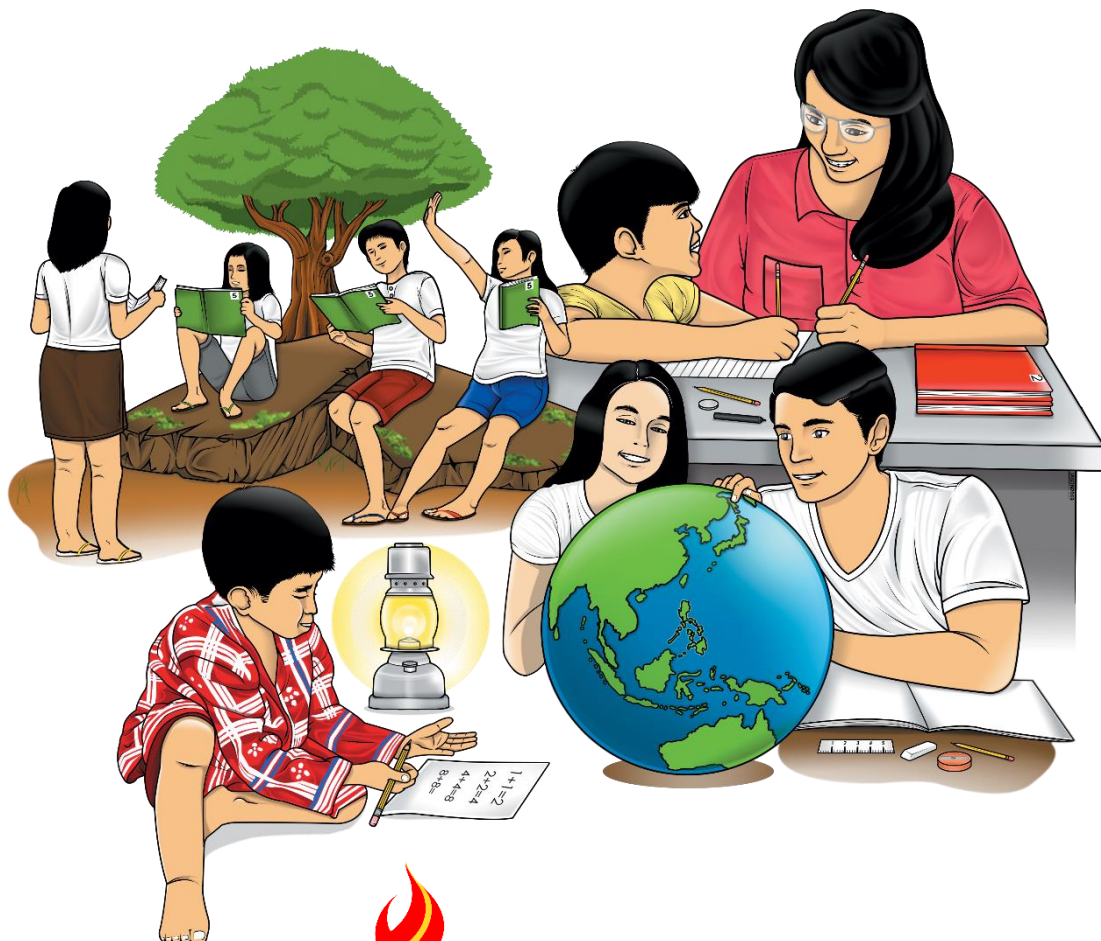


Health

Quarter 4 – Module 1: Addiction? No Way!



Health – Grade 8
Alternative Delivery Mode
Quarter 4 – Module 1: Addiction? No Way!
First Edition, 2020

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Health

Quarter 4 – Module 1: Addiction? No Way!

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 understand gateway drugs and their effect on your 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.

This module contains:

- Lesson 1 – Gateway Drugs

After going through this module, you are expected to:

1. Discuss gateway drugs (H8S-IVa-27);
 - a. define what are gateway drugs;
 - b. identify the types of gateway drugs; and
 - c. illustrate the ways of preventing the abuse of gateway drugs through a poster slogan.



What I Know

Read the questions carefully. Choose the letter of the correct answer. Write your answers in your activity notebook.

1. Which of the following is NOT a gateway drug?
 - a. Alcohol
 - b. Cigarette
 - c. Marijuana
 - d. Softdrinks

2. What harmful ingredients can be found in cigarettes?
 - a. Cocaine
 - b. Heroin
 - c. Marijuana
 - d. Nicotine

3. Whic of the following drugs can lead young people to take from less harmful drugs to more harmful drugs?
 - a. Gated drugs
 - b. Gateway drugs
 - c. Pathway drugs
 - d. Stepladder drugs

4. Which is considered a gateway drug?
 - a. Cocaine
 - b. Heroin
 - c. Marijuana
 - d. Meth

5. Which of the following diseases is caused by cigarettes smoking?
 - a. Beer
 - b. Juice
 - c. Vodka
 - d. Wine

6. Which is NOT an example of alcohol among the choices below?
 - a. Self-assessment
 - b. Career Exploration
 - c. Decision Making
 - d. Plan of Action

7. Which of the following is considered legal drugs?
 - a. Alcohol and Heroin
 - b. Caffeine and Nicotine
 - c. Cigarette and Alcohol
 - d. Marijuana and Cigarette

8. What will you do if you know someone suffering from addiction?
 - a. Advice him/her to undergo proper counseling
 - b. Help him/her to divert attentions from using illegal drugs
 - c. Keep him/her away from other drug users
 - d. All of the above

9. How will you help a person to avoid using gateway drugs?
 - a. Goal Setting
 - b. Having supportive friends and family
 - c. Focusing on career
 - d. All of the above

10. What do you call a person who can no longer control their use of alcohol?
 - a. Alcoholic
 - b. Coping Alcohol Drinker
 - c. Occasional Alcohol Drinker
 - d. Social Alcohol Drinker

Module

1

Gateway Drugs

Gateway drugs are types of commonly used drugs that are believed to lead to the use of other more addictive drugs such as cigarettes, alcohol, and marijuana. It is a harmful drug that can cause addiction and health problems like cancer, brain damage, and many more.



What's In

In the previous module, you have gained an understanding of communicable diseases prevention and control.

This time, let us check if you have a clear understanding of your previous lessons.

Directions: Read carefully the statement and choose the correct answer from the box. Write your answers in your activity notebook.

pathogens	virus	fungus	protozoan
damage	immunization	monitoring	primary level
screening	prevent	rehabilitating	secondary level
treatment	tertiary level	therapy	parasite

1. In the three levels of prevention, what is the first level?
2. What is the objective of this first level? It is to _____ one from having the disease.
3. What is considered as the best example of primary prevention and health education to all?
4. What do you call the second level of prevention?
5. To prevent long-term complications, what is the focus of the tertiary level to the sick person?

6. What is the best action to do at the secondary level of prevention aside from prompt diagnosis?
7. What kind of test is done by diagnosing diseases quickly?
8. What do you call the third level of prevention?
9. When the disease already started, what activity in the secondary level of prevention aims to prevent?
10. When the person is sick, what is the best thing to do aside from following up at the tertiary level?
11. What is done to a patient to help restore functions in debilitating diseases?
12. What do you call a pathogen that causes athlete's foot?
13. Which pathogen causes pneumonia?
14. What tiny microorganisms causes many of the most common diseases?
15. Which pathogens causes amoebic dysentery?



What's New

Observe Me!

Directions: In your activity notebook, write your ideas about the picture. Answer the guide questions that follow.



Guide Questions:

1. What do you observe in the picture?

2. What can you say about cigarette smoking?

3. What is your opinion about drinking alcohol?

4. In your own opinion, what is the reason why people smoke and drink alcohol?



What is It

What are Gateway drugs?

Gateway drugs are legal drugs that can be accessed and can be used by everyone at any age through the local store like cigarettes and consumable alcohol. Since these gateway drugs are accepted in our society, cigarettes, and alcoholic beverages are always available in any store. Anyone can buy them, even young individuals who are curious and eager to try new things.

The National Youth Commission (NYC) stated that 2 out of 5 Filipino teenagers aged 13 to 15 years old smoke cigarettes (philstar.com, March 16, 2012). Furthermore, in a study conducted by an anti-tobacco group in the year 2011, 10 Filipinos die every year of tobacco-related diseases (Philippine Daily Inquirer, Sept. 19, 2011). Health experts explained that the continuous increase in cigarette use and alcohol consumption by Filipino teenagers is due to their very cheap prices. Acting on this, the Sin Tax Reform bill was passed to Republic Act 10351. It aims to increase the taxes on all tobacco and alcohol products. It helps finance the Universal Health Care program of the government and addresses public health issues relating to alcohol and tobacco consumption.

What is cigarette?

A cigarette is a cylindrical roll wrapped in paper with shredded or ground tobacco inside. It contains nicotine and other cancer-causing chemicals. When the smoke of a cigarette is inhaled, it will go directly to the lungs and can cause cancer in the mouth, throat, larynx, esophagus, and heart disease.

What is alcohol?

Alcohol or Alcoholic drink is a type of alcohol that is produced by fermentation of fruits, grains, or other sources of sugar. The examples of alcoholic drinks that are the most widely consumed drug are beer, wine, and liquor of various types. People commonly start out drinking socially, making alcohol a part of their routine, and soon find themselves looking for alcohol for the relief and refuge that they need. They ended becoming alcoholics.

What is Marijuana?

Most people who start out using marijuana do not plan to end up as hard drug users. After all, most people perceive the pot (another name for marijuana) as a “soft drug”, just a “herb” and a drug that is not addictive. However, many people are suffering an overdose. Moreover, people who use marijuana are more likely to use harder drugs like cocaine, heroin, and ecstasy.



What's More

Activity 1. True or False

Directions: Below are statements about gateway drugs. Write TRUE if the statement is correct and FALSE if it is wrong. Do it in your activity notebook.

- _____ 1. Alcohol is a drug just like marijuana, cocaine, and heroin.
- _____ 2. Alcohol makes people lively.
- _____ 3. Alcohol cannot affect you if you only have one drink.
- _____ 4. Marijuana is a gateway drug.
- _____ 5. Women usually get drunk more quickly than men do.
- _____ 6. If you only drink when you party or only drink beer, you can't become
an alcoholic.
- _____ 7. If you eat while you drink, you won't get drunk.
- _____ 8. Marijuana is okay for you, while other drugs are bad.
- _____ 9. Over-the-counter drugs are not addictive.
- _____ 10. Pregnant women should never drink alcohol in any form.

Activity 2: Unscramble Me

Directions: Arrange the jumbled letters. Write each formed words on the space provided before each number. Do it in your activity notebook.

- _____ 1. J U M A I R A N A
- _____ 2. W Y G A E A T G U D S R
- _____ 3. G E E T T C I A R
- _____ 4. H O A C L O L
- _____ 5. D C A D T I N O I



What I Have Learned

Now that you have learned the gateway drugs. This time, let's check your understanding of it.

Directions: Read the questions carefully. Answer the guide questions in your activity notebook.

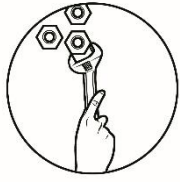
1. What are the three main gateway drugs?

2. What are the harmful effects of gateway drugs?

3. What is cigarette smoking?

4. As a teenager, how does drinking alcohol affect your health?

5. How are youth affected by gateway drugs?



What I Can Do

Directions: Make a poster slogan about preventing the abuse of gateway drugs. Use 1 whole long bond paper. Try to be creative in your drawings using colors and other designs.

Poster Slogan Rubrics

Criteria	Very Good 5	Good 4	Fair 3	Poor 2	Score
Content	The poster includes all required elements as well as additional information.	All required elements are included on the poster.	Only few required elements are missing on the poster.	Several required elements are missing on the poster.	
Attractiveness	The poster is exceptionally attractive in terms of design, colors and neatness.	The poster is attractive in terms of design, colors and neatness.	The poster is acceptably attractive though it may be a bit messy.	The poster is distractingly messy or very poorly designed. It is not attractive.	
Slogan	The slogan has the required number of words. It is original and catchy.	The slogan has the required number of words. It is original but not catchy.	The slogan does not follow the required number of words. However, it is catchy but not original.	The slogan does not follow the required number of words. It is not original and catchy.	
Graphic Relevance	All graphics are related to the topic and make it easier to understand. All borrowed graphics have note about their source.	All graphics are related to the topic and most make it easier to understand. Some graphics have a note about their source.	All graphics relate to the topic. One or two borrowed graphics have sources noted.	Graphics do not relate to the topic or several borrowed graphics do not have a source citation.	



Assessment

I. Matching Type

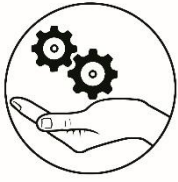
Directions: Match column A with the correct answer on column B. Write the letter of the correct answers in your activity notebook.

- | | |
|--|------------------|
| 1. It is a disease that is caused by cigarette smoking. | A. Alcoholic |
| 2. A cylindrical roll of shredded tobacco wrapped in paper. | B. Cancer |
| 3. This can lead young people to take from less harmful drugs to more harmful drugs. | C. Nicotine |
| 4. It is a harmful ingredient found in cigarette. | D. Cigarette |
| 5. A person who can no longer control the use of alcohol. | E. Gateway Drugs |

II. True or False

Directions: Write TRUE if the statement is correct and FALSE if it is wrong. Write the correct answers in your activity notebook.

- _____ 6. Marijuana is considered a soft drug. It is also known as Pot.
- _____ 7. Cigarette and alcohol are considered as legal drugs.
- _____ 8. Republic Act 10356 is also known as Sin Tax Reform Law.
- _____ 9. Alcoholic drink is a type of alcohol that is produced by fermentation of fruits, grains, or other sources of sugar.
- _____ 10. When the smoke of a cigarette is inhaled, it will go directly to the heart.



Additional Activities

Activity 1

Directions: Listen to the song “Lakas Tama” by Siakol. Write an essay about the message of the song with a minimum of five sentences.

Activity 2

Directions: Answer the questions below. Write your answers in your activity notebook.

1. Based on your observation, why do people smoke?

2. As a student, what will be your contribution to our community in minimizing tobacco use?

3. How can you protect yourself from the danger of tobacco use?



Answer Key

<p style="text-align: center;">What's More Activity 1</p> <ol style="list-style-type: none"> 1. True 2. True 3. False 4. True 5. True 6. False 7. False 8. False 9. True 10. True 	<p style="text-align: center;">What's In</p> <ol style="list-style-type: none"> 1. Primary Level 2. Prevent 3. Immunization 4. Secondary Level 5. Rehabilitating 6. Treatment 7. Screening 8. Tertiary Level 9. Damage 10. Monitoring 11. Therapy 12. Fungus 13. Virus 14. Pathogens 15. Protozoan 	<p style="text-align: center;">What I Know</p> <ol style="list-style-type: none"> 1. D 2. D 3. B 4. C 5. A 6. B 7. C 8. D 9. D 10. A 11. A 12. D 13. C 14. A 15. D
<p style="text-align: center;">What's More Activity 2</p> <ol style="list-style-type: none"> 1. Marijuana 2. Gateway Drugs 3. Cigarette 4. Alcohol 5. Addiction 	<p style="text-align: center;">What I Know</p> <ol style="list-style-type: none"> 16. D 17. D 18. B 19. C 20. A 21. B 22. C 23. D 24. D 25. A 26. A 27. D 28. C 29. A 30. D 	<p style="text-align: center;">What's In</p> <ol style="list-style-type: none"> 31. Primary Level 32. Prevent 33. Immunization 34. Secondary Level 35. Rehabilitating 36. Treatment 37. Screening 38. Tertiary Level 39. Damage 40. Monitoring 41. Therapy 42. Fungus 43. Virus 44. Pathogens 45. Protozoan

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