

# HEALTH

## Quarter 1 – Module 3: Discover Yourself



**Health – Grade 8**  
**Alternative Delivery Mode**  
**Quarter 1 – Module 3: Discover Yourself**  
**First Edition, 2020**

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**HEALTH**  
**Quarter 1 – Module 3:**  
**Discover Yourself**

## **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 master the nature and background of team sports. 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 – Physical Activity and Physical Assessment of Family/School Peers

After going through this module, you are expected to:

1. analyzes the factors that affect one's attitudes and practices related to sexuality and sexual behaviors (**H8FH-Ib-19**).
  - a. Identify the factors that affect one's attitude and practices related to sexuality and sexual behaviors;
  - b. differentiate the influential factors that affects one's attitude and practices related to sexuality and sexual behaviors;
  - c. write a reflection on the factors that influence and affect one's attitudes and practices related to sexuality and sexual behaviors; and
  - d. identify key cultural norms are sources of messages relating to sexuality.



## **What I Know**

Directions: Choose the letter of the correct answer. Write your answer in your activity notebook.

1. What factor that plays a significant role in our lives as we regularly watch television, listen to radio, search the internet, read newspaper, post on Facebook, Instagram, Twitter and other technology platforms?
  - A. culture
  - B. family
  - C. media
  - D. peers
2. Which factor of sexual behavior and sexuality that oftentimes determines your own values?
  - A. culture
  - B. family
  - C. media
  - D. peers
3. What specific norms and standards set by society that could affect your values regarding sexuality?
  - A. culture
  - B. family
  - C. media
  - D. peers
4. Which of the following factors that is associated with people you meet in school who can give significant impact on your views on human sexuality?
  - A. culture
  - B. family
  - C. media
  - D. peers
5. Which of the following choices refers to the way we experience and express ourselves as sexual beings?
  - A. human gender equality
  - B. gender sensitivity
  - C. sexuality
  - D. sexuality crisis

Directions: Write what is being described in each number. Choose your answer from the box below.

behavior	peers	decision	friend	gender
family	media	self	sexuality	culture

6. The important part of one's personality.
7. The behavioral, cultural, or psychological traits typically associated with one sex.
8. The customary beliefs, social forms and material traits of a racial, religious or social group.
9. The way in which someone conducts oneself or behaves.
10. The one that belongs to the same societal group especially based on age, grade or status.
11. The act or process of deciding.
12. The individual's typical character or behavior.
13. The medium of cultivation, conveyance or expression.
14. The basic unit of society.
15. The one attached to another by affection or esteem.

**Lesson  
1**

# **Factors Affecting One's Attitude and Practices Related to Sexuality and Sexual Behaviors**

Your sexuality is a natural drive from birth but there are different factors that affect one's attitude and practices related to sexuality and other sexual behaviors.



## **What's In**

### **Perfect Match!**

Directions: In the previous module, you have understood what sexuality is all about and the factors that can influence your sexuality. In this activity, match the statement that characterizes sexual behavior from column A that best described its dimensions of human sexuality in column B. Write the letter of your choice in your activity notebook.

<b>Column A</b>	<b>Column B</b>
1. It is the one that drives you to interact with others.	a. emotional self
2. It is an anatomic aspect of man or woman.	b. ethical self
3. It is considered as your morals or values regarding relationships.	c. mental self
4. It is the way you think as a man or woman	d. physical self
5. It is the way you feel about yourself and others.	e. social self
	f. spiritual self



## What's New

### LOOP-A-WORD

Directions: In the crossword puzzle below, look for 10 words that would associate to attitudes and practices referring to sexuality and sexual behaviors. The following definitions/statements will help you determine the answer in each item.

Words that are formed in HORIZONTAL direction.

1. The way we experience and express ourselves as sexual beings
2. The behavioral, cultural, or psychological traits typically associated with one sex
3. The customary beliefs, social forms, and material traits of a racial, religious or social group
4. The way in which someone conducts oneself or behaves
5. The one belongs to the same societal group especially based on age, grade or status
6. The act or process of deciding
7. The individual's typical character or behavior
8. The one attached to another by affection or esteem

Words that are formed in VERTICAL direction.

9. The medium of cultivation, conveyance or expression
10. The basic unit of the society.

S	E	X	U	A	L	I	T	Y	M
J	V	G	Z	O	O	M	A	B	E
G	E	N	D	E	R	F	C	D	D
K	Y	L	F	P	W	A	H	N	I
O	Q	X	G	H	Q	M	T	R	A
V	P	E	E	R	S	I	U	O	K
S	N	I	J	N	U	L	S	P	X
L	S	O	M	V	A	Y	Q	H	F
N	T	P	V	Z	H	V	K	D	T
C	U	L	T	U	R	E	W	Q	S
B	E	H	A	V	I	O	R	M	N
D	E	C	I	S	I	O	N	D	O
S	E	L	F	E	N	O	R	M	S
N	F	R	M	F	R	I	E	N	D



## What is It

Your sexuality is naturally driven within yourself from birth, but there are factors that affect your points of view and practices in relation to your sexual manners. In this section, we will help you understand the idea about the different aspects that affect one's attitude and practices related to sexuality and sexual behaviors.

### **Factors that affect one's attitude and practices related to sexuality and sexual behaviors:**

**Family.** It is a factor that oftentimes determines your family values. Family, especially the parents are usually the first mentors of your sexual identity. They teach you about love, kindness and humility. Family's relationship lays the foundation of your personality, life options and total behavior. It can also affect the strength of your social, physical, mental and emotional health. Making a strong connection within your family is significant in nurturing yourself.

Values and expectations are just two ways that family could influence your attitude and sexual behaviors. A family with defined values is able to withstand against other people's contrasting principles. You see how your parents interact with each other, make choices and determine right and wrong to develop moral self in the family. However, when you have a weak and or broken family, you may be astray and feel difficult in making right decisions and correct actions. In some families, setting expectations towards their children provide high regard of being successful and or depression depending on how you manage and understand the set standards.

**Culture.** Cultural background can affect your values regarding sexuality. Sexual identities and orientations, the contents of sexual behavior, and the social consequences of these behaviors vary largely across cultural contexts. Cultures all over the world recognized standards for individuals to match your sex role prescriptions and feel psychologically well adjusted.

Culture looks at the entirety of any given society's belief organization, laws, customs, practices, language and attitudinal variables which makes people distinctive from others. What happened when you are conditioned in the ways of a specific culture? You start acting and behaving in ways that are suitable to such a culture. Your dress sense, grooming, language, belief system and attitude become shaped to suit into that society which causes you to become accepted by them. Just like for example, some ladies like wearing tiny shorts are normal, while in others, it is forbidden because of their family and

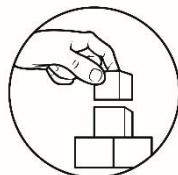
religious beliefs. Some places allow males and females to mingle freely in public places, but others do not. This has a great impact on how you adapt the certain culture in your own community where you belong.

**Peers.** Like your family, your friends can also have an important impact on your views on human sexuality. Peers are one of important sources of knowledge about sexuality, but they are not the most effective and efficient sources. As an adolescent, you may begin to spend more time with peers – friends and classmates in your age group. As a result, their values and beliefs may influence you.

Choosing your peers are important because they influence you every day. During adolescence, this influence can be mainly tough as you spend more time away from home and you become more conscious of different values and morals like beliefs and about right and wrong. You feel the belongingness within your peers when you actually do the same thing what they're doing. You feel belong and accepted part of society by exposure to other people, their behavior and values. This socialization is an important part of growing up.

**Media.** Media plays a significant role in your lives as you regularly watch televisions, listen to radio, search the internet, read newspaper, etc. Television and magazines are the main educational sources of youth's sexual relationships.

Media plays a big role in shaping our sexuality because of how they portrait figures of females and males in music videos, magazines, commercials, television and many more. They create exaggerated standards which influence how you think in yourself.



## **What's More**

Good job! You are almost done with the activities in this module. Let's dig out on how much you understand about factors affecting one's attitudes and practices related to sexuality and sexual behaviors. You may choose only one (1) activity to answer.

### **Activity 1: Visualize This**

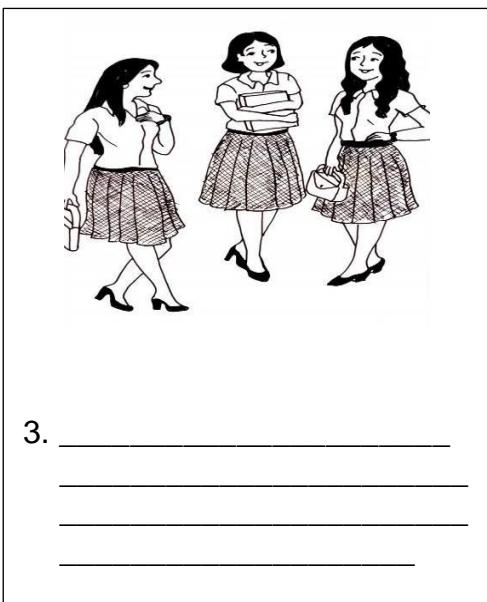
Directions: From the pictures below, Identify the factors that affect attitudes and practices related to human sexuality. Write a short insight on how these factors affect your sexual behavior. The first item is given for your guidance.



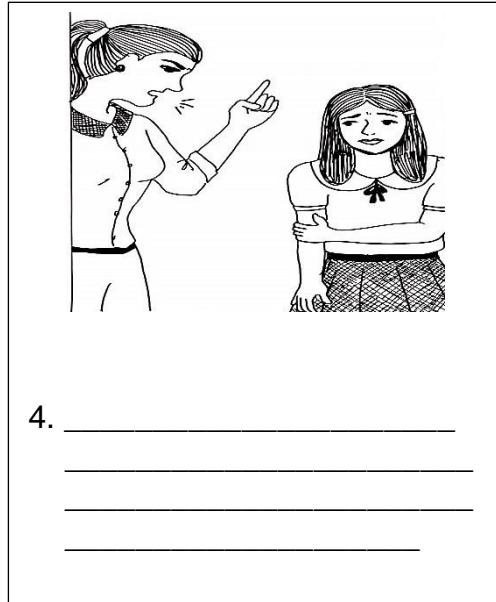
1. A child who grows up in a religious family is expected to be prayerful and honest.



2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

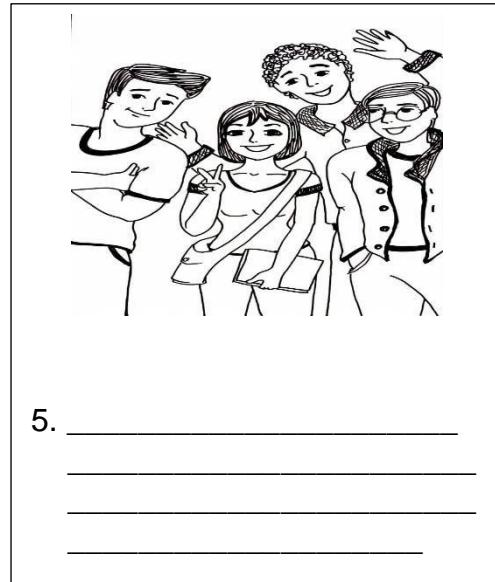


3. \_\_\_\_\_  
\_\_\_\_\_



4. \_\_\_\_\_  
\_\_\_\_\_

Illustrated by: Ruth B. Elman



5. \_\_\_\_\_  
\_\_\_\_\_

Illustrated by: Ruth B. Elman

### **Activity 2: Say More**

Directions: Write your personal thoughts on the questions that concern about the influences of your sexual personality.

1. What are the factors that shape your sexual attitudes?

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2. How do these factors affect your sexual attitudes?

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3. What will you do to minimize its negative effects to your sexual attitude?

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### **Activity 3: Analyze Media Message**

Directions: Think of a specific commercial that can be seen on TV or read in a newspaper. Observe how men and women are being portrayed. Then answer to the following questions:

What is the commercial all about?

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What message is presented about being a man or a woman?

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Is the information real and accurate? Why or Why not?

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

Excellent Job! This time, let us check if your thoughts have changed about the factors affecting one's attitude and practices related to sexuality and sexual behaviors. Express this change by completing the phrases:

After learning these topics on...

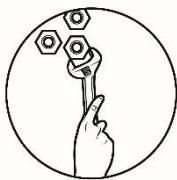
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I am now convinced that...

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As a responsible adolescent, I will...

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## What Can I Do

Write a reflective journal on what factor influences your sexual attitude the most. You will be guided with the rubric below on how your activity will be graded.

<b>Criteria</b>	<b>Below Average</b>	<b>Average</b>	<b>Above Average</b>
Observations and Insights  <b>10</b>	Simplistic observations, provides little or no insight, comment or analysis, more descriptive than reflective  <b>0-4</b>	Adequate degree of observations, some insight and analysis, reflection and outcomes are considered but lack depth  <b>5-7</b>	Sophisticated and thoughtful observations., high degree of insight and analysis, evidence that outcomes have been processed and reflected upon  <b>8-10</b>
Language and structure  <b>5</b>	Not well organized, predominantly descriptive with little interpretation or reflection, poor vocabulary and grammar, numerous errors  <b>0-1</b>	Better structure with a logical progression, use of limited interpretation and reflections, competent vocabulary and grammar, occasional errors  <b>2-3</b>	Excellent coherence and progression, ideas and observations are well structured. Effective and accurate use of vocabulary and grammar, very few errors.  <b>4-5</b>
Subject  <b>5</b>	Journal is unclear and has gaps in logical sequence.  <b>0-1</b>	Journal entry is mostly clear and logical.  <b>2-3</b>	Journal entry is clear, logical and articulate.  <b>4-5</b>

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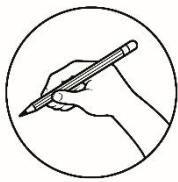
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## Assessment

Directions: Choose the letter of the correct answer. Write your answer in your activity notebook.

1. What factors that plays a significant role in our lives as we regularly watch television, listen to radio, search the internet, read newspaper, posts in Facebook, Instagram, Twitter and other technology platforms?
  - A. culture
  - B. family
  - C. media
  - D. peers
2. Which factor of sexual behavior and sexuality that oftentimes determine your own values?
  - A. culture
  - B. family
  - C. media
  - D. peers
3. What specific norms and standards set by society that could affect your values regarding sexuality?
  - A. culture
  - B. family
  - C. media
  - D. peers
4. Which of the following factors is associated with people you meet in school that can also have a significant impact on your views on human sexuality?
  - A. culture
  - B. family
  - C. media
  - D. peers
5. Which of the following choices refers to the way in which we experience and express ourselves as sexual beings?
  - A. human gender equality
  - B. gender sensitivity
  - C. sexuality
  - D. sexuality crisis

6. What specific norms and standards set by society that could affect your values regarding sexuality?
- A. culture
  - B. family
  - C. media
  - D. peers
7. Which of the following factors refers to companions who can also have a significant impact on your views on human sexuality?
- A. culture
  - B. family
  - C. media
  - D. peers
8. What factor that is usually the first educators of the sexual identity to children and teach them about love, kindness and humility?
- A. culture
  - B. family
  - C. media
  - D. peers
9. Which of the following are the culture influences affecting sexual behaviors, except one?
- A. gender
  - B. media
  - C. norms and ethics
  - D. socioeconomic
10. Which of the statements below is NOT referring to human sexuality?
- A. it is more about of who we are than about what we do.
  - B. it is the total of our physical, mental, emotional and spiritual responses.
  - C. It is an expression of sexual sensation and intimacy between persons.
  - D. Comprises broad range of behavior and processes.
11. Which among the choices are the two-family factors affecting sexual behaviors?
- A. money and fame
  - B. punishments and rewards
  - C. technology and gadgets
  - D. values and expectations
12. What do you call to these components such as customary belief, social forms, religious, and material traits?
- A. culture
  - B. family
  - C. media
  - D. peers

13. What component of culture that refers to the personal conduct on how a person act?
- A. behavior
  - B. environment
  - C. media
  - D. social form
14. Which one that belongs to the same societal group that most influenced your behavior?
- A. culture
  - B. family
  - C. media
  - D. peers
15. What is basic unit of society that first determine your values?
- A. culture
  - B. family
  - C. media
  - D. peers



## ***Additional Activities***

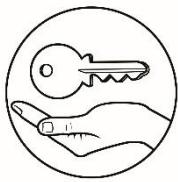
### **Activity 1: Let's Get Involve**

In your community/neighborhood or in your family, interview at least four (2) people about their insights and ideas on the influence of family, culture, peers and media in shaping one's sexuality and sexual behavior. Write the answers in your activity notebook.

*Note: Always observe health protocols in doing this activity.*

Guide questions for interview:

1. What significant role does your family play in shaping your personality?
2. How do your peers affect your values regarding human sexuality?
3. Why do media influence you especially on decision-making about one's personality?



# Answer Key

<p><b>What I Have Learned</b></p> <p>After learning these topics on... factors affecting one's attitude and practices related to sexuality and sexual behaviors</p> <p>My Family influenced me the most. Since childhood, they taught me important things in life and understand the value of respect and love.</p> <p>1. Family - A child who grows up in a religious family is expected to be playful, faithful and honest.</p> <p>2. Media and technology -</p> <p>3. Peers who studied in an exclusive school. _____</p> <p>4. A child who has an authoritative parent in a family. _____</p> <p>5. A lady who has male friends and neighbors (culture). _____</p> <p><b>Activity 1</b></p> <p>I am convinced that... there are so many factors that help me mold a better version of myself.</p> <p>As a responsible adolescent, I will... always choose to think positively and develop myself not for other people but to free myself from insecurities and be successful in our own way.</p>	<p><b>What I Can Do</b></p> <p>After learning these topics on... factors affecting one's attitude and practices related to sexuality and sexual behaviors</p> <p>My Family influenced me the most. Since childhood, they taught me important things in life and understand the value of respect and love.</p> <p>1. Answers will vary according to learners.</p> <p>2. Media and technology -</p> <p>3. Peers who studied in an exclusive school. _____</p> <p>4. A child who has an authoritative parent in a family. _____</p> <p>5. A lady who has male friends and neighbors (culture). _____</p> <p><b>Activity 1</b></p> <p>1. c 2. b 3. a 4. d 5. c</p> <p><b>What I Know</b></p> <p>Activity 1</p> <p>1. c 2. b 3. a 4. d 5. c</p> <p><b>Activity 2</b></p> <p>1. Fit in Right 2. Man and woman should be fit 3. Yes. People are figure conscious and prevent sedentary lifestyle diseases.</p> <p><b>What's New</b></p> <p>1. Sexuality 2. Gender 3. Culture 4. Behavior 5. Decision 6. Peers 7. Media 8. Family 9. Friend</p>
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