

JSS2 SECOND TERM HOME ECONOMICS LESSON NOTE

SCHEME OF WORK

WEEKS	TOPICS
1	Revision of last term's work
2	Impact of family values on lifestyles: family values and life style, meaning, types, important factors influencing lifestyles.
3	Family conflicts and crisis: meaning of family conflicts and crisis, causes of family conflicts, types of family crisis.
4	Family conflicts and crisis (contd.) conflicts resolution methods, crisis management strategies
5	Importance of personal hygiene, causes and prevention of body odour
6	Hygiene and puberty: meaning of puberty, hygiene and menstruation, body changes in boys and girls, menstrual cycle, menstrual hygiene,
7	MID-TERM BREAK
8	Adolescence and sexuality: meaning, characteristics of adolescents, special needs and challenges of an adolescents, meaning and expression of sexuality and sources and utilization of sexuality related information.
9	Sexually transmitted diseases (STD) and HIV/AIDS: management, care and support for infected persons, consequences of self medication
10	Basic pattern drafting techniques and fashion designing: meaning, basic pattern drafting tools and equipments, using instrument to sketch styles, taking body measurement, drafting basic bodice and skirt patterns.
11	Revision
12	Examination

WEEK: ONE
TOPIC: REVISION OF LAST TERM'S WORK

WEEK: TWO
TOPIC: IMPACTS OF FAMILY VALUES AND LIFESTYLE

SUB-TOPIC: FACTORS THAT INFLUENCE VALUE AND LIFESTYLE

Meaning of value

Value is the worth placed on an item. Value cannot be seen. Values are beliefs, feelings or ideas of what is important, desirable and good.

TYPES OF VALUES

1. **Intrinsic values:** these are values that are important for their own sake. They are higher values e.g. love, aesthetics, freedom, human dignity, truth etc.
2. **Instrumental values:** these are values that help you to achieve the intrinsic or high values. E.g. orderliness and efficiency which can help you achieve aesthetic values in your home. Others are hard work, leisure, companionship etc.
3. **Values that have intrinsic and instrumental worth:** These are important for their own sake and can also help you in achieving the higher values. E.g. comfort, health, knowledge, religion, ambition, truth etc.

MEANING OF LIFESTYLE

Life style: is the particular way of life of a person, family, nation or a group of people. It is a clear and concise view of the kind of living that will bring satisfaction to a person, family and to other people.

TYPES OF LIFE STYLES

1. **Roles and roles combination:** e.g. employers and employees parents, spouse, student. Each may have different ways of life; the different ways are based on the roles performed by each person.
2. **Consumer practices:** some people may be conspicuous consumers, others may be moderate as seen in the types of housing decisions made by families, types of food e.t.c.
3. **Occupation and employment pattern:** A person's occupation and employment pattern will normally influence how he/she does a thing that is called the lifestyles.

IMPORTANCE OF VALUES SYSTEMS TO THE FAMILY

1. It determines the quality of life and life style of the family.
2. Determines the types of goals the family sets.
3. It influences family decisions
4. It determines how families use their resources.
5. Influences the behaviours of family member within and outside the family.

FACTORS THAT INFLUENCE VALUES AND LIFESTYLE

1. Family
2. Education what you learn in school
3. Friends you keep
4. Movies, televisions, books, magazines e.t.c.
5. Neighbours and community contacts
6. Religion trainings
7. Cultures of the society.

Evaluation:

- *Explain the meaning of values and lifestyle*
- *Enumerates the different types of values and lifestyle*
- *State five factors that influence values and lifestyle*

Assignment:

Explain how family members can influence your values and lifestyle.

WEEK: THREE

TOPIC: FAMILY CONFLICTS AND CRISIS

MEANING OF CONFLICT

A conflict is a struggle between two or more people who disagree. That struggle may be verbal physical or both. Conflict range from little disagreements between friends, family

members to violent battle between enemies. A family conflict is a struggle between two or more family members who disagree over issues. They could be conflicts between husband and wife or between siblings.

CAUSES OF CONFLICTS IN FAMILIES

Conflicts can be caused by the following:

1. **SITUATIONAL CAUSES:** Any situation that dissatisfies people can cause conflict. For instance, in families,
 - i. When parent or parents show more love or attention to a child and neglects the others.
 - ii. When a husband fails to give the wife money for house – keeping.
 - iii. When children disobey their parent.
2. **PERSONALITY DIFFERENCES:** No two individuals are the same, not even twins. An individual difference arises from heredity and environment. Some people may be slow and quiet, while others could be fast, noisy and outgoing. These different behavioural patterns can bring about conflicts in the family.
3. **POWER STRUGGLES:** Conflicts can occur when people feel a need to be in control. Power is the ability to influence another person. Each person will be struggle for power. This can occur between husband and wife. It can also occur between a younger and an elderly brother or sister. In some cases, a boy might try to show a girl that he is stronger than her.

MEANING OF FAMILY CRISIS

A family crisis is a situation that marks a turning point when things cease to go on as usual in the family. A crisis is a change in the normal way of life of the family. Crisis can be challenging; they need to be managed properly.

TYPES OF FAMILY CRISIS

1. **ARRIVAL OF A NEW BABY:** The arrival of a new baby is normally a joy to the family but it can also be a source of crisis in the following ways.
 - i. The father may feel neglected as mother turns all her attention to the baby.
 - ii. Other children may also feel neglected and become jealous
 - iii. Arrival of new baby means more pressure on family resources e.g more money will be needed for the baby's needs.
 - iv. It means more demand on the mother's time and energy.

2. **CLASHES OF PERSONALITY:** Family members differ in their abilities, likes and dislikes. They also differ in the ways they react to situations. Some are fast while others are slow. In spite of all the differences, they are expected to agree with each other and work together in harmony. However, when they disagree seriously, there may be clashes in personality, and family crisis may occur.
3. **LOSS OF JOB/ EMPLOYMENT:** When a family member especially the bread winner, loses his job a serious crisis results. Loss of job could be as a result of unexpected retirement, retrenchment, redundancy, when the establishment is distressed and folds up in such situations family needs can no longer be met. For instance, education of the children can come to a sudden end.
4. **DIVORCE:** Divorce means the break-up of a marriage. This is one of the most serious crises in any family. It is even more serious when children are involved and parents disagree over custody. Divorce has negative effect on husband and wife, children and in – laws.
5. **DEATH OF A FAMILY MEMBER:** Death is traumatic. It causes severe emotional shock. The death of a family member may shatter the trust of the other members. For instance, the death of the bread winner could mean the loss of hope for children’s education.

Evaluation:

- *State four causes of conflicts in the family*
- *State methods of conflict resolution in the family*

Assignment:

List and explain four other types of family crisis and conflict

WEEK:

FOUR

TOPIC: WAYS OF RESOLVING FAMILY CONFLICTS AND CRISIS

Conflicts resolution is a process that occurs in five stages:

- I. Becoming aware of the conflict or problem
- II. Setting limits
- III. Arguing stage
- IV. Negotiating and compromise
- V. Following up.

SOME IMPORTANT GUIDELINES IN CONFLICT RESOLUTION

- I. Use words not fits
- II. Take a decision to resolve the conflict peacefully
- III. Try to talk in place other people will not distract you or interfere with your efforts.
- IV. When you talk, take turns. No one person should dominate the talking, every person must be given the chance to talk
- V. Use active listening and keep an open mind
- VI. Show respect to the other person and recur respect from him/her.
- VII. Control your voice, tongue and speak the truth.

WAYS OF MANAGING FAMILY CRISIS

Arrival of a new baby

- The family should plan and prepare properly before each new baby
- The father and other older children should be involved in some aspects of child care.

Clashes of personality

- Family should set family values, lifestyles, goals and standards.
- Where individuals have different value systems, the other members should know that, family must agree on how to accommodate such values.
- Family rules should be acceptable to all members.

Loss of job/employment

- Family goals will need to be reviewed.
- Alternative employment must be sought
- Family members may have to take on new responsibilities.

Divorce

- The family members need to find ways of adjusting wherever they find themselves.
- Parents need to agree on how to help the children
- Children should be allowed to communicate with parents
- Counselling can help.

Death of family members

- Each family members should take responsibility for the things he/she can do
- Family should spend more time together and encourage each other.
- The family may have to change or modify some of the family goals.

Evaluation:

- *State the consequences of family conflicts*
- *Explain ways of how family can manage various crisis*

Assignment: mention five signs of puberty in girls.

- *What do you understand by the term “early maturer”?*

WEEK: **FIVE**

TOPIC: **HYGIENE AND PUBERTY**

HYGIENE

Hygiene means one’s level of cleanliness. It is the practice of keeping yourself and other surroundings clean, especially in order to prevent illness or the spread of diseases.

BODY ODOUR

Body odour is an unpleasant smell that comes from the body

Causes of body odour

1. Poor hygiene during menstruation
2. Accumulation of dirt on the body
3. Failure to have bath regularly
4. Using of body care products that smells badly
5. Wearing dirty clothes and under wears.

PREVENTION OF BODY ODOUR

1. Bathing regularly especially during the menstrual period and after exercises.
2. Observing good menstrual hygiene practices
3. Wearing clean clothes
4. Changing your underwear everyday
5. Using good perfumes and deodorants sparingly. Avoid heavy perfume.

IMPORTANCE OF PERSONAL HYGIENE

1. It helps people to cope with some physical conditions such as oily skin and hair
2. It helps to remove body odour
3. It results in better health
4. It give attractive appearance
5. It gives an individual the confidence needed to be in the company of mates.

Evaluation:

- *What do you understand by menstrual cycle*
- *Mention ways of preventing body odour*

Assignment:

Make a survey and mention 10 types of sanitary towels in the market

WEEK 6

HYGIENE AND PUBERTY

MEANING OF PUBERTY;

Puberty is the short span of time which marks the beginning of sexual maturation. This period differs between boys and girls. Boys generally reach puberty at about the age of 14 years. Girls reach it at about 12 years of age. There are individual differences Therefore, these periods cannot be the same for everyone and for everybody.

SIGNS OF PUBERTY IN BOYS

1. Hair begin to grow on different parts of the body such as the armpit, pubic region,
2. Beard around the jaw and a moustache above the upper lip.
3. Voice breaks and becomes deeper.
4. There is change in general body appearance as muscles develop. The boy may need Larger and new clothes.
5. Sex organs develop. Sex glands called testicles produce spermatozoa or sperm.

SIGNS OF PUBERTY IN GIRLS

1. The breasts develop.

2. The body changes.
3. Hair grows on her armpits and pubic region.
4. Menstruation begins.
5. There could be skin changes and problem such as pimples.

MENSTRUATION

This is the monthly flow of blood from the womb, through the vagina and this occurs in every woman of child bearing age. This period is called *menstrual period*. It takes place after about every 25-30 days. This time, (the numbers of days before the next period) is called *menstrual cycle*. The menstrual period and cycle differ from one person to another.

As soon as a girl starts menstruating, she becomes a woman. She can then become pregnant and have a baby if she has sexual relationship with a man. The blood that flows during menstruation can produce a very bad odour if a person fails to keep her body clean. It is therefore very important to keep your body very clean during menstruation. This is called *menstrual hygiene*.

WEEK SEVEN: MID TERM BREAK

WEEK 8

TOPIC: **ADOLESCENCE AND SEXUALITY**

SUB-TOPIC: **MEANING AND EXPRESSION OF SEXUALITY SOURCES**

MEANING OF ADOLESCENCE

Adolescence is the period in every person's life that lies between the end of childhood and the beginning of adulthood. It is a period of time a person matures and moves from childhood to adulthood. This is a period of life when you prepare to be an adult

ADOLESCENT

An adolescent boy or girl is someone that is passing through the adolescent period.

CHARACTERISTICS THAT ARE COMMON TO BOTH ADOLESCENT BOYS AND GIRLS

Adolescent boys and girls generally;

1. Try to gain independence from their parents
2. Feel hungry easily, they are growing fast, they therefore need extra food
3. They become self-conscious, they may be bothered about their appearance
4. Have emotional changes. They can be anxious, moody or irritable
5. Could show concern about the future

SPECIAL NEEDS AND CHALLENGES OF ADOLESCENT

These challenges are the problems which the adolescent often face. The adolescent are neither children nor adults. They often have problems as they relate with people. Their challenges include;

1. **ADJUSTMENT**: They have problem adjusting to their physical changes for instance, the girls have to cope with enlarged breast and menstruation, the boy copes with changed voice and bigger penis. They are often uncomfortable, clumsy and anxious.
2. **STATUS**: They want to behave like adults, yet they are not fully adults. Boys may try to smoke and girls may try putting on make- ups
3. **INDEPENDENCE**: Adolescents often want to do things their own way. They do not like to be directed or guided by parents or other adults. This is often a source of problem
4. **NEED FOR ACHIEVEMENT**: Adolescents want to excel, when they fail, they become unhappy
5. **PEER PRESSURE**: They often want to go along with their peers. There could be negative influences from peer group, for instance, in dressing, feeling and expression of sexuality
6. **PHYSICAL NEEDS**: These arises as a result of the physical changes going on in adolescent. These needs include:
 - Balanced food needed for proper development
 - New clothes to replace outgrown old ones
 - Girls will need brassiere as their breasts develop
7. **NEEDS FOR PARENTAL UNDERSTANDING AND SUPPORT**:
Parents should:
 - Understand what their adolescent children are passing through
 - Be more tolerant
 - Communicate freely, advice and encourage adolescents.

SEXUALITY INFORMATION

Sexuality information is a planned process of education that faster the acquisition and information of positive attitudes, beliefs and values as well as skills to cope with biological, physiological, socio-cultural and spiritual aspects of human sexuality.

SOURCES OF SEXUALITY INFORMATION

1. School and colleges
2. Churches and mosques
3. Television
4. Radio
5. Newspapers and magazines
6. Parents, elders and the community.

Evaluation:

- *State 4 characteristics common among adolescent boys and girls*
- *State the challenges of adolescence*

Assignment:

Enumerate ways of expressing sexuality among adolescents

WEEK:

NINE

TOPIC:

SEXUALLY TRANSMITTED DISEASES (STDS) AND HIV/AIDS

SUB-TOPIC:

CONSEQUENCES OF SELF MEDICATION

MEANING OF SEXUALLY TRANSMITTED DISEASES (STDS)

Sexual activity comes with risks of sexually transmitted diseases/infections (STDs/STIs), including HIV/AIDS. While some can be treated, others cannot. They can cause very serious damage to the body and even death. STD is an illness spread from one person to another through sexual contact.

TYPES OF STDs

1. **GONORRHEA:** This is caused by the bacterium "*Neisseria gonorrhoea*". It is spread through sexual contact between infected persons.

SYMPTOMS

Itching and discharge from penis and vagina

Painful urination

Can cause infertility

If a pregnant woman has the disease, her child's eyes will be affected at birth.

Treatment is with antibiotics

2. **SYPHILIS:** It is caused by the bacterium "Treponema pallactium". It is spread through sexual contact between infected persons.

SYMPTOMS

Sores on the sex organs

Fever, aches, rashes and hair loss.

At later stages, it affects the heart, eyes and brain.

It can lead to insanity and death.

Treatment is with antibiotics.

3. **ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS):** one of the most frightening of all STDs is AIDS. It is caused by:
- A virus called Human Immunodeficiency Virus (HIV)
 - HIV enters the body of a person and kills the cells of the immune system.
 - HIV makes the body weak and less able to fight sickness.
 - People with HIV in their body go on to become sick with AIDS. AIDs results in death.

HOW HIV CAN BE SPREAD

- Having sex with someone who already has HIV
- Transfusion of infected blood
- Use of a needle or blade that has been used on a person with HIV and not sterilized afterwards.
- Women with HIV can pass it to their babies. The baby becomes infected in any of these three ways;
While in the mother's womb
At birth
Through the breast milk (breast feeding).

SIGNS OF HIV/AIDS

- People with HIV/AIDS suffer sickness like fever, rashes and diarrhoea.
- They also lose weight
- Death is the final result.

TREATMENT OF HIV/AIDS

- At the moment, there is no known cure for HIV/AIDS.
- There are however, medicines that can help infected persons to fight off the sickness that come with HIV/AIDS
- Antibiotics and other medicines can help people with HIV/AIDS to feel much better and help to live longer.

GUIDELINES FOR CARING FOR PEOPLE WITH HIV/AIDS

- Provide a home where there is peace, rest, love and acceptance.
- Help them with household work so that they can have enough rest.
- Make them eat nutritious food
- Give them love and support
- Share their financial burden
- Wash their clothes and pay them regular visits.

MEANING OF SELF MEDICATION

This is the process where a person prescribes a drug for self or gets someone else other than a qualified professional to do so when he/she is sick.

CONSEQUENCES OF SELF MEDICATION

- a. A person's self-diagnosis of illness might be wrong, so you may buy the wrong drug for an illness.
- b. You may take the wrong dosage of drug even when the drug is suitable for the illness.
- c. There may be serious side effects of a given drug.
- d. There may be complications of the disease being treated.
- e. It can lead to other serious health conditions
- f. It can lead to body resistance to abused drugs.
- g. It can lead to prolonged length of a sickness.
- h. It can lead to death.

Evaluation:

- *State the symptoms of syphilis and Gonorrhoea*
- *State 4 ways by which STIs, HIV/AIDS could be contacted*
- *Explain guidelines for caring for an infected person*
- *State the consequences of self-medication.*

Assignment:

What are the effects of HIV/AIDs to the victims, the victims' families and the nation?

WEEK: **TEN**

TOPIC: **BASIC PATTERN DRAFTING TECHNIQUES AND FASHION DESIGNING**

SUB-TOPIC: **BASIC PATTERN DRAFTING TOOLS AND EQUIPMENT**

PATTERN DRAFTING

The basic or foundation patterns often drafted are bodice, skirt and sleeve. These are called blocks. They are drafted to the exact size of the body. They can then be adapted or modified to any desired style.

Uses of patterns in garment construction

- Pattern are used to direct or guide the cutting of fabric
- They prevent serious mistakes in dress making
- They prevent waste of time in dress making
- They prevent waste of fabric
- They make sewing easy
- They reduce trial and error in sewing

TYPES OF PATTERNS

There are basically two types of patterns. The drafted and the commercial patterns.

DRAFTED PATTERNS: This is made to fit a particular person. A person's body measurements are first taken. Then the pattern is drafted to fit his/her size.

ADVANTAGES OF DRAFTED PATTERN

1. It can be made to fit a person perfectly.
2. It can be adapted to any type of style.
3. It is cheaper than commercial pattern
4. It can help to check the fit of a design before it is made into a garment.
5. It is original, therefore can be unique.
6. It does not require alteration.

DISADVANTAGES OF DRAFTED PATTERN

1. It can only be useful to one person, the owner.
2. Pattern drafting requires special skill.

COMMERCIAL PATTERNS: these are designed and made by experts to fit standard figure types using specific body measurements. They are available in different sizes. They are sold in

special pattern envelopes. They can be found in big shops. examples are "vogue", "new look", "simplicity", "butterick", "style", "advance" e.t.c.

ADVANTAGES OF COMMERCIAL PATTERN

1. They make sewing easy and accurate to body measurements.
2. They are made in many different styles and designs
3. They have instruction sheets which show how to lay out, cut the fabric and make up the garment.
4. Each pattern envelop contains information on the type and quality of fabric needed. 5. It also states the sewing notions (such as zip or button) needed.
6. It saves time and reduce mistakes in garment making.

DISADVANTAGES OF COMMERCIAL PATTERN

1. They are expensive
2. They are not easily or readily available
3. They often require alteration or adjustment to fit the user's size
4. They are light and can tear easily.

PATTERN MARKINGS AND SYMBOLS

Commercial patterns always have different types of markings and symbols. These show the dress makers how to use the patterns in making garments. The marks should also be made in the drafted patterns. The pattern marking and symbols include the following;

- | | |
|--------------------|--------------------------|
| 1. Straight grain | Straight grain of fabric |
| 2. Place to fold | On fold of fabric |
| 3. Darts | Darts |
| 4. Notches | Notches |
| 5. Stitching line | |
| 6. Cutting line | |
| 7. Seam allowance. | |

Taking body measurements

Tools for taking body measurements are:

1. *Tape measure; for measuring on the body*
2. *Pencil; for writing down the measurements*
3. *Paper; for recording the measurements*

4. A string; to be tied around the natural waistline.

GUIDELINES FOR TAKING BODY MEASUREMENTS

1. Take measurements over close-fitting garments or under garment. Wear flat shoes.
2. For accurate measurements, let a friend/classmate take your body measurements for you.
3. Measure accurately.
4. Record each measurement as soon as it is made.
5. Use a tape measure that does not stretch.
6. Pull the tape so that it is snug but not too tight
7. Stand well when taking body measurements.

Basic body measurements

Important measurements needed for making simple garment are:

For girls

- Bust: round the fullest part of the chest
- Waist: round the smallest part of the trunk
- Hip: round the largest part of the body below the waist
- length of back bodice
- Skirt length
- Across the chest.

For boys

- Neck
- Chest
- Sleeve length
- Length of back (bodice)
- Shirt length
- Across back
- Across the chest

Pattern Drafting Tools and their uses

1. *Tape measure; for measuring on the paper*
2. *A metre for drawing lines*
3. *Pencil; drawing lines and writing on the drafted paper*
4. *French curve for shaping curved areas*
5. *Paper scissors; for cutting the drafting paper*
6. *Eraser for cleaning wrong lines or drawings*
7. *Brown paper; patterns are made on paper.*

Evaluation:

- *State 4 uses of pattern drafting*
- *State 3 advantages of commercial pattern and 4 advantages of drafted pattern*

Assignment: *Draft a basic bodice for your self*

WEEK: ELEVEN

TOPIC: **PRACTICAL WORK ON BASIC PATTERN DRAFTING**

WEEK: **TWELVE**

TOPIC: **REVISION**

WEEK: **THIRTEEN**

TOPIC: **EXAMINATION**