

At Dunman High School, the following lessons from the Growing Years Programme will be taught in 2021:

JUNIOR COLLEGE 1

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 8)
The Real Self (Part 3)	1 (60 mins)	<ul style="list-style-type: none"> • analyse the impact of one's self-perception on one's behaviour • recognise that some messages in the media have sexual connotations and reflect ideals or stereotypes • evaluate messages that promote casual sexual activity among adolescents • recognise that the media has a tendency to inaccurately reflect the effort needed to nurture and maintain relationships 	Term 3 Week 7
Lessons about Love (Part 6)	2 (60 mins)	<ul style="list-style-type: none"> • know that love is a commitment and it is not the same as having feelings of attraction • appreciate the importance of balanced roles, self-respect and mutual respect in the healthy development of relationships • recognise that differences in values, goals, and expectations may become challenges and /or lead to conflicts in the relationship • know the different styles of conflict management and acquire effective techniques of conflict management in a romantic relationship 	Term 3 Week 9
	3 (60 mins)	<ul style="list-style-type: none"> • appreciate that abstinence is to be cherished and is contingent on the exercise of self-control • examine and empathise with the dilemma of an unwanted pregnancy faced by an unmarried couple • appreciate that one's beliefs on abortion is influenced by one's religion, culture and values. • recognise that an abortion can have severe effects • evaluate one's own beliefs about STIs/HIV/AIDS and the need to treat all individuals with respect and dignity • recognise that there is a tendency to underestimate one's own vulnerability 	Term 3 Week 9

JUNIOR COLLEGE 2

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 4)
Lessons about Love (Part 7)	4 (60 mins)	<ul style="list-style-type: none"> • identify signs of an unhealthy dating relationship and the early indications of a breakdown of relationship • appreciate that one can emerge stronger despite having gone through a breakup • explore beliefs about marriage • know the possible psychological impact on children experiencing parental separation or divorce • recognise the importance of having family support for a relationship • aspire to develop similar enduring character traits and qualities that one would consider in a life partner • appreciate that marriage is a lifetime commitment and that there will be challenges in marriage as in any other relationships 	Term 3 Week 4
	5 (60 mins)	<ul style="list-style-type: none"> • recognise that personal decisions on how one displays own affections in public can affect others • discern the impact of new media on relationship building 	Term 3 Week 5
NA	6 (60 mins)	This will be a culminating formative assessment task for students to consolidate what they have learnt from the previous lessons.	Term 3 Week 6