

Training Module on Health, Safety and Happiness

Popularizing sustainable policies that impact
school to work transition of the youth



Foundation for
Strengthening
Human Skill

Foreword

Health, Safety and Happiness are titles that cannot be separated from each other.

*“Arōgyā paramā lābhā
santutthi paramam dhanan” – Dhammapadha Verse 204 – Lord Buddha*

(“Health is the ultimate profit, happiness is the ultimate wealth”)

In this title, safety is focused upon health and happiness. Therefore the titles are interconnected with each other. According to the definition of the World Health Organisation, Health is “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity”.

Health is an economic resource. The expense on health is an investment. Hence if one invests in the field of health, one could expect long term economic benefits. Accordingly a healthy nation in the future becomes an asset. Moreover, health education is the way for prevention of diseases. Prevention is more important than the curing diseases once contracted. Hence health education is an important factor that affects the development of a country.

In the discussion of health, very little attention is directed towards mental health. Mental health is very important as sometimes physical diseases result due to the deterioration of mental health. To stress on the importance of this subject, this module specifically discusses about happiness as a major factor that affects mental wellbeing.

The aspects of health, safety and happiness are very important for our lives. It is also important for the society and the country as a whole. Hence, studying this module as a discussion based upon health education to transfer information to trainees is a need that is important for all times.

Editorial

A healthy population is an asset to a country. It is clear that a healthy population is the most valuable resource in comparison to other resources in a country. A healthy work force in a country is a major factor that strengthens the corporate world. Energy, efficiency and strength of youth are dependent on their health condition. Therefore to safeguard the capacity of youth community, being healthy is of utmost importance.

Knowledge in the health industry is prone to rapid change. This is because even at this moment thousands of experiments in the field of health are being conducted in the world. Through research new inventions and new knowledge flows into the field. In the process of studying this training module the trainer should be attentive of such new information. The knowledge given through this module should be continuously updated. New knowledge should be incorporated to the knowledge given by this training module in a manner which does not harm the original aims and objectives. The extent of the success of that process will determine the productivity of your training.

Youth are at a high risk due to the rapid changes they undergo in terms of physical changes, changes in thinking and behavioral. Therefore the need of education regarding this matter is of paramount importance. All these factors should be well noted by the trainer. Attention to such details would ensure a more productive training.

HEALTH, SAFETY AND HAPPINESS – TRAINING HANDBOOK

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Part 1

Introduction

Aims and Objectives

Empowering the entire youth community with knowledge on health, safety and happiness. Here, an approach to sustainable youth development is taken by establishing health, safety and happiness in activities of their lives.

Instruction for Trainers

- Identifying the target group
- Formulating the session plan for the training programme (training tools and material)
- Using youth centered strategies
- The involvement of the trainer as a facilitator
- Listing activities to enable ideas and opinions to be generated by themselves
- Use of technical tools

Part 2

Objectives of the Training Module

At the conclusion of this training programme participants will be able to,

- Identify the youth
- Being aware of biological and scientific background
- Discovering identity through socialisation
- Understanding safety
- Understanding health
- Understanding happiness
- Knowledge on empowering youth through connecting safety, health and happiness

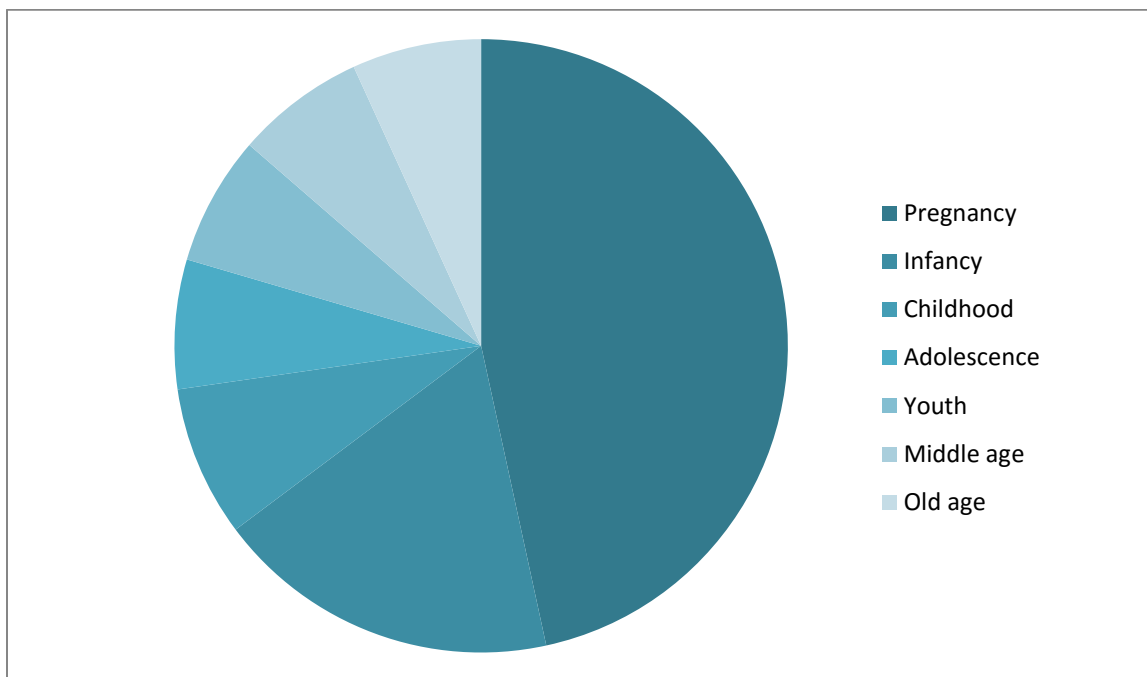
Nature of training and training time period

Nature	Time period	Notes
Training workshop for inducement.	One day	Non residential
Training workshop for capacity building.	Two and a half days	Residential
Training workshop on post-reflection	One day	Non residential

Introduction to Health, Safety and Happiness

Health, Safety and Happiness are considered as three major aspects of life. All these are interconnected. It is evident that health is dependent on safety and happiness and life is dependent on both health and safety.

During which phase in the life cycle does health, safety and happiness is most significantly found?



The Young You

Stepping into adolescence, you are no more a child, nor a grown adult. The scientific explanation for this is that your brain has not yet fully developed. Brain development completes at the completion of 25 years of age. During this period, certain decisions that you make may pose risks to your life.

In a psychological perspective, the psychological and social maturities of the youth are in an underdeveloped stage. Therefore, challenging behavioural patterns concerning your life and interpersonal relationships are automatically created.

Health of the Youth

World Health Organization (WHO) defined health in its broader sense as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." Out of the above, physical and mental health is most important. Physical health is the amalgamation of constant exercise, a nutritious diet and proper rest. Mental health is the favourable maintenance of emotional and psychological balance. Physical and mental healths are interconnected and also interdependent.

Correct Methods of Maintaining Health

- ❖ Healthy life styles
 - Eating patterns,
 - Physical exercises
 - Abstaining of illicit drugs
- ❖ Mental wellbeing
 - Meditation, yoga, mindfulness
- ❖ Having sufficient sleep

Situations where Health of the Youth are Deteriorated

- ❖ Not following correct eating patterns
i.e. Consuming fast food as a habit
- ❖ Busy and stressful life style
- ❖ Harmful addictions (Drugs/Smoking/Internet)
- ❖ Negligence on mental health

Youth Safety

Safety is the ability to successfully face the challenging, conflicting and unsafe life situations that are encountered in society. The youth community requires more safety in the society. This is due to the tendency of the youth to make instant and harmful decisions instead of mature and sensible choices. Parents in particular tend to be more vigilant on their young daughters and sons and which in turn gives them impression of their freedom being curtailed.

Situations where Youth Safety is Compromised

- ❖ Unsafe situations arising through the use of social media and mobile phones
 - Development of unnecessary relationships
 - Invasiveness
 - Addictions (games, sexual addictions)
 - Distancing of parent child relationship
 - Set back in education
- ❖ Accidents that occur due to youth recklessness
 - Experimenting risks
i.e. Drowning, jumping off high points, road accidents, reckless driving
 - Burns
 - Injuries due to falls
 - Ridiculing others
- ❖ Isolation and alienation
- ❖ Attempts to boost personality (Incompetency in decision making)
i.e. Sexual behavioural patterns
- ❖ Lack of recognition and welcome
- ❖ Inability to make correct decisions concerning sexuality and protection

- Teenage pregnancies
- Sexual offences
- ❖ Irresponsible media publicity and reach
- ❖ Frequent mental stress
- ❖ Lack of a safe environment within and outside the home

Measures that can be taken to ensure Youth Safety

- ❖ Awareness on ways websites and social media could be used for useful purposes
- ❖ Awareness on sexual and reproductive health
- ❖ Strengthening parent-child relationship
- ❖ Awareness on the repercussions on life and mental downfall due to unnecessary and wrongful use of youth energy
- ❖ Training the mind to tackle anger management
- ❖ Developing life competencies

Case Study No: 1

Part 1

- ❖ Sixteen year old Nimalee is a pleasant looking friendly girl
- ❖ She is the only daughter in the family and her mother is quite a strict and hot tempered house wife
- ❖ Nimalee’s father works in a private company and doesn’t stay at home during the day time
- ❖ One day a boy who comes to fix a refrigerator in a neighboring house smiles at Nimalee in a special way
- ❖ The next day this boy meets Nimalee on her way back home after school, introduces himself as Nimal, befriends her and then gives her a love letter

1. What could be Nimalee’s reaction?
 - She develops a liking towards the boy
2. How would have the environment of Nimalee’s house affect this?
 - She did not receive the love she expected from her father and mother
3. What would have happened if she had accepted the letter?
 - She would developed a sense of trust towards the boy and hoping that she would receive the love from him which she didn’t receive from her parents.
4. What job do you think the person you are to be married should be engaged in?
 - The person should be doing a job that is generally accepted by society
5. What would you do in this situation if you were Nimalee?

- Accept the love letter
6. How do you reject the proposal without hurting his feelings?
- Explain to him that she cannot accept the proposal as she wants to do her studies well and because she cannot break the trust of her parents.

Part 2

- ❖ Nimalee avoids Nimal as she is afraid that someone would see them together as she has never experienced such an incident before.
- ❖ The next day, Nimal meets Nimalee at the same time and gives her a bottle of perfume and a mobile phone. Nimal only smiles at her and leaves.
- ❖ Nimalee hides the gifts in her school bag fearing that someone would see.

1. What would you do in that situation if you were Nimalee?
- Reject the gifts telling him that she has no need for them at the moment

*Please note that the trainer should be concerned about instructions when dealing with the trainees.

Part 3

- ❖ With time, the relationship between Nimalee and Nimal develops and Nimal earns Nimalee's goodwill as a trustworthy boyfriend.
- ❖ Nimalee lies to her parents that she goes for tuition classes and often meets Nimal
- ❖ One day Nimalee's mother gets to know about their affair

1. What would you have done in such a situation?
Explain the truth to her mother

Part 4

- ❖ Nimalee's mother gets annoyed, reprimands Nimalee and puts off all ways Nimalee could possibly meet or maintain an affair with Nimal.
- ❖ With time, Nimalee and Nimal start exchanging letters through a friend in school and Nimal starts meeting Nimalee whenever possible in different places in school uniform.
- ❖ Nimal informs Nimalee that he will marry her when she is attains the correct age and invites her to live with him in a rented house.

1. What would be Nimalee's reaction for such a proposal made by the boyfriend, when she is living life of unhappiness amidst scolding.

- She will agree to Nimal’s proposal as she would make decisions not from her brain but from her heart in such a situation.
2. What do you understand by living together?
 - Living together by sharing happiness and sadness whilst fulfilling all duties and obligations related to a married life including sexual life.
 3. Do you know that it is not legal to live together before attaining the correct age?
 - Yes
 4. What problems would you have to face if you are living together unmarried?
 - Barriers to trust
 - Doubts on pregnancies
 - Facing discomfort in society when you give birth to children

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Part 5

- ❖ Nimalee stops going to school again and starts living in a rented house with Nimal unknown to her parents. She lives with Nimal for a short while in happiness.
- ❖ Suddenly Nimal leaves the house for several months on the pretext of him going to fix a refrigerator. He does not inform Nimalee on his whereabouts.
- ❖ Nimalee gets pregnant after she is sexually abused by the land lord.

1. What do you think should be done in such a situation?
 - Immediately seek advice from a doctor and a psychiatrist.
2. Is there a possibility for a person to conceive a child through such a sudden incident?
 - Cannot be certain
3. How do you prevent sexual abuse?
 - Use a relevant medicine/drug within 24 hours, 48 hours or 72 hours
4. Who are the health servants who could help you if abused?
 - Family health officers, psychiatrists, doctors
5. How do you change the sequence of events if you are to change the end of the story to a favourable one?
 - Change the chain of events by rejecting Nimal’s proposal and create an environment conducive to carry on your studies.

Case Study No: 2

Part 1

- ❖ Seventeen year old Thilini is a beautiful girl who did not like to study much
- ❖ She begins a compute course after completing the ordinary level examination as she likes it very much.
- ❖ While following a course on 3D designing, she meets an instructor in the institution named Kamal who is a handsome boy.
- ❖ Kamal takes a liking towards Thilini and very soon confronts her with a marriage proposal.

1. Would you agree to a marriage proposal of a handsome and learned boy (academically qualified) boy who is also respected in society?
 - Whatever the position he holds, without knowing his characteristics, an immediate response would not be given

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Part 2

- ❖ Thilini accepts his proposal at once without trying to find out more about him and trusts Kamal completely.
- ❖ Thilini goes around with Kamal to different places and conceals the affair to her house on Kamal's request.
- ❖ One day Kamal asks Thilini for a nude picture of hers to be kept as a souvenir.

1. If you were Thilini, what would be your response?
 - Completely reject the offer
2. Do you approve of this act?
 - No
3. Would someone who loves you for real make such a request?
 - No
4. How do you reject such a request without hurting feelings of the other?
 - Explain the graveness of the situation and stop the affair if he continues to request for the same.

Part 3

- ❖ Thilini agrees to Kamal's request due to the love and trust she had for Kamal
- ❖ After an year, Thilini requests Kamal to speak to her parents about their affair
- ❖ Kamal strongly refuses and tells her that it is impossible to speak to her parents until his sister is married off. She threatens her to stop the affair if she tells everything to her parents.
- ❖ Time goes by and Thilini helplessly fulfills all his requests.

1. If you were Thilini what would you have done?
 - Stop the affair as soon as possible
2. What is your opinion on Kamal's actions?
 - He is a cheater with improper wants
3. In what ways could Thilini let her family know about the situation?
 - Send a letter, make a telephone call or send a message through a known person

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Part 4

- ❖ The owner of a hotel that Kamal usually visits, threatens Thilini to come with him and tells her that he has with him nude pictures of Thilini and would send the pictures to her parents if she does not comply with his request.
- ❖ When Thilini tells this to Kamal he tells her that a data file of his has been missing and does not worry about the incident.
- ❖ One day the owner of the hotel send nude pictures of Thilini by post to her house and forces her to come with him.

1. How should Thilini act in such a situation?
 - She would get a relief to a certain extent if she informs her parents about the situation.
2. Who can help Thilini?
 - Parents, counselors and the police
3. Do you think that Kamal is a genuine boyfriend?
 - No
4. Does she have to be afraid of shaming threats of the owner of the hotel?
 - No

Part 5

- ❖ Thilini complies with the request of the owner of the hotel as she is helpless due to Kamal's silence on the matter.
 - ❖ The affair with Kamal continues. Thilini becomes pregnant.
 - ❖ Thilini tells Kamal that she is pregnant and tells him to marry her. However Kamal leaves her by saying that he has pictures of her and the owner of the hotel sleeping together and that he cannot take the responsibility of the child as she is a fickle woman.
1. What should have Thilini done to avoid getting pregnant?
 - ❖ Use the relevant drug/medicine within 24 hours, 48 hours or 72 hours
 2. How do you get such services?
 - ❖ Through family health servants and doctors
 3. How do you change the sequence of actions if you are to change the ending of the story?
 - ❖ Change the chain of events in a positive manner
 4. What would be the ending of the changed chain of events?
 - ❖ Thilini should have stopped the affair with Kamal and focused on her education.
 5. In the event all original events have been faced by Thilini, what advice would you give her?
 - ❖ Forget that she is helpless and guide her to lead a successful life in the future.

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Youth Happiness

Happiness could be simply defined as an emotion usually felt by a person. In a psychological perspective, happiness is felt by people in varied degrees. It is the bio scientific explanation that our bodies contain hormones that affect happiness of a person. Hence research shows that happiness of a person functions in different levels.

The emotion we define as happiness is a result of a chemical reaction that happens in our brain. These hormones also known as hormones that generate happiness can be categorized into 4 as below.

1. Dopamine Hormone

This hormone which is a neurotransmitter produced in the hypothalamus of the brain.

The following are occasions that it is secreted.

- ❖ When you achieve targets that you were expecting

- ❖ When your efforts are successful
 - ❖ When you play an instrument
 - ❖ When you walk in a new environment
 - ❖ When new skills are added to life. Eg: When you learn to ride a bicycle
2. Serotonin Hormone
This hormone is secreted when you focus on a certain activity and when you something important. Research shows that this hormone is also secreted when you receive respect in society.
 3. Oxytocin Hormone
This hormone is secreted in situations where others trust you, you build favourable relationships with others and when doing group activities.
 4. Endorphin Hormone
This hormone is secreted when you smile

Situations during which the above hormones are secreted in common.

- ❖ When you are enjoying
- ❖ When you are comfortable
- ❖ When you are loved
- ❖ When you are surprised
- ❖ When you feel proud
- ❖ When you feel curious
- ❖ When you are engaged in creative activities

Ways of Maintaining Happiness

- ❖ Living amidst a peaceful family environment
- ❖ Build peaceful relationships
 - Love affairs
 - Friendships
 - Professional relationships

- Student-teacher relationships
- ❖ Physical and mental health
 - Sports
 - Meditation
 - Yoga
 - Peaceful sleep
 - Exercises focused on mindfulness
- ❖ Help others at your best to uplift self-satisfaction
- ❖ Optimism and positivity
- ❖ Working to achieve objectives and goals.
- ❖ Anger management
 - Availability of a person to share and discuss your opinions and problems
 - Be involved with ethical professional conduct
- ❖ Engaging in practical activities
 - Walking with your soles touching the ground
 - Walking on a “udupiyaliya” grown lawn
- ❖ Accepting victory and defeat alike
- ❖ Engaging in aesthetic activities

Session Plan

Subject Area	Health, safety and Hapiness	Location	
Time/	1 Day – 8 Hours	Team Number and Total	

No	Time	Sub Subject Field	Mechanism	Assistance
01	10 Minutes	Pre-Examination		
02	1 Hour and 15 Minutes	Definition of Youth <ul style="list-style-type: none"> ➤ How Youth differ in physical, mental and social aspects ➤ Specific basics of youth being different ➤ Needs of Youth ➤ Age differences 	Brainstorming (Power point Presentation)	White board Marker Pens Laptop Multimedia
03	30 Minutes	Explain the lifecycle, highlighting that the most significant is the stage of youth	Video clips Power point to present the life circle	Laptop Multimedia Sound systems
04	1 Hour and 15 Minutes	What is Health? How do you maintain your physical, mental and social wellbeing? How do you maintain your health?	Divide into groups of 3 and hold group discussions Group work on Healthy Eating Patterns, Physical Exercise and Mental Well -being Presented by Creative Composition of a Viriduwa, Artwork, Verse, Drawing, Poetry.	White board Platignum Pens Bristle Board Demy Paper Marker Pens

05	1 Hour	What is Safety? Instances where Safety is not ensured Responsible usage of mobile phones and social media	2 Case Scenarios Group Discussion Power Point Presentation	Case History Facilitators for each group Laptop and Multimedia Demy Paper Marker Pens
06	2 Hours and 15 Minutes	What is Happiness? (Happiness Index) How to be Happy? How to earn Happiness?	Relaxation music Group Work Brainstorm Creative activity to be happy Power point presentation	Demy Paper Marker Pens
07	30 Minutes	Relationship between Health, Safety and Happiness Recapping of the 2 day programme presented by one participant	Role Play Activity- 1. Have a friendly discussion with each other 2. Establishing safety in inter relationships 3. The aimlessly floating member is streamlined 4. Examining the success of safety, happiness, trust and mental wellbeing 5. Compare the 5 situations and discuss 6. Give an opportunity for participants express their views 7. Express happiness	
08	15 Minutes	Summarizing	Presentation	

Facilitator:

Assistant Facilitator: