

CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Health Education	Grade Level:	9
Quarterly Theme:	Drug Education (refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 4)	Date:	APRIL 12, 2024
Sub-theme:	Substance use in the Philippines refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 4	Duration:	(time allotment as per DO 21, s. 2019)
Session Objectives:	By the end of the lesson, students will be able to understand the impact of substance use in the Philippines, identify the types of substances commonly abused, and propose strategies to prevent substance abuse among their peers. Students will engage in interactive activities to deepen their understanding and apply their knowledge in real-life contexts.	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	<ul style="list-style-type: none"> • Activity: Quick Icebreaker - "Pass the Ball" • Instructions: Students stand in a circle. A ball is passed around as music plays. When the music stops, the student holding the ball shares one fact they know about substance use in the Philippines. 	
Current Health News and Sharing	5 minutes	<ul style="list-style-type: none"> • Activity: News Clip Viewing • Instructions: Show a brief news clip or article about a recent event related to substance use in the Philippines. After viewing, ask students to share their thoughts or any new information they learned. <p>Dating talent show finalist, huli sa ilegal na droga NXT https://www.youtube.com/watch?v=Fr17lmu3-PI</p>	
Health Session	30 minutes	<ul style="list-style-type: none"> • Introduction (5 minutes): Brief presentation on the types of substances commonly abused in the Philippines and their effects on health and society. • Main Activity (20 minutes): Teachers may select one of the following activities: <ul style="list-style-type: none"> o Role-Playing: Students are divided into groups and given scenarios related to peer pressure and substance use. They will act out the scenario and propose a positive resolution. o Hands-On Activities: Conduct a workshop on creating a personal plan to resist peer pressure related to substance use. o Creative Activities: Students create posters or slogans that promote awareness about the dangers of substance use. Alternatively, they can write and perform a jingle. o Interactive Activities: Set up stations around the room, each representing a 	

CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

		<p><i>different aspect of substance use (e.g., health effects, societal impact). Students rotate through stations, engaging in mini-activities or discussions.</i></p> <ul style="list-style-type: none"> o Group Discussions: Facilitate a guided discussion on how substance use affects families and communities in the Philippines. o Debate: Organize a debate on a relevant health issue, such as the effectiveness of the current drug policies in the Philippines. <ul style="list-style-type: none"> • Conclusion (5 minutes): Recap the main points discussed and learned through the activity.
Class Reflection and Sharing	10 minutes	<ul style="list-style-type: none"> • Activity: Reflection Circle • Instructions: Students form a circle. Each student shares one thing they learned during the lesson and one action they can take to help prevent substance use among their peers.
Wrap up	10 minutes	<ul style="list-style-type: none"> • Highlight key learning points from the lesson and the importance of making informed choices regarding substance use.
<p>Notes for the Teacher:</p> <ul style="list-style-type: none"> • Ensure that all discussions and activities are age-appropriate and focus on promoting health and wellness. • Be prepared to answer questions in a straightforward, reassuring manner. • Encourage participation from all students and create a supportive environment where they feel comfortable expressing themselves. • Adjust the activities based on the dynamics and specific needs of your class. 		

Prepared By:

Deped-tambaya.com

Teacher I

Recommending Approval:

Deped-tambaya.com

Approved:

Deped-tambaya.com