

Grade 5 Lessons

Theme	Lesson Name	Lesson Description	Lesson Aims	Topics Covered
Self-Image and Self-Worth	1. Me, Myself and I	<p>The aim of this lesson is to engage the learners early on and put them at the centre of this programme – the educator should place emphasis on this being the time for students to focus on themselves.</p> <p>The learners will draw ‘hero’ versions of themselves and the educator will highlight things that can eat away at your ‘hero’ status from a bad diet, drugs and alcohol and more.</p> <p>The learners will write a list of goals for themselves that they can refer to throughout the ten lessons as well as hold onto for the future.</p>	<ol style="list-style-type: none"> To engage the learners early on and give them an idea of what the rest of the programme will entail. To encourage the importance of having a high self-worth and to encourage the learners to become more confident in themselves as individuals. To create a mind-set within the learners about the importance of setting goals and becoming empowered. 	<p>Self-image</p> <p>Self-worth</p> <p>Goal setting</p> <p>Empowerment</p> <p>Responsibility</p> <p>Confidence</p>
	2. Me and My Well-Being	<p>This lesson is to provide learners with a comprehensive understanding of what it means to be healthy and</p>	<ol style="list-style-type: none"> To build a healthy relationship with food. To determine what is considered good health 	<p>Self-image</p> <p>Self-worth</p>

		<p>hygienic. This encompasses nutrition, hygiene and sanitation, and exercise.</p> <p>The lesson will see the learners understanding about the types of food groups, how much exercise they should get each day, and how they should stay sanitary.</p> <p>The lesson will touch upon drugs and alcohol, referencing the first lesson about maintaining that ‘hero’ status.</p> <p>To normalise the conversation about girls getting their periods, to explain the possible feelings they could counter. To highlight how it is a normal and natural experience for girls, and that they should feel comfortable within their bodies’ experience. The educator should dispel myths surrounding the topic, and emphasise how girls should</p>	<p>and find ways to practice it.</p> <ol style="list-style-type: none"> To understand the importance of exercising and being aware of not only the physical benefits, but mental benefits. To promote hygienic habits to help people to understand how this can prevent disease and create positive attitudes towards cleanliness. To highlight how alcohol and drugs are going to be detrimental to your overall wellbeing. For instance, how alcohol is a depressant. To encourage an open conversation about periods and how to keep clean in the absence of products. 	<p>Nutrition</p> <p>Health</p> <p>Mental health</p> <p>Physical health</p> <p>Hygienic habits</p> <p>Disease prevention</p> <p>Alcohol and Drug Abuse</p> <p>The Menstruation Cycle</p> <p>Period Sanitation</p>
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		not be treated differently during their periods. The educator will also share methods of hygiene during menstruation.		
HIV & AIDS	3. Sifiso & The House of Fear	This lesson introduces the facts around HIV and its transmission . First, myths that exist around the disease that result in the stigma shall be dispelled by the educator. The lesson will make use of a cartoon to depict a story that reveals these facts and realities about HIV & AIDS.	<ol style="list-style-type: none"> 1. Dispelling myths around HIV/AIDs in an attempt to normalize the situation and eradicate the stigma around the disease. 2. The learners will be able to show increased knowledge about the different ways that HIV&AIDs is transmitted. 	<p>Normalising Fears</p> <p>HIV & AIDS</p> <p>Transmission</p> <p>Speed of transmission</p>
	4. Sifiso & Friends at the Clinic	<p>This lesson explores the types of HIV transmission and investigates the ways that the virus cannot be transmitted. The educator will make use of a cartoon to explore and explain the methods of HIV transmission.</p> <p>This lesson will also introduce other diseases such as NCDs, HBP, TB, diabetes and STIs.</p>	<ol style="list-style-type: none"> 1. This will continue to show increased knowledge about the different ways that HIV&AIDs is transmitted 2. This lesson will shine light on other diseases to educate the learners about what they could be vulnerable to, and how they can seek help. 	<p>Transmission</p> <p>Silent Killers</p> <p>Vulnerability to other Diseases</p> <p>Prevention</p>

<p>HIV & AIDS</p>	<p>5. Sifiso & Friends Explore Drugs & Alcohol</p>	<p>This lesson reintroduces the topic of drugs and alcohol in reference to contracting HIV.</p> <p>Learners are encouraged to reference what they learnt in lesson two about the physical and mental consequences of using drugs and alcohol.</p> <p>A cartoon is used to provide information about the dangers associated with drugs and alcohol, and learners will create a poster to warn others of these dangers.</p>	<ol style="list-style-type: none"> 1. To help develop an understanding of the dangers of drinking and taking drugs with regards to the risk of contracting HIV. 2. To reference back to the previous lesson two about the danger of alcohol and drugs on your body. 3. To shine a light on how alcohol and drug abuse can affect those around you. 	<p>Alcohol and Drug Abuse</p> <p>HIV& AIDS</p> <p>Relationships with others</p> <p>Physical health</p> <p>Mental health</p>
<p>Relationships</p>	<p>6. Me and My Emotions</p>	<p>This lesson will look at how the learners deal with their own emotions – from anger to happiness. The educator will highlight how it is important for learners to speak about their feelings with their friends, as well as their family. By this point in the course, the learners should recognise how these lessons are safe places, they should feel free to speak</p>	<ol style="list-style-type: none"> 1. To maintain creating a safe space for the learners. 2. For learners to grasp a better understanding of all the kinds of emotions they have, and how to deal with them effectively. 3. To encourage learners to communicate to their 	<p>Anger Management</p> <p>Love</p> <p>Normalising emotions</p> <p>Communication</p>

		<p>openly.</p> <p>The educator will discuss methods of dealing with anger, rather than turning to arguments or violence. The educator will reference home life, as well as other triggers of anger.</p>	<p>closed ones such as their family or friends.</p> <p>4. To discuss other outlets for learners to turn to when they are angry, as opposed to arguing or being violent.</p>	<p>Hormones</p> <p>Violence</p> <p>Triggers</p>
Relationships	7. Me and My Friends	<p>This lesson looks at the personal attributes required to be a good friend. Learners are encouraged to consider and examine the characteristics of a good friend and which of these characteristics they embody.</p> <p>The lesson aims to encourage them to work at being a friend to others, as well as developing their self-esteem by allowing them to consider their positive social characteristics.</p> <p>This lesson will discuss the effects of bullying, and how being friendly will have a positive impact on others, as</p>	<p>1. Examine characteristics of a good friend and to consequently recognize the signs of a bad friendship or if they are being bullied.</p> <p>2. To recognize the importance of communication about emotions.</p> <p>3. To define what a bully is.</p> <p>4. To discuss the impact of bullying and how everyone should be supportive of each other.</p>	<p>Friendship</p> <p>Communication</p> <p>Emotions</p> <p>Self-esteem</p> <p>Bullying</p> <p>Personality</p> <p>Support</p>

		well as yourself.		
Community	8. My Home and My Community	<p>This lesson will discuss the home lives of the learners, from families to the wider communities that they are part of.</p> <p>The educator will discuss the possible social pressures that the learners can find themselves under. The educator will discuss how the learners can seek support if they find it to be missing at home, or if they are having troubles within their community. Examples will be given by the educator, such as girls having their periods, or if their family are against them continuing with their antiretroviral medication.</p> <p>This lesson will shine a light on how learners can access help.</p> <p>The educator will also place</p>	<ol style="list-style-type: none"> 1. To analyse good and bad home environments. 2. To give information for learners to seek help when they are receiving a lack of support, or stuck in an abusive relationship. 3. To emphasise how the learners are part of the whole world community, and that it is important to care for the earth. 4. To illustrate how having respect for your home, reflects onto yourself and your own self-image. 	<p>Home Environment</p> <p>Community</p> <p>Social pressures</p> <p>Support</p> <p>Recycling</p> <p>Littering</p> <p>Environment</p> <p>The World</p> <p>Self-Image</p> <p>Respect</p>

		<p>emphasis on having respect for where you live – from your home to your community in general. The lesson will highlight how learners should not litter and recycle their rubbish. The educator will emphasize how the learners are not just parts of their own community, but part of the whole world community.</p>		
Community	<p>9. An Equal Society for Everyone</p>	<p>This lesson importantly introduces how both genders should be on an equal standing.</p> <p>The lesson will explore gender perception in order to dispel beliefs of superiority and to instead encourage equality.</p> <p>This lesson will reference the lesson, ‘Me and My Emotions’ to explore how to handle arguments with loved ones calmly, instead of violently.</p>	<ol style="list-style-type: none"> 1. To be able to define and explain gender equality. 2. To explore some of the causes and consequences of gender inequality. 3. To understand how to promote gender equality in the classroom and outside. 4. To discuss how to deal with arguments effectively, instead of turning to violence. 	<p>Gender Violence</p> <p>Gender Equality</p> <p>Anger Management</p> <p>Goal Setting</p> <p>Empowerment</p>

			5. To empower both genders about the prospect of a world where everyone is equal and how this is beneficial to everyone.	
Financial Literacy	10. Being Money Smart	<p>This lesson is all about getting learners to start understanding the value of money. The lesson will place emphasis on saving your money and using it to help yourself – such as starting a small business, or saving for something you really want.</p> <p>The lesson will cover expenses, budgets and interest.</p>	<p>1. To teach the value of money, how to handle it properly and spend it for good uses.</p> <p>2. To put learners at the centre of handling their futures. The learners will be able to envisage themselves as ones who will eventually be earning their own incomes.</p> <p>3. To urge learners to consider creating jobs, rather than getting jobs.</p>	<p>Budgeting</p> <p>Saving money</p> <p>Entrepreneurship</p> <p>Job Creation</p> <p>Goal Setting</p>