CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	**Grade Level:**	6
Quarterly Theme:	**Sexual and Reproductive Health** *(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)*	**Date:**	February 23, 2024
Sub-theme:	**Gender equality and gender stereotyping** *refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3*	**Duration:**	*(time allotment as per DO 21, s. 2019)*
Session Objectives:	1. Understand the concept of sexual and reproductive health. 2. Identify gender stereotypes and their impact on health and well-being. 3. Demonstrate understanding of gender equality and its importance in promoting health and well-being.	**Subject and Time:**	*(schedule as per existing Class Program)*
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	Start by defining sexual and reproductive health and briefly explain the importance of understanding it. Introduce the sub-theme of gender equality and gender stereotyping. Engage students with a quick game related to gender stereotypes, such as "Gender Stereotype Bingo" where students mark stereotypes they've heard. **Sample Activities per Theme (15 minutes):** **Activity 1 - Role-playing:** Divide students into groups and assign each group a scenario related to sexual and reproductive health where gender stereotypes are present. Have them act out the scenarios, then discuss how stereotypes influence behavior and health outcomes. **Activity 2** - Poster Making: Provide materials for students to create posters promoting gender equality in sexual and reproductive health. Encourage creativity and critical thinking. **Activity 3** - Group Discussion: Lead a guided discussion on the impact of gender stereotypes on health outcomes. Prompt students to share their thoughts and experiences.
Class Reflection and Sharing	10 minutes	Allow students to reflect on what they've learned during the health session. Encourage them to share

		insights, questions, or concerns they may have. Facilitate a respectful discussion where students can learn from each other's perspectives.
Wrap up	10 minutes	Summarize the key points covered in the lesson, emphasizing the importance of understanding sexual and reproductive health and promoting gender equality. Provide resources for further learning and invite students to continue exploring the topic outside of the classroom. Thank the students for their participation and enthusiasm throughout the lesson. **Note to the Teacher:** Ensure a safe and inclusive learning environment where students feel comfortable discussing sensitive topics. Respect students' privacy and individual experiences, and be prepared to provide support or referrals if needed. Adapt the activities and discussions according to the cultural context and maturity level of the students.

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