

K to 12 BASIC EDUCATION CURRICULUM

CONTENT	CONTENT STANDARDS	PERFORMANCE STANDARDS	LEARNING COMPETENCY	CODE	LEARNING MATERIALS
<ul style="list-style-type: none"> 2. Mood swings 3. Teasing 4. Bullying, including cyber bullying 5. Harassment 6. Emotional and physical abuse 7. Other stressful situations 			7. discusses the effects of mental, emotional and social health concerns on one's health and wellbeing	HSPH-II-16	
D. Preventing and Managing Mental, Emotional and Social Health Concerns <ul style="list-style-type: none"> 1. Practicing life skills (communication/assertiveness/self-management/decision-making) 2. Finding Resources and Seeking Help 			8. demonstrates skills in preventing or managing teasing, bullying, harassment or abuse	HSPH-II-17	
			9. identifies appropriate resources and people who can help in dealing with mental, emotional and social health concerns.	HSPH-IJ-18	
Grade 5 – GROWTH AND DEVELOPMENT/ PERSONAL HEALTH - 2ND QUARTER (HSGD/PH)					
A. Changes during Puberty <ul style="list-style-type: none"> 1. Physical Changes (secondary sexual characteristics such as hair growth, voice change, breast development, menstruation) 2. Emotional and Social Changes 	<p>The learner ...</p> <p>demonstrates understanding of the different changes, health concerns and management strategies during puberty</p> <p>Understands basic concepts regarding sex and gender</p>	<p>The learner ...</p> <p>demonstrates health practices for self-care during puberty based on accurate and scientific information</p> <p>The learner ...</p> <p>Demonstrates respect for the decisions that people make with regards to gender identity and gender roles.</p>	<p>The learner...</p> <ul style="list-style-type: none"> 1. describes the physical, emotional and social changes during puberty 2. accepts changes as a normal part of growth and development. 	<p>HSGD-1a-b-1</p> <p>HSGD-1a-b-2</p>	

Riding Those Mood Swings Custom Curriculum Ser

K Morrison



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