

HEALTH

Quarter 2 – Module 10: A Care from Within



Health – Grade 8
Alternative Delivery Mode
Quarter 2 – Module 10: A Care from Within
First Edition, 2020

Republic Act 8293, section 176 states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (e.g., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this module are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

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

Development Team of the Module

Writer:	Ofelia C. Siangco
Editors:	Maria Joan Princess P. Lumanta, Antonio V. Salazar, Meller M. Acompañado, Narcie Fe M. Solloso
Reviewers:	Ferdinand C. Elma, Jocelyn E. Plaza
Illustrators:	Ruth B. Elman, Mary Joy Oliverio
Layout Artists:	Blessy T. Soroysoroy, Jaypee D. Platero, Jerome S. Jabel
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.

Printed in the Philippines by _____

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

8

HEALTH
Quarter 2 – Module 10:
A Care from Within

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.

The module contains:

- Lesson 1 – Responsible Parenthood

After going through this module, you are expected to:

1. Analyze the importance of responsible parenthood (**H8FH-IIg-h-37**);
 - a. distinguish the importance of responsible parenthood;
 - b. examine the importance of responsible parenting;
 - c. create a slogan expressing responsible parenthood.



What I Know

I. Directions: Read and analyze the questions. Write the correct answer in your activity notebook.

1. Which refers to the state of being a parent?
 - A. fatherhood
 - B. marriage
 - C. motherhood
 - D. parenthood

2. Which refers to the state of being a mother?
 - A. motherhood
 - B. parenting
 - C. parenthood
 - D. responsible parenthood

3. Which refers to the will and ability to respond to the needs and aspirations of the family?
 - A. engagement
 - B. motherhood
 - C. parenting
 - D. responsible parenthood

4. Which of the following means taking responsibility for your own actions and understanding that decisions may affect the lives of other people?
 - A. courtship
 - B. decision-making
 - C. engagement
 - D. marriage

5. Which refers to the series of decisions couples make to ensure the best possible life for the family and for the community to which the family belongs?
 - A. decision making
 - B. marriage
 - C. responsible parenting
 - D. responsible parenthood

6. Which refers to a group of people related to one another by blood, marriage, or adoption?
 - A. family
 - B. relatives
 - C. siblings
 - D. all of the above
7. Which of the following comprises a married man and woman and their biological child?
 - A. family unit
 - B. parents
 - C. stepfamily
 - D. all of the above
8. Why do parents need to have proper parenting skills?
 - A. They are role models for their children.
 - B. Children want to copy everything the parents do.
 - C. Children learn more by what is being caught than by what is being taught.
 - D. all of the above
9. Which of the following is the best way your parent will do when siblings fight? The parents need to _____.
 - A. be fair, show affection and compassion
 - B. settle and set reasonable consequences
 - C. talk with the children and take time to listen
 - D. all of the above.
10. Which of the following phrases state that parents have neglected the children? It is when _____.
 - A. parents send their children to school
 - B. they spend quality time with the children
 - C. they cannot provide for the children's basic needs
 - D. they can provide proper medical care like immunizations

11. Who will take responsibility for the needs at home and in charge of the emotional growth and values formation of the children?
 - A. mother
 - B. neighbor
 - C. siblings
 - D. all of the above
12. What does good parenting require? It requires to _____.
 - A. provide a positive role model
 - B. encourage a productive behavior
 - C. engage in adequate supervision
 - D. all of the above
13. Which of the following can negatively affect children?
 - A. poverty
 - B. separated parents
 - C. favoritism in the family
 - D. all of the above
14. What period refers to when couples are ready to embrace their responsibilities like doing household tasks and taking care of the children to bring them quality life?
 - A. engagement
 - B. parenthood
 - C. responsible parenthood
 - D. all of the above
15. What do you consider the family's environment that can be changed over time?
 - A. economic conditions
 - B. size
 - C. structure
 - D. all of the above

**Lesson
1**

Responsible Parenthood

Parenthood is the state of being a parent with a boundless responsibility. The happiness and stability of marriage, physical and emotional readiness of both partners, and financial stability are points to consider when thinking of parenthood.



What's In

Directions: Read the statements and discuss the truth or falsity of each. Justify your answer in two to three sentences.

1. Families have the same number of people.

2. Even though family members fight, they still love each other

3. Different families have different rules.

4. A couple without children is a childless family



What's New

Let's Check

"Do you want to become a responsible parent? Let's find out how? What are you waiting for? Come on and check the template below.

As a good parent, I must	YES	NO
Have a positive communication as an important part of parenting.		
Prevent my child from being hurt or hurting anyone else.		
Give a firm decision with a brief reason.		
Strong in facing challenges with regards to family and child-rearing.		
Be funny and cool.		
Have the ability/skills to plan.		
Be able to set examples and teach desirable values.		
Have the ability to work carefully, systematically, and safely for the good of the children.		
Work hard to build lives for the children.		
Raise children as a moral, responsible individual.		



What is It

Parenthood is the act of being a parent. It also means being a father or mother of the biological child. When adoption is involved, the parents are the legal father and mother of the kid.

Responsible parenthood is the will and ability to respond to the necessities and ambitions of the family.

Responsible parenting is the series of decisions that couples make to warrant the best promising life for the family and for the community to which the family belongs. It is the ability of the parents to nurture children in the Filipino way and to satisfy the social, economic, and religious responsibilities of a family. Parenting also embraces the inculcation of values and encouraging discipline.

Parenthood is a boundless responsibility or task. It is not a role that can be effectively achieved based on chance. It is a status where responsible couples decide and make a decision to have a family.

There are several points when thinking of parenthood:

Happiness and stability of the marriage.

The relationship of the couple should be satisfactory because a child's arrival may only become another source of marital stress and misery.

Physical and emotional readiness of both partners for parenthood.

A wife should be physically and emotionally prepared to give birth to a healthy child and the husband should be mature enough to carry out his responsibilities.

Financial stability.

The cost of living gets higher as the newborn child completes the family and it is dependent on the parents.

What do we mean by responsible parenthood?

An important part of growing up is learning to make decisions about our lives. Part of decision-making means taking responsibility for our own

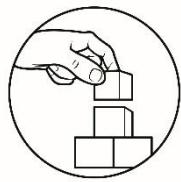
actions and understanding that our decisions affect the lives of other people. To make responsible decisions, a person needs accurate and reliable information. Decisions about family size and child spacing should be made by the mother and father for both of them will be affected at the end of the day.

The situation of every person and each couple is different. Therefore, there is no set of rules or guidelines which can be applied to everyone. Couples need to make their own decisions regarding responsible behavior. However, discussions within the youth group and advice and counseling within the youth from adults will help youth to make good decisions.

Establishing a family is a very important decision that demands emotional, intellectual, social, physical, and economic preparation. Motherhood and fatherhood are not a simple task in which we are "naturally equipped"; they require preparation and maturity.

Responsible parenthood includes the process of deciding how to choose our partners, when to form families, when to have the first child, child spacing, how many children to have, etc. But responsible parenthood does not end with decisions about how many children to have and when to have them. Responsible parenthood includes all the decisions we take to ensure the best possible lives for ourselves and to our children.

Children have special needs that oftentimes neglected if not carefully planned for. Beyond their need for appropriate nutrition, children also need emotional support and affection, mental stimulation, social involvement, and recreation.



What's More

Activity 1. It's for Us

Directions: Among the illustrations below, choose one which you can relate to your family and explain. Write your answer on your activity notebook.



God fearing family



Child Spacing



Family needs

Illustrated by: Ruth B. Elman

Activity 2. Yes, You Are

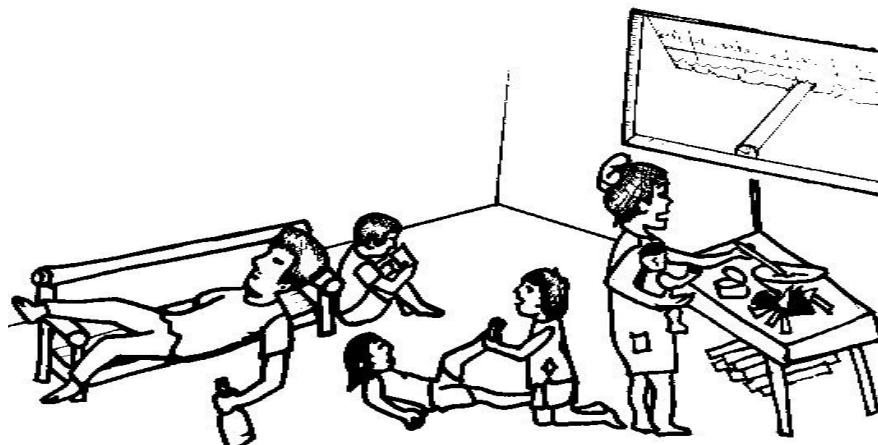
Directions: Given with different situations, write **RP** if the statement describes **Responsible Parenting** and **IP** if it is **Irresponsible Parenting**.

- _____ 1. My mother and father provide a complete school uniform and send me to school.
- _____ 2. We always go to church together.
- _____ 3. Parents don't bother to impart financial goals in the family.
- _____ 4. Parents are raising better children by giving them a happy home to live in and create good memories
- _____ 5. Mothers and fathers teach the value of loving and serving family members.
- _____ 6. Mothers and fathers need not stop whatever they are doing and need not care for their children's needs.
- _____ 7. Parents need to be flexible.
- _____ 8. A solo parent takes care of all the family needs.
- _____ 9. A parent needs to be able to put their child's needs before their own.
- _____ 10. Parents prioritize to stay at home instead of going out with friends.
- _____ 11. Parents don't believe in the individuality of their child and compare them with others to make their child feel inferior.
- _____ 12. Parents show favoritism among their children.
- _____ 13. Parents teach more with actions, provide with right examples and behavior.
- _____ 14. Parents never instill confidence and constantly criticize their children that cause them to rip off their self-esteem.

- _____ 15. Mothers and fathers behave like happy and connected to give good examples to their children.

Activity 3. Picture Analysis

Directions: Look at the picture and analyze it. Answer the questions below.



Illustrated by: Mary Joy Oliverio

1. This family looks unhappy. Why?

2. The children look like they are very close in age gap, do you think the parents can provide all their basic needs? Why?

3. Do you think the parents can give all the attention and affection their children need? Why?

4. Do you believe that making decisions is important to parents? Why?

5. Do you think child spacing has a big role in achieving responsible parenthood? Why?

Activity 4. Slogan Making

Directions: Create your own slogan expressing responsible parenthood.

Rubrics:

Category	5 points	4 points	3 points	Score
Craftsmanship	The slogan is exceptionally attractive in terms of neatness and not messy	The slogan is attractive in terms of neatness and not messy	The slogan is acceptably attractive though it may be bit messy.	
Creativity	The slogan is exceptionally creative and not messy	The slogan is creative and a good amount of thought was put into decorating it.	Slogan is creative and some thought was put into decorating it.	
Originality	Shows exceptional use of new ideas and originality to create slogan	Good use of new ideas and originality to create slogan	Average use of new ideas and originality to create slogan	
Grammar	There is no grammatical mistake	There is 1 grammatical mistake	There are more than 2 grammatical mistakes	
Total				



What I Have Learned

Jot Your Insights

Directions: Fill the blanks to complete the sentences. Copy and write your answers in your activity notebook.

After doing all the activities in this module, I learned that parenthood is the state of being a (1.) _____. It means being a mother and a father of the biological child and when adoption is involved, the parents are the (2.)_____ father and mother of the child.

I understand that responsible parenthood is (3.) _____

I believe that responsible parenting is (4.) _____

I realized that I need to improve my (5.) _____



What I Can Do

Activity 1. My Beloved Parents

Directions: In your activity notebook, paste a picture of your parents and follow the directions. Read the statement below and relate it to your experience with your parents.

1. “Parental love is immeasurable. They always work hard to build lives for their children and to raise them to be morally upright”.

2. “In all families, mothers and fathers work”.

Activity 2

Directions: Read the statements below and write TRUE if you agree with the statement and FALSE if you disagree. Justify your answer in two to three sentences. Copy and answer in your activity notebook.

1. Parents need to be loving to their children.
2. Parents need to discipline their children.
3. The father is free and allowed to show vices to his child.
4. Parents need to be able to stay still in a stressful situation.
5. Parents need to be able to decide how and when to spend money



Assessment

I. Directions: Read and analyze the questions. Write the correct answer in your activity notebook.

1. Which refers to the series of decisions couples make to ensure the best possible life for the family and for the community to which the family belongs?
 - A. decision making
 - B. marriage
 - C. responsible parenting
 - D. responsible parenthood

2. Which refers to a group of people related to one another by blood, marriage, or adoption?
 - A. family
 - B. relatives
 - C. siblings
 - D. all of the above

3. Which of the following comprises a married man and woman and their biological child?
 - A. family unit
 - B. parents
 - C. stepfamily
 - D. all of the above

4. Which of the following means taking responsibility for your own actions and understanding that decisions may affect the lives of other people?
 - A. courtship
 - B. decision-making
 - C. engagement
 - D. marriage

5. Which of the following can negatively affect children?
- A. poverty
 - B. separated parents
 - C. favoritism in the family
 - D. all of the above
6. What period refers to when couples are ready to embrace their responsibilities like doing household tasks and taking care of the children to bring them quality life?
- A. engagement
 - B. parenthood
 - C. responsible parenthood
 - D. all of the above
7. What do you consider the family's environment that can be changed over time?
- A. economic conditions
 - B. size
 - C. structure
 - D. all of the above
8. Why do parents need to have proper parenting skills?
- A. They are role models for their children.
 - B. Children want to copy everything the parents do.
 - C. Children learn more by what is being caught than by what is being taught.
 - D. all of the above
9. Which of the following is the best way your parent will do when siblings fight? The parent need to _____.
- A. be fair, show affection and compassion
 - B. settle and set reasonable consequences
 - C. talk with the children and take time to listen
 - D. all of the above.
10. Which of the following sentences state that parents have neglected the children? It is when _____.
- A. parents send their children to school
 - B. they spend quality time with the children
 - C. they cannot provide for the children's basic needs
 - D. they can provide proper medical care like immunizations

11. Which refers to the state of being a parent?

- A. fatherhood
- B. marriage
- C. motherhood
- D. parenthood

12. Which refers to the state of being a mother?

- A. motherhood
- B. parenting
- C. parenthood
- D. responsible parenthood

13. Which refers to the will and ability to respond to the needs and aspirations of the family?

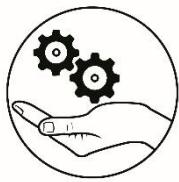
- A. engagement
- B. motherhood
- C. parenting
- D. responsible parenthood

14. Who do you think will take responsibility for the needs at home and in charge of the emotional growth and values formation of the children?

- A. father
- B. mother
- C. neighbor
- D. siblings

15. What does good parenting require? It requires to _____.

- A. provide a positive role model
- B. encourage a productive behavior
- C. engage in adequate supervision
- D. all of the above



Additional Activities

Activity 1. Thank You for the Love

To honor the love and sacrifices of your parents, you are going to make a *Thank You* card for them. Using any recyclable and indigenous materials found in your community, create a creative *Thank You* card expressing your gratefulness to your parents. Have them read the card and let them sign the card after as proof that they have read your card.

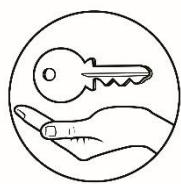
Activity 2. Know Them Better

Directions: To know more about your parents, ask them good questions. Use the following questions below and write your answer in your notebook.

1. How did you meet each other?
2. What's the hardest thing about raising your children?
3. Can you tell me about the day I was born?
4. If you could change one thing about your life, what would it be? Why?

Rubrics:

	5 points	10 points	15 points
Information-Answer	Answers are not based on facts	Some answers are short and limited.	All answers are factual and thorough.



Answer Key

What I Know	Assessment	What's More
1. D	1. D	1. RP
2. A	2. A	2. RP
3. D	3. A	3. IP
4. B	4. B	4. RP
5. C	5. D	5. RP
6. A	6. C	6. IP
7. A	7. D	7. D
8. D	8. D	8. D
9. D	9. D	9. D
10. C	10. C	10. C
11. A	11. D	11. D
12. D	12. A	12. A
13. D	13. D	13. D
14. D	14. B	14. B
15. C	15. D	15. D

References

Books

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

Population and Education Teaching Module. 2009.

Online source

“Attitudes Responsible Parents Need to Have” by Julia Higa on Prezi , accessed date, December 8, 2019, <https://prezi.com>

“Attitudes That Responsible Parents Need To Have” by Jessica Mackay on Prezi, accessed date, December 8, 2019, <https://prezi.com-xejxrrkvuxjr>

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