CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	**Grade Level:**	9
Quarterly Theme:	**Sexual and Reproductive Health** *(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)*	**Date:**	MARCH 15, 2024
Sub-theme:	**Prevention from sexually transmitted infections** *refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3*	**Duration:**	*(time allotment as per DO 21, s. 2019)*
Session Objectives:	By the end of this lesson, students will be able to understand the importance of preventing sexually transmitted infections (STIs), identify common STIs, and learn preventive measures to maintain sexual and reproductive health.	**Subject and Time:**	*(schedule as per existing Class Program)*
References:	K to 12 Basic Education Curriculum		
Materials:			

Lesson Proper	**Duration**	**Activities**
Friday Routine exercise/ Dynamic Stimulator	5 minutes	Begin the class with a brief mindfulness exercise or stretching routine to energize and focus the students for the lesson ahead.
Current Health News and Sharing	5 minutes	Discuss recent health news related to sexual and reproductive health or any updates on STIs. Encourage students to share any relevant news articles they have come across or personal experiences related to the topic.
Health Session	30 minutes	**Introduction to STIs:** Provide a brief overview of sexually transmitted infections, explaining what they are and how they are transmitted. **Common STIs:** Discuss common sexually transmitted infections such as HIV/AIDS, gonorrhea, chlamydia, syphilis, and HPV. Explain the symptoms, modes of transmission, and potential consequences of each STI. **Preventive Measures:** Introduce preventive measures to reduce the risk of contracting STIs, including abstinence, condom use, vaccination (for HPV), regular testing, and limiting sexual partners. **Sample Activities** Role-Playing: Divide students into groups and assign each group a scenario related to STIs and preventive measures. Encourage them to act out the scenario, highlighting effective ways to prevent STIs. Class Discussion: Facilitate a group discussion on the importance of open communication with partners, seeking medical advice, and the role of peer pressure in decision-making regarding sexual health.
Class Reflection and Sharing	10 minutes	Provide students with an opportunity to reflect on what they have learned during the health session. Encourage them to share any insights, questions, or concerns they may have about sexual and reproductive health and STI prevention.

Wrap up	10 minutes	Summarize the key points discussed during the lesson, emphasizing the importance of practicing safe behaviors to maintain sexual and reproductive health. Encourage students to continue learning about the topic and to make informed decisions regarding their sexual health.

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