

CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	Grade Level:	10
Quarterly Theme:	Sexual and Reproductive Health <i>(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)</i>	Date:	February 16, 2024
Sub-theme:	Cultural norms and sources of messages relating to sexuality <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:	1. Identify cultural norms and sources of messages related to sexuality. 2. Analyze the influence of cultural norms and media messages on sexual and reproductive health behaviors. 3. Develop critical thinking skills in evaluating and challenging societal norms and messages related to sexuality.	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 recent news related to sexual and reproductive health or gender equality. Encourage students to share their thoughts or any related experiences they may have.	
Health Session	30 minutes	Introduction (5 minutes): Briefly introduce the topic of cultural norms and sources of messages relating to sexuality. Explain that cultural norms and media messages play a significant role in shaping attitudes and behaviors related to sexual and reproductive health. Playing Games (10 minutes): Play a game like "Myth vs. Fact" where students are presented with statements related to sexual health and have to determine whether they are myths or facts. This engages students in active learning and dispels common misconceptions. Sample Activity (15 minutes): Choose one activity from the following options: Role-playing: Divide students into groups and assign each group a scenario related to cultural norms and sexuality. They will role-play the scenario and discuss possible outcomes. Group Discussion: Lead a discussion on the portrayal of sexuality in various forms of media (e.g., movies, advertisements, social media) and how it influences perceptions and behaviors. Hands-on Activity: Provide materials for creating collages representing cultural norms and media	

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		messages about sexuality. Afterward, students present their collages and discuss their interpretations.
Class Reflection and Sharing	10 minutes	After the activity, facilitate a reflective discussion where students share their insights, observations, and questions. Encourage them to consider how cultural norms and media messages impact their own beliefs and behaviors regarding sexual health.
Wrap up	10 minutes	Summarize the key points discussed during the lesson, emphasizing the importance of critically analyzing cultural norms and media messages related to sexuality. Encourage students to continue questioning societal norms and seeking accurate information about sexual and reproductive health.

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