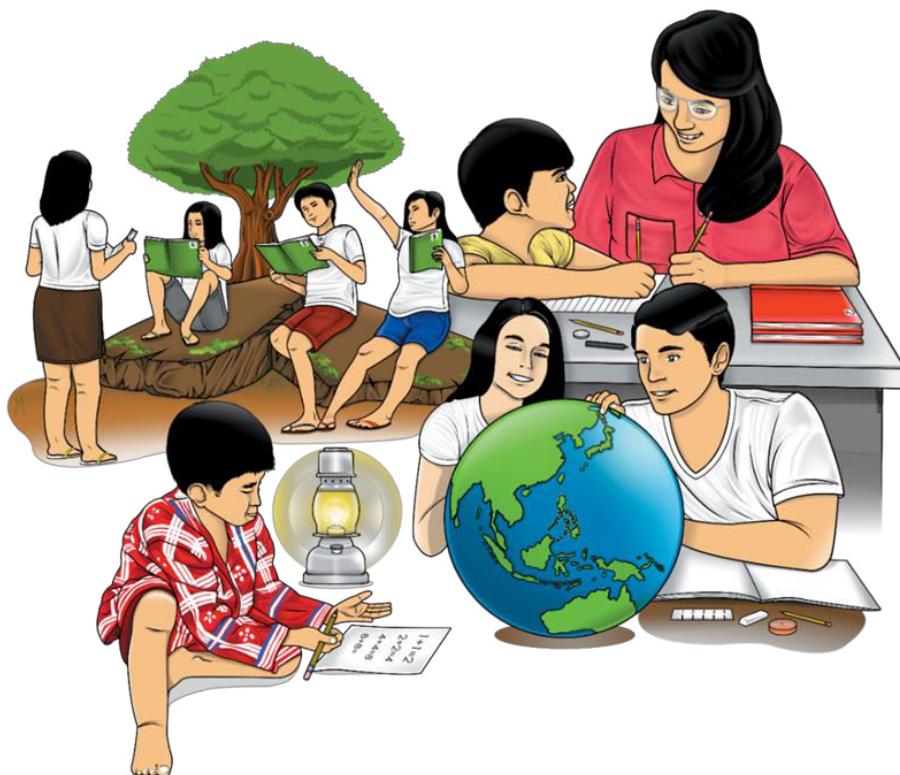


Prevention of Substance Use and Abuse

Learner's Module in Health 9
Quarter 2 • Module 1



DIVINA P. KITONGAN
Developer

Department of Education • Cordillera Administrative Region

NAME: _____ GRADE AND SECTION: _____
TEACHER: _____ SCORE: _____

Republic of the Philippines
DEPARTMENT OF EDUCATION
Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY
Military Cut-off, Baguio City

Published by:
DepEd Schools Division of Baguio City
Curriculum Implementation Division

COPYRIGHT NOTICE
2020

Section 9 of Presidential Decree No. 49 provides:

“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.”

This material has been developed for the implementation of K-12 Curriculum through the DepEd Schools Division of Baguio City – Curriculum Implementation Division (CID). It can be reproduced for educational purposes and the source must be acknowledged. Derivatives of the work including creating an edited version, an enhancement or a supplementary work are permitted provided all original work is acknowledged and the copyright is attributed. No work may be derived from this material for commercial purposes and profit.

PREFACE

This module is a project of the Curriculum Implementation Division particularly the Learning Resource Management and Development Unit, Department of Education, Schools Division of CAR which is in response to the implementation of the K to 12 Curriculum.

This Learning Material is a property of the Department of Education- CID, Schools Division of CAR. It aims to improve students' performance specifically in MAPEH.

Date of Development	August 2020
Resource Location	DepEd Schools Division of Baguio City
Learning Area	MAPEH
Grade Level	9
Learning Resource Type	Module
Language	English
Quarter/Week	Q2/W1
Learning Competency Code	H9S-IIa-14; H9S-IIb-16; H9S-IIb-17
Learning Competency	<ol style="list-style-type: none">1. Describes the drug scenario in the Philippines.2. Discusses risk and protective factors in substance use, and abuse.3. Analyzes situations for the use and nonuse of psychoactive substances

ACKNOWLEDGEMENT

The developer wishes to express his gratitude to those who helped in the development of this learning material. The fulfillment of this learning material would not be possible without these people who gave their support, helping hand and cooperation. This module would not have possible without the help of the following:

To my Head Teacher for being the editor of my work.

To Dr. Lolita A. Manzano encouragement; and

To the Baguio LRMDS for the information drive that they have done and for always posting the sites and links that we can use in developing modules.

Development Team

Developer	Divina P. Kitongan
Layout Artist	Jennifer C. Pinlac

School Learning Resources Management Committee

Whitney A. Dawayen	School Head / Principal
Joeferino Guinumtdad	Subject / Learning Area Specialist
Geraldine D. Sumipit	School LR Coordinator

Quality Assurance Team

Lolita Manzano, Ed.D.	EPS MAPEH
Lourdes B. Lomas-e, Ed.D.	PSDS – District

Learning Resource Management Section Staff

Loida C. Mangangey	EPS – LRMDS
Victor A. Fernandez	Education Program Specialist II - LRMDS
Christopher David G. Oliva	Project Development Officer II – LRMDS
Priscilla A. Dis-iw	Librarian II
Lily B. Mabalot	Librarian I
Ariel Botacion	Admin. Assistant

CONSULTANTS

JULIET C. SANNAD, EdD

Chief Education Supervisor – CID

CHRISTOPHER C. BENIGNO, Ph.D.

OIC – Asst. Schools Division Superintendent

MARIE CAROLYN B. VERANO, CESO V

Schools Division Superintendent

TABLE OF CONTENTS

	Page
Copyright Notice	II
PREFACE	III
Acknowledgement	IV
Table of Contents	V
Title Page	VI
What I need to Know	2
Learning Objectives	2
What I know	3
What's In	5
Activity 1	5
What's New	6
What Is It	7
What's More	9
Activity 1	9
Assessment 1	10
Activity 2	11
Assessment 2	11
Activity 3	12
Assessment 3	12
What I Have Learned	13
What I Can Do	14
Post- Assessment	13
Additional Activities	14
Answer Key	16
Reference Sheet	17

Prevention of Substance Use and Abuse

Learner's Module in Health 9
Quarter 2 • Module 1

DIVINA P. KITONGAN
Developer



What I need to Know

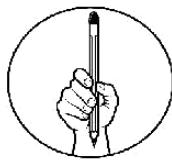
In this learning material, you will be able to learn the drug scenario in the Philippines. You will be provided with information about the study conducted by the Dangerous Drugs Board. You will also be introduced to basic terms used in the study of substance use and abuse. Activities are provided to further develop knowledge, skills and attitudes toward the topic. Read and understand the lessons carefully. Information's and activities are prepared for you. Answer all the questions in the given activities. Do not leave any question unanswered or any activity undone.



Learning Objectives:

At the end of the lesson, you are expected to:

1. Describe the drug scenario in the Philippines
2. Explain the concepts of drug dependence, drug use, drug misuse and drug abuse.
3. Conduct a survey in school or in community about its present drug scenario;
4. Create a box information which includes all information's who have learned, gathered and processed
5. Discuss risk and protective factors in substance use, abuse and drug dependence.



What I know

Hi there! Before we proceed to our lesson, let's check your prior knowledge. Answer the activity below.
Good luck ☺



PRE- ASSESSMENT

I. Multiple Choice: Choose the best answer from the options below. Write the letter on the space provided before each number.

- A. Shabu
 - B. Marijuana
 - C. Inhalants
 - D. Vitamins

_____ 10. What government agency tasked in creating policies in dealing with illegal drugs in the Philippines?

- A. Dangerous Drugs Board C. Deadly Drug Base
B. Drug Documentary Bristol D. None of the above

II. Give the meaning of the following:

11. PDEA - _____

12. PNP -

13. NBI -

14. DDB -

15. LGU -



What's In

Activity 1: THUMBS UP THUMBS DOWN

- Read the following statement. Shade the “thumbs-up” with green color if you agree to the statement, and shade the “thumbs-down” with brown if it is not.

1. Smoking should be banned in public places



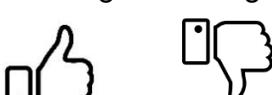
2. It is okay for students to use cigarettes and alcohol



3. Our law is too easy on teenagers caught using drugs.



4. Advertising is causing teenagers caught using drugs.



5. Sever penalties for drug use will stop people from using drugs.



6. Parents should be held responsible for their children who are into drug use



7. Drugs are addictive.



8. Drinking liquor every day is good to your health.



9. It is more safe to smell the smoke of the cigarette than using it.



10. One of the reason why some students decided to drop their classes because of being addicted to their bad habits.





What's New

In this lesson, you will be able to learn the **Drug scenario in the Philippines** and common concepts in Drug Education.



Profile of Filipino Drug Users	
Profile	Findings
Ratio of Users (male to female)	10:1
Men age	28 yrs old
Civil status	Single (58.2%)
Employment Status	Unemployed
Educational Attainment	High school level
Average Monthly Household Income	Php 16,290.80
Duration of Drug use	6 years old and more
Residence	Urban areas
Nature of Drug Use	Poly-drug use (multiple drug use)
Common Drugs of Abuse	Shabu, marijuana, inhalants

Reading Time!

- In the year 2004, an estimate of 6.7 million drug users in the Philippines was recorded by the Dangerous Drugs Board (DDB). The “2008 National Household Survey on the Nature and Extent of Drug Abuse in the Philippines” conducted by the same agency revealed that there is a downward trend in the number of drug users down to 1.7 million users. The decline may be associated with the government’s intense efforts in combating drugs.

→ The following are the reasons for the successful decline of drug abuse in the country:

1. The Philippine National Police (PNP)  <small>http://www.pnp.gov.ph/</small>	2. the Philippine National Police (PNP)  <small>http://www.pnp.gov.ph/</small>
3. Philippine Drug Enforcement Agency (PDEA)  <small>http://www.pdea.dga.gov.ph/</small>	4. Bureau of Customs  <small>http://www.boc.gov.ph/</small>
5. and other law enforcers have helped arrest local and international drug syndicate members, traffickers, and destroy secret laboratories and warehouses.	

- Operations conducted by different law enforcing agencies like.
 - ✓ Strict implementation of policies under the “Dangerous Drugs Act of 2002” like the compulsory drug test for application of driver’s license, entrance to military service, application for firearms licensing, and others.
 - ✓ Actualization of the Dangerous Drugs Board’s programs and projects in partnership with other agencies like DepEd- Department of Education and DSWD – Department of Social Welfare and Development and other local governments units (LGU) and non-government organizations (NG))
 - ✓ These are positive efforts bearing fruits and achievements; however, the government does not rest on its laurels but rather creates more productive programs and projects to make the country a drug-resistant society.



What is it

Common Concepts in Drug Education

- **Drugs** - are any illegal substances which have psychological, emotional, and behavioral effects on a person.
- **Drugs of abuse** - are drugs commonly abused by users. In the Philippines, the three drugs of abuse are shabu, marijuana and inhalants.
- **Drug dependence** - is a cluster of physiological, behavioral, and cognitive Drug phenomena of variable
- intensity in which the use of a drug Dependence takes on a high priority thereby creating a strong desire to take the substance.
- **Drug Misuse** - is the use of a substance incoherent or inconsistent with the prescribed dosage or frequency of use.
- **Drug Abuse** - is the use of a substance for nonmedical purposes.
- **Drug Tolerance**- is the condition of the body's ability to become adjusted to the effects of substances to the body, thus requiring an even larger amount to experience the same effect when taking the smaller dosage

→ Risk and Protective Factors for Drug Use, Misuse and Dependence

The use, misuse and abuse of drugs are the result of various factors surrounding a person. These factors either increase or decrease the possibility of a person to use drugs.

Risk factors are those influences which increase the chances of using, misusing, and abusing drugs.

Protective factors, on the other hand, are those influences which decrease the chances of using, misusing, and abusing drugs. According to studies, protective factors counterbalance negative effects of risk factors. It is important to understand that it does not necessarily mean that several risk factors present make a person highly susceptible to drug use, misuse, and abuse. Protective factors even if few may be enough to work against the risk factors, more so if there are several of these protective influences. These factors are composed of influences in different domains of life.

Source: www.drugabuse.gov



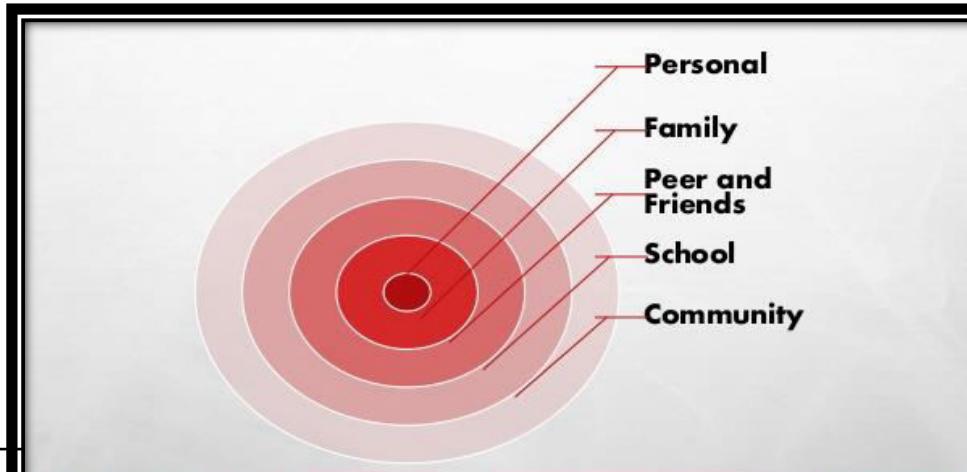
<https://english.jagran.com/lifestyle/international-day-against-drug-abuse-and-illicit-trafficking-2020-motivational-quotes-to-inspire-you-in-leaving-any-addiction-10013220>



<https://www.drugtopics.com/view/most-valuable-drugs-2020-pipeline>



Domains of life which affect the drug use and abuse



What's More

Activity 1: Why Should we avoid Dangerous Drugs?

DOMAINS OF LIFE WHICH AFFECT DRUG USE AND ABUSE

Drugs causes addiction, habituation or a marked change in consciousness. Basically drugs known to be good, in medicine they are used to treat illnesses, help calm down patients with mental disorders or relieve pain and suffering. Prohibited uses of drugs may result in different crimes that create chaos and disorder in society.

- $\frac{9}{16} \frac{12}{18} \frac{12}{15} \frac{5}{8} \frac{7}{9} \frac{1}{20} \frac{12}{5} -$
- $\frac{12}{16} \frac{1}{18} \frac{23}{15} \frac{4}{8} \frac{9}{9} \frac{2}{2} \frac{9}{20} \frac{5}{5} \frac{2}{4} - \frac{2}{2} \frac{25}{19}$
 $\frac{12}{(RA\ 9165)}$
- $\frac{8}{15} \frac{5}{21} \frac{1}{18} \frac{-}{12} \frac{20}{2} \frac{8}{18} \frac{4}{1} \frac{1}{4} \frac{13}{9} \frac{1}{14} \frac{7}{14} \frac{5}{4} \frac{-}{19}$
 $\frac{15}{14} \frac{21}{18} \frac{18}{2} \frac{1}{18} \frac{1}{1} \frac{9}{9} \frac{14}{14} \frac{1}{14} \frac{4}{4}$

2 15 4 25

- 16 19 25 3 8 15 19 15 3 9 1 12
4 5 19 20 18 15 25 19 15 14 15 19
2 5 8 1 22 9 15 18 1 14 4
3 1 21 19 5 19 15 14 15 20 15
3 15 13 13 9 20 3 18 9 13 5
• 19 16 9 18 9 20 21 1 12 1 7 1 9 14
19 20 20 8 5 23 9 12 12 15 6

 **Assessment 1:**

1. Give at least 5 sentences to summarize the information's above.

2. What are the importance of Law enforcement agencies?

Activity 2: Conduct a survey in your community about its present drug scenario.

Give at least 10 or more sentences.

If you still not allowed to go outside due to this pandemic, you can search your answer on the internet.





Assessment 2:

1. What can you say about the past and present drug scenario here in your community? Give at least 3 sentences.

Below are the risk and factors in the use, misuse and abuse of drugs. Each of the domains of life have its own risk and protective factors.

Activity 3: Now, Identify the following factors if it is risk or protective.

Put a check under your answer.

Domains of life	Risk factors	Protective factors
I. Personal		
1. Use of drugs at an early age		
2. Sense of belonging		
3. Positive interaction with people		
4. Risk taking behavior		
5. Experimentation		
6. Childhood problems		
7. Good reasoning skills		
8. Feelings of isolation		
9. Self-control behavior		
II. Family		
1. History and patterns of drug use		
2. Good communication with people		
3. Positive Family relationship		
4. Attitudes toward drug use		
5. Poor parenting and child rearing		

6. Inconsistent family rules		
7. Strong family bonds		
8. Positive expectation to child's success in family, school and community		
9. Reliance on family for emotional support		
III. Peer and friends		
1. Association with peers and friends known to use gateway drugs		
2. Preference to stay with friends than with family		
3. Formation of friendships		
4. Inviting friends at home to know the family		
IV. School		
1. Poor academic performance		
2. Show interest in attending classes		
3. Excellent academic performance		
4. Involvement in fights and conflicts		
V. Community		
1. Easy access to gateway drugs		
2. Poor community organization		
3. Positive attitude which combat drug use		
4. Strong community advocacy against drugs		

Assessment 3: Fill in the blank

Direction: Read each statement or question below carefully and fill in the blank(s) with the correct answer. Answers may be more than one word.

- Drugs are _____ that change the way a person's body and mind works.
- True or false: Medicines are legal drugs. _____
- List three illegal drugs: _____, _____, _____
- List two reasons why illegal drugs are dangerous:

- A person who uses drugs can become _____, or dependent on them.
- List three signs that someone may be using drugs:
_____, _____,

- Name one thing you can do if you think someone you know is using drugs.

- List two ways you can "walk away" from peer pressure:



What I Have Learned

Direction: Fill out the needed information's. Make sure that you will answer all the items provided.

1. I have learned the characteristics of a healthy community which can help me

2. I have learned that having a good community can help me

3. I have discovered that

4. I am glad that

5. The activities in this module are



What I can Do

Anti-Drug Awareness Poster

Directions: You are going to create an Anti-Drug Awareness Poster that will be displayed in the classroom or hallway! Choose one of the drugs listed below. Use your notes and/or book to help you meet the following criteria below. Remember - you should gear your poster towards teenagers! Follow the rubric below to make sure you include all the required information!

Shabu	Marijuana	Inhalants
-------	-----------	-----------

Tip- USE COMMON SENSE - if you think you should not include something because it is inappropriate; ask the teacher first if it is okay!

CRITERIA	Does Not meet (1)	Nearly Meets (3)	Meets (4)	Exceeds (5)
Content knowledge	The poster is lacking in elements required. There are	Does not have all the relevant information needed. Information is	Poster includes all relevant Information. However, it is not well-organized or	Includes all information relevant to the topic. The poster is creative, clear, and concise. The student added information above

	many gaps in information presented. Confusing.	presented in an unorganized fashion and hard to understand	easily understood.	what was taught in class or required for assignment.
Anti- Drug Title/ Slogan	Lacks original feel. Not students own work or not creative	Not very appealing. Limited use of creative materials.	Contains students own writing and drawing. Lots of colors, shapes, and appealing design. Shows the student spent time creating an artistic anti-drug title/slogan.	Eye-catching. Great use of colors, texture, shapes and spacing on poster. Artwork is the students own & is neat. Writing is easy to read. Shows the student can express ideas through creativity.
Poster Requirements	Less than 50% of the requirement are correctly completed on the poster.	Less than 65% of the requirements are correctly completed on the poster.	Poster is correct size, clean and neatly displayed. All requirements or most of it are on the poster and have correct information.	Poster is of exceptional quality and presentation. All requirements are complete and correct.
Poster Presentation	Poster lacks presentation due to incompleteness or design.	Poster design distracts the reader. Writing take away from the presentation of the poster.	With a few distractions. Overall, the poster presents information that is attractive format.	Poster presentation allows the reader full access to the information while the presentation enhances that experience.

Post-Assessment

I. MULTIPLE CHOICE: Choose the best answer from the options below. Write the letter on the space provided before each number.

- A. Drugs
- B. Food
- C. Cosmetics
- D. Gadgets

- ____ 7. What classification of drugs speeds up a person's central nervous system and makes a person's energy high?
- A. Narcotics
 - B. Inhalants
 - C. Depressant
 - D. Stimulants
- ____ 8. What classifications of drugs are breathed into the lungs by sniffed?
- A. Narcotics
 - B. Inhalants
 - C. Stimulants
 - D. Depressant
- ____ 9. What condition of the body requires an even larger amount of the substance to experience the same physiological and mental effect experience when taking the smaller dosage?
- A. Tolerance
 - B. Dependence
 - C. Drug Misuse
 - D. Drug Abuse
- ____ 10. What is a drug takes on a high priority thereby creating a strong desire to take the substance?
- A. Abuse
 - B. Dependence
 - C. Drug Misuse
 - D. Tolerance

II. Give the meaning of the following:

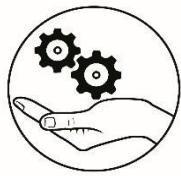
11. DDB - _____

12. NBI - _____

13 PNP. - _____

14. PDEA - _____

15. LGU - _____

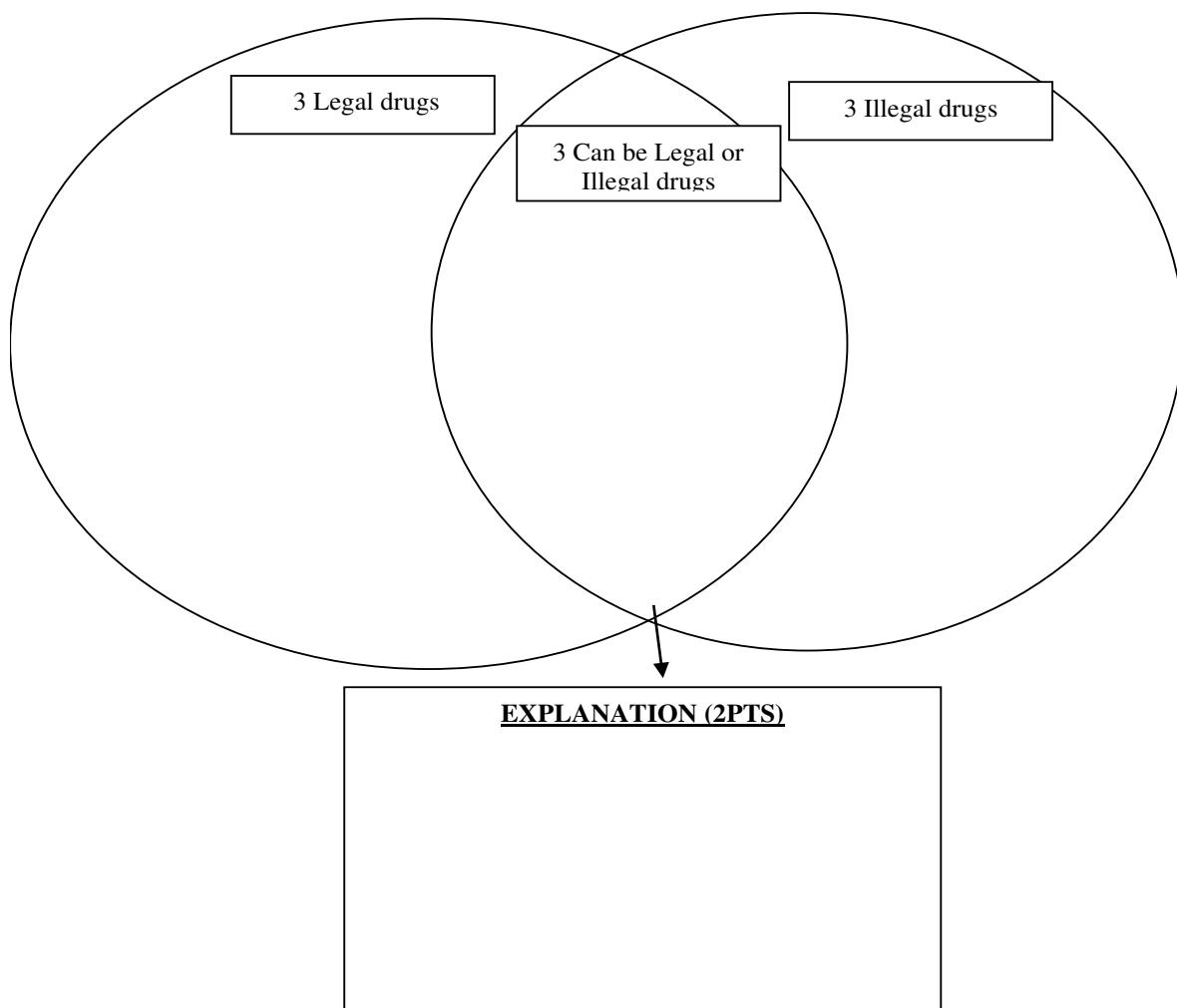
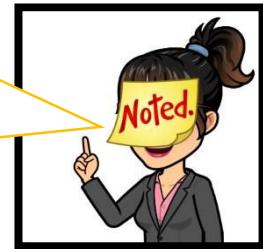


Additional Activities

Venn Diagram

Directions: Create a Venn diagram with overlapping circles comparing illegal and legal drugs. In the area where the circles meet, list drugs (3) that can be illegal and legal. Follow with a discussion about why a drug can be both legal and illegal based on how it is used.

- **Legal drugs** – these are drugs legal but may be subject to restrictions based on age, location of use, driving and point of sale regulations.
- **Illegal drugs** – These are drugs not subject to quality or price controls and the amount of active ingredient varies.





Key Answer

1. A	1. Answers may vary	V. Community	Assessment 1:	What I know
2. A	1. Chemicals	Assessment 3	Activity 1:	What's in
3. D	2. to decline of drug abuse	in the country, to have a	Activity 2:	Activity 3
4. A	3.PF	succesful and peaceful	Activity 4:	Activity 4
5. B	4. PF	in the country, to have a	Activity 5:	Activity 5
6. D	Assessment 3	community	Activity 6:	Activity 6
7-9. A,B,C	1. Chemicals	Answers may vary	Activity 7:	Activity 7-9.
10. A	2. true	Answers may vary	Activity 8:	Activity 10.
11. PDEA- Philippine Drug Enforcement Agency	3. any three of the following: nicknames for inhalants, LSD and other hallucinogens, ecstasy, inhalants, LSD and other hallucinogens, drugs), become moody, negative, cranky, all the time weight; cough a lot; have a runny nose or	Assessment 2:	Activity 11:	Activity 11.
12. NNP- Philippine National Police	4. R/F	Answers may vary	Activity 12:	Activity 12.
13. NBI- National Bureau of Investigation	5. R/F	Answers may vary	Activity 13:	Activity 13.
14. DDB- Dangerous Drugs Board	6. R/F	Answers may vary	Activity 14:	Activity 14.
15. LGU- Local Government Unit	7. R/F	Answers may vary	Activity 15:	Activity 15.
1. Personal	1. RF	Answers may vary	Activity 1:	Activity 1.
2. Personal	2. PF	Answers may vary	Activity 2:	Activity 2.
3. Personal	3. PF	Answers may vary	Activity 3:	Activity 3.
4. Personal	4. RF	Answers may vary	Activity 4:	Activity 4.
5. Personal	5. RF	Answers may vary	Activity 5:	Activity 5.
6. Personal	6. RF	Answers may vary	Activity 6:	Activity 6.
7. Personal	7. PF	Answers may vary	Activity 7:	Activity 7.
8. Personal	8. RF	Answers may vary	Activity 8:	Activity 8.
9. Personal	9. PF	Answers may vary	Activity 9:	Activity 9.
10. Personal	10. PF	Answers may vary	Activity 10:	Activity 10.
11. Personal	11.	Answers may vary	Activity 11:	Activity 11.
12. Psycho-Social- Destroys one's And body	1.RF	Answers may vary	Activity 12:	Activity 12.
13. NBI- National Bureau of Investigation	2.PF	Answers may vary	Activity 13:	Activity 13.
14. DDB- Dangerous Drugs Board	3.PF	Answers may vary	Activity 14:	Activity 14.
15. LGU- Local Government Unit	4.RF	Answers may vary	Activity 15:	Activity 15.
1. Post assessment	1. PF	Answers may vary	Activity 1:	Activity 1.
2. Post assessment	2.RF	Answers may vary	Activity 2:	Activity 2.
3. Post assessment	3.PF	Answers may vary	Activity 3:	Activity 3.
4. Post assessment	4.PF	Answers may vary	Activity 4:	Activity 4.
5. Post assessment	5.PF	Answers may vary	Activity 5:	Activity 5.
6. Post assessment	6.PF	Answers may vary	Activity 6:	Activity 6.
7. Post assessment	7.PF	Answers may vary	Activity 7:	Activity 7.
8. Post assessment	8.PF	Answers may vary	Activity 8:	Activity 8.
9. Post assessment	9.PF	Answers may vary	Activity 9:	Activity 9.
10. Post assessment	10.PF	Answers may vary	Activity 10:	Activity 10.
11. Post assessment	11.PF	Answers may vary	Activity 11:	Activity 11.
12. Post assessment	12.PF	Answers may vary	Activity 12:	Activity 12.
13. Post assessment	13.PF	Answers may vary	Activity 13:	Activity 13.
14. Post assessment	14.PF	Answers may vary	Activity 14:	Activity 14.
15. Post assessment	15.PF	Answers may vary	Activity 15:	Activity 15.

References

Bureau of Customs. Accessed January 8, 2017. <https://en.wikipedia.org/wiki/BureauofCustoms>

Department of Education (Philippines). Accessed November 18, 2017. [https://en.wikipedia.org/wiki/Department_of_Education_\(Philippines\)](https://en.wikipedia.org/wiki/Department_of_Education_(Philippines))

Doria, Jose P, et. al. Physical Education and Health. Vubal group, Inc. 5th floor Mabini Building, DepEd complex Meralco Avenue, Pasig City, Phil. 1600

EXPLAINER: How serious is the PH drug problem? Here's the data. Accessed on August 27, 2016. <https://rappler.com/newsbreak/iq/data-drug-problem-Philippines>

<https://www.slideshare.net/jawel02/risk-and-protective-factors-for-drug-use-misuse-abuse-and-dependence-lesson-for-grade-9-health-mapeh>

Jennifer Gershman, PharmD, CPh. Most Valuable Drugs in the 2020 Pipeline. Accessed on January 13, 2020. <https://www.drugtopics.com/view/most-valuable-drugs-2020-pipeline>

Jewe Jem. Risk and Protective Factors for Drug Use, Misuse, Abuse and Dependence (Lesson for Grade 9 (Health) MAPEH). Accessed October 16, 2020 <https://www.slideshare.net/jawel02/risk-and-protective-factors-for-drug-use-misuse-abuse-and-dependence-lesson-for-grade-9-health-mapeh>

Legacy Healing Center. Drugs You Can Overdose On: Discover the Most Common. Accessed November 22, 2019. <https://www.legacyhealing.com/drugs-you-can-overdose-on-discover-the-most-common/>

Michael Grossman, Frank J. Chaloupka, and Kyumin Shim. Illegal Drug Use and Public Policy. Accessed 17 July 2019. <https://www.health.gov.au/health-topics/drugs/about-drugs/what-are-drugs>

National Bureau of Investigation (Philippines). Accessed August 2, 2020. [https://en.wikipedia.org/wiki/National_Bureau_of_Investigation_\(Philippines\)](https://en.wikipedia.org/wiki/National_Bureau_of_Investigation_(Philippines))

PDEA Facebook Page. Accessed May 11, 2018. https://web.facebook.com/PhilippineDrugEnforcementAgency/?_rdc=1&_rdr

Philippine National Police. Accessed 31 August 2020. https://en.wikipedia.org/wiki/Philippine_National_Police

Philstar Global. Are there 4 million drug addicts in the Philippines? Accessed December 16, 2016. <https://www.philstar.com/other-sections/news-feature/2016/12/16/1654043/are-there-4-million-drug-addicts-philippines>

Talib Khan. International Day Against Drug Abuse And Illicit Trafficking 2020: 15 quotes that will inspire you to leave any addiction. Accessed June 26, 2020 <https://english.jagran.com/lifestyle/international-day-against-drug-abuse-and-illicit-trafficking-2020-motivational-quotes-to-inspire-you-in-leaving-any-addiction-10013220>

For inquiries or feedback, please write or call:
Department of Education – Schools Division of Baguio City
No. 82 Military Cut-off Road, Baguio City
Telefax: 422-4326 / 422-7819
Email Address: depedbaguio@ gmail.com
Social Media: facebook.com/DepEdTayoBaguioCity