



**Provincial Department of Education – Sabaragamuwa – Week School**

**Week: 16**

**Subject: Health and Physical Education**

**Grade -10**

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## 10. Let us overcome challenges confronted in life.

➤ Answer all the questions.

1. What is sexual abuse?
2. State two sexual abuses which can be happened?
3. How you can avoid sexual abuse as students?
4. What are the precautions that can be taken to mitigate the effects of natural disasters?