



# Ministry of Education, Arts and Culture NAMIBIA



## LIFE-SKILLS

### Summary of the **INTEGRATED** Learning Content / Basic Skills

Grades 4-7, 8-9 & 10-11, **12**)

**(SP, JS & SS PHASES)**

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# **ENABLING ENVIROMENT**

**MOEAC has a good Political and Private Sector Support with Legal Framework that underscore the importance of Life-Skills-based CSE:**

- **Education Act**
- **Namibia National Strategic Framework on HIV and AIDS**
- **Child Care and Protection Act: N0 3 of 2015**
- **HIV & AIDS Policy for Education Sector – Reviewed.**
- **Inclusive Education Policy**
- **Integrated School Health Policy (MOHSS) – Reviewed**
- **Prevention and Management of Learner Pregnancy Policy**
- **Adolescents Friendly Health guidelines**
- **Sexual and Reproductive Health and Rights Policy**

- **Life Skills curriculum has been reviewed in 2014 and CSE CONTENT has been integrated in Grades 4-12 curricular.**
- **Life-Skills' teachers are recruited and CSE online training Programmes are on going since 2015.**
- **CSE content has been integrated also in other subjects syllabi such as: Natural Sc. and Health Education, Life Science, Environmental Studies and Biology.**
- **Multi-sector Coordination mechanism established for the implementation of ESA Commitment on CSE at national and sub-national levels .**

- **Monitoring of CSE integrated indicators into the Education Management Information System (EMIS).**
- **Pre-service CSE Training Module developed with Tertiary Institutions, capacitating education students before entering into the classroom.**

# RATIONALE

Life Skills Education aims at empowering learners to make meaning out of life. The rationale behind the Life Skills curriculum is to focus on the optimal, holistic development of a learner.

The particular features of Life Skills at this level are that learners should:

- have a clear idea of their identity
- apply knowledge in decision making
- be able to function effectively
- be socially responsible
- cultivate and strengthen morals and values
- develop and enhance respect for, and tolerance of other people's religions, beliefs, cultures and ways of life
- develop attitudes and practices which promote physical and mental health

# LAYOUT OF LIFE-SKILLS EDUCATION

## THREE (3) MAIN THEMES OF LEARNING

### CONTENT

Life Skills: NON-Promotional subjects, but  
in the Time-table

1. Career Guidance
2. Holistic Wellness (=  CSE)
3. Civic Affairs

# Summary of learning content/basic skills

## HOLISTIC WELLNESS: GRADE 4-7

TOPICS GRADE 4	TOPICS GRADE 5	TOPICS GRADE 6	TOPICS GRADE 7
<ul style="list-style-type: none"> <li>• Sexual reproductive health</li> <li>• Saying yes, saying no</li> <li>• Spread and treatment of HIV and AIDS</li> <li>• Personal hygiene</li> <li>• Healthy eating habits</li> <li>• Household responsibilities</li> <li>• Friendship</li> <li>• Respect</li> <li>• Choices</li> <li>• Success and disappointment</li> <li>• Values</li> </ul> <p>(=11)</p>	<ul style="list-style-type: none"> <li>• Positive behaviour towards someone who is living with HIV</li> <li>• Gender and sex</li> <li>• Puberty</li> <li>• Self-identity</li> <li>• Initiating a friendship</li> <li>• The influence of modern society</li> <li>• Abuse and neglect</li> <li>• Child pornography</li> <li>• Bullying</li> <li>• Medication</li> <li>• Inhalants</li> <li>• Borrowing</li> </ul> <p>(=12)</p>	<ul style="list-style-type: none"> <li>• Fact and myths about HIV and AID</li> <li>• Stigmatisation and discrimination towards people living with HIV and AIDS</li> <li>• Universal precautions</li> <li>• Assertive behaviour</li> <li>• Rights and responsibilities within a friendship</li> <li>• Peer pressure and values</li> <li>• Abstinence</li> <li>• Risky sexual behaviour</li> <li>• Gender-based violence</li> <li>• Smoking</li> <li>• Budget</li> </ul> <p>(=11)</p>	<ul style="list-style-type: none"> <li>• Care and support towards people living with HIV</li> <li>• Learner pregnancy</li> <li>• Human trafficking</li> <li>• Child labour</li> <li>• Bullying</li> <li>• Crises</li> <li>• Grief/Bereavement</li> <li>• Separation and divorce</li> <li>• Alternative health practices</li> <li>• Alcohol abuse</li> <li>• Saving and spending</li> </ul> <p>(=11)</p>

# Summary of learning content/basic skills

## HOLISTIC WELLNESS: GRADE 8

### TOPICS

- Breaking the HIV chain
  - HIV and AIDS counselling and testing
  - Child-headed households
  - Personal sexuality
  - Sexual risky behaviour
  - Contraceptives
  - Sexual harassment
  - Peer pressure
  - Gangs
  - Conflict
  - Stress
  - Tuberculosis
  - Malaria
  - Medicine abuse
  - Cultural identity
  - Banking services
- (= 16)



# Summary of learning content/basic skills

## HOLISTIC WELLNESS: GRADE 9

### TOPICS

- Support for people living with HIV and AIDS
  - Sexual values
  - Sexuality and the media
  - Dating
  - Sustaining a relationship
  - Sexual abuse
  - Intergenerational sex
  - Baby dumping
  - Healthy lifestyles
  - Lifestyle diseases
  - Cervical and testicular cancers
  - Self-respect
  - Discipline
  - Depression
  - Drugs
  - Gender-based violence (GBV)
  - Weapons
  - Basic financial records
- (= 18)

# Summary of the learning contents

## Holistic Wellness: GRADE 10

### Topics

- Sexually transmitted infections
- Living positively with HIV
- Breast cancer
- Family planning
- Personal values and behaviour
- Self-esteem
- Lifestyle diseases
- Eating disorders
- Rite of passage
- Basic first aid

# Summary of the learning contents

## Holistic Wellness GRADE 10

### Topics

- Sexually transmitted infections
- Living positively with HIV
- Breast cancer
- Family planning
- Personal values and behaviour
- Self-esteem
- Lifestyle diseases
- Eating disorders
- Rite of passage
- Basic first aid

## 8. Summary of the learning contents

### Holistic Wellness Cont... GRADE 10

#### Topics

- Suicide
- Date rape
- Abusive relationships
- Marriage
- Separation and divorce
- Financial planning
- Gambling
- Humanity

# 8. Summary of the learning contents

## Holistic Wellness GRADE 11

### Topics

- Hepatitis
  - Pregnancy
  - Abortion
  - Other types of cancer (leukemia, brain tumors, prostate, etc.)
- Grade 11 Topics**
- Pre-natal care
  - Infant care
  - Single parenthood
  - Marriage under customary law
  - Sexual communication

# Summary of the learning contents

## Holistic Wellness (cont...)

### Grade 11 Topics

- Sexual orientations
- Emotional intelligence
- Depression (major depressive disorders)
- Electronic social networking
- Cyber wellness
- Pornography

# Summary of the learning contents

## Holistic wellness (cont...)

### Grade 11 Topics

- Taxes
- Will
- Tribalism
- Racism
- Xenophobia
- Homophobia
- Other forms of phobias  
(biphobia, transphobia, etc.)

**(= 23)**

# Summary of the learning contents

## Holistic Wellness

### Grade 12

- Sexual transactions
- Responsible parenthood
- The Married Person's Equality Act (Act No. 1 of 1996)
- Cross-cultural marriage
- Insurance
- Provision for old age
- Types of cancer (colon cancer, leukaemia, brain tumours, prostate, etc.)
- Complaints
- Negotiating skills
- Success and disappointment



THANK YOU!

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