

Health

Quarter 4 - Module 4: Better Choices, Better Life



Health – Grade 8
Alternative Delivery Mode
Quarter 4 – Module 4: Better Choices, Better Life
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Health

Quarter 4 - Module 4:

Better Choices, Better 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 created with your needs in mind. Its aim is to assist you master and focus on the strategies in the prevention and control of cigarette smoking, drinking alcohol beverages and other vices. The scope of this module permits it to be used in many different learning situations. The terminology used takes into account the students' various levels of vocabulary. The Lesson is 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 lesson is from the DepEd mandated learning competencies – which are the same learning competencies from what the formal schools are teaching.

The module consists of one lesson with different sets of activities to help you conceptualize the learning competency and objectives.

Lesson: Strategies in the Prevention and Control of Cigarette Smoking and Drinking Alcohol Beverages leading to a Better Life.

After going through this module, you are expected to:

1. Discuss strategies in the prevention and control of cigarette smoking and drinking alcohol beverages (H8S-IVg-h-33)
 - a. identify policies, laws and guidelines in the family, school and community related to cigarette and alcohol use;
 - b. explain the strategies in prevention and control of cigarette smoking and drinking alcohol;
 - c. apply resistance skills or healthy alternatives in situations related to cigarette and alcohol use through creative ideas.



What I Know

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

1. In what type of substance does alcohol belong?
A. depressant B. hallucinogen C. Opiate D. Stimulant
2. Why do pregnant women are advised not to drink alcohol?
A. Unborn babies may get drunk easily.
B. Alcohol and the amniotic fluid might mix.
C. Unborn babies may die inside the mother's womb.
D. Alcohol can harm the unborn babies in many various ways.
3. What is DUI means?
A. Drinking under instruction C. Dressing under inspection
B. Drinking under influence D. Drilling until instanced
4. What alcohol products are made of ethanol?
A. Beverage B. Salt C. Sugar D. Water
5. Why does alcohol affect man and woman differently?
A. The liver breaks down alcohol more quickly in men than women.
B. The liver of men is different from women.
C. Men's stomachs are bigger so alcohol is absorbed more slowly.
D. Women's bodies are generally smaller and have less body water, so alcohol concentrations rise more quickly.
6. What ages are prohibited to smoke?
A. Below 18 years of age C. 21-25 years of age
B. 18-20 years of age D. 30 and above
7. How far from school is cigarette sales prohibited?
A. 50 m B. 80 m C. 100 m D. 150 m
8. Which of the following locations does not have a strict no-smoking policy?
A. Home C. Government offices
B. School D. Premises of private & public hospitals
9. Which of the following statements are true about dependence on alcohol and tobacco?
A. People who are dependent on alcohol are not smokers
B. People who are dependent on tobacco is not an alcohol dependent
C. People who are dependent on alcohol are more likely to be smokers
D. People who are independent on tobacco is dependent on alcohol

10. Which of the statements is **not** a symptom of nicotine addiction?

- A. smoking even when sick and in bed
- B. smoking can cause lung cancer
- C. difficulty eliminating the first cigarette every after meals
- D. smoking within 30 minutes of awakening in the morning

11. Which of the following is **not** a strategy in the prevention & control of cigarette smoking?

- A. Health warnings on tobacco products
- B. Sex Education Program
- C. Smoking in public place
- D. Taxation of Smoking

12. Which of the following is not considered as an effect of drinking alcohol in our body?

- | | |
|---------------------|--------------------------------|
| A. life threatening | C. pricing policies |
| B. liver disorder | D. suffer from serious disease |

13. At what age will a person lawfully buy or consume alcohol in a store or a bar?

- A. 16 years old
- B. 18 years old
- C. 21 years old
- D. 25 years old

14. What is the most common concern associated with young people's alcohol consumption?

- | | |
|-----------------------|---------------------------|
| A. Going into a coma | C. Losing weight |
| B. Having an accident | D. Having a liver disease |

15. What Republic Act is responsible for the restructuring of the excise tax on alcohol and tobacco?

- | | |
|-----------------------|----------------------|
| A. Republic Act 9211 | C. Republic Act 6956 |
| B. Republic Act 10351 | D. Republic Act 7896 |

**Lesson
1**

Strategies in the Prevention and Control of Cigarette Smoking and Drinking Alcoholic Beverages

Gateway drugs are habit-forming drugs that may lead to the use of other addictive drugs. Cigarette and alcohol are examples of gateway drugs. Gateway drugs open doors for a non-drug user to try and experiment on more dangerous and illegal drugs. Despite the total ban on cigarette advertisements, more and more Filipinos including teenagers are getting hooked on these vices.



What's In

Activity 1. Twist Me

Directions: The following are known dangers of drinking alcohol and smoking cigarette. Arrange the letters for each item to identify the word(s). A hint is provided below the word(s). Write your answers in your activity notebook.

1. R E C A C N

Hint: A malignant tumor that makes body cells grow uncontrollably.

2. D B A A B H E R T

Hint: Foul smell exhale from the mouth.

3. B Y O D D O R O

Hint: One of the effects of cigarette smoking in the body scent.

4. T S A H M A

Hint: It is a chronic disease that affects the airways.

5. S I S O L U C R E T U B

Hint: A communicable diseases that affects the lungs.

6. C I R H I R S O S

Hint: A disease in the liver.

7. P A N C T I R E A S I T

Hint: Painful inflammation of the pancreas.

8. T E A H R S A D S E E S

Hint: Relate closely to cardiovascular diseases.

9. R U L E C

Hint: Problems with the digestive system.

10. R B A N I E G A D M A

Hint: Involves the central nervous system.



What's New

Activity 2. AGREE / DISAGREE WITH ME

Directions: Put a (/) on the blank if you agree with the statement and put an (X) if you disagree. Do this in your activity notebook.

- _____ 1. Health is wealth.
- _____ 2. Cigarettes can help individuals to think clearly.
- _____ 3. Drinking can help you to forget your problems.
- _____ 4. Most teenagers drink alcohol.
- _____ 5. Cigarette smoking keeps you calm down.



What is It

Prevention and Control of Alcohol

How much do you know about why young individuals are engaged to gateway drugs such as cigarette smoking and drinking alcoholic beverages?

Anyone may use alcohol and tobacco according to their age, gender and ethnicity but it may lead to major health problems and contribute to a traumatic death and injury like vehicular accidents. Drinking alcoholic beverages is associated with chronic liver diseases, cancers, cardiovascular diseases, acute alcohol poisoning and fetal alcohol syndrome. On the other hand, cigarettes' smoking is also related with lung diseases like tuberculosis, liver cirrhosis and cardiovascular diseases. Moreover, when these substances are consumed together or combined alcohol and tobacco increases the risks of certain cancer in the body. Studies have found that people who smoke are much more likely to drink, and people who drink are much more likely to smoke. Dependence on alcohol and tobacco also is correlated: People who are dependent on alcohol are three times more likely than those in the general population to be smokers, and people who are dependent on tobacco are four times more likely than the general population to be dependent on alcohol.

The strategies in prevention and control of cigarette smoking according to W.H.O include taxation of smoking, mass advertising campaigns in the media, peer education programs, community mobilization, motivational interviewing, and health warnings on tobacco products, marketing restrictions and banning smoking in public places.

Be among of those individuals who are against in all activities concerning the use, misuse and abuse of alcohol and cigarettes smoking. One way that you can help by simply not trying to use or abuse these gateway drugs or submitting oneself to rehabilitation if one believes that he or she is a smoker or alcoholic. Admitting to oneself of abusing alcohol is the first step to solve one's addiction.

The global strategy focuses on the key areas of policy options and interventions. Like health services response, community action, pricing policies, availability of alcohol, drink -driving policies and counter measures and monitoring and surveillance.

Resistance Skill in Situations Related to Cigarettes Smoking and Alcohol Use

According to the studies that the achievement of social influence prevention programs is due to the development of an adolescent's ability to resist and withstand to social pressure. The following are some resistance skills related to cigarettes smoking and alcohol use:

1. Be aware of the presence of social pressures around you either direct social pressure or indirect social pressure.
2. Stay away from pressure
3. Just say NO
4. Ask for support from relatives and friends.

Health Alternatives to Promote Healthy Lifestyle

A complete recovery from alcohol abuse is possible with the following factors: good health, strong support system and self-motivation. There are several ways to use screening methods that are designed to diagnose problem drinking and alcoholism. Treatment for alcoholism typically can only begin with alcoholic's acceptance of the problem and have a self-motivation to stop these vices. The alcoholic can try the following healthy alternatives to smoking and drinking:

1. Prioritize on Studies – one should focus studies and school related activities, having a positive thoughts and ideas and keeping the minds more active.
2. Be Active – you should try something new and more exciting activities just like engaging to different sports or getting involved in a cause projects.
3. Make a Choice – choose a circle of friends who can influence you to have a healthy outlook in life.
4. Spend time with family – a happy and healthy family raises children to become confident in life and capable in making wise decisions.

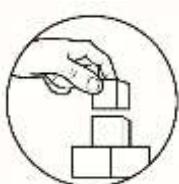
Policies and Laws against Cigarette Smoking and Alcohol Drinking

The government and private sectors recognize the need to fight against gateway abuse through the following policies, laws and guidelines:

1. Republic Act 9211 also known as the **Tobacco Regulation Act of 2003**, regulating smoking in public places; sales to minors; packaging and labeling of tobacco products and tobacco advertising, promotion and sponsorship.
2. Republic Act 10351 otherwise known as the **Sin Tax Law** is an act restructuring the excise tax on alcohol and tobacco. It aims to prevent the excise taxes to be eroded, the excise tax rates will be increased by 4% every year effective 2016 for distilled spirits and 2018 for cigarettes and beer.
3. The graphic **Health Warnings Law**. Republic Act No. 10643 requires graphic health warnings on 50 percent of each of the principal display areas.
4. Republic Act 10586, otherwise known as the **Act Penalizing Persons Driving the Influence of Alcohol, Dangerous Drugs and Similar Substances**, gives law enforcement officials the authority to conduct the sobriety and breathe alcohol tests on drivers.

5. Republic Act No. 8749 also known as the **Philippine Clean Air Act of 1999**. Chapter 2, Article 5, Section 24 states that: Pollution from Smoking.
6. School Policies and Guidelines. The Department of Education bans smoking to eliminate smokers inside the school campus and lesson the effects of smoking among students and personnel through the smoking ban.
7. Local government and nongovernmental organizations strict compliance with R.A. 9211. Campaign posters and advertisements are posted in strategic places in the community.

Despite all the laws, policies and guidelines on smoking, it is still a big challenge to discourage the young individuals from smoking and drinking to live a healthy lifestyle.



What's More

Activity 3. INFORM ME

Directions: Give an example of the given strategies below about the prevention and control of cigarette smoking and alcohol drinking. Write your answer in your activity notebook.

Ex. Government warning: "Cigarette smoking is dangerous to your health".

1. Mass advertising campaigns in media
2. Peer education programs
3. Health warnings in tobacco products
4. Banning smoking in public places
5. Taxation of smoking

Activity 4. PICK ME

Directions: Read the statements below and identify the resistance skills and healthy alternatives used to prevent alcohol use and cigarette smoking in each situation. Choose your answer inside the box and write it in your activity notebook.

Awareness of social pressures

Staying away from pressure

Ask support from relatives and friends

Prioritize on studies

Be active

Make a choice

Just Saying NO

Spend time with family

Situation 1. Liam refuses to drink alcohol and cigarette by politely saying NO to his friends.

Situation 2. Instead of drinking alcohol and smoking as pastime, Maria chooses to go to the gym and have some exercise.

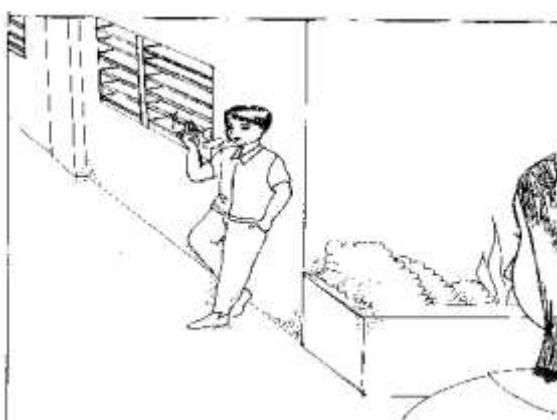
Situation 3. Juan spends more time to his family and love ones rather than to his friends who smoke and drink alcohol.

Situation 4. Whenever tempted to drink alcohol. Tommy calls his best friend for support and advice.

Situation 5. Luke purposefully chooses friends who don't smoke and drink alcohol.

Activity 5. RIDE WITH ME

Directions: After learning about our policies and laws against smoking, explain in 3-5 sentences what you are going to do if you will encounter different situations below. Write your answer in your activity notebook.



Situation 1

SMOKING INSIDE THE SCHOOL

- You saw your classmate smoking at the back of your classroom.



Situation 2

SMOKING IN A PUBLIC VEHICLE

- You are riding a public utility jeepney and you are sitting beside the driver who is smoking.



Situation 3

SMOKING NEAR THE HOUSE

- You are celebrating fiesta in your hometown and some of your visitors are smoking near your house.



What I Have Learned

Reflection / Realization

Directions: After learning the resistance skills, healthy alternatives and policies, laws and guidelines on cigarette smoking and alcohol drinking, you are task to do the reflection below. Write your answers in your activity notebook.

As a student, I will control myself not to smoke and drink alcoholic beverages through resistance skills related to smoking and drinking.

1. _____
2. _____
3. _____

I will convince others to prevent smoking through healthy alternatives.

1. _____
2. _____
3. _____

I will remind others not to engage into cigarette smoking and drinking alcoholic beverages through the following policies, laws and guidelines.

1. _____
2. _____
3. _____



What I Can Do

Activity 6. ACT WITH ME

Directions: To apply what you have learned from the lessons, you choose one activity from the suggested activities below on how to prevent and control cigarettes smoking and drinking alcoholic beverages.

1. Compose a jingle and present it through video. The jingle focuses on alternative strategies or ways to prevent cigarette smoking and drinking alcohol beverages. You may also include the effects on one's life and family.
2. Make a poster either manual or digital which depicts the cause and effects of cigarette and alcohol used. You can use junk materials in making your three-dimensional arts.

RUBRIC FOR JINGLE

	Good (5)	Fair (3)	Poor (1)
Content	The lyric of the jingle imparts 5 or more strategies or ways to prevent cigarette smoking and drinking alcoholic beverages.	The lyric of the jingle imparts 3-4 strategies or ways to prevent cigarette smoking and drinking alcoholic beverages.	The lyric of the jingle imparts 0-1 strategies or ways to prevent cigarette smoking and drinking alcoholic beverages.
Organization	Jingle contains well organized lyrics with maximum application of rhyme and poetic elements.	Jingle contains less organized lyrics with maximum application of rhyme and poetic elements.	Jingle contains unorganized information with no application off rhyme and poetic elements.
Timeliness	The jingle is submitted ahead of time	The jingle is submitted on time	The jingle is submitted beyond the deadline.

RUBRIC FOR VIDEO

	Good (5)	Fair (3)	Poor (1)
Content	Video runs in one (1) minute. It clearly and effectively tells the activities done and accurately reflects the activities in the crafted program.	The video runs in more than two (2) minutes. It is too long and boring for the viewers.	The video runs in less than one (1) minute. There is no presentation of the tasks done.
Information	The video is very informative. It covers the required information. The learner was able to report all the tasks reflected in the program.	The video is not detailed in presenting the information.	The video is not detailed, nor informative. The learner was not able to show the tasks reflected in the crafted program.
Creativity	The video is presented in an incredibly unique, original, and creative way. It catches the viewers' attention and holds their interest.	The video is presented in an ordinary way that tries to capture the viewers' attention.	The video is not presented originally not creatively.
Organization	The information given is well-organized. The flow is smooth, and the material is easy to comprehend.	The information given flows in a general order. The material is presented in a difficult manner.	The information given is not organized in any manner. It lacks a smooth flow. The words used to present the information are unfamiliar to the viewers.
Deadline	The video-ad is finished and submitted before the deadline.	The video-ad is finished and submitted on the deadline.	The video-ad is finished and submitted after the deadline.

RUBRIC FOR POSTER MAKING

	Excellent (5)	Good (4)	Fair (3)	Poor (1)	Total Score
Creativity	Very creative poster	Shows many creative ideas	Some creative ideas used	No creation has been used	
Well Organized	Information is well organized and easy to understand	Poster is organized well but still a little difficulty understanding	Poster is put together but is difficult to understand	Poster is poorly put together and very difficult to understand	
Neatness	Very neat and tidy poster	Some untidy errors	Many untidy	Very careless and untidy	
Use of Resources	Excellent use of available resources	A good use of available resources	Use of a few available resources	Lacks use of any available resources	
Deadline	The poster is finished and submitted before the deadline.	The poster is finished and submitted on the deadline	The poster is finished and submitted after the deadline	The poster is finished and submitted a week after the deadline	



Assessment

Test I: Multiple Choices

Directions: Read and understand the questions carefully. Choose and write the letter of the correct answer in your activity notebook.

1. Which of the following **does not** belong to healthy alternatives of smoking and drinking?

A. be active in sports	C. prioritize studies
B. family bonding	D. having a night life

2. What article in Republic Act No. 8749 that states about the pollution from smoking?

A. Article 3	B. Article 4	C. Article 5	D. Article 6
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3. Which of the following is an example of a resistance skill-related to cigarette smoking and drinking alcohol?
 - A. Going out with someone you really don't know.
 - B. Attending to parties with your new acquaintances.
 - C. Saying NO to a friend who invites you to drink alcoholic beverages.
 - D. none of the above
4. How can you protect yourself from the danger of cigarette smoking?
 - A. Asking your elder brother who smokes a stick of a cigarette.
 - B. Avoiding individuals who smoke in public places.
 - C. Being with your friends who smoked.
 - D. none of the above
5. Why do pregnant women are advised not to drink alcoholic beverages?
 - A. Unborn babies may get drunk easily.
 - B. Alcohol and the amniotic fluid might mix.
 - C. Unborn babies may die inside the mother's womb.
 - D. Alcohol can harm the unborn babies in many various ways.

Test II. TRUE or FALSE

Directions: Write True if the statement is correct and False if it is incorrect.

1. Alcohol is an example of depressant drug.
2. Individuals below 18 years of age are prohibited to smoke.
3. Cigarettes sales are prohibited within 100 meters away from school premises.
4. Identified public places have no-smoking policy.
5. DUI means "Drinking Under Inspection".
6. Alcoholic beverage is an example of ethanol alcohol.
7. Mass advertising campaign in media is one of the strategies in prevention and control of cigarette smoking.
8. Republic Act 9211 is responsible for the restructuring of the excise tax on alcohol and tobacco.
9. Liver disease is one of the common effect of drinking alcohol.
10. Republic Act 9211 is also known as Sin Tax Law.



Additional Activities

Directions: Make a pledge wall regarding healthy alternatives to cigarette and alcohol to promote a healthy lifestyle. You can add other creative ideas to make your pledge wall attractive. Write it in your activity notebook with a sign of your name.

RUBRIC FOR PLEDGE WALL MAKING

	Good (5)	Fair (3)	Poor (1)
Content	Video runs in one (1) minute. It clearly and effectively tells the activities done and accurately reflects the activities in the crafted program.	The video runs in more than two (2) minutes. It is too long and boring for the viewers.	The video runs in less than one (1) minute. There is no presentation of the tasks done.
Information	The video is very informative. It covers the required information. The learner was able to report all the tasks reflected in the program.	The video is not detailed in presenting the information.	The video is not detailed, nor informative. The learner was not able to show the tasks reflected in the crafted program.
Creativity	The video is presented in an incredibly unique, original, and creative way. It catches the viewers' attention and holds their interest.	The video is presented in an ordinary way that tries to capture the viewers' attention.	The video is not presented originally not creatively.
Organization	The information given is well-organized. The flow is smooth, and the material is easy to comprehend.	The information given flows in a general order. The material is presented in a difficult manner.	The information given is not organized in any manner. It lacks a smooth flow. The words used to present the information are unfamiliar to the viewers.
Deadline	The video-ad is finished and submitted before the deadline.	The video-ad is finished and submitted on the deadline.	The video-ad is finished and submitted after the deadline.



Answer Key

Assessment	
What I Know:	What's In
Test I: Multiple Choice	1. Cancer 2. Bad Breath 3. Body Odor 4. Asthma 5. Tuberculosis 6. Cirrhosis 7. C 8. A 9. C 10. B 11. B 12. C 13. B 14. B 15. B
Test II: Modified True or False	1. True 2. True 3. True 4. False 5. False 6. True 7. True 8. False 9. True 10. False

References

Book

Department of Education. 2013. *Physical Education and Health Grade 8 Learner's Module*. 1st. Philippines: Vicarish Publication and Trading, Inc.

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