



LIFE SKILLS

&

VALUE

EDUCATION

CLASS-X

(SESSION 2025-2026)

COMPILED BY: NUTAN JAIN

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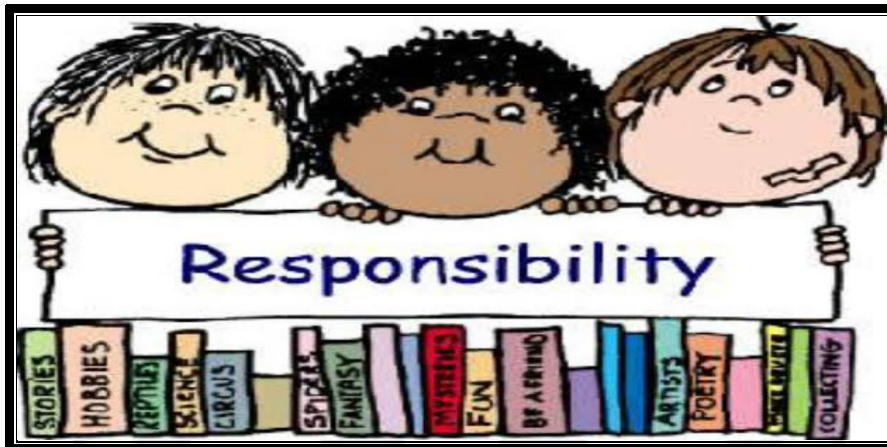
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UNIT –1

Responsibility



"You cannot escape the responsibility of tomorrow by evading it today

"-Abraham Lincoln

"All business depends upon men fulfilling their responsibilities."

- Mahatma Gandhi

Everyone seeks happiness. But early on in life, we learn that we cannot be happy all the time.

With a good attitude, it is easy to find contentment in reflecting on life's blessings and appreciating its simple pleasures. But as optimistic as we can be, there are daily inconveniences, personal crises and certain stages of that simply come with certain challenges that we have no choice, but to endure. So, in spite of the ups and downs of everyday life, we need something that will always sustain us, and what best fits the bill is responsibility.

Responsibility, in its most basic essence, is one of the main things that give life meaning. Responsibilities are things that we have to do. With no responsibilities, we could do (or not do) whatever we wanted. But in the absence of duty, it is difficult, if not impossible, to find any purpose for our actions.

Being responsible means being dependable, keeping promises and honouring our commitments. It is accepting the consequences for what we say and do. It also means developing our potential.

People who are responsible don't make excuses for their actions or blame others, when things go wrong. They think things through and use good judgement, before they take action. They behave in ways that encourage others to trust them.

People who are responsible take charge of their lives. They make plans and set goals for nurturing their talents and skills. They are resilient in finding ways to overcome adversity. They make decisions, taking into account obligations to their family and community.

WHO ARE SELF-DISCIPLINED?

Habits of Responsible Persons

- They organize their lives.
- They don't make excuses.
- They are on time.
- They cancel plans ahead of time.
- They control their emotions.
- They don't complain.
- They are consistent.
- They admit their mistakes.
- They are self-disciplined.

Ways to Become More in Life

- Set goals.
- Practice self-control.
- Stay persistent.
- Respect other people's opinion.
- self-confidence.
- Take ownership.
- Listen more.
- Avoid negativity.



UNIT –2

Child Abuse



- What Is Abuse?

- Abuse is when someone hurts or causes emotional stress to someone else. Abuse can affect anyone. It can happen in any kind of relationship, like a friendship, romantic relationship, or among family members. Abuse can happen in many ways. Hate crimes directed at people because of their race, religion, abilities, gender, or sexual orientation are also abuse.

What Are the Types of Abuse?

- Physical, sexual, and emotional abuse are some of the most known types of abuse.

- Physical abuse is when someone hurts another person's body. It includes hitting, shaking, burning, pinching, biting, choking, throwing, beating, and other actions that cause physical injury, leave marks, or cause pain.
- Sexual abuse includes any type of unwanted contact between an adult and anyone younger, or between a significantly older child and a younger child. It's also sexual abuse at any age if one person overpowers another.
- Emotional abuse happens when yelling and anger go too far or when important adults constantly criticize, threaten, or talk down to kids or teens until their self-esteem is damaged and they feel really bad about themselves.



UNIT –3

Logical Thinking



"Logic will get you from A to B. Imagination will take you everywhere."

-Albert Einstein

"A mind all logic is like a knife all blade. It makes the hand bleed that uses it." Logical thinking can also be defined as the act of analyzing a situation and coming up with a sensible solution.

-Rabindranath Tagore

It is similar to critical thinking. Logical thinking uses reasoning skills to objectively study any problem, which helps make a rational conclusion about how to proceed. Logical thinking skills play a very important and necessary role in developing your career because they can help you reason through important decisions, solve problems, generate creative ideas, and set goals.

The stronger your logical thinking skills are, the more easily you will be able to come up with solutions and plans that can benefit you and your workplace

HOW CAN YOU BUILD LOGICAL THINKING SKILLS?

- Spend time on creative hobbies.
- Practise questioning.
- Socializing with others.
- Learn a new skill

WHY IS LOGICAL THINKING ESSENTIAL?

Logical thinking is the process in which one uses reasoning consistently to come to a conclusion Problems or situations that involve logical thinking call for structure, for relationships between facts, and for chains of reasoning that 'make sense

- Logical thinking skills give learners the ability to understand what they have read or been shown, and also to build upon that knowledge.
- Logical thinking skills are important because they can help you reason through important decisions, solve problems, generate creative ideas and set goals-all of which are necessary for developing your career
- They enhance your analytical skill, which is a very important skill in this era.

UNIT –4

Effective Relationships: Adding Joy to Our Life.



Building Understanding

The first relationships we have in our lives are with our immediate family, including our parents, siblings, and our grandparents. Next come aunts, uncles, and cousins, which can be counted as extended family. The earliest and closest bonds that we have go on to form the basis for all relationships we have as adults. If we have a secure, happy relationship with parents, there are higher chances of us having secure, healthy relationships with our spouse and friends, too. On the other hand, if the bonding with parents is not secure and caused anxiety in us as kids, we will carry forward that anxiety and insecurity into other relationships as well.

An average adult forms a number of relationships in his/her life-with friends, partner, partner's family, colleagues, neighbours, their own children, and so on. All of these relationships serve a purpose. For instance, the relationship with one's partner provides emotional and financial support, social security, a family structure etc. A relationship with friends is meant to be a place where one can express oneself and have fun, as well as do things related to shared interests. However, these examples are those of the ideal nature. In

reality, not all relationships with friends or partner are fulfilling or supportive. Relationships that add anxiety and stress to your life are unhealthy relationships.

Relationships are an important aspect in determining a person's mental health. Healthy, effective, or valuing relationships are supposed to give an individual a sense of comfort and joy instead of being a stressor. Healthy relationships can even act as a healing space for other issues in one's life providing a sense of support. Strained or ineffective relationships, on the other hand, can drain the sense of joy out of a person and turn into an immense burden.

So how does one distinguish an effective, healthy relationship from an ineffective, unhealthy one?

The main characteristics of an effective relationship are given below:

- **Mutual respect:** Both individuals should have respect for each other. This doesn't only mean talking politely; it includes respect for each other's ideas, values, and beliefs, even if they are different from your own.
- **Trust:** While it is not wise to trust someone blindly, there should be a basic level of trust between two people. If you doubt every reaction and action of a person, you cannot have a peaceful relationship with them. Similarly, if you feel that the other person doubts you, you will be on guard all the time around them.
- **Good communication:** This involves being able to exchange ideas and opinions clearly and calmly. If most conversations turn into arguments or clashes then the relationship is not healthy.

- **Authenticity/individuality:** You should be able to feel comfortable enough around a person to speak and act in a way that comes naturally to you. If you constantly find yourself having to pretend for the sake of the other person, the relationship cannot be healthy or long-lasting.

- **Fighting fair:** It is normal to have differences of opinion. However, in an effective relationship, conflicts are solved calmly and not allowed to be dragged too much. Abusing, yelling, silent treatment, etc all mean that the relationship is unhealthy.

Benefits of Effective Relationships

- **Better mental and physical health:** Happy relationships with people ensure that our stress levels stay low, and this leads to better heart health and a stronger immune system. High stress caused by being in unhealthy relationships is harmful and can lead to anxiety, insomnia, and depression.
- **Better mood overall:** A person who is getting the required support and affection from their close relationships is more likely to be cheerful, optimistic, and more productive. A happier person is also less likely to fall ill and has higher levels of self-confidence.
- **Quicker recovery in tough times:** None of us have a challenge-free life. Having valuable and healthy relationships helps us face challenges in a stronger and more confident manner and also recover more quickly from setbacks. For example, if you happen to score poorly in your exams, and your parents, instead of yelling at you, support you through it, you will be more upbeat about your next exam.

UNIT –5

Career Counselling

The Art of Making the Right Choice

To understand what career counselling is and why it is necessary, we need to first understand what a career is. The word career is used many times to mean job, work, occupation, and so on. However, it means much more than that. Mostly, career is referred to as the sequence of jobs held by a person throughout their professional life. In fact, a career includes everything related to your professional growth, including your choice of profession, advancement, and the various avenues you explore of that particular industry.

Your single career could include a variety of different paths. Some common careers that you would be familiar with are doctor, lawyer, policeman, teacher, hairstylist, etc. Within this same career, a person may choose to specialise in a particular area. For example, in your career as a doctor, you may choose to specialise in paediatrics or cardiology, or you may remain a general physician all your life. Besides this, you may remain a lawyer by qualification, but instead of fighting cases in court you may choose to write books about law or become a law professor. Some important terms related to career are:

Career education: It refers to the information that is needed to plan one's career development and facilitate one's preparation for the work life.

Career development: It refers to improving your skills which helps in preparation for, entry into, and progression in one's area of work.

Career counselling includes activities which are carried out by career counsellors in a variety of settings (school, college, independently) for the purpose of stimulating and facilitating career development

for an individual. These activities include assistance in career planning, decision-making, and adjustment.

To understand the best way to help you, the counsellor talks to you in detail about your interests and hobbies and tries to assess your potential, personality, mindset, and overall understanding of what you want your future to be like. The key objective of career counselling is to realise your true potential so that you can live a productive, gratifying life ahead.

The main goals of career counselling are:

1. To enable you to have a good understanding of self-your key strengths, weaknesses, motivations, expectations, etc.
2. To get a thorough understanding of what you want, why you want it, and how you can go about it.
3. To facilitate the process of arriving at the right career decision.
4. To help you execute your career decision into achievable, positive goal-directed actions.
5. To enhance your overall happiness, success, and life-job satisfaction level.

WAYS TO IMPLEMENT

It is very important to go to the right career counsellor. You can do so by:

Doing your research: Before you finalise a career counsellor to go to, do your research using the Internet, to check their experience and reviews given by other clients. You can also take recommendations from other friends who have gone for career counselling.

Requesting your parents and teachers for help: Do not try to do everything alone. Take suggestions from your parents and teachers on how you should proceed.

Always doing the assignments given by the counsellor diligently:

Once you have started the 4. Giving honest answers on the test assessments given by the career counsellor: If you give the career counselling process, be diligent about it and never take any aspect of it lightly. Your future depends on it.

Giving honest answers on the test assignments given by the career counsellor: if you give the answers which you think sound correct your results won't reflect the real you. Be very honest about your aspirations, intentions and interests with the counsellor.

Always keeping your parents in your confidence: If at any time during the counselling process about your aspirations, intentions, interests with the counsellor. you feel uncomfortable or unhappy with any aspect, speak up about it with your parents and Counsellor if required. This process is useless if not done with 100% sincerity.



UNIT –6

How Can Someone Who Is Being Abused Get Help?



Someone Who Is Being Abused Can Get Help:

People who are being abused need to get help. Keeping the abuse a secret doesn't protect anyone from being abused — it only makes it more likely that the abuse will continue and possibly affect more people.

- If you need help right away and are in danger, call 1098. Tell them your name and where you are so they can get you help.

- If you or someone you know is being abused, talk to an adult you or your friend can trust — a family member, a trusted teacher, a doctor, or a school or religious youth counselor. If the first adult you tell does not seem to listen, keep telling adults until someone responds.
- Getting help and support is an important first step. Working with a therapist can help people sort through the complicated feelings and reactions that being abused creates.
- In the end, telling a safe person is the bravest thing you can do. It can feel really good to take steps to stay safe and stop abuse from happening.
- If you can't tell a trusted adult, contact a crisis support group. Sometimes people who are being abused by someone at home need to find a safe place to stay, if needed.



UNIT – 7

Child Rights in India



Child Rights in India

Children's rights are human rights that are accustomed explicitly to the children needs, wants and overall well-being. They take into account their fragility, specificities and age-appropriate requirements. Children's rights aim to take into account the necessity of the development of a child.

Child rights go beyond just human rights, which exist to ensure fair and proper treatment of children across the world, and promote their well-being.

Further, the rights as described in the Convention have been summarised into the following fundamentals with references to various articles.

1. The Right to Identity (Article 7 AND 8)

- Children are entitled to a name, legally registered with the government, and a nationality (to belong to a country). Further, they must have the right to an identity, in the form of a public record. This ensures national support, as well as access to social services.

2. The Right to Health (Article 23 AND 24)

- Medical care, nutrition, protection from harmful habits (including drugs) and safe working environments are covered under the right to health, and articles 23 and 24 enumerate access to special care and support for children with special needs, as well as quality health care (including drinking water, nutrition, and a safe environment) respectively.

3. The Right to Education (Article 28)

- Right to free primary education is critical for helping children develop discipline, life skills while finding a safe and healthy environment to nurture a child's physiological development. This includes freedom from violence, abuse or neglect.

4. The Right to a Family Life (Articles 8, 9, 10, 16, 20, 22 and 40)

- If not family members, then children have the right to be looked after by caretakers. Children must live with their parents until it is harmful to them.
- Children who do not have access to a family life, have a right to special care and must be looked after properly, by people who

respect their ethnic group, religion, culture and language.
Refugee children have a right to special protection and help.

5. The Right to be Protected from Violence (Article 19 and 34)

- Protection from violence extends even to family members, and children must not suffer ill-treatment or sexual or physical violence. This includes use of violence as a means of discipline. This Article takes into view the sale of children, child prostitution and child pornography.

6. The Right to an Opinion (Article 12 and 13)

- All children deserve the right to voice their opinions, free of criticism or contempt. Children have the freedom of expression, as long as they are not harming others with their opinions and knowledge.

7. The Right to be Protected from Armed Conflict (Articles 38 and 39)

- Armed conflict converts innocent children into refugees, prisoner, or participants in armed conflicts. While seeking to rehabilitate children affected by war, the government must also ensure that children are not forced to participate in any armed struggle.

8. The Right to be Protected from Exploitation (Articles 19, 32, 34, 36 and 39)

- This extends to abuse, negligence and violence by parents, even if it is justified as an instrument of achieving discipline at home. Further, children cannot be made to work in difficult or dangerous conditions. Children can only volunteer to work doing safe chores that do not compromise their health, or access to education or play.
- Children also cannot be punished cruelly, even if it is under the ambit of the justice system. Death or life sentences, as well as sentences with adult prisoners, are not permitted.
- All children deserve equality, despite their difference. They are entitled to all of these rights, no matter what race, colour, religion, language, ethnicity, gender or abilities define them.



UNIT – 8

Answerability and Accountability



"The Price of Greatness is responsibility." -Winston Churchill

Accountability means taking ownership of one's actions and responsibilities. It means giving one's best efforts at all times. Practising accountability in school sets students up for success in their workplaces and commitments.

Christine is frustrated. She's trying to solve a problem with a stationery order, but the customer service agent she's talking to, isn't helping."It was the dispatch team's fault. I can't do anything about that," he says. Christine asks to be put through to another agent. He handles the situation very differently.

"I'm sorry to hear about this problem," he says. "Till find out what's happened and send the order by express delivery. It will be with you tomorrow"

Christine feels less stressed straightaway. The first agent shirked his responsibilities, but the second made himself personally accountable for fixing the problem. He took ownership of the situation, apologized, and found a solution.

When you're personally accountable, you take ownership of what happens as a result of your choices and actions. You don't blame others or make excuses, and you do what you can to make amends when things go wrong.

WHY IS BEING ANSWERABLE AND ACCOUNTABLE SO IMPORTANT?

- Makes you more responsible.
- Develops a sense of ownership in your life.
- Reduces conflicts with other persons.
- Helps you perform tasks more efficiently.
- Builds confidence.
- Builds Trust and healthy relationships.
- Supports you in doing new things.

Habits of Highly Responsible and Accountable People

Accountability is the norm that someone knows better what he has done, what are the results of his deeds and how can he improve his doings to take them at accuracy level. It is required both personally and professionally. Success is possible, when a person is taking into account his/her deeds, otherwise blaming others will lead to failure.

- They don't blame circumstances to fate or any other persons

- They set their goals and vision right.
- They focus on goals which are important and urgent
- They are good readers and listeners.
- They believe in hard work and team work.



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