



International
Labour
Organization

► E-learning programme on rights, responsibilities and representation for children, youth and families (3Rs)

Module 1. Self-awareness and identity

Who am I?

Can I do this?

Do I know what I want?

Do they really like me?

Questions? Questions? Are more self-doubting questions on your mind?

This module will help you overcome self-doubt, gain confidence and become self-aware. It teaches you to let go of the need to prove yourself to others and how to clarify your life goals.

Self-awareness also helps with the issue of child labour. Self-awareness enables children to speak up for themselves. It helps them understand when someone is mistreating them or taking advantage of them. With this understanding, they can better protect themselves.

Are you ready to discover yourself?

Get going!





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► Foreword

According to 2020 ILO–UNICEF global estimates¹ on child labour, the global number of children engaged in child labour has surged to 160 million – marking an increase of 8.4 million children over the preceding four years. These estimates do not reflect COVID-19 pandemic which has further intensified the risks.

These child labour statistics, the severe socio-economic impacts of the pandemic and the ongoing crisis in Myanmar highlight the immediate and urgent need to increase efforts to protect children from child labour, especially its worst forms. Capacity-building and well-coordinated, prompt response measures have become more critical than ever.

As part of its response to this challenge, the ILO Liaison Office for Myanmar has launched this 11-module “E-learning programme on rights, responsibilities and representation for children, youth and families (3Rs)”, which is available on the ILO Myanmar e-campus². The interactive 3Rs e-learning package is available in both English and Myanmar language. It is also available as a PDF.

The newly launched 3Rs E-Learning Kit builds upon the 3-R Trainers’ Kit³ developed in 2018, and also on the foundation established by the E-learning Programme on Child Labour launched in 2022, which was designed to equip civil society partners, social workers as well as employers’ and workers’ organizations to effectively identify, assess and address cases of child labour within their communities.

Developed by ILO Liaison Office for Myanmar in collaboration with a team of external experts, this new course targets practitioners, vulnerable children, youth, and families engaged in or previously involved in informal economies or residing and working in migration, trafficking source, and destination communities. Designed with interactive and visually engaging modules, the course allows learners to tailor their learning experience based on their expertise and interests.

The online and offline versions of this training package aim to:

- increase understanding of child rights, workers’ rights and gender equality among children, youth and their families in at-risk communities and workplaces;
- reduce gender and social gaps by raising awareness and providing skills for life and work; and empower poor and disadvantaged families, especially children and women, to make informed decisions about their lives and increase their voice and representation in their communities and workplaces.

It is my sincere hope that these materials serve as practical guides that empower children, youth and families by providing them with the necessary information, tools and knowledge to effectively combat child labour issues in Myanmar and strengthen resilience strategies and practices.



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ILO Liaison Office for Myanmar

¹ ILO and UNICEF, *Child Labour: Global Estimates 2020, Trends and the Road Forward*, 2021.

² ILO Myanmar e-campus can be accessed at: <https://ecampus.ilo-yangon.org/>.

³ ILO, 3-R Trainers’ Kit on Rights, Responsibilities and Representation for Children, Youth and Families, available at: https://www.ilo.org/yangon/publications/WCMS_649064/lang--en/index.htm.

Course outline

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► The more you know, the more you grow!

Be yourself – everyone else is taken!

Read: Mohammed, Noe Noe, and Phoe Wah converse about self-identities.





**Do you agree with Mohammed and his friends?
Do you know what makes you unique?**

▶ Learning objectives



Discovering your true self begins with being honest about your identity and your needs. This module helps you:

- ▶ Recognize your own self and the value of others around you.
- ▶ Develop your self-confidence and relationships.
- ▶ Analyse your own character and aspirations.

Ready to begin learning?

Lesson 3 of 7

► Discovering the real you

Do you know why humans are called “social animals”?

Simple, because humans share many animal qualities, such as the need for food, water and shelter. Humans also have biological systems and organs similar to those of other animals, such as the respiratory, circulatory, and nervous systems. It may sound surprising, but humans and animals also share emotional traits, such as the capacity for fear, joy, and love. And among these needs and traits that we share with animals is the need to engage with others like us – to be social with our fellow humans.

Now that you know how similar humans are to animals, here is a quick quiz to see which animal traits are similar to your personality.

Animal	Positive characteristics	Negative Characteristics
	☐ Independent, clever, curious	☐ Detached and bossy
	☐ Loyal, curious, playful, good companion	☐ Excitable and gullible
	☐ Clever, funny, quick, confident	☐ Clever, funny, quick, confident
	☐ Wise, logical, philosophical	☐ Aloof, solitary
	☐ Strong, family-oriented, principled	☐ Slow to change
	☐ Good at many things, adaptable	☐ Not excellent in anything
	☐ Hardworking, dependable, generous	☐ Taken advantage of frequently
	☐ Shy, timid, curious, affectionate	☐ Silly, not strong
	☐ Freedom-loving, emotional, friendly, peaceful	☐ Not assertive
	☐ Mysterious, very special and unique	☐ May seem “strange” to others and be misunderstood
	☐ Playful, creative, friendly, super smart	☐ Sometimes too trusting
	☐ Fierce, tough fighter	☐ Scary to others
	☐ Bold, beautiful, charismatic	☐ Showy, narcissistic
	☐ Bold, sharp, decisive, highly assertive	☐ Can be insensitive

Animals. © Shutterstock

Could you figure out which animal traits reflect your personality?

If you could, it's a good sign. Only when you know yourself well can you better take control of your own life. This “knowing” of yourself is called “self-awareness”.

Self-awareness is your perception of yourself – your physical, mental, emotional and social characteristics. This perception can sometimes be based on genuine self-knowledge or it can be distorted by your attitudes, values, and those around you.



A boy holding a flower.© Shutterstock

How do you know whether you are self-aware?

Here are some traits of self-aware people.

When you are self-aware, you:

- ▶ Value your strengths and focus on them;
- ▶ Work to improve your weak spots;
- ▶ Reflect confidence, even with your faults;
- ▶ Face your fears confidently;
- ▶ Manage your emotions better;
- ▶ Communicate effectively;
- ▶ Improve your relationships;
- ▶ Climb the ladder of success.

	Lacking self-awareness	Having self-awareness
Relationship		
Mood		
Success		

However, even though there are many positives that come from self-awareness, people often avoid self-reflection. This is because challenging your own inner weakness takes courage. The truth is that lacking self-awareness may temporarily make you feel safe, but it hurts far more than it helps in the long run.



A boy facing a mirror. © Shutterstock

After identifying which animal spirit you are, think on it more to determine what your own self-perception is.

Self-perception is your opinion of yourself.

See the cards to learn more about self-perception.

Are there some things that you like about yourself?

Everybody has some good traits and characteristics, and it's healthy to like things about yourself. It's good for your self-esteem.

Are there some things you don't like about yourself?

Just like good traits, everybody has some wrong sides too. No one is perfect; so it's OK to dislike certain aspects of yourself sometimes. It is good to recognize your weaknesses and to work to improve them. However, just as you should be kind to others, remember to be kind to yourself as well.

Do you ever wish you were different sometimes?

Do you wish to be different, or better, sometimes? This is perfectly normal. But remember that each person is different and has unique qualities. You can be proud of your strengths and work on improving your weaknesses.

Do you think other people see you in the same way that you see yourself?

Not everyone will see you exactly how you see yourself, because people have different perspectives. It is good to express yourself in order to help others understand you better. You should also look for good things in yourself and in others.



Now that you know yourself better, what are the things that you would like to change about yourself?

Remember, everyone is born with some characteristics that can't change, but some can be changed.

Mark those things that you can change and those you cannot change in the correct boxes. You can view the correct answers at the back of this booklet in the Answers Annex.

Things you have	Thing that I can change	Thing that I can't change
Example: Height		
Community		
Being angry easily		
Birthplace		
Sleeping habits		
Goals in life		
Hair style		
Birthdate		
Phone habits		
Weight		
Job		
Nose		
Favorite food		
Education		
Parents		
Skin colour		
Religion/beliefs		
Being shy		
Eye color		

From the above exercise, it is clear that you can't change certain specific things in your life, such as your place and time of birth, your parents, your height, and your skin and eye colour.

This being the case, it is better to accept these uncontrollable factors and work to change those areas that are under your control. You can change your behaviour, attitude, education, skills, life goals, and environment.



When I discover who I am, I'll be free.

- Ralph Ellison

Learning milestone

What is self-perception?

Choose an answer. You can view the correct answer at the back of this booklet, in the Answers Annex.

☐

A

Your opinion of yourself.

☐

B

Others' opinions about you.

☐

C

Your opinion about others.

With this knowledge, are you ready to manage your family and community relations better?

Lesson 4 of 7

▶ Managing family and community

Imagine waking up one morning and realizing that all your beloved people – your family, friends, relatives and neighbors – had vanished.

What will be your first thought or feeling? Will you be happy? Will you be scared to be suddenly alone?

Most likely, you will feel fear at not having anyone around.

As noted in an earlier lesson, human beings are “social animals”, and family and community are important aspects of your daily life. Together they shape who you are and instill values, norms, and the ways of society in you.



It's time to reflect on your family.

Think for a moment about what makes you happy and unhappy about your family.

See each card to view the possible happy and unhappy moments related to your family, and see if you agree.

What makes you happy about your family?

Some things that make you happy about your family is that you are:

- ▶ together
- ▶ safe and healthy
- ▶ have enough food to eat
- ▶ eat together and enjoy each other
- ▶ help each other when you are in trouble

What makes you unhappy about your family?

Some things that may make you unhappy about your family is when:

- ▶ someone in your family is sick
- ▶ you disagree and fight sometimes
- ▶ your parents are too strict
- ▶ you struggle to make enough income
- ▶ you misunderstand each other
- ▶ you don't support each other enough
- ▶ someone in your family is gambling or has a problem with alcohol

Your family has a responsibility to nurture you and help you become who you are. But every family can find themselves in both happy and unhappy situations. Some sad situations can be changed, and some cannot be changed.

In a sad situation that cannot be changed, the best thing you can do is support family members during tough times. However, if a sad situation can change, and you are aware of this, you can work to improve things or avoid such a situation entirely.



Saving group, Dagon Seikkan, Yangon, Myanmar, 2020 © May Co Naing/ILO

Coming to the community, what role do you think your community can play in your life?

Community values

A community provides a sense of belonging and avenues that make our lives fulfilling and enjoyable. Like in a family, the essential part of a community is its people. A community can only be as good and happy as its people. Try to look for positive things in the members of the community around you.

Being part of a community means:

- being connected to others;
- participating in community activities;
- helping each other during troubled times;
- helping to make the community a better and happier place.

Community challenges

Like a sad situation in a family, a community can also have its own set of challenges to deal with. These challenges could include the following:

Being part of a community means:

- youth moving away from a community;
- lack of job options;
- unhealthy environment;
- poor leadership;
- lack of trust and support among community members;
- poor economic conditions;
- poor social and public services.

The world is dynamic. It is changing at a fast pace, and not all changes are reasonable. In these evolving times, communities must unite and support one another to overcome the challenges they face.

Learning milestone

What should you do when you dislike something about your family or community?

Choose an answer. You can view the correct answer at the back of this booklet, in the Answers Annex.

☐**A**

You should not talk to your family and community.

☐**B**

You should threaten them and force them to change.

☐**C**

You should share your feelings and try to change things together.

Now that you are more self-aware and have a better understanding of the value of a family and community, are you ready to explore your aspirations?

Lesson 5 of 7

► Finding our aspirations

Everybody has dreams, ambitions and goals that they hope to achieve in life.

What are your aspirations? If you could choose only ten things from the list below, what would you choose?

Smartphone	Food for every meal	A good-paying job
Fashionable clothes	House	Personal safety
Supportive community	Affordable healthcare	Good schools
Good roads	Personal transport (car, motorbike)	More sleep
Clean water	Love from family	Travel
A pet	Computer	Career that fits my talent
A nice piece of jewelry	Speaking a foreign language	Being a social media star
Peaceful country	Safe environment	University education
Loving and loyal friends	Boyfriend/ girlfriend	Books
Free internet		

Might it not be best to have all of them?

Most people want most of the things from the list above because they fulfill human needs and desires. What people value or consider important in life depends on their life situations, roles and responsibilities. Of course, not everyone wants the same things, but all humans have similar basic needs. There are three basic categories of human needs.

See the boxes below to learn more about each category of need.

Physical needs

Physical needs are related to survival. These needs include the need for food, clothing, shelter, and medical care.

Emotional and social needs

Emotional and social needs concern love and acceptance. These needs are essential to sustain good mental health, social interactions and social status.

Self-development needs

Self-development needs are related to personal betterment throughout your life. These needs include educational, intellectual and career needs.

Now that you know what physical, emotional and self-development needs are, can you classify them?

Mark each of the items from the list below into the correct category of need. You can view the correct answers at the back of this booklet, in the Answers Annex.

Type of need/desire	Physical	Emotional and social	Self-development
Love from family			
Pet			
Affordable healthcare			
Boyfriend/girlfriend			
Travel			
Food for every meal			
Peaceful country			
Speaking a foreign language			
Supportive community			
Personal safety			
Good roads			
House			
Nice piece of jewelry			
Being a social media star			
Career that fits my talent			
Safe environment			
Good schools			
Fashionable clothes			
Free internet			
Good-paying job			
Books			
Personal transport (car, motorbike)			
Sleep			

Type of need/desire	Physical	Emotional and social	Self-development
Loving and loyal friends			
Smartphones			
Computer			
University Education			
Clean water			

Life can be good to some and harsh to others. Some are born rich, and some are poor. It is a common perception that the rich are happy and the poor are unhappy. Life is, without a doubt, difficult for those living in poverty, as getting a good education or opportunities to improve their quality of life is challenging. However, money is not the sole basis of happiness. Money can buy material things, but not friendship, love, respect, knowledge or experience.

Sometimes, the poor can be happier than the wealthy in society. This being said, poverty affects people's vulnerability, health, housing, education and more.



Woman holding a clay pot, Myanmar. © Shutterstock



Woman holding a young child, Myanmar. © Shutterstock

A family and a society can ensure the happiness of their members by creating fair and equal opportunities for everyone to fulfill their basic needs. They can do so by properly responding to the specific needs of different groups within the family or within society.

Learning milestone

Match the type of need with the relevant description.

Match the choices on the left with the correct answers on the right. You can view the correct answers at the back of this booklet in the Answers Annex.

- 1 Self-development needs
- 2 Physical needs
- 3 Emotional needs

- A Needs for survival
- B Needs for good mental health, social interactions, and social status
- C Needs for personal betterment in life

► Self-evaluation

Well done!

You've almost completed **Module 1. Self-awareness and identity.**

Here is a self-evaluation with questions designed to help you identify any learning gaps. This is not a test because, while you will receive a score, there is no passing score. Use your score to identify what you may need to go back and re-review.

You can attempt this self-evaluation as many times as you like!

All the best.

You can view the correct answers at the back of this booklet, in the Answers Annex.

Question 1 of 5

Match the type of need with the relevant examples.

Match the choices on the left with the correct answers on the right.

1 Emotional needs	A Shelter, food, medicines
2 Physical needs	B Affection, appreciation, care
3 Self-development needs	C Suitable career, language skills, free internet

Question 2 of 5

You have a friend who laughs a lot. Some people like him this way, but some don't. He really gets upset when someone avoids him for excessive laughing.

What will be your best advice to him?

Choose your answer(s) – you can choose more than one:

☐	A	Stay as you are; everyone has a different perspective.
☐	B	Express yourself to help others understand you.
☐	C	Avoid talking before people who dislike you.
☐	D	Look for good things in yourself and others.
☐	E	Stick to people who like you.

Question 3 of 5

Which of the following things can you change?

Choose your answer(s) – you can choose more than one.

☐**A**

Attitude

☐**B**

Behaviour

☐**C**

Parents

☐**D**

Life goals

☐**E**

Community

Question 4 of 5

Your family is in a financial crisis. You have been offered a job in another country that requires you to move away from your family.

How should you respond?

Choose an answer.

☐**A**

You think over the benefits and risks of the job, and then decide if it is worth being away from your family.

☐**B**

You immediately decline the job offer without considering it, because you can't bear to be away from your family.

☐**C**

You immediately accept the job offer, and then become anxious about leaving your family.

Question 5 of 5

You notice a pattern of behaviour that keeps getting you into trouble. How do you handle it?

Choose an answer.

☐**A**

Blame others for your problems and avoid taking responsibility.

☐**B**

Deny that there is a problem and continue with your behaviour.

☐**C**

Reflect on your behaviour and try to identify the underlying cause.

Lesson 7 of 7

► Summary

Before closing this module, here is a quick recap of the key learnings:



A family portrait of a mother, father, and young child, Myanmar. © Shutterstock

- We all have good sides and bad sides, strengths and weaknesses. No one is perfect; so it is okay to sometimes dislike certain things about yourself.
But remember that each person is different and has their own unique characters and qualities. We can be proud and feel good about our strengths and work on improving our weaknesses.
- Every family has happy and unhappy situations. It is important to support our family, especially in tough times.
- A community can only be as good and as happy as the people living in it.
Being part of a community means being connected to others in the community, participating in community activities, and helping to make the community a better and happier place.
- Everyone has the same basic needs, which include:
 - ▶ Physical/survival needs like food, clothing, shelter, and medical care;
 - ▶ Emotional and social needs related to love and acceptance; and
 - ▶ Self-development needs, such as education and intellectual and career fulfillment.

**Thank you! We hope you found this
learning module useful.**

**This module can also be accessed online at
<https://ecampus.ilooyangon.org/>**

Answers annex

Lesson 3, Page 7

Mark those things that you can change and those you cannot change in the correct boxes.

If you marked your answers as follows, you are correct. Well done!

Things you have	Thing that I can change	Thing that I can't change
Example: Height		✓
Community	✓	
Being angry easily	✓	
Birthplace		✓
Sleeping habits	✓	
Goals in life	✓	
Hair style	✓	
Birthdate		✓
Phone habits	✓	
Weight	✓	
Job	✓	
Nose	✓	
Favorite food	✓	
Education	✓	
Parents		✓
Skin colour		✓
Religion/beliefs	✓	
Being shy	✓	
Eye color		✓

Lesson 3, Page 8

Learning milestone

What is self-perception?

If you selected A, your answer is correct. Well done!

Self-perception is your opinion of yourself.

Lesson 4, Page 11

Learning milestone

What should you do when you dislike something about your family or community?

If you selected C, your answer is correct. Well done!

When you dislike something about your family and community, discuss your feelings with them and try to change things.

Lesson 5, Page 13

Mark each of the items from the list below into the correct category of need.

If you marked your answers as follows, you are correct. Well done!

Type of need/desire	Physical	Emotional and social	Self-development
Love from family		✓	
Pet		✓	
Affordable healthcare	✓		
Boyfriend/girlfriend		✓	
Travel			✓
Food for every meal	✓		
Peaceful country		✓	
Speaking a foreign language			✓
Supportive community		✓	
Personal safety	✓		
Good roads	✓		
House		✓	

Type of need/desire	Physical	Emotional and social	Self-development
Nice piece of jewelry		✓	
Being a social media star		✓	
Career that fits my talent			✓
Safe environment		✓	
Good schools			✓
Fashionable clothes		✓	
Free internet			✓
Good-paying job			✓
Books			✓
Personal transport (car, motorbike)		✓	
Sleep	✓		
Loving and loyal friends		✓	
Smartphones		✓	
Computer			✓
University Education			✓
Clean water	✓		

Lesson 5, Page 14

Learning milestone

Match the type of need with the relevant description.

If you matched 1 and C; 2 and B; and 3 and A, your answer is correct. Well done!

Question 1 of 5

Match the type of need with the relevant examples.

If you matched 1 and A; 2 and B; and 3 and C, your answer is correct. Well done!

The examples of physical needs are shelter, food, medicines. The examples of emotional needs are affection, appreciation, care. The examples of self-development needs are suitable career, language skills, free internet.

Question 2 of 5

You have a friend who laughs a lot. Some people like him this way, but some don't. He really gets upset when someone avoids him for excessive laughing.

What will be your best advice to him?

If you selected A, B and D, your answer is correct. Well done!

You cannot expect others to see you exactly as you see yourself; even those closest to you have different perspectives. To avoid misunderstanding, you can express yourselves to help others understand you better. It is also good to look for good things in yourself and others.

Question 3 of 5

Which of the following things can you change?

If you selected A,B, D and E, your answer is correct. Well done!

You cannot change parents, but you can change your attitude, behaviour, life goals and community.

Question 4 of 5

Your family is in a financial crisis. You have been offered a job in another country that requires you to move away from your family.

How should you respond?

If you selected A, your answer is correct. Well done!

Family is important to everyone. You should help your family in troubled times. The best way of responding here is to think of the benefits and risks of the job and decide whether it's worth being away from your family.

Question 5 of 5

You notice a pattern of behaviour that keeps getting you into trouble. How do you handle it?

If you selected C, your answer is correct. Well done!

If you notice a pattern of behaviour that keeps getting you into trouble, you should reflect on your behaviour and try to identify the underlying cause. That is what self-aware people do. If you deny the problem or blame others, you cannot better yourself..

E-learning programme on rights, responsibilities and representation for children, youth and families (3Rs)

Building upon the foundation laid by the 3-R Trainers' Kit developed in 2018 and the E-learning Programme on Child Labour launched in 2022, the 3Rs e-Learning kit is a comprehensive resource designed to empower individuals and organizations working in communities vulnerable to child labour and trafficking. This kit equips its users with the necessary tools to prevent and combat these violations effectively.

With an increased number of children at risk of child labour in Myanmar due to the ongoing crisis, the 3Rs underscores the urgent need to instil understand child rights, workers' rights and gender equality among children, youth and their families in at-risk communities and workplaces.

Comprising 11 modules, the course covers a wide range of topics essential for holistic empowerment. From understanding child rights to promoting gender equality, the 3Rs e-Learning kit serves as a catalyst for positive change, providing the knowledge and skills necessary to create a more equitable and empowered society.

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