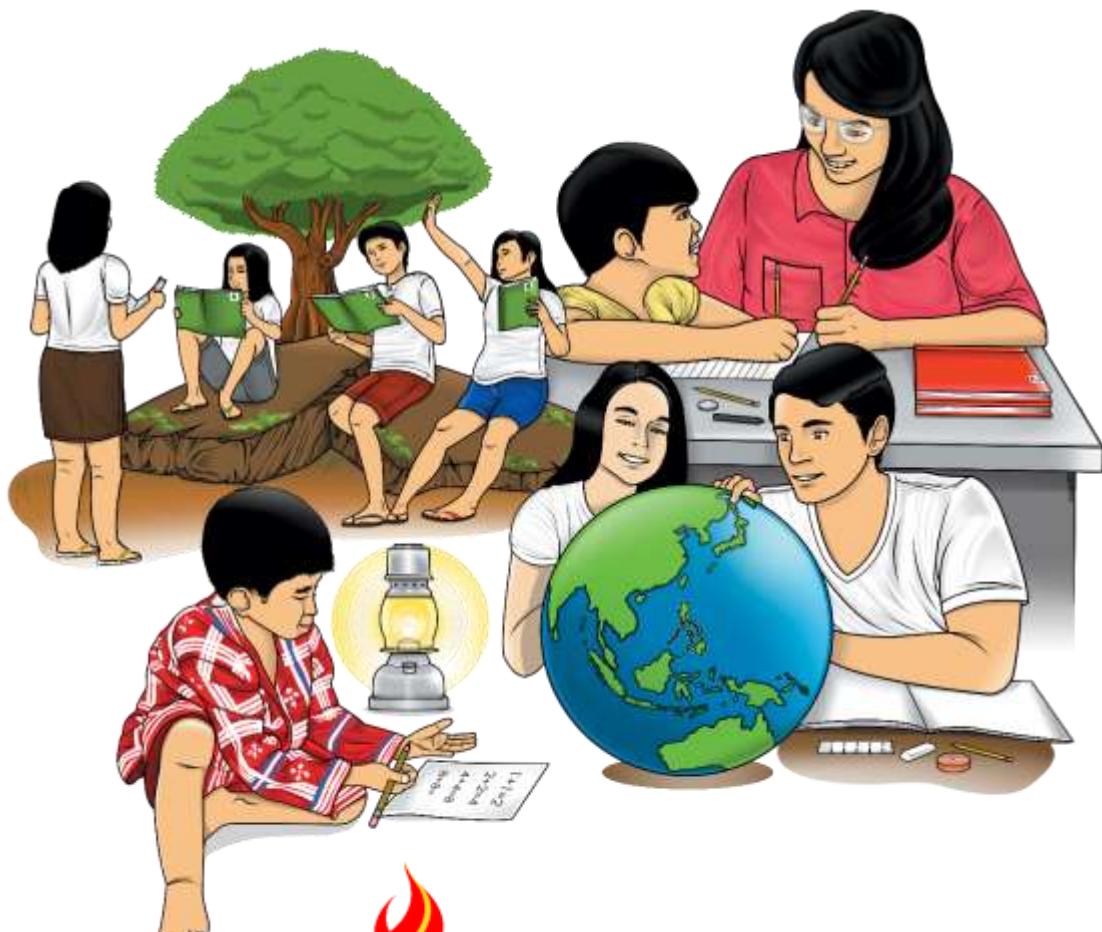


Health

Quarter 3 - Module 5:

Armor For Life



Health – Grade 8
Alternative Delivery Mode
Quarter 3 – Module 5: Armor For Life
First Edition, 2019

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**Health
Quarter 3 – Module 5:
Armor for Life**

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 Self-Monitoring Skills in Disease Prevention. 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.

The module contains:

- Lesson 1 – Self-Monitoring Skills: Developing Healthy Habits

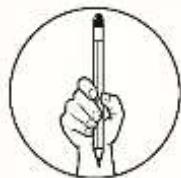
Main Learning Competency:

1. Demonstrate self-monitoring skills to prevent communicable diseases (H8DD-IIIIf-h21)

Objectives:

After going through this module, you are expected to:

- a. identify life skills in improving health status;
- b. relate the importance of self-monitoring habits to the prevention of communicable diseases;
- c. design a health-related plan using life skill in promoting healthy lifestyle among teenagers.



What I Know

Directions: Read the statements carefully. Write the letter of the correct answer in your activity notebook.

1. Which skill refers to the ability to regulate behavior in order to accommodate social situations?
 - A. Behavioral Skills
 - B. Self-Monitoring Skills
 - C. Social Skills
 - D. Thinking Skills

2. Which of the following is true about people who closely monitor themselves and often behave in a manner that is highly responsive to social cues and their situational context?
 - A. Self-care
 - B. Self-identity
 - C. Self-monitor
 - D. Self-proclaimed

3. Which is NOT a self-monitoring habit in preventing communicable diseases?
 - A. Washing hands regularly
 - B. Handling and prepare food safely.
 - C. Practicing proper cough etiquette
 - D. Sleeping without changing clothes after playing

4. Which skill refers to coping with stress, understanding one's emotions, and self-awareness when you or your family members have infectious disease?
 - A. Personal Skills
 - B. Relationship Skills
 - C. Self-Monitoring Skills
 - D. Thinking Skills

5. Which of the following activities should not be done when sneezing?
 - A. Sneeze without covering your mouth and nose.
 - B. Sneeze through your sleeves.
 - C. Sneeze covering your nose and mouth.
 - D. Sneeze in a tissue.

6. Which skill refers to the monitoring of changes in your weight, pulse rate, heart rate, and other vital signs?
 - A. Personal Skills
 - B. Relationship Skills
 - C. Self-Monitoring Skills
 - D. Thinking Skills
7. Which habit refers to when a sick person should wear mask?
 - A. Washing hand regularly
 - B. Handling and prepare food safely
 - C. Practicing proper cough etiquette
 - D. Avoiding Touching wild animals
8. How many percent of alcohol should a sanitizer contain to be considered effective?
 - A. 30%
 - B. 40%
 - C. 50%
 - D. 60%
9. What is the best thing to do when sick?
 - A. Consult doctor
 - B. Stay home
 - C. Take medicine
 - D. All of the above
10. Which is NOT a goal why people monitor one's health?
 - A. Self-monitoring maintains health-promoting behaviors.
 - B. Self-monitoring uses behavior change technology for problem-solving and creation of action plans.
 - C. Self-monitoring ends relationships because people tend not to socialize anymore to prevent getting diseases.
 - D. Self-monitoring motivates and maintains behavior change by promoting self-efficacy, increasing awareness, and monitoring progress.
11. What is the proper manner of coughing especially in public places?
 - A. Just sneeze anywhere
 - B. Through a cellophane
 - C. By using hands without washing it after
 - D. Covering your mouth with a tissue or with a shirt sleeve

12. Why do we need to avoid touching wild animals?
- A. Animals are dirty.
 - B. Animals don't take bath.
 - C. Animals may carry germs that can harm you.
 - D. Animals don't have the capacity to clean themselves.
13. Why disease prevention is important?
- A. because it is required in school.
 - B. because your mother told you so.
 - C. because your friends are doing it so.
 - D. because communicable disease not only threatens the sick person but also his/her family and the society.
14. Where should you throw a used tissue?
- A. In the canal
 - B. In the trash bin
 - C. In the toilet bowl
 - D. In the bathroom sink
15. Which skill involves decision-making, critical thinking, creative thinking, and problem-solving skills?
- A. Personal Skills
 - B. Relationship Skills
 - C. Self-Monitoring Skills
 - D. Thinking Skills

Lesson 1

Self-Monitoring Skills: Developing Healthy Habits

Disease prevention and control is a very important health concern because it affects the quality of people's life. Communicable disease not only threatens the sick person but also his/her family and the society in general. Thus, protecting ourselves and our families from diseases is both a personal and social responsibility.

Observe and analyze the figure below:



Why is there a need to understand the importance of disease prevention and control?

It is time to take charge of your own health and that of others. To adopt a healthy lifestyle is quite challenging but sure it is worth to do.



What's In

Directions: Determine the symptoms of COVID-19 based on your previous learning. Identify also the things we need to do to prevent acquiring the disease. Copy the table and write your response in your activity notebook.

Emerging and re-emerging Disease	Symptoms	Preventive Measures
COVID- 19	1. 2. 3.	1. 2. 3.



What's New

Activity 1: Guilty or Not Guilty?

Directions: Read the following and put a check (/) mark in the appropriate box. Write your answers in your activity notebook.

	Guilty	Not Guilty
1. I sleep for 4-5 hours every night.		
2. I feel stressed when someone sneezes near me.		
3. I enjoy eating after a game without washing my hands.		
4. I share personal items with my siblings or friends.		
5. I visit my doctor when I get sick.		

What do your responses say about how you monitor your health? Why do we need to monitor communicable diseases?



What is It

WHAT SHOULD YOU KNOW?

Why do we need to monitor communicable diseases?

There are various limitations on the availability of health benefits; people's health is largely determined by the extent to which individuals take responsibility for their own continued good health.

Self-monitoring is defined as a personality trait that refers to an ability to regulate behavior to accommodate social situations. People who closely monitor themselves are categorized as high self-monitors and often behave in a manner that is highly responsive to social cues and their situational context.

Self-monitoring motivates and maintains behavior change by promoting self-efficacy, increasing awareness, and monitoring progress. Self-monitoring has been used effectively to change dietary behaviors through use of food-tracking instruments

Patients need skills to manage their specific disease, maintain health-promoting behaviors, and use behavior change technology for problem-solving and creation of action plans. Specific skills for overcoming obstacles and challenges will vary depending on the individual person and their health status.

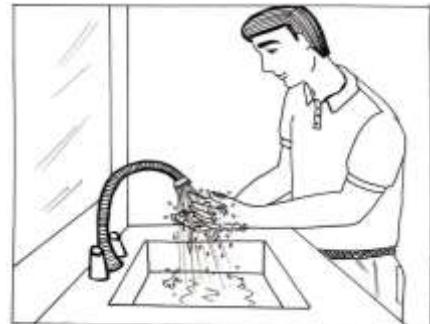
1) Handle & Prepare Food Safely

Food can carry germs. Wash hands, utensils, and surfaces often when preparing any food, especially raw meat. Always wash fruits and vegetables with flowing water. Cook and keep foods at proper temperatures. Don't leave food out – refrigerate promptly.



2) Wash Hands Often with Soap

One of the most important healthy habits to prevent the spread of germs is to clean your hands. Our hands can carry germs, so it is important to wash them often, even if they don't look dirty.



When to wash your hands

Make sure to clean your hands before and after:

- Using the bathroom or changing diapers
- Eating
- Cooking or serving food
- Treating a cut or wound
- Contact with a sick person
- Putting on and removing protective equipment like a face mask

Clean your hands after these actions:

- Coughing, sneezing, or blowing your nose
- Touching another person's hands or touching an animal or pet
- Handling garbage
- Touching frequently touched areas (doorknobs) or contaminated items (dirty laundry or dishes).

How to Wash Hands with Soap and Water

1. Wet hands and apply soap.
2. Rub hands for at least 20 seconds. Scrub all surfaces.
3. Rinse hands.
4. Dry hands with a clean cloth or paper towel. If in a public place, use the paper towel to turn off the faucet. Then, throw in the trash.

How to Clean Hands with Hand Sanitizer

1. Use hand sanitizer if soap and water are not available and if your hands do not look dirty. To be effective, hand sanitizer must have at least 60% alcohol content.
2. Apply hand sanitizer to both hands.
3. Rub hands covering all surfaces until dry. If your hands dry before 10 seconds you did not use enough. Apply more and repeat.

*Although not as effective as washing one's hands with soap and water or using hand sanitizer, pre-moistened cleansing towelettes with at least 60% alcohol content can be an alternative.

3) Clean & Disinfect Commonly Used Surfaces

Germs can live on surfaces. Cleaning with soap and water is usually enough. However, you should disinfect your bathroom and kitchen regularly. Disinfect other areas if someone in the house is ill. You can use a disinfectant or a bleach solution.



4) Cough and Sneeze into a Tissue or Your Sleeve

If you are sick, the air that comes out of your mouth when you cough or sneeze may contain germs. Someone close by can breathe in your air, or touch a surface contaminated with your germs, and become ill. Cough or sneeze into a tissue or your shirt sleeve—not into your hands. Remember to throw away the tissue and wash your hands. You can wear a face mask when you are sick with a cough or sneezing illness.



5) Don't Share Personal Items

Avoid sharing personal items that can't be disinfected, like toothbrushes and razors, or sharing towels between washes. Needles should never be shared, should only be used once, and then thrown away properly.



6) Get Vaccinated

Vaccines can prevent many infectious diseases. You should get some vaccinations in childhood, some as an adult, and some for special situations like pregnancy and travel. Make sure you and your family are up-to-date on your vaccinations.

7) Avoid Touching Wild Animals

You and your pets should avoid touching wild animals which can carry germs that cause infectious diseases. If you are bitten, talk to your doctor. Make sure that your pet's vaccinations are up-to-date.



8) Stay Home When Sick

When you are sick, stay home and rest. You will get well sooner, and will not spread germs.

Other Skills used in Disease Prevention

Personal Skills	Relationship/ Social Skills	Thinking Skills	Self-Monitoring Skills
-Coping with Stress	- empathy	- decision making	- monitoring changes in weight, pulse rate, heart rate
-Understanding one's emotion	-communication skills	- critical & creative thinking	- observing one's behavior in relation to one's goal
-self-awareness	-accommodate social situations	-problem solving skills	

Personal skills are those concerned with how people manage and express themselves. They are revealed in those attitudes and behaviors people bring to their work, study and daily activities.

The ability, skills, tools, knowledge, knowing and understanding to create, communicate, evolve, grow, trust and maintain a relationship. **Relationship skills** are vital to be in or have a relationship to ensure we trust, grow, trust and evolve with each other.

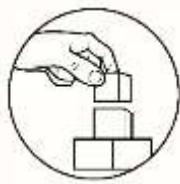
Thinking skills are the mental activities you use to process information, make connections, make decisions, and create new ideas.

Self-monitoring is defined as a personality trait that refers to an ability to regulate behavior to accommodate social situations. People who closely monitor themselves are categorized as high self-monitors and often behave in a manner that is highly responsive to social cues and their situational context.

Activity 1.1

Directions: Write **True** if the statement is correct and **False** if the statement is not.

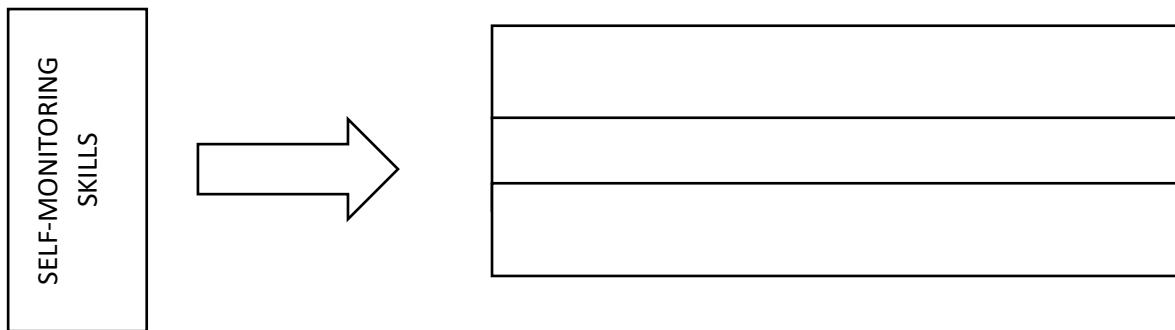
1. Self-monitoring is not important in disease prevention because it requires an individual to observe her behavior then evaluate it against an external standard or goal.
2. Life skills increase independent functioning in academic, behavioral, self-help, and social areas.
3. Life skills promote students to take responsibility of their actions.
4. Behavior and attitude of individual are unnecessary in disease prevention.
5. Self-monitoring skills play a vital role in the control and spread of disease in the community.



What's More

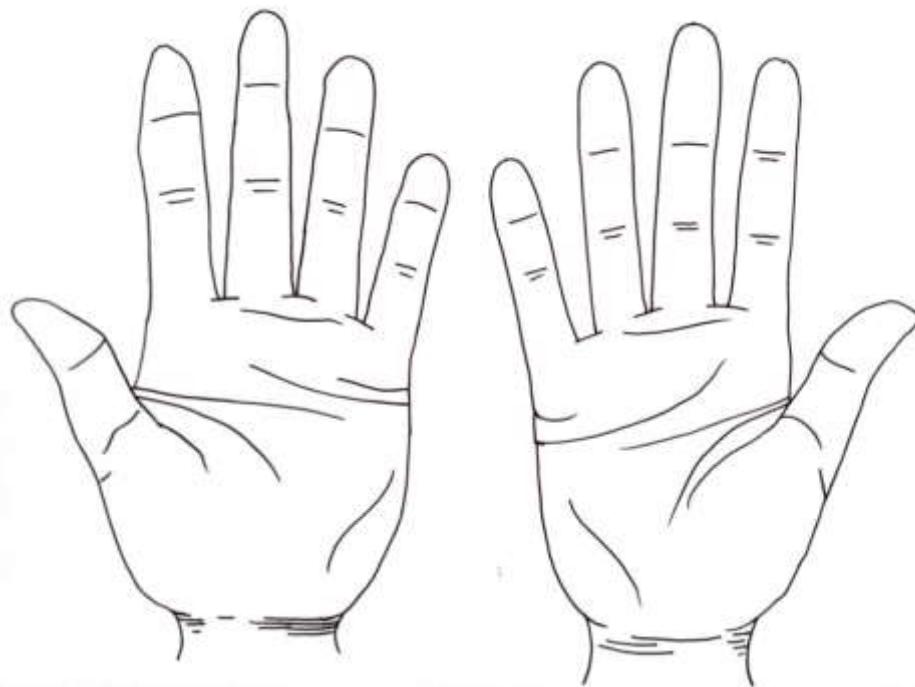
Activity 1

Directions: Fill in the table below on the importance of self-monitoring skills in the prevention and control of diseases.



Activity 2

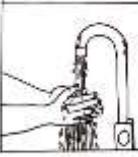
Directions: In your activity notebook, trace your palm and fingers on it. Guided by the different life skills mentioned a while ago, recall the healthful things your parents have done to you since you were a baby up to the present in order to protect you from illnesses.



Activity 3

Directions: Based on the previous activity on the importance of self-monitoring skills, look at the figure below and think what you should do and what you should not do if you are the one in the picture. Write your answers in your activity notebook.

Figure 1

WHAT I SHOULD DO		WHAT I SHOULD NOT BE DOING
I should...	 1	I should not...
	 2	
	 3	
	 4	
	 5	

1. Use my own bottle/glass in drinking.
2. Use the comb properly.
3. Use my own towel.
4. Use clean socks and change it everyday.
5. Wash hands with soap and water.

1. Drink from somebody's bottle/glass.
2. Use my comb alone and won't share it with others.
3. Not to share my towel or use others' towel.
4. Share my socks to others or use others 'socks.
5. Be lazy in washing my hands before and after using them.

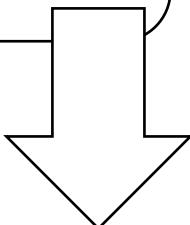


What I Have Learned

Write your takeaway of learning in 3...2...1.

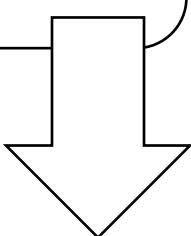
Give three words that are related to self-monitoring habits.

- 1.
- 2.
- 3.



As a young learner, what two things are you going to do to prevent the spread of communicable diseases?

- 1.
- 2.



What one thing did you learn from the lesson?

- 1.



What I Can Do

Activity 1. Self-Monitoring

Directions: Copy the daily chart in your activity notebook and write what you can do to keep yourself, home, school and community clean. Prepare four copies of this chart. Ask your parents and your teacher to monitor you if you are doing it. Attach your signature and your parents' signature too.

SELF MONITORING CHART

Committed to maintain	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cleanliness -Self							
-Home							
-school							
-community							

Check only if you have accomplished it

	Committed to do	M	T	W	Th	F	S	S
	I do not drink from somebody's bottle/glass.							
	I use my own comb and don't share others' comb.							
	I do not share my towel or use others' towel.							
	I do not share my socks to others or use other socks.							
	I wash my hands before and after using them.							
	I wear only washed clothes							

STUDENT'S SIGNATURE

PARENT'S SIGNATURE

Activity 2. COMMITMENT on how I can help prevent the spread of diseases.

Directions: Write your commitment in your journal or activity notebook. Affix your signature on your work and ask your parents to read and sign. Use the following questions as your guide.

Guide questions:

1. As a teenager, what can I do to prevent the spread of diseases?
2. How can I help my classmates, schoolmates, and my family not to be infected by diseases?





Assessment

Directions: Read the statements carefully. Write the letter of the correct answer in your activity notebook.

1. Which skill refers to the ability to regulate behavior in order to accommodate social situations?
 - A. Behavioral Skills
 - B. Self- Monitoring Skills
 - C. Social Skills
 - D. Thinking Skills

2. Which refers to the skill that includes coping with stress, understanding one's emotions, and being when you or your family members have infectious disease?
 - A. Relationship Skills
 - B. Thinking Skills
 - C. Personal Skills
 - D. Self-Monitoring Skills

3. Which is NOT a self-monitoring habit in preventing communicable diseases?
 - A. Washing hand regularly
 - B. Handling and prepare food safely
 - C. Practicing proper cough etiquette
 - D. Sleeping without changing clothes after playing

4. Which skill involves decision-making, critical thinking, creative thinking, and problem-solving skills?
 - A. Personal Skills
 - B. Relationship Skills
 - C. Self-Monitoring Skills
 - D. Thinking Skills

5. Which refers to the skill that involves monitoring changes in your weight, pulse rate, heart rate, and other vital signs?
 - A. Relationship Skills
 - B. Thinking Skills
 - C. Personal Skills
 - D. Self-Monitoring Skills

6. Which refers to a habit when a sick person should wear mask?
 - A. Washing hand regularly
 - B. Handle and prepare food safely
 - C. Practicing proper cough etiquette
 - D. Sleeping without changing clothes after playing
7. What do you call the people who closely monitor themselves and often behave in a manner that is highly responsive to social cues and their situational context?
 - A. Self-care
 - B. Self-identity
 - C. Self-monitor
 - D. Self-proclaimed
8. What is the best thing to do when sick?
 - A. Consult doctor
 - B. Stay home
 - C. Take medicine
 - D. All of the above
9. What percentage of alcohol should a sanitizer contain for it to be considered effective?
 - A. 30%
 - B. 40%
 - C. 50%
 - D. 60%
10. What is the proper manner of coughing especially in public places?
 - A. Through a tissue or a shirt-sleeve
 - B. Just sneeze anywhere
 - C. Through a cellophane
 - D. By using hands without washing it after
11. Why do we need to avoid touching wild animals?
 - A. Animals are dirty.
 - B. Animals don't take bath.
 - C. Animals may carry germs that can harm you.
 - D. Animals don't have the capacity to clean themselves.
12. Where should you throw a used tissue?
 - A. In the toilet bowl
 - B. In the canal
 - C. In the trash bin
 - D. In the bathroom sink

13. Why is disease prevention important?
- A. because communicable disease not only threatens the sick person but also his/her family and the society.
 - B. because it is required in school.
 - C. because your mother told you so.
 - D. because your friends are doing it so.
14. Which of the following activities should not be done when sneezing?
- A. Sneeze in a tissue.
 - B. Sneeze through your sleeves.
 - C. Sneeze covering your nose and mouth.
 - D. Sneeze without covering your mouth and nose.
15. Which is NOT a goal why people manage their own health?
- A. Self-monitoring maintains health-promoting behaviors.
 - B. Self-monitoring uses behavior change technology for problem-solving and creation of action plans.
 - C. Self-monitoring ends relationships because people tend not to socialize anymore to prevent getting diseases.
 - D. Self-monitoring motivates and maintains behavior change by promoting self-efficacy, increasing awareness, and monitoring progress.



Additional Activities

Directions: Put a check mark (/) on the blank if you agree with the statement and put an X if you do not agree and afterwards, explain why you agree or disagree with the statements. Do this on your activity notebook.

_____ 1. Prevention is better than cure.

Explanation on why you agree or disagree:

_____ 2. Health is wealth.

Explanation on why you agree or disagree:

_____ 3. Good health is a choice.

Explanation on why you agree or disagree:

_____ 4. An apple a day keeps the doctor away.

Explanation on why you agree or disagree:

_____ 5. Seven days of no exercise makes one weak.

Explanation on why you agree or disagree:

Question to ponder:

1. How was your thinking and lifestyle changed after this lesson?

Starting today, I will ...



Answer Key

<p>Activity 3</p> <p>What's More</p> <p>What I Have Learned</p> <p>1. Drink water all the time. I use my own bottle/glass in drinking.</p> <p>2. Use the comb properly.</p> <p>3. Use my own towel.</p> <p>4. Use clean socks and change it everyday.</p> <p>5. Wash hands with soap and water.</p> <p>1. Self-monitoring is important in disease prevention.</p>	<p>Firstr box</p> <p>Activity 1</p> <p>What I Have Learned</p> <p>1. Promote healthy lifestyle/habits</p> <p>2. Monitor my own health-promotion</p> <p>3. Maintain good health</p> <p>4. Increase awareness to your own health</p> <p>5. Use my own towel.</p> <p>6. Clean my teeth every day.</p> <p>7. Wash my hands with soap and water.</p> <p>8. Use my own toothbrush.</p> <p>9. Use my own comb.</p> <p>10. Use my own towel.</p> <p>11. Use my own brush.</p> <p>12. Use my own toothpaste.</p> <p>13. Use my own soap.</p> <p>14. Use my own shampoo.</p> <p>15. Use my own brush.</p>	<p>Third Box</p> <p>Second Box</p> <p>First box</p> <p>1. Awareness</p> <p>2. Monitor</p> <p>3. Health-promotion</p> <p>4. Promote healthy lifestyle/habits</p> <p>5. Maintain good health</p> <p>6. Increase awareness to your own health</p> <p>7. Wash my hands with soap and water.</p> <p>8. Use my own toothbrush.</p> <p>9. Use my own comb.</p> <p>10. Use my own towel.</p> <p>11. Use my own brush.</p> <p>12. Use my own toothpaste.</p> <p>13. Use my own soap.</p> <p>14. Use my own shampoo.</p> <p>15. Use my own brush.</p>
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<p>What I Know</p> <p>Assessment</p> <p>What's New</p> <p>Answers may vary</p> <p>1. C</p> <p>2. C</p> <p>3. D</p> <p>4. A</p> <p>5. A</p> <p>6. C</p> <p>7. C</p> <p>8. D</p> <p>9. D</p> <p>10. A</p> <p>11. D</p> <p>12. C</p> <p>13. D</p> <p>14. B</p> <p>15. D</p>	<p>Answers may vary</p> <p>What's in</p> <p>What's New</p> <p>1. C</p> <p>2. C</p> <p>3. D</p> <p>4. D</p> <p>5. D</p> <p>6. C</p> <p>7. C</p> <p>8. D</p> <p>9. D</p> <p>10. A</p> <p>11. C</p> <p>12. C</p> <p>13. A</p> <p>14. D</p> <p>15. C</p>	<p>Answers may vary</p> <p>What's in</p> <p>What's New</p> <p>1. C</p> <p>2. C</p> <p>3. D</p> <p>4. D</p> <p>5. D</p> <p>6. C</p> <p>7. C</p> <p>8. D</p> <p>9. D</p> <p>10. A</p> <p>11. C</p> <p>12. C</p> <p>13. A</p> <p>14. D</p> <p>15. C</p>
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