**SELF-LOVE**

1. **How do you personally define beauty?**
   * I define beauty in terms of inner qualities, such as kindness, intelligence, and confidence, rather than its subjective definition wherein it focuses more on what is pleasing to the eye or what is attractive. I believe that it's not about upholding the ideals of beauty that our society or the media have established and what matters most is having a good heart and cultivating a positive attitude towards oneself and others and focusing on personal growth and development.
2. **Do you think you are beautiful? What is your basis for why you consider yourself as such?**
   * Yes, I am beautiful because I believe that I am unique and have my own individual beauty that is not solely based on my physical appearance but also on my inner qualities.
3. **How important is physical beauty?**
   * I can say that physical beauty is somehow important as it helps to boost self-confidence and self-esteem. However, in our society or the media industries nowadays given physical beauty a high level of importance and emphasis where it becomes unrealistic or unattainable for many people which is quite sad. Though physical beauty can be attractive and appealing, it shouldn't be the sole basis when determining a person's worth or value. In judging a person's overall attractiveness and beauty, inner traits like kindness, confidence, intelligence, and integrity are equally, if not more, important.
4. **Do you have a crush now? A boyfriend/ girlfriend? How are you dealing with/managing your emotions? Do you consult your parents? Friends or classmates about it?**
   * Yes, I have a crush and I deal with or manage my emotions by acknowledging and accepting that feeling that it is a normal human experience or a normal part of life and that it’s okay to have these emotions. No, I don’t consult my parents about it because it’s awkward and think that it will be uncomfortable but with friends, I can somehow consult though I only share tidbits of details.
5. **Give 5 advantages and 5 disadvantages of family planning.**
   * **Advantages**
     + Can reduce the need for abortions and the risk of unplanned pregnancies.
     + It gives women a choice to put off having a child until they can afford to take care of one. It gives them time to work toward their educational and career goals without being concerned about the financial burden of unplanned pregnancy.
     + Can help prevent the spread of sexually transmitted diseases by promoting the use of barrier methods and other safe sex practices.
     + Can empower women and give them greater control over their reproductive health and choices.
     + Helps couples to plan for the number of children they want to have, which can help them manage their finances and achieve financial stability.
   * **Disadvantages**
     + Family planning methods may have side effects that can be uncomfortable or undesirable, such as headaches, dizziness, nausea, or irregular bleeding.
     + Certain methods of family planning, such as hormonal contraceptives, may increase the risk of certain health problems, such as blood clots or breast cancer.
     + Family planning methods may be difficult to access or afford, especially for individuals or families with limited financial resources.
     + Some individuals may experience difficulty in conceiving after discontinuing the use of certain family planning methods.
     + Family planning does not protect against STIs such as chlamydia or HIV.