

# **HEALTH 8**

## **First Quarter**

### **Lesson: Preventing Teen Pregnancies**



#### **LEARNER'S MATERIAL**

**(Self-Learning Module)**

**Health – Grade 8 Self-Learning Module (SLM) Quarter 1 –  
Lesson: Preventing Teen Pregnancies First Edition, 2022**

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Majority of the contents in this module are taken from the Sexually Healthy and Personally Empowered Adolescents (SHAPE) manual published by the Commission on Population and Development.

**Development Team of the Module**

Reviewed by: Knowledge Management and Communications Division (KMCD)-  
POPCOM Central Office

Evaluated by:	<b>ARTURO D. TINGSON, JR.</b> Regional Education Program Supervisor LRMS, DepEd Regional Office XII	<b>ROY D. TRIBUNALO</b> Principal In-Charge, Sarangani Province Division
	<b>IRENE S. CUTAMORA, Ed. D</b> School Head, General Santos City Division	<b>MYLENE S. ARZADON</b> School Head, General Santos City Division
	<b>ELY BOBBYLORD C. ALAMIN</b> Head Teacher I, General Santos City Division	<b>FENELIA M. CUARESMA</b> Master Teacher I, Sarangani Province Division

Developed by: **FITZGERALD J. CARMONA**- Information Officer II  
**VINNA P. BOHOLST**- Information Officer I

Management Team: **EDWIN MATEO P. QUIJANO, CSEE**- Regional Director  
**DESIREE CONCEPCION U. GARGANIAN**- Planning Officer IV  
**MARIA FE G. ESMUNDO**- Administrative Officer V  
**ALVIN DWIGHT F. ASENTISTA**- Information Officer III

## **Introduction:**

SOCCSKSARGEN region is currently faced with the pressing issues and concerns on adolescent health and development. One of these is teen pregnancy, which is a major social and health concern. The 2017 National Demographic Health Survey (NDHS) showed that Region XII is the third highest teen pregnancy rate in the entire country with 14.5% of 15-19 women who have begun childbearing. The high rate of teen pregnancy in the region and in the entire country (<sup>1</sup>183, 967) prompted NEDA to issue teen pregnancy as a “National social emergency concern”, as it has a negative impact to the health and total well-being of the teens and to the country’s development.

In the 2016 study on teenage pregnancy in the Philippines by A. Herrin, it revealed that the discounted lifetime wage earnings foregone by a cohort of teenage girls 18-19 years resulting from early childbearing is estimated on an average of P33 billion.

It is with this context that POPCOM XII developed this additional learning material to enhance the knowledge of the learners on the topic to directly contribute on the reduction of teen pregnancies in the region.

## **Learning Competency:**

Analyzes the factors that affect one’s attitude and practices related to sexuality and sexual behavior (**H8FH-Ib-19**).

## **Session Objectives:**

At the end of the session, the learners are able to:

1. Explain the health and social risks of early pregnancy to mother and baby;
2. Identify common complications of pregnancy in adolescent mothers;
3. Describe how pregnancy can be prevented; and,
4. Recognize sexual abstinence and use of contraceptive or family planning as effective protection against pregnancy.

<sup>1</sup> 2018 PSA, Civil Registration and Vital Statistics (Live Births by Teen Mothers)