

HEALTH

Quarter 1 – Module 7: Decide Now, Success Later



Health – Grade 8
Alternative Delivery Mode
Quarter 1 – Module 7: Decide Now, Success Later
First Edition, 2020

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HEALTH
Quarter 1 – Module 7:
Decide Now, Success Later

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It is here to help you master the nature and background of team sports. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

This module contains:

- Lesson 1 – Decision-Making Skills in Managing Sexuality-Related Issues

After going through this module, you are expected to apply decision-making skills in managing sexuality-related issues (**H8FH- Ih-23**)

- a. define decision-making;
- b. identify the six steps of decision-making in managing sexuality-related issues;
- c. conduct interview on how to manage sexuality-related issues.



What I Know

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

1. What is the choice that you make or act upon?
 - A. decision
 - B. evaluation
 - C. explanation
 - D. remarks

2. What skill must be practiced and exercised in resolving issues and concerns?
 - A. arranging
 - B. decision-making
 - C. evaluating
 - D. planning

3. How many steps do we have in the decision making?
 - A. 6
 - B. 16
 - C. 60
 - D. none of the above

4. What is the second step of decision-making?
 - A. deciding on solution
 - B. determining the problem
 - C. evaluating the situation
 - D. exploring the alternative

5. Maria decided to go home early to study her lessons for the upcoming examination. In what step of decision making she has to follow?
 - A. consider the consequences
 - B. decide on solution
 - C. evaluate the situation
 - D. explore the alternative

6. Jerald is going to a birthday party this weekend. This is the first time he was asked to attend by his friends but then he discerns that his parents will not approve of it. He thinks that if he will disobey his parents he could be in big trouble. In what step of decision-making Jerald has to follow?
- A. consider the consequences
 - B. decide
 - C. determine the problem
 - D. evaluate
7. What is the first step in decision-making?
- A. decide
 - B. determine the problem
 - C. evaluate
 - D. explore the alternative
8. What is the sixth step of decision-making?
- A. consider the consequence
 - B. decide
 - C. evaluate
 - D. identify your values
9. It is the third step of decision-making.
- A. consider the consequence
 - B. decide
 - C. evaluate
 - D. identify your values
10. It is the fifth step of decision-making.
- A. consider the consequence
 - B. decide
 - C. evaluate
 - D. identify your values
11. A package of individual elements that together provides a comprehensive appeal to the decision.
- A. alternative
 - B. assess
 - C. determine
 - D. evaluate

12. A resolution in the mind as a result of consideration.

- A. assess
- B. decide
- C. determine
- D. evaluate

13. What step in decision making in which the person gives the importance, worth, or usefulness of something?

- A. consider the consequence
- B. decide
- C. evaluate
- D. identify your values

14. What step in decision making that would to results of an action or condition?

- A. consequence
- B. evaluate
- C. explore
- D. problem

15. Jeyrald saw a dog hit by a car. No one tried to help the wounded dog so he decided to call for help to aid the dog. What step of decision-making is he portraying?

- A. consider consequences
- B. decide
- C. evaluate
- D. explore alternative

**Lesson
1**

Development of Decision-Skills

The decisions you make related to your sexual behaviors will affect yourself and others now or in later life. These sexual behaviors may be toward yourself, your family, your friends, or other people. Thus, what you choose to do, and how you behave, should be guided by family, social and spiritual standards, and should be based on decision-making steps or procedures.



What's In

In the previous module, you have already identified different issues and concerns of teenagers like you. You have also understood the need for support of the family.

Now, you are going to choose one issue that you think is the most bothering on your part.

Write at least three ways on how to overcome or avoid this issue to happen to you. Do this in your activity notebook.

Key Issue:

**How did you
overcome?**

1.

2.

3.



What's New

Arrange Familiar Terms

Arrange the scrambled letters to form the correct word and say something about what you understand. Write your answer in your activity notebook.

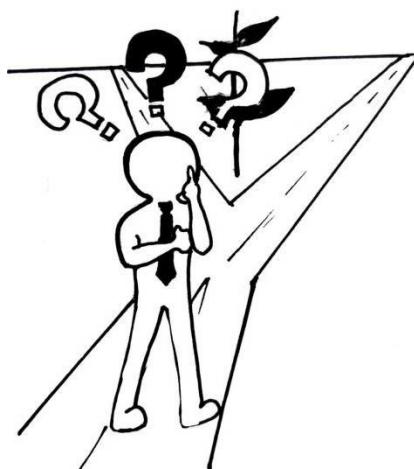
1. IONSCIED
2. BLEPROM
3. ELUAVAET
4. INGKAM
5. YFDEITN



What is It

Decision- Making

In life, we may come to a point in which we make the necessary decision and in which we make important choices for a better situation or a better life. Choosing a career is one of the crucial stages that involves careful planning and decision making. If you are to decide which career would you take, what would it be? Why?



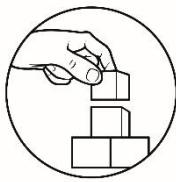
Illustrated by: Ruth B. Elman

A **decision** is a choice you make or act upon. A good decision is a decision in which you have carefully considered the outcome of each choice. Taking personal responsibility is to accept how your decisions may affect you and other people.

Decision-making skills will help you make decisions based on your need and desires. At the same time, it helps you to resist peer pressure. These skills must be practiced and exercised in resolving issues and concerns about sexuality.

Six Steps of Decision-Making (DECIDE)

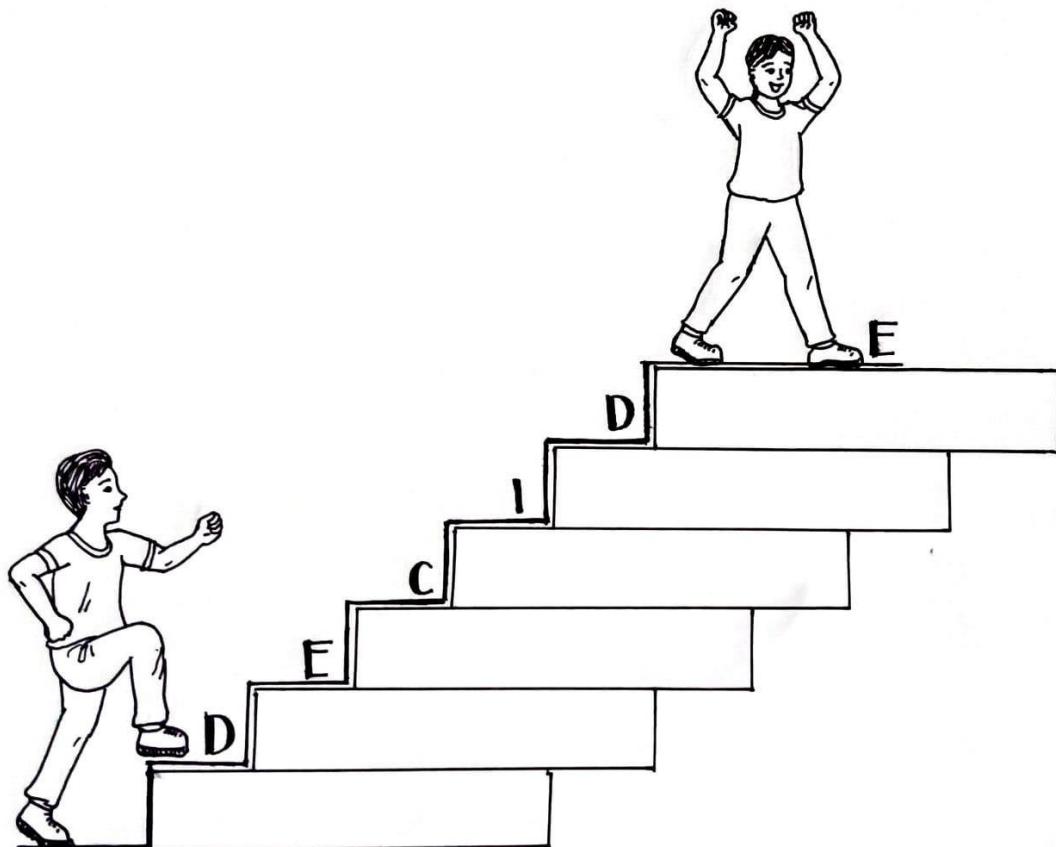
- **Determine the problem (1st Stage)**
 - Identify causes of your problem. Look at the current situation, rather than its history. Do not consider the "trouble" it creates whether now or in the future.
- **Explore the alternatives (2nd Stage)**
 - an *alternative* is not a single action, but a set of actions.
 - a package of individual elements that together provide a comprehensive approach to the decision situation.
- **Consider the consequences (3rd Stage)**
 - a result or effect of an action or condition.
- **Identify your values (4th Stage)**
 - the regard that something ought to deserve; the importance, worth, or usefulness of something.
- **Decide (5th Stage)**
 - come to a resolution in the mind as a result of consideration.
- **Evaluate (6th Stage)**
 - form an idea of the amount, number, or value of assess



What's More

Go Straight Up!

Fill in the steps of the stairs in the illustration according to the six stages of decision making (from the bottom is stage 1 and so on.). Draw this in your Health activity notebook.



Illustrated by: Ruth B. Elman



What I Have Learned

Your Insights

After doing all the activities in this module, I learned that

I realized that I need to improve my

The most difficult part of the lesson that I found is

I believe I can improve my performance and understanding of the lesson through



What Can I Do

Let's Climb Deeper in Making Good Decisions

In your activity notebook, label the page with the letters **D E C I D E** vertically. Use the six steps in decision making in going through this activity.

1. Your BFF is going to a party this weekend. This is first time that you are asked to attend by a friend but then you discern that your will not approve of it. You don't want to make your friends angry by not going, but you also don't want to get in trouble with your parents. Determine what decision you should make.

D - _____

E - _____

C - _____

I - _____

D - _____

E - _____

2. One of your closest friends tells his problem and asks for your support. He got his girlfriend pregnant. What kind of support are you going to offer without sacrificing morality?

D - _____

E - _____

C - _____

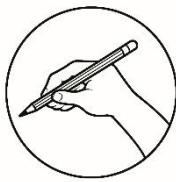
I - _____

D - _____

E - _____

3. The following guide questions may help you decide.

- Is it safe?
- Is it legal?
- Is it healthy?
- Does it show respect for you and others?



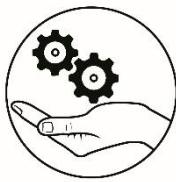
Assessment

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

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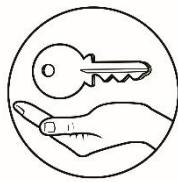
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 - C. evaluate
 - D. explore alternative



Additional Activities

Interview or talk to five (5) of your friends about things learned on how to manage sexuality-related issues. This can be done virtually.

1) What have you learned?	
2) How did you go about learning the lesson?	3) Why did you choose to learn it?
4) What/Who helped you learn it?	5) What hindered your learning?
6) How did you know that you had learned it?	



Answer Key

Assessment	Test I	What I Know
1. a	1. a	Test I
2. b	2. b	
3. a	3. a	
4. d	4. d	
5. b	5. b	
6. a	6. a	
7. b	7. b	
8. c	8. c	
9. a	9. a	
10. b	10. b	
11. a	11. a	
12. b	12. b	
13. d	13. d	
14. a	14. a	
15. c	15. c	

References

Book

Department of Education, 2013. Physical Education and Health 8 Learners Module. Philippines: Vacarish Publication and Trading, Inc.

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