

Grade 10 Group Programme

TERM 1 WEEKS	TOPICS	OBJECTIVES
<i>Responsibilities in Relationships</i>		
1 & 2	Relationships, Health & Wellness	Students should be able to: 1. Identify at least four ways that she would like to be treated in a romantic relationship. 2. I identify and discuss at least three warning signs that a relationship is potentially unhealthy or abusive 3. Identify and explain at least two effective communication practices 4. Reflect on the importance of wellbeing.(ie good physical and mental health) 5.demonstrate an understanding of what helps to shape their mental health.
3	Evaluating Relationships	<ol style="list-style-type: none"> 1. Complete relationship test to assess their own relationships 2. Demonstrate understanding of the characteristics of healthy and unhealthy relationships 3. Discuss factors that might influence these relationships
4	Types of relationships	<ol style="list-style-type: none"> 1. Identify different types of relationships and highlights the common unhealthy practices related in these relationships. 2. Express your responsibility in your different relationship (eg. Family& friends)
5	Commitment	<ol style="list-style-type: none"> 1. Explain commitment in a relationship 2. Discuss the importance/benefits of commitment in your (responsible)relationships. 3. Identify specific skills that are critical to Healthy relationships

6 & 7	Dating	Students should be able to: <ul style="list-style-type: none"> 1. Explain the term Dating and give reasons why one should date before marriage 2. Identify some dating idioms in our culture 3. What are the most important thing you are looking for in your friend during dating 4. Identify the factors which foster successful dates. 5. State what their responsibilities are in dating.
8	Making decision about Sexual behaviours	Students should be able to: <ul style="list-style-type: none"> 1. Understanding one's personal values 2. Understand why it is important to make decisions about sexual activities 3. Describe a range of ways to express affection within a healthy relationship 4. Demonstrate effective ways to communicate personal boundaries as it relates to intimacy and sexual behaviours 5. Demonstrate respect for the boundaries of others as they relate to intimacy and sexual behaviours
9	External female & Male Reproductive System	Students should be able to: <ul style="list-style-type: none"> 1. Name the parts of the external male and female reproductive system and explain how to maintain proper hygiene and sexual health.
10&11	Responsible Sexual Behaviour	Students should be <ul style="list-style-type: none"> 1. Able to Identify the 4 stages of sexual response 2. Familiar with the different viewpoints about masturbation 3. Understand the need to use self-disciplined and refusal skills to say NO to sexual intercourse 4. Understand the following terms as they relates to relationships: engagement, marriage, separation, dissolution, divorce & remarriage.

Term 2 WEEKS	TOPICS	OBJECTIVES
Reproductive Health	NB. Gr. 10 classes will allow for a maximum of 3 visits. 1. Foreign university 2. Day of Recollection 3. Leadership Training @YMCA	
1 & 2	The Menstrual Cycle	1. Understand the following terms as they relates to the menstrual cycle: menarche, follicular cell, corpus luteum, endometrium,

		ovulation, dysmenorrhea, premenstrual syndrome(PMS), toxic-shock syndrome(TSS)
3 & 4	Breast Self- Examination	<ol style="list-style-type: none"> 1. Explain why a female should begin to examine her breast at puberty 2. Describe clearly how to carry out breast self-examination. 3. Explain, giving the best time of the day and month for a breast examination.
5	Abstinence	<ol style="list-style-type: none"> 1. Define the term Abstinence 2. Give at least 10 advantages to abstaining from sexual intercourse during adolescence.
6	Parenthood	<ol style="list-style-type: none"> 1. Identify criteria for responsible parenthood 2. Describe the importance of prenatal Care. 3. Discuss problems related to teenage parenthood.
7	Conception to Birth	<ol style="list-style-type: none"> 1. Discuss the growth of the embryo and fetus from conception to birth
8	Childbirth Options & Trends	<ol style="list-style-type: none"> 2. Identify some child birth options & trends
9	Process of Child birth & possible complications	<ol style="list-style-type: none"> 1. Describe the process of childbirth 2. Identify possible complications during childbirth

TERM 3 WEEKS	TOPICS	OBJECTIVES
1 & 2	Birth Control	<ol style="list-style-type: none"> 1. Describe different kinds and categories of birth control methods 2. Discuss advantages & disadvantages of different methods 3. Explain the different sterilization techniques
3	Abortion	<ol style="list-style-type: none"> 1. What is abortion 2. Describe at least 3 methods of abortion 3. Discuss the dangers of each method to the mother

		4. What are the current issues surrounding abortion(in Ja.)
4	Sexual Harassment & Abuse	<ol style="list-style-type: none"> 1. Define Sexual Harassment & Abuse 2. Identify steps/ behavior practices to prevent these crimes 3. How & where to make reports
5	Rape & Incest	<ol style="list-style-type: none"> 1. Define Rape & Incest 2. Identify steps to prevent these crimes
6 & 7	Sexual Paraphilia (Disorders)	<p>Discuss the signs or symptoms and Treatment of the following Disorders.</p> <ul style="list-style-type: none"> ➤ Voyeurism ➤ Exhibitionism ➤ Pedophilia ➤ Sexual Masochism ➤ Transvestic Fetishism ➤ Fetishism ➤ Frotteurism
8	Volunteerism - Preparing	<ol style="list-style-type: none"> 1. Explain volunteerism Vs Community Service 2. What are their benefit to us 3. Identify safe places to volunteer 4. What to avoid during volunteering 5. The right attitude for volunteering