CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Quarterly Theme: Sexual and Reproductive Health Integre to Brichsoure No. 3 of DM 001, s. 2024, Quarter 3] Quarter 3					
Sub-theme: Difference between friendship, romantic and sexual relationships refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3					7
romantic and sexual relationships refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3 Students will understand the differences between friendship, promantic, and sexual relationships and develop skills to navigate these relationships safely and respectfully. References: K to 12 Basic Education Curriculum Materials: Lesson Proper Priday Routine exercise/ Dynamic Stimulator 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. Define friendship, romantic, and sexual relationships in overall well-being. Play a game like "Relationship ships, and relationships is being portrayed. Health Session 30 minutes 30 minutes Reflection and Sharing Reflection and Sharing Provide time for students to reflect on what they we learned during the session and share any insights or questions they may have. Encourage as supports of the provide and respectfull atmosphere where students for consent, boundaries, and safe practices in sexual relationships. Encourage open dialogue and address any questions or concerns students may have. Encourage a supportion and respectful atmosphere where students for consents for the consent of the provide and respectful atmosphere where students for consents for election ships in a respectful atmosphere where students for students for election was the sexual relationships. Rowal 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 References: K to 12 Basic Education files: Subject and Time: Subject and Felationships: Subject and Felationships: Subject and Felationships: Su	Quarterly Theme:	(refer to Enclosure No. 3 of DM 001, s.		Date:	February 23, 2024
Detween friendship, romantic, and sexual relationships and develop skills to navigate these relationships safely and respectfully.		Difference between friendship, romantic and sexual relationships refer to Enclosure No. 3 of DM 001, s.			DO 21, s. 2019)
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References: K to 12 Basic Education Curriculum Materials:		•		Time:	
Materials:					
Define Duration Stimulator	References:	K to 12 Basic Educati	ion Curriculum		
Begin the class with a brief mindfulness exercise of stretching routine to energize and focus the students for the lesson ahead. Current Health News and Sharing					
Stretching routine to energize and focus the students for the lesson ahead. Stimulator	•	Duration			
Current Health News and Sharing	exercise/ Dynamic	5 minutes	stretching routing	ne to energize	
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		5 minutes	and reproductive share their thou its relevance to t	ve health. 1ghts and op heir lives.	Encourage students to pinions on the topic and
Health Session 30 minutes And Elationships: 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			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.		
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appropriate		10 minutes	learned during t questions they and respectful	he session a may have. atmosphere	nd share any insights or Encourage a supportive e where students feel
Wrap up 10 minutes Summarize the key points discussed during the lesson, emphasizing the differences between	Wrap up	10 minutes	Summarize the	key points	s discussed during the

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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.
Prepared By:	
Deped-tambaya.com	
Teacher I	

Recommending Approval: Approved:

Deped-tambaya.com Deped-tambaya.com