

## I Can Take Care of Myself

Once upon a time, there was a mother rat who wanted to get her young daughter married as soon as possible, to the most powerful being that she could find. 'Who is the most powerful being on earth?' she asked herself. She saw the bright sun god travelling across the sky, and thought, 'Surely, all beings depend on the sun. The sun god is the most powerful being on this earth.' She asked the sun god, 'Are you the most powerful being on this earth?' He smiled, 'No, there is someone greater than me to help the creatures - it is the rain. Without the rain, no crop or tree would grow. There would be no water on earth.'

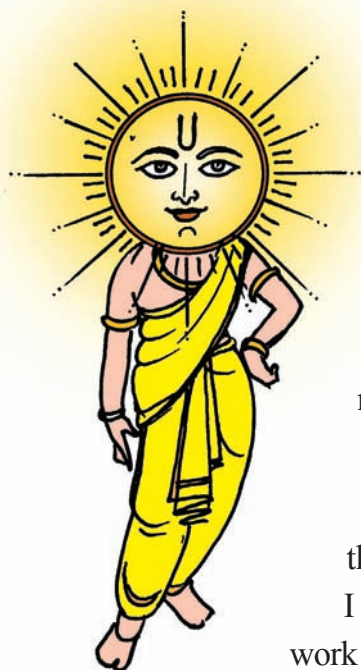


Just then, it began to rain. She thought, "How wonderful the rain is! It makes the whole land green. It makes the rivers flow. Surely, the rain god is the most powerful being on this earth. She asked the rain god, 'Are you the most powerful being on this earth?' He smiled, 'No, there is someone greater than me to help the creatures- it is the mountain. Without the mountain, there would be no protection for the creatures of this earth. The mountain blocks the clouds, and lets the water flow safely for the people and all life in the valleys.'

She looked around, and saw the beautiful blue mountain. She thought, "How big and strong the mountain is! It withstands all winds

and storms. It protects the earth and its creatures. Surely, the mountain god is the most powerful being on this earth. 'She asked the mountain god, 'Are you the most powerful being on this earth?' He smiled, 'No, there is someone greater than me to help the creatures-it is the worm. Without the worm, the earth would be hard and nothing would grow in the soil. The earthworm is the greatest friend that living beings can have.'





Just then, she saw her daughter coming towards her. She asked her mother, 'What are you doing?'

'I am trying to find out who the most powerful being on earth is', said the mother.

'Why?' asked her daughter. 'I want you to marry him and be safe,' said the mother.

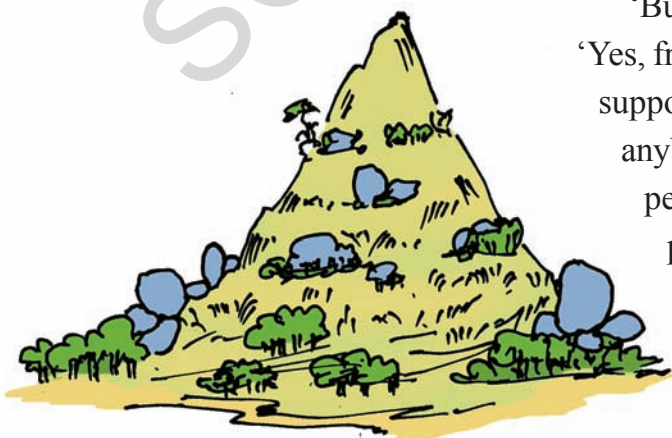
'Why would I need to marry to be safe?' asked the daughter. 'To be safe, I need to know how to take care of myself.'

'You are small. You need protection', said the mother rat.

'The best protection is to be able to protect oneself,' said the daughter. 'To protect myself, I need to learn to be strong and work hard.'

'But why would you need to work? If you marry someone rich and powerful, he will support you', said the mother rat. 'Who is rich and powerful, *amma*?' asked the daughter. 'The truly powerful being is one who can take care of oneself and those she loves. One is truly rich, if one is rich in love. I want to be powerful myself, so that I can take care of myself and those that I love.'

The mother rat was confused. 'What will you do?' she asked. 'I will learn to stand on my own feet. I will find work to do that supports me, and my family. For that, I need to learn more about the world, and learn to live in it as a good creature. Let me first learn to take care of myself.'



'But don't you need help?' asked the mother rat. 'Yes, from you, *amma*!' said the daughter. 'Help me support myself. I am not interested in marrying anybody, rich or powerful. Depending on another person's power, position or prosperity does not promise peace and security in the long run. One has to depend on the power within oneself to seek the target in one's life.'



## Comprehension

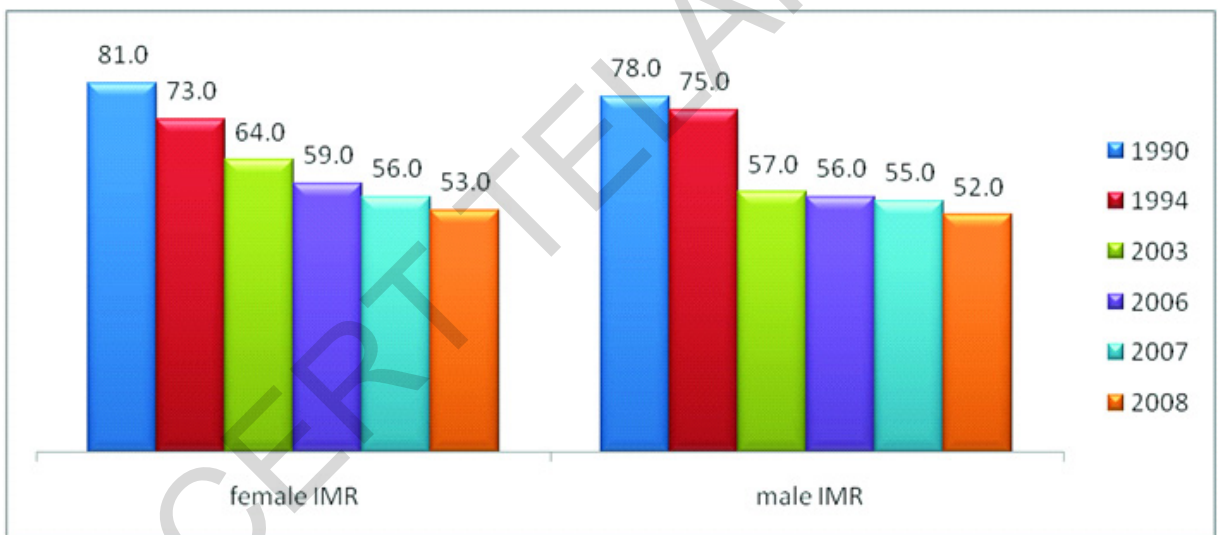
### Answer the following questions.

1. What do you think is the most important thing to learn to live well ?
2. What are the skills or qualities that would help you to be independent in your life?
3. Do you agree/ disagree with the daughter of the mother rat? Give reasons for your response.



## Study Skills

- I. Observe the data given in the bar diagrams related to male and female infant mortality rates (IMR) in India over the years 1990 to 2008 and answer the questions given.**



(Source: Ministry of Statistics and Programme Implementation National Statistical Organisation - Website: [www.mospi.gov.in](http://www.mospi.gov.in))

1. In which year is the difference in infant mortality rates between male and female the highest?
2. In which case and in which year do we find a sudden decrease in the IMR?
3. What will happen if there is a wide gap in IMR between male and female?
4. What, according to you, may the reasons be for the female IMR being higher than the male IMR?
5. What may the reasons be for the decrease in IMR over the years?

6. Do you think there could be a further decrease in the IMR after 5 years?
7. What, according to you, may the reasons be for the death of more than half of both male and female infants?

## II. Group work.

**Discuss the above questions in your group and write an analytical report on the Infant Mortality Rates in India.**



### Oral Activity

#### A. Debate on the following proposition.

“Reservation in education, employment and legislature will empower the women.”

#### B. Given below are 4 different statements. Give your opinion and discuss with your classmates.

1. Interest in music, dance and sports distract from studies.
2. One should not be punished for telling the truth.
3. When an older person says something, we should blindly obey.
4. It is wrong for actors to model for cigarettes and fairness creams.



### Project Work

#### A. Interview some female members in your family and neighbourhood with the following questions.

**Would you like the girls in the family to take up a job after they have received education?**

If yes, give some reasons.

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If no, give some reasons.

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#### B. Work on the following items.

Note down whether the woman you have interviewed is educated or uneducated; working / not working; married / unmarried.

Sl.No.	Name	Working	Not working	Opinion

#### C. Based on the above information write a report on ‘Woman Empowerment’ and present it to the class.

## Self Assessment

How well have I understood this unit?



Read and tick (✓) in the appropriate box.

Indicators	Yes	Somewhat	No
I read and understood the text:			
A. Bonsai Life			
B. Bonsai Life			
C. I can Take Care of Myself			
I was able to understand and use the phrasal verbs given under 'Vocabulary'.			
I was able to frame idioms given under 'Vocabulary'.			
I was able to understand and identify subject and predicate given under 'Grammar'.			
I was able to write a poster given under 'Writing'.			
I was able to understand the debate given under 'Listening'.			
I listened to and understood “Education of the Girl Child is a Burden” and answered the questions given under 'Listening'.			
I was able to participate in a debate given under 'Oral Activity'.			
I was able to interview the neighbourhood women given under 'Project Work'.			

Our qualities and intelligences help us live well. ‘Personal Body Safety’ Rules help us be safe. These are:

1. Clothing rules - We keep private parts covered in front of others. Though we don't cover our mouth, it is private too.
2. Touching rules – We don't touch private parts in front of others.
3. Talking rules – We talk about private parts with Safe Adults.

If someone breaks ‘Personal Body safety Rules’, I can say ‘No’ to that person; GO away from that person as and when I can; TELL a safe adult about this person because he/she is doing something unsafe and has to be stopped.

I am a safe person if I follow Personal Body Safety Rules for myself and for others. Sometimes people may trouble us by breaking these rules. We may feel ashamed and find it difficult to speak about it to others. Remember that shame and blame are not in the body. Those who trouble us are the ones to be blamed and need to feel ashamed of their behaviour. Our laws (example POCSO Act 2012) prescribe punishment for such offenders.