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:	February 23, 2024
Sub-theme:	Prevention from sexually transmitted infections refer to Enclosure No. 3 of DM 001, s.		Duration:	(time allotment as per DO 21, s. 2019)
Session	2024, Quarter 3		0-1:4	(11-1
Objectives:	By the end of this lesson, students will be able		Subject and	(schedule as per existing Class Program)
Objectives.	to understand the importance of preventing sexually transmitted infections (STIs), identify		Time:	existing Class Frogram;
	common STIs, and learn pr			
	to maintain sexual and rep			
References:	K to 12 Basic Education Curriculum		•	
Materials:				
Lesson Proper	Duration	Activities		
Friday Routine		Begin the class with a brief mindfulness exercise or		
exercise/	5 minutes			e and focus the students
Dynamic Stimulator		for the lesson ah	lead.	
Stillulator		Discuss recent	health news	s related to seviral and
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	what they have Encourage them	learned du to share ar may hav	

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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.

Prepared By:

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Teacher I

Recommending Approval: Approved:

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