

NOT FOR SALE

8
HEALTH

MAPEH

Music, Arts, Physical Education & Health

FIRST QUARTER – MODULE 1

Week 1 – 2



SDO TAGUIG CITY & PATEROS

Introductory Message

For the facilitator:

This module was collaboratively designed, developed and evaluated by the Development and Quality Assurance Teams of SDO TAPAT to assist you in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!

LESSON: GENDER AND HUMAN SEXUALITY



Let's Learn

At the end of the scheduled weeks, you should be able to:

1. Discuss basic terms in sexuality as an important component of one's personality.
2. Explain the dimensions of human sexuality.
3. Analyzes the factors that affect one's attitudes and practices related to sexuality and sexual behaviors.

*Let us start your journey in learning more on Gender and Human Sexuality. I am sure you are ready and excited to answer the **PRETEST**. Smile and Cheer up!*



Let's Try

- A. How much do you know about gender and human sexuality? Find out by answering the following questions. Write your answers in your activity notebook.
1. What term defines a man or a woman based on biological characteristics?
 - a. Sex
 - b. Gender
 - c. Sexuality
 - d. Androgyny
 2. Which of the following illustrates gender?
 - a. Miguel loves to cook.
 - b. Marco does not cry in public.
 - c. Hazel has a positive body image.
 - d. Ahmed is attracted to Felicity.
 3. What do you call the sets of activities that society considers as appropriate for men and women?
 - a. Gender role
 - b. Gender identity
 - c. Gender equality
 - d. Gender sensitivity
 4. Why is it important to understand human sexuality?
 - a. We will be mature adults.
 - b. We have similar sexuality issues.
 - c. It will help us build a better relationship with ourselves and others.
 5. Which characterizes a good decision?
 - a. Easy to make
 - b. Makes your friends happy.
 - c. One that your teacher told you to make.
 - d. Made after a thoughtful consideration or consequence/s.

Great, you finished answering the questions. You may request your teacher to check your work. Congratulations and keep on learning!



Let's Recall

Read the following statements. Analyze your personal stand on each item. Write your short explanation why you agree or disagree with it.

1. Teaching is a job for women.
2. Men have no right to cry in public.
3. Both men and women can be police officers.
4. It is the responsibility of both parents to take care of their children.
5. Both the father and the mother should share in meeting the financial needs of the family.



Let's Explore

Sexuality as an important component of one's personality

Sexuality is a natural and healthy part of life. It is everything about being a male or female. It is the most important aspect in masculine or feminine identification. Sexuality involves the name given at birth, the toys played with, the clothes worn, the friends played with, the roles and responsibilities at home. Sexuality provides a sense of self-worth when sexual understanding is positive.

Sex is a major aspect of personality. It is closely related to emotional and social development and can be best understood by connecting it to the total adjustment of the individual in the family and society. The process of sexual development begins from birth to adulthood, thus, it is a continuous developmental process throughout life.

The purpose of gender and human sexuality education is to promote wholesome family and interpersonal relationships. It aims to provide knowledge and skills needed to establish and practice healthful behaviors. Finally, it aims to produce students who are responsible and have healthy sexuality.

Effective sexuality education provides culturally relevant and scientifically accurate information that includes opportunity to explore attitudes, values, and life skills to be able to make informed choices about sexuality.

Sexuality involves the physical, mental, social, emotional, and ethical dimensions of one's personality.



It is important to have a clear outlook of yourself. Then you will be able to focus on your good points and develop your weaknesses. If you know yourself well, you will know what you must do to stay healthy.

Activity 1

Here is someone who wrote about herself in a poem. Read and analyze how the author wanted to express herself.

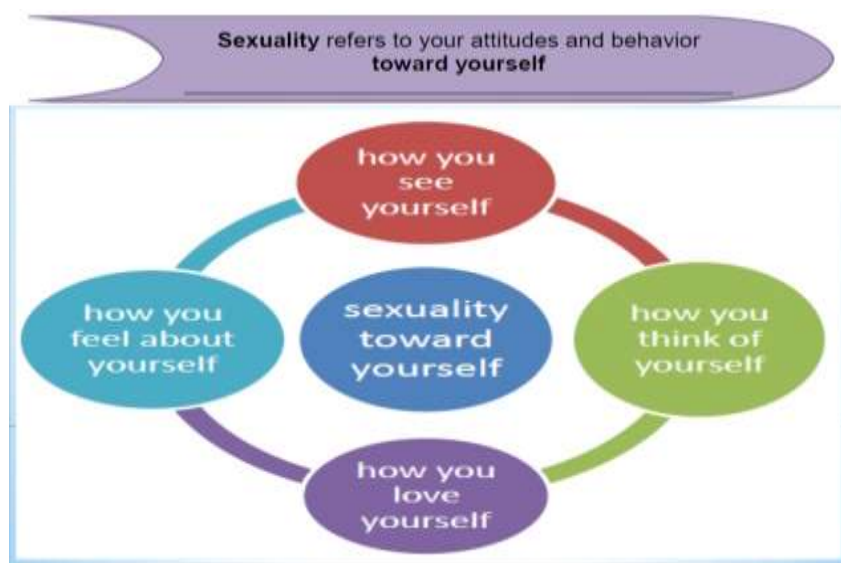
The Wonder of ME
by: Bernadette Borja Rosaroso

***Look at me in the eyes,
Tell me who am I.
Think of me just like you are,
As I take you as mine.
Gaze into my innermost world,
You'll learn who I am.
Interact with me,
And acquire a little of myself.
Feel my soul
And together we'll discover each other's world.***

Answer the following questions. Write your answers in your activity notebook.

1. How do you express yourself?
2. How do you see yourself?
3. How much do you know yourself?
4. How much do others know you?

Sexuality means you have to be aware of yourself better. As you grow older, you will experience a range of social, emotional, and physical changes. As these occur, you need an intensive knowledge on how to deal with your attitudes and behavior.



Healthy sexuality means taking high sense of responsibility for all your actions since this can affect self-esteem, decision making, and behavior.

A person's attitudes and practices related to sexuality and sexual behaviors are affected by the following:

1. Family



Sexual awareness of most people begins at home with the love and affection given by their parents and siblings. Sexual awareness develops by the manner the parents treat the children in terms of clothing, toys, games, and hobbies. Gender is strengthened by teaching children how they should behave.

2. Religion



Sexual attitudes and behavior may be greatly influenced by religious beliefs and doctrines. People differ in their stand on morality for they are differently bounded by their religious and spiritual beliefs. Others would disagree on premarital sex and extramarital sex. Some people would consider masturbation as immoral. Certain religions have strong conviction on the sanctity of marriage and so they reject divorce as an option for marital problems. Others find contraception or the use of contraceptive methods as sexually immoral.

3. Multiculturalism



The marriage between couples coming from different countries is no longer a new thing nowadays. Since they come from different countries, they may also have cultural differences specifically in matters of sexuality. Some countries would consider abortion as illegal and morally wrong but in other countries, it is allowed. For lowland people and those living in urban areas, it is proper to dress up covering the reproductive parts but for some, especially in ethnic groups, the women would dress up half naked and the men would just be covered with a piece of cloth enough to cover their reproductive parts. In countries with liberated people, they do not give so much regard on the virginity of a person before marriage but in some countries with conservative citizens, virginity is reserved until the person gets married.

4. Socioeconomic status



Living conditions also affect sexual behavior. It is very observable, especially on depressed areas with people living in poverty or below poverty line, that most engage in sexual activity at a very young age and girls end up in teenage pregnancies. Lack of education is also one reason that they do not see better life opportunities. For some, engaging in sexual activity at a young age is a way for a better socioeconomic status without much consideration on the romantic aspect of marriage and sexual reproduction. On the other hand, people under the middle-class status would likely be less aggressive on sexual activities because they tend to focus first on attaining financial stability for them to give a good life for their future family.

5. Peers and Friends



It is very common among teenagers to gather together and have their “girls talk” or “boys talk” thing. Adolescence period is very difficult for parents because it is the time when peers and friends would have a lot of influence to their teenage children. The time spent by teenagers in school is considerably longer than at home with parents. Others would socialize with their friends and same-age even after classes. With the influences adolescents get from their peers, there is a tendency for teenagers to disregard the teachings and advices of their family. They tend to neglect family values and standards just to be accepted by their peers and to be independent.

6. Media



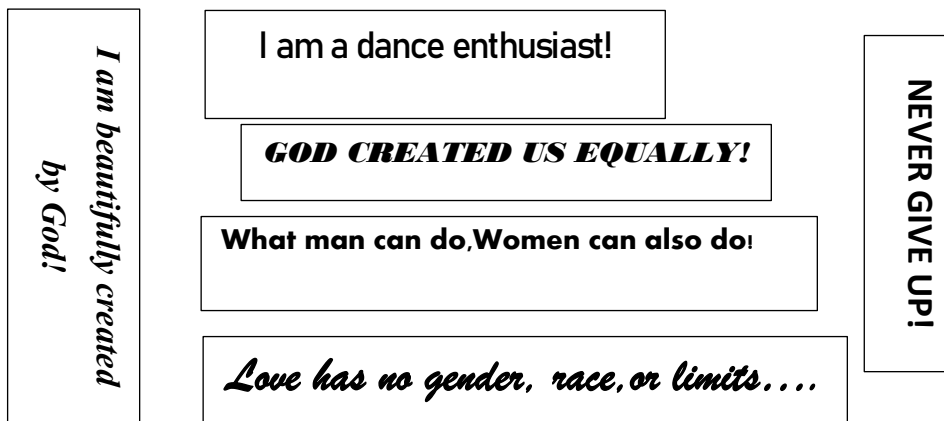
Media includes television, radio, movies, and printed advertisements and the widely-used world wide web. These forms of media are not only mean for public service, but these are also the sources of information for sexual awareness. Media can influence a person’s sexual behavior and practices depending on the type of information or program being presented. The effect on viewer or listener may be positive or negative.



Let's Elaborate

MY GRAFFITI!

Write quotations, sayings, or slogans that describes and reveal your likes, passions, and aspects of your personality. Then post your output on your bedroom walls and be inspired! See the example below.



Sexuality is best understood through the help of the people around you.



The way you see yourself is influenced by many people. It is important to maintain good relationships with others. They will support you and give you confidence, provide companionship, and keep you from being lonely.



Let's Dig In

HOW I AND OTHERS SEE MYSELF

Listed below are characteristics which may or may not represent you. Use the mark in the legend in rating yourself. After you are done, you can ask one of your housemates to rate you also. Do this in a separate sheet of paper.

😊 Yes, This is very much me! **X** No, not me at all **0** Unsure

Your Rate	Your Housemate's Rate
Extrovert _____	Extrovert _____
Selfish _____	Selfish _____
Confident _____	Confident _____
Aggressive _____	Aggressive _____
Shy _____	Shy _____
Attractive _____	Attractive _____
Good Listener _____	Good Listener _____
Approachable _____	Approachable _____
Liked _____	Liked _____
Fun _____	Fun _____
Sincere _____	Sincere _____
Irresponsible _____	Irresponsible _____
Kind _____	Kind _____
Dependable _____	Dependable _____

After accomplishing the task, compare your responses with the answers of your house mate regarding your characteristics. Are they the same? Does your house mate see you as you see yourself? Reflect on this matter.



Let's Remember

Gender – is a social concept on how men and women should think, feel and act. It refers to femininity or masculinity of a person's role and behavior.

Human sexuality – is the quality of being male or female. It is the way in which we experience and express ourselves as sexual beings.

Sex – is the biological basis of being male or female

Sexuality – is an integral part of what we do and who we are; it is the way in total expression of an individual's self-concept.

Gender Role - refers to set of roles, characteristics, and expectations of how a man or woman should feel, think, and act as influenced by parents, peers, and society.



Let's Apply

Answer the following questions:

1. How does gender differs from sexuality?
2. Enumerate the 5 dimensions of one's personality in sexuality.
3. What are the factors that affect human sexuality?



Let's Evaluate

Answer the following questions.

1. It refers to the natural and healthy part of life.
 - a. Sexuality
 - b. Sex
 - c. Gender
 - d. Emotional aspect
2. This refers to a major aspect of personality.
 - a. Sexuality
 - b. Gender
 - c. Sex
 - d. Ethical aspect
3. This mainly refers to a social concept on how men and women should think, feel, and act.
 - a. Gender
 - b. Mental
 - c. Human sexuality
 - d. Moral aspect
4. It is a dimension of sexuality that focuses on how a person looked at him/herself.
 - a. Social
 - b. Mental
 - c. Physical
 - d. Ethical
5. A dimension of human sexuality that pertains on how a person think.
 - a. Mental
 - b. Physical
 - c. Social
 - d. Emotional
6. It is a dimension of sexuality that focuses on how a person interact with others.
 - a. Emotional
 - b. Physical
 - c. Mental

- d. Social
- 7. This dimension of sexuality refers on how a person feel about him/herself and others.
 - a. Emotional
 - b. Physical
 - c. Social
 - d. Ethical
- 8. It is a dimension of sexuality that focuses on how a person value relationship.
 - a. Ethical
 - b. Physical
 - c. Emotional
 - d. Social
- 9. It is the quality of being male or female. It is the way in which we experience and express ourselves as sexual beings.
 - a. Human sexuality
 - b. Gender
 - c. Sex
 - d. Equality
- 10. It refers to the set of roles, characteristics, and expectations of how a man or woman should feel, think, and act as influenced by parents, peers, and society.
 - a. Sex
 - b. Gender equality
 - c. Gender role
 - d. Sexuality

References:

Physical Education and Health – Grade 8 Learner’s Material, First Edition,
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