

HEALTH

Quarter 1 – Module 1: The Marvel of Oneself



Health – Grade 8

Alternative Delivery Mode

Quarter 1 – Module 1: The Marvel of Oneself

First Edition, 2020

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HEALTH

Quarter 1 – Module 1:

The Marvel of Oneself

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.

For the learner:

Welcome to the **Health 8** Alternative Delivery Mode (ADM) on Module on **Discover Yourself!**

The hand is one of the most symbolized parts of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner are capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands.

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 guided to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



What I Need to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



What I Know

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.



What's In

This is a brief drill or review to help you link the current lesson with the previous one.



What's New

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



What is It

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



What's More

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.



What I Have Learned

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



What I Can Do

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



Assessment

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



Additional Activities

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



Answer Key

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

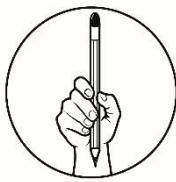
This module was designed and written with you in mind. It is here to help you master sexuality as an important component of one's personality. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The 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 – Sexuality as an Important Component of One's Personality

After going through this module, you are expected to:

1. Identify basic terms in sexuality (sex, sexuality, gender, etc.) (**H8FH-Ia-16**).
 - a. define basic terms in sexuality (sex, sexuality, gender, etc.);
 - b. show appreciation to sexuality by writing a reflection as an important component of one's personality; and
 - c. make a slogan depicting gender and equality issues.



What I Know

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

1. What is the biological basis of being male or female?
 - A. androgyny
 - B. gender
 - C. sex
 - D. sexuality

2. Which of the following situations show being a male?
 - A. Coco loves to sing and act.
 - B. Marianne has a positive body figure.
 - C. Alberto has a crush on Jenny.
 - D. Maya does not shout in public.

3. It refers to femininity or masculinity of a person's role and behavior.
 - A. androgyny
 - B. gender
 - C. sex
 - D. sexuality

4. It is the total expression of an individual's self-concept.
 - A. androgyny
 - B. gender
 - C. sex
 - D. sexuality

5. Why is it important to understand human sexuality?
 - A. We have similar sexuality issues.
 - B. Eventually, we will all become mature adults.
 - C. There is a specific age for developing one's sexuality.
 - D. It will help us build a better relationship with ourselves and others.

6. It is a natural and healthy part of the life of a human being which is most important aspect of masculine and feminine identification.
 - A. gender
 - B. personality
 - C. sex
 - D. sexuality

7. It is a major aspect of personality.
 - A. androgyny
 - B. gender
 - C. sex
 - D. sexuality
8. It gives a man and a woman to have an equal enjoyment of human rights.
 - A. gender
 - B. sexuality
 - C. gender equality
 - D. gender role
9. It refers to set of roles, characteristics, and expectations of how a man or woman feels, thinks, and acts as influenced by parents, peers, and society.
 - A. gender
 - B. gender equality
 - C. gender role
 - D. sexuality
10. It is a way of representing a particular gender identity.
 - A. gender symbol
 - B. personality
 - C. sex
 - D. sexuality

Read and analyze the following statements. Write **AGREE** if you agree and **DISAGREE** if not.

1. Teaching job is only for women.
2. Men have no right to cry in public.
3. It is the responsibility of the parents to take care of their children.
4. Father is the sole provider for the family.
5. It is not the sole responsibility of the mother to attend the PTA meetings in school

**Lesson
1**

Sexuality as an Important Component of One's Personality

In this module, you will learn that sexuality is a natural part of the life of a human being. It is about being a man or a woman. Most important aspects are masculine and feminine identification. Sexuality involves the name given at birth, the toys played with, the garments worn, the buddies played with and the roles and responsibilities included at home. It provides a sense of self-worth when sexual understanding is learned.



What's In

When you were in Grade 7, you learned that sexuality has a very important role in one's personality that influences who he/she is.

Personality Check

Put a check (✓) in the column after each item to show how you describe yourself.

Statements	Always	Rarely	Never
1. I show respect and affection for others.			
2. I choose friends who share the same interest.			
3. I find it easy to relax and express my feelings.			
4. I idolize peers and media, role personalities as sources for standards of behavior, dress and style.			
5. I get along well with other people.			

Guide Question:

What is the best way to improve your personality?



What's New

WHO AM I?

Read the poem and analyze how the author expresses herself.

The Wonder of Me

By Bernadette Borja Rosaroso

Look at me in your eyes,
Tell me who am I
Think of me just like you
are, As I take you as mine.
Gaze into my innermost world,
You'll learn who I am
Interact with me,
And acquire a little of myself.
Feel my soul
And together we'll discover each other's world.

Answer the following questions. Write your answers in your activity notebook.

1. How do you express yourself?
2. How do you see yourself?
3. How much do you know yourself?



What is It

In this activity, you will learn and understand sexuality as an important component of one's personality.

Sexuality is an essential part of what we do and who we are. It is the way in which we experience and express ourselves as human beings. It is the entire expression of an individual's self-concept. Sexuality involves the physical, mental, social, emotional and ethical aspects of one's personality.

Sexuality is a natural and healthy part of life. It is everything about being a male or female. It's the most important aspect in masculine or feminine identification. It involves the name given at birth, the toys played with, the garments worn, the buddies played with, the roles and responsibilities at home. Sexuality provides a sense of self-worth when sexual understanding is positive.

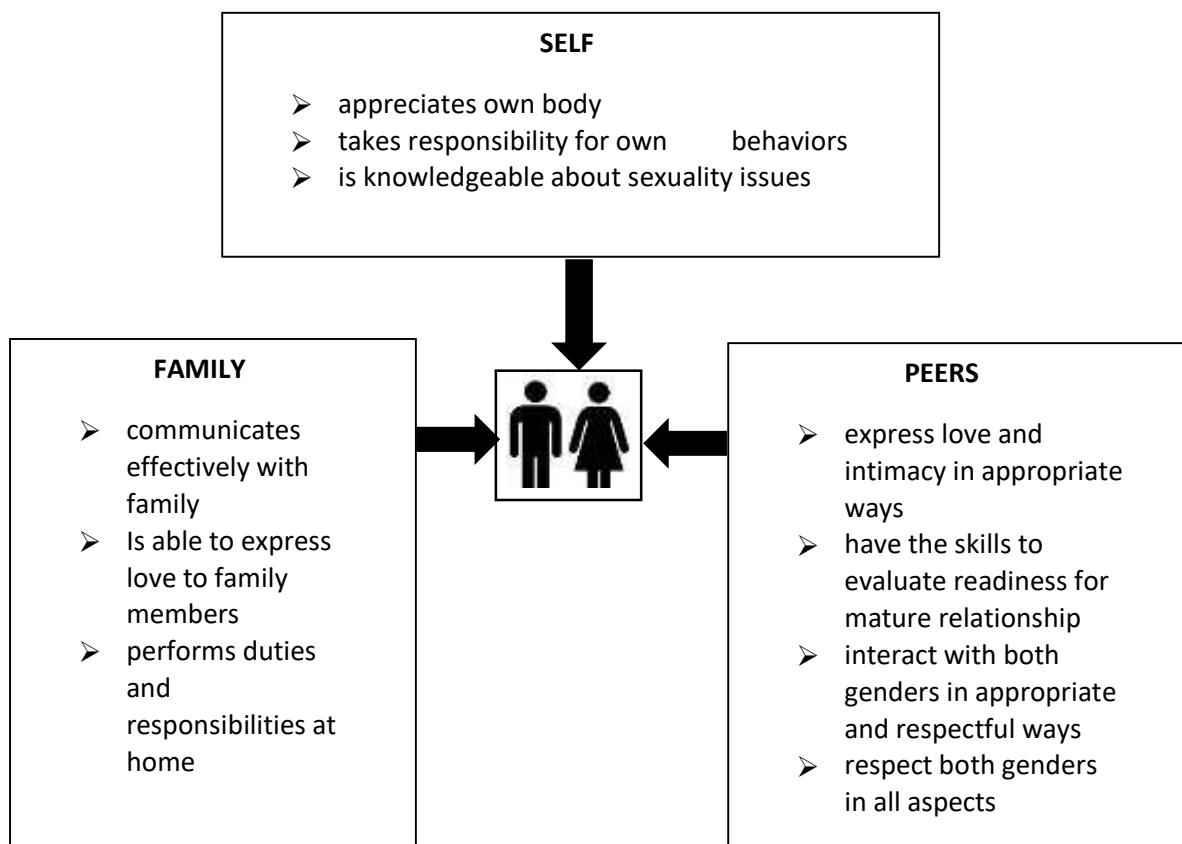
Gender and Human Sexuality

Gender is a social concept on how men and women should think, feel, and act. It refers to femininity or masculinity of a person's role and behavior as defined by society.

Human sexuality is the quality of being male or female. It is the way in which we experience and express ourselves as sexual beings. (Department of Education, 2013)

Gender and Sexuality are two issues that influence your life as a young person. These two concepts have some significant impact on how you view yourself and deal with other people, especially with the other sex. Sexual feelings are normal and healthy. As a teen, you'll experience a heightened desire to explore your sexuality. This is completely healthy and normal. Remember that sexuality encompasses our whole being. Managing sexually-related issues should be set up on values particularly self-respect and respect for others.

Below is a diagram showing healthy attitudes that can influence sexual behavior.



The following are the key terms related to gender and sexuality:

Sex is the biological basis of being a male or female.

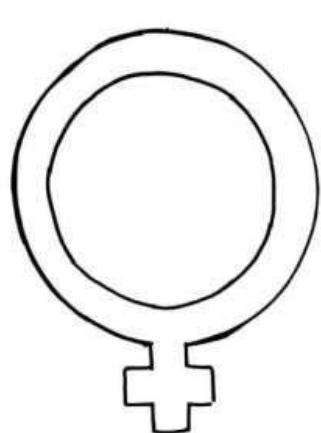
Gender is a social view on how men and ladies should think, feel, and act. It refers to femininity or masculinity of an individual's role and behavior.

Gender Equality grants man and woman equal enjoyment of human rights.

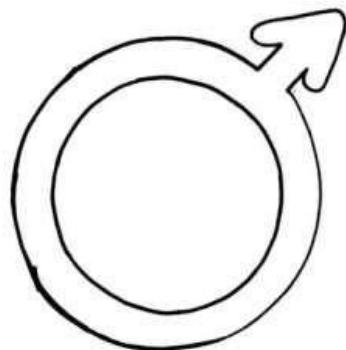
Gender Role refers to certain roles, characteristics, and expectations of how a person should feel, think, and act as influenced by parents, peers, and society.

Sexuality is a basic part of what we do and who we are; it is the way in which we experience and express ourselves as sexual beings. It is the entire expression of an individual's self-concept.

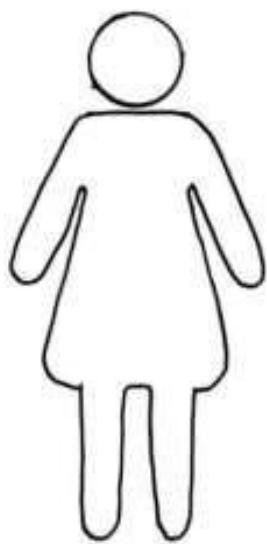
A gender symbol is a way of representing a particular gender identity through unique symbol.



Female



Male

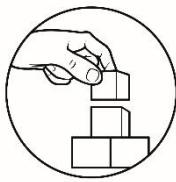


Female



Male

Illustrated by: Krizza M. Ibardolaza

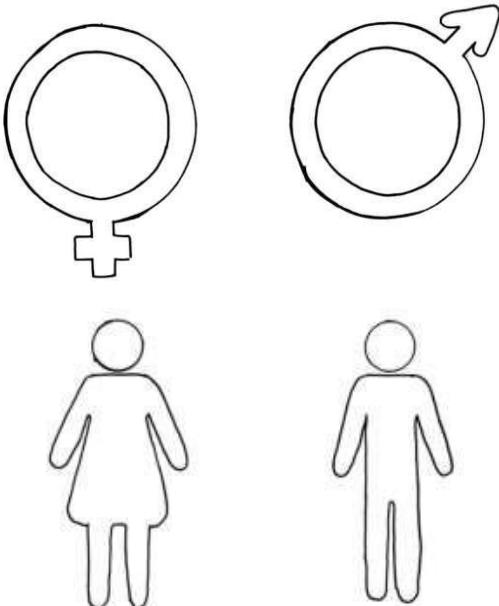


What's More

General directions: Choose among the two activities below and answer only one in your activity notebook.

Activity 1. Status Symbol

Observe the symbols below and answer the following questions.



Guide Questions:

1. Are you familiar with the symbols above?

2. Where do you usually see these symbols?

3. What do these symbols represent?

4. What is the importance of these symbols?

5. Why do we use these symbols?

Activity 2. Gender Identity

In your activity notebook, draw the male gender symbol (♂) if you think the phrase refers to the usual role of men and the female gender symbol (♀) if you think the phrase refers to the usual role of women or both. (♂)(♀).

Ex. Making a living

Ans. (♂)(♀)

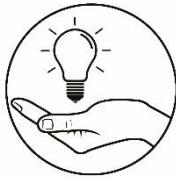
1. Giving birth
2. Produce a sperm cell
3. Fixing the broken faucet
4. Doing household chores
5. Helping the children with their homework

Guide Questions:

1. Does knowing your gender and gender role help you in shaping your personality today?

2. Why is it important to know our gender role based on our sex and gender?

3. What are the roles of a male and a female at home?



What I Have Learned

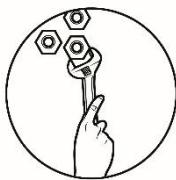
Answer the questions below by giving your own ideas.

1. What can you say about the following?

- a. Sexuality _____
- b. Gender equality _____
- c. Gender role _____

2. Is gender equality important in terms of roles at home? If Yes, Why?
If No, Why not?

3. Why is it that sexuality is an important component of one's personality?



What Can I Do

Directions: Write your own slogan depicting gender and equality issues.

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	
Total				



Assessment

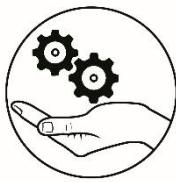
I. Write the letter of the correct answer in your activity notebook.

1. It is a way of representing a particular gender identity.
 - A. gender symbol
 - B. personality
 - C. sex
 - D. sexuality
2. It refers to set of roles, characteristics, and expectations of how a man or woman feels, thinks, and acts as influenced by parents, peers, and society.
 - A. gender
 - B. gender equality
 - C. gender role
 - D. sexuality
3. It gives a man and a woman to have an equal enjoyment of human rights.
 - A. gender
 - B. sexuality
 - C. gender equality
 - D. gender role
4. It is the total expression of an individual's self-concept.
 - A. androgyny
 - B. gender
 - C. sex
 - D. sexuality
5. It is a natural and healthy part of life.
 - A. gender
 - B. personality
 - C. sex
 - D. sexuality

6. Why is it important to understand human sexuality?
 - A. We have similar sexuality issues
 - B. We will all become mature adults.
 - C. There is a specific age for developing one's sexuality.
 - D. It will help us build a better relationship with ourselves and others.
7. It is the total expression of an individual's self-concept.
 - A. androgyny
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 - D. sexuality
8. It refers to femininity or masculinity of a person's role and behavior.
 - A. androgyny
 - B. gender
 - C. sex
 - D. sexuality
9. Which of the following illustrates gender?
 - A. Coco loves to sing and act.
 - B. Marianne has a positive body figure.
 - C. Alberto has a crush on Jenny.
 - D. Maya does not shout in public.
10. What is the biological basis of being male or female?
 - A. androgyny
 - B. gender
 - C. sex
 - D. sexuality

II. Write TRUE if the statement is true; and write FALSE if the statement is false.

1. Teaching is a job for both men and women.
2. It is just okay for men to cry in public.
3. It is a responsibility for both parents to take care of their children.
4. An adult woman cannot do a man's work.
5. Doing household chores is a responsibility of both parents.

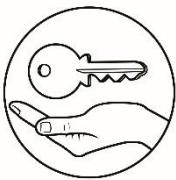


Additional Activities

Watch and Relax

This is your opportunity to show your understanding of gender role in the media. Select only one from the given activities below.

- Choose a movie or a television show which you believe has gender role labels in it. Analyze the gender role you find in the movie.
- Extract any gender-biased content.
- Recreate one of the scenes of the film by submitting a script of your own for this scene.
- Write a reflection on why you think that gender role depiction in media must be addressed.



Answer Key

Assessment

What I Know

1. C 2. B 3. C 4. D 5. D

6. D 7. D 8. B 9. B 10. C

True 1. True 2. True 3. True 4. True

False 5. False

Who Am I

1. Yes 2. It is important to know our gender role because we could do gender roles differently.

3. There will be a clearer view on what we can equally do.

Guide Questions:

1. A male can share equal responsibilities with a female at home like teaching kids with homeworks. He could also be doing equal share of household chores.

2. A female, on the other hand, can also do equal responsibilities at home like taking care of the male. She could do household chores as well. She could also take care of the kids at home.

3. A female can share equal responsibilities with her family. It is about being a man and a woman. Gender Equality, on the other hand, grants man and woman equal enjoyment of human rights. Gender role refers to certain rights. Gender role expectations of how a person should feel, think and act as influenced by parents, peers and society.

What I Learned

1. Sexuality is a natural part of life of a human being. It is about being a man and a woman. Gender Equality, on the other hand, grants man and woman equal enjoyment of human rights. Gender role refers to certain rights. Gender role expectations of how a person should feel, think and act as influenced by parents, peers and society.

2. Yes, because there can be sharing of responsibilities at home. There can be equal responsibilities at home. The two genders can have equal opportunities to express their own individuality.

3. Sexuality is an important component in at home.

Sexual Health

1. Sexuality is a self-concept. It gives the entire expression of an individual in what we do and who we are. It identifies ourselves as unique human beings whose personalities because it helps us strengthen the interpretation of ideas that will be equal expressions of ideas. There can be equal responsibilities at home. The two genders can have equal opportunities to express their own individuality.

2. Peers and society.

3. Sexuality is an important component in at home.

4. One's personal life because it helps us identify ourselves as unique human beings whose personalities because it helps us strengthen the interpretation of ideas that will be equal expressions of ideas. There can be equal responsibilities at home. The two genders can have equal opportunities to express their own individuality.

5. Self-concept.

What's More

Act. 2

1. Female symbol - ♀ 2. Male symbol - ♂ 3. both symbol - ♂♀ 4. both symbol - ♂♀ 5. both symbol - ♂♀

What I Learned

1. sad face 2. happy face 3. happy face 4. sad face 5. happy face

B.

10. A 9. D 8. C 7. D 6. C 5. D 4. D 3. B 2. C 1. C

Assessment

References

Department of Education.1995. A Guidance Manual On the Growing Filipino Adolescent III. Philippines;

Department of Education.2013. Physical Education and Health 8: Learners' Manual. Philippines: Vicarich Publication Company Inc.

Department of Education.2001. Reproductive Health. A&E NFE Accreditation & Equivalency Learning Material.

The Wonder of Me, a poem by Bernadette Borja Rosaroso

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