

SECONDARY 1

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 2)
The Real Self (Part 1)	1 (60 mins)	<ul style="list-style-type: none"> • know how one's perception of his body is linked to personal experiences and the sources of information that are taken in • recognise that one's self-perception is influenced by his perception of his body • know strategies to develop healthy/positive perception of one's body. 	Term 2 Week 6
Lessons about Love (Part 1)	2 (60 mins)	<ul style="list-style-type: none"> • recognise the importance of cultivating friendships with members of the same and opposite sex • recognise what constitutes healthy and unhealthy relationships • recognise the influence of peers on oneself and one's value system • distinguish between various types of love • know that the underlying value for healthy relationships is respect 	Term 2 Week 7
	3 (60 mins)	<ul style="list-style-type: none"> • recognise the importance of developing a friendship before committing to a romantic relationship • recognise what dating involves • know the different levels of physical intimacy in a relationship • know that certain public displays of affection are not considered appropriate behaviour in our society • recognise that it is important to seek their family's views, beliefs and expectations with regard to dating and romantic relationships in teenage years 	Term 4 Week 2

“Familiar” Strangers Alert (Part 1)	4 (60 mins)	<ul style="list-style-type: none"> • reflect on the reasons for people to use social networking sites to make friends or to engage their existing friends • know the usefulness and dangers of making friends over social networking platforms • recognise that the media can influence the way people think, feel and behave • identify ways to protect themselves from negative influences from the media 	Term 4 Week 3
	5 – Part 1 (30 mins)	<ul style="list-style-type: none"> • know the physiological, psychological and social impact of sexual abuse on the individual • recognise the provision of Singapore laws that serves to protect teenagers from sexual perpetrators and persecute those who have committed such crimes • identify sources to seek help and support 	Term 4 Week 3
	5 – Part 2 Main Task (30 mins)	Description of the Main Task: <ul style="list-style-type: none"> • Students are to work on the main task in groups of 4 or 5 • Groups will describe how the media can influence relationships (with self, peers, and the opposite sex) • Groups can choose to present this in the form of a song, short 1-min video, rap, poster or any other preferred mode • To assess learning, teachers may want students to submit a short write up to describe their work or a personal reflection after the main task. 	Term 4 Week 3