

Grade 6 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 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> <p>The lesson will also involve discussing strategies on how to act when certain goals do not go to plan, in order to highlight that ‘giving up’ is not always the next option.</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. To encourage learners to keep going with their plans and to think strategically rather than negatively when certain goals do not go as planned. 	<p>Self-image</p> <p>Self-worth</p> <p>Goal setting</p> <p>Empowerment</p> <p>Responsibility</p> <p>Confidence</p> <p>Strategizing</p>
	2. Me and My	This lesson is to provide	1. To build a healthy	

<p>Worth</p>	<p>Well-Being</p>	<p>learners with a comprehensive understanding of what it means to be healthy and 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, and how this can affect you physically, and mentally.</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</p>	<p>relationship with food.</p> <ol style="list-style-type: none"> To determine what is considered good health and find ways to practice it. 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 	<p>Self-image</p> <p>Self-worth</p> <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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		educator should dispel myths surrounding the topic, and emphasise how girls should not be treated differently during their periods. The educator will also share methods of hygiene during menstruation.	clean in the absence of products.	
HIV & AIDS	3. The Story 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 educator will stimulate discussion about fears and anxieties that learners may have about the virus, as well as societal attitudes towards it. Pre-prepared sentences are provided to facilitate small group discussion so that learners can develop responses to common held fears.	<ol style="list-style-type: none"> 1. To normalize fears around surrounding HIV&AIDs. 2. To enable learners to explore and recommend ways of managing fears about HIV&AIDs. 3. To encourage learners to get tested regularly. 	<p>Normalising Fears</p> <p>HIV & AIDS</p> <p>Transmission</p> <p>Societal Attitudes</p> <p>Testing</p>
	4. The HI Virus	This lesson introduces the learners to the concept of viruses and the HI Virus in particular. A hand out poster is used to give knowledge to	<ol style="list-style-type: none"> 1. Learners will have an increased knowledge about the different ways that HIV&AIDS is transmitted. 	<p>HI Virus</p> <p>Immune System</p>

<p>HIV & AIDS</p>		<p>the learners about the HI Virus in particular.</p> <p>Methods of transmission will be discussed and how infection can occur. The educator's ultimate aim in this lesson is to highlight the extent to which HIV is an epidemic and highlight how serious this is to learners.</p> <p>This lesson will also introduce other diseases such as NCDs, HBP, TB, diabetes and STIs.</p>	<ol style="list-style-type: none"> The learners will gain an understanding that the HI Virus attacks the immune system. 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>Vulnerability to Other Diseases</p> <p>Silent Killers</p> <p>Prevention</p>
	<p>5. The Transmission Game</p>	<p>This lesson highlights dramatically to learners how quickly and easily the HI Virus spreads in certain situations. It does this through the form of an experiment, and learners experience the consequences of their different 'behaviours' at the end of the activity. This enhances learners' knowledge about the situations that could enhance their vulnerability to the HI Virus and encourages</p>	<ol style="list-style-type: none"> To further emphasise the mode of HIV transmission, as well as the frequency and speed of infection. To reference back to lesson two about the danger of alcohol and drugs on your body, as well as how it could increase your vulnerability to HIV. To discuss the topic of 	<p>Transmission</p> <p>Vulnerability</p> <p>Frequency and Speed of Infection</p> <p>Alcohol and Drug Abuse</p> <p>HIV& AIDS</p> <p>Relationships</p>

		<p>learners to reflect on the ways they can protect themselves.</p> <p>Topics from drugs, alcohol and unsafe sex will be touched upon.</p>	<p>contraception and its importance, in light of increasing one's vulnerability to HIV&AIDs.</p>	<p>with others</p> <p>Physical health</p> <p>Mental health</p> <p>Contraception</p>
Relationships	6. Me and My Relationships	<p>This lesson explores the various relationships that learners could experience throughout their life – both positive and negative ones.</p> <p>Firstly, this lesson looks at the personal attributes required to be a good friend as. Learners are encouraged to consider and examine the characteristics of a good friend and which of these characteristics they embody.</p> <p>This lesson will discuss the effects of bullying, and how being friendly will have a positive impact on others, as well as yourself. This will involve discussion about peer pressure from engaging in sexual relations to taking</p>	<ol style="list-style-type: none"> 1. Examine characteristics of a good friend and to consequently recognize the signs of a bad friendship or if they are being bullied. 2. To recognize the importance of communication about emotions. 3. To define what a bully is. 4. To discuss the impact of bullying and how everyone should be supportive of each other. 5. To recognize toxic relations where one can feel pressured to engage in behavior that could 	<p>Friendship</p> <p>Communication</p> <p>Emotions</p> <p>Self-esteem</p> <p>Bullying</p> <p>Personality</p> <p>Support</p> <p>Future</p> <p>Peer-Pressure</p> <p>Toxic Relations</p>

		<p>drugs and drinking alcohol.</p> <p>Role play scenarios will be used to explore how to deal with resisting these pressures.</p> <p>The educator will use real life scenarios to maximize understanding of how your behavior can impact you and the people around you. For instance, contracting HIV at 16 years old. If not managed, this could change your entire life – your relationships, your ability to have children, your self-esteem etc.</p>	<p>have serious impacts on your future.</p> <p>6. To use real-life scenarios to demonstrate the reality of the effects that certain behavior can have on your future.</p>	
Relationships	7. Me and My Emotions	<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</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 	<p>Anger Management</p> <p>Love</p> <p>Normalising emotions</p> <p>Communication</p>

		<p>should feel free to speak 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>communicate to their 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>
Community	8. An Equal Society for Everyone	<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 previous lesson, 'Me and My Emotions' to explore how to handle arguments with loved ones calmly, instead of violently. Furthermore, the educator will introduce the topic of consent, in terms of</p>	<p>1. To be able to define and explain gender equality.</p> <p>2. To explore some of the causes and consequences of gender inequality.</p> <p>3. To understand how to promote gender equality in the classroom and outside.</p> <p>4. To discuss how to deal with arguments effectively, instead of turning to violence.</p> <p>5. To empower both</p>	<p>Domestic Violence</p> <p>Gender Violence</p> <p>Gender Equality</p> <p>Anger Management</p> <p>Goal Setting</p> <p>Empowerment</p> <p>Consent</p>

		<p>consensual sexual relations. Learners should gain a solid understanding of what the word 'no' means in these circumstances, and how the absence of this agreement means the act would be classified as rape. It would also be rape if one refused to wear a condom.</p> <p>The educator can use this as a further opportunity to highlight how wearing condoms should always be worn in order to reduce HIV transmission, as well as other STIs.</p>	<p>genders about the prospect of a world where everyone is equal and how this is beneficial to everyone.</p> <p>6. To underline what consent means and the importance of getting this before engaging in sexual relations.</p> <p>7. To emphasise the importance of wearing condoms.</p>	<p>Rape</p> <p>Contraception</p>
Community	9. 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</p>	<p>1. To analyse good and bad home environments.</p> <p>2. To give information for learners to seek help when they are receiving a lack of support, or stuck in an abusive relationship.</p> <p>3. To emphasise how the learners are part of the</p>	<p>Home Environment</p> <p>Community</p> <p>Social pressures</p> <p>Support</p> <p>Recycling</p>

		<p>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. This lesson will shine a light on how learners can access help.</p> <p>The educator will also place 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>	<p>whole world community, and that it is important to care for the earth.</p> <p>4. To illustrate how having respect for your home, reflects onto yourself and your own self-image.</p>	<p>Littering</p> <p>Environment</p> <p>The World</p> <p>Self-Image</p> <p>Respect</p>
Financial Literacy	Being Money Smart	<p>This lesson allows the learners to start learning the value of money. The lesson will explain to learners about</p>	<p>1. To teach the value of money, how to handle it properly and spend it for good uses.</p>	<p>Finances</p> <p>Budgeting</p>

		<p>interest, and how by saving your money, you will end up getting more money by the end. The lesson will cover expenses, budgets and cash-flows.</p>	<p>2. To add a real-life perspective into the lessons and for the learners to envisage themselves as individuals who will eventually be earning their own incomes.</p> <p>3. To urge learners to consider <i>creating</i> jobs, rather than <i>getting</i> jobs.</p>	<p>Cash Flows</p> <p>Expenses</p> <p>Job Creation</p> <p>Future</p> <p>Goal Setting</p> <p>Value of Money</p>
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