Problems and Solutions 20 min

- **What is a problem?**

  *(Give students the chance to answer.)*

  ✓ A problem is a difficulty you face.

- **What are some problems that you have had in your own lives, and how have you dealt with those problems?**

  *(Allow some of the students to share their problems with the rest of the class. Ask them to share how they solved the problem. You may need to give personal examples or to call on some girls if no one volunteers.)*

---

_activity: problems and solutions_
materials: problem cards and matching solution cards (see appendix iii)
before starting the exercise, arrange the cards according to the following guidelines:
• make sure there are an exact number of cards – 1 for each student if there is an even number of students.
• if there are an uneven number of students, pair two students up to share one problem card.
• you will need an exact number of cards such that each student will have either a problem or a matching solution card. (if there are 3 drinking water problems, there must be 3 drinking problem solutions)
• sort the cards so that all the problem cards are together in one pile and all the solution cards are together in a separate pile.
there are 4 problems with matching solutions:

<table>
<thead>
<tr>
<th>problem:</th>
<th>solution:</th>
</tr>
</thead>
<tbody>
<tr>
<td>my friend has started drinking alcohol, and i want her to stop.</td>
<td>get my friend to stop drinking alcohol.</td>
</tr>
<tr>
<td>i feel uncomfortable when i have my period at school.</td>
<td>good facilities for my menstrual needs at my school.</td>
</tr>
<tr>
<td>there is no clean drinking water at my school.</td>
<td>a borehole or treated water at my school.</td>
</tr>
<tr>
<td>i have too many chores to do before school.</td>
<td>share chores with sisters and brothers.</td>
</tr>
</tbody>
</table>

➤ now we are going to play a game about solving problems.
(distribute the problem cards to one half of the room and the solution cards to the other half. tell the students what you are doing.)

➤ the girls on this side of the room have problem cards and the girls on that side have solution cards. in this game, you need to match your problem with a solution. those with solutions should be looking for the matching problem. as soon as you find a good match, put your hands up.
(students play the game until all matches are found, with coaches helping, if needed.)

discussion: problems and solutions

➤ ok, let us hear from a pair that had the problem of too much housework to do before school. (call on a pair who had this problem to answer.) what was your solution? (allow students to answer.)
✓ Sharing housework with sisters and brothers.

➤ Great, can you think of how you could get your sisters and brothers to share the housework with you?

(After asking the first pair their ideas, open this up and ask questions to the rest of the students:)

➤ Can anyone else in the group think of ways she could try to get her sisters and brothers to help with the housework? (Keep taking answers until the students suggest something that involves talking, discussing, or working together. You will likely have to prompt them by asking more questions, such as, “You might want to just make it happen, but what would you have to do?”; “Could you do it alone?”; “Are there other people you could involve?”; “How could you get others involved?”)

  o She could talk with her mother and brothers and sisters about sharing housework.

➤ Great. Let’s look at another problem. Who had the problem of being uncomfortable when you have your period at school? (Call on one pair to answer.)

➤ What was your solution? (Allow students to answer.)

✓ Good facilities for my period at my school.

➤ Can you think of any ways to get better facilities at school? (Again, you should keep taking answers until the students suggest something that involves talking, discussing, or working together. If the first pair doesn’t make a suggestion like this, open the question up to the rest of the students as you did with the last question.)

➤ Can anyone else in the group think of ways to get better facilities at school? (Other prompts are “Could you do it alone?”; “Are there other people you could involve?”; “How could you get others involved?”)

✓ We could discuss with teachers or school officials to put facilities in place.
✓ We could get together with other girls to ask the school officials to put facilities in place for us.

➤ Yes, that’s a great way to achieve the solution to the problem. Let’s hear from another pair. Who had the problem of the friend who has started to drink beer? (Call on one pair with this problem.)

➤ What was your solution? (Allow students to answer.)

✓ Get my friend to stop drinking beer.
Can you think of any ways to get your friend to stop drinking beer? (Again, you should keep taking answers until the students suggest something that involves talking, discussing, or working together. In this example, the goal is for her to speak with her friend rather than involve other people. If the first pair doesn’t make a suggestion like this, open the question up to the rest of the students as you did with the last question.)

Can anyone else in the group think of ways to get your friend to stop drinking beer? (Other prompts are “Could you do it alone?”; “Who would be the most important person to talk to about this?”; “Could you talk to your friend about it?”)

✓ Talk with my friend, let her know I am worried and ask her what I can do to help her stop drinking.

Great. Do you notice any pattern in how we are solving these problems? (If they have a hard time answering, you could prompt them by asking, “can we solve these kinds of problems by ourselves?”; “How do we get others to help?”)
✓ We could solve these problems if we talk to people about them.

Well done. Let’s make sure we remember this. Please repeat after me. (Read Takeaway and ask students to repeat it.)

Takeaway: (have students repeat after you)
✓ One of the best ways to solve a problem is to talk or discuss with others in order to find a solution together.