

**DYDW 3205**

**Asia Regional Module 2  
Population and Family Life Education**

কৃষি ও পল্লী উন্নয়ন স্কুল

**School of Agriculture and Rural Development**



বাংলাদেশ উন্মুক্ত বিশ্ববিদ্যালয়

Commonwealth Secretariat

Asia Centre

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#### **The Commonwealth Youth Programme's Vision and Mission :**

CYP works towards a society where young women and men are empowered to :

- Develop their potential, creativity and skills as productive and dynamic members of their societies.
- Participate fully at every level of decision-making and development, both individually and collectively, successfully promoting Commonwealth values.

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## **Population and Family Life Education**

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# Population and Family Life Education

## Module Overview

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# Population and Family Life Education

## Module Overview

Welcome to *Population and Family Life Education*. This module, like the previous module, is designed to meet the requirements of Asian students. This module should enable you to acquire an understanding of the problems associated with population explosion and harnessing the population for developmental activities. The module lays greater emphasis on family life education. Concept and functions of family, and the role of parents vis-à-vis children in a family are discussed. The problems of adolescence, sexual maturity and ways and means for responsible living are certain other discussion points for this module.

- This module will cover the following broad areas:
- The problem of population increase, its effect on development and environment and Asian perspective of population problem
- The concept of family system, role of individual members of a family and preparation of youth for marriage and parenthood
- Transition from adolescence to adulthood, anatomy of male and female reproductive systems, concept of reproductive cycle and consequences of transition
- Concept of sex and human sexuality and the related social aspects
- Concept of value system, ethics, self-esteem and self-management

## Learning outcomes

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Learning outcomes are statements telling you what knowledge and skills you should have when you have completed the module.

### Knowledge

When you have successfully completed this module, you should be able to

- conceptualise population growth in relation to developmental, environmental and social issues
- identify the role and responsibility as a member of the family and society
- comprehend the changes that occur in adolescence and conceptualise the human reproductive cycle.
- comprehend the concept of sexuality and its development and equip yourself with the knowledge of sexuality that would prepare you for a responsible adulthood.
- comprehend the value system and its role in every day life

### Skills

- provide information on how population is measured
- discuss the relationship between population and developmental issues in Asian region
- discuss the concept of family and learn about the functions and tasks of different members of a family
- describe the process of growing up from the reproductive and anatomical perspective and name the different organs of the male and female reproductive system
- familiarise yourself with the concept of self-esteem recognise individuals with high or low self-esteem.
- enhance your skills and ability to make right decisions

### Personal Outcomes

You will keep a Learning Journal where you record your thoughts and feelings as you are learning. You should include your responses to the study guide activities and self-help questions. It provides evidence of the work you have done over the period of this diploma programme.

These will help you analyse the role of Youth in Development Worker in respect of various aspects of Population and Family Life Education.

# Assessment

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This module is divided into chapters called units. Each unit will address specific learning outcomes. You are expected to complete various tasks that are provided in the units so that you can self-estimate your competency in relation to learning outcomes. The study material should help you to successfully complete your assignments as well as provide information for writing your term-end examinations.

## Learning journal

It would be of immense value to you if you keep a learning journal/diary in the form of a note book or file where you record your thoughts and feelings as you are learning. You should also include your responses to the study guide activities and self-help questions. It provides evidence of the study you have done over the period of this diploma programme.

This module *Population and Family Life Education* is divided into six units. Each unit will address one or more of the module learning outcomes.

### **Unit 1 : Population**

This unit highlights the consequences of increasing population on environment and development as well as theories and measures of population.

### **Unit 2 : The Family**

This unit discusses the concept of a family and role played by different family members.

### **Unit 3 : Physical Development-male and Female**

This unit introduces you the changes that take place in individuals during transition from adolescence to adulthood and their preparations for marriage and parenthood.

### **Unit 4 : Human Sexuality**

This unit intends to guide youth to come to terms with their own sexual awareness and identity and to help them in making the right choices when they are faced with demanding situations.

### **Unit 5 : Responsible Living**

In this final unit the concepts of value system, ethics, self-esteem and self-management are discussed in the context of family life.

## **Prerequisites**

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It is recommended that before you start commencing the study of this module, you become familiar with the first three core modules.

## **How long will it take?**

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It should take about 37 hours to work through this module. During this 37 hour period, besides studying the module, you should have also completed the various items provided in the units, such as, activities, case studies and self-help questions. All the units in this module are more or less of same length.

## **If you need help**

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In case you face any problem with this study material, do not hesitate to contact your Tutor or academic counsellor at the study centre. The counsellor will provide all the help that you require in the study of this module.

## **Learning tips**

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You may not have studied by distance education before. We provide you some information to help you to study this module.

## **About this module**

As stated earlier this manual has five units and each unit, besides the course content also includes activities, case studies and self-help questions.

## **Activities, case studies and self-help questions**

The activities, case studies and self-help questions are part of a planned distance education programme. It is important that you complete all these items during your course of study of this module to enable you to achieve competence in the learning outcomes stated at the beginning of this module. It is strongly recommended that you have a note book specifically for this purpose and keep a record of the progress of your study. The activities may be reflective exercises that will enable you to recall the unit



content and case studies may help you to relate what you study to some real life situations. Self-help questions are essentially review questions, the answers for which are found in the unit itself.

## **Studying at a distance**

Distance education offers you several advantages. You get a complete set of learning materials. More importantly both the time and pace of your study could be flexible. Further, you study close to your home in your own community. At the same time, completing your programme of study through distance education is a challenging one. You should be very disciplined and highly motivated. The following are some of the tips that should help a distance learner.

- Make a study schedule and try stick to it. Allocate specific days and time each week for study and keep them free of other activities.
- Try to attend as many counselling sessions as possible in your study centre. The interaction with your counsellor will enhance your confidence and assure you that you are in right direction. This is also an opportunity for you to meet your peer group and discuss with them the progress of your study.
- Maintain a record of all your study details in a separate note book. As stated earlier, this note book, besides the notes taken during the course of study should also contain the responses for all the activities, case studies and self help questions.
- Stick to deadlines that you have set for yourself for completing your module. Also complete the assignments in time and hand them over to your study centre co-ordinator for evaluation. You should also receive your evaluated assignments from your study centre well before the term-end examinations and be satisfied that your answers are well received by the counsellor. You may also improve your answers based on the comments or suggestion made by your counsellor.

## **The Learning Contract (LC)**

You will be asked to negotiate a learning contract with your tutor/counsellor for completing this module. This contract is designed to help you and your tutor to identify the current level of your knowledge and skills and those that need to be developed through this module. The LC should include all the learning outcomes of the module and the ways and means of achieving these. A sample copy of the LC is given in this module for your use.

**We wish you all the best in your studies.**

## Check Yourself

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Take a few minutes to try this self-test to understand the present level of your knowledge and skills on the subject of this module.

### Self-test

Put a tick in the appropriate box in answer to the following questions :

- |  | Yes                      | No.                      |
|--|--------------------------|--------------------------|
| ➤ Can you explain the consequences of increasing population on environment and development ? | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ Can you define family, its systems and types ?   | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ Do you know all the points that need to be considered before a marriage ?                  | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ Are you familiar with the facts and factors for good presenting?                           | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ Can you describe the process of growing up from reproductive and anatomical perspective ?  | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ Can you differentiate between Sex and Sexuality ?  | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ Are you aware of the various types of high risk behaviour ?                                | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ Do you know the right values for a responsible living ?                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| ➤ Can you explain what is self-esteem and self-management ?                                  | <input type="checkbox"/> | <input type="checkbox"/> |

## Learning Contract

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Name :

Module Name :

Name of the Tutor :

Module Learning Outcomes :

### Module learning outcomes

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This specific module outcomes you are required to meet are identified here. Full details of the module are included in the curriculum document.

When you have successfully completed this module you should be able to :

#### Knowledge

- conceptualise population growth in relation to developmental, environmental and social issues
- identify the role and responsibility as a member of the family and society
- comprehend the changes that occur in adolescence and conceptualise the human reproductive cycle.
- comprehend the concept of sexuality and its development and equip yourself with the knowledge of sexuality that would prepare you for a responsible adulthood.
- comprehend the value system and its role in every day life

#### Skills

- provide information on how population is measured
- discuss the relationship between population and developmental issues in Asian region
- discuss the concept of family and learn about the functions and tasks of different members of a family
- describe the process of growing up from the reproductive and anatomical perspective and name the different organs of the male and female reproductive system
- familiarise yourself with the concept of self-esteem recognise individuals with high or low self-esteem.
- enhance your skills and ability to make right decisions





## Learning Contract

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### Declaration

The work I have produced is entirely my own. I have acknowledged all sources of information which have contributed to my work.

Agreed and signed by student ..... Date .....

Agreed and signed by tutor ..... Date .....

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