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:**	MARCH 15, 2024
Sub-theme:	**Prevention of early pregnancy** *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 factors contributing to early pregnancy. 2. Identify methods and strategies for preventing early pregnancy.	**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	Briefly introduce the theme of the lesson: Prevention of Early Pregnancy. Explain why it is important for adolescents to understand this topic and its relevance to their lives. Choose a game that encourages critical thinking and engagement with the topic. For example, a jeopardy-style quiz focusing on facts about sexual health and pregnancy prevention. **Sample Activities (15 minutes):** Role-playing: Divide students into pairs or small groups and assign them scenarios related to early pregnancy prevention (e.g., refusing peer pressure to engage in sexual activity, negotiating condom use with a partner). Have them role-play these scenarios and discuss strategies for handling similar situations in real life. Interactive Activity: Conduct a group discussion on the consequences of early pregnancy, including the impact on education, career goals, and mental health. Encourage students to share their thoughts and experiences.
Class Reflection and Sharing	10 minutes	Provide time for students to reflect on what they learned during the health session. Ask them to share any insights, questions, or concerns they have about the topic. Emphasize the importance of creating a safe and supportive environment for discussing sexual and reproductive health.
Wrap up	10 minutes	Summarize the key points covered during the lesson, highlighting the importance of proactive measures for

		preventing early pregnancy. Remind students of available resources for additional information and support. End the lesson on a positive note, encouraging students to apply what they've learned in their daily lives.

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