



SECOND TERM E-LEARNING NOTE

SUBJECT: SOCIAL STUDIES

CLASS: JSS1

SCHEME OF WORK

WEEK	TOPIC
1	Revision of Last Term's Work
2	Our Roles in Promoting Safety in Our Community: <ul style="list-style-type: none">- Need for Safety- Safety Measures in the Home, School and Work Place.- Safety Guidelines for Pedestrians, Cyclists, Motor Cyclists, Motorist.
3	Safety Club as an Agent of Socialization; <ul style="list-style-type: none">- Structure and Process of Forming Road Safety Club in Schools.- The Roles of Road Safety Club in the Socialization of Youths.
4	Common Social Problems in Nigeria
5	Ways of Solving Common Social Problems in Nigeria. <ul style="list-style-type: none">- Effects of Social Problems.- Ways of Solving Contemporary Social Problems
6	Abstinence I <ul style="list-style-type: none">- Meaning of Sexual Abstinence.- How Students can Stay Abstinent.- Reasons for Abstaining from Sexual Intercourse.
7	Abstinence II <ul style="list-style-type: none">- Skills and Behaviour that Enhance Abstinence.- Benefits of Abstinence.- Facts about Abstinence.
8	Uniqueness of Nigerian Culture.
9	Adaptability. <ul style="list-style-type: none">- Meaning of Adaptability- Types of Adaptability.
10-12	Revision and Examinations

REFERENCE BOOK

Fundamental of Social Studies for Basic 7 by Sola Akinyemi.

Simplified Social Studies for Nigeria Secondary Schools & Colleges Book 1 by Yusuf R.A



WEEK ONE

Date.....

TOPIC: REVISION OF LAST TERM'S WORK
CONTENT

1. The study of man in his physical and social environment is called _____
A. economics B. geography C. history D. social studies
2. Social studies defines the environment as a/an _____ A. area occupied by animals
B. area where aquatic habitant lives C. totality of man's surroundings D. place where
man relates with others
3. Which of these is not a feature of the natural environment _____ A. dam B. forest
C. mountain D. river
4. _____ can be defined as the steps taken to ensure that lives and properties are well
secured A. Safety B. Accident C. Orderliness D. Sanitation
5. The first agent of socialization is the A. community B. family C. peer group D. school
6. The dynamism of culture simply means _____ A. changing B. flexible C. rigid D. static
7. Which of these is not influenced by culture? A. Agriculture B. Dressing C. Housing
D. Language
8. Which of the following is not a characteristic of a primary social group? A. Members are
drawn from various socio-cultural groups with different family backgrounds.
B. Members are often small in size. C. Members exhibit high level of loyalty among
themselves D. Members know each other very well.
9. The union between a man and woman as husband and wife is called _____ A. courtship
B. family C. friends E. marriage
10. The process of learning through which a child acquires language, values and beliefs is
called _____ A. civilization B. demobilization C. mobilization
D. socialization.
11. Language belongs to _____ aspect of culture A. entertainment B. material C. non-
material D. speech
12. Which of the following is not a function of the family? A. Education B. Procreation
C. Prosecution D. Security
13. The total way of life of the people is known as _____ A. acculturation B. culture
C. ethnicity D. socialization
14. Another name for material and non- material aspect of culture is _____ and
_____ A. concrete, simple B. manmade, natural C. simple, complex D. tangible,
intangible.
15. The family that consists of brothers, sisters and relatives with their wives and children
living together is called _____ family A. compound B. extended C. native D. nuclear
16. There was no subject like Social Studies in the school curriculum anywhere in Nigeria
until A. 1960 B. 1961 C. 1962 D. 1963
17. Which of the following is **not** a place where socialization takes place? A. Family
B. Hospital C. Mass media d. Peer group
18. The following are members of a nuclear family except _____ A. brother B. cousin
C. father D. mother
19. A good citizen should exhibit all this following except A. honesty B. integrity
C. patriotism D. selfishness
20. Which of the following is not a feature of the physical environment? A. Forest
B. Language C. Moon D. Rain



READING ASSIGNMENT

Fundamental of Social Studies for Basic 7 by Sola Akinyemi Pages 155– 157

Simplified Basic Social Studies for Basic 7 by R.A Yusuf Pages 28 – 40

WEEK TWO

Date.....

TOPIC: Our Roles in Promoting Safety in Our Community:

- Need for Safety
- Safety Measures in the Home, School and Work place.
- Safety Guidelines for Pedestrians, Cyclists, Motor cyclists, Motorist.

CONTENT

Safety is from the French word “sauf”. Safety is a situation which prevents any form of injury while performing some activities. It is a situation where an individual or group of individual can carry out or perform activities without any injury.

According to the dictionary, it means the state of being safe, freedom from the occurrence of risk of injury, danger or loss.

Reasons for Safety/ Needs for Safety.

- a. **To prevent damage of properties:** Road and fire accidents can bring great damage to many properties. Through safety measures, both public and private properties can be maintained and have longer usage.
- b. **To prevent loss of life:** Safety measures should be put in place to prevent death of individuals while carrying out a task.
- c. **To prevent avoidable accidents:** When necessary safety measures are put in place, some accidents will be avoided.
For instance, if necessary gadgets and personnel are available at a swimming pool, drowning will be completely eliminated.
- d. **To minimize risk:** Safety measures help in reducing risk in carrying out a task.
- e. **To prevent temporary, or permanent disabilities:** There is the need for safety to prevent accidents that will lead to loss of eyes, limbs, arms and any other parts of the body. Permanent disabilities could make an individual unproductive and almost useless to their families and society at large.

Accidents and Safety Measures At Home

Accidents at home include:

- i. Fire outbreaks
- ii. Pressing iron burns
- iii. Hot water burns
- iv. Sliding in the bathroom
- v. Falling from staircases
- vi. Knife or razor blade cuts, etc.

Safety Measures

- i. To prevent electric shocks: The house should be properly wired by professionals. Cables should not be exposed. Right sockets and plugs should be used at all times.
- ii. Gas cylinders should be properly closed to prevent gas leakage.
- iii. The use of candle, mosquito coils, boiling rings etc should be avoided if possible.



- iv. All drugs should be taken far away from children's reach.
- v. Proper disposal of waste.
- vi. Bathroom floors should be scrubbed regularly while old bathroom tiles within the house should be replaced.
- vii. All electrical gadgets, sockets should be checked when going out of the house or before going to bed in the night.

Safety Measures in the School Environment

Possible accidents in a school environment are falling of ceiling fans, electric shock, breaking of swing chains, bruises from fall while running, burning of skin due to splash of chemicals during experiments in the laboratory, falling from staircase. etc.

The following are safety measures in the school environment

- i. The school building should be constructed properly with necessary safety measures put in place.
- ii. Fire extinguishers should be provided in strategic locations particularly in laboratories and offices.
- iii. Sports masters and possibly a nurse should be available during inter-house sports or special sporting events in the school.
- iv. Dangerous chemicals used in laboratories should be kept in special rooms inaccessible to students.
- v. School hall and classrooms should be well ventilated.
- vi. First aid kits should be provided in the school clinic.

Safety Measures in a Work Place

- i. Fire extinguishers should be in strategic places.
- ii. Original sockets, plugs and other electrical appliances should be used in offices.
- iii. Smoking should be disallowed in all offices and restricted to certain areas. For instance restaurant.
- iv. There should be proper wiring of the building.
- v. Safety manager should conduct periodic training for staff on how to prevent forms of accident in the work place.
- vi. Staff should ensure that all electrical gadgets are switched off after office hours.

Traffic Guidelines

Cyclists and Motorcyclists

- i. They should wear helmet and should not carry more than one passenger.
- ii. They should properly maintain their motorcycles.
- iii. They should observe all road signs.
- iv. They should not put abnormal horns
- v. They should not play music while they ride.

Motorists

- i. Seat belt should be worn every time motorists drive
- ii. Motorist should strictly obey all road signs.



- iii. Motorists should never drink alcohol before and when driving.
- iv. Motorist should never make or receive phone calls while driving
- v. Motorists should not over speed.
- vi. Regular maintenance and servicing of vehicles.

Pedestrians

- i. Pedestrians should wear bright coloured materials while walking in the night.
- ii. Pedestrians should use pedestrian bridges and where provided, Zebra Crossing points
- iii. Pedestrians should use road pavement while they walk on the road.
- iv. Pedestrians crossing road should look left, right and left again before crossing.
- v. Pedestrians should walk opposite traffic rather than backing it while they walk on the road.

Agencies to be Contacted when Accidents Occur

- (i). The Nigeria Police
- (ii). Federal Road Safety Corps
- (iii). Fire Brigade
- (iv). National Emergency Management
- (v). Red Cross Society
- (vi). LASTMA

EVALUATION

- i. What is safety?
- ii. Mention three traffic guidelines each for motorists and cyclists

GENERAL EVALUATION/REVISION QUESTIONS

1. Mention four reasons for safety.
2. Mention four safety measures at home.
3. Mention three safety measures in the school environment.
4. Mention two traffic guidelines for pedestrians.

READING ASSIGNMENT

Simplified Basic Social Studies for Basic 7 by R.A Yusuf .Pages 85 - 96

Fundamental of Social Studies for Basic 7 by Sola Akinyemi. Pages 68 - 75

WEEKEND ASSIGNMENT

1. _____ can be defined as the steps taken to ensure that lives and properties are well secured. A. Safety B. Accident C. Orderliness D. Sanitation
2. _____ is a sudden occurrence of an event that is a havoc in nature. A. Accident B. Conjunction C. Conjunction D. Safety
3. _____ is a place where people settle for the purpose of safety, trading or farming. A. Hamlet B. Placement C. Settlement D. Village
4. One of the following statement is true A. Motorist should strictly obey all road signs. B. Cyclists should not observe all road signs. C. Motorists should over speed. D. Cyclists should play music while they ride.
5. The following are examples of moral responsibilities of the children at home EXCEPT A. to respect elders B. to obey their parents C. to help their parents with house chores



D. to use vulgar language.

THEORY

- i. What is safety?
- ii. Mention four reasons for safety.

WEEK THREE

Date.....

TOPIC: Safety Club as an Agent of Socialization;

- Structure and Process of Forming Road Safety Club in Schools.
- The Roles of Road Safety club in the Socialization of Youths.

CONTENT

Structure and Process of Forming Road Safety Club in Schools

The Road Safety Club is an organ of the Federal Road Safety Commission in Nigeria. Road Safety Club is a voluntary organization just like Red Cross, Boys Scout, Literary and Debate Society etc in the schools. It can be established in the schools with the permission and authority of the Federal Road Safety Commission.

It is established with the purpose of teaching the younger generations the culture of road safety. It is a means of inculcating good road behaviours in the young ones. Road Safety Club organizes periodic lectures and meeting to create awareness and to teach road safety measures to their members.

Levels of Road Safety Club (RSC) include: Road Safety Club exists in the NYSC as CDS, primary and secondary schools. They are also in higher institution of learning. Road Safety Club constitutes the third tier of the Road Safety Corps.

The Federal Road Safety Commission (FRSC) uses the Road Safety Club as a “catch them young” strategy to promote road safety culture in Nigeria.

However, in order to drive home the safe road culture, the corps partnered with the NYSC to have road safety as one of the Community Development Service (CDS) during the one year service.

The Commission provides necessary materials for the Road Safety Clubs in schools. The Road Safety Clubs uniform in schools is white vest having the inscription of the club and black trouser/skirts with black beret with the inscription of “Road Safety Club” and logo.

The club goes round to create awareness on road safety tips. The clubs also try to train all members on road safety rules. Members are encouraged to be good road ambassadors of their schools and homes and anywhere they find themselves.

Roles of Road Safety Club in the Socialization of Youths

1. To organize workshops, rallies, public enlightenment campaigns, seminars, quiz and debate competition and any other programme relevant to the promotion of road safety.
2. To report road crash to the nearest FRSC office or any relevant body for assistance.
3. To monitor and report back to the appropriate FRSC office the conditions of roads.
4. To inculcate into the youths road safety culture as contained in the Highways Code and



other relevant road safety books and journals, etc as approved by the FRSC.

Roles of Federal Road Safety Commission as an Agent of Socialization in Nigeria

FRSC in Nigeria was established in 1988. The FRSC is the lead agency in Nigeria on road safety administration and managements.

Functions of FRSC

- i. Designing and producing vehicle number plates.
- ii. Standardization on highway traffic codes.
- iii. Regulating the use of motorcycles of the highways and the use of seat belts and other safety devices.
- iv. Educating motorists and members of the public on the importance of road discipline on the highways.
- v. Giving prompt attention and care to victims of accidents.

EVALUATION

1. Mention four roles of Federal Road Safety Commission in Nigeria.
2. Mention two important roles of Road Safety Club in the School .

GENERAL EVALUATION / REVISION QUESTIONS

1. Mention any two voluntary organisations that you know.
2. Mention the Levels of Road Safety Club.
3. Mention three roles of Road Safety Club in the socialization of youths.

READING ASSIGNMENT

Simplified Basic Social Studies for Basic 7 by R.A Yusuf Pages 54 - 59

WEEKEND ASSIGNMENT

Objective Questions

- (1) The reasons for safety include all but one of the following. A. The need to protect life
B. The need to protect property C. The need to reduce risk D. The need to defraud the masses.
- (2) Throwing of stones between children is an example of A. broken furniture B. electrical shock C. rough play D. sharp edged metals.
- (3) One of the following is not an accident due to carelessness. A. The use of candle
B. Snake bites C. Placing generator inside the house D. Placing drugs in the refrigerator
- (4) Man uses science and technology to create the following EXCEPT A. factories
B. forests C. houses D. roads
- (5) The school is a place where _____ instruction takes place. A. basic B. common C. formal D. informal

THEORY

1. Mention four function of FRSC.
2. Mention two important roles of Road Safety Club in the School



WEEK FOUR

Date.....

TOPIC: Common Social Problems in Nigeria

CONTENT:

Social issues and problems are matters which directly or indirectly affect many or all members of a society. They are problems because they constitute nuisance to the members of the public. They are recurrent problematic behaviour which occur due to civilization, technological advancement and negative effects of global economic growth.

Social problems include:-

corruption	cultism
poverty	prostitution
examination malpractice	kidnapping
teenage pregnancy	human trafficking
religious crisis	HIV/AIDS
drug abuse, etc.	

Causes of Social Problems

1. Parental and home background may lead one to join cult. Some children may be influenced by their parents' involvement in similar activities. Some parents are members of secret cult.
2. Children from broken homes may find solace in cultism. A home that is characterized by child abuse, intolerance, violence, insecurity and hostility may be a breeding ground for prospective cult members.
3. Love of money has taken over the minds of many Nigerians. In the educational sector, it is one of the major causes of examination malpractice. Many invigilators and examination officials collect bribe from candidates.
4. Lack of education keeps children from obtaining jobs that would lift them and their families out of poverty. Often children are kept from school because they are needed at home to support their family with additional income.
5. Bad economy: Some economic problems being experienced in the country. E.g. low standard of living, low level of unemployment and so on affect majority of the citizen. The major effect of all these is poverty. Many people resort to kidnapping, advance fee fraud to survive the harsh economic condition of the country.
6. Influence of internet and television: Children and youths that are uncontrollably exposed to bad television programmes are likely to imbibe bad behaviours and exhibit the same in the society. The existence VCD and DVD machines which allow people to freely watch dirty films is a serious problem.

GENERAL EVALUATION/REVISION QUESTIONS

1. What are social issues and problems?
2. Mention four causes of social problems in Nigeria.

READING ASSIGNMENT

Simplified Basic Social Studies for Basic 7 by R.A Yusuf Pages 60 - 83
Fundamental of Social Studies for Basic 7 by Sola Akinyemi Pages 106 – 125



WEEKEND ASSIGNMENT

1. All these are the causes of social issues and problems EXCEPT _____ A. hardware
B. lack of cooperation C. disobedience D. government policy
2. To curb cultism, students should A. arrest cultists B. encourage cultism C. fear cultists
D. say “No” to cultism
3. The challenges that are currently affecting the generality of the people in the society are called social A. achievement B. activities C. development D. issues
4. All the following are causes of drug trafficking EXCEPT A. unemployment B. negative peer pressure C. lack of self discipline D. employment
5. The following offences are common in Nigeria EXCEPT _____ A. drug pushing
B. election malpractice C. examination malpractice D. slavery

THEORY

1. What are social issue and problems?
2. Mention four social problems in Nigeria.

WEEK FIVE

Date.....

TOPIC: Ways of Solving Common Social Problems in Nigeria.

- **Effects of Social Problems.**
- **Ways of Solving Contemporary Social Problems**

Effect of Social Problems

Social problems have effect on the society at large, individual and family.

Individuals

1. Loss of life: Those who engaged in cultism, prostitution and HIV/AIDS and some other social vices often lose their life immediately or eventually.
2. Loss of reputation and dignity: Individuals who engage in kidnapping, prostitution and sexual immorality are never respected in the society. They are seen as irresponsible and unfit to occupy a dignified post.
3. It can lead to frustration.
4. Negative peer pressure has really drawn some youths into secret cults which put a stop to their career or led to their untimely death.
5. Dishonesty leads individuals to various vices like examination malpractices, corruption, fraudulent practices etc.

Family

1. It may lead to broken home: Those who engage in criminal activities like kidnapping, armed robbery, drug trafficking hardly have a settled home. Their spouses are likely to divorce them and this has a ripple effect on their children.
2. It brings shame and dents family image: A child caught in cultism or armed robbery will bring shame to his parents. Such a child will destroy the family name, image and reputation



3. Conflict: Social problems in the society such as unemployment has increased conflict at home.
4. Sexual immorality like incest and child abuse are on the increase in Nigeria.

Nation

1. It dents the nation's image: Those who engage in computer fraud, drug trafficking and other heinous crimes are indirectly destroying the image of the nation internationally. Other nations will see any Nigerian as a criminal that should be avoided like plague.
2. It brings loss of lives and property: Many lives have been lost through ritual killings, HIV/AIDS, and pipeline vandalisation. Many cultists have killed some innocent souls on our campuses. Pipelines have been vandalized by aggrieved youths in the South-South which has greatly affected the nation's revenue.
3. Social instability: This is the breakdown of law and order in the society where there will be insecurity of lives and properties. Social instability arises due to social problems like crime, injustice, corruption, kidnapping etc.
4. Economic depression: Problems such as corruption, greed, selfishness etc. are the harbinger of economic depression.
5. Disunity: Social issues and problems like ethnicity have led to disunity in this country.

Solution

1. Education :Our educational system should reflect changes in the society.
2. Creation of jobs: Both the public and private sectors must create jobs for the unemployed people. There should be incentives for self-employed people.
3. Home/school training: Parents should wake up to their responsibilities to their children. Training of children should not be the responsibility of the school alone. There should be a co-operative effort in the training of children. Parental love, care, guardians and control. This should be complemented by the school.
4. Religious organisations should live up to their expectations. Pastors and Imams should ensure that children and youths are given the right religious admonitions that will make them ignore evil and have the fear of God.
5. Mass media particularly the T.V and radio houses should through their programmes, re-orientate children and youths against negative behaviour. Their wrong notions and conceptions should be corrected.

GENERAL EVALUATION/REVISION QUESTIONS

- (1) Explain the significance of contemporary social problems to political instability.
- (2) Mention the basic facilities and social amenities that are affected during economic depression.

READING ASSIGNMENT

Simplified Basic Social Studies for Basic 7 by R.A Yusuf .Pages 60 - 83
Fundamental of Social Studies for Basic 7 by Sola Akinyemi. Pages 106 – 125



WEEKEND ASSIGNMENT

1. Which of these is a positive social behaviour? A. Dishonesty B. Sincerity C. Stealing D. Truancy
2. Which of these social issues does not require force to resolve? A. Insurgency B. Unemployment C. Armed robbery D. Pipeline vandalism
3. All of the following are reasons for becoming a member of a cult group except for/to A. have access to girls B. increase social values. C. security D. social identity
4. An improper way which falls short of the proper conduct of an examination is called _____ A. conspiracy B. corruption C. examination malpractices D. examination practice.
5. The following are the effects of examination malpractices EXCEPT _____
A. innocent students may become victims B. it leads to production of dishonest citizens
C. there will be confidence in the educational system of the country D. cancellation of results

THEORY

1. Mention five causes of social problems in Nigeria.
2. Mention three effects of social problems on individual

WEEK SIX

Date.....

TOPIC: Abstinence 1

- Meaning of Sexual Abstinence.
- How Students Can Stay Abstinent.
- Reasons for Abstaining from Sexual Intercourse.

CONTENT

Abstinence means refraining from all types of sexual activities or sexually gratifying activities. Sexual abstinence is practiced in every country in the world and is the only sure way to prevent pregnancy and sexually transmitted disease.

Abstinence the action of refraining from sexual activity, isto prevent unwanted pregnancies. In fact, it is the normal and acceptable practice used by men and women of all ages who are not yet prepared to accept the risks of sexual activity.

Abstinence requires a conscious decision and effort to avoid sexual intercourse in order to prevent unwanted pregnancy and sexually transmitted infections (STIs) including HIV/AIDS.

How Students Can Stay Abstinent

It's natural to want to express your feelings in physical ways, but you also know God wants you to remain sexually pure – in both actions and your thoughts

1. Pace your passion and set your boundaries: - it means that you are trying to remain pure all the way to your wedding day. Don't start messing with the package that is sex. Avoid all forms of kissing and petting anything that is sure to ignite the fires of passion. Don't be tempted.
2. Don't feed your fantasies: - Choose your entertainment carefully. Soap operas, certain songs, books, television shows, movies, etc. feeding your thought life with junk only makes it hard to remain pure in your action.
3. Make a promise to God and daily renew your commitment: Decide where you're going



to, draw the line and tell God that with his help, you are not going to cross that line until marriage. Don't commit to it unless you mean it. It is a serious thing to make a vow to God.

4. Avoiding situation that will tempt you (being alone with the opposite sex in your room).
5. Be focused: - place all your concentration on your studies. Increase your reading culture. Don't be idle.
6. Resist all forms of dirty conversation.
7. Be disciplined.

Reasons for Abstaining from Sexual Intercourse.

- i. Some teenagers are not emotionally ready.
- ii. To avoid negative consequences and protect their individual's health.
- iii. To save one's virginity for someone who will always be special.
- iv. Fear of pregnancy, STIs and HIV/AIDS.
- v. Religious or cultural disapproval.
- vi. Personal values about premarital sexual activity.
- vii. To live up to parental expectations.
- viii. Fear of being caught by parents.

GENERAL EVALUATION/REVISION QUESTIONS

1. Define abstinence.
2. Mention four reasons for abstaining from sexual intercourse.
3. Mention four causes of common crime.

READING ASSIGNMENT

Simplified Basic Social Studies for Basic 7 by R.A Yusuf .Pages 163 - 164

Fundamental of Social Studies for Basic 7 by Sola Akinyemi. Pages 160 – 161

WEEKEND ASSIGNMENT

1. Abstinence means A. engaging in infidelity B. refusing to get married C. engaging in sexual intercourse D. not engaging in sexual intercourse.
2. Which of these behaviours may not promote love relationships? A. Aggressiveness B. Good communication C. Tolerance D. Sharing and caring
3. Sexual activity between close blood relations is called A. rape B. incest C. sexual intercourse D. sexual harassment
4. The following factors could destroy friendship EXCEPT A. gossiping B. honesty C. betrayal of trust D. selfishness.
5. is one of the reasons of abstaining from sex. A. To avoid negative consequences B. It is not the commandment of God C. readiness to take responsibility D. it is generally acceptable in the society.

THEORY

1. Define abstinence.
2. Mention five reasons for abstaining from sex.



WEEK SEVEN

Date.....

TOPIC: Abstinence II

- Skills and Behaviour that Enhance Abstinence.
- Benefits of Abstinence.
- Facts about Abstinence.

CONTENT

Adolescents are very inquisitive and sensitive and emotional about the issue of sex. So, adolescents need to make decisions about sexual behaviours and wait until they are ready emotionally, financially, physically etc.

SKILLS AND BEHAVIOUR THAT ENHANCE SEXUAL ABSTINENCE

1. Decision-making: This involves making decisions about abstinence, which requires determination and strong commitment to the decisions and carrying out the decision.
2. Communication: This involves expressing sexual limits to one's partner. However, this requires natural understanding of both partners.
3. Self-control: Being able to control one's actions and behaviour in sexual situations.
4. Negotiation: This entails exploring other alternatives besides sexual intercourse with one's partner so as to avoid unwanted sexual behaviour.
5. Acquiring knowledge and information: Knowing about the consequences of engaging in sexual intercourse.
6. Advanced preparation: The ability to identify situations that are likely to lead to sexual acts is crucial for a young person.
7. Identifying goals: Moving towards the achievement of goals ensures the realizations of a positive vision for a successful and healthy future.

BENEFITS OF ABSTINENCE FROM SEXUAL INTERCOURSE

1. It boosts self-esteem: Sexually active adolescent often lose their self - esteem and admit that they live with guilt.
2. It prevents unwanted pregnancy.
3. It prevents HIV/AIDS and other Sexual Transmitted Infections (STIs)
4. It helps one to be focused in pursuing life goals.
5. It preserves someone's virginity.
6. To avoid emotional trauma when a relationship breaks up (without sexual intercourse).

FACTS ABOUT ABSTINENCE

1. It is morally acceptable.
2. It helps in boosting self esteem.
3. It does not lead to any abnormality of body functions.
4. It is the best for prevention of HIV/AIDS and STDs.
5. It is a good precaution against teenage pregnancy
6. It is naturally good.

GENERAL EVALUATION/REVISION QUESTIONS

1. Mention four facts about abstinence.
2. Mention five benefit of abstinence.
3. Mention two ways that students can stay abstinent.



READING ASSIGNMENT

Simplified Basic Social Studies for Basic 7 by R.A Yusuf Pages 165 - 166

Fundamental of Social Studies for Basic 7 by Sola Akinyemi Pages 161 – 162

WEEKEND ASSIGNMENT

1. The following are sexually transmitted related diseases except ____ A. gonorrhoea
B. hepatitis C. HIV/AIDS D. liver sclerosis
2. Which of the following is odd in this group as reasons for abstaining from sexual intercourse? A. cultural disapproval B. Religious disapproval C. emotionally ready
D. Fear of pregnancy
3. All these are behaviour that enhance sexual abstinence EXCEPT..... A. decision making
B. negotiation C. self-control D. regular sexual
4. Engaging in a _____ relationship is not the only means of expressing love. A. feelings
B. hugging C. sexual D. fact
5. The following are social issues except _____ A. corruption B. cultism C. drug abuse
D. obesity

THEORY

1. Mention four facts about abstinence.
2. Mention three skills and behaviour that promote abstinence.

WEEK EIGHT

Date.....

TOPIC: Uniqueness of Nigerian Culture.

CONTENT

The ethnic groups in Nigeria are over three hundred and each of them has a distinct social custom, belief and language which are very important to the group.

In Northern Nigeria, there are three major ethnic groups namely: the Kanuri in the north-eastern area of Lake Chad and north-central area, the Fulani who are scattered all over the northern region and the Middle Belt which is around rivers Niger and Benue. In this, are small ethnic groups such as the Tiv, Igala, Idoma, Chamba etc.

In the South; we have the south-east which comprises of the Igbos, Efiks and Ibibios and also the south-west, where the Yorubas and Edos are.

What makes the culture unique is their identity and organization before the Europeans came.

EVALUATION

1. Discuss what makes Nigerian culture unique.
2. Mention the ethnic groups found in the south-east.

TOPIC: The Yoruba Ethnic Group

Oduduwa is agreed to be the progenitor of Yoruba race. He had a son, Akanbi, who later gave birth to the seven founders of important towns in Yorubaland namely Owu, Sabe, Popo, Ila, Ketu, Oyo and Benin.

Yoruba people are mostly city-dwellers and there are different Yoruba dialect speaking groups like Ijesha, Ekiti, Ijebu, Egba etc.

Before the advent of the White man to Nigeria, Yoruba people operated a monarchical system of



government. They are predominantly farmers, hunters and warriors. They worshipped gods such as Ogun, Sango, Yemoja, Osun, Obatala etc.

The Hausa Ethnic Group

According to the legendary account, one BayajidaAbuyazid, a prince of Baghdad, helped the people of Daura to kill an evil snake that had been preventing them from fetching water from their central well.

Based on this exploit, he married the queen of Daura and they later gave birth to seven children who became the founders of the original Hausa towns; Daura, Kastina, Kano, Biram, Rano, Gobir and Zaria.

They are predominantly muslims and farmers.

The Igbo Ethnic Group

Though there are many versions of origin, the one popularly referred to is the Nri Version ‘that talked of the first man being Eri. He had two wives – Nono and Oboli. Nono gave birth to five children who founded the present day Anambra, Imo, Enugu, Abia, and Ebonyi states while Oboli had only one issue who happened to be the progenitor of Igala people of Kogi state’. Their traditional political system is democratic in nature. They are farmers, traders, fishers, weavers etc. they observe their traditional festivals especially at the village level.

EVALUATION

1. What are the changes brought about in our culture by the coming of the White to Nigeria?
2. State the differences between your culture and that of your friend from another culture.

GENERAL EVALUATION/REVISION QUESTIONS

1. List ten ethnic groups in Nigeria.
2. State the original seven Hausa towns.
3. In a tabular format, give three differences of primary and secondary social groups.

READING ASSIGNMENT

Simplified Basic Social Studies for Basic 7 by R.A Yusuf. Pages 28 - 42

Fundamentals of Social Studies Junior Secondary School Book 1 by J.O Olatundeetal. Pgs. 46-57.

WEEKEND ASSIGNMENT

1. One of the following gives Nigerian cultures its uniqueness (a) ethnicity (b) organization (c) rivers (d) landmass.
2. How many major ethnic groups are in Northern Nigeria? (a) Two (b) Three (c) Four (d) Five.
3. Ijesha speaking people are from which state? (a) Oyo (b) Osun (c) Ekiti (d) Ijesha.
4. Before the arrival of the European, the Yoruba operated _____ system of government. (a) republican (b) monarchical (c) democratic (d) gentocracy.
5. The sons of Oduduwa founded Owu, Sabe, Popo, Ila, Ketu, Oyo and Benin? Yes or NO?

THEORY

1. Trace briefly the origin of the Hausa ethnic group.



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2. List the ethnic groups in South-East.



WEEK NINE

Date.....

TOPIC: Adaptability.

- Meaning of Adaptability
- Types of Adaptability.

CONTENT

ADAPTABILITY

Adaptability is the ability to change something or oneself to fit occurring changes. Adaptability is the ability of an individual to alter himself to the changed environment. It shows the ability to learn from experience and improve the fitness of the learner as well. Man adapt to his new environment with the help of environmental sanitation. Environmental sanitation can be referred to the activities aimed at improving or maintaining the standard of basic environmental conditions affecting the well-being of people.

These conditions include:

1. Clean and safe water supply
2. Clean and safe ambient air
3. Efficient and safe animal, human and industrial waste disposal
4. Protection of food from biological and chemical contaminants
5. Adequate housing in clean and safe surrounding

Hence, it is also called environmental hygiene.

Types of Adaptability

1. **Social Adaptability:** - It has to do with the adjustment of individual and group behaviour to conform with the prevailing system of norms and values in a given society. Social adaptation occurs in the process of socialization and also with the aid of mechanism of social control which includes social pressure.
2. **Physical adaptability:** - Man has been able to live anywhere and to adapt to different environments or regions of the world. Man can effectively adapt to changing situations. Man's ability to think about himself and his environment has enabled him to effectively adapt, survive, multiply and live in different environment of the world. Whether in the cold regions, in a desert, on top of the mountain or hot regions like Australia. Where the weather is too cold like Russian, he has learnt to use thick animal fur or thick cardigans to keep warm.

The following are other ways that man adapts to his environment.

1. Man has used science and technology to transform his environment in many areas. For example, where rain is not plentiful for agriculture, man has built canal and made drainage systems for irrigation purposes.
2. Man has invested cold storage for food items such as fish, meat and other perishable goods.
3. Man has made different equipment and tools to improve his daily life. Man has been able to convert the nature's resources to create wealth for his survival. Man has been able to adapt to any environment through the invention of science and technology.

GENERAL EVALUATION/REVISION QUESTIONS

1. What is adaptability?



2. Mention two types of adaptability.

READING ASSIGNMENT

Simplified Basic Social Studies for Basic 7 by R.A Yusuf Pages 179 – 180

WEEKEND ASSIGNMENT

1. The following are by-products of science and technology **except** A. books B. Cars C. machines D. stars
2. Which of the following is not a factor that influences man's behaviour in his environment? A. belonging to some social groups. B. by knowing the norms of the society. C. going through the process of socialization D. limiting of him/her self to one's language
3. Which of the following is not an aspect of science and technology in the traditional society? A. Basket making B. Cloth making C. Iron smelting D. Oil processing
4. One of the significance of man's ability to adapt to his changing environment is that, it enables him to A. become more human B. determine his origin C. live in difficult situation D. verify the scientific claim of his origin
5. Which of these is the positive impact of rural urban migration? It can lead to A. adequate manpower supply B. increase in crime rate C. overpopulation of the cities D. too much pressure on social amenities.

THEORY

1. Mention three ways that man can adapt to his environment.
2. Define adaptability.

WEEK TEN

Date.....

TOPIC: REVISION

1. Which of these is positive social behavior? A. Dishonesty B. Sincerity C. Stealing D. Truancy
2. Why do schools have rules and regulations? A. To make students to disobey B. To enable teachers punish student C. To make teachers and students go into conflict D. To guarantee individual human rights
3. The most important function of the family is _____ A. eating together B. doing things in common C. reproduction of human race D. spending leisure together
4. Abstinence means _____ A. not engaging in sexual activities B. having sex C. having sexually transmitted diseases D. having sex with different types of people
5. All of these are qualities of a good friend EXCEPT _____ A. forgiveness B. selfishness C. keeping confidence D. sharing
6. Man influences his environment through the aid of _____ A. amenities B. technical expirees C. science D. science and technology
7. All these are known to be non-material culture EXCEPT _____ A. music B. dance C. stones D. language
8. All these are behaviours that enhance sexual abstinence EXCEPT _____ A. decision making B. negotiation C. self-control D. regular sex
9. The following are the effects of examination malpractices EXCEPT _____ A. innocent students may become victims B. it leads to production of dishonest citizens



- C. there will be confidence in the educational system of the country D. cancellation of results
10. Which of these is not a component of man's social environment? A. Tradition and custom B. people's religion C. method of production D. hill and valleys
 11. Squatting when greeting is common to the _____. A. Hausas B. Yorubas C. Igbos D. Ilajes
 12. The following are the contemporary social problems in Nigeria **except** _____. A. Corruption B. cultism C. Examination malpractice D. HIV/AIDS
 13. The first agent of socialization is the _____. A. church B. mother C. father D. family
 14. Safety is needed mainly to _____. A. Prevent loss of life B. Prevent war and riots C. Help the needy D. De-congest hospitals and clinics
 15. Which of these accidents may not occur in a classroom? A. Electric shock B. Bruises from running C. Falling of ceiling fans D. Drowning in the swimming pool
 16. The best way to resolve a conflict is _____. A. Through dialogue B. Through violent protest C. Through destruction of government properties D. Through inter-tribal wars
 17. Learning through things that are not planned or intended to occur is called _____. A. Role learning B. Direct learning C. Incidental learning D. Accidental learning
 18. Material culture includes all these except _____. A. clothing B. music C. art works D. cooking utensils
 19. Which of the following will a good choice of friends produce in a child? A. Stealing B. Stubbornness C. Courtesy D. Pride
 20. People's way of life can be regarded as _____. A. Culture B. Integration C. Custom D. Identity

THEORY

1. (a) Define abstinence
(b) Mention five reasons for abstaining from sexual intercourse.
(c) Mention three skills that enhance sexual abstinence.
2. (a) What is Social Studies?
(b) Mention five objectives of Social Studies.
(c) Give two examples each of the two environments.
3. (a) Define friendship.
(b) Mention four behaviours that enhance friendship.
(c) Mention four crimes that you know.
4. (a) What is safety?
(b) Mention four reasons for safety.