## **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 (refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)		Date:	February 16, 2024
Sub-theme:	Cultural norms and sources of messages relating to sexuality refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3		Duration:	(time allotment as per DO 21, s. 2019)
Session Objectives:	<ol> <li>Identify cultural norms and sources of messages related to sexuality.</li> <li>Analyze the influence of cultural norms and media messages on sexual and reproductive health behaviors.</li> <li>Develop critical thinking skills in evaluating and challenging societal norms and messages related to sexuality.</li> </ol>		Subject and Time:	(schedule as per existing Class Program)
References:	K to 12 Basic Educati	ion 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.		
		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.		
Health Session  30 minutes  Sample Activity (15 minutes): Choose one activity from the following the following state of the following sta		following options:		
		each group a sc	enario relate vill role-play	ts into groups and assigned to cultural norms and the scenario and discuss
		1	uality in vari sements, so	ious forms of media (e.g., cial media) and how it
				e materials for creating aral 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.

Prepared	By:
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Recommending Approval: Approved:

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