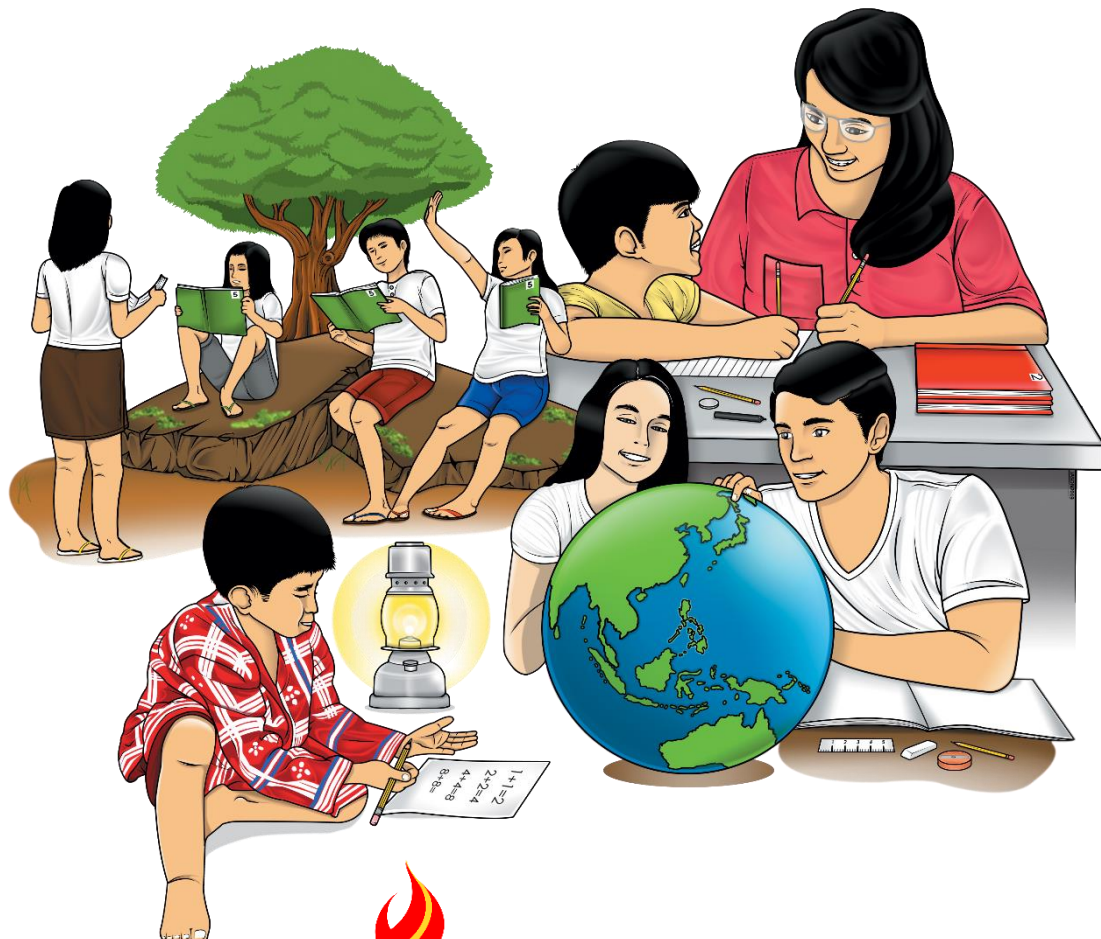


# Health

## Quarter 4 - Module 5:

### Vices-Free Life: A Goal



**Health – Grade 8**  
**Alternative Delivery Mode**  
**Quarter 4 – Module 5: Vices-Free Life: A Goal**  
**First Edition, 2020**

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**Development Team of the Module**

**Writers:** Gelody B. Elumba, Mea-Ann Oscianas, Moriah Jireh Paña

**Content Editor:** Amor T. Ragosta

**Language Editor:** Ferdinand C. Elma, Jocelyn E. Plaza

**Illustrator:** Mary Joy B. Oliverio

**Layout Artists:** Jaypee D. Platero, Blessy T. Soroyoroy, Lee Lanie P. Manos

**Content/Pedagogy Reviewers:** Maricel G. Capiña, Danny O. Baldos

**Language Reviewers:** Ivy I. Naparan, Ever Joy M. Chucas, Rendon M. Chucas, Tomas Ferol III

**Book Design Reviewer:** Ruth C. Cuesta

**Management Team:** Francis Cesar B. Bringas, Isidro M. Biol Jr., Josephine Chonie M. Obseñares, Bernard C. Abellana, Maripaz F. Magno, Lorenzo O. Macasocol, Gemma A. De Paz, Lorna P. Gayol, Avalota A. Cejas, Lelani R. Abutay, Abraham L. Masendo, Jocelyn E. Plaza, Joel P. Longaquit, Philip Trillana, Narciso C. Oliveros Jr., Ferdinand C. Elma, Ofelia C. Siangco, Maria Joan Princess C. Pulido, Menerva Barabar

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**Department of Education – Caraga Region**

Office Address: Learning Resource Management Section  
JP Rosales Avenue, Butuan City, Philippines 8600  
Telefax: (085) 342-8207/ (085) 342-5969  
E-mail Address: caraga@deped.gov.ph

# **Health**

## **Quarter 4 - Module 5:**

### **Vices-Free Life: A Goal**

# 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***

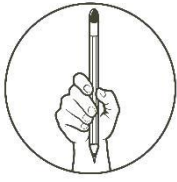
This module was created with your needs in mind. It aims to suggest healthy alternatives for cigarettes and alcohol to promote healthy lifestyle (self, family, and community). The scope of this module permits it to be used in many different learning situations. The terminology used takes into account of the students' various levels of vocabulary. 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 – Healthy Lifestyle Alternatives to Cigarettes and Alcohol to Promote Healthy Lifestyle (H8S-IVg-h-34)

After going through this module, you are expected to:

- a. identify the health alternatives to cigarettes and alcohol;
- b. determine the ways to promote healthy lifestyle (self, family, and community); and
- c. make a health routine plan advocacy on preventing alcohol and smoking to promote healthy lifestyle.



## ***What I Know***

**Directions:** Read the following questions carefully. Write the letter of the correct answer in your activity notebook.

1. Which of the following alternative techniques relieves stress, anxiety and depression?
  - A. Calling for support
  - B. Exercise
  - C. Meditation
  - D. All of the above
  
2. Which of the following keeps you occupied to prevent you putting tobacco on your lips?
  - A. Busy hands
  - B. Calling for support
  - C. Exercise
  - D. Meditation
  
3. What alternative techniques use to avoid smoking which involves eating gums?
  - A. Busy hands
  - B. Calling for support
  - C. Chew on it
  - D. Exercise
  
4. What is the process by which you give a gift to yourself to resist the urge of drinking and smoking?
  - A. Busy hands
  - B. Calling for support
  - C. Remind on the benefits
  - D. Rewarding yourself

5. Which of the following techniques is used in dealing stress to resist tobacco craving?
  - A. Chew on it
  - B. Exercise
  - C. Practice relaxation technique
  - D. Remind on the benefits
6. Which of the following methods are healthy alternatives to avoid smoking and drinking?
  - A. Finding new hobbies
  - B. Reminding yourself of the benefits
  - C. Spending time with family and friends
  - D. All of the above
7. Which of the following is NOT a type of relaxation technique?
  - A. Deep-breathing exercise
  - B. Muscle relaxation
  - C. Saving money
  - D. Yoga
8. What are the healthy ways to deal with smoking and drinking?
  - A. Finding new hobbies
  - B. Reminding yourself of the benefits
  - C. Spending time with family and friends
  - D. All of the above
9. Which of the following is NOT true about people who quit smoking?
  - A. Improve your quality of life
  - B. Disturb and discourage
  - C. Improves sense of smell and taste
  - D. Lowers the risk of having cancers
10. Which of the following is considered as unhealthy habits of people that can cause illness?
  - A. Eating and Driving
  - B. Smoking and Drinking Alcohol
  - C. Smoking and Running
  - D. Walking and Drinking

# Lesson 1

## Healthy Lifestyle Alternatives to Cigarettes and Alcohol to Promote Healthy Lifestyle

In this module, you will learn about the healthy lifestyle alternatives of cigarettes and alcohol. It is important to know about this topic to help you promote healthy lifestyle for yourself, family, and community.



### ***What's In***

#### **Activity 1. Myth Busters**

**Directions:** Copy the table in your activity notebook. Identify which is a fact and a myth from the following statements. Put an X on the appropriate column for each statement.

	It's true!	That's a myth!
1. Alcohol and tobacco are among the top causes of preventable deaths.		
2. Running is a great stress buster that works as an alternative to smoking.		
3. Drinking alcohol and smoking is a good alternative to cure illness.		
4. A minor is allowed to sell or buy cigarettes or any tobacco product.		
5. Physical activities help relieve tensions and urge to drink and smoke.		
6. Yoga is not considered as alternatives to smoking and drinking alcohol.		
7. Smoking is prohibited within the premises of public and private hospitals.		
8. Smoking before drinking alcohol can prevent someone from being intoxicated.		
9. The Tobacco Regulation Act of 2003 is the law governing tobacco production, distribution, and use.		
10. Fruit juice and coffee is another option to quit alcohol.		

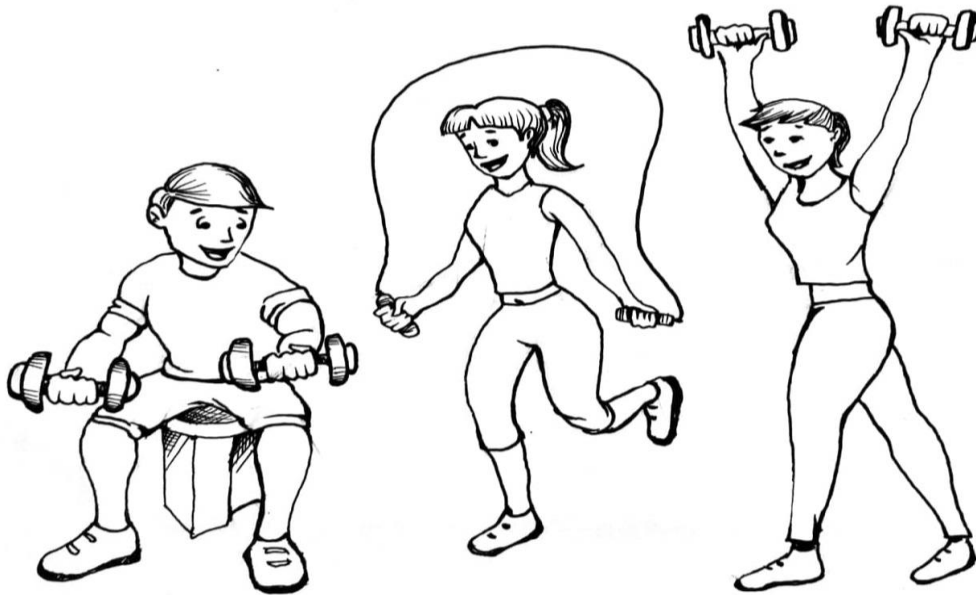




## ***What's New***

### **Activity 2. Tell Me Something**

**Directions:** Study the pictures below and answer the following guide questions. Write your answers in your activity notebook.



**Picture A**



**Picture B**

**Guide Questions:**

1. What do you observe in the picture A?

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2. What are your thoughts on the illustration in picture B?

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3. How can you encourage yourself to stop smoking and drinking alcohol in order to live a healthier lifestyle?

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## ***What is It***

Freedom from smoking and drinking alcohol is possible. One of the first steps for many people is overcoming the fear of quitting. Even if you haven't quit before, you've likely tried to cut down or at least tried waiting for a few hours before running to the store to purchase more cigarettes and alcoholic beverages. The stress from those experiences can add to your fear but recovery is possible. It takes work, time, patience and perseverance but it is possible.

Most people are aware that smoking and heavy drinking are unhealthy habits, but not many realize just how much harm they can cause. Growing up, many children may view drinking and smoking as privileges of adults and therefore 'cool' activities to engage in. Media portrayal of smoking and alcohol use has certainly helped to perpetuate the appeal of these social habits. The importance of public awareness about the dangers of heavy smoking and drinking has never been greater.

It is important to realize that quitting smoking can improve your quality of life – physically, emotionally and financially. It can help you and those around you breathe better and live longer. People who stop smoking generally have an improved sense of smell and taste, feel less stressed and become more energetic. They will usually have younger-looking skin and improved fertility. Their loved ones will be healthier as passive smoking is reduced. For people who drink too much, alcohol tolerance can lead to false reassurance that they are drinking within limits since they do not feel drunk. Health benefits of reducing alcohol intake include weight loss, reduced risk of many forms of cancer, less anxiety, clearer skin, no hangovers and better self-esteem.

### **Healthy Alternatives: Smoking**

Here are the most common healthy alternative methods to avoid smoking.

#### **1. Exercise**

Physical activity will help get your mind off the urge to smoke and can reduce the intensity of your tobacco craving. According to MayoClinic.com, 30 minutes of moderate exercise can make a tobacco craving go away. Exercise can also reduce the chances of relapsing after you give up smoking, notes the National Institutes of Health's Weight-Control Information Network. If you're concerned about that legendary weight gain smokers often experience after quitting, regular exercise will help fight that, too.

## 2. Busy Hands

Keeping your hands occupied can prevent you from putting tobacco on your lips. The American Cancer Society suggests needlepoint, knitting or woodworking, but any activity that forces your hands to be constantly on the move can do the trick. Consider starting a blog about your smoking-cessation journey or blogging about your efforts to fight your nicotine cravings. Typing will keep your fingers flying and away from your smokes.

## 3. Calling for Support

Having a supportive friend or family member to call when you feel like lighting up can often be the motivation you need to resist. Telephone counselors are also available to talk you through your urge and offer tips for avoiding lighting up the next time a craving hits.

## 4. Rewarding Yourself

Instead of lighting up, reward yourself for resisting the urge. Buy a book you've been wanting to read, go out to eat at your favorite restaurant or treat yourself to a movie. Bonus: You won't be able to smoke during the two-hour movie, providing an additional healthy alternative. Put money into a jar every time you successfully fight a nicotine craving and use the cash for your reward.

## 5. Chew on it

Give your mouth something to do to fight a tobacco craving. Chew on sugarless gum or hard candy, or munch on raw carrots, celery, nuts or sunflower seeds — something crunchy and satisfying.

## 6. Practice relaxation techniques

Smoking may have been your way to deal with stress. Resisting a tobacco craving can itself be stressful. Take the edge off stress by practicing relaxation techniques, such as deep-breathing exercises, muscle relaxation, yoga, visualization, massage or listening to calming music.

## 7. Remind yourself of the benefits

Write down or say out loud the reasons you want to stop smoking and resist tobacco cravings. These might include:

- Feeling better
- Getting healthier
- Sparing your loved ones from secondhand smoke
- Saving money

## **Healthy alternatives: Drinking Alcohol**

### **1. Meditation**

Meditation has been practiced for centuries as a method of relieving stress, anxiety, and depression. It is proven to help reduce blood pressure, alleviate pain, and induce a state of relaxation.

### **2. Exercise**

Exercise is an excellent outlet for those looking for ways to deal with stressors productively. Whether you decide to take up running, dancing, swimming, or weight lifting, the possibilities are endless. As you reap the benefits of exercise, your confidence will grow and you will develop a more positive body image that can improve your outlook on life. Learn more about the benefits of exercise as an alternative to substance use.

### **3. Spending time with family and friends**

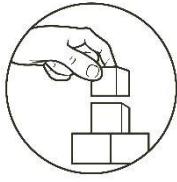
While this may seem to be an obvious suggestion, it is often one of the most overlooked practices. Spending time with those you love and those who are close to you can easily improve your mood. Talking and laughing with loved ones is one of the healthiest ways to deal with stressors.

### **4. Finding new hobbies**

Replace time spent consuming alcohol with new hobbies and activities. Whether you read a good book, see a movie, paint, or make music, engaging in productive and fun activities can help you de-stress and focus your energy on something else. Explore a variety of activities and find some that appeal to you; most importantly, do not be afraid to try something new! This can help you develop new relationships with others and can provide healthy outlets for stress.

Smokers who quit smoking with support are more likely to succeed than those who do it on their own. Hence, it is helpful for those trying to stop to consult a health professional or engage a smoking cessation programme.

For regular, very heavy drinkers, stopping alcohol consumption abruptly can be dangerous. They should therefore consult their doctors to manage the withdrawal symptoms. Always remember that our health is important to us and our families, and we should take care to safeguard it.



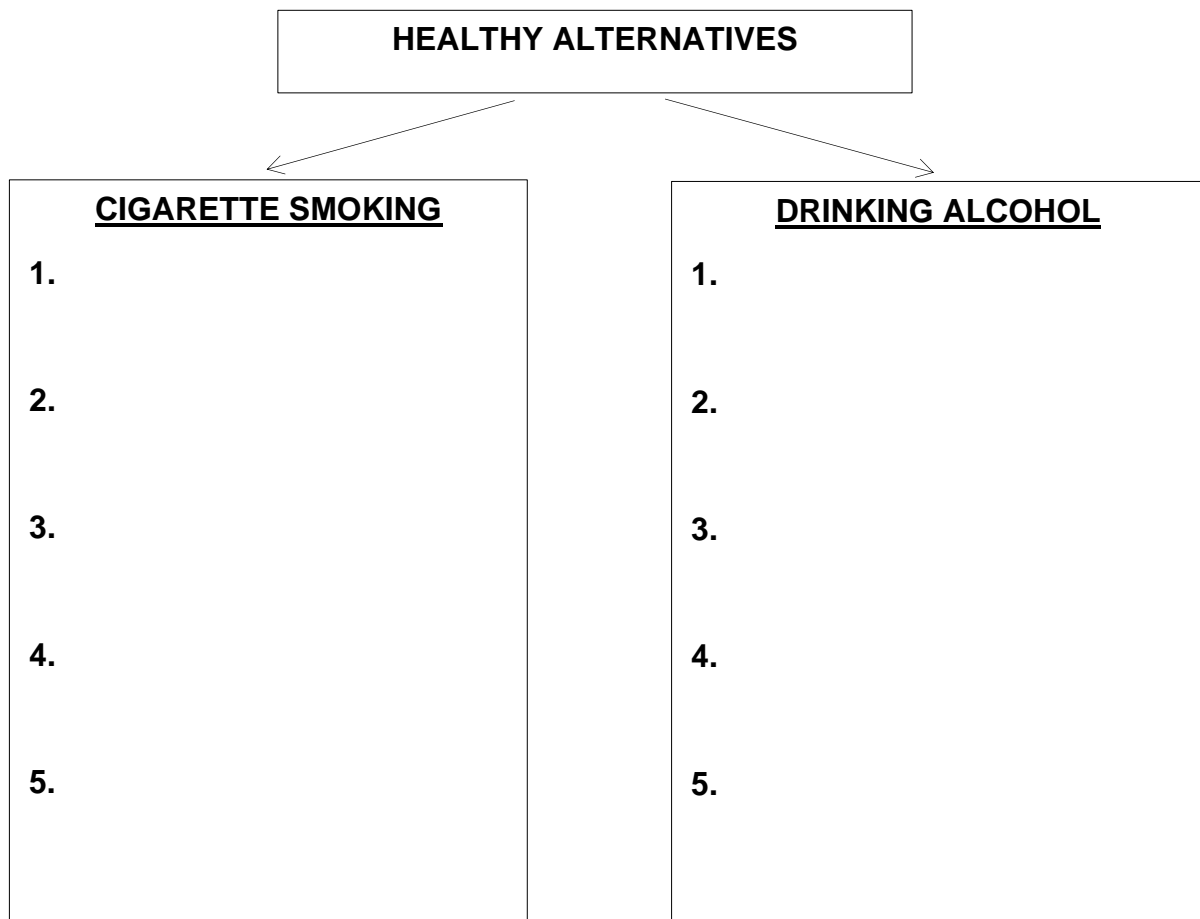
## ***What's More***

**Directions:** Read the statements carefully. Match the words on Column A to its corresponding meaning in Column B. Write your answers in your activity notebook.

- | <b>B</b>              | <b>A</b>  |
|-----------------------|---|
| a. Advocacy           | _____ 1. Any bodily movement produced by our muscles that requires energy.  |
| b. Cigarettes         | _____ 2. It is a way of offering a choice or expressing different from the usual.                                     |
| c. Prevention         | _____ 3. It aims to help and improvement people's well-being.   |
| d. Physical activity  | _____ 4. It is a public support for a recommendation of a particular cause of policy.                                 |
| e. Addiction          | _____ 5. It is being dependent on a drug or combination of drugs.   |
| f. Tolerance          | _____ 6. These are materials like posters, flyers or brochures which show active support of ideas and causes.         |
| g. Advocacy materials | _____ 7. These are rounded and processed tobacco wrap in a special paper for smoking.                                 |
| h. alcoholism         | _____ 8. It is a condition when a person needs more alcohol to feel its original effect.                              |
| i. tobacco            | _____ 9. It is a condition when a person heavily consumes alcohol consistently which results to numerous body damage. |
| j. alternatives       | _____ 10. It is the active process of creating condition that promotes the well-being of people.                      |
| k. healthy lifestyle  |   |

### Activity 3. Fill Me In!

**Directions:** Study the illustration below. Copy in your activity notebook. Supply the appropriate answers.





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

### **Activity 4. My Composite Ideas**

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

1. What are the alternative techniques to prevent and control cigarette smoking and alcohol drinking?

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2. If your classmate offers you a cigarette or alcoholic drink, what will you say? What will you do?

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3. Give at least one alternative technique to prevent cigarette smoking and explain it in your own words.

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4. Give at least one alternative technique to prevent drinking alcoholic beverages and explain it in your own words.

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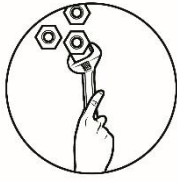
5. What if a friend of yours is smoking or drinking alcoholic beverages? How can you persuade him or her to stop?

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

### **Activity 5. My Plan, My Commitment**

Now that you have learned about the healthy alternatives of smoking and alcohol drinking, let us measure your knowledge about it.

**Directions:** Copy the “5-Days Routine Plan Advocacy on Preventing Alcohol and Smoking” below in your activity notebook. List down the healthy activities you do in your home.

<b>5-Days Routine Plan Advocacy on Preventing Alcohol and Smoking</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1.</b>					
<b>2.</b>					
<b>3.</b>					
<b>4.</b>					
<b>5.</b>					

### 5-Day Routine Plan Rubric

	<b>Excellent (5-4 points)</b>	<b>Fair (3-2 points)</b>	<b>Poor (1 point)</b>
<b>Content</b>	Each table is complete. The learner writes five activities.	Each table is almost complete. The learner writes more than three activities.	Most tables are incomplete. There are answers missing. The learner writes only one activity.
<b>Organization</b>	The selection of activities is very organized.	The selection of activities is organized.	The selection of activities is not organized.
<b>Promptness</b>	The learner submitted the plan on time.	The learner submitted the plan one to two days after the deadline.	The learner submitted the plan three to five days late.
<b>Activity Selection</b>	Selection of activities is appropriate to the component selected by the learner. All activities are relevant to the overall goal.	Selection of activities is almost appropriate to the component selected by the learner. Almost all of the activities are relevant to the overall goal.	Activities selected by the learner are not appropriate to achieve the overall goal. One activity is relevant, but overall the activities will not help the student reach their goals.



## ***Assessment***

### **I. True or False**

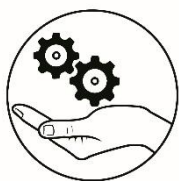
**Directions:** Write TRUE if the statement is correct and FALSE if it is wrong. Write your answers in your activity notebook.

- \_\_\_\_\_ 1. Meditation is an alternative technique to relieve stress, anxiety and depression.
- \_\_\_\_\_ 2. Busy hands keep a smoker occupied to prevent putting tobacco on the lips.
- \_\_\_\_\_ 3. Soda and gulaman are the best alternative to avoid drinking alcohol.
- \_\_\_\_\_ 4. Eating oily foods is a better substitute for smoking.
- \_\_\_\_\_ 5. Yoga is a type of relaxation technique to quit smoking and drinking alcoholic beverages.

### **II. Matching Type**

**Directions:** Read and understand the statements carefully. Match the words on Column B to its corresponding meaning in Column A. Write your answers in your activity notebook.

- | <b>A</b>  | <b>B</b>                         |
|---|----------------------------------|
| _____ 1. It is the process by which you give a gift to yourself to resist the urge of drinking and smoking. | a. Smoking and drinking Alcohol  |
| _____ 2. It is considered as unhealthy habits of the people that can cause illness.                         | b. Exercise                      |
| _____ 3. This technique is used in dealing stress to resist tobacco craving.                                | c. Practice Relaxation Technique |
| _____ 4. This physical activity helps a smoker to reduce from tobacco craving.                              | d. Rewarding yourself            |
| _____ 5. This alternative technique is used to avoid smoking which involves eating gums.                    | e. Chew on it                    |



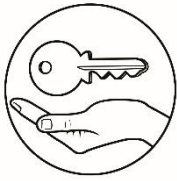
## ***Additional Activities***

### **Activity 6. Be Healthy!**

**Directions:** In a short bond paper, make a slogan about the importance of having a “smoke free” and “alcohol free” environment. You can use any dialect you want as long as there is originality in your work. Be creative in your output. Refer your outputs to the rubrics given.

**Slogan Rubrics**

<b>Criteria</b>	<b>Very Good 5</b>	<b>Good 4</b>	<b>Fair 3</b>	<b>Poor 2</b>	<b>Score</b>
<b>Originality</b>	Exceptional use of new ideas and originality to create a slogan.	Good use of new ideas and originality to create a slogan.	Average use of new ideas and originality to create a slogan.	No use of new ideas and originality to create a slogan.	
<b>Attractiveness</b>	The slogan is exceptionally attractive in terms of design, colors and neatness.	The slogan is attractive in terms of design, colors and neatness.	The slogan is acceptably attractive though it may be a bit messy.	The slogan is distractingly messy or very poorly designed. It is not attractive.	
<b>Slogan</b>	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.	



## Answer Key

<p>What I Know</p> <p>1. D 2. A 3. C 4. D 5. C 6. D 7. C 8. D 9. B 10. B</p> <p>What's In</p> <p>1. True 2. True 3. Myth 4. Myth 5. True 6. Myth 7. True 8. Myth 9. True 10. True</p>	<p>What's More</p> <p>1. D 2. J 3. K 4. A 5. E 6. G 7. B 8. F 9. H 10. C</p> <p>Assessment</p> <p>I. 1. TRUE 2. TRUE 3. FALSE 4. FALSE 5. TRUE</p> <p>II. 1. D 2. A 3. C 4. B 5. E</p>
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**For inquiries or feedback, please write or call:**

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Office Address: Ground Floor, Bonifacio Building, DepEd Complex  
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (02) 634-1072 or 634-1054; 631-4985

E-mail Address: [blr.lrqad@deped.gov.ph](mailto:blr.lrqad@deped.gov.ph) \* [blr.lrpd@deped.gov.ph](mailto:blr.lrpd@deped.gov.ph)