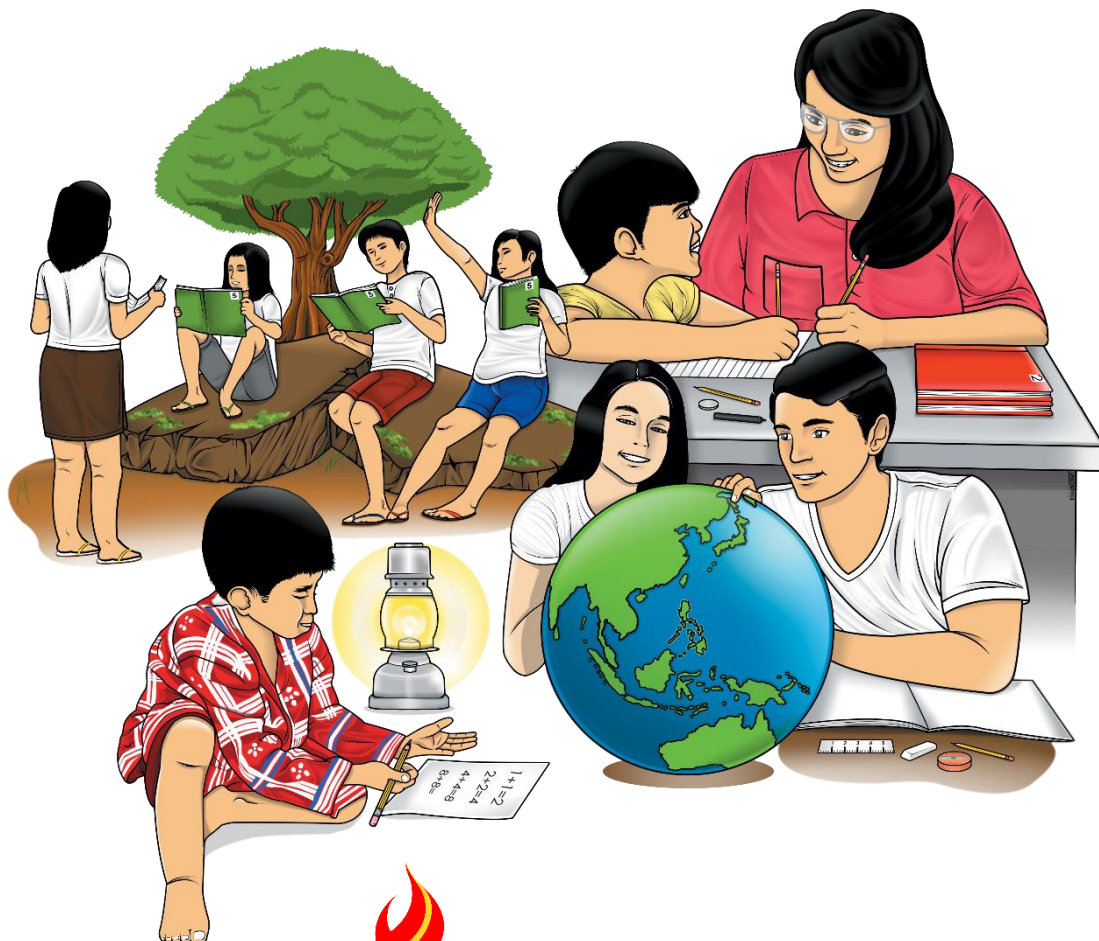


HEALTH

Quarter 1 – Module 2: Who Am I ?



Health – Grade 8
Alternative Delivery Mode
Quarter 1 – Module 2: Who Am I?
First Edition, 2020

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HEALTH

Quarter 1 – Module 2: Who Am I ?

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

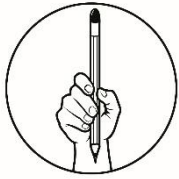
This module was designed and written with you in mind. It is here to help you master the dimensions of human sexuality. The scope of this module permits it to be used in many different situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

This module consists:

- Lesson 1 – Dimensions of Human Sexuality

After going through this module, you are expected to:

1. explain the dimensions of human sexuality (**H8FH-Ia-18**).
 - a. identify the different dimensions of one's personality;
 - b. express the importance of dimensions on human sexuality;
 - c. write an essay or a letter about your sexuality.



What I Know

I. Arrange the scrambled letters to form the correct word related to the dimensions of one's personality. Write your answers in your notebook.

1. ACISPHYL _____
2. ENTALM _____
3. LNIOMETAO _____
4. LACSIO _____
5. HITALEC _____

II. Based on the words that you formed from Test I, write the word that is being described in each statement. Write your answers in your notebook.

- _____ 1. The way you value relationships.
- _____ 2. The way you interact with others.
- _____ 3. The way you feel about yourself and others.
- _____ 4. The way you look as a man or a woman.
- _____ 5. The way you think as a man or a woman.

III. Categorize the following characteristics of healthy sexuality based on the dimensions of one's personality. Write your answers in your notebook.

- _____ 1. Acceptance of yourself
- _____ 2. Understanding of your feelings
- _____ 3. Awareness of the things you can do
- _____ 4. Regard yourself as a worthwhile person
- _____ 5. Showing your individuality in expressing yourself

Lesson

1

Dimension of Human Sexuality

Sex is a major aspect of personality. It is closely related to emotional and social development and can be best understood by connecting it to the total adjustment of the individual in the family and society. The process of sexual development begins from birth to adulthood thus it is a continuous developmental process throughout life.

The purpose of gender and human sexuality education is to promote wholesome family and interpersonal relationships. It aims to provide knowledge and skills needed to establish and practice healthful behaviors. Finally, it aims to produce students who are responsible and have a healthy sexuality.



What's In

In the previous module, you have already learned that sexuality has an important role in shaping one's personality. You already have aligned all these towards the characteristics and traits of a person.

In your activity notebook, search or cut a picture from magazine or newspaper your ideal person in the next ten years or above guided by your knowledge about your own personality. Give a brief description of your ideal person.



What's New

How I See Myself – How Others See Me

Listed below are characteristics which may or may not represent you. Rate yourself using the icon in the box below. Once you are done, fold the paper in half and ask your classmates, friends, parents, or neighbor to rate you. Write your answers in your notebook.

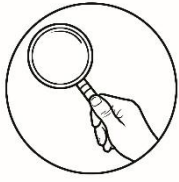
NOTE: During interview apply and observe proper health protocols. (Wear face mask, face shield and social distancing always)

- ✓ Yes, this is very much me!
 X No, not me at all.
 O Unsure.

Self-Rating	
Characteristics	Rating
Extrovert	
Selfish	
Confidence	
Aggressive	
Shy	
Attractive	
Good Listener	
Approachable	
Liked	
Fun	
Sincere	
Irresponsible	
Kind	
Dependable	
Others	

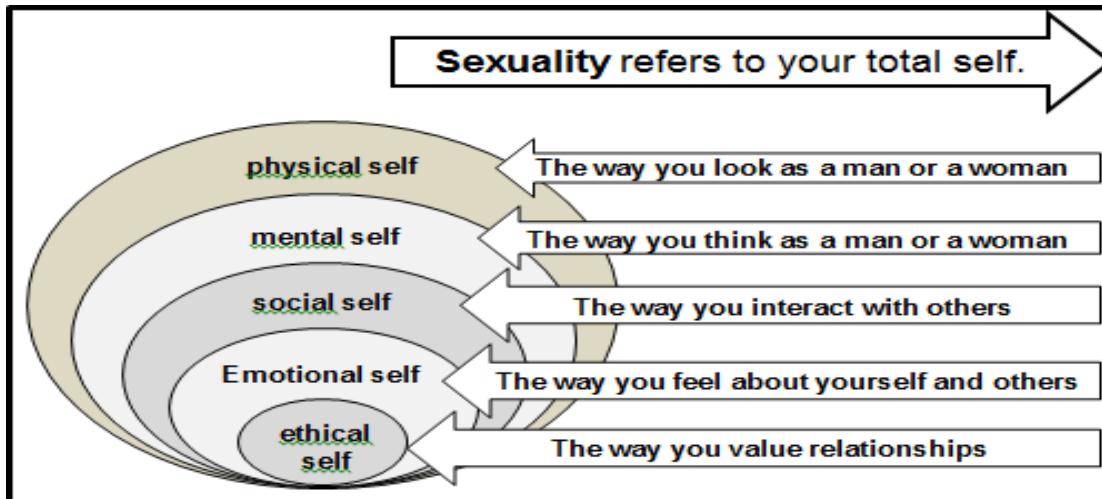
Your Classmates, Friend, Parents, and Neighbors Rating	
Characteristics	Rating
Extrovert	
Selfish	
Confidence	
Aggressive	
Shy	
Attractive	
Good Listener	
Approachable	
Liked	
Fun	
Sincere	
Irresponsible	
Kind	
Dependable	
Others	

After accomplishing this task, compare your response with the answers of your classmates, friends, parents, or neighbor regarding your characteristics. Are they the same? Do they see you as you see yourself? Reflect on this matter.



What is It

Sexuality involves the physical, mental, social, emotional, and ethical dimensions of one's personality.



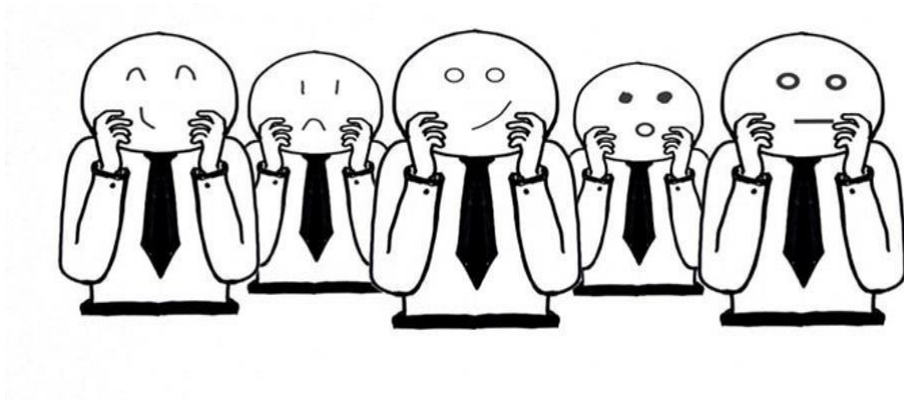
Look at the illustrations below:

Ethical Self – the way you value relationships



Illustrated by: Krizza M. Ibardolaza

Emotional Self – the way you feel about yourself and others.



Social Self – the way you interact with others.



Mental Self – the way you think as man or a woman.



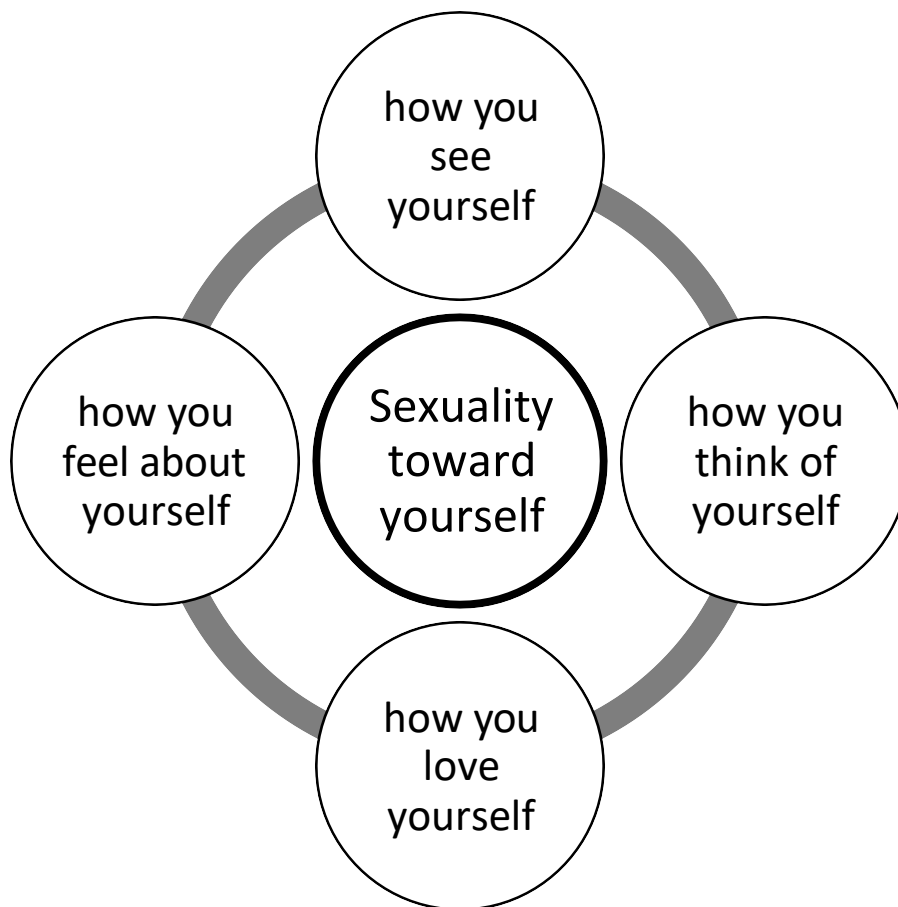
Illustrated by: Krizza M. Ibardolaza

Physical Self – the way you look as a man or a woman.



Illustrated by: Krizza M. Ibardolaza

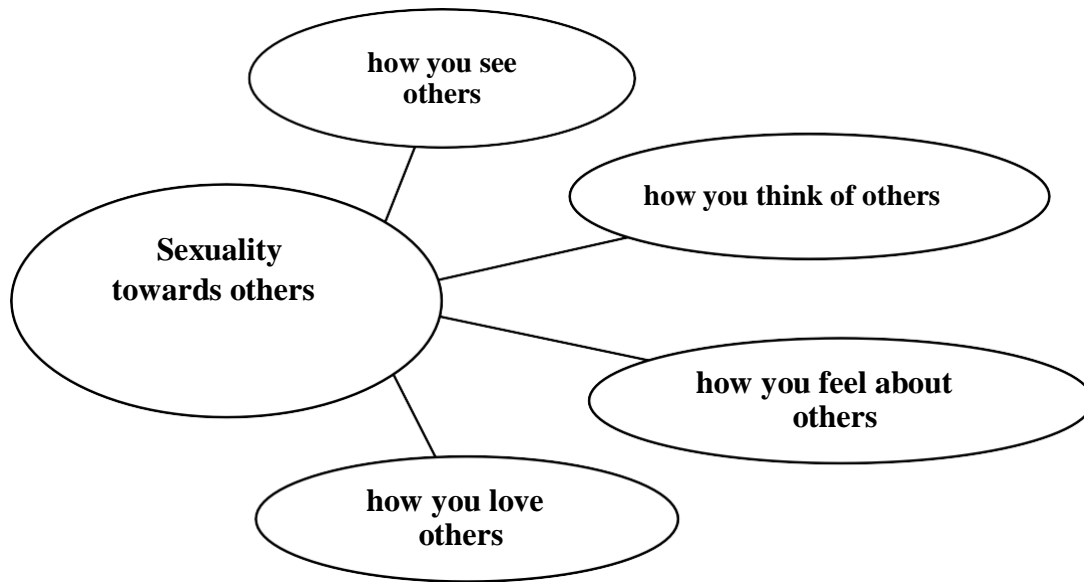
Sexuality means you need to be aware of yourself better. As you get older, you'll experience a variety of social, emotional, and physical changes. As these occur, you need an intensive knowledge on how to deal with your attitudes and behavior.



Sexuality refers to your attitudes and behavior towards **yourself**.

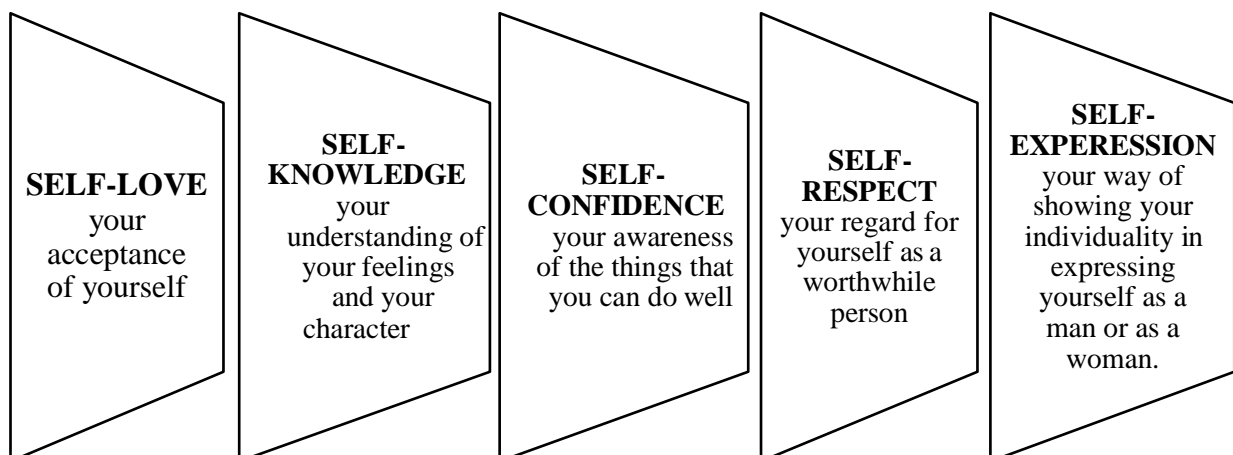
Healthy sexuality means taking high sense of responsibility for all your actions since this can affect self-esteem, decision-making, and behavior.

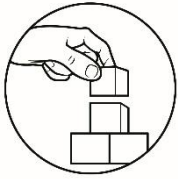
Sexuality can be best understood through the help of the people around you. Sexuality refers to your perceptions, feelings, and behaviors towards others



The way you see yourself is influenced by many people. It is important to maintain good relationships with others. They will support you and give you confidence, provide companionship and will keep you from being lonely.

Healthy sexuality encompasses the following characteristics:

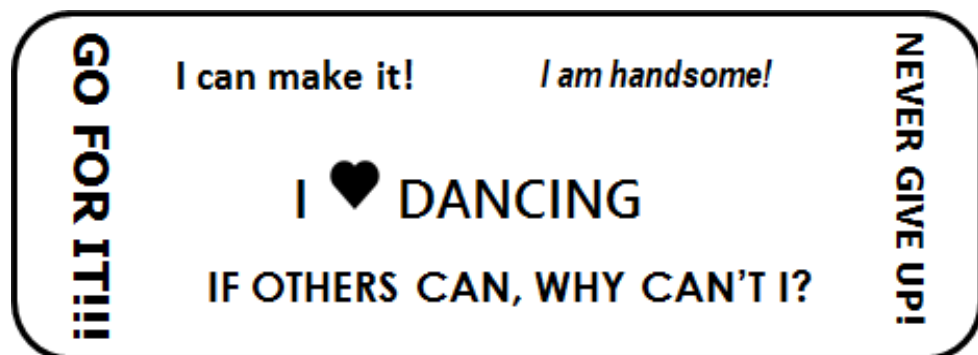




What's More

Graffiti

Write quotations, sayings, or slogans that describe and reveal your likes, passions, and aspects of your personality. Post your output on your bedroom walls and be inspired. See the example below.



Guide Questions:

1. How should one deal with human sexuality issues to promote healthy family?

2. Why is human sexuality important?



What I Have Learned

Jot Your Insights

After doing all the activities in this module,

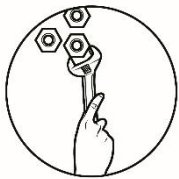
I learned that sexuality encompasses five (5) dimensions namely

I realized that I need to improve my _____

The most difficult part of the lesson that I found is _____

I believe I can improve my performance and understanding of this lesson through _____

_____.



What Can I Do

Write an essay or a letter about yourself based on the dimensions of one's personality.

RUBRIC in letter writing

Feature	4 Strong	3 Developing	2 Emerging	1 Beginning
Ideas	Provides relevant information	Details support ideas	Ideas not fully develop	Lack of focus on development
Organization	Demonstrates an orderly flow of ideas	Evidence of logical sequencing	Sequencing is attempted	Little or no organization
Expression	Use of effective language	Sentence variety	Limited word choice	No sense of sentence structure
Conventions	Few or no errors	Some or errors in grammar	Has some difficulty in grammar	Little or no evidence of correct grammar
Legibility	Easy to read	Readable with some errors	Difficult to read	No evidence of spacing



Assessment

I. Choose the letter of the correct answer. Write it in your activity notebook.

1. It refers to how an individual value relationship.
 - A. Emotional self
 - B. Ethical self
 - C. Physical self
 - D. Social self

2. Melody is a friendly person. She loves to interact with other people. What dimension of one's personality is manifested?
 - A. Emotional self
 - B. Ethical self
 - C. Physical self
 - D. Social self

3. It refers to how a person feels about himself and others.
 - A. Emotional self
 - B. Ethical self
 - C. Mental self
 - D. Physical self

4. Marie is conscious about how she looks physically. What personality dimension is being described?
 - A. Emotional self
 - B. Ethical self
 - C. Mental self
 - D. Physical self

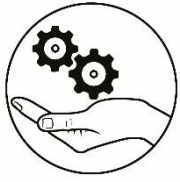
5. It refers to how a man and woman think.
 - A. Emotional self
 - B. Ethical self
 - C. Mental self
 - D. Physical self

II. Match the statement in column A with the dimensions of human sexuality in column B. Write the letter of your choice in your activity notebook.

Column A	Column B
1. It is the one that drives you to interact with others.	a. emotional self
2. It is an anatomical aspect of man and woman.	b. ethical self
3. It is considered as your morals or values regarding relationships.	c. mental self
4. It is the way you think as a man or woman	d. physical self
5. It is the way you feel about yourself and others.	e. social self

III. Write **T** if the statement is true and writes **F** if it is false.

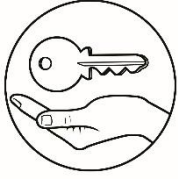
- _____ 1. Social self is the major aspect of personality.
- _____ 2. The process of sexual development is a continuous process throughout life.
- _____ 3. To promote wholesome family and interpersonal relationship is the ultimate goal of gender and sexuality education.
- _____ 4. Ethical self is the way you value relationship.
- _____ 5. The way you think as a man or a woman is about mental self.



Additional Activities

Create/ make an acrostic poem about the basic terms in sexuality and its importance to one's personality. Example:

P
H
Y
S
I
C
A
L



Answer Key

Assessment:

Multiple Choice	1. D 2. B 3. A 4. D 5. B
Matching Type	1. E 2. D 3. B 4. C 5. A
True or False	1. F 2. T 3. T 4. T 5. T

What I Know

Test I	1. Physical 2. Mental 3. Emotional 4. Social 5. Ethical
Test II	1. Ethical 2. Social 3. Emotional 4. Physical 5. Mental
Test III	1. Ethical 2. Mental 3. Emotional 4. Social 5. Physical

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Online Article

Studymoose. "Health Module 1st Quarter," Studymoose, Accessed May 20, 2020, <https://studymoose.com/health-module-1st-quarter-essay>

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