

## WEEK 6

### TOPIC : HARMFUL TRADITIONAL PRACTICES

Harmful traditional practices are traditional and psychological distresses and damages on individual. The distresses include fear, emotional, pain, stigma, death etc.

### TYPES OF HARMFUL TRADITIONAL PRACTICES

1. Female circumcision
2. Slavery
3. Child marriage
4. Widowhood
5. Reference for male child
6. Violence against women

**Female Circumcision:** it can also be known as female genital mutilation. It involves the painful removal of sensitive female genital organs. It is mostly performed on infant. This is being practiced in many communities in Nigeria to prevent the girl from being promiscuous

**Slavery:** This is a state of being subjected to all forms of hardship, suffering and violence without any right to resist or fight back in any form.

**Child marriage:** This is a practice in which female children are given out in marriage at their teenage years. This is mostly practiced by the Hausa.

**Widowhood:** Maltreatment of widows is prevalent in many communities in Nigeria. Some cultures force the widow to drink water used in bathing the dead while some widows cannot have their bath until their husbands are buried.

In some other societies women cannot go out of the house until certain while some widows are compelled to wear black dresses for certain days or a year after the death of their husbands.

**Preference for Male Child:** In many Nigerian cultures, there is a strong preference for a male child. A woman with a female child in the family is not recognized and respected. She would receive all forms of insult, embarrassment, scolding and maltreatment from the husband and his family until she has a male child.

**Violence against Women:** This is common in some societies where men beat their wives with cane, horse whips, slap and use rod. The reason could be for coming back home late, not cooking on time or not taking care of the children.

## **CONSEQUENCES OF HARMFUL TRADITIONAL PRACTISE**

1. It can lead to death
2. Sexual disorder
3. Spread of HIV AIDS
4. Emotional pains
5. Retard development
6. Infringement of human right

## **PREVENTIVE MEASURES**

1. Public enlightenement
2. Legislation
3. School curriculum
4. Non-governmental organization
5. The media

## **ASSIGNMENT**

1. Define harmful traditional practices
2. Mention three (3) types of harmful traditional practices from your locality.