

Appendix

Senior High School Curricula Involving SRH Topics

A. SOCIAL STUDIES SYLLABUS

Year 1	Year 2	Year 3
<p>Adolescent reproductive health</p> <ul style="list-style-type: none"> Define and explain the following terms: adolescence, reproductive health, reproductive rights Explain how knowledge of reproductive features of the adolescent informs them about their health Identify some of the irresponsible behaviors of the adolescent and their consequences in Ghana Discuss safety measures for adolescent health (e.g., seek medical attention, consult parents and elders, undertake exercises) Examine the causes and implications of irresponsible behaviors of adolescents (e.g., STIs, HIV, unwanted pregnancy, school dropout) Identify ways and means of fostering good gender relations (e.g., mutual respect) Explain adolescent chastity and its related benefits (let students discuss the benefits of chastity; use value clarification on adolescent chastity) 	<p>Institution of marriage</p> <ul style="list-style-type: none"> Explain and define marriage The purpose of marriage Preparation toward marriage Types of marriage (customary, religious, ordinance) Marriage residence patterns (patrilocal, matrilineal, neolocal, duolocal, etc.) Cases and problems of broken marriages Ways for sustaining marriages <p>Individual obligations in family</p> <ul style="list-style-type: none"> Nuclear and extended family systems Composition and functions of families Roles and obligations of family members Importance of family as an institution Implications in supporting or abandoning the nuclear and extended families Inheritance systems: traditional and modern; positive and negative aspects; negative and positive aspects of intestate succession law and how the negative aspects can be addressed 	<p>Rights and responsibilities of individuals</p> <ul style="list-style-type: none"> Meaning of rights and responsibilities Individual rights in the 1992 Constitution Factors leading to the curtailing of people's rights Reasons for performing responsibilities <p>Population growth and development</p> <ul style="list-style-type: none"> Structure of Ghana's population Social and economic implications of Ghana's population structure Measures for breaking the vicious cycle of rapid population growth Efforts at implementing the 1994 Population Policy Why it has been difficult for Ghana to achieve MDGs 4 and 5 Ideal family size

Appendix (continued)

Youth and national development

- Explain the term “youth”
- Examine some challenges the youth are encountering in their effort to contribute to national development and the way to overcome these challenges
- State and describe some of the avenues for youth training in the country
- Identify avenues by which the youth can gain employment
- Analyze the contribution the nation expects from youth in national development (expectations include: quality education and skills needed for work in the present century, effective decision-making skills, healthy lifestyle, hard work, maintain a job and pay taxes, positive attitude to work, maintain good relationships, support national efforts and support others, have proper role models)

Responsible parenting

- Distinguish between parenthood and parenting
- Responsibilities of parents (responsible and irresponsible behaviors)
- Ways children can cause parents to be irresponsible
- Handling parent-child conflict

Socialization and our school environment

- Complementary roles of the school and family in character formation
- Consequences of deviant behavior
- Group and individual interest

Role of individual in community

- Explain community and levels of community
- What is involved in community development
- Community decision-making processes
- Ways by which individuals can contribute

Source: reference 42.

Appendix (continued)

B. INTEGRATED SCIENCE SYLLABUS

Year 1	Year 2	Year 3
<p>Food and Nutrition</p> <ul style="list-style-type: none"> • Classes of foods and food substances • Balanced diet • Effects of malnutrition • Food fortification and enrichment • Health benefits of water 	<p>Reproductive system and growth in mammals</p> <ul style="list-style-type: none"> • Structure and functions of the mammalian reproductive system • Male and female circumcision • Fertilization and development of zygote (pregnancy) and birth in humans • Problems associated with reproduction in humans (e.g., miscarriage, ectopic pregnancy, infertility, impotence) • Sexually transmitted infections: HIV/AIDS, gonorrhoea, herpes, chlamydia, syphilis, candidiasis; modes of infection and effects; and prolonged sickness and infertility • Phases of growth in humans and associated changes <p>Safety in the community</p> <ul style="list-style-type: none"> • Common hazards: diseases, pests and parasites • Unsanitary conditions, problems of waste generation and pollution • The role of health service organizations • Public health and sanitation • Public education 	<p>Variations and inheritance</p> <ul style="list-style-type: none"> • Chromosomes and genes • Variations: meaning, causes and consequences • Sex determination, sex-linked characteristics • Blood groups and rhesus factor • Inheritance of blood groups and rhesus factor and its application • Sickle cell gene, sickle cell disease

Source: reference 52.

Appendix (continued)

C. BIOLOGY SYLLABUS ON REPRODUCTION

(Year 2, Section 4: Mammalian Anatomy and Physiology)

- Reproduction in mammals
- Reproductive system of male and female mammals
- Internal structure of the testis and ovary
- Gametogenesis
- Fertilization, development of embryo and birth
- Secondary sexual characteristics
- Birth control
- Meaning of antenatal care
- Antenatal visit requirements
- Nutrition and diet
- Exercise during pregnancy
- Benefits of the use of natural products for mother and child

Source: reference 53.

Appendix (continued)

D. MANAGEMENT IN LIVING SYLLABUS

Year 1	Year 2
<p>SECTION 2: ADOLESCENT AND FAMILY LIVING</p> <p>Unit 1: Developmental changes and adolescent sexualities</p> <ul style="list-style-type: none"> • Signs of reproductive growth in adolescent boys and girls • Consequences of the reproductive growth of the adolescent • Social, emotional and mental growth and changes that take place in adolescents • Menstrual cycle and menstruation and its implications <p>Unit 2: Premarital sex and adolescent pregnancy</p> <ul style="list-style-type: none"> • Premarital sex and the factors that influence the behavior • Consequences of premarital sex and ways of prevention • Factors leading to adolescent pregnancy • Dangers associated with adolescent pregnancy and the consequences • Criminal abortion and its effects on adolescents <p>Unit 3: Problems of adolescents</p> <ul style="list-style-type: none"> • Substance abuse <ul style="list-style-type: none"> ○ Substances that are abused by adolescents ○ Reasons why adolescents engage in substance abuse ○ Effects of each of the substances on the adolescent ○ Impact of substance abuse on the family and nation ○ Ways of avoiding substance abuse • Problems of adolescents—female genital mutilation (FGM) <ul style="list-style-type: none"> ○ Explain FGM ○ Analyze problems associated with FGM ○ Suggest methods to stop FGM <p>Unit 4: Marriage</p> <ul style="list-style-type: none"> • Explain and define marriage • Purpose of marriage • Factors to consider when choosing marriage partner • Benefits of marriage • Courtship and dating (advantages and disadvantages) • Preparation before marriage • Premarital counseling 	<p>SECTION 1: PARENTHOOD</p> <p>Unit 1: Preparation for parenthood and childbirth</p> <ul style="list-style-type: none"> • Childbirth <ul style="list-style-type: none"> ○ Processes of conception and pregnancy ○ Signs and symptoms of pregnancy ○ Need for antenatal care ○ Preparation for childbirth ○ Processes of childbirth ○ Postnatal care • Planning the family <ul style="list-style-type: none"> ○ Reasons to plan the family ○ Birth control methods <p>Unit 2: Preparation for parenthood—childcare</p> <ul style="list-style-type: none"> • Developmental stages of a child • Care of a baby • Feeding needs of a baby • Common childhood ailments and prevention <p>Unit 3: Parenting and parenthood</p> <ul style="list-style-type: none"> • Distinguish between parenthood and parenting • Roles of parents in development of child • Challenges of parenting • Responsibilities of parents <p>Unit 4: Issues related to parenting and parenthood</p> <ul style="list-style-type: none"> • Child abuse and neglect • Effects of child abuse • Agencies providing support for child abuse and neglect • Child labor • Child rights and responsibilities • Effects of child labor on the child, family and nation • Generation gap

Appendix (continued)

Marriage in Ghana

- Types of marriages
- Marriage laws and prohibitions
- Social and legal implications of marriage
- Factors contributing to success or failure of marriages

Unit 5: The family

- Meaning and types of family (nuclear and extended family systems)
- Functions of the family
- Rights and responsibilities of family members
- Family life cycle
- Needs, goals and resources of families at various stages

SECTION 3: PRINCIPLES OF MANAGEMENT

Unit 3: Decision making

- Explain decisions and decision making
- Using the decision-making process
- Different types of decisions families make

Unit 5: Communication in the family

- Communications and its importance
- Communication process
- Need for effective communication within the family
- Family crisis
 - Effects of family crisis
 - Adjusting to family crisis
- Family crisis—sexually transmitted infections
- Family crisis—HIV/AIDS
- Family conflict
 - Causes and effects
 - Ways of resolving conflicts

Unit 5: Family crisis

- Explain and give examples of family crisis
- Effects of crisis on the family
- Adjusting to family crisis
- Various types of sexually transmitted infections
- Nature of HIV/AIDS; how HIV is contracted/not contracted
- Signs and symptoms of HIV/AIDS
- Effects of HIV/AIDS on the individual, family and nation

Family conflict

- Describe conflicts and its effects
- Ways of resolving conflict

Source: reference 54.