

# Immaculate Conception High School

## Grade 7 HFLE Programme

Weeks	Topics	Objectives
TERM 1 1	The Role of the Guidance Counsellor and the Guidance Department.	<ol style="list-style-type: none"> <li>1. Explain the frame works in which Guidance and Counselling is conducted at ICHS.</li> <li>2. Explain to students the potential danger of keeping some secrets among themselves.</li> <li>3. Explain the ways in which the Child Care and Protection Act affect client's confidentiality.</li> </ol>
2	Rules and Community Life	<ol style="list-style-type: none"> <li>1. Explain the ways in which the school rules contribute to maintaining the Immaculate Family Culture, and by extension order and discipline in and out of school.</li> <li>2. Explain how our school rules can help to prepare them to be responsible citizens.</li> </ol>
3	Learning Style	<ol style="list-style-type: none"> <li>1. Develop an understanding of their primary learning style</li> <li>2. Identify learning strategies that compliments their learning styles</li> </ol>
4	Study Skills	<ol style="list-style-type: none"> <li>1. Understand and apply strategies for taking notes</li> <li>2. Use strategies for managing time effectively</li> <li>3. Learn new strategies for studying</li> <li>4. Understand the importance of having a study Time table(include home work and other school activities)</li> </ol>
5	Self-Esteem	<ol style="list-style-type: none"> <li>1. Define the concept Self- Esteem</li> <li>2. Analyze their individual strengths and Weaknesses while evaluating their self-esteem</li> <li>3. Discuss the role that a healthy self-esteem plays in life</li> <li>3. Demonstrate the willingness to change unhealthy attitudes that destroys self-esteem</li> </ol>
6 & 7	Puberty- Coping with the New Me	<ol style="list-style-type: none"> <li>1. Suggest 4 ways of coping with the changes during puberty.</li> <li>2. Critique their coping strategies based on core values</li> <li>3. Describe the emotional &amp; physical changes that occur during puberty and</li> </ol>

		Adolescence. 4. Explain how the changes associates with puberty have affected their relationships with significant others(eg. Parents & classmates)
		1.
8	Functions of the Family	1. List various types of families in Jamaica 2. Describe the role of the family in caring for each other 3. Discuss the relationships that exist within the family unit
9	Individual Responsibilities in the Family	1. Explain the typical roles and responsibilities of family members in caring for each other 2. Describe their individual roles within their family 3. Analyze the distribution of responsibility in the family.
10 & 11	Making Friends	1. Outline at least 3 benefits of having friends 2. Appreciate the diversity that occurs in relationships 3. Explain the components of friendships, including beneficial, mutuality, tolerance and empathy
12	Serving My Community	1. Identify at least 2 community organizations 2. Outline the ways in which individuals, professionals and groups serve their communities 3. Outline how their special talents and interests can be used in their community 4. Demonstrate an appreciation for the work of persons who serve their community

<b>TERM 2 WEEKS</b>	<b>TOPICS</b>	<b>OBJECTIVES</b>
1 & 2	Understanding Our Feelings	1. Identify at least 10 different feelings 2. Discuss their feelings when asked about different experiences 3. Respond to situations by expressing feelings using “I” messages
3	Managing Our Feelings	1. Recognize & express their feelings 2. Express their feelings without causing harm to self, others and property./
4 &5	Dealing Effectively with	1. Describe 3 factors that create conflicts

	Conflict	<ol style="list-style-type: none"> <li>2. Demonstrate respect for the opinions of other persons.</li> <li>3. Suggest 2 strategies for handling conflicts</li> <li>4. Demonstrate personal responsibility for dealing with conflict</li> </ol>
6	No Bullies Allowed	<ol style="list-style-type: none"> <li>1. Define the term bully</li> <li>2. Identify bullying behaviours</li> <li>3. Demonstrate non-violent ways of responding to bullying both as a victim and bystander</li> <li>4. Discuss the effect of bullying on the individuals.</li> </ol>
7	Risky Behaviour	<ol style="list-style-type: none"> <li>1. Identify at least 2 risky behavior</li> <li>2. Discuss some of the factors that contributes to risk taking behavior</li> <li>3. Explain how risky behavior can impact their lives</li> <li>4. Formulate a plan to protect themselves from risky behavior</li> </ol>
8	Saying “No”  Pg. 66	<ol style="list-style-type: none"> <li>1. Define the term substance and substance abuse</li> <li>2. Describe the effect of abusing selected drugs(legal &amp; illegal &amp; pharmaceutical)</li> <li>3. Identify at least 3 strategies for refusal of drugs.</li> </ol>
9	Career Options Pg,42	<ol style="list-style-type: none"> <li>1. Describe the requirements of different careers (knowledge, skills &amp; attitudes)</li> <li>2. Outline the ways in which persons in selected careers perform their work.</li> <li>3. Explain how entrepreneurs have contributed to the well-being of society.</li> </ol>
11 & 12	Sexuality is not just about Sex	<ol style="list-style-type: none"> <li>1. Distinguish between the terms “Sex” and “Sexuality”</li> <li>2. Defend, giving at least 2 reasons, why an understanding of human sexuality is important to their personal development.</li> <li>3. Recognize that gender roles vary within &amp; among culture</li> <li>4. Evaluate how &amp; why traditional gender roles have been changing in Jamaica.</li> <li>5. Critically analyze behaviours which may be interpreted as sexual</li> </ol>

TERM 3 WEEKS	TOPICS	OBJECTIVES
1	Sexuality and the Media	<ol style="list-style-type: none"> <li>1. Identify the way in which sexuality is expressed in the media</li> <li>2. Evaluate the messages about sexuality in the media</li> <li>3. Use critical thinking skills to analyze media messages about human sexuality</li> <li>4. Use decision making skills to resist/reject negative messages in the media about human sexuality.</li> </ol>
2&3	Sexual Transmitted Infections(STI) - Presentations	<ol style="list-style-type: none"> <li>1. Explain what is meant by STI</li> <li>2. State 8 examples of common STIs</li> <li>3. List the general symptoms for both males &amp; females</li> <li>4. How is it transmitted?</li> <li>5. Virus or bacteria?</li> <li>6. Can it be cured or treated?</li> <li>7. Is it preventable and if so how?</li> <li>8. Identify 3 high risk practices that can lead to risky sexual behaviours.</li> <li>9. Explain how 2 behaviours, increase the risk of contracting STI</li> <li>10. Give alternatives to risky sexual behaviours</li> </ol>
4	<p>I Will Abstain</p> <p>NB. S.W. A. T. model for negotiating</p> <p>S. – say “NO”! to unsafe behavior</p> <p>W. – be prepared to explain why you want to be safe</p> <p>A.- provide alternatives</p> <p>T.- talk it out</p>	<ol style="list-style-type: none"> <li>1. Identify 3 reasons why delaying sexual relationships and parenting may be beneficial</li> <li>2. State 2 situations that could lead to pressure to have sexual activity and how to avoid them</li> <li>3. Critically assess their own readiness to engage in sexual relationships and be a parent</li> <li>4. Evaluate their individual capacities to delay early sexual activity and parenting</li> </ol>
5	Where Do I Go? Or Who do I call?	<ol style="list-style-type: none"> <li>1. Discuss at least 3 ways of assessing resources on health and safety within the community</li> <li>2. Assess appropriate information using brochures, the internet and charts etc.</li> </ol>

6	My Surroundings	<ol style="list-style-type: none"> <li>1. Explain at least 3 ways in which the components of the environment interact and remain balanced and healthy</li> <li>2. Describe ways in which human behavior impacts the environment and how the environment affects human health and wellness</li> <li>3. Express their appreciation for a clean and healthy environment using appropriate examples</li> <li>4. Describe basic characteristics of a sustainable environment</li> </ol>
7	Street Cleaning	<ol style="list-style-type: none"> <li>1. Describe the role of at least 3 government agencies in maintaining clean and healthy streets</li> <li>2. Present information on the work of one selected government agency responsible for keeping streets clean</li> <li>3. Discuss 2 ways in which individuals can help keep streets and surroundings clean</li> <li>4. Show willingness to dispose of waste appropriately</li> </ol>
8	Working to Keep My Surroundings Clean & Healthy	<ol style="list-style-type: none"> <li>1. Explain the principles of sorting, recycling and reusing selected solid waste materials</li> <li>2. Explain how to set up a compost heap</li> <li>3. , eg. Paper, tins, etc</li> <li>4. Provide at least 2 reasons for recycling</li> <li>5. Explain the importance of choices in the recycling process</li> </ol>