

# HEALTH

## Quarter 1 – Module 6:

### Teenage Crisis



**Health – Grade 8**

**Alternative Delivery Mode**

**Quarter 1 – Module 6: Teenage Crisis**

**First Edition, 2020**

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**HEALTH**  
**Quarter 1 – Module 6:**  
**Teenage Crisis**

## **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 teenage issues and concerns. 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 consists:

- Lesson 1 – Teenage Issues and Concerns

After going through this module, you are expected to identify the different issues/ concerns of teenagers (e.g., identity crisis) and the need for support and understanding of the family (**H8FH-Ie-g-22**).

- a. identify key issues of teenagers (i.e. identity crisis);
- b. discuss the role of the family in the life of a teenager who is coping with identity crisis;
- c. list down issues concerning sexuality and the ways how to resolve them (i.e. premarital sex)



## **What I Know**

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

1. You're questioning who you are. What is the aspect of life such as relationships, age, or career?
  - A. abortion
  - B. bisexuality
  - C. identity crisis
  - D. sexual identity
  
2. Which one is an individual's personal sense of having a particular gender?
  - A. bisexuality
  - B. heterosexuality
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  - B. homosexuality
  - C. pre-marital sex
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  - B. neighbor
  - C. parent
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9. What do you mean by LGBT?
  - A. lesbian, gay, bisexual, and transgender
  - B. lesbian, girl, boy, and transgender
  - C. a & b
  - D. none of these
10. What will happen if you proceed with abortion to end your pregnancy?
  - A. you will commit a crime
  - B. you will live a normal life
  - C. your parents will be happy
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11. Which one thinks about being romantically or sexually attracted?
  - A. bisexuality
  - B. heterosexuality
  - C. identity crisis
  - D. sexual identity

12. Which is voluntary intercourse between unmarried persons?

- A. abortion
- B. homosexuality
- C. pre-marital sex
- D. sexual identity

13. Which is when people identify or dis-identify with sexual orientation?

- A. bisexuality
- B. heterosexuality
- C. identity crisis
- D. sexual identity

14. What is the best way to have a good life in the near future?

- A. early pregnancy
- B. know your self-worth
- C. practice pre-marital sex
- D. pro-abortion movement

15. What is the common term used to refer to a homosexual woman?

- A. bisexuality
- B. heterosexuality
- C. gay
- D. lesbian

## Lesson

# 1

# Teenage Issues and Concerns

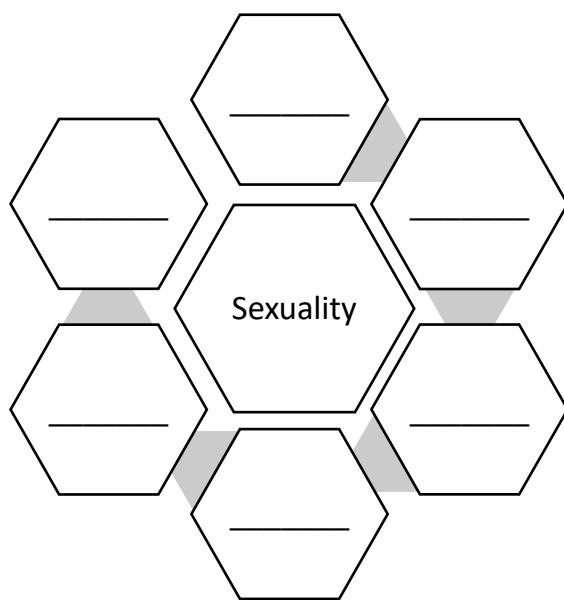
Teenage/adolescence is a fundamental stage of life that each human being passes through. Some people face this period of their life actively and positively, while others face many dilemmas and difficulties. This depends on the surrounding these young adults live in, their parents, their friends, their living conditions, their education, and many other factors.



## What's In

In the previous module, you have already learned and analyzed the factors that affect one's attitudes and practices related to sexuality and sexual behavior. You also experienced assessing your health attitudes and analyzed the importance of sexuality to family health.

For us to know if you still remember the concepts in the last module, fill in the graphic organizer below about the importance of sexuality in your family health.





## What's New

### Poem Analysis

English Translation	Filipino Translation
<p><u>The Teenage Years</u></p> <p>We learn from our mistakes, From the wrong turns we take, From the fake friends we make, And from the times we almost break.</p> <p>Our mistakes help us grow, But at the time, we didn't know. We didn't want our weakness to show. At the time, we couldn't let them know.</p>	<p><u>Sa Panahon ng Kabataan</u></p> <p>Natuto kami mula sa aming mga pagkakamali, Mula sa maling mga liko, Mula sa mga pekeng kaibigan na ginagawa naming, At mula sa mga oras na halos masira na kami</p> <p>Ang aming mga pagkakamali ay tumutulong sa amin na lumago, Ngunit sa oras na iyon, hindi namin alam. Hindi namin nais na ipakita ang aming kahinaan. Sa oras na ito, hindi namin maipabatid sa kanila.</p>

Questions that are to be answered in your activity notebook:

1. Who is the speaker in the poem?
2. What is the message of the poem?
3. Is it important that we know ourselves? Why?
4. What can be done so that we can prevent mistakes to happen?



## What is It

As you grow older, you will discover a lot about yourself, your sexuality, your gender preferences, your sexual behavior, and your sexual orientation. Certainly, these are influenced by several factors in our lives. Fortunately, most adolescents enjoy good physical and mental health. However, as you go along with your life, you become too curious and exploitative resulting in some issues and concerns that need to be addressed.

The most common teenage concerns nowadays are the following: identity crisis, sexual identity and sexual behaviors, premarital sex, leading to teenage pregnancies and abortion.

### Identity Crisis

The term “identity crisis” was first used by developmental psychologist and psychoanalyst Erik Erikson. He established the ideas of adolescent identity crisis as well as mid-life crisis, believing that personalities are developed by resolving crises in life.

If you are experiencing an identity crisis, you may be questioning your sense of self or identity. This can often occur due to big changes or annoyance in life, or due to factors such as age or advancement from a certain stage (for example, school, work, or childhood).

### Signs of an Identity Crisis

Having an identity crisis is not a classifiable condition. Here are the signs you may be experiencing an identity crisis:

- You’re questioning who you are — overall or with regards to a certain outlook in life such as relationships, age, or career.
- You’re experiencing great personal conflict due to the questioning of who you are or your role in society.
- You’re questioning things such as your values, spirituality, beliefs, interests, or career paths that have a major impact on how you see yourself.
- You’re searching for more meaning, reason, or passion in your life.

It's completely typical to question who you are since people change throughout their lives. However, when it commences affecting your daily thinking or functioning, you may be having a crisis of identity.

Whatever the case, all adolescents do find themselves defining and deciding upon "who they are," as they are given more opportunities to be self-directive and autonomous during the transition to adulthood. Parents need to create an atmosphere of safety and openness whereby adolescents feel comfortable sharing their perception and feelings without fear of judgement. Such a relationship will foster the types of conversation that will support adolescents through their transitions, whatever the level of challenge or "crisis."

### **Sexual Identity and Sexual Behaviors**

Sexual identity is how one thinks of oneself regarding whom one is romantically or sexually interested. It may also refer to sexual orientation which is when people identify or dis-identify with sexual orientation or determine not to classify with sexual orientation.

Sexual identity and sexual behavior are closely related to sexual orientation. They are distinguished from *sexual identity* and the character or personality of an individual. On the other hand, *sexual behavior* refers to actual fleshly acts performed by the individual. *Sexual orientation* refers to romantic, or sexual attractions toward persons of the opposite sex or gender, the same sex or gender, to both or more than one gender, or no one.

### **Sexual Identities**

*Heterosexuality* refers to a pattern of attraction to persons of the opposite gender.

*Bisexuality* describes a pattern of attraction towards both males and females, or to more than one gender.

*Homosexuality* is a pattern of attraction to other persons of the same gender. The term *lesbian* is commonly used to refer to homosexual women, and the term *gay* is commonly used to refer to homosexual men, although *gay* is sometimes used to refer to women as well.

*LGBTQIA+*, is an initial that stands for lesbian, gay, bisexual, transgender, queer, intersex, and asexual. A plus sign meant to cover anyone else who is not included.

*Lesbian* is relating to homosexual women or to homosexuality in women.

*Gay* is a homosexual man.

*Bisexuals* is a person who is sexually attracted to both men and women.

*Transgender* are people whose gender identity is different from the gender they were thought to be at birth.

*Queer* is a word that describes sexual and gender identities other than straight. Lesbian, gay, bisexual, and transgender people may all identify with the word queer.

*Intersex* is a general term used for a variety of situations in which a person is born with reproductive or sexual anatomy that doesn't fit the boxes of female or male.

*Asexual* a person who is not sexually attracted to anyone.

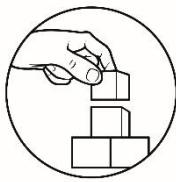
## **Premarital Sex**

It is a sexual activity practiced by people before they are married. Historically, premarital sex was considered a moral issue that was considered a sin by a number of religions, but since about the 1960s, it has become more widely accepted, especially in Western countries.

Pregnant teenagers face many of the same pregnancy-related issues as other women. There are additional concerns for those under the age of 15 as they are less likely to be physically developed to sustain a healthy condition in giving birth. For girls aged 15–19, risks are associated more with socioeconomic factors than with the biological effects of age. Risks of low birth weight, premature labor, anemia, and pre-eclampsia are connected to biological age being observed in teen births even after controlling for other risk factors (such as accessing prenatal care, etc.).

Teenage pregnancies are associated with social issues, including lower educational levels and poverty. Teenage pregnancy in developed countries is usually outside of marriage and is often associated with a social stigma.

Getting pregnant at a young age oftentimes causes teenage mother to do abortion. An abortion is an intentional procedure to end a pregnancy. It uses medicine or surgery to remove the fetus and placenta from the uterus. In other words, it results to the intentional killing of an innocent child because of your reckless actions.



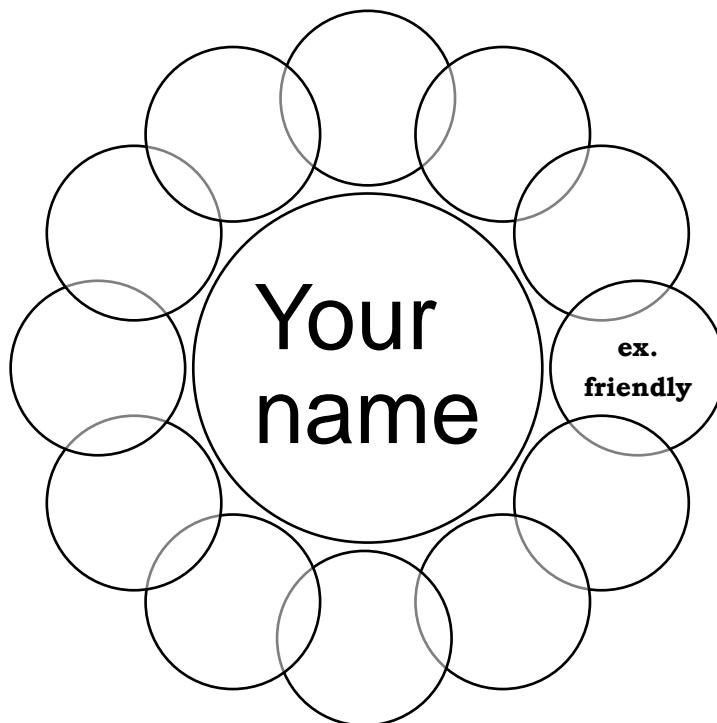
## What's More

### 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.

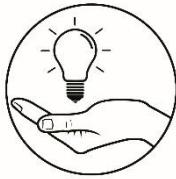
### Help Shape My Identity

In your activity notebook, fill in the diagram with any information about your identity. You have to write your name at the center. Also, answer the questions in the box below.



#### Questions:

1. How did you find the activity?
2. Did it help you in knowing your identity very well?
3. Have you ever thought of changing the qualities and identities you have written in the diagram? Why?



## ***What I Have Learned***

### **Your Insights**

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

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I realized that I need to improve my

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The most difficult part of the lesson that I found is

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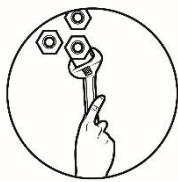
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I believe I can improve my performance and understanding of the lesson through

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## What I Can Do

### Speak Up

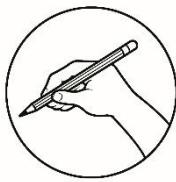
Make a three to five minutes video blog on **No To Premarital Sex** and for those who don't have social media you will create an essay. Below are guide questions to accomplish the activity.

- As a youngster, what are you going to do to prevent these things to happen?
- Are you going to speak up to your family if certain concerns arise? Or will you go with the flow and do the same things as well?
- What do you think is the role of your family and parents in preventing these things to happen?

Rubrics for Blog	Unsatisfactory 5	Limited 10	Proficient 15	Exemplary 20	Score
<b>Content and Creativity</b>	Posting shows no evidence of insight, understanding or reflective thought about the No To Premarital Sex.	Postings provide minimal insight, understanding or reflective thought about the No To Premarital Sex.	Posting provide moderate insight, understanding or reflective thought about the No To Premarital Sex.	Posting provide comprehensive insight, understanding or reflective thought about the No To Premarital Sex.	
<b>Text Layout, use of Graphics and Multimedia</b>	Does not insert any graphics, or uses only low-quality graphics and multimedia which do not enhance the content.	Selects and inserts many low-quality graphics and multimedia which do not enhance the content.	Select and insert graphics and multimedia that are mostly high quality and enhance and clarify the content.	Select and insert high quality graphics and multimedia when appropriate to enhance the content's visual appeal and increase	

<b>Citations</b>	No images, media or text created by others display appropriate copyright permissions and do not include accurate, properly formatted citations.	Some of the images, media or text created by others does not display appropriate copyright permission and do not include accurate, properly formatted citations.	Most images, media or text created by others display appropriate copyright permissions and accurate properly formatted citations.	All images, media or text created by others display appropriate copyright permissions and accurate properly formatted citations.	
<b>TOTAL</b>					

<b>Rubrics for Essay</b>	<b>Unsatisfactory 5</b>	<b>Limited 10</b>	<b>Proficient 15</b>	<b>Exemplary 20</b>	<b>Score</b>
<b>Focus</b>	Minimal evidence of a topic.	No apparent point but evidence of a specific topic.	Apparent point made about a single topic with sufficient awareness of task.	Sharp, distinct controlling point made about a single topic with evident awareness of task	
<b>Content</b>	Superficial and/or minimal content.	Limited content with inadequate elaboration or explanation.	Sufficiently developed content with adequate collaboration .	Substantial, specific, and/or illustrative content demonstrating strong development and sophisticated ideas.	
<b>Organization</b>	Minimal control of content arrangement.	Confused or inconsistent arrangement of content with or without attempts at transitions.	Functional arrangement of content that sustains a logical order with some evidence of transitions.	Sophisticated arrangement of content with evident and/or subtle transitions.	
<b>TOTAL</b>					



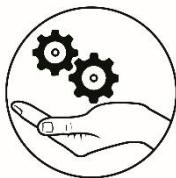
## **Assessment**

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

1. Who should create an atmosphere of safety and openness?
  - A. friend
  - B. neighbor
  - C. parent
  - D. teacher
  
2. What do you call the procedure to end a pregnancy? It uses medicine or surgery to remove the embryo or fetus and placenta from the uterus?
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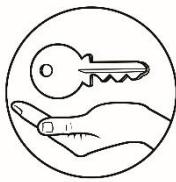
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15. What is best way to have a good life in the near future?
- A. early pregnancy
  - B. knows your self-worth
  - C. practice pre-marital sex
  - D. pro-abortion movement



## ***Additional Activities***

Go out and seek advice. Remember to observe Health protocols. This time, you are going to do another interesting task. Prepare a short documentary video or a narrative report of his/her experience. Interview somebody in your community who has experienced teenage issues and concerns and ask for advice from other youngsters. Prepare some guide questions to be asked before the conduct of the interview.



# Answer Key

What I Know

Assessment

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

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