



Living



*Skills for Life:
Botswana's Window of Hope*

Standards 1–2

Worksheets



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Standards 1–2 Teacher's Guide

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This document has been prepared by the Botswana Ministry of Education, Department of Curriculum Development and Evaluation; the BOTUSA Project; and Education Development Center, Inc. (EDC).



Department of Curriculum
Development and Evaluation
Ministry of Education
Private Bag 501
Gaborone, Botswana



The BOTUSA Project
PO Box 90
Gaborone, Botswana



World Health Organisation
PO Box 1355
Gaborone, Botswana



Education Development Center, Inc.
55 Chapel Street
Newton, MA 02458-1060 USA

The BOTUSA Project is a collaborative effort between the Botswana Government and the U.S. Centers for Disease Control and Prevention. EDC's participation was possible because of support from the World Health Organisation's Department of Non-communicable Disease Prevention and Health Promotion. EDC is an international non-profit research and development organisation that works with schools, communities, businesses, and governments to address health and education across the lifespan.

A Project Team was drawn from the Ministry of Education, BOTUSA and EDC. The Project Team was responsible for conducting a literature review, conducting the needs assessment, recruiting the Task Team and Reference Committee, facilitating the writing workshops, training pilot teachers, designing pilot test protocols, conducting school site visits, soliciting feedback, and making revisions, and finalising these materials.

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ACKNOWLEDGEMENTS

The materials contained in this HIV, AIDS, and STI education package were designed, developed, and finalised by the following Project Team:

Lydia Seeletso	BOTUSA
Gibson Sinkamba	BOTUSA
Naomi Mnthali	Curriculum Development & Evaluation
Nontobeko S. Tau	Curriculum Development & Evaluation
Scott Pulizzi	Education Development Center, Inc.

The Project Team was later joined by two officers, Kabo Ditlhakeng and Selwana Fanyana, from BOTUSA.

Team members are grateful to their supervisors, Dr Peter Kilmarx, Dr. Marion Carter, and Dr Thierry Roels of the BOTUSA Project, Mrs Susan Makgothi and Mr David Ratsatsi of Curriculum Development and Evaluation Department, Mr Charles Gollman of the World Health Organization, and Mrs Cheryl Vince Whitman of Education Development Center, Inc., for the unwavering support they provided during the entire period of the project.

The Project Team worked with a Task Team comprising teachers, college lecturers, and education officers from several departments in the Ministry of Education in developing the materials. Special thanks go to this team for their dedication and innovative ideas in developing activities used in the worksheets. This team also played a vital role in writing the teacher guides.

TASK TEAM MEMBERS

NAME	DEPARTMENT/SCHOOL
Keturah Sebina	Division of Special Education
Yvonne Mohammed	Division of Special Education
Oikameng Kelaeng	Secondary Department
Sinah Mogobye	Primary Department
Lily Chipazi	Guidance & Counselling Division

Hilda Mokgolodi	Guidance & Counselling Division
Joseph Mokibelo	Tlokweng Education Centre
Shale T. Beleme	Molepolole Education Centre
Lesego F. Mokgwathise	Molepolole College of Education
Mmaphefo Setabo	Tlokweng College of Education
Gladys Pitso	Shashe River School
Bonolo Makosha	Maun Senior Secondary
Lesego Dimbunu	Madiba Senior Secondary
Wame Mphafe	Molefi Senior Secondary School
Andrew Modisagaarekwe	Matsha College
Mfola Mfola	Maikano Junior Secondary
Mpho Koontse	Pelaelo Junior Secondary
Chris Maramba	Mannathoko Junior Secondary
Onnetse Sehube	Kutlwano Junior Secondary
Constance D. Baipanye	Ntebogang Junior Secondary
Abia Mabiletsa	Phaphane Primary School
David O. Sento	Kabakae Primary School
Thapelo K. Madikwe	Good Hope Primary School
Phutego Lebala	Tsamaya Primary School
Gabanyalwe S. Mokopanele	Segopotso Primary School
Tlamelo Mosarwe	Tshekedi Primary School
Stella B. Batshaakane	Maiphitlhwane Primary School
Ontlametse Montwedi	Thebe Primary School
Ponatshego Otsisitswe	Galaletsang Primary School

The Project Team would also like to acknowledge the input of the Reference Committee listed on the next page in the development of the materials. This committee provided guidance, direction, and support to the Task Team by constantly reviewing materials to ensure that they were suitable and appropriate for the learners.

REFERENCE COMMITTEE MEMBERS

NAME	DEPARTMENT
Penelope Moanakwena	Teacher Training & Development
Dikeledi Ramagaga	Teacher Training & Development
Yvonne Mohammed	Special Education Division
Motshwari Mabote	Guidance & Counselling Division
Kefilwe Lekoba	Secondary Education Department
Thembeka Kelepile	Non Formal Education Department
Chawangwa Mudongo	Examinations Research & Testing Division
Neo Dithole	Botswana College of Open & Distance Learning
Nnunu G. Tsheko	University of Botswana
Peter Makhala	Department of Social Welfare
Banshidar Lal Shah	AIDS/STD Unit
Doreen Koobeilwe	Family Health Division
Bekure Hawaz	National AIDS Co-ordinating Agency

Special thanks also go to the primary schools that participated in the needs assessment and pilot process. The Project Team is grateful that Heads of schools, Senior management teams and Guidance teams in these schools made time to respond to the questionnaires used during the needs assessment.

SCHOOLS INVOLVED IN THE NEEDS ASSESSMENT AND PILOT PROCESS

Boseja Primary School
D'kar Primary School
Isang Primary School
Kazungula Primary School
Khama Memorial Primary School
Mandunyane Primary School
Otse Primary School
Seetelo Primary School

Technical assistance was provided by Carmen Aldinger, Christine Blaber, Connie Constantine, Deb Haber, Faisal Islam, Tracie Robinson, Wendy Santis, Carol Bershad, and Susan Woodward of Education Development Center, Inc.

Editing and design of curriculum was done by EDC's Creative Services Department. All illustrations by Cliff Lander.

NOTE TO LEARNERS

Living, Skills for Life: Botswana's Window of Hope is an activities book designed to help you become the best you can be. Each activity tries to build skills that you will find useful now, and throughout your life. With these skills you can make healthy choices and help to build a better Botswana.

HIV and AIDS is affecting everyone in Botswana. There are many education materials that talk about HIV and AIDS. *Living* is different from most others for two reasons. The first is that this book is specific to the needs of Botswana because it was developed by teachers and learners from all parts of the country. The second is that *Living* focuses on skills, not just information, to care for yourself, your family, and community.

Skills are developed by practise. You can practise skills in each of these activities through role plays and case studies and other methods that ask you to actively participate. Honest and energetic participation from you, and other learners in your class, will make each of the 13 chapters in the book a success.

By the end of this book you will learn to:

- Examine yourself
- Develop and uphold values
- Set and achieve goals
- Communicate better
- Make decisions that are right for you
- Manage stress
- Be aware of your sexuality
- Show the difference between some facts and myths about HIV and AIDS
- Reduce your risk
- Appreciate the benefits of relationships
- Be socially responsible
- Live a healthy life

This is one book in a series of five that will cover Standard One to Form Five. The characters you will read about appear at all levels—that is, from Lower Primary to Senior Secondary. Therefore, you will meet these characters and grow with them. The role plays and stories are fictitious, or made up, to show real-life situations but without naming a particular person. These are the names of the characters in this book:

Mmaonyana	Thuso
Thabo	Biki
Tshepo	Xuma
Mosetsana	Kabo
Ngeve	Nxau
Kedisaletse	Tanyala
Malebogo	

If you know someone that has one of these names, or someone that is in a similar situation as described in the stories or role plays, it is only a coincidence.

HIV and AIDS has been in Botswana for many years. Experts know more about AIDS education now than ever before. This book brings many of those lessons together to the benefit of young learners today. You are Botswana's Window of Hope.

Living can help you think about and prepare decisions for many situations that you will face in your life. The decision, however, is yours alone.

TESTIMONIAL

THE STORY OF KGALALELO NTSEPE

Kgalalelo Ntsepe has HIV. This is the virus or germ that causes AIDS. In 1998, before she found out that she has the virus, she had a terrible headache that would not go away. A friend advised her to go for an HIV test. She was afraid to do so. She thought that if she had the HIV, it meant that she was going to die after a very short time. She tried to go for a test two times but each time she did not reach the voluntary counselling and testing centre. Later on, she read a pamphlet on HIV and AIDS. After reading this, she decided to do the test. On the 3rd of July 2001, she went for the test and she was found to be HIV positive.

She received counselling and support from her friends and the church. This helped her to accept that she was HIV positive. For a long time, her family refused to believe that she was HIV positive. They believed that she was bewitched. Now they have accepted her status.

Kgalalelo is coping well with HIV. She now works as a trainer for the Centre for Youth of Hope (CEYOH). Ever since she tested, she leads a very healthy life. Kgalalelo started treatment for HIV on the 10th of August 2001. Her blood was very weak when she started and she was very thin. Now her blood is much stronger and she has gained a lot of weight.

Kgalalelo advises young people not to have sex until they are married.



I: Go ikitse/ Self-Awareness



GO IKITSE/ SELF-AWARENESS

KETAPELE/INTRODUCTION

Go itlhaloganya / ikitse go raya go itse gore o mang le gore o kgona eng. Se se raya go itse se o se ratanang le se o sa se rateng. Gape se raya go itse se o se kgonang le se o sa se kgoneng. Go go thusa go ikitse gore o tle o kgone go ka nna motho yo o botoka.

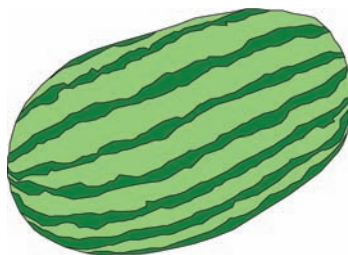
Self-awareness means knowing who you are and what you can do. It means knowing what you like and do not like. It also means knowing what you are good at and what you are not good at. It helps to know who you are so that you can become a better person.

WORKSHEET 1.1

TSE O DI RATANG LE TSE O SA DI RATENG/ LIKES AND DISLIKES

Tshwaya jaana (✓) maungo a o ratang mme o tshwaye jaana (X) maungo a o sa a rateng:

Tick the (✓) fruits you like and cross (X) the ones you do not like:



Gakologelwa: Go siame (ke tholego) gore motho a nne le dijo tse a di ratang le tse a sa di rateng. Go botlhokwa go itse tse re di ratang le tse re sa di rateng le gore ga se mongwe le mongwe yo o ratang tse re di ratang.

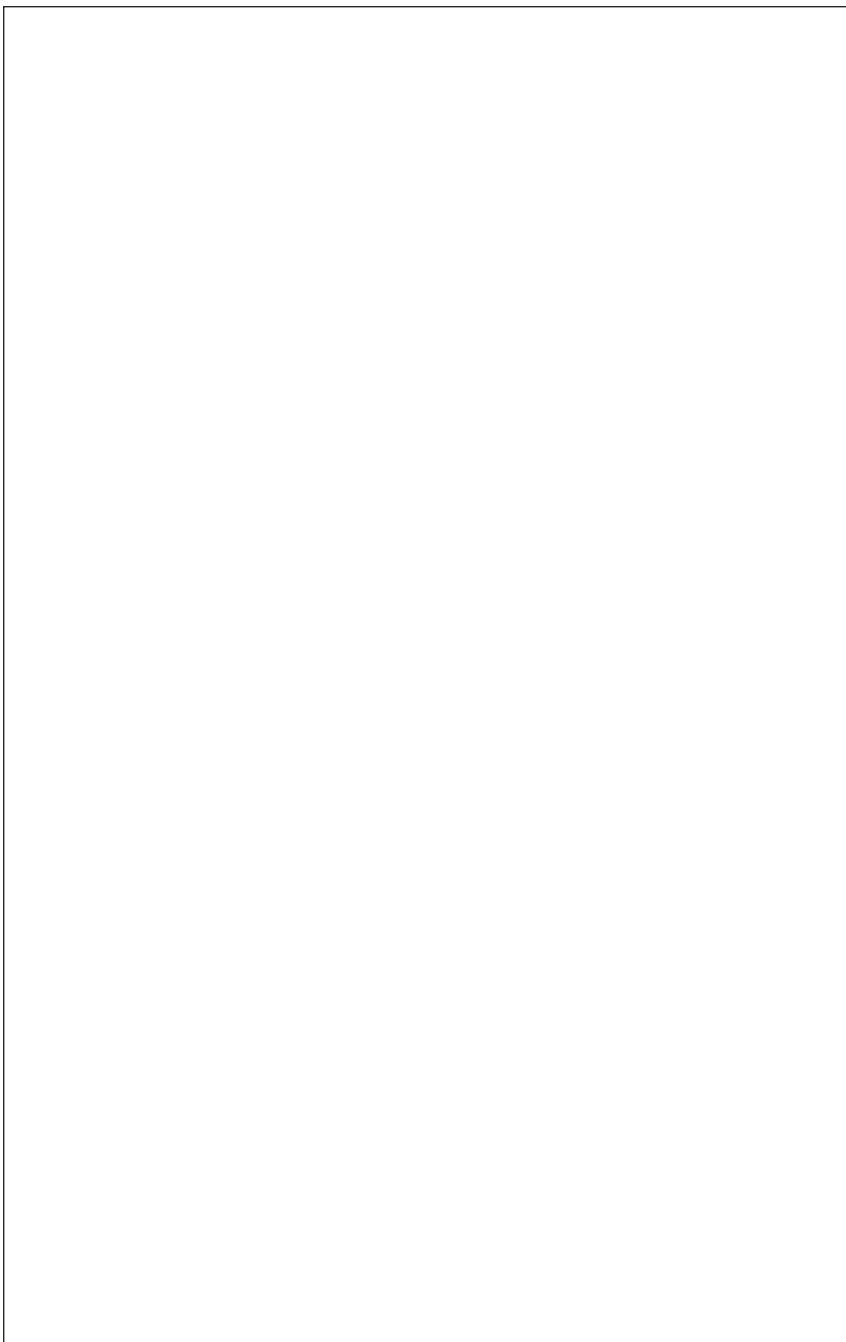
Remember: It is normal for everyone to have likes and dislikes in their food choices. It is important for each of us to recognise our own likes and dislikes and to remember that not everyone shares the same likes and dislikes.

WORKSHEET 1.2

KA FA RE IPONANG KA TENG LE KA FA RE BONANG BA BANGWE KA TENG/HOW WE SEE OURSELVES AND OTHERS

Itshwantshe. Ka fa tlase ga setshwantsho sa gago kwala dilo tse o di ratang ka wena:

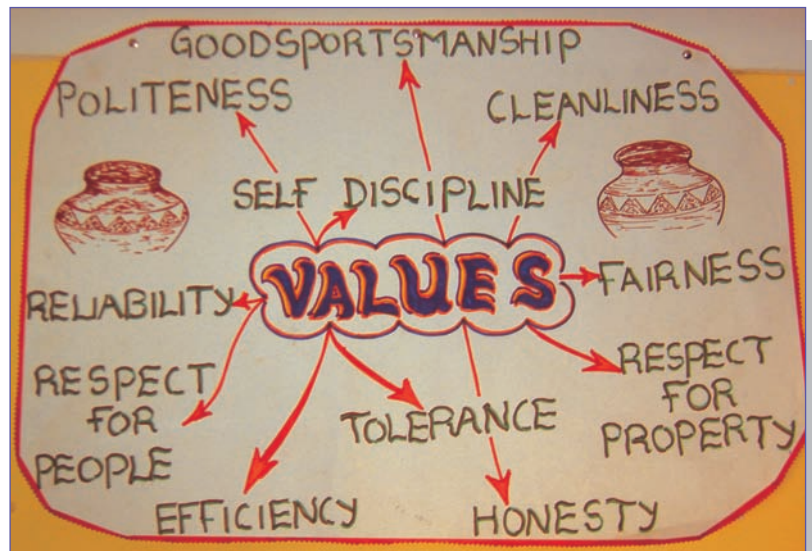
Draw a picture of yourself. Below your drawing, list things you like about yourself:



Gakologelwa: Re ipona ka ditsela tse di farologaneng. Go na le dilo tse re di ratang le tse re sa di rateng ka rona. Dingwe tse re sa di rateng ka rona, bangwe ba kgona go re rata ka tsone. Re tshwanetse go ithuta go ikamogela jaaka re ntse.

Remember: We all see ourselves in different ways. We may have things we like and things we dislike about ourselves. Some things that we don't like about ourselves, other people may like. We should learn to accept ourselves and others as we are.

II: Boleng/Values



KETAPELE/INTRODUCTION

Boleng ke dilo tse di botlhokwa mo go rona jaaka tlotlo, boikanyego le boineelo. Mo Botswana re ipela ka botho. Botho go tewa go nna le maitseo, lebole, go thua le tlotlo mo bagolong.

Values are things that are important to us, such as respect, honesty, and loyalty. In Botswana we value 'Botho.' 'Botho' calls for good manners, kindness, helpfulness, and respect for older people.

WORKSHEET 2.1 BOIKANYEGO/HONESTY

Reetsa morutabana jaaka a bala polelo e e latelang:

Polelo: 'Baithuti ba ba boikanyego'

Nako nngwe, mosadimogolo mongwe o ne a latlhegelwa ke madi. O ne a nna go bapa le sekolo. Baithuti bangwe ba ne ba sela madi a teng. Megopolo ya bone e ne e farologana ka gore ba dire eng ka one. Ba ne ba akanya go a kgaogana, go reka dimonamone kana go a fitlha. Kwa bofelong, baithuti ba ne ba dumalana gore ga go a siama go tsaya selo se e seng sa bone. Ba ne ba dumalana go isa madi kwa go mogokgo. Fa ba goroga kwa ga mogokgo, ba fitlhela mosadimogolo a ntse fa kgorong. O ne a utlwile botlhoko. Ba ne ba neela mogokgo madi mme ene a a neela mosadimogolo. Mosadimogolo o ne a itumela thata, a ba a leboga.

Buisanang ka polelo e e fa godimo le morutabana ka go araba dipotso tse di latelang:

- A baithuti ba dirile sentle go isa madi kwa go mogokgo?
- Ke eng o akanya jalo?
- A o akanya gore go nna boikanyego ke selo se se siameng?
- Fa e ne e le wena, o ka bo o dirile jang?
- Ka goreng?



WORKSHEET 2.1 BOIKANYEGO/HONESTY

Listen to your teacher read the following story:

Story: 'The Honest Learners'

Once upon a time, there was an old woman who lost her money. She lived near a school. Some learners found the money and had different thoughts about what to do with it. They thought of sharing the money, buying sweets, or hiding the money. Finally, they agreed it would be wrong to keep something that was not theirs. So they decided to take the money to the school head. When they arrived at the school head's office, they found the old woman sitting in front of the office. She was very sad. They gave the money to the school head, who gave it back to the old woman. The old woman was very happy and thanked them.

Discuss the story with your class by answering the following questions:

- Did the learners do the right thing by taking the money to the school head?
- Why do you think that?
- Do you think that being honest is good?
- If it were you, what would you have done?
- Why would you do that?

Gakologelwa: Baithuti ba ne ba le boikanyego. Ka jalo, ba ne ba tsaya tshwetso ya go isa madi kwa go mogokgo. Fa re bona sengwe se e seng sa rona, re tshwanetse go se isa kwa mogolong kana mong wa sone.

Remember: The learners in the story valued honesty. Because of this value, they made the decision to take the money to the head teacher. When we find something that does not belong to us, we can show that we value honesty by returning it to the owner.

Reetsa morutabana jaaka a bala diele tse di latelang. Tshwaya jaana (✓) fa thoko ga tse di supang tlotlo.

1. _____ 'Morutabana, ke kopa go tswela kwa ntle?'
2. _____ 'Tlisa kopi eo kwano, ke batla go nwa metsi.'
3. _____ 'Ke batla go ya kwa ntle.'
4. _____ 'A o itse ke ka go beletsa go tsaya buka ya me'
5. _____ 'Mpha pene ya gago.'
6. _____ 'A ke ka dirisa kopi ya gago go nwa metsi?'
7. _____ 'A ke ka dirisa pene ya gago Tinah?'



Listen to your teacher read each sentence, and put a tick (✓) next to sentences that show respect:

1. _____ 'Please, teacher, may I go out?'
2. _____ 'Bring that cup here; I want to drink water.'
3. _____ 'I want to go out.'
4. _____ 'You know that I could slap you for taking my note book.'
5. _____ 'Give me your pen.'
6. _____ 'May I use your cup to drink water?'
7. _____ 'May I please use your pen, Tina?'

Gakologelwa: Go nna le tlotlo le setho mo go ba bangwe ke setho. Fa re tlotla e bile re le maitseo mo go ba bangwe le bone ba tlaa re tlotla.

Remember: When we treat others politely and with respect, they will treat us the same way.

III: Maikaelelo/ Goal Setting



KETAPELE/INTRODUCTION

Go nna le maikaelelo ke go akanya se o se batlang kana se o eletsang go nna sone mo botshelong. O tlhoka go simolola go nna le maikaelelo o sa le monnye gore o tlwaele go dira jalo. Fa o gola, o simolola go dira ditshwetso ka tse o di tlhokang. Maikaelelo e ka nna a nako e khutshwane, sekai; go itse go bala, kana a nako e telele, sekai; go fenywa lokwalo lwa bosupa.

Goal setting means thinking about what you want to do or where you want to go in life. It is important to start setting goals as a child so that you can make good choices and decisions as you grow up.

Goals can be long-term or short-term. An example of a short-term goal is: "Being able to read". An example of a long-term goal is: "Passing standard seven".

Reetsa morutabana jaaka a bala polelo e e latelang:

Polelo: 'Ngeve le Tanyala'

Maabane maitseboa Ngeve le Tanyala ba tswa sekolong, ba ne ba simolola go bua ka se ba batlang go nna sone fa ba fetsa sekolo.

Ngeve a re, "Ke batla go nna ngaka."

Tanyala a botsa, "Ka goreng? Nna ke batla go nna morutabana."

Ngeve a re, "Ka gore dingaka di alafa batho ba ba lwalang."

"Barutabana ba re ruta go bala," ga araba Tanyala.

Listen to your teacher read the following story:

Story: 'Ngeve and Tanyala'

Ngeve and Tanyala were walking home after school, when they started talking about what they want to become when they finish school. Ngeve said, 'I want to become a doctor.' Tanyala asked, 'Why? I want to be a teacher.' Ngeve said, 'Because doctors help sick people.' 'And teachers teach us how to read,' answered Tanyala.



Gakologelwa: Maikaelelo a re thusa go nna se re batlang go nna sone.

Remember: Goals help us become who and what we want to be.

WORKSHEET 3.2

GO NNA LE MAIKAE LELO/ SETTING PERSONAL GOALS

Tshwantsha se o batlang go nna sone:

Draw a picture showing what you want to become:



Gakologelwa: Go nna le maikaelelo le go dira ka natla go re thusa go nna se re batlang go nna sone.

Remember: Setting personal goals and working hard will help us become who we want to be.

IV: Puisano/ Communication



KETAPELE/INTRODUCTION

Puisano ke yone tsela e o bolelelang ba bangwe se o se akanyang, ka fa o ikutlwang ka teng, se o se batlang le se o se tlhokang.

O kgona go bua o dirisa mafoko le o sa dirise mafoko. Fa o dirisa mafoko ke fa o bua gape o reetsa yo mongwe. Fa o sa dirise mafoko ke fa o bua le go reetsa yo mongwe.

O kgona go dira se ka go bua, go leba, go reetsa, go kwala, go dirisa matshwao le go araba. O ka dirisa mafoko kana wa dirisa mmele wa gago go buisana. Fa o dirisa mafoko ke fa o bua le go reetsa yo mongwe. O ka dirisa sefatlhego, diatla kana dikarolo dingwe tsa mmele go buisana le yo mongwe.

O tlhoka go itse go buisana sentle gore ba bangwe ba go tlhaloganye. Fa ba bangwe ba sa go thaloganye o ka felela o sa itumela kana o kgopisegile.

Communication is the way you tell other people what you are thinking, how you are feeling, what you want, and what you need.

You can communicate in a verbal and a non-verbal way. Verbal communication is when you speak and listen to another person. Non-verbal communication is when you use your face and your body to say something.

You need to know how to communicate well so that people can understand what you are trying to say. If people do not understand you, you can end up feeling unhappy or angry.

WORKSHEET 4.1

PUISANO GO SA DIRISIWE MAFOKO/ NON-VERBAL COMMUNICATION

Supa tse di latelang o sa dirise mafoko:

Demonstrate the following without using words:

- a. Boitumelo
Feeling happy



- d. Go ganad.
Saying 'no' to someone



- b. Go bitsa mongweb.
Calling someone over to you



- e. Go ngala
Feeling angry



- c. Kutlobotlhokoc.
Feeling sad



- f. Go dumedisa
Greeting someone



WORKSHEET 4.1

PUISANO GO SA DIRISIWE MAFOKO/ NON-VERBAL COMMUNICATION

Tshwantsha nngwe ya dilo tse o ntseng o di supa:

Draw a picture of one of the actions that you just demonstrated:



Gakologelwa: Re ka dirisa ditlhogo, matsogo, matlho, le dikarolo tse dingwe tsa mmele go buisana. E ke puisano go sa dirisiwe mafoko.

Remember: In addition to our words, we can use our heads, hands, eyes, and other parts of our bodies to communicate. This is called non-verbal communication.

WORKSHEET 4.2

PUISANO KA MAFOKO/ VERBAL COMMUNICATION

Supang ditsela tsa puisano tse di farologaneng le dirisa diele tse di fa tlase:

In pairs, show opposite ways of communicating, using the statements in the table or any other statements you can think of:

Mma! Tlisa tlhe! Mom! Give me that ball!	
	Tsweetswee, tshameka le nna. Please play with me.
O a nkgata tlhe! You are stepping on me!	
	Ke kopa gore o nthuse go bala? Could you please help me read?

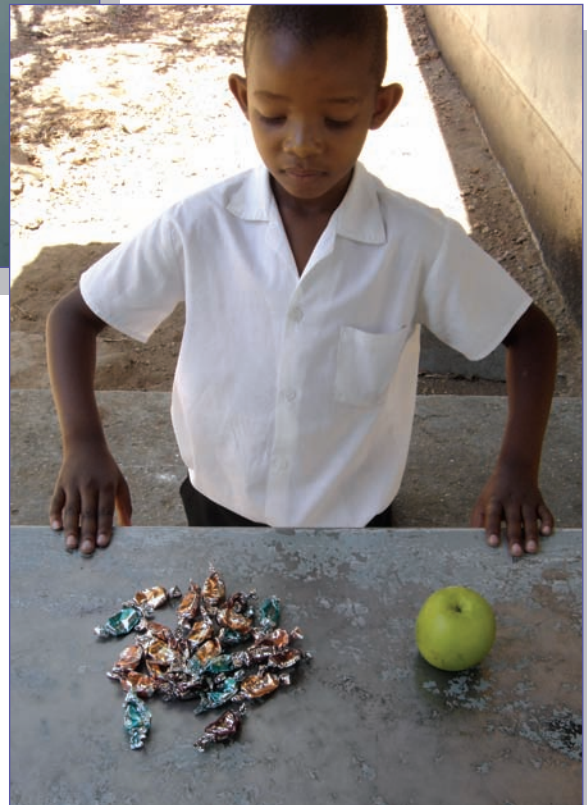


Gakologelwa: Re dirisa mafoko ka ditsela tse di farologaneng go buisana. Re ka dirisa lentswe le le kwa godimo kgotsa le le bonolo, le le botho kgotsa le le sa supeng botho. E ke puisano re dirisa mafoko.

Remember: When we use words to communicate, we may use a loud voice or a soft voice, a polite voice or an impolite voice. We may use many different words to say what we want to say. This is called verbal communication.



V: Go tsaya tshwetso/ Decision Making



GO TSAYA TSHWETSO/ DECISION MAKING

KETAPELE/INTRODUCTION

Go tsaya tshwetso ke go kgetha se o se batlang. Re leka go tlhoka go ikutlwise le go utlwise ba bangwe botlhoko fa re dira ditshwetso. Re ka dira se se re siametseng ka go akanyetsa ditlamorago tsa ditshwetso tsa rona. Se ke go dira ditshwetso tse di siameng.

A decision is a choice you make. We try not to hurt ourselves or others when making decisions. We can do what is right for us by thinking through what the likely results will be. This is good decision making.

WORKSHEET 5.1

DITSHWETSO TSE DI SIAMENG LE TSE DI SA SIAMANG/ GOOD AND BAD DECISIONS

Reetsa morutabana jaaka a bala polelo e e latelang mme o arabe dipotso tse di latelang:

Polelo: Go utswela tsala

Letsatsi lengwe Biki o ne a ikutlwa a eleditse dichipisi mme o ne a se na madi a go di reka mo semausung se se gaufi le sekolo. O ne a botsa Mosetsana gore a o na le madi a gore ba reke dichipisi gore ba je mmogo. Mosetsana o ne a se na madi. Morago, Biki o ne a bona Kabo a tshotse madi. O ne a utswa madi a ga Kabo mme a ya go reka dichipisi. Mosetsana o ne a bona Biki a a ja dichipisi a bo a re:

Mosetsana: Hei, dichipisi tsa gago di lebega di le monate jang! Ke itse gore ga o na madi. O di rekile ka eng?

Biki: Ke utswile madi a ga Kabo. A re je!

Mosetsana: O rekile dichipisi tseo ka madi a bogodu, ga ke di batle.

Kabo: Heelang, ga ke bone madi a me. Ke a tlhokela go ya go duela khombi.

Mosetsana: Biki, mmolelele gore madi a gagwe a kae.

Biki: Kabo, ke tsere madi a gago ke reka dichipisi. Intshwarele, ke tla a busa kamoso.

- Biki o dirile ditshwetso di le kae?
- O ka bo o dirile jang fa e ne e le wena?
- Mosetsana o dirile ditshwetso dife?
- Ke dife ditshwetso tse di neng di sa siama? Ke dife tse di neng di siame?

WORKSHEET 5.1

DITSHWETSO TSE DI SIAMENG LE TSE DI SA SIAMANG/ GOOD AND BAD DECISIONS

Listen to your teacher read the story below:

Story: 'Stealing from a Friend'

One day Biki decided that he wanted to buy some chips at the tuck shop near the school, but he did not have any money. He asked Mosetsana if she had some money so that they could buy chips and share them. She did not. Biki was so hungry! Later Biki saw that Kabo had some money. Biki thought that he could steal the money from Kabo. So he did, and then he bought some chips.

Mosetsana saw Biki eating chips and said, "Hey, nice food you have there! I know you don't have money. Where did you get the money?"

"I stole it from Kabo," Biki said. "Let's eat!"

Mosetsana said, "You bought that food with stolen money. That is wrong. I don't want any of it."

"Hey, I can't find my money," said Kabo. "Where is it? I need it for my ride home from school."

Mosetsana said, "Biki, tell him where his money is."

"Kabo," said Biki, "I took your money to buy chips. I am sorry, I will pay you back tomorrow."

Discuss the following questions with your class:

- How many decisions did Biki make?
- What were they?
- What decisions did Mosetsana make?
- Which of these decisions do you think were bad? Which were good?

Gakologelwa: Re dira ditshwetso malatsi otlhe mo matshelong a rona. Ditshwetso tse di siameng ke tse di sa utlwiseng rona le ba bangwe botlhoko.

Remember: We make decisions every day of our lives. Good decisions are ones that do not hurt us or others.

WORKSHEET 5.2

MADUO/DITLAMORAGO TSA DITSHWETSO/ RESULTS OF DECISIONS

Reetsa Morutabana jaaka a bala polelo e e latelang:

Polelo: "Go tshaba sekolo"

TSHEPO: Malebogo, ke eng o ne o sa ya sekolong?

MALEBOGO: Ga ke rate sekolo, ke a palelwa.

TSHEPO: Morutabana a re o tle sekolong.

MALEBOGO: Go siame, ke tla a tla kamoso.

Letsatsi le le latelang Malebogo o ya sekolong. Morutabana o bua le ene.

TEACHER: Malebogo, go tsena sekolo go botlhokwa. Fa o sa tsene sekolo o ka nna wa felela o le "bashi". Fa o tsena sekolo, o ka fenywa dithuto tsa gago o bo o bona tiro e e duelang sentle.

Malebogo a simolola go tla sekolong malatsi otlhe. Ka jalo, tiro ya ga Malebogo ya tokafala.



WORKSHEET 5.2

MADUO/DITLAMORAGO TSA DITSHWETSO/ RESULTS OF DECISIONS

Listen to your teacher read the following story:

Story: 'School Phobia'

TSHEPO: Malebogo, why didn't you go to school?

MALEBOGO: I don't like school. It's too difficult.

TSHEPO: The teacher says you should come to school.

MALEBOGO: Okay, I'll come tomorrow.

The next day, Malebogo goes to school, and the teacher talks to her:

TEACHER: Malebogo, going to school is good. If you do not go to school, you are likely to become a street child. You should come to school every day. You can do well in school and get a good job later in life.

MALEBOGO: But school is very hard for me, Teacher.

TEACHER: Malebogo, if you come to school every day, I will help you understand the lessons.

Malebogo starts coming to school every day and gets good marks as a result!

Gakologelwa: Re tshwanetse go akanyetsa, ka dinako tsotlhe, ditlamorago tsa tshwetso nngwe le nngwe e re e tsayang. Se se tla a re thusa go dira ditshwetso tse di siameng.

Remember: We should always think of the likely results of each decision we make. This will help us make decisions that are good for us.



VI: Go sidila Maikutlo/ Stress Management



KETAPELE/INTRODUCTION

Go kgoberega maikutlo go ka tsalwa ke fa re tshwenyegile ka sengwe kana re sa itumela. Dikai; fa re sa dire sentle mo dithutong tsa rona kana fa re sentse motsadi a bo a re omanyana. Go laola kgoberega maikutlo ke ka fa re lebaganang le kutlobotlhoko kgotsa matshwenyego ka teng fa sengwe se se bosula se re diragaletse. Ditsela tse di ka akaretsa go bua le ditsala, go itshidila mmele kana go reetsa mmmino.

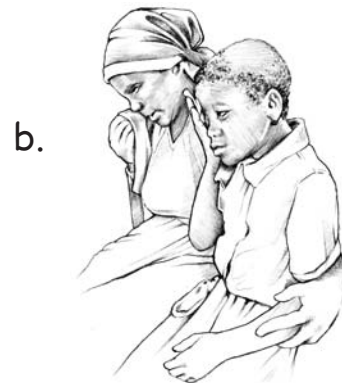
Stress is the feeling we get when we worry about something or when our feelings are hurt, for example, when we do not do well in class or when we have done something wrong and our parents scold us. Stress management is a way to deal with the hurt or worried feelings we have when bad things happen. Some examples of how we can manage our stress are talking to friends, exercising, and listening to music.

WORKSHEET 6.1

DIEMO TSE DI BAKANG KGOBEREGO MAIKUTLO/ DEFINING STRESS

Lebelelela ditshwantsho tse di latelang mme o buisane le morutabana wa gago ka tsone.

Look at the following pictures and discuss them with your teacher:



Gakologelwa: Kgoberego maikutlo e bakwa ke mabaka a a thata a botshelo. Dingwe tsa diemo tse di ka bakang kgoberego maikutlo e ka nna; loso mo lapeng le go tshwenngwa ke ba bangwe kwa sekolong. Dinako dingwe ga go na se re ka se dirang go kganela diemo tse mme go na le se re ka se dirang go re thusa go ikutlwa botoka jaaka go bua le ba masika kana go inaakanya le metshameko.

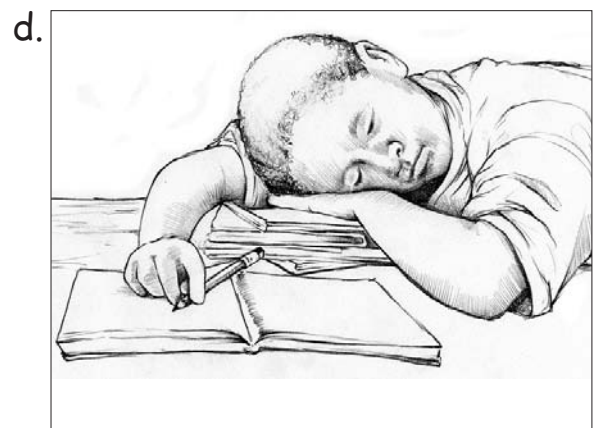
Remember: Stress is caused by difficult situations, such as a death in the family, or being bullied at school. Sometimes we cannot stop these situations, but we can do some things to make ourselves feel better, like talking with family members or playing sports and games.

WORKSHEET 6.2

DIKAI TSA KGOBEREGO MAIKUTLO/SIGNS OF STRESS

Bua se se diragalang mo ditshwantshong tse:

Say out loud what is happening in each picture:



Gakologelwa: Kgoberego maikutlo e kgona go re ama re sa lemoge. Ka jalo, go botlhokwa go itse dikai tsa yone gore re kgone go kopa thuso.

Remember: Stress can sometimes affect us without our knowing it. Therefore, it is important to be able to recognise signs of stress in ourselves so that we can get help when we need it.

VII: Mmele/ The Body



KETAPELE/INTRODUCTION

Mmele wa rona o dirilwe ka dikarolo tse di farologaneng. Karolo nngwe le nngwe e na le tiro kana mosola wa yone. Sekai, molomo re o dirisiwa go ja le go bua. Re tshwanetse go tlhokomela mmele wa rona sentle gore re tshele re itekanetse e bile re itumetse.

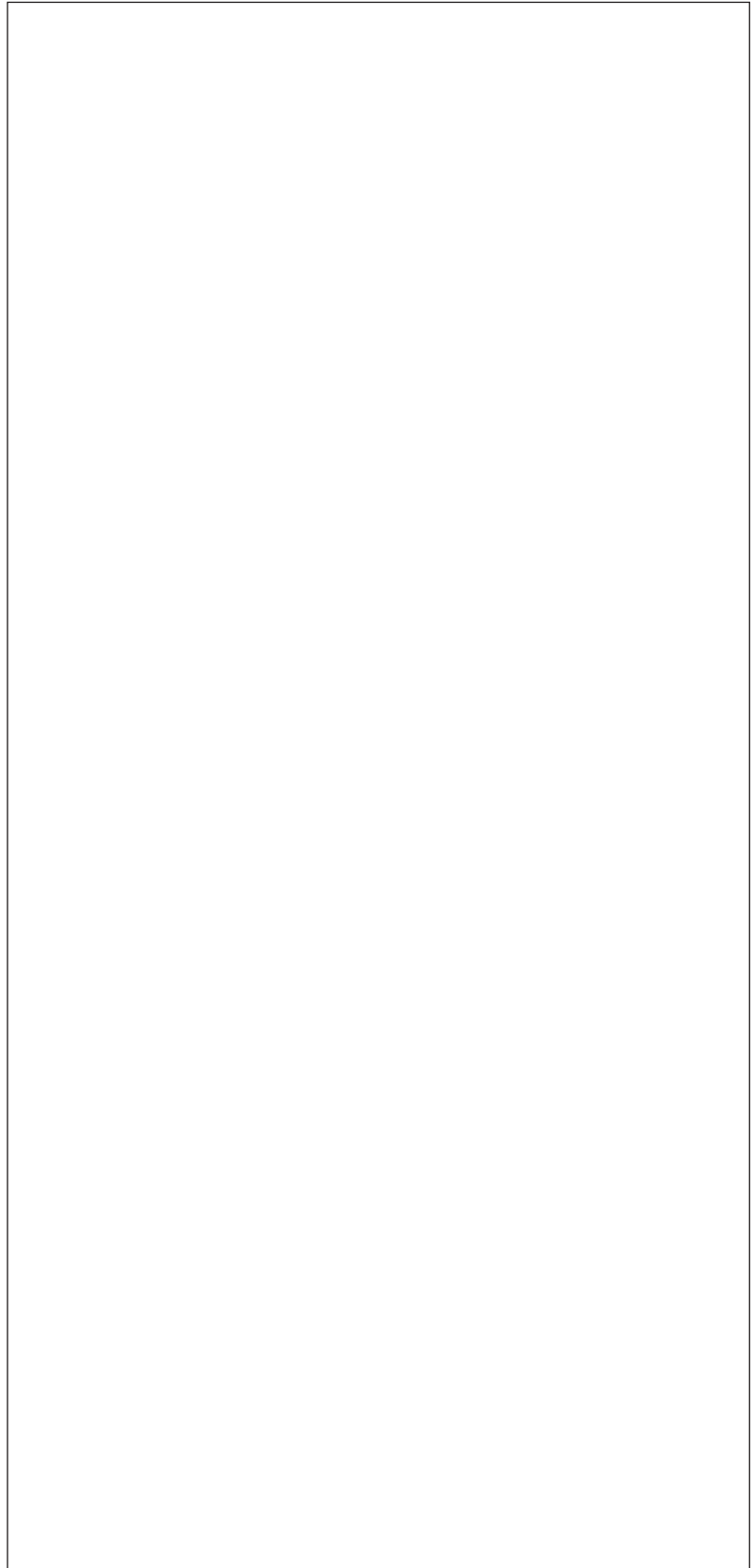
Our bodies are made up of different parts that work together. Each body part has a function. For example, our mouths are used for eating and talking. We should take good care of our bodies so that we can be healthy, happy, and strong.

Itshwantshe o bo o supe
dikarolo tse di latelang:

Matlho, ditsebe, dinko,
molomo, mabogo, magetla,
diatla, maoto, mangole,
dinao

Draw a picture of yourself
and label the following
body parts:

eyes, ears, nose, mouth,
arms, shoulders, hands,
legs, knees, feet





Gakologelwa: Mmele o dirilwe ka dikarolo tse di farologaneng. Karolo nngwe le nngwe e na le tiro kana mosola wa yone.

Remember: The body is made up of different parts, and each of these parts has a function.

WORKSHEET 7.2 GO TLHOKOMELA MMELE WA ME/ TAKING GOOD CARE OF OUR BODIES

Buisana le morutabana ka ditsela tse di siameng tsa go tlhokomela mmele:

Discuss with your teacher the correct ways of caring for the body:

Nko / Nose



Diatla / Hands



Meno / Teeth



Menwana ya maoto / Toes



WORKSHEET 7.2 GO TLHOKOMELA MMELE WA ME/ TAKING GOOD CARE OF OUR BODIES

Ditsebe / Ears



Dinala / Nails



Sefatlhego / Face



Matlho / Eyes



Gakologelwa: Go tlhokomela mebele ya rona go botlhokwa mo go tsheleng sentle.

Remember: Taking good care of our bodies is important for healthy living.

VIII: Mogare wa HIV le bolwetsi jwa AIDS: Boammaaruri le se e seng boammaaruri/ HIV and AIDS: Facts, Myths, and Prevention



CHAPTER 8 **MOGARE WA HIV LE BOLWETSI JWA AIDS: BOAMMAARURI LE SE E SENG BOAMMAARURI/ HIV AND AIDS: FACTS, MYTHS, AND PREVENTION**

KETAPELE/INTRODUCTION

HIV ke mogare o o bakang bolwetsi jwa AIDS. Motho yo o nang le HIV o na le mogare mme ga a lwale. Motho yo o nang le AIDS o na le mogare gape o a lwala.

Dilo dingwe di a buiwa ka HIV le AIDS tse di seng boammaaruri. Go botlhokwa go itse boammaaruri gore re ipabalele re bo re babalele ba bangwe.

HIV is a virus that causes AIDS. A person with HIV has the virus but is not sick. A person with AIDS has the virus and is sick.

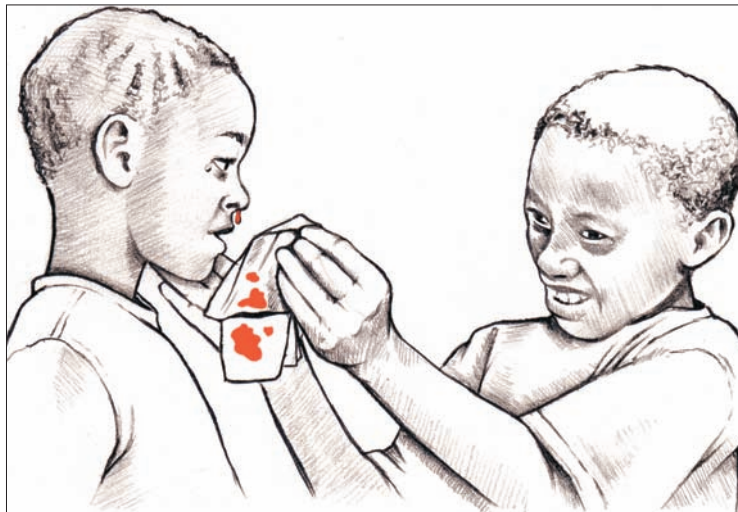
Some things have been said about HIV and AIDS that are not true. It is important to know what is true so that we can share with others and help avoid HIV infections.

WORKSHEET 8.1

BOAMMAARURI LE SE E SENG BOAMMAARURI (KAROLO YA NTLHA)/ FACTS AND MYTHS (PART 1)

Lebelelela ditshwantsho tse di latelang o bo o tlohpha se le sengwe se se supang ka fa HIV e anamang ka teng:

Study the pictures below and choose the one that shows how HIV can be spread:



WORKSHEET 8.1

BOAMMAARURI LE SE E SENG BOAMMAARURI (KAROLO YA NTLHA)/ FACTS AND MYTHS (PART 1)

Gakologelwa: Batho ba ka tsenwa ke mogare wa HIV mme ba felela ba na le bolwetsi jwa AIDS. Le gale, re ka itlhokomela gore re se ka ra tsenwa ke mogare wa HIV. Go botlhokwa go itse se e leng boammaaruri gore re kgone go ipabalela.

Remember: People can get infected with HIV, which leads to the disease AIDS. However, HIV can be prevented. It is important for us to know the facts so that we will know how to protect ourselves.

WORKSHEET 8.2

BOAMMAARURI LE SE E SENG BOAMMAARURI (KAROLO YA BOBEDI)/ FACTS AND MYTHS (PART 2)

Morutabana o tlaa lo balela diele tse di fa tlase. Fa seele se le boammaaruri, lo goe lo re, "Ke gone!" Fa seele se se boammaaruri, lo goe lo re, "Ga se gone!"

- a. HIV ke mogare.
- b. Motho yo o nang le HIV o ka lebega a itekanetse.
- c. Motho yo o nang le HIV o lebega a lwala dinako tsotlhe.
- d. HIV e ama diphologolo fela.
- e. AIDS ke bolwetse.
- f. O ka tsenwa ke HIV go tswa mo dijong.
- g. O ka tsenwa ke HIV ka go amogana magare/dikgare.
- h. O ka tsenwa ke HIV ka go longwa ke monang.
- i. O ka tsenwa ke HIV ka go tshameka le ngwana yo o nang le HIV.
- j. AIDS ga e na kalafi.



WORKSHEET 8.2

BOAMMAARURI LE SE E SENG BOAMMAARURI (KAROLO YA BOBEDI)/ FACTS AND MYTHS (PART 2)

Listen to your teacher read each of the statements below. If the statement is true, shout, 'True!' If it's false, shout, 'False!'

- a. HIV is a virus.
- b. A person with HIV can look healthy.
- c. A person with HIV always looks sick.
- d. HIV infects animals only.
- e. AIDS is a disease.
- f. You can get HIV from food.
- g. You can get HIV by sharing razors.
- h. You can get HIV from a mosquito bite.
- i. You can get HIV from playing with an infected child.
- j. There is no cure for AIDS.

Gakologelwa: Motho yo o nang le HIV o na le mogare mme ga a lwale fa motho yo o nang le AIDS a na le mogare mme e bile a lwala. Go tlhaloganya pharologano fa gare ga HIV le AIDS, le go itse boammaaruri le se e seng boammaaruri go ka re thusa go tshela matshelo a a botoka.

Remember: Understanding the difference between HIV and AIDS and knowing what are facts and what are myths will help us protect ourselves and others and stay healthy.

IX: Go Fokotsa Bodiphatsa/ Risk Reduction



KETAPELE/INTRODUCTION

Re ka fokotsa bodiphatso ka go fema diemo tse di ka re golafatsang. Sekai; go se ka o tshameka ka logare, o fema bodiphatso ja go segwa ke logare. Go fema diphatsa go go thusa go nna o babalesegile.

'Risk reduction' means avoiding situations that may harm you. For example, by not playing with razors, you are avoiding the risk of getting cut. Avoiding risk helps you to be safe.

Reetsa jaaka morutabana a lo balela dipolelo tse di latelang:

Thabo o ne a tshameka kgwele le ditsala tsa gagwe. O ne a ragela kgwele go bapa le tsela ya dikoloi a bo a e tabogela. Gone fela foo ga tla koloi e le mo lebelong le legolo. Mokgweetsi o ne a mmona mme a kgona go ema ka nako.

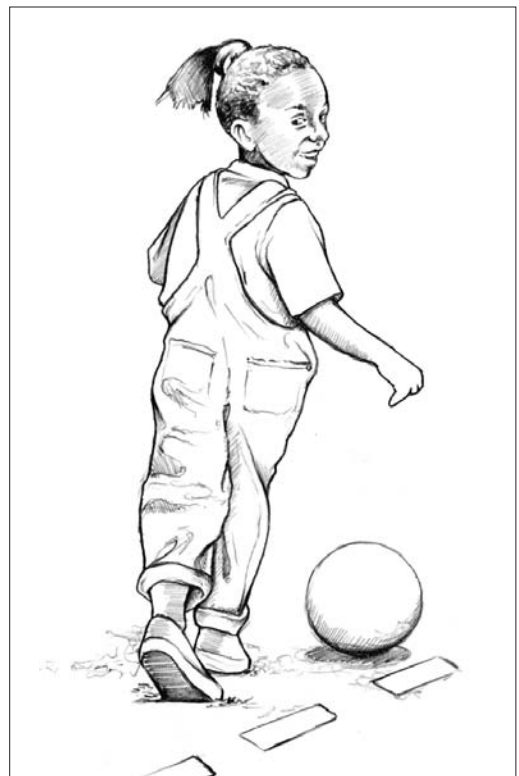
Xuma o ne a tshamekela le monnawe gaufi le kwa lapeng lwa ga bone. Ba bona mokgwaro mme ba o sela. Monnawe Xuma a leka go tshuba matlhare a a omeletseng a a gaufi le ntlo ya bone. Xuma a mo kganela.

Listen to your teacher read the following stories:

Playing

Thabo was playing ball with her friends. She kicked the ball near the tarred road and went running after it. Just then, a car drove by at a very high speed. The driver saw her and stopped just in time.

Xuma was playing near his home with his younger brother. The boys found some matches and picked them up. The younger brother tried to light a match to burn some leaves next to the house, but Xuma stopped him.



Gakologelwa: Diemo tse di diphatsa ke tse mo go tsone re sa babalesegang. Re tshwanetse go bona ditsela tsa go ipabalela mo diemong tse di ka re tsenyang mo diphatsengl.

Remember: Risky situations put us in danger. We need to find ways to avoid these situations whenever possible.

WORKSHEET 9.2

GO FEMA DIEMO TSE DI DIPHATSA/ AVOIDING RISKY SITUATIONS

O ka ipabalela jang mo diemong tse di latelang:

O tshwanetse go palama direpudi.

O tshwanetse go tsamaya mo tseleng e e mitlwa.

O tshwanetse go kgabaganya tsela.

O tshwanetse go palama baesekele.

O feta gaufi le setofo.



WORKSHEET 9.2

GO FEMA DIEMO TSE DI DIPHATSA/ AVOIDING RISKY SITUATIONS

Come up with ways in which you can avoid risk in the following instances:

You go up a set of stairs

You walk on a thorny path

You cross the road

You ride a bicycle

You walk past a hot stove

Gakologelwa: Go iphapha mo diemong tse di diphatsa go a re babalela.

Remember: Avoiding risky situations helps keep us safe.



X: Mosola wa Botsalano/ Benefits of Relationships



MOSOLA WA BOTSALANO/BENEFITS OF RELATIONSHIPS

KETAPELE/INTRODUCTION

Mongwe le mongwe o tlhoka botsalano jo bo siameng mo botshelong go fiwa tlhokomelo le kemonokeng. O tlhoka mongwe go tshega le go lela nae. Botsalano e ka nna le mongwe le mongwe yo o mo tshepang mme e bile o ikutlwa o babalesegile fa o na nae. E ka nna ba lelwapa la gago kana tsala. Gore botsala jwa gago bo nonofe o tshwanetse wa dira ka natla. O tshwanetse wa ela tlhoko gore o a tshepafala, o boikanyego ebile o na le tlotlo.

Everyone needs someone in their lives to laugh with and to cry with. Good relationships provide us with care and support. These relationships can be with anyone we trust and who makes us feel safe, such as our family members and friends. To have good relationships, we have to be strong and work hard to make sure that we are trustworthy, honest, and respectful.

WORKSHEET 10.1 BA LOSIKA/ RELATIONSHIPS WITH FAMILY MEMBERS

Tshwantsha ba losika lwa gago o bo o kwala gore mongwe le mongwe wa bone ke mang:

Draw a picture of each of your family members and label each one.



WORKSHEET 10.1

BA LOSIKA/ RELATIONSHIPS WITH FAMILY MEMBERS



Gakologelwa: Batho ba ba tlwaelaneng ba na le botsalano. Botsalano jwa rona jwa ntlha re bo dira gantsi le batho ba re nnang le bone.

Remember: People who are close have a relationship. The first relationships we form are with the people we live with.

WORKSHEET 10.2 BOTSALANO LE DITSALA/ RELATIONSHIPS WITH FRIENDS

Reetsa jaaka morutabana a lo balela diele tse di latelang mme lo di feleletse:

a. Tsala ya me ke...

b. Ke kopanetse le ene kwa...

c. Re ntse ditsala ka gore...



WORKSHEET 10.2 BOTSALANO LE DITSALA/ RELATIONSHIPS WITH FRIENDS

Listen to your teacher read the sentences below. Your teacher will ask for volunteers to complete each sentence orally:

a. My friend is . . .

b. I met my friend at . . .

c. We became friends because . . .

Gakologelwa: Go tsaya ba bangwe jaaka o eletsa go tsewa go botlhokwa go dira botsala jo bo tsepameng.

Remember: Treating others as you would like to be treated is important for fair relationships.



XI: Diketsaetsego/ Dilemmas



DIKETSAETSEGO/ DILEMMAS

KETAPELE/INTRODUCTION

Dinako dingwe o tshwanelwa ke go dira ditshwetso mme go se na tharabololo e o bonang e go siametse. Ka nako eo o na le ketsaetsego.

Go tlaa nna le tiro mo kgaolong ya Ketsaetsego go simolola ka lokwalo lwa boraro.

Sometimes you have to make a decision where there is no choice that you think is right for you. This is called a dilemma.

There will be activities on dilemmas starting at standard three.

XII: Boikarabelo mo Setshabeng/ Social Responsibility



BOIKARABELO MO SETSHABENG/ SOCIAL RESPONSIBILITY

KETAPELE/INTRODUCTION

Mongwe le mongwe mo setshabeng go na le ka fa a amanang le yo mongwe ka teng. Ka fa re itsholang ka teng go ka ama ba bangwe. Sekai; fa motho a tlhoka thuso o bo o tshega ka ene, o tlaa utlwa botlhoko. Fa a tlhoka sengwe o bo o mo thusa o ka itumela. Maitsholo a rona a tshwanetse go tshegetsatsa boleng jwa rona re le Batswana.

Everyone in our community is connected to one another, so what you do can affect other people. For example, if someone is in need and you make fun of him or her, you will hurt that person's feelings. If someone is in need and you help him or her, that person will be happy. Our behaviour should encourage and protect our shared values as Batswana.

WORKSHEET 12.1

DITIRO TSE DI UTLWISANG BA BANGWE BOTLHOKO ACTIONS THAT HURT OTHERS

Reetsa jaaka morutabana a lo balela polelo e e latelang:

Polelo: 'Thuso le baithuti-ka-ene'

Thuso o mokima e bile o moleele go feta baithuti -ka-ene. Baithuti-ka-ene ba mo sotla ka bokima le boleele jwa gagwe e bile ba mmita maina. Thuso o pelo e botlhoko e bile ga a na yo a tshamekang le ene. Tshepo o mmona a ntse a le nosi a bo a mo kopa go tshameka le ene.



Buisanang ka dipotso tse di latelang le morutabana:

- Thuso o ikutlwa jang?
- Ke eng a ikutlwa jalo?
- Fa e ne e le wena o ne o ka ikutlwa jang?
- A o akanya gore go siame go tsaya ba bangwe jalo?

WORKSHEET 12.1 DITIRO TSE DI UTLWISANG BA BANGWE BOTLHOKO ACTIONS THAT HURT OTHERS

Listen to your teacher read the following story:

Story: 'Thuso and His Classmates'

Thuso is fatter and taller than all his classmates. The other classmates tease him, call him names, and refuse to play with him. Thuso is sad and lonely. Tshepo sees him by himself and offers to play with him.

Discuss the questions below with your class:

- How does Thuso feel?
- Why does he feel that way?
- How would you feel in this situation?
- Do you think it is right to treat other people the way that Thuso's classmates treat him?
- Why do you think Tshepo wanted to play with Thuso and not tease him?



Gakologelwa: Ka fa re itsholang ka teng go ka ama ba bangwe. Re tshwanetse go tsaya ba bangwe ka fa re eletsang go tsewa ka teng dinako tsotlhe.

Remember: The way we act can hurt other people. We should always treat others the way we would want to be treated.

WORKSHEET 12.2 GO TLHOKOMELA BA BANGWE JAAKA NTLHA YA BOTHO/ CARING AS AN ASPECT OF BOTHO

Reetsa jaaka morutabana a lo balela polelo e e latelang:

Polelo: 'Thuso le Tshepo'

Tshepo o ntse mo tafoleng ya gagwe morago ga sekolo o leka go dira tiro ya gagwe ya sekolo mme o a palelwa. Thuso o lemoga gore o a a palelwa. Thuso o mmotsa gore a a mo thuse. Tshepo o a dumela, mmogo ba fetsa tiro ya sekolo ba bo ba ya go tshameka dikarata le ditsala tsa bone.

Buisanang ka dipotsotse di latelang le morutabana:

a. O akanya gore Tshepo o ikutlwa jang fa Thuso a sena go mo thusa?

b. Ke eng a ikutlwa jalo?

c. Fa e ne e le wena o ne o ka ikutlwa jang fa motho a go thusitse?

d. A o akanya gore go siame go thusa batho ba bangwe?



WORKSHEET 12.2 GO TLHOKOMELA BA BANGWE JAACA NTLHA YA BOTHO/ CARING AS AN ASPECT OF BOTHO

Listen to your teacher read the following story:

Story: 'Tshepo and Thuso'

Tshepo is sitting after school struggling with her homework. Thuso notices that she is having a hard time. He walks up to her and asks if he can help. She agrees, and together they finish the homework. Later, they go and play 'crazy eight' with some other friends.

Discuss the questions below with your class:

- a. How do you think Tshepo feels after Thuso helps her?
- b. Why does she feel that way?
- c. How would you feel if someone helped you when you were in need?
- d. Do you think it is right to help other people?

Gakologelwa: Ka fa re itsholang ka teng go ka thusa batho ba bangwe. Jaaka re ka itumelela go thusiwa, ba bangwe fela jaaka rona ba ka itumela fa re ba thusa.

Remember: The way we act can help other people. Just as we would be happy if other people helped us, others would be happy if we helped them.

XIII: Go Tshela o Itekanetse/ Healthy Living



KETAPELE/INTRODUCTION

Go na le ditsela tse di farologaneng tse re ka di tsayang go thusa mebele ya rona gore e nne e itekanetse le go fema malwetsi. Re ka dira jalo ka go ja dijo tse di nang le dikotla, go itapolosa mo go lekaneng, go itshidila le go phepafatsa mebele le diaparo tsa rona.

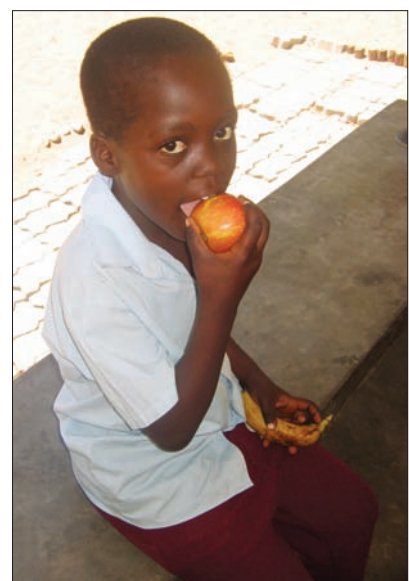
There are things you can do to help your body stay healthy and to avoid disease. For example, you can eat nutritious foods, you can get enough rest, and you can keep your body and clothes clean.

WORKSHEET 13.1

DITIRO TSE DI KGOATHATSANG BOITEKANELO LE TSE DI SA KGOATHATSENG BOITEKANELO/ HEALTHY AND UNHEALTHY PRACTICES

Tshwaya jaana (✓) ditshwantsho tse di supang dintlha tsa boitekanelo mme o tshwaye jaana (X) ditshwantsho tse di supang dintlha tse e seng tsa boitekanelo.

Tick (✓) pictures that show healthy living practices and cross (X) pictures that show unhealthy living practices:



WORKSHEET 13.1

DITIRO TSE DI KGOATHATSANG BOITEKANELO LE TSE DI SA KGOATHATSENG BOITEKANELO/ HEALTHY AND UNHEALTHY PRACTICES



Gakologelwa: Ditsela tsa boitekanelo di akaretsa go ja sentle; go itapolosa; go itshidila; gotshela re babalesegile le go phepafatsa mebele, diaparo le tikologo ya rona.

Remember: Healthy practices include eating well; getting enough rest; keeping our bodies, clothes, and surroundings clean; exercising most of the time; and living safely. Unhealthy practices put us at risk of getting sick and should be avoided.

WORKSHEET 13.2 **GOTSHELA KA BOITEKENELO/
HEALTHY ACTIONS**

Nnang ka ditlhopha lo bo le:

- a. Batlang ditshwantsho tsa botshelo jo bo itekanetseng mo dipampiring tsa dikgang.
- b. Kgaolang ditshwantsho tseo.
- c. Ngaparisang ditshwantsho tseo mo pampiring ya manila

WORKSHEET 13.2 **GO TSHELA KA BOITEKENELO/ HEALTHY ACTIONS**

In your group:

- a. Look through your magazine or newspaper to find examples of healthy living.
- b. Cut out each picture of someone practising healthy living.
- c. Create a collage by gluing or taping each picture onto the manila paper. Use more than one piece of paper if you need to.

Gakologelwa: Go nna re itekanetse re tshwanetse go sala morago ditsela tsa boitekanelo jaaka go itshidila, go nna re le phepa le go ja dijo tse di nang le dikotla.

Remember: In order to be healthy, it is important to choose healthy practices, such as exercising, taking regular baths, and eating the right kinds of food.



Department of Curriculum
Development and Evaluation
Ministry of Education
Private Bag 501
Gaborone, Botswana



The BOTUSA Project
PO Box 90
Gaborone, Botswana



World Health Organisation
PO Box 1355
Gaborone, Botswana



Education Development Center, Inc.
55 Chapel Street
Newton, MA 02458-1060 USA