kind of torture/oppression takes place, the girl will protest & will let her parents know this.
- f) The girl will not go alone anywhere for her personal safety.
- g) It is necessary to give the children the idea about the harmful effects oppression.
- h) The children are to be aware, having discussion about the techniques of maintaining the personal safety against oppression.
- i) If any child becomes victims of oppression, away from the home that child will inform this to parents or any members of the family.
- j) If somebody make negative comment or tease, rebuke for nothing or any ordinary reason then the child will protest and will tell them that they are not doing right thing.
- k) If anyone blames them then the child will not think himself guilty.
- l) If anybody who is very close and is little known or unknown touches or try to touch any girl indecently, then she will inform this to her mother, elder sister or concerning anybody at home without any afraid or ashamed.
- m) No girl will not agree to any indecent proposal.

Question 2: What is the duty of parents if any children become victim of oppression?

Answer:

One's childhood and adolescence period are very important to grow up gracefully in a healthy way in her family or in the society. So she should have the right to live nicely in the family or in society.

So the following points are the duty of parents or guardians –

- a) The adolescent should be nursed nicely.
- b) The adolescent should be treated with medical service.
- c) The adolescent should be loved & cared.
- d) The adolescent should live a healthy and normal life.
- e) The adolescent should be aware.
- f) The adolescent should get mental support.
- g) As for instance they will not be oppressed and then they will save them from the oppression of others.

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

- a) Why is one's childhood and adolescence period very important?
- b) What are the needs of an adolescent during childhood?
- c) What is bad touch?
- d) What is the effect of bad touch?
- e) Why the children can't share bad feelings with their parents?
- f) What the parents should do about the bad feelings of their child?
- g) Why the children make a triangle by their hands?
- h) When the innocent children react tremendously?
- i) When the food habit and sleeping pattern of the children get disturbed?

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THE END