



COMPREHENSIVE SEXUALITY EDUCATION/MHM **INTEGRATION**

Content Focus: I can Take Care of My Body

Day 1 Message: I Keep my body clean by taking a bath. I use soap for my body and shampoo for my hair.

I. Objectives 1 Competences:

- Describe personal health issues and concerns
- Demonstrate self-management skill

II. Subject Matter:

Content Focus: I Can Take Care of My Body

Reference: MELC (HGPH-Iab18) (HGPH-Iab-19) week 1 to week 3

Materials: Chart, puzzle pictures, picture cards, Big Book, Clay, Activity sheets etc.

Integration:

CSE S1A. Demonstrate proper hygiene, including sexual parts

CSE A1A. Show positive attitude on proper hygiene

III. Learning Procedures:

A. Preparation:

- The teacher greets each learner as he/she arrives in the classroom.
- The teacher may shake the learner's hand, say hello, and welcome the learners.
- Learners who come early may be given time for free play while waiting for the other learners.

B. Motivation:

- ✓ **Exercise/Action Song**

Describe personal health issues and concern

CSE S1A. Demonstrate proper hygiene, including sexual parts

Task 1.

Let the pupils sing the action song "Maligo Adlaw Adlaw"

Maligo Adlaw Adlaw, yahahay and paminaw

Sa tubig nga mabugnaw molikay ang mga kagaw

Activity 2: Bathing Time! (Activity Sheet) (Table 2)

Instruction: Paste a picture of a girl or a boy found in the magazines, newspaper etc...
Paste the cotton balls to cover the private body parts. Color the picture.



Note to the Teacher:

- Prior to this activity let the pupils bring magazine of a picture of a girl or a boy.
- The following questions will be asked after each group presented their work.
- What have you noticed in the picture?
- What did you paste in the private parts of the body?
- What does cotton ball represent?
- Why are the private body parts covered?

C. Discussion:

Short paragraph listened to:

One day, when no one is around- my cousin said – we should play a secret touching game. He said we should keep it to ourselves and not tell anyone else.

The teacher will call each group and let each group say something about the paragraph they heard as the teacher reads.

The teacher will ask the following processing questions:

1. What can the child do about it?
2. Did she let her cousin touch her body? Why?

(Call Table 1, let them show their work on task 2) (on how to keep their body clean)

1. How can you keep your body clean?
2. Why do we need to keep our private body parts clean?

(Call Table 2, let them show their work on task 2) (keeping the private parts clean)

3. How do you keep your private body parts clean?
4. What will you do if someone wants to touch your private body parts? Why?
5. Did you mother tell some rules about touching to keep you from harm? Why?
6. For boys and girls, there are some rules to take into consideration...

There are 3 things or rules about touching to keep boys and girls from away harm:

- 1) No one should touch your private body parts
- 2) No one is allowed to touch the part of your body that is hidden under your underwear
- 3) You should never neglect to tell your mother or father or grown-ups you trust about the touching of private part.

If the touching is like the way your mother does for the body – it is OK for keeping you clean.

Or when your parents take you to the doctor for a check-up, then that's OK to keep you healthy.

Call Table 3...

- 1) What should girl do when having the menstrual flow? How could you manage yourself?
- 2) Are you going to take a bath?
- 3) Do young boys tease the girl when having menstruation?

D. Rule on Touching:

- 1) Do not let somebody touch the boy and girl private parts of the body.
- 2) Tell the parents if somebody is touching the private parts.
- 3) The body should be kept clean when having monthly menstruation.
- 4) Avoid bullying the girl who are having menstrual flow.

Teacher will ask the following questions:

1. Unsa and inyong namaohan karung adlaw?
2. Unsaon nato pag – amping sa atong kaugalingon?
3. Ngano importanti limpyo and atong lawas?
4. Kung magregla, pwede ba maligo ang mga babae?

Say: Importante nga limpyohan ang atong lawas apil sa pribado nga parte sa atong lawas aron kanunay nga limpyo og layu sa sakit.

E. Activity Game:

Pass, Roll and Show!

A dice with the following pictures on it.



Procedures:

1. Have the pupils sit in a circle and play some music. While the music is playing the pupils will pass the giant dice in a clockwise direction.
2. When the music stops, the pupil holding the giant dice roll it.
3. The class will show the proper ways to take care of the body according to the picture on the top of the giant dice.

IV. Assignment:

Puzzle (Table 1)

Instructions: Complete the following puzzle.



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