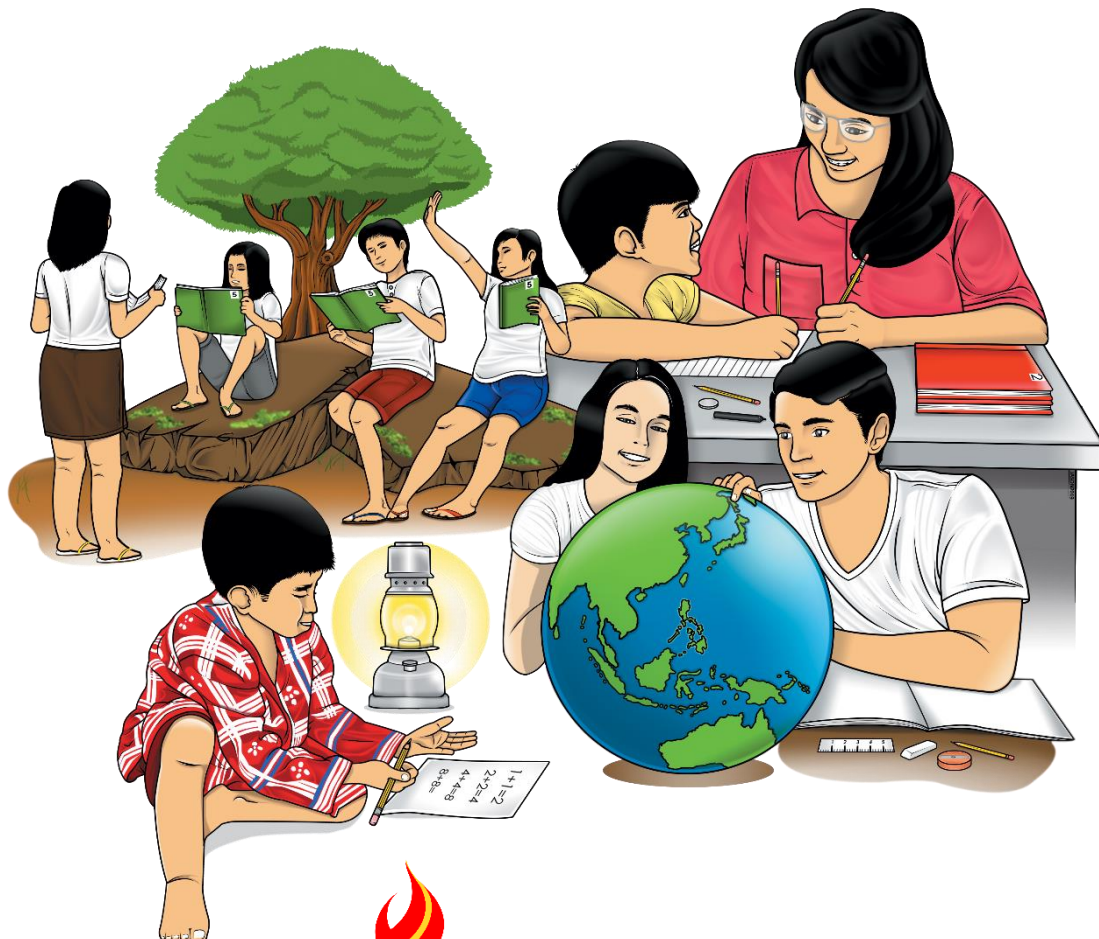


Senior High School

Personal Development

Quarter 2 – Module 2: Personal Relationship – Attraction, Love, and Commitment



Personal Development

Alternative Delivery Mode

Quarter 2 – Module 2: Personal Relationship- Attraction, Love, and Commitment

First Edition, 2021

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Senior High School

Personal Development
Quarter 2 – Module 2:
Personal Relationship –
Attraction, Love, and Commitment

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.



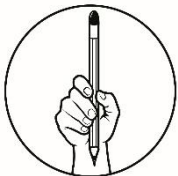
What I Need to Know

This material was crafted to give you – learners, the right amount of assistance for you to absorb and acquire all the necessary concepts and nature comprising oneself. Lessons are bounded on the performance and content standard, learning competencies and level of the learners. This also used languages appropriate to the understanding of the varied types of students’ learning acquisition. Sequence of the lessons adhered to the arrangement of the competencies as reflected on the DepEd’s curriculum guide for this course.

Lesson Title: Personal Relationship - *Attraction, Love, and Commitment*

After going through this module, you are expected to:

1. Express your ways of showing attraction, love, and commitment.
 - 1.1 Identify the different components of attractions, types of love, and how it develops into commitment;
 - 1.2 Determine the importance of expressing attraction, love and commitment; and
 - 1.3 Share your experiences on how you show affections toward another person or people.



What I Know

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. What component of attraction refer to when people tend to be influenced by what they see?
 - A. physical appearance
 - B. proximity
 - C. reciprocity
 - D. similarity

2. It is considered as the first form of love
 - A. husband and wife
 - B. mother and child
 - C. relationship with friends
 - D. teacher and students

3. It pertains to physical and functional distance
 - A. physical appearance
 - B. proximity
 - C. reciprocity
 - D. similarity

3. Which component of love consists affective variables like emotional support and caring?
 - A. romantic love
 - B. commitment
 - C. intimacy
 - D. passion

4. A type of love which comprises the 3 components of love
 - A. liking
 - B. fatuous
 - C. empty love
 - D. consummate love

5. _____ is an attachment style wherein a child is too dependent to the parents and seeks more attention from them
 - A. anxious/ambivalent attachment style
 - B. romantic love style
 - C. secure attachment style
 - D. avoidance attachment style

6. Which among the choices below is NOT considered as one of the ways in expressing commitment with others?
 - A. empathy
 - B. trust
 - C. respect
 - D. secrecy

7. What component of attraction is being described when people usually tend to choose others to be with them because they have things in common?
 - A. physical appearance
 - B. proximity
 - C. similarity
 - D. reciprocity

8. What do you call a strong affection for another arising out of kinship or personal ties?
 - A. love
 - B. respect
 - C. commitment
 - D. attraction

9. Which of the following is NOT one of the types of love according to R. Sternberg?
 - A. infatuation
 - B. reciprocity
 - C. companionate
 - D. fatuous

10. This refers to a more complex long-term relationship.
 - A. commitment
 - B. intimacy
 - C. proximity
 - D. passion

11. He proposed the Triangular Model of Love.
 - A. J. Brannan
 - B. H. Fisher
 - C. C. Strangor
 - D. R. Sternberg

12. It consists of physiological and affective variables like physical attraction and emotional responses that promote physical changes.
- A. commitment
 - B. intimacy
 - C. passion
 - D. romantic love
13. In this attachment style, the child used to receive right affection from parent. He/she feels protected and parents are available anytime.
- A. Anxious/ambivalent Attachment Style
 - B. Romantic Love Style
 - C. Secure Attachment Style
 - D. Avoidant Attachment Style
14. Which of the following best describes Oxytocin?
- A. It is one of the four “feel-good chemicals that promotes strong connections between individuals.
 - B. It is a peptide that conveys a behavior of individual.
 - C. It produces sad hormones secreted in the brain.
 - D. It produces a behavior of developing stable, loving, and long-term relationship.

Lesson

2

Personal Development: Personal Relationship

Making time for one another is vital to keep the relationship healthy and the process of give and take are great ways to sustain a relationship (Miller, 2008).

Indeed, any relationship needs to be dealt with mindful and careful consideration of things, whatever kind of relationship it might be. Keeping a good relationship with people will help you grow in some ways.

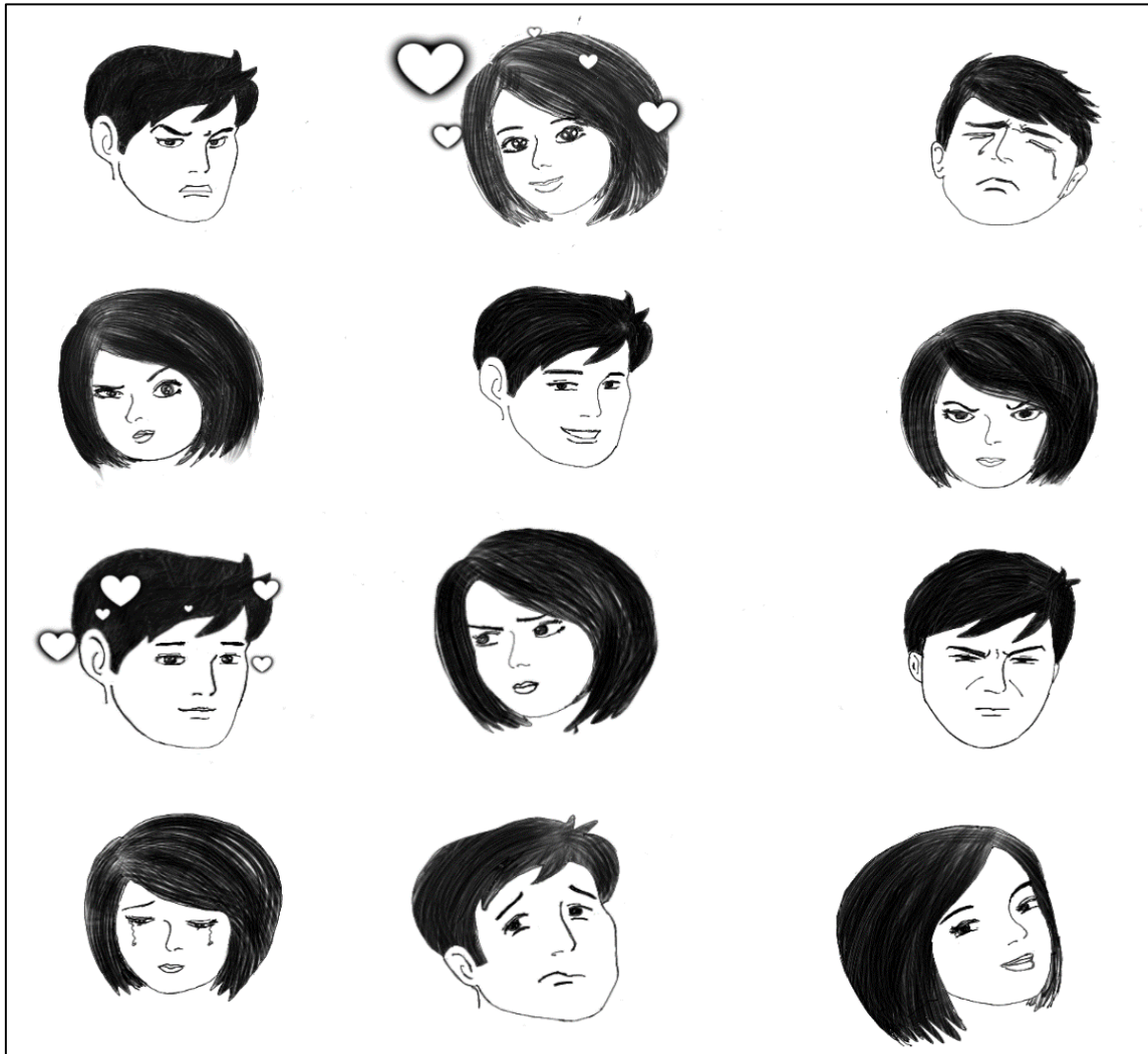
In this lesson, we will try to know how people express feelings and emotions toward others. By having careful reflections on the ways, we do to express out attraction, love, and commitment.



What's In

For you to realize how you express your affection with your various relationships, kindly accomplish the activity that follows.

Below are different expressions of yours toward other people. Now, think of a particular person that first comes in your mind when you feel such expression. Put their name under each face or just write how you are related to them (example: “Jose” or if you want, just “best friend”). Write your answers on a separate sheet of paper with a brief explanation. After the given time, explain your answer to the facilitator or to your classmates.



Illustrated by: Salvacion C. Montenegro



What's New

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. —Lao Tzu

Having and building relationship with others is natural, yet sometimes, it could be challenging and confusing.

In this module, you will learn that there are elements hidden behind the idea of being in a relationship with others, how it starts, and how it grows. By discussing and defining some important concepts, you will be able to gain ideas on important these factors are to personal relationship.

Attraction

The Merriam-Webster dictionary, collegiately defined attraction as: the action or power of evoking interest, pleasure, or liking for someone or something; and a quality or feature that evokes interest, liking, or desire.

Having this definition, it could be said that attraction is a positive connection between two or more people that share something in common, like interests, likes/dislikes, or desires. Some qualities may catch your attention, and which could spark a certain kind of relationship.

When you have a positive attitude or evaluation regarding a particular person in relation to different components, that is **interpersonal attraction**. For many, interpersonal attraction relates only between two people having an intimate and romantic relationship. However, it is not only limited to such since it may also transpire between friends, colleagues, family members, and others.

There are a lot of key components of attraction that may be the reason for someone liking others. Some of those are:

Physical Attractiveness

Attractive people draw out a more positive first impression. Initially, people tend to be influenced by what they see. Even the younger ones prefer to look at faces those adults consider attractive rather than at opposite ones (Langlois, et.al. 1991). Our perception of beauty, though, differs from one another since it can be influenced by culture, educational background, social status, etc. Everyone has his/her idea of what or who is attractive based on physical appearance.

Facial features like the shape and color of the eyes, the nose, the lips, and even the cheekbones and jaw have an impact when talking with another person or people; the built of the body, the color of the hair, the complexion, the smoothness of the skin, and the smile also may be considered with impact as these are the first things available elements presented even without interaction. It could also be added that certain similarities in facial and bodily symmetry or resemblance with anyone they knew, with someone they like, or with a person they used to talk with, could also be determinants of liking another person or people.

Similarity

When you are asked by your teacher to select a partner for an activity, who do you usually choose? Why? The common answer might be a friend who used to be with you, perhaps, because there is a connection between the two of you that you do not have with others. We can say that you are “on the same wavelength” that is why

you find it easy to get along with him/her because you share the same interests and opinions.

Many researches support that similarity causes attraction. Oftentimes, people classify other people based on information they already knew about them. That is social categorization, wherein, people mentally group others on where they belong and that with the same characteristics with them, like group age, religion, personality, attitude, social status, or education. Thus, this social categorization has a negative effect. When people rely too much on that mentality, it results to stereotyping, where someone is being judged by others only because they were part of a specific group they knew and not based on who he/she is.

Proximity

One of the important aspects of any relationship is distance. Proximity pertains to physical distance with other people and it is related to functional distance (how often people interact or communicate with each other). The more you encounter or interact with the person, the more you allow yourself to get to know him/her better which leads to a better relationship like friendship or intimate relationship. Most likely, the people always near you just like your classmate or neighbor has a big tendency to become your friend.

Reciprocity

We tend to get along with people or with someone whom we have the same feelings toward. It is called reciprocity. It is when feelings with someone are being reciprocated or returned in the same way as you do. According to Brannan and Mohr, authors of one of the modules of in the book of Together: The Science of Social Psychology, “Another way to think of it is that relationships are built on a give and take; if one side is not reciprocating, then the relationship is doomed”. These may happen in any relationship, with friends, classmates, family members, or romantic partners.

The attraction is something that may happen in different ways, with different people, and in different circumstances, and may lead to a much deeper connection or relation with others.

Love

It appears that the word Love has many meanings. Some definitions in the Meriam-Webster dictionary are:

1. (a) strong affection for another arising out of kinship or personal ties;
(b) attraction based on sexual desire: affection and tenderness felt by lovers;
(c) affection based on admiration, benevolence, or common interests
2. An assurance of affection

Any discussion about love piques the curiosity and interest of young adults your age. It may differ depending on one’s experience and knowledge of love, though. Sometimes, it may affect the emotional and psychological being of a person, thus influencing his/her emotion toward another. This emotional bond depends on the presence or absence of support from others.

According to Sue Carter and Stephen Porges, “love is one of the important components of a complex neurochemical system that allows the body to adapt to highly emotional situations”. Some elements are responsible for the deep and strong bonds of a person with others that resulted to love.

One of the accountable chemicals for the connection of two individuals like between mother and child inside her womb and even after giving birth is Oxytocin (Keverne, 2006). It is a peptide also known as the love hormone, a female reproduction hormone, which helps to deepen the connection between mother and child through breastfeeding. It is transmitted to the brain tissue of the child that allows and creates a strong bond between them. This is the reason why it is considered as the first form of love. Together with Oxytocin, Endorphin, Serotonin, and Dopamine are so-called “feel good” chemicals that promote strong connections/bonds between people since it releases during happy moments.

Another element that promotes love is Vasopressin. It is also a peptide that conveys the behavior of an individual’s social engagement (Kenkel et al, 2012). One of its roles is to produce a behavior of developing stable, loving, and long-term relationship with others.

The studies of Cohen 2007; Fisher et. al, 2009 explained that the serotonin production of newly-in-love individuals increases up to 40% just like with the brain of a drug addict. And, when a person experiences heartbreak, the brain processes just like an addict quitting a heroin habit.

In the book of Principles of Social Psychology – 1st International Edition by Dr. Charles Strangor, he explained Robert Sternberg’s proposed Triangular Model of Love. It says that there are seven (7) different types of Love, and each type consists of the combinations of variables (Cognitive, Physiological and Affective variables) that are specified in Three (3) different components/factors: Intimacy, Passion, and Commitment. (see figure 1)

Intimacy is consisting of affective variables such as closeness, caring, and emotional support; Passion consists of physiological and affective variables like physical attraction, emotional responses that promote physiological changes, and sexual arousal; and Commitment is a cognitive process and decision to dedicate love to another individual with the willingness to keep the relationship lasts (Brannan, D. & Mohr, C. D., 2020)

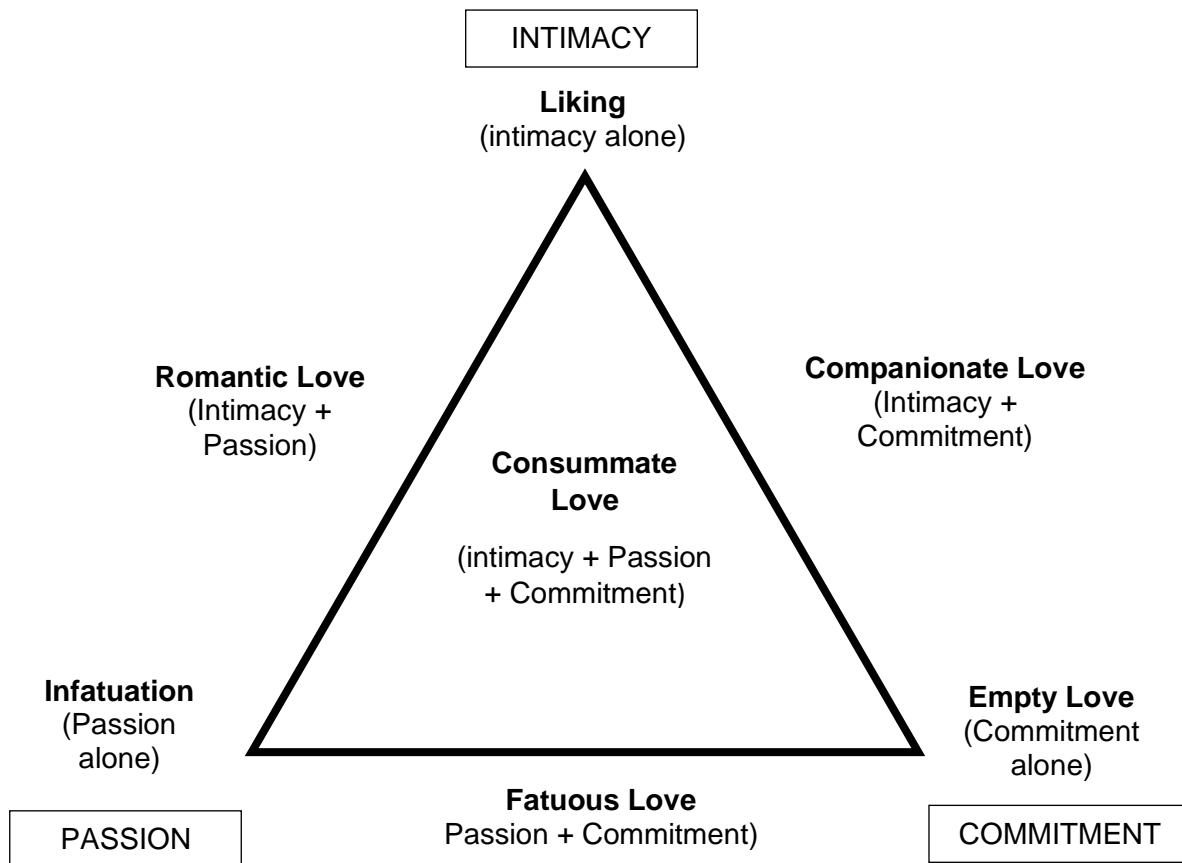


Figure 1: Robert Sternberg's Triangular (Theory) Model of Love, adapted from the book of Principles of Social Psychology – 1st International Edition of Dr. Charles Strangor.

Since love has its different types, we could say that it may happen any time, to any individual, at a different level with people around us like friends, classmates, neighbors, family members, etc. The quality of a relationship is how both partners relate to each other. There are different ways in showing love with our loved ones or partners and are emphasized in Three (3) attachment styles we display when we interact with our parents, our friends, and our romantic partners (Eastwick & Finkel, 2008).

Secure Attachment Style – a healthy style wherein the children used to receive care and easily communicate with the parents since they feel that they are always available to listen and keep them safe. Anxious/ambivalent Attachment Style - when children are lacking or seeking more affection from parents because they are too dependent on them. Avoidant Attachment Style – it is when children are distant to the parent/s, sometimes due to unpleasant experiences. These attachment styles have a big effect or impact on how an individual perceived and expresses behavior with or towards others.

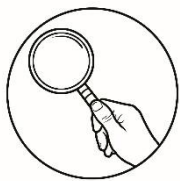
Commitment

You already have an idea of what attraction is, how it happens, and how it grows, also the types of love and how each type related and comprised with. Now, let us have the commitment and how this thing may happen and how it will last.

It is a long-term relationship between individuals. A more complex relationship that resulted to increasingly turn to each other not only for social support but also for help in coordinating activities, remembering dates and appointments, and accomplishing tasks (Wegner, Erber, & Raymond, 1991). Many people say that for you to be able to have a successful relationship, you should know your similarities and differences; understand your partner's needs and desires; and invest time and effort to work things out and last for a lifetime.

Dr. Rajiv Jhangiani and Dr. Hammond Tarry reiterated the Slotter et al., 2011 that "commitment refers to the feelings and action that keep partners working together to maintain the relationship". Any relationship will last through the cooperation of both parties, without this, the relationship will not last and ends with breaking up.

Commitment is a choice, a long and not an easy process that needs to be participated by you and your partner



What is It

Various people have a certain impact in different aspects of your life. It may be different in level and differ from who or how that person relates to our life.

Expressing our attraction, love, and commitment to a specific person is different on how we express it with a different set of people. A good example of this is how you might be open in expressing your admiration with your romantic partner yet be discreet or reserved in saying or expressing your feeling with your family members. This difference may be interpreted differently by others, as well. For whatever reasons, even non-verbally, expressing our love to our support system (people dear to us) is important and we should continuously communicate with them and never fail to express that we are grateful with them being in our side.

Below are some collected ideas on how to exercise expressing affections and developed into a commitment for any kinds of relationship. These may serve as tips on how to keep healthy relationships with others.

Stay happy. Happiness gives you the feeling of satisfaction for both abstract and concrete things.

Be empathic. Empathizing with another is acting with greater cooperation and overall selflessness—the desire to help, even at a potential cost to the self.

Keep open communication. It provides an opportunity to size up the trustworthiness of a person by verbally committing to cooperate with another.

Always trust. Working with others toward a common goal requires a level of faith that others will repay our hard work and generosity. Supporting their interests is also showing your trust.

Show respect. People are likely to give respect to others by being polite, honest, and by showing kindness all the time.

Be a helping hand. In times of trouble (e.g., mentally/ emotionally), make him/her feel that he/she always has you on his/her side.



Notes to the Teacher

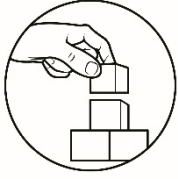
As facilitator kindly ask the learner to answer the questions to deepen their understanding on the topic before allowing him/her to proceed with the activity. You may ask the questions below or opt to use your preferred questions.

1. *What type of love are you experiencing right now? Why did you say so?*
2. *How do you show your attraction, love and commitment to your loved ones? Enumerate each.*
3. *Given the chance to advise others how they can express their commitment for the relationship to last, what would that be and why?*

Sources:

Charles Stangor, Rajiv Jhangiani, Hammond Tarry (2013) *Initial Attraction; Similarity, Proximity, Reciprocity, Principles of Social Psychology – 1ST INTERNATIONAL EDITION*, 302-312

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What's More

Activity 1.1 Past and Present

For you to be able to strengthen your understanding on our topic, let us have the activity which will provide you an opportunity to identify how teenagers from the past expressed their affections compared to your generation and its importance.

A. Talk to a 50-year-old individual on how teenagers express their attraction, love, and commitment toward others during their times.

B. Ask your parent/guardian or an older one for what they have experienced from the past and what are their observations in today's generation on their ways of showing and expressing their attraction, love, and commitment with others.

C. After doing A & B, compare it with your own opinion and share it by presenting your work with your classmates and/or teacher/facilitator.

D. You are opted to use any materials that you think may help you show your creativity in presenting your list. You can use but are not limited to any sheet of paper. Please also be reminded that the maximum number of pages for your work is 2-3 pages.

E. Your work will be graded based on the clarity of idea and the way you presented in class or with your teacher.

1.2 As Appreciation

Giving something to a person dear to you is a sign of appreciation. This is also counted as expressing affections towards others. The value of an object or things is measured by its appreciation than its monetary amount. Now, let us show appreciation to others by giving them something that is precious to you.

Think at least two (2) objects or things that are very much important to you. Write the name of each object in a 1/8 sheet together with its recipient. After the given time, share your reasons with your selected classmate or if applicable, with the members of your family.



What I Have Learned

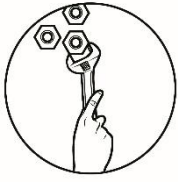
One of the objectives of this module is for you to understand the concept and importance of letting yourself express your attraction, love and commitment to others. Some up your gained ideas and knowledge by completing the statements in each box below.

I know that _____

I learned _____

I realized _____

My plan _____



What I Can Do

In this activity, you are going to express your best way of expressing your attraction love or showing commitment to someone by creating a mini poster out of cut-outs from magazines, newspapers, or other printed materials. Your mini poster should be done on a short bond paper and must showcase your ways of expressing affections to develop a long term-relationship. Write a brief explanation of your work at the back of your mini poster.

Name:

{Title}

Section:

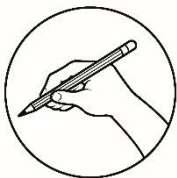


Notes to the Teacher

As facilitator kindly ask the learner to discuss his/her output by sharing the result and his/her insights with the activities or you may ask questions.

(sample questions)

1. *What are your ways in express your attraction for someone?*
2. *How you express your love to someone?*



Assessment

Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Personal Relationship is the _____.
 - a. choice of a person to be engaged in a certain kind of relationship.
 - b. kind of interaction one makes when dealing in an intimate group of people.
 - c. close connection between the people formed by emotional bonds and interaction.
 - d. type of person's involvement in the community where he/she grows to be a good individual.
2. Romantic Relationship is characterized by _____.
 - a. happy experiences shared by individuals
 - b. mutual love and respect shared by the couples
 - c. sympathy rendered by individuals towards one another
 - d. sense of belongingness felt by individuals with each other
3. Which of the following is NOT part of so called "feel good" chemicals?
 - a. Oxydicin
 - b. Endorphin
 - c. Serotonin
 - d. Dopamine
4. What do you call the feelings and action that keep partners working together to maintain a relationship?
 - a. Affection
 - b. Attraction
 - c. Commitment
 - d. Love

5. Infatuation comprises _____.
 - a. Intimacy and Commitment
 - b. Commitment and passion
 - c. Passion only
 - d. Intimacy only

6. Which type of love consist of passion and commitment?
 - a. Romantic Love
 - b. Fatuous Love
 - c. Liking
 - d. Companionate

7. According to Sue and Porges, it is one of the important components of a complex neurochemical system that allows the body to adapt to highly emotional situation.
 - a. Affection
 - b. Attraction
 - c. Commitment
 - d. Love

8. It happens when the feeling is being returned by someone the same way as you do.
 - a. Physical appearance
 - b. Proximity
 - c. Reciprocity
 - d. Similarity

9. Which of the following pertains to a physical distance between two individuals?
 - a. Physical appearance
 - b. Proximity
 - c. Reciprocity
 - d. Similarity

10. What best describes avoidant attachment style?
 - a. It can be due to unpleasant experience
 - b. The child feels more safe
 - c. Lacking affection
 - d. Communicated with parent

11. It is the feeling of satisfaction for both abstract and concrete things.
 - a. Happiness
 - b. Empathy
 - c. Communication
 - d. Respect

12. Which of the following is a cognitive process and decision to dedicate love to another individual with willingness to keep it lasts?
 - a. Affection
 - b. Attraction
 - c. Commitment
 - d. Love

13. It is an element that help promote love that produces a behavior of loving and lasting relationship.
 - a. Oxydicin
 - b. Endorphin
 - c. Serotonin
 - d. Vasopressin

14. Which of the following provides an opportunity to an individual to verbally committing to cooperate with others?
- Happiness
 - Empathy
 - Communication
 - Respect
15. Which peptide is known as love hormone?
- Oxytocin
 - Endorphin
 - Serotonin
 - Vasopressin



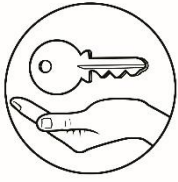
Additional Activities

1.1 “Reasons of Attraction”

The following components of attractions are the reasons of someone in liking others. Based on you own characteristics and understanding of yourself, how do you usually get easily attracted to someone? Arrange the components of attraction by putting numbers 1 to 4, 1 will be your most common and usual reasons you got attracted and explain your reasons. Write your answers in a separate sheet.

Components of Attractions	Rank	Reason
Physical Attractiveness		
Proximity		
Reciprocity		

Similarity		



Answer Key

Assessment	1. C
	2. B
	3. A
	4. C
	5. C
	6. B
	7. D
	8. C
	9. B
	10. A
	11. A
	12. D
	13. C
	14. C
	15. A

What I Know	1. A
	2. B
	3. B
	4. C
	5. D
	6. A
	7. D
	8. C
	9. A
	10. B
	11. A
	12. D
	13. C
	14. C
	15. A

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