

GUIDELINES ON REPRODUCTIVE HEALTH EDUCATION IN SCHOOLS

The proposed outline for the in-school is from age 4 years (the notional age for Kindergarten 1) through to 18 years, the end of the period for pre-tertiary education.

The topics have been arranged by grade (from Pre-school to Senior High School) and the notional ages associated with the various classes. In the current structure of education, children are expected to start pre-school at age 4 years, and the proposal is to introduce them to personal hygiene and basic values as aspects of reproductive health. The topics have been arranged taking into consideration, the horizontal and vertical linkages under school instructions. They have also been set out in such a way that they lend themselves to the integrated or the standalone approaches.

In the case of the former, the topics can be integrated into subjects that are appropriate for the stage and age. For instance, at the Primary and JHS levels, topics on values and rights can be incorporated into Moral and Religious Education and Social Studies. At the SHS level, the topics on values and rights can be incorporated into Moral and Religious Education and Social Studies. At the SHS levels, topics on values and rights can be incorporated into Social Studies, Integrated Science and other subjects as may be deemed fit (as is currently the case).

The alternative is for the topics to be presented in a standalone cross-cutting subject in the school system. With this approach, the emphasis should be on civic responsibilities, gender and development, human rights as well as social and personal skills (skills for life). Whatever the approach which will be adopted, the essence is for the core issues to be captured in the syllabus.

PRE-SCHOOL (4-5 YEARS)

Module 1 Session 1: What we believe in; how we interact

Module 2 Session 1: Personal Hygiene I – Oral Hygiene

PRIMARY SCHOOL (6-11 YEARS)

Primary 1 (6 years)

Module 1 Session 1: Values and Society/ Social norms/what we believe in

Module 2 Session 1: personal Hygiene 1 Oral and hygiene

Module 3 Session 1: Myself –being a male or female

Primary 2 (7years)

Module 1 Session 2: Reflecting on our own attitudes
Module 2 Session 1: Personal Hygiene II – Body hygiene
Module 4 Session 1: Roles and responsibilities as a child

Primary 3 (8 years)

Module 1 Session 2: Recognizing whether something is fair or unfair
Module 4 Session 1: Understanding interpersonal relationships – types and forms
Module 4 Session 2: Families and relationships in our lives
Module 5 Session 3: Concept of gender (maleness and femaleness)

Primary 4 (9 years)

Module 3 Session 1: Human growth and development Life Cycle
Module 3 session 2: knowing about one's body/ Sexual and
Reproductive Organs
Module 2 Session 6: Seeking Health Care
Module 6 Session 2: Developing self-esteem
Module 6 Session 6: Leadership skills 1

Primary 5 (10 years)

Module 1 Session 3: Religion and Social Values
Module 3 Session 3: Puberty/Changes as we grow
Module 4 Session 3: Relationships: friendship, dating and courtship
Module 8 Session 1: Population of Ghana

Primary 6 (11 years)

Module 3 Session 4: Fertility, pregnancy-related issues and childbirth
Module 4 Session 4: Relationships: Marriage and family life
Module 5 Session 3: Concept of gender: norms, roles and stereotyping
Module 6 Session 1: Decision making skills
Module 8 Session 2: Population as a resource/ Essence of health population for
national development

JUNIOR HIGH SCHOOL (JHS) (12-14 YEARS)

JHS 1 (12 years)

Module 1 session 4: Norms in interpersonal relationships
Module 2 Session 3: Sources for SRH services/seeking services
Module 3 Session 5: Fertility regulation –abstinence, contraceptives and
other methods
Module 3 Session 6: Unintended pregnancy and Abortion
Module 5 Session 1: Human rights
Module 5 Session 2: Sexual and Reproductive Health Rights

JHS (13 years)

Module 2 Session 4: Alcohol, Drug and substance abuse

Module 5 Session 4: Respecting gender differences/dealing with gender discrimination

Module 5 Session 5: Gender and power relations/ Gender and health

Module 6 Session 3: Communication (direct versus indirect communication styles)

Module 6 Session 4: Negotiation skills

Module 6 Session 5: Assertive skills

JHS 3 (14 years)

Module 2 session 2: Preventing common diseases/ infections among adolescents

Module 2 Session 5: Seeking help for drug abuse

Module 6 Session 2: Developing Self-esteem II

Module 7 Session 1: Reproductive tract infections (RTIs)

Module 7 Session 2: About Sexually transmitted infections (STIs) and HIV and AIDS Senior high school (SHS) (14-17 years)

SHS 1 (15 years)

Module 5 Session 6: Gender, social and economic mobility, safety and safe public spaces

Module 5 Session 7: Gender and bodily autonomy

Module 5 Session 8: Gender and violence

Module 5 Session 9: Responding to gender-based/intimate partner violence

Module 5 Session 10: Gender Empowerment

Module 6 Session 3: Communication (parent-child, with peers and in relationships)

Module 6 Session 6: Leadership skills

Module 8 Session 3: Population and development/reaping the demographic Dividend

SHS 2 (16 years)

Module 2 Session 4: Alcohol, Drug and substance abuse

Module 2 Session 5: Seeking help for drug abuse

Module 4 Session 5: Building healthy relationships: empathy, respect and love

Module 4 Session 10: Avoiding violence within relationships/ bullying, harassment, assault, rape

Module 7 Session 5: Rights and responsibilities related to preventing STIS and HIV

Module 7 Session 7: Care and support/Issues of stigma and discrimination

SHS 3 (17 Years)

Module 6 Session 6: Making changes in our lives and the world around us
(Planning for the future/Managing time)

Module 9 Session 1: Concept of change (meaning and process)

Module 9 session 2: Identifying what needs to change

Module 9 Session 3: Identifying person who can make change happen

Module 9 Session 4: Young people as change agents

Module 9 Session 5: Media and Change

Module 9 Session 6: Collaborating with others to achieve change