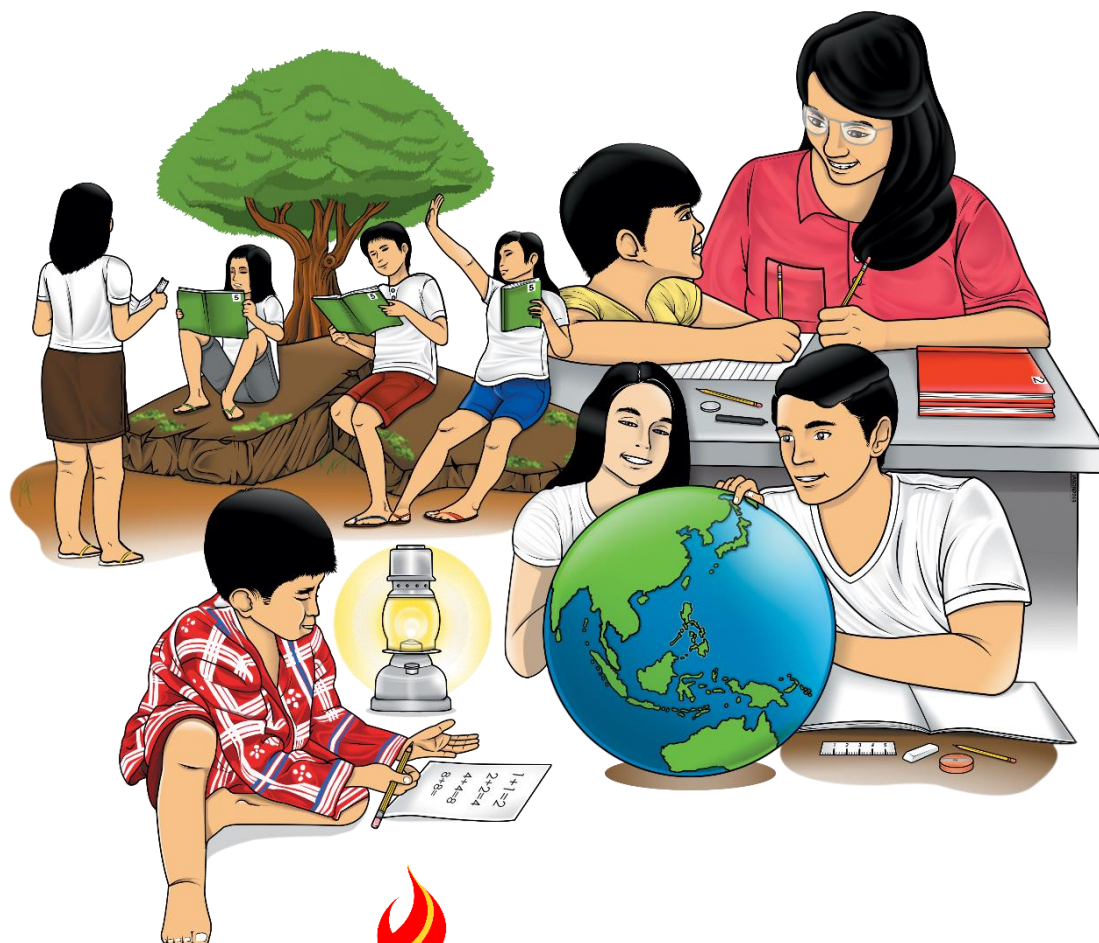


# HEALTH

## Quarter 1 – Module 5: Family Health Comes First



**Health – Grade 8**  
**Alternative Delivery Mode**  
**Quarter 1 – Module 5: Family Health Comes First**  
**First Edition, 2020**

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Published by the Department of Education  
Secretary: Leonor Magtolis Briones  
Undersecretary: Diosdado M. San Antonio

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**Printed in the Philippines by \_\_\_\_\_**

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# HEALTH

## Quarter 1 – Module 5: Family Health Comes First

## **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***

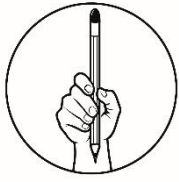
This module was designed and written with you in mind. It is here to help you master the Importance of Sexuality to Family Health. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the 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.

The module consists of one lesson, namely:

Lesson: Importance of Sexuality to Family Health

After going through this module, you are expected to

1. relate the importance of sexuality to family health **(H8FH-Ic-d-21)**.
  - a. identify the factors that affects one's attitude which contributes sexuality to family health;
  - b. express appreciation about the importance of sexuality to family health by composing a poem;
  - c. write an essay about the importance of the roles of each member of the family.



## ***What I Know***

In this activity, you are going to assess yourself about the importance of sexuality in family health.

### **Test I. Multiple Choice**

**Directions.** Read each question carefully and choose the correct answer from the given choices. Write the word of your answer in your activity notebook.

1. The basic unit in the society
  - A. family
  - B. peers
  - C. self
  
2. An integral part of what we do and who we are
  - A. attitude
  - B. behavior
  - C. sexuality
  
3. One that is of equal standing with another
  - A. family
  - B. peers
  - C. self
  
4. The way in which someone conducts or behave
  - A. attitude
  - B. behavior
  - C. sexuality
  
5. The entire person of an individual
  - A. family
  - B. peers
  - C. self

6. A social concept of how man and women should think, feel and act.
  - A. gender
  - B. health
  - C. sexuality
  
7. A quality of being male or female, the way in which we experience and express ourselves as sexual being.
  - A. behavior
  - B. gender role
  - C. human sexuality
  
8. A choice you make or act upon.
  - A. attitude
  - B. behavior
  - C. decision
  
9. Some of the factors which influence gender role
  - A. gender equality
  - B. gender role
  - C. social and cultural norms
  
10. It is a way to say no to something that you don't want to do
  - A. making good decision
  - B. refusal skill
  - C. setting goal

## Lesson

# 1

# Importance of Sexuality to Family Health

Family starts a single life made through love, affection, and sexual intimacy which contribute to healthy relationship and individual well-being. Family helps define sexuality as an integral part of being human.

Sexuality is important to the welfare of family as this particular aspect provides the needed bonding and warmth for couples. This, in turn, can provide a joyful and contented family.

Family is considered to be the foundation of social life for most Filipinos. Observing one's duties and responsibilities is important in order to correctly respect others and to ensure harmony among family members.

This module will examine the importance of sexuality in relation to the family's health in general.

Sexuality means you have to be aware of yourself better. As you grow older, you will experience a range of social, emotional, and physical changes. As these occur, it will immerse you in the importance on how to deal with your attitudes and behavior.



## *What's In*

In the previous module, you have already learned and analyzed the factors that affect one's attitudes and practices related to sexuality and sexual behavior.



Through the graphic organizer, describe the influence of personal health attitudes when it comes to determining your human sexuality. Write your answer in your activity notebook

Family	Self	Peers
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## ***What's New***

In this activity, you will learn the importance of sexuality to family health.

### **Activity 1. Tracing My Roots**

**Directions.** Follow instructions below to help you complete the poem “**I Am**” and make it a poem about you. Write this in your activity notebook

#### **I Am**

Line 1: ***I am*** (write your name).

Line 2: ***I am the child of*** (write the full names of your parents).

Line 3: ***I am the grandchild of*** (write the full names of your four grandparents).

Line 4: ***I am the sibling of*** (write the first names of your brothers and sisters, if any).

Line 5: ***I am the friend of*** (write the names of a few friends).

Line 6: **I am** (write three descriptive words that describe you).

Line 7: **I am a** (write something that you do well – for example, I am a volleyball player).

Line 8: **I am a resident of** (write the name of the barangay and the city in which you live).

Line 9: **I am** (write your citizenship).

- How did you find the activity?
- What else did you discover about you and your family background?
- How does this activity help you understand your personality and sexuality?
- Write your answer in your activity notebook.

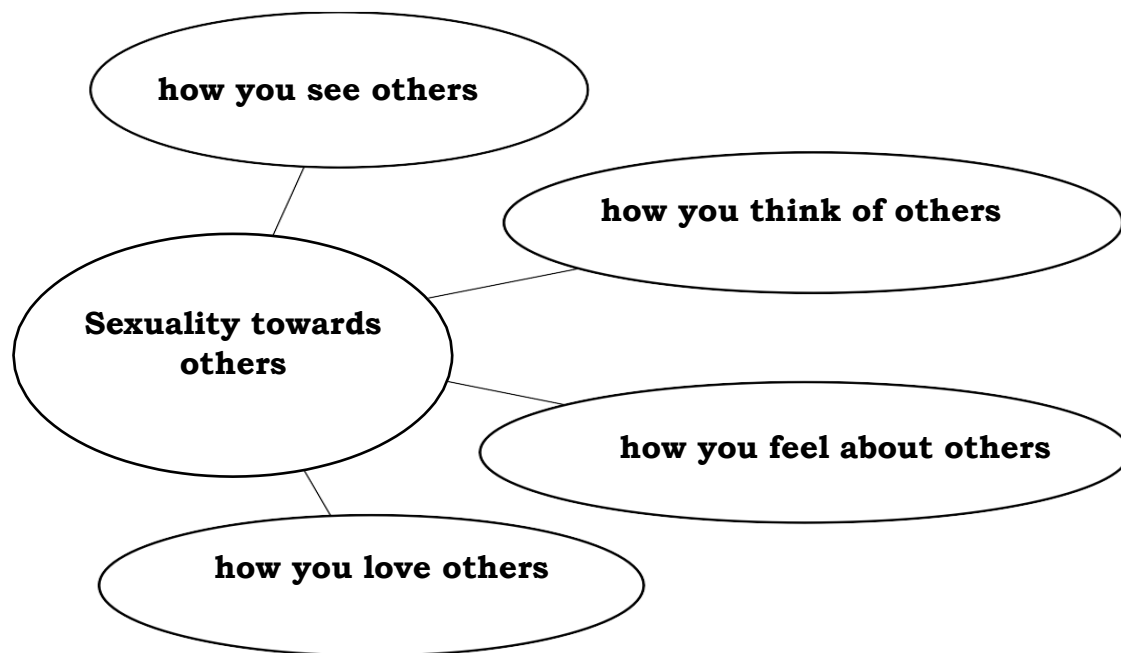


## ***What is It***

This section provides a brief discussion which aims to help you discover your roles as an individual.

In this part, you will understand the factors that affects one's attitude which contribute sexuality to family health and realize that human sexuality requires deep understanding of yourself, your family and other people around you. Moreover, sexuality can be best understood through the help of the people around you. When you already learn sexuality, it might have much contribution to the quality of your family health.

**Sexuality** refers to your perceptions, feelings, and behaviors towards others

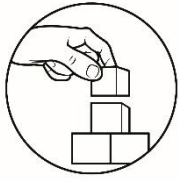


Your family and other people or your peers around you influence the way you see yourself. It is important to maintain good relationship because you have a deep understanding of sexuality, which will contribute greater to your family health. Your family will support you and give you confidence, provide companionship and will keep you from being lonely that will influence how you behave according to your gender preference.

**Bear in mind that learning human sexuality is important because ...**

- ✓ giving and receiving love is a human need.
- ✓ it will help you appreciate your sexual identity.
- ✓ you should respect your own and another person's body.
- ✓ you will experience bodily changes and you need to learn how to properly manage these changes.
- ✓ it will help you appreciate how life began.
- ✓ you have the right to be informed on how to be disease-free and to live a healthy lifestyle.

Sexuality towards others- how you see others, how you feel about others, how you think about others, how you love others.



## ***What's More***

In this activity, you will share and express your learnings about the importance of sexuality to family health.

### **Activity 1. Make Reading a Habit**

**Directions.** Read and reflect the article below.

#### **Love In Action**

Teofilo Guiang Jr.  
Retired Secretary, Bangko Sentral ng  
Pilipinas

I am now 67 years old. And many times, I find myself seated on an old bench in front of our sari-sari store where I could have a clear view of schoolchildren and office workers in route to different places.

I'm glad I don't have to endure the rigors of rushing things anymore like waking up early in the morning, fixing myself orderly and neat, having breakfast hurriedly and trying to beat other people rushing for seat in a passenger jeepney bound for the office.

Among the lifetime of things remembered is this one which occupies my mind when I'm lonely. The fourth commandment says: **“Honor your father and mother.”** I have no parents anymore for death had caught up with them some years ago

During the remaining days of my mom, she and dad stayed with us at Quezon City. I was then very involved in office work and Church activities, not fully aware that I was spending little time with mom and dad. Mom was practically blind for she had been sick of eye disease called glaucoma for 18 long years.

Indeed, those were trying times for us in the family. I can still picture in my mind how dad would wash the face of mom, how he would comb her hair, how he would tell her an interesting story, how he would give her the

prescribed medicines on schedule and how he would strum his old guitar as he sang a sweet kundiman for her.

Dad was the ever patient and competent “nurse” of mom. No doubt, he was a model husband and father. Then the unexpected thing came. Mom was hospitalized. She was in her sick bed and comatose.

Surprisingly, there were moments when she would repeatedly utter the words: “Ang anak kong bunso hindi ako mahal.” I was somewhat disturbed for she was referring to me. When I went home that night, I tried to find out why she uttered those words.

Perhaps the nice little things I’ve done for her like giving her money for her medicines and talking to her in her room were not enough to make her feel the warmth of my love for her. I should have spent more quality time with her. I should have talked to her more often. And I should have brought her somewhere for recreation more often.

Later, when mom regained full consciousness, I did exactly what my dad and two brothers did for her with loving care. I massaged her arms tenderly, fixed her silvery hair in place with my hands and told her some petty jokes that made her chuckle.

From that time on until she expired peacefully, she didn’t utter anymore the words: **“Ang anak kong bunso hindi ako mahal.”**

Then I came to realize fully that love expressed in words is not enough. It must also be expressed in action.

*Source: (Department of Education. 2013. Physical Education & Health. 215-216)*

- What lesson/s did you learn from the selection?
- Do you know how to express affection to your loved ones?
- How do you do it?
- Express yourself.
- Write a short essay about this story in your activity notebook

*Note: For further understanding in the discussion above, you may view the movie trailer “ANAK” (<http://youtu.be/qF1pOscxB1k>).*

## Activity 2. Weigh and Evaluate

As you analyze the significance of sexuality to family health, ask yourself the following questions:

- Do I periodically evaluate my sexual health?
- Am I making good decisions?
- Am I setting and achieving my goals?
- Do I use refusal skills when I need to?
- Am I communicating my feelings and expectations?
- Do I compare and evaluate media messages as to the norms and standards of society?



## ***What I Have Learned***

Do Your Share Now!

Share your insights about following questions below. Write your answer in your notebook.

1. How your family influence your sexuality?

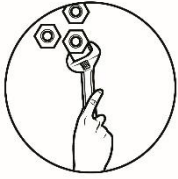
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2. Is your sexuality has something to do with your role and responsibilities towards your family and peers? Explain.

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## ***What I Can Do***

Write an essay about how sexuality affects your family health. Remember to enumerate the roles and responsibilities of each member in your family (Father, Mother, Siblings). Emphasize the importance of each role in maintaining on how family health affects your sexuality. Write your essay in your activity notebook.



## ***Assessment***

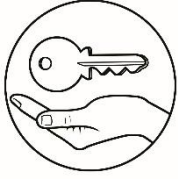
### **Multiple Choice**

**Directions.** Read each question carefully and choose the correct answer from the given choices. Write the word of your answer in your activity notebook

1. The entire person of an individual.
  - A. family
  - B. peer
  - C. self
2. Means evaluating your well-being periodically.
  - A. assessing your health
  - B. communicating effectively
  - C. making a good decision
3. People who would like to be the center of attraction whenever possible.
  - A. bullies
  - B. worriers
  - C. Show off
4. People who threats , fear, cruelty to control others.
  - A. bullies
  - B. gossipmongers
  - C. whiners

5. Usual role of a woman.
  - A. giving birth
  - B. making a living
  - C. fixing a broken faucets
  
6. Your regard for yourself as a worthwhile person.
  - A. self confidence
  - B. self knowledge
  - C. self respect.
  
7. Which characterizes a good decision?
  - A. easy to make
  - B. makes your friends happy
  - C. made after a thoughtful consideration of consequences
  
8. Why is important to understand human sexuality?
  - A. We will all be mature adults.
  - B. We have similar sexuality issues.
  - C. It will help as build a better relationship with ourselves and others.
  
9. What do you call the sets of activities that society considers as appropriate for men and women?
  - A. gender role
  - B. gender identity
  - C. gender equality
  
10. What term defines a man and woman based on biological characteristics?
  - A. sex
  - B. gender
  - C. sexuality





## ***Answer Key***

<b>What I Know</b>
1. Family
2. Sexuality
3. Self
4. Behavior
5. Self
6. Gender
7. Human sexuality
8. Decision
9. Social and cultural norms
10. Refusal skill

<b>Assessment</b>
1. Entire self
2. Assessing your health
3. Show off
4. Bullies
5. Giving birth
6. Self respect
7. Made after a thoughtful consideration of consequences
8. It will help us build a better relationship with ourselves and others
9. Gender role
10. Gender

# ***References***

## **Book**

Department of Education, 2013. Physical Education and Health 8 Learners Module. Philippines: Vicarish Publication and Trading, Inc.

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