



DEPARTMENT OF EDUCATION  
SCHOOLS DIVISION OF NEGROS ORIENTAL  
REGION VII

Kagawasan Ave., Daro, Dumaguete City, Negros Oriental



# PERSONAL DEVELOPMENT

Quarter 2 – Module 1:  
Personal Relationships



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**PERSONAL DEVELOPMENT – Grade 11/12**  
**Alternative Delivery Mode**  
**Quarter 2 – Module 1: Personal Relationships**  
**First Edition, 2020**

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Published by the Department of Education  
Secretary: Leonor Magtolis Briones  
Undersecretary: Diosdado M. San Antonio

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Printed in the Philippines by \_\_\_\_\_

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# **PERSONAL DEVELOPMENT**

**Quarter 2 – Module 1:  
Personal Relationships**



# **Introductory Message**

For the facilitator:

Welcome to the Personal Development 11/12 Alternative Delivery Mode (ADM) Module on Personal Relationships!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



## ***Notes to the Teacher***

This contains helpful tips or strategies that will help you in guiding the learners.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the Personal Development 11/12 Alternative Delivery Mode (ADM) Module on Personal Relationships!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:

	<b>What I Need to Know</b>	This will give you an idea of the skills or competencies you are expected to learn in the module.
	<b>What I Know</b>	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
	<b>What's In</b>	This is a brief drill or review to help you link the current lesson with the previous one.
	<b>What's New</b>	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
	<b>What is It</b>	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
	<b>What's More</b>	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
	<b>What I Have Learned</b>	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
	<b>What I Can Do</b>	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.

	<b>Assessment</b>	This is a task which aims to evaluate your level of mastery in achieving the learning competency.
	<b>Additional Activities</b>	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
	<b>Answer Key</b>	This contains answers to all activities in the module.

At the end of this module you will also find:

### **References**

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



## What I Need to Know

The famous saying “No man is an island” by John Donne outlines the importance of fulfilling man’s fundamental need to belong. The relationships we nurtured in any group we may be part of, can help each and everyone of us survive.

In this topic, we will discover your relationship with significant persons in your life. You will also explore how attraction, love, and commitment help adolescents, like you, to become more responsible in a relationship. Are you ready? Don’t be afraid in answering. We have provided aids to learning so you can keep up.

Let us proceed to the learning tasks specially prepared for you.

### LEARNING COMPETENCY:

Discuss an understanding of teen-age relationships, including the acceptable and unacceptable expressions of attractions

**EsP-PD11/12PR-IIa-9.1**

Express his/her ways of showing attraction, love, and commitment

**EsP-PD11/12PR-IIa-9.2**

At the end of the module, you should be able to:

- discuss an understanding of teenage relationships, including the acceptable and unacceptable expressions of attractions;
- compose a quote or saying expressing your ways of showing attraction, love and commitment; and
- demonstrate acceptable expression of attraction towards your relationship circles.

**Important note to remember:** This module will be collected every week so you are directed not to put any marks in here. All answers and the exact date must be written in your ACTIVITY/QUIZ notebook, or as prescribed on every given activity.

For health and safety purposes, avoid licking your fingertips, when leafing or turning pages.



## What I Know

**Directions:** Write T if the statement is TRUE, if it is FALSE, write F. Write your answers in your activity notebook.

1. It is important to work on communicating our feelings in relationships.
2. To love someone, we must love our self-first.
3. Trying to understand where other people are coming from rather than judging them helps us build and maintain relationships.
4. Having a good relationship does not contribute anything to us having good health.
5. When people listen deeply and let us know that they recognize the feeling behind our words, more likely than not, our relationship is doing good.
6. In our relationships, it is vital that we practice forgiveness when a loved one has hurt us.
7. Our loved ones cannot help us when we deal with stress.
8. Using positive methods to resolve conflict will more likely help us maintain good relationships.
9. Expressing gratitude to our friends and family help us maintain good relationships.
10. Significant differences in core values and beliefs never create a problem in relationships.

“  
Good day, dear learner! This is Teacher Tina!  
Congratulations! You have just finished the pre-test. Discover how you can be responsible in handling different types of personal relationships as you go along with this learning module. Have fun learning!



<https://bit.ly/3lq2KWu>

<https://bit.ly/2CTRcJs>



## What's In

### Task 1:

You have explored in the previous module how emotions can be both a positive and negative one and how you express or hide them can have an effect on your dealings with people.

Below are some emojis with its description/meaning (Column A). Match the emojis to its appropriate emotions/ feelings in Column B. Write only the letter of your choice in your activity notebook.

A	B
1.  Feeling fear and worry <a href="https://bit.ly/32plsDw">https://bit.ly/32plsDw</a>	a. confused b. glad c. afraid d. in pain e. lonely f. angry
2.  Feeling mad with a person, act, or idea <a href="https://bit.ly/32o58UJ3">https://bit.ly/32o58UJ3</a>	
3.  Feeling joy and pleasure <a href="https://bit.ly/2YyEli5">https://bit.ly/2YyEli5</a>	
4.  Feeling alone and that nobody cares <a href="https://bit.ly/2YyDkMi">https://bit.ly/2YyDkMi</a>	
5.  Feeling unable to think clear <a href="https://bit.ly/3leXyVd">https://bit.ly/3leXyVd</a>	

### Task 2:

Copy the table below in your activity notebook, then, identify an actual situation / happening in your life wherein you felt the emotions/feelings mentioned in

EMOTIONS/ FEELINGS	HOW YOU FELT THIS EMOTION?
1.	
2.	
3.	
4.	
5.	



## What's New

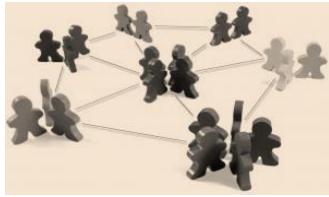
### Task 3:

Pick the word/term from the box which best applies to the pictures displayed below. Write the words in your activity notebook.

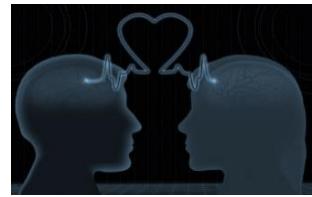
Attraction	Relationships
Love	Commitment
Personal relationships	



1. <https://bit.ly/2YwnYbi>



2. <https://bit.ly/3gnPf5X>



3. <https://bit.ly/3b5l7u1>



4. <https://bit.ly/3hryul5>



5. <https://bit.ly/3lf73no>

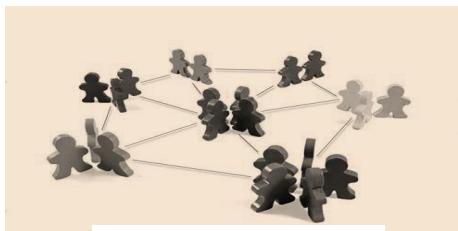


## What is It

### BASIC DEFINITIONS

#### 1. Relationship

- a relation between people; a state of connectedness between people (especially an emotional connection)



<https://bit.ly/3gnPf5X>

2. Personal relationships - relationships between people, especially those between friends, lovers and family.

Relationships are not static; they are continually evolving, and to fully enjoy and benefit from them we need skills, information, inspiration, practice, and social support. In our model there are three kinds of personal relationships:

#### **\*Family**

The concept of "family" is an essential component in any discussion of relationships, but this varies greatly from person to person. The Bureau of the Census defines family as "two or more persons who are related by birth, marriage, or adoption and who live together as one household." But many people have family they don't live with or to whom they are not bonded by love, and the roles of family vary across cultures as well as throughout your own lifetime.

#### **\*Friends**

A friendship can be thought of as a close tie between two people that is often built upon mutual experiences, shared interests, proximity, and emotional bonding. Friends are able to turn to each other in times of need. Nicholas Christakis and James Fowler, social-network researchers and authors of the book *Connected*, find that the average person has about six close ties—though some have more, and many have only one or none.

#### **\*Partnerships**

Romantic partnerships, including marriage, are close relationships formed between two people that are built upon affection, trust, intimacy, and romantic love. We usually experience this kind of relationship with only one person at a time.

### **3. Love**

- strong affection for another arising out of kinship or personalities.
- attraction based on sexual desire: affection and tenderness felt by lovers
- affection based on admiration, benevolence, or common interests.

### **4. Commitment**

- the act of binding yourself (intellectually or emotionally) to a course of action

### **5. Attraction**

- attractive quality; magnetic charm; fascination; allurement; enticement
- a person or thing that draws, attracts, allures, or entices

### **6. Responsibility**

- a form of trustworthiness; the trait of being answerable to someone for something or being responsible for one's conduct

## **WHY PERSONAL RELATIONSHIPS ARE IMPORTANT**

Healthy relationships are a vital component of health and well-being. There is compelling evidence that strong relationships contribute to a long, healthy, and happy life. Conversely, the health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure, and obesity.

Research shows that healthy relationships can help you:

- **Live longer.** A review of 148 studies found that people with strong social relationships are 50% less likely to die prematurely.
- **Deal with stress.** The support offered by a caring friend can provide a buffer against the effects of stress.
- **Be healthier.** According to research by psychologist Sheldon Cohen, college students who reported having strong relationships were half as likely to catch a common cold when exposed to the virus.
- **Feel richer.** A survey by the National Bureau of Economic Research of 5,000 people found that doubling your group of friends has the same effect on your wellbeing as a 50% increase in income!

On the other hand, low social support is linked to a number of health consequences, such as:

- **Depression.** Loneliness has long been commonly associated with depression, and now research is backing this correlation up: a 2012 study of breast cancer patients found that those with fewer satisfying social connections experienced higher levels of depression, pain, and fatigue.
- **Decreased immune function.** The authors of the same study also found a correlation between loneliness and immune system dysregulation, meaning that a lack of social connections can increase your chances of becoming sick.
- **Higher blood pressure.** University of Chicago researchers who studied a group of 229 adults over five years found that loneliness could predict higher blood pressure even years later, indicating that the effects of isolation have long-lasting consequences.

According to psychiatrists Jacqueline Olds and Richard Schwartz, social alienation is an inevitable result of contemporary society's preoccupation with materialism and frantic "busy-ness." Their decades of research support the idea that a lack of relationships can cause multiple problems with physical, emotional, and spiritual health. The research is clear and devastating: **isolation is fatal.**

<https://www.takingcharge.csh.umn.edu/why-personal-relationships-are-important>

## 10 WAYS TO EXPRESS LOVE

Here are 10 ways to express love to your special someone, your friends, family, children. By expressing love, we bring ourselves joy knowing that love is not just a Valentine's Day moment, but an ongoing, free-flowing experience that enriches our lives.

1. Express gratitude. Tell someone how much you appreciate their presence in your life.
2. Send flowers. Do it for no reason other than to say "Thank you for being you."

3. Set aside time. Give the gift of listening. Make a date if you must, in your own home or at a quiet little neighborhood place, for coffee or a drink and just listen to each other's thoughts.
4. Keep anger at bay. During stressful times think of this image. If an ember flies from a fireplace onto your rug, it will burn a hole. Flick it off immediately and the rug is safe.
5. Be thoughtfully generous with gifts. Remember what is special about a person in your life and buy gifts that are unique to them.
6. Order fortune cookies. Find ones with love sayings. You might also intersperse with gratitude sayings.
7. Offer an act of kindness. Say to your love or someone you care about, "What can I do for you today that will make your life easier and less stressful?" Then do it.
8. Write a note. Here's a simple start: "I am so grateful that you are in my life. I love you for a million reasons. Here are the top three."
9. Make time. Arrange to be together for events that bring you both pleasure.
10. Be forgiving. We all have quirks. When one surfaces that makes you want to scream, either gently say something or switch to the positive-quality channel.

In the book, *Around the Year with Emmet Fox: A Book of Daily Readings*, Fox challenges us to make this commitment by saying: "I have chosen the path of Love. My own heart is to be my workshop, my laboratory, my great enterprise, and love is to be my contribution to humanity."

<https://www.psychologytoday.com/us/blog/love-and-gratitude/201304/10-ways-express-love>



## What's More

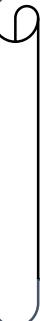
Copy the banner provided below in your activity notebook, then, write a saying or quote inside it which expresses your ways of showing attraction, love and commitment. Here's a sample:

"I think for any relationship to be successful, there needs to be loving communication, appreciation, and understanding." Miranda Kerr

### RUBRIC FOR QUOTE- WRITING

CRITERIA	DESCRIPTION	POINTS	POINTS OBTAINED
Organization	The quote/saying was clearly and creatively conveyed.	5	
Content	The different ways of showing attraction, love and commitment were provided.	5	
		<b>TOTAL: 10</b>	

### **What I Have Learned**



I have learned that \_\_\_\_\_

I have realized that \_\_\_\_\_

I will apply \_\_\_\_\_



### **What I Can Do**

On your Personal Relationships: Discuss about the different relationships you have. Why do you think these relationships are important? Write a one-page reflection paper about these ideas.

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### RUBRIC FOR REFLECTION PAPER

CRITERIA	DESCRIPTION	POINTS	POINTS OBTAINED
Organization	The activity was able to answer the question posed.	10	
Organization	The paper was well-written with ideas easily conveyed to readers.	5	
Analysis	Analysis was clear and concise based on the data presented.	5	
<b>TOTAL: 20</b>			



## Assessment

**Matching Type.** Match the terms in Column A with its appropriate meaning in Column B. Write the letter of your choice in your activity notebook.

A	B
___ 1. A relation between people	A. responsibility
___ 2. A close tie between two people that is often built	B. relationship
___ 3. An attraction based on sexual desire: affection and tenderness felt by lovers.	C. personal relationships
___ 4. It refers to relationships between people, especially those between friends, lovers and family	D. commitment
___ 5. A form of trustworthiness; the trait of being answerable to someone for something or being responsible for one's conduct.	E. friendship
___ 6. Attractive quality; magnetic charm; fascination; allurement; enticement.	F. love
___ 7. The act of binding yourself (intellectually or emotionally) to a course of action.	G. partnerships
___ 8. Refers to close relationships formed between two people that are built upon affection, trust, intimacy, and romantic love.	H. attraction
___ 9. Tell someone how much you appreciate their presence in your life.	I. sadness
___ 10. Two or more persons who are related by birth, marriage, or adoption and who live together as one household.	J. family
	K. gratitude



## Additional Activities

The statements below are some relationships Do's and Don'ts you can remind yourselves of when entering a teen or romantic relationship. Supply the blank with either a **DO** or a **DON'T** depending upon your understanding of its context. Write your answer in your activity notebook.

1. \_\_\_\_\_ look for someone you feel comfortable with
2. \_\_\_\_\_ forget your friends
3. \_\_\_\_\_ be your own person
4. \_\_\_\_\_ know the difference between good and bad conflict
5. \_\_\_\_\_ know the signs of an abusive relationship

Congrats! You have successfully completed Module 1.  
May all your learning guide you towards developing and maintaining strong relationships with family, friends, and other love ones!



## **Glossary**

The following terms used in this module are defined as follows:

**Attraction-** - a person or thing that draws, attracts, allures, or entices

**Commitment-** the act of binding yourself (intellectually or emotionally) to a course of action.

**Family-** two or more persons who are related by birth, marriage, or adoption and who live together as one household

**Friendship-** a close tie between two people that is often built upon mutual experiences, shared interests, proximity, and emotional bonding

**Love-** attraction based on sexual desire: affection and tenderness felt by lovers

**Partnerships-** including marriage, are close relationships formed between two people that are built upon affection, trust, intimacy, and romantic love

**Personal relationships-** refer to close connections between people, formed by emotional bonds and interactions

**Relationship-** a relation between people

**Responsibility-** a form of trustworthiness; the trait of being answerable to someone for something or being responsible for one's conduct.



## Answer Key

- ADDITIONAL ACTIVITIES
1. DO    2. DON'T    3. DO    4. DO    5. DO  
10. J  
9. K  
8. F  
7. H  
6. C  
5. B  
4. G  
3. D  
2. A  
1. E

## ASSESSMENT

### WHAT I CAN DO - Rubric provided

Learners' realizations and learning may vary according to their level of understanding regarding the topic as well as their personal experiences in life.

### WHAT I HAVE LEARNED

- WHAT'S MORE - Rubric Provided
5. commitment  
4. love  
3. attraction  
2. relationships  
1. personal relationships

### WHAT'S NEW

#### Answers may vary

The actual situation or event where students felt a particular emotion may vary according to their personal experiences.

### Task 2

- 1.C    2.E    3.B    4.D    5.A

### Task 1

- 1.T    2.T    3.T    4.F    5.T  
6.T    7.F    8.T    9.T    10.F

## WHAT I KNOW

## **References**

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[https://favpng.com/png\\_download/1U0Fxcxn](https://favpng.com/png_download/1U0Fxcxn)

[https://www.vhv.rs/viewpic/hTJiiJh\\_cool-text-box-png-light-transparent-png/](https://www.vhv.rs/viewpic/hTJiiJh_cool-text-box-png-light-transparent-png/)

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