

CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	Grade Level:	7
Quarterly Theme:	Sexual and Reproductive Health <i>(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)</i>	Date:	MARCH 15, 2024
Sub-theme:	Difference between friendship, romantic and sexual relationships <i>refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3</i>	Duration:	<i>(time allotment as per DO 21, s. 2019)</i>
Session Objectives:	Students will understand the differences between friendship, romantic, and sexual relationships and develop skills to navigate these relationships safely and respectfully.	Subject and Time:	<i>(schedule as per existing Class Program)</i>
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 a recent health news article related to sexual and reproductive health. Encourage students to share their thoughts and opinions on the topic and its relevance to their lives.	
Health Session	30 minutes	Define friendship, romantic, and sexual relationships. Discuss the importance of healthy relationships in overall well-being. Play a game like "Relationship Charades" where students act out different scenarios related to friendships, romantic relationships, and sexual relationships, and the class guesses which type of relationship is being portrayed. Sample Activities per Theme (15 minutes): Friendship Relationships: Interactive Activity: Divide students into pairs or small groups and have them discuss what qualities make a good friend. Each group can then present their ideas to the class. Romantic Relationships: Role-playing: Create scenarios where students can act out different romantic situations (e.g., asking someone out on a date, handling disagreements in a relationship). Sexual Relationships: Group Discussion: Lead a discussion on the importance of consent, boundaries, and safe practices in sexual relationships. Encourage open dialogue and address any questions or concerns students may have.	
Class Reflection and Sharing	10 minutes	Provide time for students to reflect on what they've learned during the session and share any insights or questions they may have. Encourage a supportive and respectful atmosphere where students feel comfortable expressing themselves.	
Wrap up	10 minutes	Summarize the key points discussed during the lesson, emphasizing the differences between	

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		friendship, romantic, and sexual relationships, as well as the importance of communication, respect, and consent in all types of relationships. Assign any follow-up assignments or readings to reinforce the concepts covered.
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