



DEPARTMENT OF EDUCATION
GRADE 12 PERSONAL DEVELOPMENT
COURSE MODULE
UNIT 2 I WANT A HEALTHY, HAPPY FAMILY



FODE DISTANCE LEARNING



**PUBLISHED BY FLEXIBLE OPEN AND DISTANCE EDUCATION
FOR THE DEPARTMENT OF EDUCATION
PAPUA NEW GUINEA**

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GRADE 12

PERSONAL DEVELOPMENT

UNIT MODULE 2

I WANT A HEALTHY, HAPPY FAMILY

TOPIC 1: FAMILY AND HEALTH ISSUES CAUSES AND EFFECTS

TOPIC 2: RIGHTS OF THE FAMILY AND THE CHILD

TOPIC 3: WHO ADVOCATES FOR FAMILY AND HEALTH?

TOPIC 4: MATERNAL AND CHILD HEALTH

TOPIC 5: HEALTHY MARRIAGE

TOPIC 6: GOOD PARENTING

TOPIC 7: HEALTHY MARRIAGE

TOPIC 8: GOOD PARENTING



Acknowledgements

We acknowledge the contributions of the contract writers and editors who helped to develop this module.

Our profound gratitude goes to the former Principal of FODE, Mr. Demas Tongogo for leading the FODE team towards this great achievement. Special thanks to the Staff of the Personal Development Department of FODE who played an active role in coordinating writing and editing processes.

We also acknowledge the professional guidance provided by the Curriculum and Assessment Division throughout the processes of writing, and the services given by members of the Personal Development Subject Review and Academic Committees.

The development of this book was co-funded by GO-PNG and World Bank.

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PRINCIPAL

Published in 2017

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Papua New Guinea

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ISBN: 978 – 9980 – 89 – 495 – 3
National Library Services of Papua New Guinea

Compiled and finalised by: Personal Development Department-FODE

Printed by the Flexible, Open and Distance Education



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SECRETARY'S MESSAGE

Achieving a better future by individual students and their families, communities or the nation as a whole, depends on the kind of curriculum and the way it is delivered.

This course is a part of the new Flexible, Open and Distance Education curriculum. The learning outcomes are student-centred and allows for them to be demonstrated and assessed.

It maintains the rationale, goals, aims and principles of the national curriculum and identifies the knowledge, skills, attitudes and values that students should achieve.

This is a provision by Flexible, Open and Distance Education as an alternative pathway of formal education.

The course promotes Papua New Guinea values and beliefs which are found in our Constitution, Government Policies and Reports. It is developed in line with the National Education Plan (2005 -2014) and addresses an increase in the number of school leavers affected by the lack of access into secondary and higher educational institutions.

Flexible, Open and Distance Education curriculum is guided by the Department of Education's Mission which is fivefold:

- To facilitate and promote the integral development of every individual
- To develop and encourage an education system satisfies the requirements of Papua New Guinea and its people
- To establish, preserve and improve standards of education throughout Papua New Guinea
- To make the benefits of such education available as widely as possible to all of the people
- To make the education accessible to the poor and physically, mentally and socially handicapped as well as to those who are educationally disadvantaged.

The college is enhanced to provide alternative and comparable pathways for students and adults to complete their education through a one system, many pathways and same outcomes.

It is our vision that Papua New Guineans' harness all appropriate and affordable technologies to pursue this program.

I commend all those teachers, curriculum writers, university lecturers and many others who have contributed in developing this course.

UKE KOMBRA, PhD

Secretary for Education



UNIT 2: I Want a Healthy, Happy Family

INTRODUCTION

The purpose of this module is to guide you to build positive attitudes towards other males and females and to demonstrate advocacy in family and health issues. You will explain the importance of positive relationship skills in leading to a healthy marriage and good parenting. You are a role model in your behaviour towards the opposite sex. As a role model you will also demonstrate an understanding of gender equity issues. You will study and analyse the factors that lead to maternal and child health issues. The unit mainly emphasises planning for successful future relationships, marriage and parenting.

The following icons are used in this module:



Student Aims



Student Activity



Time Frame



Answers to Learning Activities



Objectives or aims

On successful completion of this module, students will be able to:



Time Frame

This unit should be completed within 10 weeks.

If you set an average of 3 hours per day, you should be able to complete the unit comfortably by the end of the assigned period.

Try to do all the learning activities and compare your answers with the ones provided at the end of the unit. If you do not get a particular exercise right in the first attempt, you should



not get discouraged but instead, go back and attempt it again. If you still do not get it right after several attempts then you should seek help from your friend or even your tutor. Do not pass any question without solving it first.

12.2.1 Family And Health Issues - Causes And Effects

12.2.1.1 Family and health issues

There are many issues that modern families in Papua New Guinea face. Different families experience these problems in different proportions and ways. Some of these problems, however, are common to many families in Papua New Guinea. In rural areas where the bulk of the national population resides, problems such as lack of access to government services is common. Families continue to suffer out in the rural areas from a lack of vital government services such as health, education and infrastructure.

Urban families also face problems that are similar across the nation. These problems are brought about by modernization. With the increasing rate of rural-urban drift or migration squatter settlements spring up everywhere in cities and towns. These settlements are not properly planned by the government. Therefore, basic services such as water and electricity are absent or are scarce. Even lawlessness is high in some parts of the urban areas where people of different ethnic groups live and interact.

In every urban center in PNG there are beggars, street children, petty thieves and people literally living off the scrapes such as tin cans and metals. Unemployment is also very high in urban areas compared to rural areas. These are a direct result of urbanization and rural-urban migration.



Figure 1.1: Street begging is a sign of poverty

Some categories of people are worst affected than others by social problems. This includes children, the elderly and the disabled people who are generally weaker members of the



society. When nothing is done about it the problems continue to affect these weaker members. Good societies are those that minimize the problems affecting their weaker members.



Figure 1.2: People living off a rubbish dump

Violence and family

Marriage and family violence are topics that concern people's personal lives. Marriage and family also represent the core of any society. Family violence, in particular, is a rising crime in both rural and urban areas. It is a threat to society. Despite the efforts of the government, its law enforcement agencies, non-government organisations (NGOs), donor partners and churches, family violence is ever present in our society. But despite the good efforts of various parties the problem seems to be deeply rooted.

Family violence has to be stopped because it affects the core of a society. Children become deeply shocked and emotionally affected while parents end up in a cycle of violence and abuse. Children that grow up in a violent family environment also end up being violent in their adolescent and adult lives. So, as the saying goes, 'violence breeds violence.'

Wife-bashing is a major form of family violence. It is part of what is called domestic violence found in homes. It is a crime to hit a woman, be it a wife, a mother, a sister, a girl friend or any other woman. The Government of PNG has passed the Family Violence Act in Parliament to address this problem. However, violence against women in the society exists despite efforts to prevent it.

Rape, molestation, incest and other forms of sexual abuse are also common in Papua New Guinea. These offences are grouped under the category of sexual abuse or sex crimes. Sex crimes are often committed by men against women, girls and children. If allowed to continue these problems have the potential to destroy families and cause more problems in our communities.



Poverty

Poverty is a noun that refers to the state of being extremely poor. It is a general state of scarcity or extreme neediness where peoples' basic need for food, clothing, and shelter are not being met.

According to the United Nations, poverty is the inability of getting choices and opportunities and a violation of human dignity. Therefore, poverty is:

- a lack of basic capacity to participate effectively in a society,
- not having enough money to feed and clothe a family,
- not having a school or clinic to go to,
- not having the land on which to grow food or a job to earn one's living and not having access to credit,
- insecurity, powerlessness and exclusion of individuals, households and communities,
- being prone to violence, and
- living in marginal or delicate environments, without access to clean water or sanitation.



Figure 1.3: An Urban Slum – a Sign of Poverty

Lack of education

Basic education is vital for individual growth and national development. Countries that have given top priority to education have prospered and advanced ahead of others. In recognition of this fact, the national government of PNG has approved the Universal Basic Education (UBE) system for PNG. The government has also passed several laws to promote education



such as the Tuition Fee Free (TFF) policy. However, Papua New Guinea still has a long way to go before the national population is fully educated.

A big problem in Papua New Guinea is the lack of basic education. Sadly enough, many school-age children continue to miss out on education. There are many causes for this situation or problem. For example, access to education in remote, rural areas is very limited due to geographical isolation. Limited access is also gender-based whereby boys' education is preferred by parents over girls' education.

In many remote parts of PNG there are many ghost schools. Classrooms built out of local materials are the only visible evidence without any presence of teachers and students. That gives the status of 'ghost schools.' Teacher absenteeism is very high in rural schools too.

Education problems also exist in urban schools. Children who come from poor, unemployed or low-urban income families are either not in school or are in school half the time. They face the real risk of underachievement in school.

Lack of family planning

Family planning is the practice of controlling the number of children a married couple has and the intervals between their births. Spacing can be done by means of contraception or voluntary sterilization. It mainly concerns birth control and the techniques used to control birth.

Family planning is sometimes used as a synonym for the use of birth control; however, it also includes a wide variety of methods, and practices that are not related to birth control. It is mostly applied to a female-male couple that wishes to limit the number of children and/or to control the timing of pregnancy. Family planning may include sterilization as well as abortion though abortion is not a recommended method in Papua New Guinea.

When planning a family, women should be aware that reproductive risks increase with the age of woman. Older women have a higher change of having a child with a disease which also increases the change of late-pregnancy risks. Older women's bodies are not suited for delivering babies. Older mothers have a higher risk of a long labour, putting the baby in distress.

Family planning benefits the health and well-being of women and families. Using contraception such as condoms and pills can help to avoid unwanted pregnancies and space births. Contraception also protects against STD, HIV and other sexually transmitted diseases.

The 2006 National Demographic Health Survey shows that 87 percent of men want their partner to use family planning. However, at present it is not matched by access to family planning services. Statistics from the same survey indicates that 25 percent of women space their children less than 24 months apart. The same survey further found that teenage



pregnancy in PNG has increased to about 13 percent and is more common with girls with no formal education.



Figure 1.4: Birth spacing contributes to family happiness.

Lack of access to health facilities

In Papua New Guinea, the nearest health clinic might be hours by boat, foot, or if lucky, by local transport from the village. For example, on the Sepik River, the country's longest river, women are floated down on rafters consisting of tied banana trees or other logs to reach the nearest clinic or aid post.

At least four out of ten people in parts of Papua New Guinea cannot access health care due to distance or lack of roads, airstrips, etc. Even when a woman can access trained medical care, there is still little understanding of when to seek care during childbirth. The woman, her husband or the family often delay seeking care, because they do not recognize the danger signals. Most give birth at home because of the lack of money and transport to access proper clinics.

Lack of access to income

In the modern era people rely on money to pay for the basic needs such as food, shelter and clothing. Money has become a very important medium of exchange since Papua New Guinea was opened up to the outside world. It continues to make a lot of difference in our lives; for instance, it determines who is rich and who is not.

The ability to earn money is very important. Money can be earned through formal and informal employment. By working for others or organisations, a person can earn a regular income. Alternatively, some people have gone into business to earn an income. A third category of income is from owning property such as land and buildings where rents are



collected. People can even earn interest and dividends by investing in shares or depositing in the bank.

The job market of Papua New Guinea is very small. That means not every citizen can be employed or are able to run their private businesses. Also, the lack of education means many people cannot find employment. Only a small fraction of the national population can earn an income from the different sources. So, the inability to earn a decent income to support oneself or a family contributes to poverty.

Poverty is a cycle which starts with little or no income sources. It leads to misery, unhappiness, sadness, depression, gloom and despair. Poor people contribute nothing meaningful to the nation's growth. Their condition places them in a disadvantaged position.

Health issues – Specific and General

There are many health issues facing Papua New Guinea, ranging from diseases to epidemics to administrative difficulties and lack of access to health services. Generally, there are many problems facing the health of Papua New Guinea today.

Malaria is too common in the country, representing one-third of all hospital admissions and death of all hospitals in the country. Since it's a tropical disease the nation's battle with malaria seems to be a never ending one.

Tuberculosis (TB) remains a major cause of mortality (or death), morbidity (or sickness) and common viruses and bacterial infections responsible for chest infections. TB remains as the highest killer in the country. Peoples' lifestyles as well as the lack of control allow TB to spread easily.

Sexually transmitted infections (STIs) account for an enormous burden of illness, with recent statistics showing the prevalence of syphilis to be around 12 percent, gonorrhoea to be about 25 percent and trichomoniasis about 24 – 70 percent. The national prevalence of HIV is officially about 1.7 percent of the population but it is higher in certain areas of the country. Gender-based violence (domestic and sexual) appears to be increasing but the exact prevalence rate is not known. It is a problem experienced in rural and urban areas. Some cases are reported but a very high number of sexual violence cases go un-reported.

Cancer is another silent killer. The most common cancer in women in Papua New Guinea is cervical cancer, closely followed by oral cancer and then breast cancer. Generally, Papua New Guinea has the highest rates of cancer in the world. It is not possible to carry out a comprehensive Pap smear and Mammogram screening programs. To make it worse, there is no radiotherapy machine in the country. So cancer patients in the country have to either seek very expensive treatment overseas or face death with their illness.



Maternal health

Women of Papua New Guinea face all the general health issues that their male counterparts face: communicable diseases (infections), chronic diseases; especially those associated with urbanization, including obesity, diabetes, and heart diseases, accidents and cancers. Mental and emotional health problems also appear to have increased in recent years.

A main concern for women and children, apart from these other health issues listed above, is maternal health. According to the World Health Organisation (WHO), maternal health refers to:

“The health of women during pregnancy, childbirth and the postpartum period.”

While motherhood is a positive and fulfilling experience, it brings suffering, ill-health and even death to many women. About 99 percent of maternal deaths occur in developing countries; more than half occur in sub-Saharan Africa and almost one third in South Asia.

Young teenagers face a higher risk of complications and death as a result of pregnancy. Waiting until the mother is 18 years old before trying to have children improves maternal and child health. Also, if additional children are desired after a child is born; it is healthier for the mother and the child to wait at least two years (but not more than five years) after the previous birth before attempting to conceive. After a miscarriage or abortion, it is healthier to wait at least six months.



Figure 1.5: Improving maternal and child health is important for the nation

Child health

In a recent index of health workers' impact by the NGO, Save the Children, PNG ranked in the bottom of 161 surveyed countries. An important measure used is the ratio of health workers to the population. PNG is among those countries that fall below the minimum threshold or limit of two hundred health workers per 1,000 people. This measure or index was established by the World Health Organisation (WHO). Children in PNG are therefore five



times more likely to die because of the very low number of health workers in the community.

The number of child deaths in the country is very high. According to UNICEF, in 2005, 14,000 of 15,000 child deaths in the Pacific region occurred in PNG. That is equivalent to ninety percent of the total cases. Pneumonia and diarrhea, together with underlying malnutrition, are the most important causes of post-neonatal death in young children in PNG.

Family violence and conflict have particularly negative effects on children. Physical abuse and neglect are immediate threats to the health of children. Children's developing psychological and neuron systems must repeatedly adapt to the threatening and stressful conditions created by these environments. This in turn increases the likelihood of biological dysfunctions that may contribute to premature physiological aging of the organs, exposing them to chronic disease and to early death in adulthood.

Children who grow up in violent families are also likely to develop risky behaviours such as smoking, alcohol abuse, and drug abuse. Anger and aggression are highly noxious or harmful agents in a family environment. Living with irritable and quarrelling parents and being exposed to violence and abuse at home contributes to mental and physical health problems in childhood, with lasting effects in the adult years.



Figure 1.6: This street child in Bangladesh has a dull future

Health and Sanitation

In 2009 Papua New Guinea was affected by a cholera outbreak that spread across eight provinces with approximately 14,000 cases reported in health facilities and communities. Cholera is a disease which results from poor sanitation or unhealthy living environments and poor water quality. Available statistics from the national health department indicate the following about the status of sanitation in Papua New Guinea:

- Thirty-three percent of people in rural areas use an improved water drinking source.
- Forty percent of people nationwide use an improved water drinking source.



- Forty-one percent of people in rural areas use an improved sanitation facility.

Generally, quality drinking water is not available to the entire population of PNG. In fact the majority of the country's population use contaminated or poor quality water for drinking and cooking.

Likewise, hygiene and cleanliness are two things that many in Papua New Guinea fail to look after. That is why diseases such as cholera, typhoid and diarrhea continue to threaten the nation's health.

General access to health care

Papua New Guinea had one health worker (doctors, midwives, nurses and community health workers) for every 1,000 residents in 2008, according to the World Health Organisation (WHO). For a national population growing at 2.7 percent annually, according to the most recent census in 2000, local health centers lack workers and resources.

The vast majority of women live in rural areas, but the rural health service is not there and is not functioning effectively for various reasons. There is no support and no equipment. Even if there is some support in place, bringing rural women by boat, foot or road complicates increases the risk.

According to the 2000 national census, almost nine out of ten people nationwide live in rural areas. But the number of health staff in rural health facilities declined by around 25 percent between 1987 and 2000.

How serious are these issues in PNG?

According to the World Health Organisation (WHO), Papua New Guinea has the worst health status in the Pacific region. PNG ranks 157 out of 187 countries on the UN's Human Development Index. This is worse than some of the poorest countries in Asia and Africa.



Figure 1.7: Patients in a PNG urban hospital

For a population of more than seven million, PNG has less than four hundred doctors of which only fifty-one percent work outside Port Moresby, despite eighty-five percent of



people living in rural areas. That is one doctor per 17,068 people, compared to one per 302 in Australia.

There is also a critical shortage of health workers – just 0.58 per 1,000 people, compared to 2.5:1,000 (specified by WHO) simply to maintain primary care. Some of the most troubling health statistics include:

- **Maternal mortality:** PNG’s maternal mortality ratio is worse than India’s, with almost half of all women giving birth without the assistance of a doctor or a midwife.
- **Infant mortality:** 5.5 percent of babies will die before age 2 (UNDP estimate)
- **Communicable diseases:** Tuberculosis, malaria and other communicable diseases cause 62 percent of deaths nationwide.
- **Water-borne diseases:** Only 33 percent of rural people have access to clean water, a major factor in the 2009 cholera outbreak that affected 14,000 people. Diarrhea is the seventh biggest killer nationwide.



Learning Activities 12.2.1.1

1. List two problems faced by urban settlers in Papua New Guinea. Also state the causes of these two problems

2. Identify two effects of domestic violence on children.

3. What are the main causes of poverty in Papua New Guinea? Write down your answers.



12.2.1.2 Causes and effects of family and health issues

What causes the family health issues?

The presence of family and health problems cannot be attributed to a single factor. Indeed, biological and personal factors, relationship quality, and community context all play major roles. For domestic violence, the most consistent marker is marital conflict or discord. In this section you will learn the common factors that contribute to the family and health issues faced in the country.

Political factors

The government is the main source of services for its people. Citizens expect to receive basic government services to make living easier for them. Governments continue to perform their role of service delivery, sometimes with positive results. However, generally, the needed services do not always reach every citizen as intended. This is due to many reasons such as lack of financial support, ineffective delivery system, poor worker attitude, geographical isolation, lack of communication, etc.

One notable political change is the availability of service grants through national member of parliaments. National parliamentarians today receive District Services Improvement Program (DSIP) funds. Many Members of Parliament have used this annual development grant to build infrastructure, improve education and health services and even make direct cash handouts. Some districts have been improved while others continue to remain under-served.

When politicians fail to deliver on their duties their people suffer. There are ways in which MPs can help their people such as speaking up in parliament. The sufferings experienced by people in remote areas are very high compared to urban dwellers or those from villages closer to urban centers.

Economic factors

Economic conditions cause family and health problems. There is a very strong relationship between domestic violence, low household income, low educational level of husband and consumption of alcohol and drugs. There is also a relationship between women's educational levels and domestic violence as well as family health issues.

Families on low-incomes are prone to family and health issues. The ability to earn a decent income is vital to family stability and health. Relationships become healthy when the family is on a constant source of income. The family can use that income to keep to a decent living by meeting all their basic needs such as food, clothing and accommodation. On the contrary, families who are on a very limited income face difficulties in living on a daily basis. Families with no source of income are the worst affected.

**Gender factors**

The root cause of domestic violence and family health problems is gender inequality. Violence in the family is an indication of deeply rooted gender power inequalities that are enforced by culture or tradition. For example, many men in PNG say that they are entitled to use sexual, physical and/or psychological violence to control their partners' behavior. This belief has led to alarming rates of domestic violence and other related problems.

Cultural factors

Power dynamics and gender roles may have a negative impact on a woman's health and her ability to seek health care. Gender inequalities play a role across many cultures in women's ability to obtain needed medical care for sexual and reproductive health concerns. In many cultures, a woman must receive permission from her husband, father, or mother-in-law to receive sexual and reproductive health care.

Cultural restrictions are very high in developing countries. In Malawi, for instance, gender roles determine the ability of men and women to access health care. Women in Malawi, as in a number of other developing countries, have less power over how much they can spend for health care. In Afghanistan, men continue to prevent women from receiving health care at hospitals with male staff. In Turkey, a pregnant woman must also seek permission from her mother-in-law and/or husband to seek health care.

In Papua New Guinea we also have similar cultural restrictions or taboos that contribute to the high maternal health deaths and complications. Only recently, there are some changes in the attitudes of mostly educated people in PNG, especially men.

Administrative Factors

The government's service delivery system is the Public Service. The public service machinery or system is the single largest organization in the country, employing thousands of people and dealing with a wide range of government programs and services. The government provides resources for the public service through its annual national budget to deliver public services.

Questions continue to be raised by people in and outside of the country about the efficiency of PNG's public service system. Of concern to many people is that not every service is delivered on time and in full to the people. Some services are never delivered at all. Unless the service delivery system works effectively, PNG will continue to see many services lacking in rural areas. As a result family and health issues will continue to remain as a threat to the people of the country.

What causes health issues identified above?

Many factors combine to affect the health of individuals and communities. Whether people are healthy or not, is determined by their circumstances and environment. To a large extent, factors such as where they live, the state of our environment, genetics, our income and education level, and our relationships with friends and family all have considerable impacts



on health. On the contrary, more commonly considered factors such as access and use of health care services often have less of an impact.



Figure 1.8: Rural mothers and children face huge health challenges

The context of people's lives determines their health. Individuals are unlikely to control many of the determinants of health. These determinants are categorised under three headings as given below.

The social and economic environment

- Income and social status – higher income and social status are linked to better health. The greater the gap between the richest and poorest people, the wider the differences in health.
- Education – low education levels are linked to poor health, more stress and lower self-confidence.
- Social support networks – greater support from families, friends and communities is linked to better health.
- Health services – access and use of services that prevent and treat diseases influences health.

The physical environment

- Physical environment – safe water and clean air, healthy workplace, safe houses, safe communities, etc. contribute to good health. People in employment are healthier than the unemployed.
- Culture – customs and traditions, and beliefs of the family and community all affect health of the people.



The person's individual characteristics and behaviors

- Genetics – inheritance plays a part in determining lifespan, healthiness and the likelihood of developing certain illnesses.
- Personal behavior and coping skills –balanced eating, keeping fit and active, smoking, drinking, chewing buai, and how we deal with stress and challenges all affect health.
- Gender – men and women suffer from different types of diseases at different ages

Medical causes of maternal death in Papua New Guinea are known and cheap to prevent, but a major issue is a lack of access to services. Below are the common diseases that lead to maternal death:

- Hemorrhage – infections following childbirth, miscarriage, abortion,
- Tubal pregnancy
- Anemia and poor nutrition
- Acute infections
- Malaria
- Tuberculosis
- Gender-based violence, etc.

The death or chronic ill health of a mother increases the probability of death and poor growth and development of her children. Therefore, improving financial and geographical access to good quality of care in health centers is important in any poverty eradication strategy.

What are the effects of family issues?

Low income families face severe problems meeting their basic needs such as food, health care, and shelter. Pressures resulting from low income lead to poor family relationships, conflict, child neglect and abuse and partner violence.

Children and youths from poor families are very vulnerable as they undergo critical development transitions. These changes have very profound and lasting effects on the mental health of our nation's children and youth. It causes problems in terms of anxiety, lowered self-esteem and other behavioral/emotional difficulties.



Effects on children

Many families in the country are poor. An increasing number is living below the poverty line. Most of the poorest families are struggling to survive in communities that have a lack of public resources, economic opportunities and political power. As a result these families are separated or isolated further from the mainstream society.

Millions of children who are poor are particularly vulnerable to the effects of poverty. Children are likely to be abused because of the stressful conditions parents face. Families are isolated further by violence and crime that are concentrated in low income areas.

The lack of safe and adequate playing grounds for children is very common in poor communities. Children from poor families are less likely to participate in sports or after-school activities. Economic, social and health facilities are poor in these areas, leading to severe levels of poverty. This further has a damaging impact on the intellectual, emotional and physical development of children.



Figure 1.9: Street Children Selling Items in Port Moresby

Children who come from poor families have high rates of hospital admissions, disability, and death rates. They have inadequate access to preventive, curative and emergency care. They are frequently affected by poor nutrition, poor housing, low education and poor socialization.

Effects on women

Of all the human development indicators, the greatest discrepancy between developed and developing countries is the risk of maternal death. There is a real need to recognize maternal health as an essential contributor to economic and social development. It is not just the responsibility of the health policy-makers, medical professionals and public health experts but also those working on education, human rights, micro-enterprise, HIV, child health, community development, and a range of other development sectors.



Learning Activities 12.2.1.2

1. How does poverty affect the health of the family?

2. How does gender inequality affect the health of women in Papua New Guinea?

3. Do you think the government of Papua New Guinea is taking sufficient action to control the health problems faced by people in the country? Explain your answer.



12.2.2 Rights Of The Family And The Child

12.2.2.1 Save the Children, UNICEF, PNG Law, UN Declarations and Rights of the Child, Ministry of Community Development

Save the Children

Save the Children is a non-government organisation established internationally to protect children's rights. It is found in major cities and towns of PNG, to give abused children hope and protection. In many parts of the country children's rights are disrespected and abused.

The work of Save the Children includes:

- Provide lifesaving supplies and emotional support for children caught up in disasters like floods, famine and wars
- Campaign for long-term change to improve children's lives
- Improve children's access to the food and healthcare they need to thrive
- Secure a good quality education for the children who need it most
- Protect the world's most vulnerable children, including those separated from their families because of war, natural disasters, extreme poverty and exploitation
- Work in the poorest countries to help families out of the poverty cycle, so they can feed and support their children.

By working with other organisations, Save the Children has played a role in reducing child deaths in recent years, from 12 million a year to 7.6 million a year.

UNICEF

United Nations International Children's Emergency Fund (UNICEF) has been operational in Papua New Guinea since 1986, assisting children and women in key social development issues. The current UNICEF Country Programme 2008-12 is human rights and results-based, with a focus on adopting a program approach and working in full partnership with the government. It advocates strongly for children's rights and seeks to make good use of resources of the Papua New Guinea Government and other development partners and stakeholders. The UNICEF Country Programme is focused on four outcome areas where UNICEF has a comparative advantage in programming and as a development partner. Those four areas, also referred to as 'social indicators' are:

- Health, Nutrition and Water and Environmental Sanitation (WES)

- Education
- Child Protection
- HIV/AIDS



Figure 2.1: UNICEF staff in action

City Mission

City Mission is a private organisation operating in Port Moresby and Lae. Its mission is to provide general care and support to street children. City Mission has so far saved many abandoned children through its programs. This group of children include orphans, homeless children, abandoned and abused children who survive on the streets. City Mission continues to take these children in, feed and accommodates them and places them in skills training institutions.

Former street children who came through City Mission were given basic education and training to fit back into the society. Most of them are now in employment after acquiring valuable skills training. As a private, non-profit organisation, City Mission depends of donations from individuals and corporate bodies to keep it functioning.



Figure 2.2: Every Child has a Right to a Home

Kids Alive International

This is a non-governmental, faith-based international organisation that aims to rescue orphans, street children and other abandoned children and meet their spiritual, physical, educational and emotional needs. It provides education, nutritious meals, medical care, and Christian love to children throughout the world.

It opened up its PNG office in East and West Sepik provinces in 1992 where it continues its operations. Its aim is to give abandoned children a decent life and a chance to live a normal life. After rescuing and raising them, the organisation aims to send them back into their communities as contributing members of their society and witnesses to their family and community.

It is guided by the following three pillars:

1. Rescuing Homeless Children.
2. Giving the Gift of Education
3. Strengthening Communities

Child Fund (PNG)

Child Fund (PNG) is an independent international child-focused development agency. It was formerly known as Christian Children's Fund and is based in the United States. It uses donations from individuals and organisations in the U.S. to provide assistance to deprived, excluded and vulnerable children in 30 countries including Papua New Guinea.



It works in partnership with children and their communities to create lasting and meaningful change in the community. It does that by supporting long-term community development and promoting children's rights.

The PNG branch is located in Port Moresby and has programs which are currently being rolled out in other provinces. It aims to create awareness in communities throughout the country on issues affecting children such as violence against children and inhuman treatment such as rape, child labour, etc.



Learning Activities 12.2.2.1

1. State three ways in which 'Save the Children' helps children in Papua New Guinea.

2. What does UNICEF stand for and how does it help children in the world?

3. How does 'City Mission' find the money to carry out its activities? Is it similar to other non-government organisations?

Susu Mamas

Susu Mamas PNG is a non-government organization that was formed over 30 years ago to support and promote best feeding practices for infants and young children in PNG. Susu Mamas now has health facilities in Goroka, Lae, Mt. Hagen, and Port Moresby. The emphasis is on the provision of integrated Family and Youth health services. Their services are mainly delivered at urban clinics, rural and settlement outreach clinics and joint services with other government and NGO health care providers.



Figure 2.3: Susu Mama Staff at Work

Staff of Susu Mamas provide free education and counseling to mothers in the following key areas:

- Breast feeding
- Nutrition
- Infant feeding including HIV positive mothers
- Hygiene
- Antenatal and postnatal care
- Immunization
- Family planning
- Voluntary counseling and testing (VCT)

Marie Stoppes

Marie Stoppes PNG (MSPNG) is affiliated to Marie Stoppes International. It is one of few organisations specializing in sexual and reproductive health care in Papua New Guinea. It was first established in 1996 in the National Capital District and Central Province. It provides quality sexual and reproductive health care and family planning services to the underserved population of Papua New Guinea.

It has local nurses and midwives that deliver vital sexual and reproductive healthcare services. It has centers in Port Moresby, Mt. Hagen, Lae, Goroka, and Madang. However, it does conduct extensive outreach programs into other nearby centers.

Marie Stoppes conducts nearly half of its services through mobile outreach using fully equipped clinical teams. It visits villages in ten different provinces in the country. Because

rural people have difficulty accessing health services and facilities, Marie Stoppes provides highly specialized services. This really helps by cutting down on the cost for their clients.



Figure 2.4: Marie Stoppes at work in the community

Marie Stoppes targets mostly young people under the age of 24 who lack knowledge on reproductive health and the associated risks. Through its services such as 'The Yangpela Hotline' and 'Well Youth Checks', it provides confidential, youth specific services in a safe and non-judgmental environment. Through rural outreach teams, urban centers, social marketing and training to public and private health workers, MSPNG ensure the individual's fundamental rights to have children by choice, not chance.

Churches and Faith Based Organisations

Churches and Faith Based Organisations (FBOs) do provide some of the most basic and vital services to enhance the livelihood of mothers and children. They also have health and education services throughout Papua New Guinea. Among their projects are those that aim to protect children's rights.

Some of their services involve counseling for the youth, mothers and even fathers. They not only target their members but extend the service to other Papua New Guineans. Through such programs many people have been saved from leading disastrous or risky lives. Their work is on-going in the urban and rural communities.

PNG Law

The national government of PNG plays a major part in passing laws to protect women, children and families. It also adopts international agreements and laws which aim to protect families. An important law the government of PNG passed in 2007 is the 'Lukautim Pikinini' Act, later amended in 2009. This law protects children from all forms of abuse including: rape, molestation, child labour, physical abuse, deserting, etc.



Another important law is the 2013 Family Protection Act which criminalises domestic violence. This law represents an important opportunity to improve the lives of women and children.

The government has also passed other important laws to protect women and families in general. As the overall regulating body and legislator, the government has an important role to safeguard its citizens through legislation or laws.

The government has also established important bodies that look into various laws concerning the rights of women and children. Two of these organisations are: Law and Justice Sector and PNG Law Reform Commission.

Ministry of Community Development

This government department deals with the five pillars: youth, women, community development, religion and sports. It aims to develop policies, programs and projects that specifically support the various pillars of the ministry.

There are already existing programs which the ministry supports. For example, the National Youth Service is an established program which the ministry supports through funding and other support services. There are also community empowerment programs and projects which are established through mutual partnership with various local communities.

Women's health, education, welfare, economic participation and improvement programs are currently running in the country. The ministry provides funding and other logistical support to these programs. It also aims to promote gender equality in communities, schools, churches and other such venues.

UN Declarations and Rights of the Child

United Nations Convention on the Rights of Children

The Universal Declaration of Human Rights is the basis for all international legal standards for children's rights today. There are several conventions and laws that address children's rights around the world. A number of current and historical documents affect those rights, including the 1923 Declaration of the Rights of the Child, which was adopted by the United Nations in 1946. It later served as the basis or foundation for the Convention or agreement on the Rights of the Child.

The UN's 1989 Convention on the Rights of the Child

The United Nations' 1989 Convention on the Rights of the Child, or CRC, is the first international document covering the full range of human rights – civil, cultural, economic, political, and social rights. It is up to a national government to adopt (ratifies) it and make a commitment to carry it out.

The CRC is based on four core principles, namely:



- the principle of non-discrimination,
- the best interests of the child,
- the right to life, survival and development, and
- considering the views of the child in decisions which affect them.



Figure 2.5: This child has rights just as any other human beings

Vienna Declaration and Programme of Action

The Vienna Declaration and Programme of Action encourage all nations to take action using their available resources. These national action plans and international efforts aim to reduce infant and maternal mortality rates, malnutrition, illiteracy rates and providing access to safe drinking water and basic education.

Others includes; exploitation; infanticide; harmful child labour; child prostitution; sale of children and child organs; and child pornography. All nations of the world have a duty to make sure that their children are safe from such problems and conditions.



Learning Activities 12.2.2.2

1. What is the main objective or purpose of 'Susu Mama'?

2. Do you think children in PNG are safe from diseases and family violence? Explain.



12.2.3 Who Advocates For Family And Health?

12.2.3.1 The agents and their functions

What is advocacy?

Advocacy is defined as a set of actions undertaken by a group of committed individuals or organisations to introduce, change, or obtain support for specific policies, programs, legislation, issues or causes. There are different levels of advocacy; some providing more general information and communication efforts. Others take up behavior-change communication programs.

The objectives of behavior-change communication, for example, are to develop positive attitudes that promote and sustain individual, community, and societal behavior change and to maintain appropriate behavior.

Sometimes, advocacy can be aimed at introducing new policies or changing an existing policy, program or legislation. It also can involve shifting the position of influential individuals or organisations on a specific issue.

In the earlier sections we have not only identified the common family and health issues, but we also learnt about those organisations that deal with these problems or issues. Some of these are government departments and agencies. Others are non-government bodies or organisations. Non-government organisations can be international development partners representing foreign governments or global organisations.

Advocates for family

A. Government

The government is the principle advocate for family and health issues. It does that through the policy and planning responses. Some of these new policies include: the National Family Planning Policy, National Sexual and Reproductive Health Policy and the National Population Policy. There are other similar policies aimed at improved response to domestic and sexual violence with changes to legislation on rape and sexual abuse and domestic violence. This will also specify the court processes for women in violent situations.

There are also strong signs of increasing political will with the establishment of the Papua New Guinea Parliamentary Group on Population and Development in 2008. Hopefully this group will develop some plans to tie in development with the rate of national population growth. If population growth exceeds development then soon there will be many social, political and economic problems for the country.

It is also good news that some individual members of parliament are establishing family planning and HIV management models to share with other members. There are also



signs of increased community interest and focus on population planning and resource matching, resulting from land issues, school fee expenses, lack of jobs, poverty and social unrest. Such initiatives must increase further to address the real issues facing the people.

B. Non-Government Sector

Organisations in the non-government sector are actively involved in promoting the health of mothers and children. Non-government organisations are usually self-funded and program-driven. That means that they are independent bodies that raise their own funds to carry out one or two specific health programs. Most of them are funded by other organisations or individuals, but not necessarily by the government.

Non-government organisations have specific programs or activities. These programs or activities determine their organizational structure, their events, administration, etc. They work in partnership with the government, international bodies and other non-government organisations. Some of these key organisations were already covered earlier on in this sub unit.

Locally based non-government organisations are based within the country. They could be small, medium or large in size. For example, Susu Mama and City Mission are local based organisations. Also, churches and faith based organisations are local-based except for some.

Regional and International Organisations

International organisations such as the United Nations (UN), World Health Organisation (WTO), World Bank (WB) and United Nations International Children's Emergency Fund (UNICEF) have programs for health and education. Some of them directly deal with specific health and education programs for mothers and children.

Their headquarters are based in the developed regions and countries such as Europe, North America, Australia, New Zealand and Japan. They play key roles in development funding and programs for developing countries. Usually their key areas of concern are health, education, human rights, gender and human development.

Bi-lateral and Multi-lateral Relationships

The PNG government has formal relationships with many countries including Australia, New Zealand, U.S.A., Japan, China, India, United Kingdom, and so on. This type of relationship is called bi-lateral relationship because it involves only two countries. Papua New Guinea has very strong bi-lateral relationship with Australia and New Zealand. Australia is the single largest donor country for PNG. New Zealand, Japan, China and the United States also help Papua New Guinea through aid programs.

A relationship between more than two countries is called a multilateral relationship. Most of these relationships are found within inter-governmental organisations such as the United



Nations (UN), World Trade Organisation (WTO), World Health Organisation (WHO), G8, G20, International Security Council (ISC), Organisation of Petroleum Exporting Countries (OPEC) and Organisation for Economic Cooperation and Development (OECD). The government of PNG has relationships with these organisations which enable it to access funding and other support for specific development programs.

International and Regional Organisations

In the region, Papua New Guinea is a member of the Pacific Island Forum (PIF), the Asia Pacific Economic Cooperation (APEC), the Association of South East Asia (ASEAN) and Melanesian Spearhead Group (MSG). These regional groups also have development programs for key areas such as environment and conservation, health, education and human development.



Learning Activities 12.2.3.1

1. What does the term 'advocacy' mean?

2. State one way in which the government advocates for families in Papua New Guinea.

International Advocates for Health

The World Health Organisation (WHO)

World Health Organisation is a body of the United Nations (UN) responsible for directing and coordinating health internationally. WHO has come to play a vital role in the field of international public health and international public health policy. Since its formation in 1947, WHO continues to be a world leader of international health and made some important contributions including the elimination of Smallpox in 1979.

The focus of WHO's work has shifted over time. This is because of its broad scope of mandate or responsibilities. However, there are six core functions of WHO that became the focus between 2006 and 2015. These functions are:

1. Providing leadership on matters critical to health and engaging in partnerships where joint action is needed.



2. Promoting and carrying out research to generate, translate and make available valuable knowledge for public access.
3. Setting norms and standards and promoting and monitoring their implementation.
4. Promoting or supporting ethical and evidence-based policy options.
5. Providing technical support, supporting change and building sustainable institutional capacity.
6. Monitoring the health situation and addressing health trends.



Figure 3.1: WHO staff vaccinating a child

United Nations International Children’s Emergency Fund (UNICEF)

UNICEF is a leading humanitarian and development agency working globally for the rights of every child. Child rights begin with safe shelter, nutrition, protection from disaster and conflict and traverse the life cycle: pre-natal care for healthy births, clean water and sanitation, health care and education.

UNICEF has spent nearly 70 years working to improve the lives of children and their families. Working with and for children through adolescence and into adulthood requires a global approach to produce results and monitor their effects. UNICEF also lobbies and partners with leaders, thinkers and policy makers to help all children realize their rights – especially the most disadvantaged.

Basic Service Areas:

- Child protection and social inclusion

It covers adolescent development, child protection, children with disabilities, non-violent methods, environment and climate change and social inclusion.

- Child survival



This covers early childhood development, health, HIV/AIDS, immunization, nutrition and water and sanitation.

- Education

This covers basic education and gender equality, girls' education, innovation for education, learning for peace and out-of-school initiatives.

- Emergency and humanitarian action

This includes the role played by UNICEF in emergencies

- Investing in girls and women

This covers general investment in girls.

UNICEF believes that all children have a right to survive, thrive and fulfill their potential – to the benefit of a better world. That means equal access to services and care that can make all the difference in children's lives. It involves working to achieve gender fairness and equality.

Global Health Council (GHC)

GHC is comprised of organizational members and hundreds of individuals; all committed to the mission of improving health globally through increased investment, robust policies and the power of collective voice. Sectors represented include:

- Non-profit international development organisations (NGOs)
- For-profit international development organisations (Contractors)
- Corporations/Private Businesses
- Faith-based Organisations
- Universities
- Foundations
- Individuals

The organization serves to raise awareness and mobilise funding for global health issues while carrying out important work from innovation through implementation. In 2014, GHC member organisations:

- Operated in more than 150 countries worldwide
 - Supported programming in family planning, HIV/AIDS, Nutrition, and many others.
-



- Had combined annual revenue of over \$40 billion.

Because GHC has a diverse membership base, its presence is felt in nearly every country of the world. GHC also works closely with other international organisations that are equally concerned about global health. These include coalitions and alliances, government agencies and multilateral institutions.

CARE International

Care stands for 'Cooperative for Assistance and Relief Everywhere.' Care is an international non-government organization that works in more than 84 countries to bring relief to people in emergency situations.

CARE undertakes advocacy at different levels from local communities to international institutions. In different countries, CARE aims to influence local and national policies by working closely with decision-makers. Internationally, CARE aims to influence regional and international processes that have an impact on the lives of the poorest people of the world. CARE helps communities and grassroots movements to support people to claim their basic human rights. CARE also works in partnership with other stakeholders such as civil society networks, governments and the private sector.



Figure 3.2: Care International Worker with Patient in PNG

CARE recognizes that women play an important role in the global fight against poverty. Therefore, its advocacy focuses on gender equality and women's empowerment.

CARE focuses on the following priority areas:

- Women,
- Peace and security,
- Women and food security,



- Sexual, reproductive and maternal health, and
- Gender and climate change.

Doctors Without Borders/Medecins Sans Frontieres (MSF)

MSF is an international organization aimed at helping people in need, delivering emergency medical aid to people affected by conflict, epidemics, disasters or exclusion from health care. It sends out medical teams to work in various countries, providing services that range from basic vaccination campaigns, to mental and pediatric care, to fighting neglected diseases, to complex surgery. MSF also advocates for affordable, high quality medicines for the world's poorest people.



Figure 3.3: MSF Staff in Emergency Situation - PNG

This organization is already in Papua New Guinea, serving the people's health needs. Below are the main areas of response provided by MSF.

- A. Access to Medicines:** MSF campaigns to challenge the high cost of existing medicines and the absence of treatment for many of the diseases.
- B. Cholera:** Cholera often breaks out when there is overcrowding and inadequate sanitation. It causes diarrhea and vomiting which can lead to death. MSF advocates for cleaner environments to avoid cholera.
- C. Ebola:** Ebola is one of the world's most deadly diseases. It is a highly infectious virus that can kill up to 90 percent of the people who catch it. MSF sends teams to Africa to deal with Ebola.
- D. HIV/AIDS:** Since its discovery in 1981, HIV/AIDS has killed more than 25 million people worldwide. SMF has programs to deal with HIV/AIDS.



- E. Malaria: Every year, malaria kills around 660,000 people and infects more than 200 million. Ninety percent of these deaths occur in Africa. SMF deals with malaria prevention.
- F. Malnutrition: Eight children die every minute because their diet lacks essential nutrients. They will continue to do so unless food aid changes. SMF advocates for better food policies in different countries.
- G. Measles: Measles is a highly contagious viral disease and one of the leading causes of death among young children. In 2014, MSF treated 33,700 for measles and vaccinated more than one million people in response to outbreaks.

Child Family Health International (CFHI)

The impact of CFHI includes community-based empowerment and development. It also educates the next generation of global health leaders, change agents, as well as advocating for appropriate global health programming. Its key activities are presented in the table below.

Key Activity	Description
Advocacy and Research	Through advocacy and educational tools, CFHI stimulates discussion and exchange of ideas in international education circles.
Community Health Projects	CFHI Community Health Projects build the passion within resource-restricted communities. They use a community engagement approach that focuses on strengths rather than needs and weaknesses.
Community Health Education Programs	In consultation with the United Nations, CFHI is a leader in community-based global health education programs that help participants in existing health systems. It also promotes local medical and public health professionals as global health experts.
Local Capacity Building	CFHI recognizes local health workers and community leaders as important contributors to the global health education movement and experts at the community level. CFHI works with international communities to build partnerships and community advocacy.

Table 3.1: Key activities of Child Family Healthy International (CFHI)



Bill and Belinda Gates Foundation

The Bill and Belinda Gates Foundation advocates for access to high quality contraceptive information, services and supplies to women and girls in the poorest countries of the world. It achieves this through its Family Planning program.

In 2012, a London Summit on Family Planning brought together governments, international agencies, civil society organisations, foundations and the private sector to commit to expanding access to voluntary family planning. The resulting global partnership is called Family Planning 2020 (FP 2020). This has created global support for access to contraceptives and promoted collaboration and innovation in family planning efforts.

The Clinton Foundation supports national governments that have committed to the goal of PF2020 and are leading the development and implementation of their own country-specific plans. Papua New Guinea is one of many countries that have committed itself to PF2020.

The Foundation also works to increase funding and improve policies for family planning, create partnerships to expand contraceptive access, and develop further research to close knowledge gaps.



Figure 3.4: Women should decide when to have a child.

The Government

The government is the principle advocate for family and health issues. It does that through policy and planning. Some of these new policies include:

- the National Family Planning Policy,
- National Sexual and Reproductive Health Policy and
- the National Population Policy.

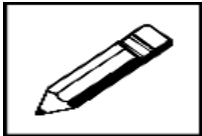


There are other similar policies aimed at improved response to domestic and sexual violence with changes to legislation on rape and sexual abuse and domestic violence.

There are also strong signs of increasing political interest with the establishment of the Papua New Guinea Parliamentary Group on Population and Development in 2008.

It is also good news that some individual members of parliament are establishing family planning and HIV management models to share with other members. There are also signs of increased community interest and focus on population planning and resource matching, resulting from land issues, school fee expenses, lack of jobs, poverty and social unrest.

The government also receives support from its development partners such as AusAid. AusAid continues to support family and health issues in the country through funding and direct program initiatives.



Learning Activities 12.2.3.1

1. State the difference between 'bi-lateral' and 'multilateral' relationships. Also provide examples of each.

2. What do you think is the main function or purpose of UNICEF?

3. How does the 'Bill and Belinda Gates Foundation' help families of the world?



12.2.4 Maternal And Child Health

12.2.4.1 Reasons for very high maternal mortality rate

The 2006 Demographic Health Survey revealed that about 80 percent of women get at least one antenatal visit, but only 36 percent receive adequately supervised delivery. It is one of the lowest figures in the world. No wonder maternal death is very high in Papua New Guinea.

If they survive pregnancy and childbirth women have a good chance of outliving most men. The life expectancy at birth in Papua New Guinea is 64 years for women and 60 years for men according to the WHO in 2009. However, for a variety of reasons far too many women never reach their potential life expectancy.



Figure 4.1: Safe Delivery of a Child is Important

To add to these realities is the fact that Papua New Guinea has a terrible maternal mortality rate of 731 deaths per 100,000 live births according to the 2006 Demographic Health Survey. The total fertility rate is 4.3. This means that each girl in Papua New Guinea has a lifetime risk of dying of a pregnancy related cause of 1 in 16; in the more remote areas of Papua New Guinea. These numbers could be doubled and about 1,460 women die each year or about 4 each day. This is the worst in the South Pacific and the whole of Asia and Oceania.

12.2.4.2 Reasons for very high child mortality rate

Lack of immunization and vaccination

Many children in Papua New Guinea die because of lack of vaccines and immunization. Immunization can save a child's life. The child is protected against more diseases than ever before due to advances in medical science. Polio, for instance has been completely eliminated in PNG because of vaccines and immunization. Vaccination is the most cost effective and safest method of protecting children from preventable diseases.

Lack of access to health services

Access to health services continues to be a problem for the eighty percent of the national population that live in rural areas. The number of health workers such as doctors and nurses



is very low compared to the national population. In rural areas this number is critically low. This problem is compounded by the geographical isolation facing many rural people. With these problems still in place children have a very less chance of surviving in areas where access to health services is difficult?

Lack of neonatal and postnatal health care

This form of health care is given to mothers specifically to boost a baby's chances of surviving before, during and after birth. Unfortunately not all mothers and babies have access to neonatal and postnatal health care because of problems such as low number of health workers, lack of health services and geographical isolation. As a result many children die during and after birth. Many mothers have also died from the lack of this service.



Figure 4.2: Pregnant mother at antenatal clinic

Poor nutrition for baby and mother

Children who fail to eat three balanced meals a day are prone to diseases and risk dying. In Papua New Guinea where many families lack regular incomes children never get to eat three balanced meals a day. Mothers also need three balanced meals a day during pregnancy and after delivery. But that is also missing for many families in the country. As a result many children become malnourished and face death.

Lack of hygiene and sanitation

Many children in Papua New Guinea died because of poor hygiene and sanitation. Proper hygiene and sanitation are critical to good health. Unfortunately, many people do not seem to care about hygiene and sanitation. Many more children will die in the coming years if the hygiene and sanitation issues are not addressed.

Lack of proper family planning

Family planning in Papua New Guinea remains as another health issue that needs to be properly addressed. At present it is not given much thought because people are either ignorant or they are bound by cultural practices. Lack of family planning affects children and mothers and their health. It also affects the family's ability to survive.



Poverty

Poverty is a condition of resource scarcity which leads to extreme neediness. Low levels of education and employment further increases poverty. Unplanned rural-urban migration also leads to urban poverty. Poverty therefore affects the health and lives of many children in the country.



Figure 4.3: Papua New Guinea mothers with children at a clinic



Learning Activities 12.2.4.2

1. State one reason why maternal death in Papua New Guinea is among the highest in the world.

2. Whose role is it to address or prevent the high maternal death rate in PNG? Explain.



12. 2.4.3 Cultural taboos that damage health of child and mother

Cultural taboos are traditional restrictions placed on women and children. While taboos have their place in the society, they sometimes can discriminate against women and children. Most taboos are closely associated with the traditional gender roles and responsibilities. For example, a woman has her place carved out in the society based on gender. She must conform to the social norms and perform the gender roles expected of her. There are certain things that she cannot do or touch. The same may apply to children.

Deep-rooted cultural attitudes and restrictions work against women and children and their health in many countries. Negative taboos or restrictions place women at a disadvantage when it comes to the prevention of maternal and child health. Some of these taboos are very oppressive in nature and discriminate against women and children. This is true for both primitive and modern societies where cultures are still practiced.

During traditional times the highlands custom generally placed women in the lower ranks of the society. Women were not allowed to mingle with men when they experienced their menstrual cycle. They had to live in separate houses and refrain from sharing cooking utensils and even the fire place. A similar restriction was placed on women who recently gave birth. Women were allowed to fit back into the society some months after giving birth. This is an example of a cultural taboo that discriminated against women. Today such taboos are not as strictly enforced as they used to be.



Figure 4.4: PNG highlands women are placed at the bottom of the traditional society

Real change requires addressing underlying factors, including gender inequality and violence that undermines the health of women and girls throughout their lives.

Changing restrictive gender roles and addressing deep-rooted power inequalities can be a slow and gradual process. Nevertheless, many countries have in place programs and policies to drive the changes in gender norms and power balance. Improvements in the lives of women and their families are being seen happening in some countries such as those in Asia, Pacific, Africa and South America.



12.2.4.4 Strategies for improving maternal health

1. Training village health workers and mid-wives

Eighty percent of Papua New Guinea's population still lives in rural areas. This is where health services are badly needed. Currently rural health services are generally in a rundown state.

The government should focus on the health of mothers and children. Health professionals should train village-based health workers and mid-wives. These trained people can provide primary health care for rural mothers and children. Village-based birth attendants and health workers must also be properly resourced after training is provided.

2. Vaccination

Vaccination is a preventative measure which is used especially on children. It prevents children from developing serious diseases such as polio, measles, malaria, hepatitis and others. Vaccination is very important for children because they are very vulnerable to life-threatening diseases as those mentioned above. A vaccinated child stands a better chance of living through to a stage where he/she can develop immunity against such diseases.

Vaccination programs in the country continue to be located in the urban areas. Mothers and children must visit an urban clinic to receive vaccination. But access to this service is most often affected by factors such as distance, transportation and cost. The only other alternative is to bring the program to the rural areas.

3. Family planning

Family planning is of some concern to the government because it concerns population growth. One of the aims of PNG is achieve and maintain a family planning prevalence of 80 percent of couples. It also is an aim to achieve a total fertility rate of about 2.3 percent. If the population growth rate is not reduced and stabilized soon enough, the country will experience many problems of which maternal health crisis is one.

The key objective of family planning is to have a healthy and happy family. It helps parents to have children by choice and not by chance. At the moment partners such as churches, NGOs and the government are pushing this program forward. This must continue until the majority of Papua New Guineans understand the benefits of family planning and put it into practice.



Figure 4.5: Proper birth-spacing is an important part of family planning

4. **Awareness to communities on caring for pregnant women**

This is an important area of maternal health in communities. It involves not only the physical aspect of caring but also the mental attitude towards pregnancy. Pregnancy is viewed as a good thing by parents and relatives. It gives hope for the continuation of the family lineage. It also brings satisfaction to the community where marriages are arranged and bridal payments are made.

The physical aspect of caring involves protection from harm and danger and the provision of food and other resources. This is usually done by the husband or relatives. But sometimes physical care is absent for various reasons. Teenage pregnancy, for instance, may not be given the same amount of care and support. It may be viewed as a negative behavior by the community. Such stereotyping and discrimination should be stopped. It requires people to change their attitudes and show compassion and care towards pregnant women, regardless of how, why, where and when they became pregnant.

5. **Better diet and clean water**

The mother and her child are vulnerable during pregnancy and after birth. They need good food to remain healthy. They also need clean water to drink and to bath. These are essential things that must be available for them.

In Papua New Guinea proper diet and clean water are problems. Traditional food is highly recommended for mothers and children. In rural areas there is abundance of traditional food. Also, in many rural areas, there is a good supply of drinking water from rivers and creeks. However, it is how the food is prepared and served that makes the difference. Healthy food preparation is very important.



Figure 4.6: Healthy food and clean environment are important

6. Importance of breast feeding

The best food for a baby is breast milk. Breast milk is highly nutritious for the child. It contains energy, protein and protective food elements. There is no better substitute for breast milk.

An important requirement is that the mother must be well fed with the right diet. This is because what the mother eats is transformed into the milk contained in her breasts. A child benefits directly from a healthy mother's breast milk. Poor diet leads to under-nourished mothers. An under-nourished mother is a danger to herself and her child.

Bottle-feeding is an alternative to the breast milk. Many parents with an adopted child resort to bottle feeding as the only alternative. S26 is the common milk formulation in powder form used to bottle feed. To make it healthy for a child a list of recommended steps are provided, which must be followed. If followed as recommended, the child will grow up to be healthy and strong.

7. Clean home and good hygiene

A clean home environment is very important for every child. During their infant years children are susceptible or exposed to dirt, germs and harmful objects. That is why they must be protected by the parents. It is a parent's responsibility to provide a clean home with good hygiene.

Parents must make sure that their children are playing in safe grounds. It starts inside the house and extends to the outdoor environment. Infants can take anything and swallow them if not supervised. If they swallow poisonous or dirty objects they can get sick. Also, extra care must be taken if there is water around. Some water can be unsafe for drinking if it is contaminated. Therefore, proper supervision of the child is as important as providing a clean home and good hygiene.

**Learning Activities 12.2.4.4**

1. Explain the role and importance of a mid-wife

2. Explain how good family planning contributes to a happy and healthy family.

12.2.4.5 Nutrition for mother, baby and child

Mothers and young children are the most vulnerable from a nutritional point of view. When a woman is pregnant her body has special nutritional needs. After she has given birth, she has a greater need for energy and also for the nutrients that make her breast milk nourishing to her baby. This is critical in situations where women are already malnourished before pregnancy and don't receive certain vitamins or minerals.

Some key facts from the World Health Organisation (WHO)

- Every infant and child has the right to good nutrition according to the Convention on the Rights of the Child.
- Under-nutrition is closely linked to 45 percent of child deaths each year.
- Globally in 2012, 162 million children under 5 were estimated to be stunted and 51 million have low weight-for-height, mostly as a consequence of poor feeding and repeated infections; 44 million were overweight or obese.
- About 38 percent of infants 0 to 6 months old are exclusively breastfed.
- Few children receive nutritionally adequate and safe complementary foods. In many countries only a third of breastfed infants 6-23 months old meet the criteria of dietary diversity and feeding frequency that are appropriate for their age.
- About 800 000 children's lives could be saved every year among children under 5, if all children 0-23 months were optimally breastfed.



Children have the right to a caring, protective environment and to nutritious food and basic health care. This is to protect them from illness and promote their growth and development. Malnutrition is an abnormal physiological condition caused by deficiencies, excesses or imbalances in energy, protein and/or other nutrients. Under-nutrition is when the body contains lower than normal amounts of one or more nutrients. The most pervasive form of malnutrition to date in the poorest countries is under-nutrition.

Below are some strategies that can be used to improve the nutrition for mother, baby and child.



Figure 4.7: Good food is important for the mothers and children

1. Healthy, nutritious and safe diets for pregnant and breast-feeding mothers

More than half of all child deaths are related to malnutrition, which weakens the body's resistance to illness. Poor diet, frequent illness, and inadequate or inattentive care of young children can lead to malnutrition. If a woman is malnourished during pregnancy, or if her child is malnourished during the first two years of life, the child's physical and mental growth and development may be slowed. This cannot be made up when the child is older. Rather, it will affect the child for the rest of his or her life.

As a preventive measure it is important to design healthy, nutritious and safe diets for pregnant mothers and breast feeding mothers. This means the family members must work together to provide good food for the mother and child. Some food can only be purchased while others can be home-grown. The best foods are the ones taken from the local area such as garden crops, fish, fruits, etc.

2. Pregnant and breast feeding mothers eat first

Some Papua New Guinea cultures place more emphasis on men and boys. That is why they are always given preference. One such time is during meal sharing or food distribution at feasts and parties. Men are given their share first, and usually their share comprises of the best food. Such cultural preferential treatment must be changed.

Preference should be given to pregnant and breast-feeding mothers when food sharing and other resources such as cash are being given out. Even if your culture is hard to



change, you can make a change and become a role model. You can campaign for women and children in your community.

3. Basic hygiene and clean water

Water is a necessity of life. It has to be clean and proper for human consumption. If the source of water is unclear people should boil the water before drinking it. Also, the environment in which people live must be kept clean at all times. Proper rubbish dumps must be created to keep germs away from humans. Proper toilets must also be built to serve the people well. When these measures are taken diseases such as typhoid and cholera will be avoided.

Food preparation is also an important part of good health. Good food, prepared in a healthy way will boost the health of mothers and children. That will help to keep the diseases such as typhoid and cholera away from them.



Learning Activities 12.2.4.5

1. Study your home and the surrounding environment for cleanliness. Write a one-paragraph report based on what you have observed about cleanliness in your home and surrounding environment.

2. What is the main cause of malnutrition?

3. How can malnutrition be prevented?



12.2.5 HEALTHY MARRIAGE

12.2.5.1 What is marriage?

Marriage is a union between a man and a woman such that children born by the woman are recognised as the legitimate offspring of both partners.

A marriage union is arranged, formalised, honoured and maintained according to varying practices of the society. It involves partners and their reciprocal rights and duties. These rights and responsibilities are vested in the social roles held by individuals according to their status within a particular society or group.

Husbands and wives have many roles within the context of marriage, the extended family and the society. The expectations that members of a society have of individuals in their roles are determined by social values and norms. The failure of individuals to fulfil these expectations exposes them to criticism. The expectations partners or spouses have of each other and failure to honour their obligations becomes a source of conflict.

12.2.5.2 Why people get married?

Human beings get married for various reasons. Below are the common reasons cited for people getting married.

1. **Companionship and Love**

The first reason why people get married is to fulfill the need for companionship. Humans have this natural desire or need for hanging around with other people. It is something we all need except for a few who love a solitary life. This need is well-served by marriage. It is through marriage that a man and woman get to spend their time together, doing most things together, raising children, paying for living expenses, etc. In so doing they fulfill their need for companionship.

Companionship also provides an avenue for love. As we found out in other modules, Abraham Maslow, the American psychologist has identified five categories of needs. The need for love or belonging is one of these five needs. This universal human need is well-served by marriage. It is through a marriage that true love is experienced. Through marriage couples feel that they belong to each other. This companionship, intimacy and belongingness also go to serve another need called security need. A marriage provides a secure environment for both partners to experience life.

2. **Child Bearing**

Nearly every human on the planet wants to become a parent at some point in time. They want to experience the joy of procreation – the act of producing a human being. The natural form of child-bearing occurs in a marriage or a union of a male and a



female. Human beings, as well as every other animal on the planet give birth to young offspring. It happens when the male and female come together, have sex and conceive. It is only through this process that young offspring are produced.



Figure 5.1: A happy Huli father with his child

3. To Fulfill Sexual Need

Sex is a universal human need. It is a need possessed by every human being. Some people get to experience it more often than others. But some sex is sufficient for human beings. People who are deprived of sex are likely to live miserable lives. They don't get to experience the intimacy and joy of sex.

From a religious point of view, sex is only meant for married couples. However, there is sex outside of marriage, which goes to show that humans must fulfill their sexual desires or need, even if outside of marriage. Many cultures of PNG also forbid sex outside of marriage. But these cultures are now being violated by people who seek to fulfill their sexual needs or desires at their convenience.

With HIV/AIDS around the regular health message is that sex should be restricted to only one partner. That one partner is non-better than a married partner who is faithful to his/her partner. In that way the spread of HIV/AIDS can be slowed down or prevented.

4. Convenience purposes

Some people get married for the sake of convenience. Many movie actors, singers/musicians and other celebrities openly get married, make a big publicity of it, and then break up not so long afterwards. Such cases are very common in the developed world. Here in Papua New Guinea we don't get to witness so much of this trend of marriages. However, it may not be long before it happens in our country.



Learning Activities 12.2.5.2

1. What is a marriage?

2. Which of the six purposes of marriage outlined above do you think is very important? Provide your reason for your answer.

12.2.5.3 Types of marriages

Generally, there are three forms of marriage recognized and practiced in Papua New Guinea today while the fourth one below is not recognized but is practiced:

- marriage according to custom,
- marriage according to church law and
- marriage according to State law which is often referred to as general law marriage.
- de facto relationship

Church marriages often include the registration of marriages according to the Marriage Act. In urban areas a fourth form, the de facto marriage, is an increasing occurrence, largely for the convenience of the couple involved. Many urban Papua New Guineans today do not readily recognize the distinctions made above. They even take de facto relationships as a form of legitimate marriage.

12.2.5.4 Advantages and disadvantages of customary marriages

Traditional or customary marriages have been a part of traditional Melanesian cultures for centuries. Traditional marriages are usually arranged by people. A bride price is also paid to the woman's clan or relatives as a token of exchange. The rules, norms and practices involved have been passed down through time and have become culture. Today, in Papua



New Guinea, despite modernization, traditional marriages are still taking place. A small number of marriages are arranged in a modern way through proper wedding ceremonies followed by the optional signing at the office of the Civil Registry.

The debate over traditional marriages continues in Papua New Guinea. Supporters of traditional marriages argue that this is the best type of marriage. They offer the advantages for traditional marriages to support their position. On the other hand, opponents of traditional marriages strongly criticize the practice. They also have genuine reasons for the stand they take.



Figure 5.2: Traditional highlands bride with her bride price at the background

In order to develop a clear and informed opinion, we need to study the advantages and disadvantages of traditional marriages.

Advantages:

1. **Bride is handpicked by people**

The first and most obvious advantage is that the bridegroom or the man does not have to waste time looking for a girl to marry. This process of selection is undertaken by relatives and friends. From a set of possible candidates only one is picked, and that choice is determined by various factors which are all related to the wellbeing of the couple as well as the family and the entire tribe.

2. **Creates and strengthens relationship**

Traditional marriages are aimed at more than connecting a boy and a girl. In fact, it is a way of building new ties with another family or clan. It may also be a way of strengthening an existing relationship such as traditional allies. A marriage is a union of not only two young people but most importantly, of families, clans and tribes. Unity, peace and happiness are achieved through traditional marriages.

**3. Strengthens marriages**

The payment of bride price truly strengthens a marriage. In the traditional context, it is not seen as the purchase of a commodity or object but an acquisition of a very important resource in the form of a woman, potential mother and productive member of the family and clan. The bride price is traditionally a form of appreciation for women and their reproductive ability which gives hope to a clan that there will be an offspring to continue the family lineage.

4. Appreciation of women

From a traditional perspective a bride price is a token of appreciation for the woman, her family and her clan or tribe. The woman feels very valued indeed when she is acknowledged through the bride price. It legitimizes the movement of the woman from her family and village to the man's family and village.

5. Minimise marital breakdowns, divorce, separations, etc.

Apart from the value created through arranged, traditional marriages, divorce rates are very low. Partners are bound by their traditions and customs to stick to their marriage because the decision to marry was part of a larger, communal arrangement. The community takes some ownership of a marriage because of the part it played such as the bride price which came from every member of the clan, tribe and even extended relations.

In Western countries like the U.S.A. divorce and remarriage is very high. There is no cultural or economic value placed on marriage. Therefore, people can marry, leave and remarry as they wish. Traditional marriages at least are guided by traditions, norms and expectations. The bride price keeps a household together in good and bad times. Spouses or partners are committed to their marriage for a lifetime. It is good for the children, the parents and the clan.

Disadvantages:**1. Men become too possessive**

There are men who are naturally possessive of their wives. This is worse in traditionally arranged marriages involving bride price payments. A husband quickly develops an attitude of a 'boss' or 'master' of his wife. He dictates to his wife what she does, what she wears, who she befriends, etc. Some women feel that they are in a prison camp than in a mutually agreed marital union.

2. Abuse of human rights

Because husbands become possessive over their wives some basic human rights are abused in the process. For example, a woman's freedom of speech, dressing, work and movement is closely monitored and often suppressed. Possessive and abusive husbands prevent their wives from questioning them. Violence erupts at home when some women refuse to be controlled by their husbands.



Figure 5.3: An abuse of a wife

3. Price tag – bride price

Despite the assurances given about the cultural value and relevance of bride price payments, a bridal payment has elements of a commercial exchange. It is both a social and economic contract involving the elements of 'offer' and 'acceptance.' In some instances there is intense bargaining during bride price ceremonies. Some critics argue that traditional marriages reduce the value of women to the level of commodities that can be traded.

The 'payment' mentality triggers the 'possessive' mentality in husbands. Even the terminology used reflects the 'buying' of a bride. Therefore, many husbands tend to possess, own, use, abuse and dump women when it is convenient to them.

4. Suppression from freedom of choice

In arranged marriages partners have minimal input in the selection process. This is a form of suppression and abuse of the basic human right to choose. The bride and the bridegroom are only given a small window of opportunity to decide on the day when bride price is arranged for exchange. Girls rarely refuse the arranged marriage out of fear and shame. If it is a mismatch, this often shows out later in life. Unhappy marriages result from a mismatch of partners.

5. Lack of time to adjust

There is insufficient time given to a girl and a boy about to be married in the traditional way. Decisions including: who to marry, when to marry, how much to be paid in bride price, when to exchange the bride and the bride price, etc. are made by other people and not the bride or the bridegroom. Sometimes important decisions are rushed through leaving both partners little room to adjust to the new relationship. It can be stressful for the couple at times as they struggle to adjust to the new union.



Learning Activities 12.2.5.4

1. Some people think traditional PNG marriages are not good for the modern society. What is your opinion on this?

2. List two practices or behaviours that can make a happy marriage.

3. What two factors do you think creates unhappy marriage? List and explain each of them.

12.2.5.5 What is a healthy marriage?

The health of a marriage is what married partners make of their marriage. It is how much they put into their marriage that determines whether their marriage is happy and successful or not. A successful marriage is far more valuable than a failed marriage.

A healthy marriage is one that has the following characteristics.

1. Love/Commitment

Love is decision to be committed to one another. Feelings come and go, but a true decision to be committed lasts forever. That is what defines true love. It is a decision to be committed through good and the bad times. When things are going well, commitment is easy. But true love is displayed by remaining committed through bad times.

2. Sexual Faithfulness

Sexual faithfulness in marriage includes more than just two bodies. It also includes the eyes, mind, heart and soul. Partners who guard their sexuality daily and devote it entirely to their spouse are sexually faithful. It requires faithfulness, self-discipline and



an awareness of the consequences. Those people in healthy marriages refuse to put anything before them that would compromise their sexual faithfulness.

3. Humility

Healthy marriages are not the ones that claim to be totally perfect. Indeed there is no such thing as a perfect marriage on the planet. A marriage reveals human faults or weaknesses quicker than anything else. Therefore, happy couples have the ability and humility to admit their mistakes and ask for forgiveness. By being humble each partner is able to maintain a healthy marriage.

4. Patience/Forgiveness

A happy marriage is one that has much patience and forgiveness coming from each partner. Successful marriage-partners learn to practice unending patience and forgiveness for their partner. They humbly admit their own faults and do not expect perfection from their partner. They do not bring up past mistakes. Also, they do not seek revenge when mistakes occur. Forgiveness sets the heart and relationship free.

5. Time

Relationships don't work without time investment. Partners in a happy marriage are those who require or find quality time to be together. Partners make sure that their relationship is intimate and deep. They give more time towards building a happy and successful marriage.

6. Honesty and Trust

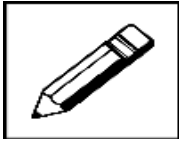
Honesty and trust are the foundations for healthy marriages which partners seek to achieve. Unlike other elements trust takes time. Partners in a happy and healthy marriage are those who have given much time to build a certain level of trust and honesty. Trust is only built after weeks, months or even years of being married.

7. Communication

Successful marriage-partners communicate as often as possible. They certainly discuss children's schedules, grocery lists, and utility bills. But they don't stop there. They also discuss the changes that take place in their own hearts and souls. Honest and forthright communication becomes the foundation for a healthy and happy marriage.

8. Selflessness

More marriages are broken up by selfishness than by any other reason. A selfish person is only committed to him or herself and shows little patience to become a successful spouse. Happily married couples are those that give their hopes, dreams and life to their partner and begin to live together.

**Learning Activities 12.2.5.5**

1. How can good communication help a marriage?

2. How does humility help a marriage?

12.2.5.6 What is an unhealthy marriage?

Unhealthy relationships display characteristics such as disrespect and control. It is important for you to be able to recognize signs of unhealthy relationships before they get out of control. Some characteristics of unhealthy relationships include:



Figure 5.4: Good communication leads to happy marriages

1. **Control**

One partner makes all the decisions and tells the other what to do, what to wear, or who to spend time with. He or she is unreasonably jealous, and/or tries to isolate the other partner from his/her friends.

2. **Hostility**

One partner picks a fight with or antagonizes the other partner. This may lead to another partner changing his or her behavior in order to avoid upsetting the other. It keeps one partner under constant threat.

**3. Dishonesty**

One partner lies or keeps information from the other. Even one partner steals from the other partner. This is dishonesty, and dishonest partners do not last long in a marriage.

4. Disrespect

One partner makes fun of the opinions and interests of the other partner or destroys something that belongs to the other partner. Even constant criticism of a partner is a sign of disrespect and hate.

5. Dependence

One partner feels that he or she cannot live without the other. He or she may threaten to do something drastic if the relationship ends. Being overly dependent on one partner places more stress on a marital relationship.

6. Intimidation

One partner tries to control aspects of the other's life by making the other partner fearful and timid. One partner may attempt to keep his or her partner from friends and family or threaten violence or even a break-up.

7. Physical Violence

One partner uses force to get his or her wishes and desires fulfilled. Force comes in the form of hitting, slapping, grabbing or shoving.

8. Sexual Violence

One partner forces or pressurizes the other partner into sexual activity against his or her will or without consent. This is called sexual violation and is a form of sexual offence.



Figure 5.5: Sign of an unhappy marriage



12.2.5 7 Characteristics of healthy marriage

A healthy and happy marriage depends on some important factors. Below are some key factors for healthy marriages.

- Understanding that mutual, equal love is the basis of healthy marriages and good parenting
- Understanding the importance of faithfulness, consistency, giving and sharing
- Patience, caring and honesty, mutual trust and respect
- Knowing the importance of faithfulness in a relationship
- Compromise and willingness to negotiate
- Valuing the challenge, the job and the responsibility of marriage and parenthood
- Understanding the importance of a stable relationship for raising children
- Commitment: not giving up when things get difficult or bad and out of control.

Generally, there are five tools that every good marriage-partners use to battle bad things. Each of these tools is discussed below.

1. Ownership

Most couples almost always believe their problems rest mainly with the other person. They say things such as: If it weren't for your anger, we might have a real marriage. If you didn't lie about so many things, maybe I could trust you. If you were ever interested in having a conversation, I might be interested in having sex.

No matter what the marriage problem, the system that sustains it is found in both partners. Every marriage maintains balance as two people shift their positions, their attitudes and their behavior to react to one another. Thus, in a long-term relationship, the responsibility for problems rarely rest entirely on the shoulders of one person. Before a single step is taken and a move is made, spouses will need to realize that it's not *who's* wrong, but *what's* wrong that counts.

In the short run, it is far easier to avoid responsibility for our problems by blaming someone else. In the long-run, admitting mistakes and owning up to our part of the problem is the single most powerful predictor of turning something bad into something good.

2. Hope

Once a husband and wife take responsibility for the good as well as the bad in their relationship, a small seedling of hope is planted. It is a seedling that, in time, will sprout optimism.



When a marriage is built on hope it always wins through time. Hope, optimism and faith are powerful tools for a marriage. Despite the problems facing a marriage, there must be hope that solutions can be found. There must be a burning hope in both partners that eventually, good will always win over evil.

Hope is an inward experience which can only be measured using the following ingredients.

- Firstly, hope includes a desire for something.
- Secondly, hope includes a belief in something.
- Thirdly, hope involves worry over failure.



Figure 5.6: Hope kept this couple together for this long

Hope keeps a marriage alive. When hope is stopped, a marriage dies. As long as we imagine a better marriage and keep believing that we are going to one day enjoy it, the battle against bad things will still be won.

3. Empathy

Empathic partners always put themselves in their partners' shoes. It is like seeing the world through another partner's eyes. Psychologists and marriage counselors have discovered that 90 percent of the struggles in marriage would be resolved if partners did nothing more than to see the problem from their partners' point or perspective. Empathy is therefore called the 'heart' of love. Yet loving couples neglect it because it is too tough.

Empathy requires us to love our partner with both our head and heart at the same time. Most people do one or the other very well, but to do both is tricky. But it has been proven that it can be done. Every human being on the planet is born with empathy. It is just how we use it that makes the difference.



4. Healing and Forgiveness

The failure to give or receive forgiveness probably accounts for nearly every marriage that has failed. How can two people who have so much opportunity to step on each other's toes survive without saying, "I'm sorry"? Many husbands and wives have a hard time knowing when and how to say these words. They don't know when forgiveness is appropriate.

Forgiveness truly benefits the forgiver more than the forgiven. Carrying rage for our partner does more harm to us than to them. That is why, "the first and often the only person to be healed by forgiveness, is the person who does the forgiving." When we genuinely forgive, we set a prisoner free and discover that the prisoner we set free is us the forgiver."

In a good marriage, two people help one another become better at forgiving by asking for forgiveness when convicted, as well as by giving it when needed. "I'm sorry. Will you forgive me?" These simple words offer a possible way out of the inevitable blame game that traps so many couples. Forgiveness puts both partners on the same side of the fence, or perhaps it tears the fence down altogether.

5. Commitment

"For better or for worse, for richer or poorer, in sickness and in health, until death do us part." This is just a mere phrase that is heard at every wedding. It is one thing to say these words; it is another to keep them. This promise can only be proven over the course of a lifetime. Unfortunately, half the time it is broken.

Marriages that last long are the ones whose partners are determined to keep it intact for as long as they can. Partners who willingly and unfailingly keep their commitment end up being in marriage for a very long time.

"For better or for worse," and "till death do us part" are very powerful statements of commitment. It is a willful agreement to keep love alive no matter the circumstances. No matter how long a couple has been married, commitment may be the most effective tool good marriages use in battling bad times. Without commitment and the trust it engenders, marriages would have no hope of enduring.

There are two kinds of commitment:

- The first produces feelings of obligation. It keeps a couple married, not because their hearts are necessarily in it, but because they gave their word.
- The second aspect involves dedication and brings about excitement. It translates into active devotion to one another and to marriage.



Learning Activities 12.2.5.7

1. Which two factors of unhealthy marriages do you think are commonly found in marriages in Papua New Guinea? Explain.

2. Which of the five happy marriage tools do you think is the hardest to practice? Explain why.

3. What is 'empathy'? How does empathy help preserve a marriage?



12.2.6 Good Parenting

12.2.6.1 Characteristics of good parenting

Parenting is a routine job that has a start and an end. It is something that gets started well before a child is born and lasts for as long as the child is under the care of the parents. During the period of parenting, parents undertake a process of raising their child with standard values and morals that lasts a lifetime.

Parenting is an exciting job. Everyone wants to become parents. However, not every people experience the role of parenting a child. Every parent wants their child to be good and valuable in the society. Parents are the first teachers and play major roles in bringing up their child with good behavior.



Figure 6.1: Good parenting leads to family happiness

Most parents practice parenting the same way as their parents, or if they disliked it, do the opposite. Parenting is not taught as part of the school curriculum and people just don't learn it by chance. Developing a sound parenting strategy can be difficult. The good news is that parents can learn new ideas and concepts by reading books or attending seminars and workshops. The more training parents undergo, the better it is for them.

Information available from around the world shows that certain parenting practices produce better results than others. Many independent scientific studies have identified most effective skill sets linked to better parent-child relationships, leading to stronger bond and healthier, happier, and better functioning children.

Here are some parenting skills which can develop a strong parent-child bond that can lead to children's happiness, health and success.



1. Love and Affection

Giving love and affection is the most common parenting skill that you can find in most parenting books. Even children's psychologists support this important parenting skill because it is associated with children's happiness.

The best thing that parents can do for their children is to give them a lot of physical affection, quality time, love and acceptance. Parents must find simple but effective ways to show their inner love for their children. A child can easily tell whether he or she is loved by his/her parents or not. The signals or signs of love may include; saying nice or kind words, giving little gifts, hugging, praising, etc.

2. Stress Management

Stress can come from many sources for the parent. Most working parents, for instance, are stressed out after a long and hard day at work. When they return home, the first thing they want is to relax, sleep or do something that will help them recover. During this crucial time a child may be seen as interfering or seeking attention that is not available. A child feels neglected when a parent pushes him or her away.

Parents' ability to manage stress is an important predictor of the quality of their relationship with their kids and how happy their children are. This includes employing regular stress reduction techniques for both parents and their children.

3. Relationship Skills

A third predictor of good parenting is a parent maintaining a good relationship with the other parent. How one parent treats his/her partner or co-parent is very important to the parents as well as to the child. Maintaining a healthy relationship with an ex-partner is particularly important as well. Children usually want their parents to get along with each other.

Children are uncomfortable with conflict, especially when it involves parents. It is important not to argue or fight in front of children. But children learn something good when parents apologise and forgive in front of them. They also learn positively when parents speak kind words of each other. How one treats his/her spouse or partner is being observed and filed away and becomes the child's model for operating in intimate relationships in the future.

4. Autonomy and Independence

Mature and loving parents create a safe environment in which children can freely express themselves. Stable families can handle the stress of 'letting go' and can tolerate their child's autonomy. They encourage exploration of the environment, allow mistakes, and permit disagreement from their children.

Healthy families promote connection and individuality, accountability and independence. Unhealthy family systems discourage individuality and promote



dependence. They consider individual differences as an attack on their authority. Because of the parents' high levels of anxiety, stress and need for control, individual expression is discouraged.

Children are taught to conform to their parents' wishes and desires. Personal boundaries (where I stop and you start) are unclear. These children are needy or pseudo independent. That means they act independent on the surface, but are deeply dependent underneath.

5. Education and Learning

Ethnicity, race, gender and sexual preference do not contribute much towards parental competency. Women, however, appear only a fraction better at parenting than men. Moreover, there is no fine basis of good parenting than through education.

Education is found to be the most important contributing factor for good parenting. Generally, the more educated a parent is, the better will be his/her parenting skills. Better educated people work harder to improve their parenting skills.

Educated people also become aware of laws and policies that relate to parenting. Their knowledge of such laws or regulations makes them morally obligated to provide good parenting for their children. They know their roles, responsibilities and parenting boundaries and apply them well.

6. Life Skills

Parents provide for their child, have a steady income and have a plan for the future. Parents therefore have the sole responsibility to become very good role models for their children. This will set the pace for the child to gradually move into adulthood and become independent. The modeling done by parents will determine the success or failure of a child in the future.

Likewise, parents must be self-motivated and self-confident. Being confident and displaying their confidence in life will set a good model for the child. A child that grows up with a positive self-esteem or self-belief goes on to become successful in life. Generally, many valuable life-skills or survival skills are learnt from the parent. A child is very observant during infancy to the adolescence stage.



Figure 6.2: Children learn important life skills through participation

Health, religion, safety and life skills are subjects that parents must transfer to their children. Parents want to model a healthy lifestyle and good habits such as regular exercise and proper nutrition. Parents also want their child to take part in activities that promote ethical development. They will learn important skills like respect, tolerance, fairness and honesty.

7. Behavior Management

Many parents have used behavior management and have achieved some success. However new studies show that behavior management techniques rank very low and are not a good predictor of good outcomes with children.

Punishment has not proven to be an effective method for managing children. What a child needs is positive reinforcement, even when the child fails. A parent who separates the mistake or failure from the child is able to deal with the problem to make the child better. This may not be so effective with children with negative self-esteem, but they too can be conditioned or taught to like themselves and think not as failures.

Parents should pay attention to a child when the child gets tired or hungry to prevent nuisance and misbehavior. Planning ahead and anticipating potential problems is important. Also, teaching a child to cope with problems when they arise can help child-parent relationships.

8. Take Time Out

Good parents know the value of taking time out to be around with their children. Child psychologists recommend that a parent should take out at least one hour per week per child to spend time with the child. Doing nothing but being with the child, acting interested in them, and expressing positive thoughts will produce positive outcomes for the child.

During the time-out with a child it is important to avoid teaching, inquiring, correcting or offering alternative perspectives. A time-out is meant to be a time to follow the



wishes of the child, listen and participate with the child. It is one of those times when the parent becomes a child again by relating to the child.



Learning Activities 12.2.6.1

1. How important is the job of a parent?

2. Why is parental love important for a child?

3. How can parents be good role models for the children?

12.2.6.2 Characteristics of poor parenting

Sometimes, unknowingly parent's ignorance and their busy schedule keep them away from their children. This and other forms of bad-parenting lead to bad relations and negative effect on the children. It is often noticed that what children learn in their early years remain in their minds forever.

Sigs of Bad Parenting

1. Lack of Discipline

Discipline is very essential for a child's growth and development. It is the way of training and guiding the child towards good behavior. It is necessary for parents to explain their children what is good and what is bad; and what is right and what is wrong.



It is every parent's responsibility to keep an eye on their children. If they spot any sign of negative, they should swiftly deal with it before it develops further into a problem. A child that is corrected early on in life stands a better chance of developing into a disciplined, productive, meaningful and law abiding citizen.

Lack of discipline makes it difficult for a child to live in the real world. It leads to confusion, disorientation and other problems later on in life. When parents condone or do nothing about misbehavior, a child takes it as an accepted practice.

2. Pampering

All parents love their children the moment they are born. They express their love for the child in different ways. Some parents tend to express more of their love in a certain way than others. Therefore, the way parents demonstrate their love for the child differs. Yet, love is universal.

Showing too little love for a child can be as dangerous as showing too much love. Some parents believe that showing too much love for their child is healthy. Such parents find every opportunity to please their child and make the child feel loved. However, studies have proven that showing too much love or 'pampering' can be a sign of bad parenting.

You may have come across the expression 'spoiled child.' A spoiled child is one that was loved too much. The child received too much attention from the parents that he/she developed a habit for being overly loved. Spoiled children feel helpless and discouraged when out in the real world. They can hardly cope with reality. Therefore, when they feel an absence of love, they are the most depressed and discouraged.

A child pampered with love can easily become undisciplined, irresponsible, arrogant and irritating. Unfortunately, it is not the fault of the child that he/she displays these characteristics. Rather, the fault lies with the parents. Therefore, responsible parenting requires that the right amount of love is given to the child.

3. Avoiding and Neglecting the Child

Working parents as well as separated parents spend very little time with their children. Such neglected children grow up with a sense of emptiness in their lives. They turn to other sources of support and attention in life, often ending up doing bad things to themselves and their community.

As too much pampering can lead to bad behavior. It can also lead to disobedient behavior in the child. A disobedient child is most likely to stay that way unless serious effort is put in to change it.

Parents have to take time out to listen to what the child says. Listening alone is a great skill in the child-parent relationship. Only through listening will a parent be able to



know the children's feelings and fulfill their needs. Spending time with the child also improves their social, mental and physical development.



Figure 6.3: Neglected Children

4. **Physical and Verbal Abuse**

Physical and verbal abuses of children are common everywhere. Abuse of a child is a crime. It is also a sure sign of bad parenting. Physical abuse of a child can lead to the loss of confidence in the child.

Bad parents have a tendency of punishing their children for every mistake they make, however small they may be. As a result the child develops an inferiority complex in him/her. A child who is mistreated or abused soon feels that he or she is worthless and deserving of punishment. Such a child lives in fear for the rest of his/her life. It is a sure way of destroying a child's self-esteem or self-belief.

Verbal abuse is another serious mistake parents make. Some verbal abuse has the potential to destroy a child emotionally, physically and mentally. A child who is verbally abused develops an inferiority complex. His/her self-esteem suffers badly as a result. Therefore, it is very wrong for parents to show their frustrations on their children through verbal abuse. A child needs love, affection and emotional support, not abuse.

5. **Partiality**

Partiality means being unfair. A parent who has more than one child should never show any kind of partiality or unfairness to any one of them. Instead every one of them must be treated fairly and with love and respect. They all must feel the same level of love from their parents.

When fairness or impartiality is missing children feel neglected, unloved and even unwanted. This leads to low self-esteem and feeling of inferiority. Unloved children grow up with frustration and resentment. They are irritated and angry. Such children do badly in school and end up in a cycle of social and health problems such as drug peddling, prostitution and alcohol abuse.



6. Forcing the Child

Every human on the planet, including children, have a right to make and live their choices. But this right is not always exercised by children partly because of bad parenting. Instead, parents impose their choices on their children, sometimes by force. There are certain choices which parents should allow their children to make instead of forcing or stopping them.

The older a child is, the more choices he or she is able to make. Parents should know this general fact and at various stages of a child's development allow them to make certain choices. For instance, if a child does not want to perform a difficult manual task, that refusal must be respected. Likewise, if a child refuses to eat a certain kind of food, this also should be respected.

There are some choices which require parental input. Choices which relate to the safety of the child must have parental consent and input. However, minor choices in life can be left unto the child to make. A child develops his/her self-image or self-esteem when allowed to make small choices in life.

7. Value of Money

A predictor of bad parenting is the abuse of money. It is fine for adults without any children to spend money unwisely. However, it is another thing when parents spend money unwisely by engaging in behaviors such as drinking, gambling and partying.

The effects of unwise, reckless or careless spending are felt by parents and children. This is true for both working and unemployed parents. Children go hungry when there is no money to buy food. They miss out on education when parents have no money. They have no new clothes to wear. Such consequences can be avoided if only parents can live on a fortnightly budget.

Equally important to the child is the need to recognize the value of money. Appreciating money and its value is important for a child in the future. Children need to learn money management skills to become disciplined money managers. They will realize the value of working or earning an honest life. Such values attached to money and its management can only be learnt from parents.

8. Lack of Trust

Trust and self-belief are things that children learn from their parents. Parents who have little of both trust and self-belief also pass it onto their children. Children then learn that trust is not an important virtue or quality of life. They also develop a low self-belief because that is what they see from their parents. Children and parents do not seem to understand the importance of these virtues until later on in life.

Parents must have a certain level of belief and confidence in their children as a sign of good parenting. That must be also shown to their children during their regular



interactions. By allowing children to make small decisions and praising them along the way, the children will build up their own self-belief.



Learning Activities 12.2.6.2

1. What are some of the likely effects of a child who is being physically abused all the time?

2. What is pampering and how does it affect a child?

3. Do you know of a child abuse case in your local community? If so, write a short statement about it.



12.2.7 Healthy Marriage

12.2.7.1 Difference between gender and sex

This concept has been explained in some of your previous modules and topics. Therefore, much of what is covered here on sex and gender will be a revision for you. However, it is necessary to do so because sex and gender are important concepts of human sexuality and the society. It therefore concerns all of us.

What is sex?

Sex is often narrowly associated with romantic activities such as sexual intercourse. But 'sex' is more than romance, privacy or intercourse. Sex covers many other social and biological aspects of human behavior. Sex covers other important aspects such as our social, physical, emotional, genetic and chromosomal differences and similarities.

Sex also concerns the differing physical attributes of a man and a woman. Chromosomal patterns, genital arrangements, reproductive arrangements, and much secondary characteristics such as distribution of bodily hair, pitch of voice, and so on are all aspects of sex.

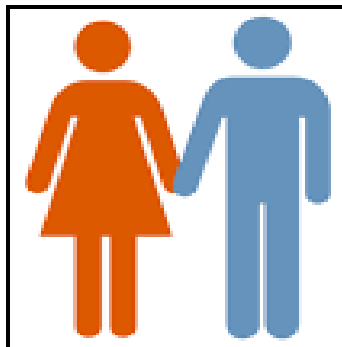


Figure 7.1: An International Symbol of Sex

The categories of sex are *male* and *female*. The terms 'female' and 'male' are determined by physical characteristics. All human beings possess a mixture of male and female chromosomes. Therefore, very few people are 100 percent female or 100 percent male on all dimensions. The dominant chromosomal patterns determine the sex of a person.

Gender

Gender refers to social identity or arrangement determined by the society based on sex differences. Gender covers the mode of speech and dress, behavioral patterns, roles, emotions, skills, and so on, expected from a male or a female. The categories of gender are *feminine* for female and *masculine* for man.

Traditional views of sex and gender are changing in the country. Education and modern cultures bring new values and gender roles that challenge our traditional gender roles and



arrangements. Because of the changes taking place traditional gender differences are slowly disappearing, making it difficult to tell the difference.

It is becoming evident that gender differences can develop in a stable and independent way without the influence of sex. For example, a person with a penis can display many characteristics of a female. The same can be true for a person with a vagina. This proves that gender can be a product of environmental conditions as well as gender self-conception.

12.2.7.2 Gender roles and responsibilities in traditional and modern society

Traditional Gender Roles

Traditional gender roles are well defined with males and females undertaking separate gender-based roles. These differences in roles and responsibilities were ascribed by society and handed down through generations. Many societies, for instance, regard man as the family head with power and responsibility over his wife and children.

Traditional roles performed by men reflect masculinity. Because men are physically stronger, they undertake tasks that are physically demanding and risky. Many social, economic and political decisions are made by men. They perform ceremonial roles as power bearers and also exercise their dominance by practising polygamy in some cultures.

Gender roles are officially given by a society. Many of these roles are universal, such as child-bearing, being sexually submissive, tending gardens, cooking, feeding and clothing children. Women are generally considered to be submissive and faithful. They are also very valuable to the society because of their child-bearing ability. Women therefore is deserving of protection from men.



Figure 7.2: A woman performing her traditional role

Traditional families are always organised around these roles. In many rural parts of Papua New Guinea, gender differences are still maintained.



Male Roles	Female Roles
• Family head	• Child bearing
• Hunt and gather food	• Care giver
• Clear land for gardening	• Takes care of planting, weeding and harvesting
• Defend the family from enemies	• Submits to husband's sexual needs
• Decision-maker	• House keeper
• Performs ceremonial duties	• Raises domesticated animals
• Manager of the family	• Cooking, washing, tidying up bed, etc.
• Plans for the family	• Teaches values to children

Table 7.1: Summary of traditional roles played by men and women

Modern Gender Roles

Since the discovery of Papua New Guinea by explorers, missionaries and traders, many gender and sex roles have changed. Today many women have entered both the public and private sectors of the economy. Women are in politics, in business and in top positions in small and large organisations. Jobs traditionally reserved for men are now in the hands of women. The modern society has come to gradually accept or tolerate such changes.

However, the changes we are seeing are only small compared to the majority of women who are still trapped in the traditional mindset. This is mostly due to the relatively slow pace of modernisation in the country. With a predominantly rural-based population, Papua New Guinea has a very long way to go before the gap between men and women is reduced. Yet, the progress made by a few women in the country provides hope for women in Papua New Guinea.



Learning Activities 12.2.7.2

1. Briefly explain the difference between 'sex' and 'gender'.

2. Provide two examples of traditional gender roles expected of women in Papua New Guinea.



3. Provide an example of a modern gender role expected of women in Papua New Guinea.

12.2.7.3 Changes in Gender Roles

In Papua New Guinea, for the first time in history, we have three female-parliamentarians. This is how high females can reach in the social structure. We have very few women in business today. They are leaders of business organisations. We also have very few female Chief Executive Officers (CEOs) of government departments, statutory bodies and corporate organisations. Generally progress is slow but women of this country will definitely achieve more in the years to come.

In industrialised countries of the world the rules of very traditional female roles such as child-bearing and child-rearing have changed. Women can choose to be single parents or be married without children of their own. Modern women in western countries have progressed so much that the differences between male and female has become blurred or obscured.



Figure 7.3: An All-female Air Niugini Crew

Locally and globally, the modern woman is capable of competing with man for traditionally reserved jobs such as flying, engineering, management, accountancy, and political jobs. The number of females serving in various ranks in the military and disciplined forces is growing too. They are capable of pulling the trigger of a gun, give commands and perform ceremonial duties.



12.2.7.4 Gender Issues for Men and Boys

Gender inequality concerns both men and women. Historically, gender equality policies have been considered mainly as a 'women's issue' partly because women have been a driving force behind gender equality struggles. This view has contributed to the perception that women are the only ones who will benefit from a more equal society. In reality, men also benefit from gender equality as they too face gender-specific issues such as lower life expectancy, bad health, lower education levels and rigid gender norms.

It is essential that both men and women are aware of the benefits that gender equality brings to them as individuals and as members of communities. The society can succeed through the equal participation of both men and women.

Men and boys are generally under-represented in gender-equality projects and movements. Raising awareness is very important for men to understand their role as partners in achieving a more gender-equal society.

Violence against women is sad and shameful. Yet, it is really happening in all societies of the globe. It reflects the deeply rooted inequalities in gender. Also, we can blame ourselves because as a society we have not done enough to address these issues openly. Men and boys can join organisations and movements that support gender equality. For instance, the 'White Ribbon' campaign is the biggest global project that aims to rally the support of men and boys against gender inequality and violence against women.



Figure 7.4: Violence Against Women – An issue for males in PNG.

12.2.7.5 Gender Issues for Women and Girls

Gender equality means that men and women have equal power and opportunities for financial independence, education and personal development. Women's empowerment is a critical aspect of achieving gender equality. It includes increasing woman's sense of self-worth, her decision-making power, her access to opportunities and resources, her power and control over her own life inside and outside the home, and her ability to change. Yet, gender issues are not focused on women alone, but on the relationship between men and women in society. Below are the specific gender issues facing women and girls.



1. Education

Education is a key area of focus. Although the world is making progress in achieving gender equity in education, the number of girls not attending school is very high. Approximately one quarter of girls in the developing world do not attend school. Families with limited incomes cannot afford costs such as school fees, uniforms and school supplies. Therefore, priority is always given to boys, while girls are held back to perform household chores like carrying water and childcare, leaving limited time for school.

Prioritizing girl's education does, however, provide the single highest return on investment in the developing world. An educated girl is more likely to postpone marriage, raise a smaller family, have healthier children, and send her children to school. She has more opportunities to earn an income and to participate in politics, business and social activities. She is also less likely to become infected with HIV.



Figure 7.5: Girls' education is very important

2. Health, Safety and Unplanned Pregnancy

Women's health and safety is another important area. HIV/AIDS is becoming a real issue for women. This can be related to women having fewer opportunities for health education, unequal power in sexual partnerships, or as a result of gender-based violence.

Another big issue that needs addressing is unplanned pregnancies. Women should get pregnant by choice and not by chance. That is very important for women, for the personal development of both the mother and the child. It is a broader issue than simply about how many children a woman has. The impact of having unplanned pregnancies are serious for the women and the society. For the well-being of women and girls everywhere, it is important to stop unplanned pregnancies.

3. Maternal Health

This is an issue of specific concern to women. In many countries, women have limited access to prenatal and infant care, and are more likely to experience complications during pregnancy and childbirth. This is a critical concern in countries where girls marry



and have children before they are ready; often well before the age of 18. Quality maternal health care can provide an important entry point for information and services that empower mothers as informed decision-makers concerning their own health and the health of their children.

4. Economic and Political Empowerment

This is yet another important area of concern for women and girls. Though women comprise more than fifty percent of the world’s population, they only own one percent of the world’s wealth. Throughout the world, women and girls perform long hours of unpaid domestic work. In some places, women still lack rights to own land or to inherit property, obtain loans, earn income, move up in their workplaces, free from job discrimination, etc.



Figure 7.6: Papua New Guinea Women Leaders

At all levels, including at home and in the public arena, women are widely underrepresented as decision-makers. In legislatures around the world, women are outnumbered 4 to 1. Yet, women’s political participation is crucial for achieving gender equality and genuine democracy.



Learning Activities 12.2.7.5

1. Why is it important for boys and men to learn the changing gender roles in Papua New Guinea?

2. How can women adopt to the changing gender roles in Papua New Guinea?



3. Why is gender equality important for Papua New Guinea?

12.2.7.6 Impact of gender inequality on the individual, the community and the nation

Women and girls are entitled to live with dignity and with freedom from want and from fear. Gender equality is also a precondition for advancing development and reducing poverty. Empowering women contributes to the health and productivity of whole families and communities, and they improve prospects for the next generation. Women therefore hold the key to sustainable development for now and the future.

Despite the efforts of international government and non-government support for gender equality, there still exist many challenges to gender equality. Promoting legal and policy reforms for gender inequality has gained momentum over the years. However, support for those initiatives is still lagging behind.

Despite the many international agreements affirming their human rights, women are still much more likely than men to be poor and illiterate. They have less access to property, credit, training and employment. They are far less likely than men to be politically active and far more likely to be victims of domestic violence.

Gender equality will be achieved only when women and men enjoy the same opportunities, rights and obligations in all spheres of life. This means sharing equally in the distribution of power and influence and having equal opportunities for financial independence and education.

Gender equality demands the empowerment of women, with a focus on identifying and redressing power imbalances and giving women more autonomy to manage their own lives. When women are empowered, whole families benefit, and these benefits often have ripple effects on future generations.

12.2.7.7 Reasons for Resistance to Change

To better understand the difficulties faced by various groups and individuals to change gender inequality, we need understand how the society is organized. We must develop a comprehensive understanding of the social structures and power relations that frame the laws, politics, the economy, social groupings, family and community life.

From an ethical and traditional standpoint it is not a surprise that men resist changes to gender issues. Men look at women as the weaker of the two sexes and that women need men's protection. Men also consider it to be the right thing to do. This is a traditional belief



held by men in many cultures, even in the modern times. Because PNG cultures are deep-rooted many men find it difficult to completely change for the better. Even when society changes, there are men who still cling onto the belief that they are superior over their wives. They are partly bound by their cultures to uphold the gender roles and differences.

From a religious standpoint there are clear boundaries drawn up for men and women going back as far as the creation of mankind. Christianity and Islam are two religions that have strict guidelines for men and women. Their place in the family and the society is already determined by religion. This factor does make it necessary for men to resist gender equality. Male ego problems also contribute to the resistance against gender equality. Ego means the same as self-worth or self-esteem. Most men hold a very high ego in comparison to women. This mental position of superiority completely defeats gender equality. Some men do not show out their superior ego but go about living it out in other ways that still contribute to gender inequality.

Generally, men see gender equality as a zero-sum game. If women win, men lose. Men feel hurt whenever a woman wins an argument or fight. A woman's win does challenge the beliefs held by society. Males are always under pressure to suppress women in whatever they do so that they are still in control.

Men's fear of the unknown is another reason why they want to be in a leadership position to steer the family and the society through time. Traditionally this perception has a lot of relevance. General characteristics of women also give support to such beliefs. For example, because woman is generally the weaker of the two sexes she will have trouble defending the family against enemy attacks. Man, given his stronger physical strength, has a better chance of defending the family against enemy attacks. Therefore, it is usually the man takes the risk of defending the family.

Men use their superior physical strength and a higher risk-taking attitude to feel and act superior. Men therefore find it difficult to easily accept gender equality. Men, in most cases, think that women cannot compete with them equally even if there are women who continue to outperform men in some professions.

Gender inequality is also promoted by the way modern societies are organized. One of that is modern sports, in which physically demanding sports are played out by men while women and children become spectators, supporters and cheerleaders. This arrangement reinforces the separation of gender based on superior/inferior strength and skills. Another example is found in corporate organisations and politics where men dominate. Those few women who break the barriers to make it to the top are regarded as the exception to the rule rather than the norm.



Learning Activities 12.2.7.7

1. List some reasons why men refuse to accept women as equals in the traditional society.

2. What can you do to educate men in your village or local area about gender equality and its benefits?

12.2.7.8 Benefits of Gender Equity

Gender equality is a precondition for advancing development and reducing poverty. The process of gender equality empowers women and makes them feel and think as equals in the society. Empowered women contribute to the health and productivity of whole families and communities, and they improve prospects for the next generation.

Gender equality will be achieved only when women and men enjoy the same opportunities, rights and obligations in all spheres of life. This means sharing equally in the distribution of power and influence and having equal opportunities.

Gender equality demands the empowerment of women by identifying and correcting power imbalances and giving women more autonomy to manage their own lives.

12.2.7.9 Agents Supporting and Encouraging Change

Education

The education system of the country is a very powerful system that encourages change. Indeed, women who have achieved success in politics, business, private and public service are all educated. Education has liberated many women and continues to do so. Change is well-structured in the education system and will always remain as a true agent of change. That is why girls are encouraged to go to school in order to be freed from traditional control.



Health system

The health department of Papua New Guinea is the single largest driver of change in terms of health. Health services are meant to prevent illness while curing those who are sick. There are also many programs supported and run by the health department which aim to change people's perceptions or beliefs. Vaccination for children, pre and postnatal care for mothers, breast feeding, health and hygiene and HIV testing are all examples of health programs aimed at changing people's behaviors, practices and beliefs.

Churches

Mainstream churches have played a big part in the changes which took place in Papua New Guinea. Together with the Gospel, churches have come with other messages of hope and change. Today many churches operate clinics, schools, counseling services, VCT centers and so on. The work of the churches is second only to the government. In some instances, churches are the only form of outside presence in very remote or isolated villages and islands. Christians who heed the call for change are always successful in their physical, social, economic, political and spiritual life.

NGOs

Non-government organisations (NGOs) operate in mostly urban areas but also reach out to remote, rural parts of the country to deliver various services. Depending on the nature of their work, NGOs aim to bring about change in the people's lifestyles, behaviors and practices. Some NGOs are very successful than others but all of them perform a key role as change agents in the country. They do so at their own expense.

International Change Agencies

There are many international agencies and organisations which push for change in developing countries such as Papua New Guinea. Some of them promote change through the programs they run. Others promote change through international policies, treaties and conventions. For our purpose we will concentrate on the relevant work of the United Nations.

Discrimination based on sex is prohibited under almost every human rights treaty. The 'International Convention on Civil and Political Rights' is one such treaty put in place by the United Nations. The other treaty is called the 'International Convention on Economic, Social and Cultural Rights.' Both treaties support the rights to equality between men and women in the enjoyment of all rights. In addition, there are other treaties and bodies specifically dedicated to the promotion of women's human rights.

The Convention on the Elimination of Discrimination Against Women (CEDAW) is considered the international bill of rights for women. It sets the basis for nations to work towards eliminating gender discrimination. It was adopted by the United Nations in 1979 and came into force on 3 September 1981.



In 1994 the United Nations appointed a Special Rapporteur – an independent expert – on the causes and effects of violence against women. The Special Rapporteur investigates and monitors violence against women, and recommends and promotes solutions for its elimination.



Figure 7.7: Sign of violence against women

In 2010 the United Nations established the Human Rights Council, a working group, to deal with issues of discrimination against women. This committee was given the responsibility to promote the elimination of discrimination.

It is very clear that gender equality is at the very heart of human rights. It promotes equal rights for men and women. The United Nations plays a big role in promoting gender equality.



Learning Activities 12.2.7.9

1. Do you think every educated Papua New Guineans are more tolerant to the changing gender roles in the country? Explain your answer.



12.2.8 Good Parenting

12.2.8.1 Being a male role model

Being seen as a 'role model' is not always an appealing thing. For some it means an expectation of perfection. For others it may be seen as a way of being arrogant. That is why many people are reluctant to talk about themselves as role models. Instead they prefer describing other people whom they view as admirable or aspiring. In the sections that follow we will consider the practical aspects of parental role modeling.



Figure 8.1: A good male role model is important for boys

Qualities of a good male role model

While men have the capability to create marvelous wonders and achieve feats of human excellence, they also can fall victim to drug addiction, reckless mistakes, and poor decisions. An ideal male role model does not simply avoid these habits; they have qualities that stop them from ever arising in the first place. These role model qualities are worth striving to cultivate because they possess the ability to act as a barrier that protects the success and integrity of life.

It is a duty for men, fathers and responsible citizens to counter these negative images and raise a new generation of men who are respectful, loving, kind and willing to contribute to society in a positive way. Men must start by improving themselves in order to raise good men.

Willpower

Willpower is the ability to act through adversity for the sake of a greater purpose. Ideal male role models often overcome poor circumstances or gracefully deal with problematic



situations in creative and intelligent ways. In some cases, they might use a combination of these ways to achieve their goals. The ability to pull energy from within themselves to reach success is an absolute must in a role model. If they were faced with something as threatening as a severe drug addiction, they would respond with the willpower to live their lives without the need for drugs or chemical sedation.

Confidence

Confidence is a quality of belief that pushes a simple 'yes' from the mind out into the world. Something like traveling into outer space takes a great deal of courage, though there is also plenty of work that goes into exiting the atmosphere as well. Even if they aren't certain of how to do something, a great role model will always remain confident. It is that simple positive mindset that makes a lot of difference.

Real men are confident. Confidence is about being self-assured and self-aware. Confident people have faith in their abilities and knowledge. They don't need to tear others down in order to build themselves up. They earn people's trust with their inner strength. When they walk into the room, everyone takes notice.

Dynamic

Flexibility is not just a physical quality. A person that is willing to vary their strategy and mold themselves into whatever is best for what they wish to achieve is acting with a dynamic mentality. Imagine a car that also turns into a submarine, plane and spaceship. There are some situations where it might be best for it to fly, but some situations will demand for it to become a submarine. In life, trying the same approach in every situation is an easy way to fail. A great role model will know when to become relaxed, focused, dedicated, intense and any other state of being that helps them to better manifest or show their intentions.

Respectful

Respect is the art of understanding, accepting, considering and honoring one's surroundings. Most people do not have any trouble respecting a wall: they know to walk around or climb over it without trying to mindlessly push through it. They respect that the wall is there, it is real, it has immutable or fixed properties and it affects everything else around it. An ideal role model not only respects others and themselves, but they also respect the inanimate properties of the world around them. If they were to be challenged by anything from an angry pedestrian or a drug addict, they would respond with understanding, acceptance, consideration and honor in the same way they would treat a wall.

Committed

A great role model persists in spite of setbacks and failures. The goal is more important to them than giving up. Once they have committed to a decision, it is most often as good as done. There will be certain circumstances where a commitment may no longer serve them, and this is where being dynamic becomes even more important. While great role models will always commit themselves to reaching their goals and desires, they will also be willing to sacrifice certain commitments that hinder, impede or no longer serve them.

**Integrity**

Integrity is more than being honest. It is a lifestyle set on striving towards moral excellence. Real men say what they mean and mean what they say. They are the same person whether or not others are watching. They are trustworthy, dependable and unwavering or firm.

Compassion

Compassion is about being sympathetic towards others' distress and suffering, together with a desire to alleviate it. In other words, you feel compelled to help someone who is hurting. Men aren't often viewed as being compassionate, but it is a trait that helps men to become more connected to people around them. Real men turn their compassion into service and work to make the world a better place.

Self-control

Hardly a day goes by without a news report about some high profile man being destroyed by sex, money, and/or drugs. Too many men lack self-control, but it is the foundation of a virtuous life. Self-control starts with focus and ridding yourself of distractions. Doing this isn't easy because temptations lurk around every corner. Real men are able to tame their desires and channel that energy into positive ways.

Perseverance

Perseverance is the product of self-control. It is courageous resistance against difficult circumstances. Perseverance is only developed through trials. Real men endure trials and emerge stronger. They never give up.

Courage

A man must have the courage to do what is right regardless of the circumstances. He must not allow fear to control his life. Nothing is ever accomplished with an attitude of passivity. Real men take a stand in the face of adversity.

Humility

Today's breed of young men loves to let everyone know their arrogance and self-pride. They thump their chests and proclaim to the world, "I am a Big Deal. Look at me!" Real men understand the value of being humble and letting someone else's light shine. They realize that humility is more endearing than self-importance. Humility indicates that you are ridding yourself of the poison of self-centeredness. Besides, humility softens the blow when someone knocks you off.

Acquiring all of these traits takes time and dedication. However, our society would benefit greatly if all men made every attempt to possess them.



Figure 8.2: Male Role Modeling in Progress

Effects of good male role modeling

Being a positive role model for a child is a rewarding experience because it allows you to make a difference in a young person's life. Children learn by following the example set by older people in their lives, so being consistent with your actions is very important. You can benefit by feeling good about the job that you have done influencing a young person's life. On the other hand, the child receives endless benefits from the examples you set.

Develop Social Skills

A child knows very little about socializing when she or he is born. The child therefore develops these skills by watching others. He or she will learn how to interact with others by watching how you do so. You can become a positive role model by showing respect for others, including your child. Your interactions with other people are the first examples of social politeness that the child will witness. Therefore, you must act in a warm and friendly manner.

Healthy Habits

The child's health should be of the utmost importance, so you should set a good example with your own health. Organise a family mealtime to ensure that the child is eating nutritious meals. Family meals set a good example because they show the value of eating healthy foods. If you eat these healthy foods, the child is likely to follow suit. Exercise is also important for a child's health, so you should make exercise a part of your regular routine. Children who witness their parents exercising and playing sports are more likely to do so themselves.

Promote Self-Esteem

Much of a child's self-image comes from the parents, especially in the early years. Children learn about themselves and how others perceive them through the actions of their parents. Therefore, it is important that you allow them to see themselves in a positive manner. You



can be a role model by playing and having fun with your child so that he or she sees himself or herself as a fun person. If the child learns that others enjoy being around him or her the child will find it easier adjusting to new situations.

Prevent Negative Behaviors

Having a solid role model can keep children out of trouble, even if they are exposed to negative adult behavior. Many youths who have access to a positive role model are able to avoid delinquent behaviors such as assault, carrying a weapon, selling drugs or getting into trouble with the police, even when they are exposed to adults who did these things. The majority of these youths identify a parent as their main role model. This shows the ability that parents have in keeping their children out of trouble.

Examples of good male role models

Good role models can be found in all communities. Sometimes, however, it is difficult to find them easily as there aren't many of them around. The kinds of people who are respectful, confident, committed, kind, considerate, helpful, courageous, humble and selfless are not plenty these days. Therefore, we have to look closely at the people we associate with to find out if they are good role models or not.

Local Community

The common role models found in nearly every local community are the following. These people are always present in many communities and are a source of role modeling for young males.

- Teacher
- Pastor
- Father
- Uncle
- Elder Brother
- Village Counselor
- Village Court Magistrate
- Village or community leader

National Community

Young males also look up to certain people within the country as their role models. Some of these people are private citizens but have achieved one or two extraordinary things in life which set them apart. Therefore, boys consider them as their role models, even if they have never met them personally.



- Senior statesmen such as Sir Michael Somare, Sir Paulias Matane,
- PNGDF Commander,
- National Airline Pilots,
- National Sports Champions or Stars,
- Prime Minister,
- National church leader such as a bishop
- Police officer
- National writer or author
- Actors
- Musicians



Figure 8.3: Sir Paulias Matane is a role model

International Community

Young boys also have their international role models. Some of them may be celebrities from the movies. Others may be well known leaders or inventors such as Bill Gates. Even champion sports personalities of the world are a source of role modeling for young males. Most of these role models are known through the various forms of media such as television, radio, internet, movies, etc. Below is a list of some names of possible role models.

- U.S. President – Barack Obama,
- Queen Elizabeth,
- Nelson Mandela,



- Martin Luther King,
- Mohammad Ali,
- Mahatma Gandhi
- David Beckham
- Billy Slater
- Angelina Jolie
- Pope Francis
- Bill Gates
- Bill Clinton



Figure 8.4: Nelson Mandela is an International Role Model



Learning Activities 12.2.8.1

1. What is a role model?

2. Describe two positive qualities of a role model.

3. Why must a role model possess humility?

4. Why is it important for boys to have good role models?

5. What qualities of Nelson Mandela make him a good international role model?



12.2.8.2 Being a female role model

Qualities of a good female role model

Every woman wants to be a good role model for their daughters as well as other young women. They want to show their daughters that they can become somebody and do anything they want. It is their aim to empower the daughters to strive for the best and be the best they can in life.

Being a female role model is not that easy. It is downright impossible to be the perfect female role model. Indeed, most mothers seem to be on high alert in raising girls. When it comes to raising girls, mothers often want their girls to be safe, make good choices and have high self-esteem. But not everything works out according to plan.

Just as the little girls are turning into little women, they want to do things their own way. All of a sudden their new influences are friends, peers and the media. And some mothers may not like taking a back seat. This becomes most apparent during the teenage years when many girls want to fit in; not stand out. Given our image-obsessed culture, many girls may feel judged. More often than not, this belief takes hold and resides in their minds.

Depending on a mix of factors such as genetics, anxiety, family lifestyle, values and friendship groups, girls will vary widely in how they manage their sensitive phase in growing up. For all the cheerleading mothers do to support their girl's confidence, there are so many factors that they cannot control or predict.

Mothers as role models

What mothers do have control over, however, is how they take care of their own appearance, health and self-worth. Also, it is how they demonstrate their love and acceptance of their children. While girls may not listen so much to what mothers say to them, they do watch intently. In other words, being a good role model is more about how a mother moves through her everyday life and less about accolades, lectures, or positive affirmations she makes about her children. It's the little things that count. Ordinary courage is about putting our vulnerability on the line. In today's world, that is pretty extraordinary.



Figure 8.5: A mother is a perfect role model for girls

**Mind Your Language**

When girls see their mothers being mindful and self-compassionate, this can have a positive influence on their own well-being. It can help them understand how to be a good role model themselves. For example, when mothers plan to talk about their own bodies or about ageing, it is better to avoid negative comments. Daughters are likely to accept such negative talking as an ordinary part of life. Mothers should describe the positive aspects of life in general and avoid negative discussions in front of their daughters simply because of the power of the spoken word. By being positive about relationship, friends, and life in general, girls can see the value of life and apply the positive characteristics in their lives.

When mothers take measures to care for their bodies such as eating nutritious meals and being physically active they are indeed modeling self-care for the female body. Even if this self-care is a new experience for mothers, it can demonstrate that mothers can take on new challenges at any age and at any time. It is a show of self-worth and self-respect.

Avoid Perfectionism

Not every girl is alike. They each have very different ideas about what it means to be their own person and fit in. They also have varying degrees of concern for their body image. They have their moments of low self-esteem and wallowing when it seems to them that other girls are prettier, smarter or richer. It can be hard to accept their condition and status at times.

Many mothers believe in perfection because our never-enough culture demands perfection and excellence. They further believe that if we live perfect, look perfect, and act perfect, we can minimize or avoid the pain of blame, judgment and shame. However, striving for excellence is about achievement and growth, and a sense of joy in the effort made toward personal goals.

Healthy striving is more about the process; not about the outcome. Perfectionism is not self-improvement. It is about trying to earn approval and acceptance. Healthy striving is self-focused. It challenges a person to find ways to improve in life. Perfectionism is other-focused – it is about what other people will think of you. Female role models therefore must emphasize more on healthy striving and less on perfectionism.

Learn to Appreciate Yourself

The understanding that perfectionism can be a defense against judgment is also helpful for mothers. Once mothers are aware that they can harbor this harmful belief, they can learn to take a stand against it. They can do so by accepting their imperfections through practices of appreciation, mindfulness and self-compassion. In fact this kind of role modeling serves as defense against handing down negative beliefs about body and beauty to daughters.



Effects of a good female role model

It is not just what a mother tells her daughter that will shape her, but also what she observes of her mother, especially when she least expects it. To be a good role model, mothers are to make sure that they are sending their daughters the right messages.

A mother must begin by learning how to love and care for her own body. Daughters will follow their mothers by being critical of their own body. They will learn to develop healthy habits such as good health and hygiene and good food.

The spoken word is powerful. Therefore, mothers must watch what they say in front of their daughters. In particular, they must cut out the 'fat talk' and the 'old talk'. This also includes other aspects such as body size and weight, wrinkles, etc. Instead, mothers should talk about the good aspects of their body to send a positive message across to their daughter.

It is advisable to appreciate the small things. Everyday has its positive. By sharing the little successes, small acts of kindness, humorous moments and new insights, mothers can help their daughters broaden their perspectives and lessen the focus on the complaints, negativity and superficial needs.

Mothers need to 'walk the talk'. It is good to show rather than tell what a girl needs to do. Motherhood does not define all the characteristics for a girl to follow. A mother is only a human being with interests, needs and weaknesses. It is therefore essential to take care of her first. The more daughters learn to appreciate their mothers, the more caring, compassionate and confident they will become. They can be able to manage their own imperfections, weaknesses and desires.

Examples of good female role models

Good female role models can be found in nearly every community. However, female role models are not equally distributed to every country, province, towns and villages. Western societies like Europe, North America, Australia and New Zealand are blessed with many female role models. In Papua New Guinea, there are very few popular female role models.

Good female role models are those women who are respectful, confident, committed, kind, considerate, helpful, courageous, humble and selfless. At home the mother serves as a perfect role model. However, at the community, provincial and national levels women with good qualities hardly come out openly.

We will consider the common female role models by starting with our local community before we move onto the international stage.

Local Community

You could be familiar with some female role models in your own community. That is fine as long as you are sure that they are good role models. Below are the common categories of



female role models found in nearly every local community. You can think of some other names of female role models in your community and add to the list below.

- Female Teacher
- Pastor's Wife
- Mother
- Aunty
- Elder Sister
- Other (E.g. Cousin Sister)

National Community

At the national level there are some female role models that stand out among others. These women have achieved certain things that only few women in the country have achieved. Therefore, they are looked upon as role models and leaders for females and girls in particular. Below are some of them. You can add some more names to this list.

- Female Politicians such as Dame Josephine Abigah, Nahu Rooney, Dame Carol Kidu, Delilah Gore, Julie Soso, Lujiya Kouja,
- Meg Taylor
- National Airline female Pilots,
- National Sports Champions such as Toea Wisil,
- National business women and leaders such as Janet Sape,
- Provincial business women like Rita Kare of Eastern Highlands,
- National and provincial leaders of women's movements such as Paula Mek.



Figure 8.6: Meg Taylor – Secretary to Pacific Island Forum Secretariat

International Community

There are some very popular female role models the world has produced. These females have achieved things that only few women have ever achieved. Therefore, they are an inspiration to the younger girls in particular and women in general. The list below contains some possible female role models. However, you can add to this list your own role models.

- Mother Theresa,
- U.S. Secretary of State - Hillary Clinton,
- Queen Elizabeth,
- Amelia Earhart – first female pilot to fly solo around the world.
- Movie Actors such as Cate Blanchet or Pamela Anderson,
- Singers like Madonna, Beyoncé and Rihanna,
- Sports Champions such as Serena Williams and Cathy Freeman.



Figure 8.7: Mother Teresa is an international female role model



Learning Activities 12.2.8.2

1. Why is it important for girls to learn from their mothers?

2. List two female role models you can find in your village or local community. Briefly state what makes them good female role models.

3. List two good national female role models in Papua New Guinea. Briefly state why you chose them.

12.2.8.3 Persons who influenced you to be a role model

Likely people who may have influenced you

We have discovered above that good role models are important to young people such as you. These role models have an impact on our lives one way the other. You can figure out certain role models that have played a part in your life in the past. Some of them may still be influencing you today.



Because of your unique upbringing and environments it is fair to say that you also have your own set of role models separate from others. The kinds of people you consider to be role models may not necessarily be the same for another person. However, there are some role models who we all have in common such as: teachers, coaches, youth group leaders, pastors, church leaders, music teachers, grandparents, uncles and aunties and leader of the Girl Guides.

Bad influences

Who were your bad role models? You can answer this question on your own, but be sure that your answer truly reflects the negative influences these people had on you. People who have a negative impact on you are said to possess a preventive mindset. They basically prevent you from developing as a person.

Peers usually rank on the top of anyone's list as a source of bad influence. That is true for many young people today. Being in a peer group can lead to a range of experiences and influences; some of which are negative and unproductive. So, to start with, you can consider how your peer group influences you negatively.



Figure 8.8: Peer pressure can lead to alcoholism

The media is a source of both positive and negative influences. Many young people look to movie actors, musicians and sports personalities as their role models. Famous people portrayed in the media are sometimes referred to as 'celebrities.' Many celebrities provide a positive source of motivation and influence. Many young people aspire to become like their favorite sports stars and a handful end up excelling in their preferred sport. But, we cannot say the same for other influences from the media such as movies and music. The images carried in the media can sometimes be offensive, violent and even abusive in nature. Young people who are exposed to a lot of such images grow up with an acceptance of these behaviors.



Children these days are also attached to their superheroes, cartoon characters or any other fictitious people that they look up to. Unfortunately, they are not real and the child is caused to live in a dream world full of imagination. Some parents allow their children to enjoy their imaginative years but not others. Parental judgment is very vital in such situations.

Many young people today are also being adversely affected by the information and communication technology (ICT). Of much concern today is the use of the internet and its related services such as social media. Facebook and Twitter are two forms of social media which many young people are hooked up to these days. Social media has its positives and negatives, and every user has his/her opinion of social media.

Generally, social media impacts upon the lives of young people in ways that are not obvious to them until very late. For example, spending too much time on Facebook takes up valuable study time, resulting in low school grades. Habitual social media users sacrifice their study, playing and sleeping time.

At this juncture it is worthwhile for you to ponder upon the many types of media you were exposed to in your life. You can recall those movies and music which provided negative influence for you. You can go a step further to list the consequences of any action you have taken as a result of the media influences. Finally, ask yourself whether you are still practicing the negative behaviors or not. If so, then what will you do about it?

Good influences

You have identified your negative influences or role models. It is only fair that you take some time to identify your positive role models. These could be people whom you have come in contact with. People who make a positive impact in your life are said to possess a growth mindset. A growth mindset helps others to develop further and become successful in life.

It really helps to record your positive role models and their influences on paper. Having it on record will help you associate the positive impact each role model had in your life. Such an exercise will help you to appreciate your role models and the part they played in your life. It will also motivate you to become a positive role model for other young people in the future.



Learning Activities 12.2.8.3

1. Name one person who has been your role model up till now. State how this person has helped you.



2. Name one person who has been a negative role model for you. State how this person has negatively influenced you.

12.2.8.4 Self-evaluation to become better in the future

You have covered a great deal on role modeling in this sub-section. It is now time for you to undertake a self-evaluation. The aim of this self-evaluation is firstly identify positive qualities and secondly to identify negative qualities. In so doing you will develop a balanced perspective of yourself as a potential role model for others. Usually it is the good qualities that you will need to adopt and live through life. After all you cannot become a good role model if you possess the negative characteristics.

What qualities should you possess to be a better person in the future?

It is never too early to start thinking about becoming a role model in your community. Since you have read a lot on the topic above you should now be in a better position to develop the positive qualities of a role model. Here are some points that will help you develop yourself into a fine example or role model in your community.

- a. Always strive to remain positive about life and stop talking about other people.
- b. Always be polite and respectful when you interact with other people. Strive to speak politely with everyone, say 'please' and 'thank you,' and listen attentively.
- c. Strive to maintain self-control. Do not allow your anger to cause you to behave offensively or recklessly. Always find ways to resolve conflicts and differences positively.
- d. Always humble yourself and apologise to others when you need to make amends. Accept responsibility, ask for forgiveness and avoid making excuses.
- e. Learn to be helpful and stay that way throughout your life. By conducting yourself with a desire to help others, you not only set a good example for others.
- f. Show loving care and concern to those people closest to you. Show understanding and be trustworthy. Do not judge others until you are well informed.
- g. Avoid bad or harmful habits such as alcohol, home-brew, drugs, smoke, betelnut and other forms of drugs. These things will destroy your life.



What kind of parent suits you in the future?

Parents still sit at the top of the list of the important and powerful role models in a child's life. As a future parent you have a few key advantages that other role models and environmental factors do not have. When used properly, these advantages will serve you well as a parent-in-waiting and a potential role model. Four of these key advantages are listed and briefly discussed below for you. However, this list is not final, as you can add more characteristics and advantages that suit you.

Trust

Parents are the first people a child comes into contact with since being born into this world. The child learns to trust the parents for his/her basic needs such as feeding, changing of clothes, nurturing during early days, safety and security. A special bond exists between the child and the parents from the first day onwards. A child looks up to the parents, believes in them and places his/her entire trust on them. Without the parents a child is totally helpless and does not stand a chance of survival.

Teaching/Learning

Young children are good copycats. They copy or mimic what they see. Mimicry helps children master certain skills. Children copy most of their skills and habits from their parents. That makes the parent a very important teacher in the life of a child. Children learn or copy both good and bad habits from their parents.



Figure 8.9: Girls always imitate their mothers

As a potential parent, you must prepare yourself well now with the skills, values and habits you will transfer to your child. You don't have to wait until your child is born to decide what to teach him or her. By then it could be late. As part of your preparation process you need to read books on parenting, consult parents or elderly people and even understudy parents



currently raising a child. The set of skills, knowledge and attitudes you acquire will be put to good use when you become a parent for the first time.

Quality Time

During their younger years children are around their parents more than they are around any other person. The quality of time spent with children influences how children learn and do things. When parents spend quality time with their children important skills, knowledge, practices and habits are transferred to children. Such children grow up with a balanced outlook of life end up becoming successful in life. Also, parent-child bonding improves.

Your challenge now is to think of what it will be like to spend time with your children and how you will spend time with them. Spending time with children means other things will have to give way. It means cutting down on unnecessary activities such as gossiping, Facebook communication and so on. You must prepare yourself now by listing down those activities and habits that need to be scraped off your to-do list.

Be Real

Today's children are exposed to so many superhero characters in the media. Such portrayal of people unknowingly creates a sense of hallucination or fantasy in their minds. A growing child will innocently think or believe that his or her parents can be like those superheroes seen in movies. It therefore places false and unnecessary expectations on parents. When parents don't live up to the superhero status children feel hopeless, unhappy, helpless, depressed and sad.



Figure 8.10: Superman is a fictional character.

As a future parent you must determine what characters and habits you wish to teach your child in place of the superhero characters. Firstly, you must know that you are real and you live in the real world while superheroes only live in movies. As a real person you must show your child that it is real, yet acceptable to make mistakes. At the same time show them that real people like you can deal with problems using problem-solving skills. Teach your child to accept mistakes and learn from those mistakes to become a better person in life.



Learning Activities 12.2.8.4

1. What are some qualities which you wish to acquire or possess in order to be a good role model in the future?

2. What are some behaviors or aspects which you wish to avoid in order to become a good role model in the future?



ANSWERS TO LEARNING ACTIVITIES

Topic 12.2.1

1. List two problems faced by urban settlers in Papua New Guinea. Also state the causes of these two problems

- Poor sanitation – poor quality water, unhealthy living conditions.
- Food shortage – low family income, unemployment.
- Malnutrition – Poor quality food and water, unhygienic conditions.
- Hunger – no food, low income, unemployment.
- Poverty – unemployment, low family income.

(Note: These are only some of the many problems. They give you some idea).

2. Identify two effects of domestic violence on children.

- Children suffer emotionally
- Children suffer mentally
- Children live in fear
- Children become aggressive and violent in the future



- Children are deprived of parental love and care
- Children miss out on education
- Etc.

3. What are the main causes of poverty in Papua New Guinea? Write down your answers.

Poverty is a state of having little or nothing in terms of food, water, money, cloths, etc. The main cause of poverty in the country is unemployment and lack of income sources. When people do not have access to income and other resources they are likely to end up in poverty. Poor people have very limited choices in life. Therefore their lives are miserable.

4. How does poverty affect the health of the family?

Poverty, as mentioned above is a state of nothingness in terms of income, food, clothing, and other necessary items for survival. When a family lives in poverty their choices are limited and they are unable to take care of their health. They do not have good food, water, house, etc. Poor people do not have many opportunities in life to improve their lives. Therefore, they are locked into a condition of continuous hardship and emptiness.

5. How does gender inequality affect the health of women in Papua New Guinea?

Gender inequality is a perception or a belief held by people, mostly men. When men consider themselves as superior they do things to suppress women. Suppressed women feel helpless and are deprived of opportunities. Their health suffers from their unequal status in the community/society because males dominate in decision-making and other areas of life.

6. Do you think the government of Papua New Guinea is taking sufficient action to control the health problems faced by people in the country? Explain your answer.

The answer here could be a 'yes' or a 'no' depending on your own understanding of the role of the national government in trying to address the health issues in the country. One thing that we all can be sure of is that there are many challenges facing the government in its efforts to address the health problems in the country. Some of these problems have some solutions in sight. Others are complex and require more time, resources and planning to solve. Generally, the government continues to struggle in providing health services. This struggle will continue for a long time to come until such time many people in the country are educated and move into the middle income category.



Topic 12.2.2

1. State three ways in which 'Save the Children' helps children in Papua New Guinea.
 - a. Provide life-saving support and emotional support for children caught up in disasters, wars, famines, etc.
 - b. Campaign for long term change to improve children's lives
 - c. Improve children's access to food and health care
 - d. Secure good quality education for children
 - e. Protect children who were separated from their parents because of wars, famines, natural disasters, extreme poverty, etc.
 - f. Work in the poorest countries to help children escape from poverty.

2. What does UNICEF stand for and how does it help children in the world?

UNICEF stands for 'United Nations International Children's Emergency Fund.' UNICEF advocates strongly for children's rights and seeks to make good use of resources to help children. Its key focus areas are: health, nutrition, water and environmental sanitation, education, child protection and HIV/AIDS.

3. How does 'City Mission' find the money to carry out its activities? Is it similar to other non-government organisations?

City mission is a non-government, private organisation. It derives its funding from its various internal and external sources such as donations from rich people, fund raising and selling of items. It is similar in nature to many other non-government organisations.

4. What is the main objective or purpose of 'Susu Mama'?

Susu Mamas' main objective is to support and promote best feeding practices for infants and young children in PNG. It also promotes the provision of integrated family and youth health services in urban and rural areas of PNG.

5. Do you think children in PNG are safe from diseases and family violence? Explain.

The answer here is no. Based on the available data and evidence children in PNG are not well protected. There are instances of child abuse in all parts of the country. Children are the most affected when there is domestic violence. Because domestic violence is high in the country, we can conclude that children are the victims. Children's health services are not up to the expected standard. Children's education is also not properly coordinated. Some children are out of school for various reasons. These and other facts prove that children in PNG are not well protected.



Topic 12.2.3

1. What does the term 'advocacy' mean?

Advocacy comes from the root word 'advocate.' To advocate means to speak or act in support of someone else or another thing, organization, etc. Therefore, advocacy is the state of supporting or acting for someone or something. It could be the support of mothers' and children's health, or it could be in support of poverty eradication.

2. State one way in which the government advocates for families in Papua New Guinea.

- Passing legislation to support families and their health
- Passing legislation to protect families from poverty and other forms of deprivation.
- Providing better health and education services for the people.
- Working with international organisations and donor agencies to promote and develop health and education services for the people of PNG.
- Etc.

3. State the difference between 'bi-lateral' and 'multilateral' relationships. Also provide examples of each.

- Bi-lateral relationship is a relationship between two countries
- Multi-lateral relationship is a relationship between more than two countries.

4. What do you think is the main function or purpose of UNICEF?

UNICEF advocates strongly for children's rights and seeks to make good use of resources to help children. Its key focus areas are: health, nutrition, water and environmental sanitation, education, child protection and HIV/AIDS.

5. How does the 'Bill and Belinda Gates Foundation' help families of the world?

The Bill and Belinda Gates Foundation advocates for access to high quality contraceptive information, services and supplies to women and girls in the poorest countries of the world. It achieves these things through the process of family planning. The foundation supports family planning projects through its funding activities.

Topic 12.2.4

1. State one reason why maternal death in Papua New Guinea is among the highest in the world.

- Very low number of mothers getting antenatal visits
- Low number of mothers receive supervised delivery



- Poor antenatal and post natal clinic service generally.

2. Whose role is it to address or prevent the high maternal death rate in PNG? Explain.

- The government – because it is the overall policy maker and funding agent for health services in the country.
- Bureaucrats – because they make policies that affect the health of mothers in PNG.
- Families – because every mother is an integral member of a family.
- Churches – because nearly every Papua New Guinean is a member of a church.

3. Explain the role and importance of a mid-wife

The mid-wife is a trained health specialist whose job is to provide the necessary support to pregnant mothers before and during pregnancy, during and after delivery. It is the job of the mid wife to ensure that a pregnant mother safely delivers her baby. Safe delivery is important for both the mother and the child.

4. Explain how good family planning contributes to a happy and healthy family.

Family planning is about deciding the number of children to have, when to have them, how to care for the children and the parents as well. When planning a family the parents take into account their income, services available to support their children, their ability to raise the children, etc. A planned family is a good family because it is led by goals and objectives.

5. Study your home and the surrounding environment for cleanliness. Write a one-paragraph report based on what you have observed about cleanliness in your home and surrounding environment.

For this question, you will write your own observation as directed. Remember that a paragraph contains between two and five sentences. Stick to the main points in your paragraph.

6. What is the main cause of malnutrition?

Malnutrition is caused by poor quality food, water and sanitation. It is caused by a deficiency or excess or imbalance in energy, protein and protective food nutrients in the body.

7. How can malnutrition be prevented?

By eating the right balance meals every day, living a clean and healthy lifestyle and drinking good, clean water. Always wash your hands before eating to prevent germs from entering your body when you eat.



Topic 12.2.5

1. What is a marriage?

A marriage is a union between a man and a woman such that children are born unto them. These children are recognized as legitimate offsprings of the parents.

2. Which of the six purposes of marriage outlined above do you think is very important? Provide your reason for your answer.

This question requires no correct answer. You can choose any one of the six purposes as outlined in the reading. However, you must always justify or provide reasons for selecting a particular purpose. As long as you can support your answer, you are probably right.

3. Some people think traditional PNG marriages are not good for the modern society. What is your opinion on this?

Again, this answer requires no single correct answer. It asks for your opinion on traditional marriages. Whatever your answer or choice is, you must provide some solid reasons to back yourself in order to convince other people.

4. List two practices or behaviors that can make a happy marriage.

- Love/commitment
- Sexual faithfulness
- Humility
- Time
- Honesty and trust
- Open communication
- Selflessness

5. What two factors do you think creates unhappy marriage? List and explain each of them.

- Control
- Hostility
- Dishonesty
- Dependence
- Intimidation
- Physical violence
- Sexual violence

6. How can good communication help a marriage?



Good communication skills will help a man and his wife to talk to each other as often as possible, tell each other of their feelings, frustrations, expectations, disappointments, etc. These are things that can spoil a family if married couples do not talk openly of their expectations, desires, etc.

7. How does humility help a marriage?

Humility is another word for humbleness. Humble people live not solely for themselves but for other people. They are ready to admit mistakes, acknowledge their strengths and weakness and give credit to others if they deserve it.

8. Which two factors of unhealthy marriages do you think are commonly found in marriages in Papua New Guinea? Explain.

Study the factors given in question 5 above. Decide which of these is common in PNG. Your answer may not reflect the whole of PNG but at least you can select a factor and stand ready to support/defend your selection with the right words and back up information.

9. Which of the five happy marriage tools do you think is the hardest to practice? Explain why.

There is no correct or wrong answer for this question. You are to study the information given in the study guide and come up with an answer which you will be ready to defend.

10. What is 'empathy'? How does empathy help preserve a marriage?

Empathy means putting oneself into the shoes of another person to clearly see and issue from a different angle. It also allows oneself to feel the way another person would feel and act the way another person would act.

Topic 12.2.6

1. How important is the job of a parent?

A parent's job is very important to the life of a child. Because a child is helpless he/she depends entirely on the parents for survival. Parents need to learn good parenting skills to keep the child alive and safe from harm and danger.

2. Why is parental love important for a child?

Love is an important ingredient for a growing child. When children feel loved, they respond by growing up in a healthy manner. It gives them a reason to live. Love is one of those basic needs as identified by the U.S. psychologist called Maslow. If love is absent, people will feel emptiness in their lives because love is a basic need.



3. How can parents be good role models for the children?

Parents can be good role models through their actions, behaviors, relationships, etc. If they want their children to grow up with a positive mindset and good characters, they must display these very characteristics and behaviors for their children to see, learn and imitate. Children are good at imitating. Therefore, parents must be careful about when they do or how they respond to certain situations in the presence of their children.

4. What are some of the likely effects of a child who is being physically abused all the time?

The child will become emotionally and physically affected. He/she will not live a normal life, even if he/she tries to. The experiences of abuse will haunt his/her lifetime. Some affected children commit suicide or turn to illegal drugs and substances to get away from their past memories. They live a life of hatred and can also end up abusing other weaker members of the family or the society.

5. What is pampering and how does it affect a child?

Pampering means giving too much attention to a child than is normal. This could mean more food, money, love, protection, etc. People who were pampered in their childhood become very insecure and dependent on their parents or others closer to them. They cannot tolerate it when they are being abused or ignored for a moment. They also cannot work hard for themselves, opting instead to live off others.

6. Do you know of a child abuse case in your local community? If so, write a short statement about it.

This is an open question which requires you to do some research in order to answer this question successfully.

Topic 12.2.7

1. Briefly explain the difference between 'sex' and 'gender'.

Gender refers to the social identity or arrangements based on sex differences. It includes dressing, speech, behavior, roles, emotions, skills, etc. However, gender characteristics are not always dependent upon sex as was traditionally thought. The categories of gender are 'masculine' and 'feminine'.

Sex refers to social behaviors and activities such as romance, sexual intercourse, love, affection, etc. Sex also defines the differing physical characteristics of man and woman based on differences such as chromosomes, genital arrangements, reproductive arrangements, interests, etc. The categories of sex are 'male' the fertilizer and 'female' the fertilized.



2. Provide two examples of traditional gender roles expected of women in Papua New Guinea.

- Child bearing
- Care giving
- Gardening
- Submit sexually
- House keeping
- Raise domestic animals
- Cook, wash clothes, tidying up bed, etc.
- Child minder.

3. Provide an example of a modern gender role expected of women in Papua New Guinea.

- Child bearing and minding
- Care giving
- Doing laundry
- Cooking
- Earning an income
- Raising children

4. Why is it important for boys and men to learn the changing gender roles in Papua New Guinea?

Papua New Guinea is still a tradition-based society with many of its traditions still being practiced today. At the same time it is fast modernizing through education, business, politics, sports, communication, employment, etc. Many men in particular are still trying to come to terms with the changing society. But many men still resist change and prefer women to perform their traditional roles more often while men goes out to find employment.

Because of men's dominant role in the society and their ability to control resource including women, they must learn the changing roles of women. They must particularly learn the advantages of changing gender roles so that they can tolerate the change and use it effectively for the benefit of their families.

5. How can women adopt to the changing gender roles in Papua New Guinea?

Women generally are yearning for more changes to take place so that there is equality between men and women. They are the least people to resist the broader changing gender roles. However, their willingness to change must also be supported by men or otherwise change will never be completely realized. That is why women need to talk with their men to form an understanding through which men will support women's initiatives to change.



6. Why is gender equality important for Papua New Guinea?

Examples from developed countries and a few developing countries of the world indicate that there are some tangible benefits that can be derived from gender equality. When women are empowered they will become better, educated and informed mothers. Family's health will improve through an educated mother. Many other issues will be better addressed when the mother is empowered.

7. List some reasons why men refuse to accept women as equals in the traditional society.

- Men feel threatened by the rise of women in the society.
- Men are still preoccupied with themselves as the bosses in the family.
- Men prefer that the social order be maintained in which the woman is always the secondary subject in the society and its activities.
- Men don't know what will become of their dominance when women become equal with them. They feel threatened.
- Some men are jealous over their wives when they receive promotion at their workplace.
- Some boys become jealous when a girl does well at school

8. What can you do to educate men in your village or local area about gender equality and its benefits?

- Talk to men, beginning with your father, brothers and cousins.
- Participating in public debates involving gender issues.
- Giving recognition to women and girls in your small ways.
- Respecting women openly for men other boys to see.

9. Do you think every educated Papua New Guineans are more tolerant to the changing gender roles in the country? Explain your answer.

You can provide your own opinion to this question. Generally there is no right or wrong answer to this question. It requires you to say yes or no, and to provide your reasons for your opinion.

Take note also that, in general, the level of tolerance is low at the moment. Hopefully this will change some years later as the current crop of young people mature.

Topic 12.2.8

1. What is a role model?



A role model is someone who is looked up to by others. It can be a male or a female as long as he/she has some influence on other people and their behavior.

2. Describe two positive qualities of a role model.

- Willpower – The ability to act through adversity for the sake of a greater purpose.
- Confidence – The quality of belief that pushes a simple ‘yes’ from the mind into the real world.
- Dynamic – Being able to vary their strategies and mold themselves into whatever is best for what they wish to achieve with greater flexibility.
- Respectful – The art of accepting, understanding, considering and honoring one’s surroundings.
- Committed – Persisting in spite of setbacks and failures. Goal is more important than giving up.
- Integrity – Acting beyond honesty to strive towards moral excellence by being trustworthy, dependable, and firm.
- Compassion – Being sympathetic towards others’ distress and suffering and a desire to alleviate them conditions.
- Self-control – It is the foundation of virtuous life. It starts with focus and riding yourself of distractions by taming their desires and channeling it towards positive outcomes.
- Perseverance – It is the courageous resistance against difficult circumstances.
- Courage – Being able to resist fear, persisting through trials to emerge stronger.
- Humility – Being humble and letting others get the praise and commendation. It helps someone rid himself/herself of the poison of self-importance.

3. Why must a role model possess humility?

Humility helps a person to avoid self-righteousness, fame, arrogance and self-pride. These things are like poison to a good role model. Therefore, humility helps rid a person of such poison. Humble people can become good role models because they can help others rise and fulfill their dreams and potential.

4. Why is it important for boys to have good role models?

Boys, if not groomed and disciplined properly in their early lives, can easily become disoriented and develop destructive and anti-social behaviors. Therefore, they must have good role models in the early part of their lives. This will help them grow with discipline, focus and self-control. It is easy for boys to develop negative behaviors and characters if they are not exposed to good role models.

5. What qualities of Nelson Mandela make him a good international role model?



Nelson Mandela preached and practiced non-violence. He was full of hope, courage, humility, integrity, compassion, understanding, self-control, perseverance, respect and commitment. These are the very qualities of a good role model as discovered in the reading.

6. Why is it important for girls to learn from their mothers?

For girls, mothers are their best role models. Because of gender differences, girls are usually reserved and home-bound, doing household chores such as cleaning, sweeping, cooking, etc. By watching their mothers, girls can develop the skills needed to become good mothers in the future. There are certain characteristics which girls can learn from their fathers too, but that is limited, as they spend most of their time with their mothers.

7. List two female role models you can find in your village or local community. Briefly state what makes them good female role models.

This question does not require any correct answer. It requires you to discover and list at least two female role models. While it is easier for girls to identify their role models, boys too can figure out the females who have or continue to influence them in their lives such as their mothers, sisters, etc.

8. List two good national female role models in Papua New Guinea. Briefly state why you chose them.

You can carry out a small research to find out some of our prominent Papua New Guinea women such as politicians, women's representatives, athletes, professionals, etc. You should write your reasons down why you decided to choose her as your female role model in PNG.

9. Name one person who has been your role model up till now. State how this person has helped you.

You can think of one person who was your role model up till now. List the ways in which this person has helped you.

10. Name one person who has been a negative role model for you. State how this person has negatively influenced you.

You can think of one person who has been a negative influence or role model to you. List the ways in which this person negatively influenced you.

11. What are some qualities which you wish to acquire or possess in order to be a good role model in the future?

- Honesty
- Have integrity



- Have self-confidence and self-control
- Have courage and self-belief
- Being simple, real and trustworthy
- Have compassion and patience
- Be committed to helping others
- Have the desire to be a good role model.

12. What are some behaviors or aspects which you wish to avoid in order becoming a good role model in the future?

- Arrogance
- Dishonesty
- Self-righteousness
- Greed
- Prejudice
- High ego
- Laziness
- Perfectionism
- Critical of others
- False pretense
- Lack of empathy
- Lack of willpower
- Name-calling



SUMMARY

Every individual in Papua New Guinea hopes to have a happy and healthy family. However, this hope is fully realised by only a small fraction of the national population. The reasons for this are varied and numerous. In this module you were introduced to the numerous family issues such as child health, maternal mortality and mothers' health. These issues have a direct impact upon many families in the country.

The health of mothers and children is of paramount importance. The government of Papua New Guinea continues to support programs that aim to improve women and children's health. International organisations such as UNICEF, WHO, UN, donor agencies, international development agencies and private/non-government organisations and charities are also important partners in the fight to save mothers and children from fatal diseases such as cancer, measles, malaria, HIV/AIDS, cholera, etc. Maternal health is also a high priority project for many organisations and the national government of Papua New Guinea.

In Papua New Guinea today there are many health issues that still remain to be completely eradicated. These health issues are complicated by cultural and societal practices, beliefs and taboos. Gender equality, for instance, is a struggling cause in the country because of the deep-rooted cultural barriers. People need to realise the direct link between the lifting or removing of such barriers and good health of the family.

A marriage is a very important institution which determines the quality of family and family health. A marriage represents a very important choice for two people because it involves a lifetime partnership of living together and raising children in a happy and healthy home. There are good and healthy marriages. However, not every marriage is healthy and happy.

Parenting is an important job. When a child is born parents have an equal responsibility to raise their child. Sadly, not every parent is there for the child. Due to various reasons not every child has both parents. In some instances a child does not have a parent at all to feel loved, cared for and protected. Orphans, as they are called, are very unfortunate because they have neither parent to turn to. In addition, they don't have a home to live in.

Good parenting is a requirement. For the sake of the child, parents must develop good parenting skills. Children who are raised by good parents have a better chance of living productive lives in the future.

Parents represent the most basic form of role model for the children. A small child looks up to his/her parents as very important role models. He/she learns the early lessons of life through observation and by imitating the parents. Apart from parents other people can be good role models for the children. Good role models can be found in villages, local communities, organisations, in the country and at the international level. Children must be exposed to good role models so that they can develop into better human beings.



GLOSSARY

Affinity	A close relationship between two people or things that have similar qualities, structures or features
Aggressive behaviour	Saying things or doing things that do not respect the rights of other people and can hurt them
Annulment	To state officially that something is no longer legally valid
Apartheid	The former political system in South Africa where only white people had full political rights and the black people were forced to live away from the white, and their children attended separate schools
Arbitration	The official process of settling an argument or a disagreement by somebody who is not involved
Assertive behaviour	Having enough confidence to say what you want to say and not be afraid to speak out
Bacteria	A microbe or pathogen that causes disease
Binge drinking	Drinking large amounts of alcohol in a short period of time or drinking constantly for a number of days
Blood feud	Angry or bitter arguments between two people or groups of people that continues over a long period of time, and sometimes with blood shed
Cohabit	Usually a man and a woman living together and being in a sexual relationship without being married
Commercial sex	The act of prostitution or sex work as an employment or a way of earning a living, the sex industry is seen as an avenue providing employment for thousands of people around the world
Conflict	When two or more people are involved in a serious disagreement or argument over something or a situation
Deity	Refers to a god or goddess
Dilemma	A situation which makes problems, often one in which you have to make a very difficult choice between things of equal importance
Disengage	To withdraw from or be passive in life
Embryo	The first 8 weeks of a human life after fertilisation
Empathy	The ability to understand another person's feelings or experiences
Engage	To be active in creating a happy and meaningful life
Foetus (Fetus)	A human life that is more than 8 weeks after fertilisation
Globalisation	When something becomes effective and operational worldwide and impacts the whole world
Inbreeding	Breeding between closely related people or animals
Incarceration	To put somebody in prison or in another place where they cannot escape
Interdependence	The way people live together and depend on one another
Land tenure	The system in which land ownership, land titles and land rights is transferred from one person to another



Lease hold land	Land by which the tenant pays land rentals to the owner over a very long period of time for the use of the land for commercial purposes
Malnutrition	A poor condition of health caused by a lack of food or a lack of the right type of food
Mortgage	A legal agreement by which a bank or a similar organisation lends you money to buy a house and you pay the money over a particular number of years
Passive behaviour	Saying nothing or letting other people do things that you think they should not do
Periphery	The edge of a town or city, or an urban area that borders with a rural area or a village
Protected sex	When condoms are used during sexual intercourse
Reciprocity	A kind of relationship in which people give to each other
Responsibility	A duty to deal with or take care of something or somebody, or the consequences of the decisions that you make. In other words meeting your obligations towards yourself and others
Royalty	A sum of money that is paid by a mining or oil company to the owner of the land that they are working on
Self-esteem	The way we feel about ourselves
Sense of self	Identifying and getting to know more about ourselves
Shanty town	An area in or near a town where poor people live in make shift dwellings and houses, usually without access to electricity, water and sanitation. Also known as squatter settlements
Social contract	An agreement between people about living together
Stigma	Feelings of disapproval that people have about particular illnesses or ways of behaving
Value system	The standards or principles that people use that guide them to make decisions in their lives. A value system is also known as a moral code or a moral compass
Virus	A microbe that causes disease



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**SUBJECT AND GRADE TO STUDY**

Grade Levels	Subjects
Grades 7 and 8	1. English
	2. Mathematics
	3. Science
	4. Social Science
	5. Making a Living
	6. Personal Development
	7. English
Grades 9 and 10	1. English
	2. Formal Mathematics
	3. Practical Mathematics
	4. Science
	5. Social Science
	6. Commerce
	7. Design and Technology- Computing
	8. Personal Development
Grades 11 and 12	1. English (Applied English/ Language and Literature)
	2. Mathematics (Mathematics A/Mathematics B)
	3. Science (Chemistry/Physics/Biology)
	4. Social Science (History/Geography/Economics)
	5. Business Studies
	6. Personal Development
	7. ICT

REMEMBER:

- For Grades 7 and 8, you are required to do all six (6) courses.
- For Grades 9 and 10, you must study English, Mathematics, Science, Personal Development, Social Science and Commerce. Design and Technology-Computing is optional.
- For Grades 11 and 12, you are required to complete seven (7) out of thirteen (13) courses to be certified.

Your Provincial Coordinator or Supervisor will give you more information regarding each subject.

CERTIFICATE IN MATRICULATION**CORE COURSES**

Basic English

English 1

Economics

English 2

Basic Maths

Maths 1

Maths 2

History of Science & Technology

OPTIONAL COURSES

Science Streams: Biology, Chemistry, Physics

and Social Science Streams: Geography, Introduction to

and Asia and the Modern World

REMEMBER:

You must successfully complete 8 courses; 5 compulsory and 3 optional



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