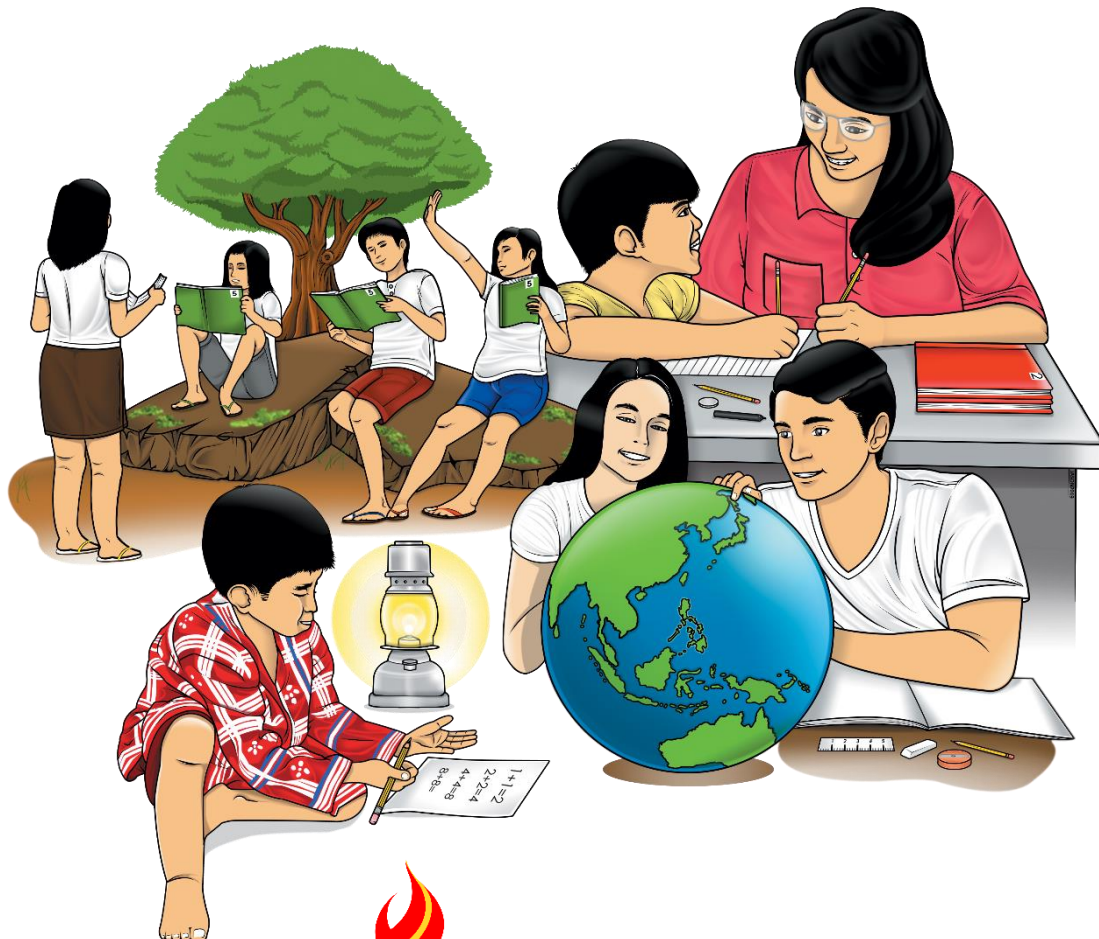


Personal Development

Quarter 2 – Module 9:

Plan on How to Make the Family Members Firmer and Gentler with Each Other



Personal Development

Alternative Delivery Mode

Quarter 2 – Module 9: Plan on How to Make the Family Members Firmer and Gentler with Each Other

First Edition, 2021

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Personal Development
Quarter 2 – Module 9:
Plan on How to Make the Family
Members Firmer and Gentler
with Each Other

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.

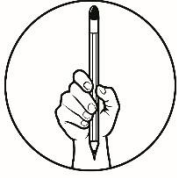


What I Need to Know

This module is designed and written to help you prepare a plan on how to make the family members firmer and gentler with each other. 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.

After going through this module, you are expected to:

1. Identify the different types of relationships and their respective roles in the family.
2. Describe the ways of a firmer and gentler relationship with the members of the family.
3. Create a plan on how to have firmer and gentler relationships among the family members.



What I Know

A. Write ✓ if the statement is True and write X if the statement is False.

- _____ 1. Family relationships are **not** significant relationships in society
- _____ 2. A firm and gentle relationship in the family is a relationship that stands through the test of times.
- _____ 3. Family members performing their basic roles help promote good relationships.
- _____ 4. The sibling relationship is the connection between or among the brothers or sisters in the family.
- _____ 5. The Parent-child relationship is the intimate connection between husband and wife or cohabitation partner.
- _____ 6. Encouragement to do better in the family destroys the trust of each other.

B. Matching Type. Match Column A with Column B. Write the letter of your answer on a separate sheet of paper.

Column A Members of the family	Column B Roles of the members of the family
7. Parents	A. Honor, obey, and respect parents and others.
8. Children	B. Provide the needs like food, clothing, shelter, love, care, and acceptance
9. Siblings	C. Give moral support to the family.
10. Extended family	D. Assist the parents in taking care of brothers and sisters.

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

11. Which of the following characteristics promotes firmer family relationships?
- A. Having time together
 - B. Loving and forgiving each other
 - C. Trusting the different members of the family
 - D. All of the above

12. Who among them destroys the relationships in the family?
- A. Peter helped solve the problems of his sister.
 - B. Rex lied to his parents about his performance in school
 - C. Leah expressed her gratitude to her mother for cooking her food.
 - D. Jean forgave her brother who has offended her by yelling at her.
13. Which situation builds better relationships?
- A. The mother shows favoritism to the youngest child in the family.
 - B. Joe envies the youngest child since he is the favorite of the family
 - C. Liza accepts the fact that her family is not perfect, but she's learning from their mistakes.
 - D. The father makes every decision in the family.
14. Which situation promotes respect for the members of the family?
- A. Gina listens to the concerns of her younger siblings.
 - B. Ruel asks permission from his mother to leave the house.
 - C. Cris returns the cellphone he borrowed from her sister.
 - D. All of the above
15. Which of the following makes firmer and gentler relationships?
- A. Belief in God of love, hope, and justice as a central part of the relationship.
 - B. Belief in one's achievement and accomplishment.
 - C. The financial aspect is focused on decisions and actions.
 - D. Family problems are being solved alone.

Lesson

9

Family: Plan on How to Make Members of the Family Firmer and Gentler

A relationship is essential in our lives as social beings. From the previous module, you traced the relationship through a genogram that made you realize the traits and health situation of your family. This module covers the different relationships and responsibilities among members of the family and a description of a healthy family relationship. The expected task in this lesson is to create a plan on how to have firmer and gentler relationships among members of the family.

You need to accomplish the following activities to help you reach the objectives of this module.



What's In

Let us check your learnings from your previous lesson by doing the activity below.

A. Identification.

Directions: Identify the following statements by choosing the answer inside the box. Write the letter of your answer on a separate sheet of paper.

- | | | |
|-------------|--------------------|----------------------|
| A. Genogram | B. Siblings | C. McGoldrick–Gerson |
| D. Couple | E. Extended family | F. Murray Bowen |

- ___ 1. It is the connection between or among the brothers or sisters in the family.
- ___ 2. It is an intimate connection between partners as husband and wife or two people living together through the bond of marriage or by cohabitation (live-in partner).
- ___ 3. It refers to the connection between the nuclear family with other members of the family like aunts, uncles, grandparents, cousins, and other relatives?
- ___ 4. It is a family tree or map or history that uses special symbols to describe relationships of family members over multiple generations.
- ___ 5. He invented the concept of the genogram as part of his family systems model in the 1970s.

B. Arrange the steps in making a family genogram in proper order by writing A to E.

- _____ 1. Know your reason for making a genogram to help you determine the type of family information you want to indicate.
- _____ 2. Formulate questions to relatives to solicit family information.
- _____ 3. Write down notes indicating how everyone in your family is connected.
- _____ 4. Decide the number of generations that you wanted to include in your genogram.
- _____ 5. Draw your genogram starting with the oldest down to the latest generation.



Notes to the Teacher

The role of the teacher or facilitator is to guide the students in doing the activities in this module. Remind the students not to write anything on any pages of the module, but to write their answers on a separate sheet of paper. Taking care of this material is of great importance in order to pass this material on to others. Thank you and God bless you!



What's New

Learning the Skill: Describing the characteristics of the family.

Activity 1. Word Search

Find **5** characteristics of strong relationship in the family. Write a brief description of each characteristic.

F	X	C	S	A	T	Y	O	N	V	I	B
M	O	V	Z	W	I	C	E	K	G	L	P
E	D	R	U	X	N	A	J	F	N	A	G
S	C	I	G	O	S	V	I	H	I	M	E
X	T	Z	E	I	B	O	Y	U	G	O	N
E	S	A	L	X	V	D	K	R	A	F	T
F	U	H	I	Y	W	I	L	E	R	I	L
T	R	O	N	R	O	X	N	S	U	X	E
G	T	C	E	P	S	E	R	G	O	T	P
N	A	Z	D	O	F	K	U	L	C	E	Y
I	K	Y	M	I	V	S	E	J	N	G	O
B	R	U	G	C	N	A	W	Y	E	H	M

Example: **Forgiving**-*letting go of the ill-feeling we have against each other.*

1. _____
2. _____
3. _____
4. _____
5. _____



What is It

Family Relationships

Family relationships are meaningful relationships in life and society. It is the basic relationship people have in life since birth, especially of children born in a biological family. They play a vital role in shaping and developing an individual's well-being throughout his/her life. Let us identify the types of family relationships and their respective roles in the family.

Family Members and Their Roles

In the chart are the different members and their respective roles in the family.

Family Members	Roles
Couple	To provide the need of each other physically, emotionally, financially, etc.
Parents	The provider of the basic needs of the family such as food, clothes, shelter, education, safety needs, love, acceptance, and care.
Children	Must honor and obey their parents, respect each other, help the household chores, study, etc.
Siblings	Older siblings assist in taking care of the needs of the siblings, while younger siblings should listen and learn from them.
Extended members	May extend support to the unmet needs of the family like the grandparents taking care of grandchildren, giving advice to the members of the family if necessary.

What are your roles to be played in your family? As a member of the family, how could you promote firmer/stronger and gentler relationships in your family? Let's look at some ways for establishing healthier relationships in the family.

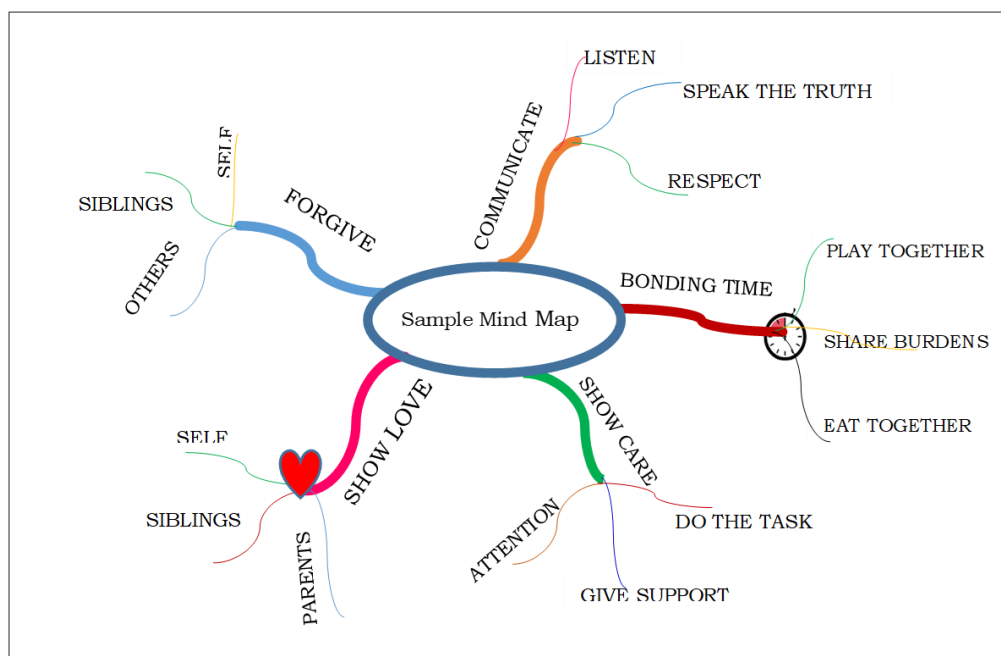
What is a firmer and gentler family relationship?

It is a relationship that makes the family stronger amid difficulties, and crisis they are experiencing. Struggles and difficult times brought them closer together, as they learn to be respectful, patient, kind, and tender to each other, because they are one as a family. It is like a strong tree that can always stand still in the face of different storms passing through it.

Activity 2 Creating a Mind Map

Create a mind map showing how to have a firmer and gentler relationship in your family. To help you in creating this mind map, you may refer to the rubrics found after the additional activities.

Sample Mind Map:



Mind map by: Rebecca T. Arevalo

Process Questions:

1. How did you find the activity?
2. What have you learned from doing the activity?
3. How did the activity help you realize your relationship in the family?

Ways on How to Make Family Members Firmer and Gentler with Each Other:

Acronym of **FIRMER** and **GENTLER PLANS**



Foster unity. There is unity in the family despite the differences in personalities and characteristics of each member by doing its specific roles in the family. Promote unity in the family by building a bond among the members.



Involve each other. Every member of the family is important. Include them in significant decision-making in family life.



Respect individuality. Give higher regard by appreciating the uniqueness of every member of the family, knowing that everyone has its identity, strengths, and weaknesses. Respect can be earned without comparing one with another. An example is by asking permission whenever one needs other member's belongings.



Model the behavior. Everyone in the family could be a model for each other. Modeling behavior is setting yourself as an example that is worth following to other members of the family.



Explain expectations and consequences. Let every family member understand what is expected of them as to their responsibility. Along with this, consequences must be clarified, so they will also know their accountability.



Reward good behavior. A reward is an excellent motivation for any family member, so they can keep on doing what is good and right. Always look at the positive behavior rather than focusing and nagging on other family member's failures.



Give love and forgiveness. We all need love, but we also need to give love. Love is the core of relationships to make it stronger and better. When there is love, there is also forgiveness for they go hand in hand together.



Encourage and express gratitude. These things would lighten the burden the person is having by supporting one another through giving positive words and expressing gratitude. Back up one another with constructive words and affirmation.



Nurture trust. A trusting relationship promotes dignity and integrity in the relationship. When trust is present, it challenges the person to do better because others are depending on him/her.



Take time together. Spending time together helps to know each other better and promote authentic and stronger relationships. Pray, play, eat, solve problems together, etc.



Listen attentively. Give your attention to the one who has concerns. It enables you to understand the motives, feelings, and ideas of others. The deeper the understanding between each family member, the stronger the family is.



Ensure safety. It is within the family that members should feel safe and secured. Be sure that no abuses and domestic violence are happening among the members of the family. Do not put your family in danger.



Remember God. Acknowledge God as the Source, great provider, and the center of the relationship. The God of love, peace, and justice is with us always. If God is the center of the relationships, you will do everything that is pleasing both to God and others.



Pray always. *Prayer is a necessary ingredient in relationships. Seek strength and help from God in all circumstances. A family that prays together stays stronger.*



Learn good communication. Good communication promotes knowledge and understanding of the situation in the family. Good communication uses “I” messages expressing one's concerns and feelings, not blaming and condemning others.



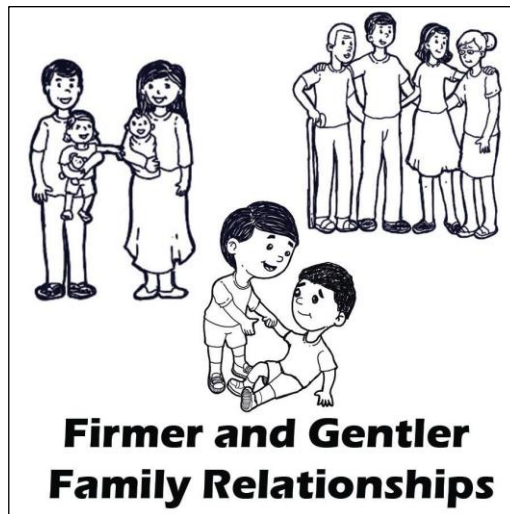
Accept failures. Nobody is perfect; everyone makes mistakes. Acceptance of one's failure gives room for learning and improvement in your relationship.



Nourish each other. To nourish is to provide the necessary things needed in the family. Nourish the family with kindness and gentleness. Stop being rude or harsh toward each other.



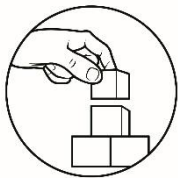
Serve one another. Serving one another is treating everyone as important to you. When everyone is serving each other, the burden of the family becomes lighter.



Illustrated by: Gilbert R. Esguerra

Why it is important to have a firmer and gentler relationship in the family?

A good family relationship creates a transformative society because whatever happens in the family impacts the society. When the family has a firmer and gentler relationship, it becomes easier to reach dreams and goals; it's easier to have a healthy a happy life. The family then becomes fruitful in any endeavor. With all these, the God of love, peace, and justice is honored.



What's More

Activity 1: Understanding the characteristics of relationships

Directions: Read and analyze the situation below. Answer the questions that follow.

Joel is the eldest child in the family. His family is having a hard life since his father is a construction worker with no permanent job, and his mother works at home to take care of them. Joel has five siblings of three sisters and two brothers. As the eldest, he felt the burden of helping to meet the needs of his family. When he was in Junior High School, he took a part-time job after class, in order to have an additional income to support the needs of his family. He did it with permission from his parents and started to work as *balut* vendor in the neighborhood, until he earned money to finance his own studies. Through *balut* selling, he was able to provide some of their needs including school allowances. Joel's parents are proud and happy of his effort in helping them, and they always encourage him to do his best in his studies. His other siblings are helping in the household chores and also in the assignment of his younger siblings for they are looking forward to a better future.

His parents guided them on how to live a life of contentment and service. They are happy despite their struggling financial situation because they have learned to love, care, and respect each other. Above all, they have a relationship with God. At bedtime, they spend time together in prayer and go to church every Sunday. Now, Joel is in Senior High School. He is studying well while continuing his work of selling balut. He applies what he learned from school and does his best as a good example to others.

Questions:

1. What is the story all about?
2. What are the characteristics of the people involved in the story?
3. How did the story describe a firmer relationship among the family members?



What I Have Learned

Activity: Fill in the blanks with the correct answer. Use a separate sheet for your answer.

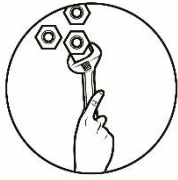
1. _____ are meaningful relationships in life and society.
2. _____ a relationship that makes the family stronger in the midst of difficulties, and crisis they are experiencing.
3. _____ give higher regard by appreciating the uniqueness of every member of the family, knowing that everyone has its identity, strengths, and weaknesses.
4. _____ is an excellent motivation for any family member, so they can keep on doing what is good and right.
5. _____ must honor and obey their parents, respect with each other, help the household chores, study, etc.

Give the acronym of **PLANS** for firmer relationship.

6. P
7. L
8. A
9. N
10. S

Complete the following Statement:

11. I realized that _____
_____.
12. I learned that _____
_____.



What I Can Do

Activity: Directions: Make an activity plan using the letters of your name - *ACRONYM* (First name, Nick name, or Last name) that can keep and make your family relationship gentler and stronger.

Example: BECCA

Objective:	Activities	Persons involved	Time	Expected outcomes	Reflection
To have harmonious and loving relations within the family.	Bonding time with them	Siblings and parents	Twice a week	Better relationship	Family time is priceless.
	Expressing gratitude	God, Parents, siblings, and others	Everyday	Happy and everyone is valued	Gratitude is a positive attitude,
	Communicating effectively	God, Parents, siblings, and others	Everyday	Know and understand each other.	Effective Communication makes stronger relations.
	Celebrating special occasions	Siblings and parents	During birthdays and special events.	Everyone is appreciated	It's good to celebrate with one another.
	Acknowledging the presence of God in the family	God, Parents, siblings, and others	Everyday	Peaceful and harmonious living.	There is peace when God is in the house.

Process Questions

1. What have you observed from the activity?
2. What did you feel while doing the activity?
3. How could this activity help build a firm relationship with your family?



Assessment

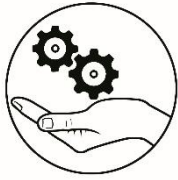
A. Write **Fact** if the statement is True and write **Bluff** if the statement is False.

- _____ 1. Love is one of the essential ingredients to have firmer/stronger and gentler relationships.
- _____ 2. It is important to work on communicating our feelings properly in relationships.
- _____ 3. Judging one another makes the family relationships stronger.
- _____ 4. Performing everyone's role and responsibilities help the family relationship better.
- _____ 5. The loving relationship of the couple promotes security and safety of the children.
- _____ 6. A healthy family relationship destroys the stability of the society.
- _____ 7. Envyng each other builds the relationship stronger.

B. Choose the best answer and write the letter of your answer in your paper.

- 8. Which situation builds better relationships?
 - a. The mother shows favoritism to the youngest child in the family.
 - b. Joe envies the youngest child since he is the favorite of the family
 - c. Liza accepts the fact that her family is not perfect, but she's learning from their mistakes.
 - d. The father makes every decision in the family.
- 9. Which of the following destroys good family relationships?
 - a. Appreciating the efforts of the members
 - b. Comparing the siblings with the other
 - c. Giving reward to good behavior
 - d. Praying together
- 10. Which of the following shows that they have firm family relationship?
 - a. Mother takes care of the children's need
 - b. Father works to support their living
 - c. Children obey their parents
 - d. All of the above
- 11. Which of the following shows gentle relationships?
 - a. Brother are bullying each other
 - b. Mother yells to the children
 - c. Ana comforts her sister who was hurt by her peers
 - d. Father demands service from the wife

12. Which of the family shows firmer relationship?
 - a. Janice's family members are doing things in their own way.
 - b. Joshua's family sets expectations and consequences for their actions
 - c. Alex's family does not talk with each other.
 - d. Julie's family fights over every little matter
13. How can we have a healthy, strong, and gentle relationship?
 - a. By having bonding time together with the family
 - b. By doing our roles and responsibilities
 - c. By accepting the mistakes and learning to forgive
 - d. All of the above
14. Why do we need to have a firmer and gentler relationship in the family?
 1. To honor God and live harmoniously with each other
 2. To bring good transformation in society
 3. To become famous in the society
 - A. Statement 1 & 3
 - B. Statement 1 & 2
 - C. Statement 1, 2,& 3
 - D. Statement 2 & 3
15. Karen was offended because her parents always compare her with her siblings that they are better than her. What should Karen do?
 - a. She should talk to her mother about how she felt about it.
 - b. She should fight her siblings
 - c. She should keep silent and stay in her room
 - d. She should not eat so that she gets the attention of her parents



Additional Activities

Choose only 1 activity to answer

Activity 1

Interview a friend (through video call, phone call, text, messenger chat) about the qualities of a strong and gentle relationship they have in their family. Write your learnings and realizations in your journal.

Activity 2

A. Identify the weak characteristics in your family.

B. Write on your paper the characteristics in which you wanted to improve in your relationships within your family, and indicate the activities, persons involved, frequency, and the outcomes.

Weak Characteristics	Activities	Persons involved	Frequency/Remarks	Outcomes
Ex. Not good listeners	<ul style="list-style-type: none"> • Listen attentively to my parents' ideas and advice • Spend time to listen to the problems of siblings 	Parents, Siblings, and others	Everyday	Understand them better/ no more fights

Rubrics for mind Map

Category	4	3	2	1
Ideas radiate out of the central ideas/image	All of the ideas clearly connect to the central ideas/ images	Most of the ideas clearly connect to the central ideas/ images	Some of the ideas clearly connect to the central ideas/ images	Few of the ideas clearly connect to the central ideas/ images
Ideas have key images shows an understanding of the content	All of the ideas have key images shows an understanding of the content	Most ideas have key images shows an understanding of the content	Some ideas have key images shows an understanding of the content	Few ideas have key images shows an understanding of the content
The contents are well-organized	All of the contents are well-organized	Most of the contents are well-organized	Some of the contents are well-organized	Few of the contents are well-organized
Use of colors	Variety of colors are used effectively to clarify the connection	Less variety colors are used effectively to clarify the connection	Few variety of colors are used effectively to clarify the connection	colors are used effectively to clarify the connection

https://www.researchgate.net/figure/The-Mind-Map-Rubric-16_fig1_325163516



Answer Key

<p style="text-align: center;">What I Know</p> <p>1. X 2. ✓ 3. ✓ 4. ✓ 5. X 6. X 7. B 8. A 9. D 10. C 11. D 12. D 13. C 14. D 15. A</p>	<p style="text-align: center;">What I have Learned</p> <p>1. Family relationships 2. Firm/Gentle relationships 3. Respect Individuality 4. Reward good behavior 5. Children 6. Pray always 7. Learn good communication 8. Accept failures 9. Nourish each other 10. Serve one another</p> <p>For items 11-12 (Varied answers)</p>	<p style="text-align: center;">Assessment</p> <p>1. Fact 2. Fact 3. Bluff 4. Fact 5. Fact 6. Bluff 7. Bluff 8. C 9. B 10. D 11. C 12. B 13. D 14. B 15. A</p>
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