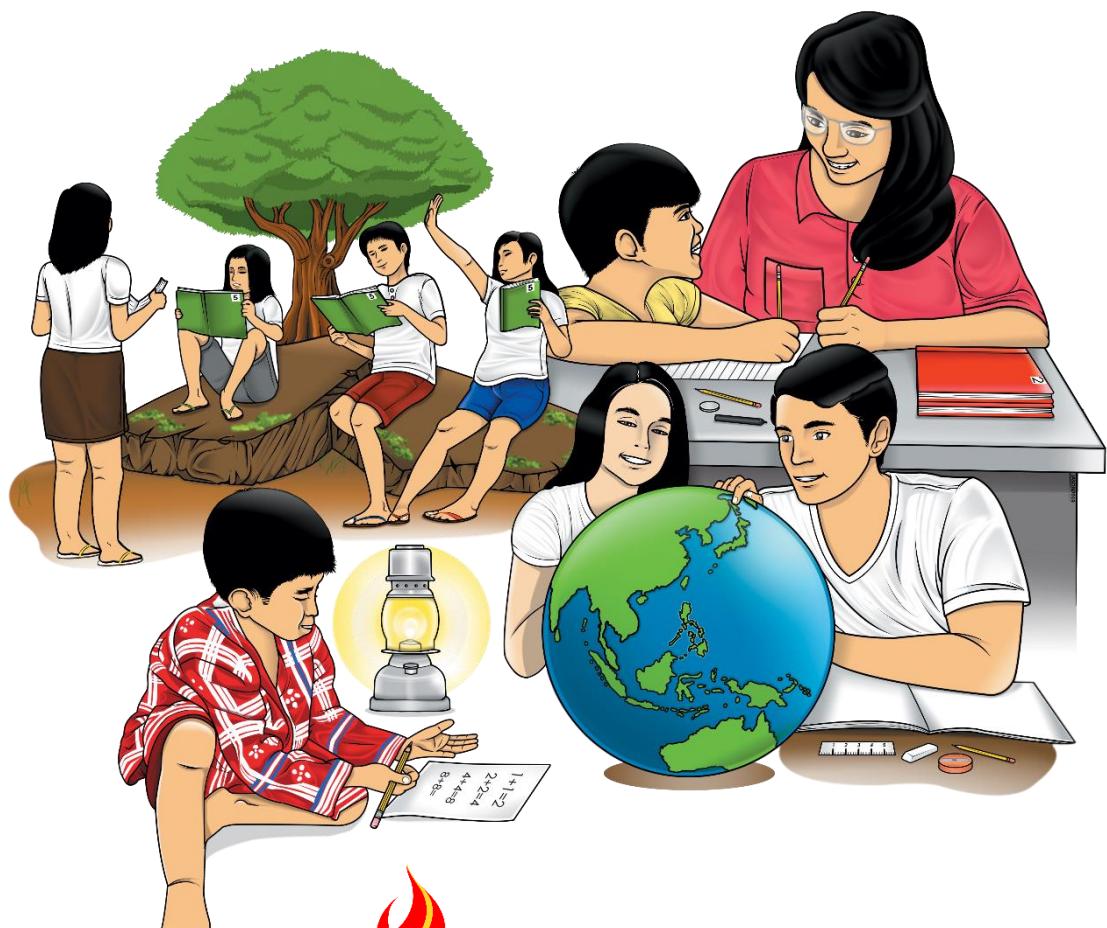


HEALTH

Quarter 2 – Module 1: Love Matters Most



Health – Grade 8

Alternative Delivery Mode

Quarter 2 – Module 1: Love Matters Most

First Edition, 2020

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Secretary: Leonor Magtolis Briones

Undersecretary: Diosdado M. San Antonio

Development Team of the Module

Writer: Ferry Mae R. Bandico

Editors: Maria Joan Princess P. Lumanta, Antonio V. Salazar, Meller M. Acompañado, Narcie Fe M. Solloso, Ofelia C. Siangco

Reviewers: Ferdinand C. Elma, Jocelyn E. Plaza, Marie D. Bernadez, Gelody B. Elumba, Danny O. Baldos

Illustrator: Ruth B. Elman

Layout Artists: Blessy T. Soroyosoroy, Jaypee D. Platero,
Niño D. Jacob, Ruth C. Cuesta

Language Reviewer: Ivy I. Naparan

Management Team: Francis Cesar B. Bringas, Isidro M. Biol, Jr., Josephine Chonie M. Obseñares, Bernard C. Abellana, Maripaz F. Magno, Lorenzo O. Macasocol, Gemma A. De Paz, Lorna P. Gayol, Avalota A. Cejas, Lelani R. Abutay, Abraham L. Masendo, Jocelyn E. Plaza, Joel P. Longaquit, Philip Trillana, Narciso C. Oliveros Jr., Menerva P. Barabar

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Department of Education – Caraga Region

Office Address: Teacher Development Center
JP Rosales Avenue, Butuan City, Philippines 8600
Telefax: (085) 342-8207 / (085) 342-5969
E-mail Address: caraga@deped.gov.ph

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HEALTH
Quarter 2 – Module 1:
Love Matters Most

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

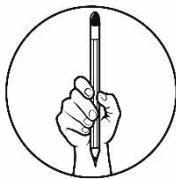
This module was designed and written with you in mind. It is here to help you master the maternal nutrition. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow 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 - Importance of Courtship and Dating in Choosing a Lifelong Partner**

After going through this module, you are expected to:

1. explain the importance of Courtship and Dating in Choosing a Lifelong Partner (H8FH-IIa-25)
 - a. identify the factors of choosing a lifelong partner;
 - b. appreciate the importance of courtship and dating in choosing a lifelong partner;
 - c. illustrate an image of an ideal partner for a successful marriage.



What I Know

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

1. What is a social activity which involves two or more people generally assessing each other's suitability for potential relationship?
 - A. courtship
 - B. dating
 - C. engagement
 - D. marriage

2. What is the period in a couple's relationship where they get to know each other and decides if there will be an engagement?
 - A. courtship
 - B. engagement
 - C. friendship
 - D. group date

3. What is a sacred ceremony which two people involves in a lifelong commitment?
 - A. courtship
 - B. dating
 - C. engagement
 - D. marriage

4. Which of the following stage to test the compatibility between the two persons?
 - A. courtship
 - B. double date
 - C. engagement
 - D. marriage

5. What is the period of agreement will be entered between two people in love for them to be able to know each other and their families well enough?
 - A. courtship
 - B. dating
 - C. engagement
 - D. marriage
6. What is a type of dating where two couples go on a date at the same time and place?
 - A. double date
 - B. friendship date
 - C. group date
 - D. standard date
7. Which of the following lifelong partnership where two unique individuals, a man and a woman who understand, respect, care, and love each other?
 - A. courtship
 - B. dating
 - C. engagement
 - D. marriage
8. Which of the following type of date where any number of couples can enjoy a date?
 - A. double date
 - B. group date C. single date
 - D. standard date
9. Which of the following type of date where a person spends romantic time with another person?
 - A. double date
 - B. group date
 - C. standard date
 - D. twofold date

10. What stage in life where a person establishes an agreed relationship in a more enduring kind?
- A. courtship
 - B. engagement
 - C. friendship
 - D. marriage
11. Which of the following stage in life that you are seeing someone with a specific purpose?
- A. courtship
 - B. dating
 - C. engagement
 - D. marriage
12. Which of the choices below is NOT a factor necessary to consider in choosing a lifetime partner for successful married life?
- A. character and economic readiness
 - B. commitment and love
 - C. family's business plans
 - D. respect and compassionate
13. Which of the following choices below does NOT belong to the importance of dating?
- A. It gives you limitations to your social circle.
 - B. It gives quality time to each other.
 - C. It strengthens the relationship.
 - D. It gives us security
14. Which of the following is one of the negative effects of dating that can affect any person, especially teenagers?
- A. affection and respect
 - B. early pregnancy
 - C. respect and compassionate
 - D. responsible and honest
15. Which of the following is an example of character that you should consider in choosing a lifetime partner?
- A. disrespectful and uncompassionate
 - B. responsible and compassionate
 - C. irresponsible and dishonest
 - D. unemployed

Lesson

1

Importance of Courtship and Dating in Choosing a Lifelong Partner

Dating and courting are important in order to have a realistic idea of the kind of person you are planning to be as your future partner. You must think of the reasons why you will like to date someone and your expectations in a certain relationship with the person.



What's In

Base on your prior knowledge, write adjectives that relate to dating, courtship and marriage by filling in the grid below.

Some Terms I Remember on

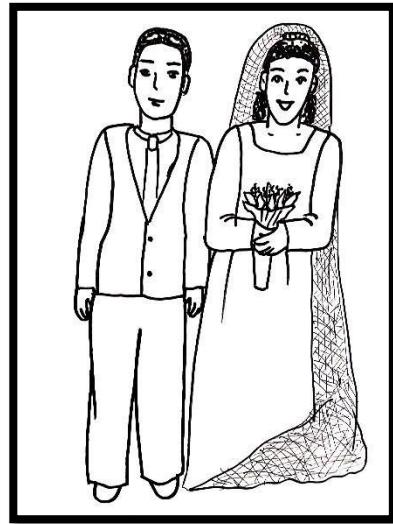
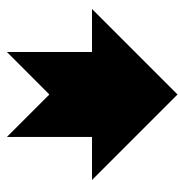
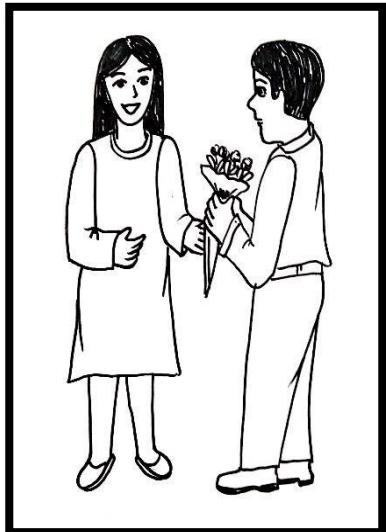
Dating	Courtship	Marriage



What's New

Activity 1. Picture Connectivity

Directions: Look at the pictures below and answer the following questions.



Illustrated by Ruth B. Elman

Questions:

1. What do you observe in the pictures?

2. What words can you form out of these pictures?

3. How do these pictures apply to you?

4. Why dating and courtship are important in choosing a lifetime partner?



What is It

Dating and courting before marriage are necessary. It benefits an individual make the decision whether they want to live with the other person for the rest of their life or not. Dating before marriage is referred to as courtship, because the relationship has passed the stage of just getting to know each other, but it tailoring towards marriage. When planning to get married, there are variety of reasons why dating and courting are necessary steps to understand better each other's differences and personality.

Dating. It is a social activity which involves two or more people generally assessing each other's suitability for a potential relationship. Dating can be also enjoyed as part of an already active relationship. The word dating actually comes from the arrangement of a time and date of meeting.

Dating someone, is however, a lot more specific and means romantic time spend together with another person. It means that you are seeing someone with a specific purpose, have time for yourselves only and with the hope of culminating it into more defined relationship, if both persons feel the same way.

Types of Dating

1. Standard Date – involves two people
2. Double Date – two couples go on a date at the same time and place.
3. Group Date – where any number of couples can enjoy a date.

Importance of Dating

- It forms affection and respect.
- It strengthens the relationship.
- It gives quality time to each other.
- It leads one to observe the other person's character.
- It provides an opportunity for one to know his/her strengths and weaknesses in dealing with the opposite sex.

However, dating is not always safe. There are risks connected with dating that can affect any person, especially young and innocent individuals. Risks may include date rape, use of illegal drugs, early and unwanted pregnancy. There are also some cases where individuals fall prey to thieves, robbers, kidnappers, or other types of criminals.

At times, dating even the people you think maybe risky if they are just pretending to be trustworthy but really have bad intentions. That is why, it is important to be cautious and safeguard yourself to avoid mistakes that you will regret later on.

Courtship. During courtship, a couple gets to know each other and decides if there will be an engagement. This is also the moment to test the compatibility between the two persons and an opportunity to know the background of each other, including the family where each one belongs.

Why courtship is important?

1. Courting gives time to understand one another.
2. It reveals one's interests, likes and dislikes, limitations, and other aspirations in life.
3. It allows a couple to decide whether they want to be committed.
4. It allows couples to know if they are ready to be committed.
5. It develops security.
6. It develops understanding and acceptance.

Engagement. A period of agreement entered between two people in love for them to be able to know each other and their families well enough to be sure that they are ready and are suited for life-long companionship. It provides opportunity to develop interpersonal skills useful before and even within marriage.

What is marriage?

Marriage is a cherished institution under which man and woman believe in one faith and children are conceived, raised, and nourished to become useful and productive citizens of the country and the world. It is essential to the continuity of the human race.

Filipinos view marriage as a sacrament and a lifelong commitment. Husband and wife work for a successful and harmonious relationship at home and among family members. Trust, respect, kindness, and love are essential factors to attain this goal.

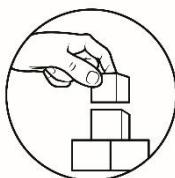
As an adolescent, it is important that you know the things that a person endures before finding the right one. Before you find the person, you want to spend the rest of your life with, you still have to undergo processes. You cannot marry someone you don't even know so well. That is why dating and courtship are here to help you determine the right partner in life for you.

Factors Necessary to Consider in choosing a lifetime partner to work out for Successful Married Life:

1. Mental/Emotional Maturity
 - a. Can make good decisions
 - b. Responsible in handling relationships
2. Fidelity
 - a. Can make the relationship lasting
 - b. Sincere and true to his / her promises
 - c. Considers relationships sacred
3. Commitment
 - a. Can make a peaceful and lasting relationship
 - b. Dedicated to fulfilling his / her responsibilities
4. Love
 - a. Strengthens relationship
 - b. Understands one is a partner
 - c. Enduring
5. Economic Readiness
 - a. Aims for better future of the family
 - b. Financially stable
 - c. Good provider for the needs of the family

6. Physical Maturity
 - a. Proud of having a good partner
 - b. Have a healthy body

7. Character
 - a. Responsible and honest
 - b. Hard-working and industrious
 - c. Respectful and compassionate
 - d. God-fearing



What's More

Activity 1. Are you the One?

Directions: You are going to create a list of qualifications and standards for your ideal partner. Write a minimum of three qualifications then explain briefly why you have that qualifications for your future partner.

Activity 2. What You'll Do?

Directions: Analyze and explain your idea about the question given below. Write your answers in your activity notebook.

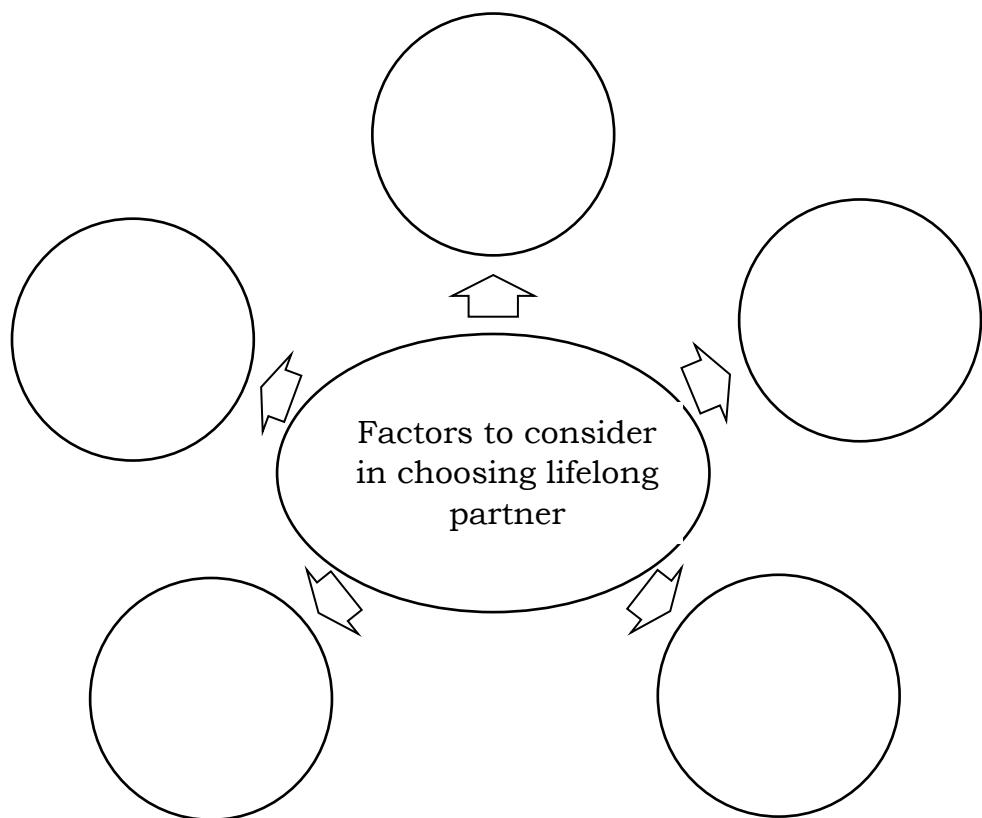
What is the importance of dating and courtship in choosing a lifelong partner?

a. as a person

b. as a couple

Activity 3. FACT Map

Directions: As a teenager, write the factors to consider in choosing a lifelong partner using the diagram. Write your answers in your activity notebook.





What I Have Learned

Has your understanding broadened about the importance of courtship and dating in choosing a lifelong partner after the discussion? Express your idea by answering the guide questions below. Write your answers in your activity notebook.

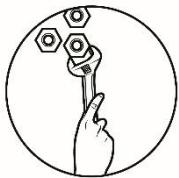
1. What is the difference between courtship and dating?

2. Why courtship and dating important?

3. What are the factors that you need to consider in choosing a lifelong partner?

4. As a teenager, what are the risk effects of dating?

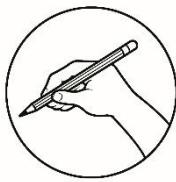
5. As a responsible adolescent, how would you prevent the risk effects of dating?



What I Can Do

Activity 1. Ideally

Directions: Inside the box, illustrate an image of your ideal partner in life and write the characteristics or qualities of a partner that you would like to have.



Assessment

Activity 1. Multiple Choices

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

7. What is a social activity which involves two or more people generally assessing each other's suitability for potential relationship?

A. courtship C. engagement
B. dating D. marriage

8. Which of the following stage to test the compatibility between the two persons?

A. courtship C. engagement
B. double date D. marriage

9. Which of the following type of date where a person spends romantic time with another person?

A. double date C. standard date
B. group date D. twofold date

10. Which of the following stage in life that you are seeing someone with a specific purpose?

A. courtship C. engagement
B. dating D. marriage

11. Which of the following choices below does NOT belong to the importance of dating?

A. It gives quality time to each other.
B. It gives us security
C. It limits to your social circle.
D. It strengthens the relationship.

12. Which of the following lifelong partnership where two unique individuals, a man and a woman who understand, respect, care, and love each other?

A. courtship C. engagement
B. dating D. marriage

13. Which of the following is an example of character that you should consider in choosing a lifetime partner?

A. disrespectful and compassionate
B. irresponsible and loving
C. responsible and honest B.
D. unemployed

14. Which of the following is one of the negative effects of dating that can affect any person, especially teenagers?
- affection and respect
 - early pregnancy
 - respect and compassionate
 - responsible and honest
15. Which of the choices below is NOT a factor necessary to consider in choosing a lifetime partner for successful married life?
- character and economic readiness
 - commitment and love
 - family's business plans
 - respect and compassionate



Additional Activities

Activity 1. My Parent's Story Review

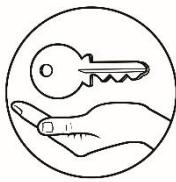
This time, you are going to interview your parents and let them answer the following questions below. Write your parent's answers in your activity notebook.

1. How you get to know each other?
2. Is it necessary to undergo courtship? Why?
3. What are the ways of courting before?
4. Compare courtship before and at present times.
5. What are the things that you wanted to advice to young teens today?

Activity 2. Picture Collage

Directions: Illustrate a picture collage of a successful marriage through cut out pictures from magazines, newspapers, and the like. Write a short explanation of what makes the marriage successful.





Answer Key

Assessment		Assessment cont...	
Activity 1. Multiple Choice		Assessment cont...	
What I Know	What's New	What's New cont....	What I Know
1. B 2. D 3. C 4. A 5. D 6. A 7. B 8. D 9. C 10. B	11. C 12. D 13. C 14. B 15. C	1. there is a process from courting to marriage 2. courtship leads to lifelong commitment 3. Love 4. Trust 5. Committment 6. Maturity 7. Financial Stability 8. Before marriage 9. Order to know your partner well 10. More	1. Dating is about meeting someone while courting is partner in a relationship 2. Someone as prospective 3. Partner in a relationship 4. Relationship romanticism 5. Develops romantic relationships 6. Sharing things about yourself. 7. To get to know each other 8. Other 9. Financial stability and maturity 10. Regular outing can be with group of friends/family while dating is when you are with someone you want to establish romantic relationship.
1. b 2. a 3. d 4. d 5. c 6. a 7. d 8. b 9. c 10. b	11. b 12. c 13. a 14. b 15. b	1. Dating is about meeting someone while courting is partner in a relationship 2. Someone as prospective 3. Partner in a relationship 4. Relationship romanticism 5. Develops romantic relationships 6. Sharing things about yourself. 7. To get to know each other 8. Other 9. Financial stability and maturity 10. Regular outing can be with group of friends/family while dating is when you are with someone you want to establish romantic relationship.	1. Dating is about meeting someone while courting is partner in a relationship 2. Someone as prospective 3. Partner in a relationship 4. Relationship romanticism 5. Develops romantic relationships 6. Sharing things about yourself. 7. To get to know each other 8. Other 9. Financial stability and maturity 10. Regular outing can be with group of friends/family while dating is when you are with someone you want to establish romantic relationship.

Assessment	
Activity 1. Multiple Choice	Assessment cont...

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https://www.google.com/url?sa=t&source=web&rct=j&url=http://camphillchurch.org/study_books/HOME--Dating,

For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph