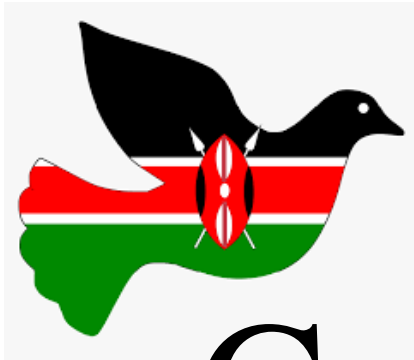
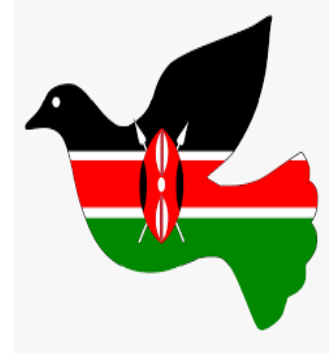


CONFIDENTENCE

BASED



CURRICULUM



Grade 8

CRE

1. Skills young people need to contribute towards families

- Be form and friendly.
- Make right choices or decisions.
- Solve problems peacefully.

Think creatively before you act.

2. Give examples of Common drugs abused in Kenya.

- a.) Tobacco-it is usually taken in form of cigarettes or snuff.
- b.) Khat or Miraa-this is a wild growing shrub whose leaves and stacks are chewed to induce excitement.
- c.) Clue sniffing- this is a volatile drug that makes the consumer intoxicated.
- d.) Cocaine- this is a narcotic drug derived from coca plant leaves.
- e.) Morphine-this is a narcotic drug obtained from opium.
- f.) Bhang-it comes from a plant known as Indian hemp. Bhang is also known as marijuana or cannabis sativa.
- g.) Heroin-it is a substance made from morphine which is highly addictive.

3. Give some Reasons why young people abuse drugs today.

- **Idleness**-when people have too much time for themselves with nothing constructive todo, they might experiment with alcohol and drugs to get excitement and they get addicted.
- **Frustrations**-During difficult frustrating moments, some people indulge

in alcohol and other drugs in order to cope. Example of frustrating situations include family disputes and failing to do well in school.



- **Having too much money**-when young people receive more money than they need, they get tempted to buy alcohol and drugs which they abuse with time and become addicted.
- **Financial stress**- people with little or no money for their basic needs feel insufficient, troubled and miserable. Such people might get tempted to become peddlers, pushers and users of drugs so as to get money.
- **Bad examples from adults**-young people from homes and environment where parents and other people abuse drugs are likely to be influenced to use and abuse drugs.
- **Negative peer influence**-in social gatherings, a person may be sidelined if they do not do what others are doing. Young people start abusing alcohol and other drugs because they fear to appear primitive and to lose friends.
- **Availability of Drugs in the Kenyan markets**- some drugs are readily available and also affordable thus making it easy for those

interested to access them.

- **Media influence**-commercial advertising and movies promote use and abuse of alcohol and drugs because they link success and power to their consumption.
- **Parental neglect of children**-some parents are not available for their children and this makes the children to feel neglected and unloved. Sometimes such children may indulge in alcohol and drugs use as a way of getting their parents attention.
- **Permissiveness and decline in moral values**-some young people feel that they have the right to do whatever pleases them regardless of the opinions of their parents or guardians and other authorities. They go against the regulations that govern good morals in the family and society. Some of them end up becoming alcohol, drugs and substance abusers.

4. State the Effects of alcohol, drugs and substance use on individual and families.

a.) Effects on Individuals

  Alcohol, drugs and substance abuse have negative influence on individuals and families. These negative influences include the following:

- × **Poor health**-many drugs users do not eat well either because they lack appetite or they buy drugs instead of food stuffs. Some consume alcohol on an empty stomach and this can affect the liver and the digestive system.

- ✗ **Lack of concentration in school and at work**-this happens because alcohol and drugs destroy brain cells.
- ✗ **School dropouts**-if the abuse of alcohol and drugs is not curbed on time, the user might eventually fail to complete their education courses.
- ✗ **Vulnerable to risky behavior**-alcohol and drugs abusers lower a person's ability to make proper moral decisions. As a result, some people engage in sexual activities and contract HIV & AIDS and other sexually transmitted diseases.
- ✗ **Violence and unruly behavior**-some people get drunk and disorderly and thus commit crimes such as robbery and violence.
- ✗ **Imprisonment**-one can be imprisoned for being a drug and substance dealer or for committing crimes from the result of using alcohol, drugs and substances.

b.) Effects on Families.

- ✗ **Misuse of family resources**- this affects family projects negatively as resources are spent on alcohol, drugs and substances abuse rather than on development.
- ✗ **Financial strains**-when family income is spent on alcohol, drugs and substances, the family strains financially.
- ✗ **Family conflicts**-this could be as a result of negligence, misuse of family resources and violence by alcohol, drugs and substance users. Consequently, family members are deprived of peace and harmony.
- ✗ **Poverty and poor living standards**-this can happen as a result of inability to work well or use of family resources for medication and rehabilitation of an addicted family member.
- ✗ **Separation and divorce**-when conflicts within the family are too much; they lead to separation of family members or divorce.
- ✗ **Juvenile delinquency**-this is a situation where young child gets involved in criminal activities. It can happen as a result of lack of proper parental guidance or disobedience from children. Young children who are alcohol and drug abusers can also get involved in the crime. This affects family stability.

5. Which are the Values needed to avoid alcohol, drugs and substance use.

- Obedience-young people to obey instructions and guidance of their parents and authorities.
- Respect-people to respect themselves and others
- Responsibility-it helps one to make right decisions and take the right actions to avoid alcohol and drugs.

- Diligence-hardworking people are not idle and they are able to earn what they need for their use hence avoid being lured into illegal practices.
 - Perseverance- helps you to bear with hard situations.
 - Patience-this is ability to wait for something to happen or a situation to change. It helps someone to avoid alcohol and drugs.
- 6. What are the Skills that would help to avoid alcohol, drugs and substance use?**

- Self-awareness.
- Self-esteem.
- Self-confidence.
- Coping with emotions.
- Assertiveness.
- Decision making.
- Effective communication.
- Critical thinking.

7. Name the Types of Gambling.

1. **Commercial gambling** for example lotteries and number games.
2. **Sports betting** such as horse betting, poker and other card games.
3. **Electronic gambling**; gambling using machines.

8. What are the Causes of Gambling in the Society?

- Desperation to get money easily.
 - Curiosity to know about gambling.
 - Desire to have a thrilling experience of winning.
 - Urge to be a successful gambler.
 - Using gambling as a means of coping with daily stresses and life.
 - Drug or alcohol addiction.
 - Media influence through advertisements by betting companies.
 - Bad influence from adults especially parents.
- 9. State the Effects of Gambling on individuals include:**
- ☞ Depression, for example, when an individual cannot cope with piling debts resulting in lack of sleep, ulcers, headaches and anxiety.
 - ☞ Low self-esteem when one feels judged by others.
 - ☞ Isolation from family and friends due to constant blaming and condemnation.
 - ☞ Engaging in criminal behaviours like stealing to get more money for

gambling.

- ☞ Suicide when one cannot repay debts or cope with the loss of money.
- ☞ Violence against the family, for example, when a child or spouse asks for money for household use.
- ☞ Feelings of shame, hurt, anger and fear.
- ☞ Loss of friends due to constant borrowing of money.

10. Effects of Gambling on Families include: name them:

- ☞ Loss of family wealth, property and other possessions.
- ☞ Emotional problems like shame, anger and distrust of the person concerned.
- ☞ Physical and emotional abuse of spouse and children.
- ☞ Families struggling to pay bills.
- ☞ Health problems among family members like depression, ulcers, lack of sleep, headaches and muscle pains.
- ☞ Isolation of family from other relatives and friends due to shame.

11. What Measures have been taken by Christians and the Government to help young people overcome gambling?

- ☞ Establishment of recovery and rehabilitation centres to help those who are addicted to gambling.
- ☞ Provision of psycho-social support to those who express the desire to be cured from addiction to gambling.
- ☞ Provision of guiding and counselling services.
- ☞ Spiritual support through Bible reading and prayers.
- ☞ Medical help to treat mental and emotional disorders.
- ☞ Family therapy to enable family members cope with the situation.
- ☞ Awareness creation on the dangers of gambling through the school curriculums.

12. What strategies can an individual use to overcome gambling?

- Find activities that will distract one from the temptation to gamble.
- Be focused on what is important in your life.
- Set new goals for yourself every in order to overcome gambling urge.
- Find a healthier activity to replace gambling.
- Remind oneself that gambling results in losses not winnings.
- Journal one's experience and successes every day.
- Be thankful to God for life and support to overcome gambling.
- Join a support group that will support one, during difficult moments.

13. Which are the Values of leading a free gambling life.

- Living a healthy life free from anxiety, depression and stress.
- Living a successful and peaceful family life free of violence.
- Experiencing financial wellbeing for an individual and the family.
- Having healthy interpersonal relations with family and friends.
- Having positive use of leisure time.

14. Which Skills and values that can help a person to avoid Gambling.

- Self-awareness.
- Assertiveness.
- Decision making.
- Integrity.
- Responsibility.
- Critical thinking.
- Love.
- Respect.

15. Name some Examples of social media platforms used by young people today.

- Instagram.
- WhatsApp.
- Twitter.
- Tiktok.
- Facebook.
- Snapchat.
- Messenger.
- Telegram.
- YouTube.

16. What are the Dangers of Chatting or Meeting with online strangers?

- They can pose dangers like kidnapping, raping and killings.
- They can introduce us to antisocial behaviours like cyber bullying.
- They can recruit us to criminal groups, for example terrorism.
- They can cause distress to our family members.
- They can introduce us to drug and substance use.

- They may convince us to drop out of school.
- They may introduce us to age inappropriate content online.
- They may introduce us to ungodly groups.
- They may lure us into subscribing to inappropriate sites.
- They may lead us to steal from our parents in order to buy more data bundles.

17. State some Way in which social media is misused today

☆ Cyber bullying.

☞ This is sending threatening, frightening or upsetting messages through social mediaplatforms.

☆ Stalking.

☞ This is repeatedly monitoring another person online for purpose of harassment orinvading their privacy.

☆ Time depletion.

☞ A lot of time is spent online at the expense of studies or work especially where one isaddicted to social media.

☆ Perpetuating criminal activities.

☞ Such as kidnapping, extortion, fraud, child pornography and terrorist activities.

☆ Trolling.

☞ This is abusing or commenting negatively on other's posts on social media platforms andcausing them distress.

☆ Clout chasing.

☞ This is the desperation to gain popularity or following on social media through all meansincluding sharing immoral contents.

☆ Spreading fake news.

☞ The spread of false and malicious information is very rampant on social media.

☆ Gossip.

☞ This is discussing or talking ill of other people.

☆ Impersonation.

☞ This is pretending to be someone else and opening pseudo accounts in their names forcriminal purposes.

☆ Pornography.

☞ Some youth are introduced to sex related content through social media sites.

18.

tate how to Respond or React to or in case of Cyber bullying.

- Do not respond to cyber bullying. If you do, the bullying becomes a cycle and worsens instead of solving.
- Do not bully them back or retaliate. Maintain your cool nature and do not allow anger to lead you to sin.
- Tell a trusted adult like a teacher, parent or guardian, close relatives or friends.
- Tell the cyber bully that it hurts you; therefore, they should stop it.
- Block the cyber bully from accessing your social media platforms.
- Save evidence by taking screenshots of events where you are bullied.
- Do not take their actions to heart to prevent it from lowering your self-esteem.

19. State the Christian values to apply while using different Social media platforms.

- Love.
- Respect.
- Humility.
- Responsibility.
- Integrity.

20. Name the Skills to apply while using different Social media platforms

- ✧ **Assertiveness**-to be firm when saying no to strangers and negative social media influence.
- ✧ **Critical thinking**-analyse content and the consequences of sharing it before posting it on social media platforms.
- **Empathy**-to consider other's feelings before sharing information on social media platforms.