

Case Study:



Mr. Akmal:

Student: Class 9th

My name is Akmal; I am 16 years old and studying in class 9th. My father and brother have a shop of vegetables in the market. We are total three brothers and four sisters. My mother is illiterate and suffering from different disease. My two elder brothers and one sister are illiterate as well. My father is very strict man and many times we are beaten by him, so we feel fear from him and don't share personal problems.

Once a time when I was in class 8th, I saw white dots on my pant; I became worry as I was thinking that I was caught by lethal disease. I went to the washroom and washed my pant, I did

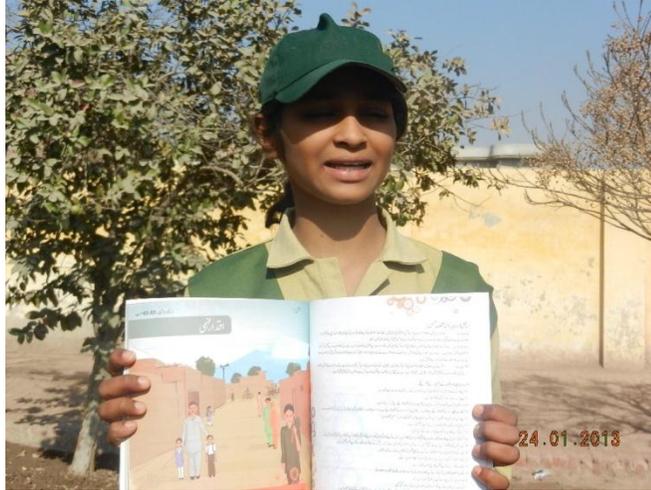
not share it with anyone and went to the school. I was very much worry and I could not pay attention in my study even I did not complete my homework given by my class teacher.

In the night, again I had nightmares, felt wet myself and woke up. I saw a white spot is looking on my dress. I had no courage to discuss it with my father or brother so I went to the school. I was thinking to share this problem with my friends but could not and two months were passed.

One day my class teacher told me that he had participated in the training workshop, the title of the training was **“Life Skills Based Education”** training had been organized by AwazCDS Pakistan. My teacher told that he will share about LSBE with us once in a week and due to this we would be able to solve petty issues of our life by ourselves.

LSBE curriculum has been started by our teacher, one day when we were reading session **“Puberty”** teacher told me about wet dreams, he told that this is not disease but natural process and there is no need to be worry on it, but we need to keep our self neat and clean.

When I came to know all about body changes, I felt myself relax. Now I am paying full attention to my study because I am confident about myself. All such changes have been made in my personality due to LSBE and I will suggest to the all students to read LSBE workbook as this could be helpful for developing their personality in positive way.



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Fatima Zahra a 13 year old girl studied in grade 8th belonged to village Shorekot . Her mother had died when she was too young. She told that before getting admission in the school she studied in religious school, where on her way to school boys teased her. When her father came to know about this, he stopped her education. Then her aunt took the initiative and got her admission in Al Rafee Education High School. The school was 2 Km away from her home. She had to come by foot, here again boys started teased her. When the teacher Nazia who was also the master trainer in PARWAN project started LSBE curriculum in the class and reached the topic of self protection in the class, Fatima discussed her issue with the teacher.

Teacher guided her how to protect herself from the bad society and advised the students to move in groups while their way to home and also how to react when someone tease you in bad intension. Fatima got encouraged and says that this topic has given me so much strength that i can face such challenges and also can even move alone whenever I need.

She says thanks to LSBE curriculum for bringing confidence in her life.