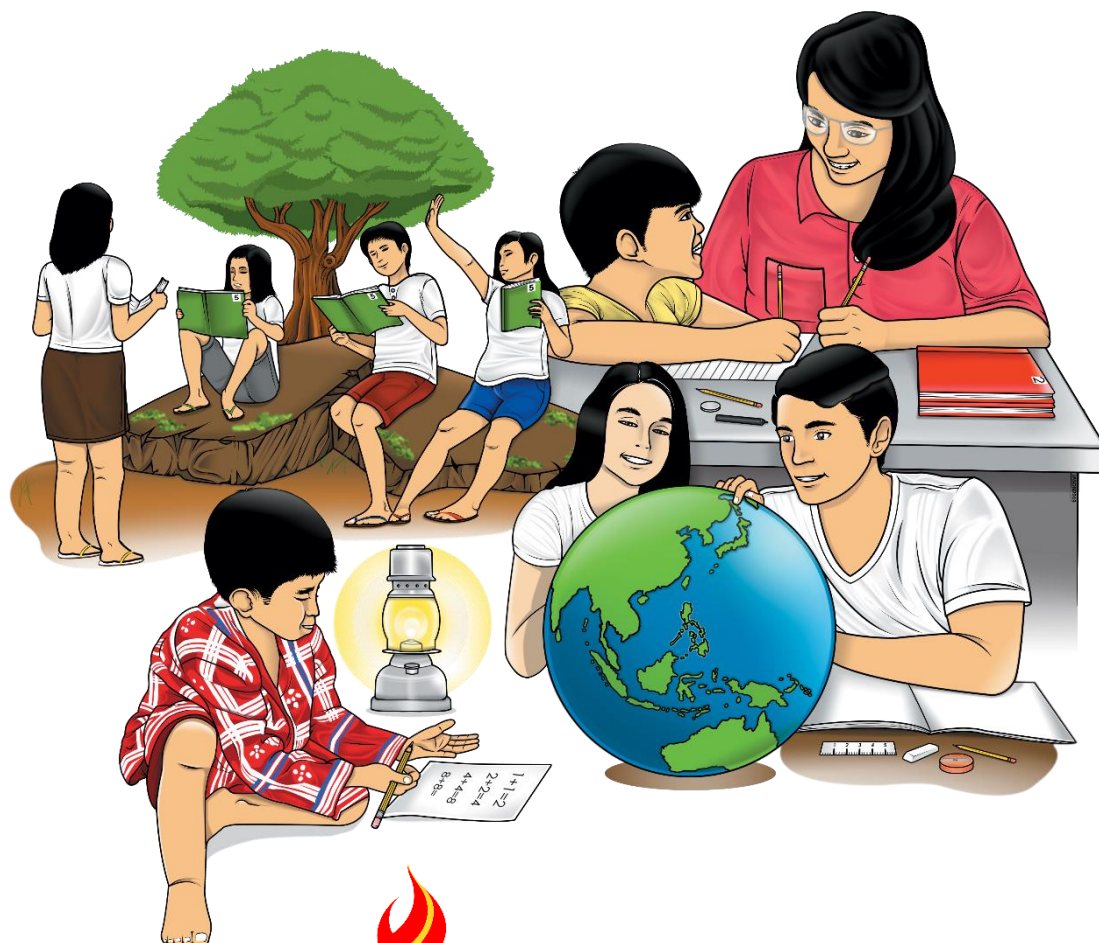


# HEALTH

## Quarter 2 – Module 13: Let's Plan



**Health – Grade 8**  
**Alternative Delivery Mode**  
**Quarter 2 – Module 13: Let’s Plan**  
**First Edition, 2020**

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# HEALTH

## Quarter 2 – Module 13: Let's Plan

## **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.



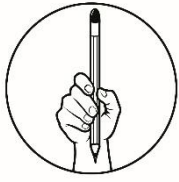
## ***What I Need to Know***

This module was designed and written with you in mind. It is here to help you master the maternal nutrition. 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: Modern Family Planning Methods

After going through this module, you're expected to:

1. enumerate modern family planning methods (natural and artificial) (H8FH-lig-h-41)
  - a. define family planning;
  - b. identify the modern family planning methods;
  - c. compare which of the following modern family planning methods is more convenient to your community through survey.



## ***What I Know***

**I. Directions:** Identify the following terms that is related to family planning. Write the correct answer in your activity notebook.

1. It is a government implemented law that referred to us as the Philippine Reproductive Health Law?  
A. R.A 10354                      B. R.A 10453                      C. R.A 10083                      D. R.A 10038
2. What family planning method is being used when the vas deferens tubes of is being cut permanently?  
A. IUD                                      B. Vasectomy                      C. Tubal Ligation                      D. Implant
3. What type of family planning method uses a flexible rod that is placed under the skin of the upper arm?  
A. LAM                                      B. Pills                                      C. Condom                                      D. Implant
4. What is the basic unit of society?  
A. Family                                      B. Friends                                      C. Community                                      D. Nation
5. What family planning method is used when the female fallopian tube is being cut permanently?  
A. Male Condom                      B. Injectable                                      C. Tubal Ligation                      D. Minipills
6. It is a sheath or lining that fit loosely inside a woman's vagina, made from a thin, transparent, soft film.  
A. Female Condom  
B. Standard Days Method  
C. Sympto-thermal Method  
D. Monthly Injectable
7. It's a permanent contraception where the vas deferens tubes that carry the sperm from testicles was cut.  
A. Combined Oral Contraception  
B. Progestogen Only Injectable  
C. Male Sterilization (Vasectomy)  
D. Combined Oral Contraceptives

8. It is a small elastic plastic device containing copper sleeves or wire that is inserted into the uterus.
- A. Male Condom
  - B. Lactational Amenorrhea Method
  - C. Intrauterine Device: Copper Containing
  - D. Female Condom
9. The presence of cervical mucus is observed to track fertile phase (if any type color or consistency).
- A. Basal Body Temperature
  - B. IUD
  - C. Progestogen –only Pill
  - D. Two Day Method
10. The cycle beads is employed by women to track their fertile periods (usually days 8 to 19 of each 26 to 32-day cycle).
- A. Female Condom
  - B. Standard Days Method
  - C. Implants
  - D. Monthly Injectable
11. It is a sheath or covering that fit over an erected man’s penis.
- A. Male Condom
  - B. Intrauterine Device: Copper Containing
  - C. Lactational Amenorrhea Method
  - D. Monthly Injectable
12. A type of pill that contains two hormones (estrogen and progestogen).
- A. Basal Body Temperature
  - B. Progestogen Only Injectable
  - C. Male Sterilization (Vasectomy)
  - D. Combined Oral Contraceptives
13. A temporary contraception for new mothers whose monthly bleeding has not yet returned. It requires exclusively full breastfeeding for day and night of an infant less than 6 months old.
- A. Male Condom
  - B. Intrauterine Device: Copper Containing
  - C. Lactational Amenorrhea Method
  - D. Monthly Injectable
14. The changes of the cervical mucus are observed to track fertile phase (clear texture) body temperature.
- A. Intrauterine Device: Levonorgestrel
  - B. Standard Days Method
  - C. Sympto-thermal Method
  - D. Female Condom
15. It contains only progestogen hormone, not estrogen.
- A. Progestogen – Only Pills
  - B. Standard Days Method
  - C. Male Condom
  - D. Monthly Injectable

**Lesson****1****Modern Family Planning Methods**

Family planning gives idea for couples to attain desired number of children and determine the spacing of pregnancies. It is achieved through use of contraceptive methods and the treatment of infertility (this fact sheet focuses on contraception).

***What's In***

Let us see what you have learned in the previous lesson!

**Word Search**

**Directions:** Search for the word that can be associated with Family and Family Structure. Encircle the 15 correct words.

F	A	M	I	L	Y	I	N	U	E	R	B
E	C	H	I	L	D	R	E	N	D	T	L
C	O	U	P	L	E	S	I	Z	E	S	E
N	O	D	C	D	E	T	V	K	C	M	N
H	E	A	L	T	H	R	T	I	A	O	D
C	E	T	Y	E	O	U	G	C	T	R	E
L	X	N	A	N	C	C	A	A	I	B	D
E	T	U	D	R	O	T	E	R	O	I	K
A	E	I	O	C	I	U	L	E	N	D	L
R	N	O	P	I	S	R	D	N	O	I	L
P	D	O	T	I	D	E	U	I	K	T	E
U	E	S	I	N	G	L	E	A	T	Y	L
D	D	S	V	H	D	E	V	E	L	O	P
S	P	I	E	I	T	U	A	L	P	O	K
K	M	O	R	J	M	E	M	B	E	R	S
P	A	R	E	N	T	H	O	O	D	U	I





# What's New

## Activity 1

**Directions:** Compare the 2 pictures below and cite what you have observed. Write it on your activity notebook.

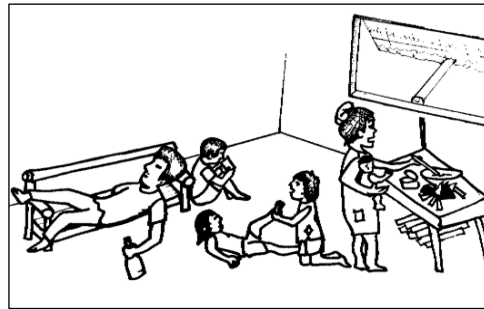


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Illustrated by: Mary Joy B. Oliverio & Ruth B. Elman



## ***What is It***

Family is the basic unit of society. It is a group of individual who love each other unconditionally. It is where you feel the sense of belongingness and its' a place where you develop your own character.

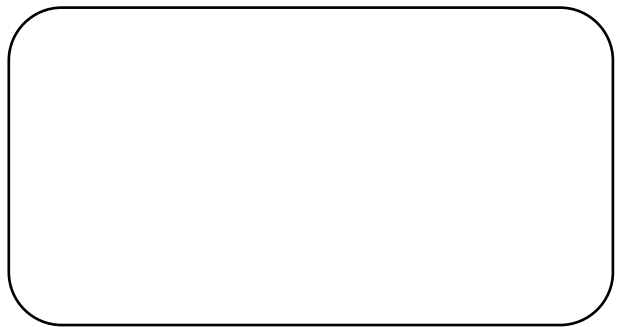
In the Philippines, family is the most treasured individuals. It has been a culture that we maintain good relationship to each members of the family. The practice of the close family tights is still evident in the fast changing community.

### **Activity 1.1**

**Directions:** What is your Ideal Family? Write your insights on your activity notebook.



Illustrated by: Mary Joy B. Oliverio



The government approved Reproductive Health Law or the Republic Act No. 10354 on Responsible Parenthood and Reproductive Health on December 18, 2012 to strengthen the campaign on family planning in the country.



What is Family Planning?

The family planning allows people to attain their desired number of children and determine the spacing of pregnancies. It is achieved through use of contraceptive methods and the treatment of infertility (this fact sheet focuses on contraception).

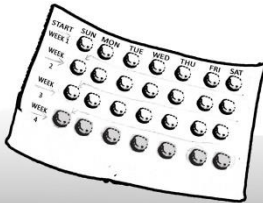
What is contraceptive?

Various method to prevent pregnancy.

Illustrated by: Ruth B. Elman

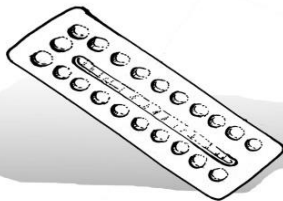
## Modern Family Planning Methods

### 1. Combined oral contraceptives (COCs) or "the pill"



- It contains two hormones (estrogen and progestogen).
- It prevents the discharge of eggs from the ovaries (ovulation).

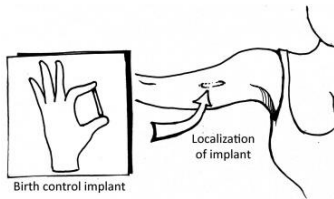
### 2. Progestogen-only pills (POPs) or "the minipill"



- It contains only progestogen hormone, not estrogen.
- Thickens cervical mucous to prevent sperm and egg from meeting and prevents ovulation.

Illustrated by : Mary Joy B. Oliverio

### 3. Implants



- A flexible rod placed under the skin of the upper arm; that contains progestogen hormone only.
- Thickens cervical mucous to stop the sperm and egg from meeting and prevents ovulation

### 4. Progestogen only injectable



- It is injected into the muscle or under the skin every 2 or 3 months, depending on product.
- It thickens cervical mucous to stop sperm and egg from meeting and prevents ovulation.

### 5. Monthly injectable or combined injectable contraceptives (CIC)

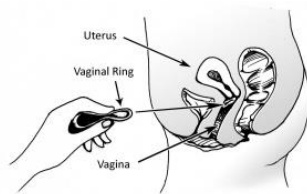


- A monthly injection into the muscle, contains estrogen and progestogen
- Prevents the release of eggs from the ovaries (ovulation)

### 6. The Combined contraceptive patch and combined contraceptive vaginal ring (CVR)

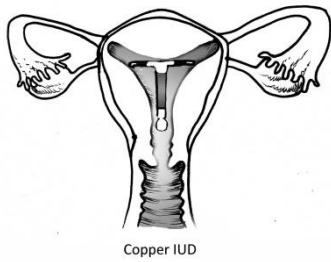


- It continuously releases 2 hormones – a progestin and an estrogen- directly through the skin (patch) or from the ring.
- Prevents the release of eggs from the ovaries (ovulation)



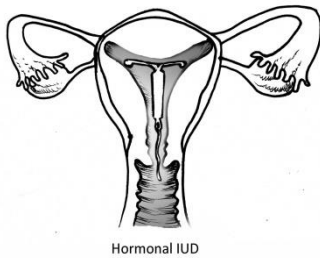
Illustrated by : Mary Joy B. Oliverio

### 7. Intrauterine device (IUD): copper containing



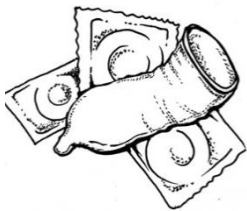
- it is a small elastic plastic device containing copper sleeves or wire that is inserted into the uterus.
- the copper component impair sperm and prevents it from meeting the egg

### 8. Intrauterine device (IUD): levonorgestrel



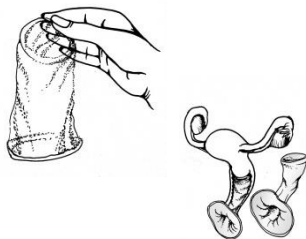
- It is a T-shaped plastic device inserted into the uterus that steadily discharge small amounts of levonorgestrel every day.
- Thickens cervical mucous to stop the sperm and egg from meeting.

### 9. Male condoms



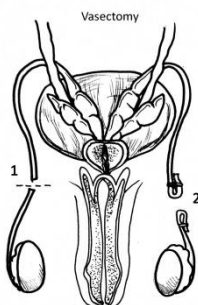
- Sheaths or coverings that fit over an erected man's penis.
- It forms a barrier to stop the sperm and egg from meeting.

### 10. Female condoms



- A sheath or lining that fit loosely inside a woman's vagina, made from a thin, transparent, soft film
- It forms a barrier to block sperm and egg from meeting

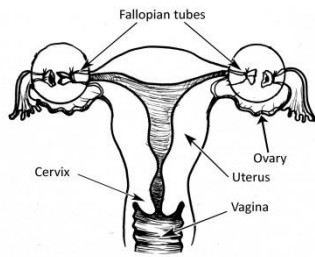
### 11. Male sterilization (vasectomy)



- It's a permanent contraception where the vas deferens tubes that carry the sperm from testicles was cut.
- Keeps sperm out of ejaculated semen.

Illustrated by : Mary Joy B. Oliverio

## 12. Female sterilization (tubal ligation)



- The fallopian tubes were cut that causes permanent contraception.
- Eggs are blocked from meeting sperm.

## 13. Lactational amenorrhea method (LAM)



- A temporary contraception for new mothers whose monthly bleeding has not yet returned. It requires exclusively full breastfeeding for day and night of an infant less than 6 months old. Prevents the release of eggs from the ovaries (ovulation)

## 14. Emergency contraception pills (ulipristal acetate 30 mg or levonorgestrel 1.5 mg)



- Type of pills taken to prevent pregnancy up to 5 days after unprotected sex.
- Delays ovulation.

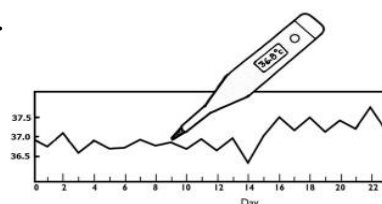
## 15. Standard Days Method or SDM



- The cycle beads is employed by women to track their fertile periods (usually days 8 to 19 of each 26 to 32 day cycle)
- It helps avoid pregnancy from unprotected vaginal sex during most fertile days.

## 16. Basal Body Temperature (BBT) Method

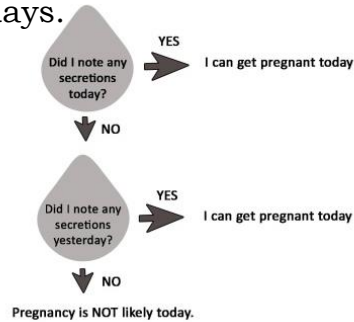
- Each morning before getting out of the bed woman takes her body temperature and observed for an increase of 0.2 to 0.5 degrees C.
- It helps avoid getting pregnant from unprotected vaginal sex during fertile days.



Illustrated by : Mary Joy B. Oliverio

## 17. Two Day Method

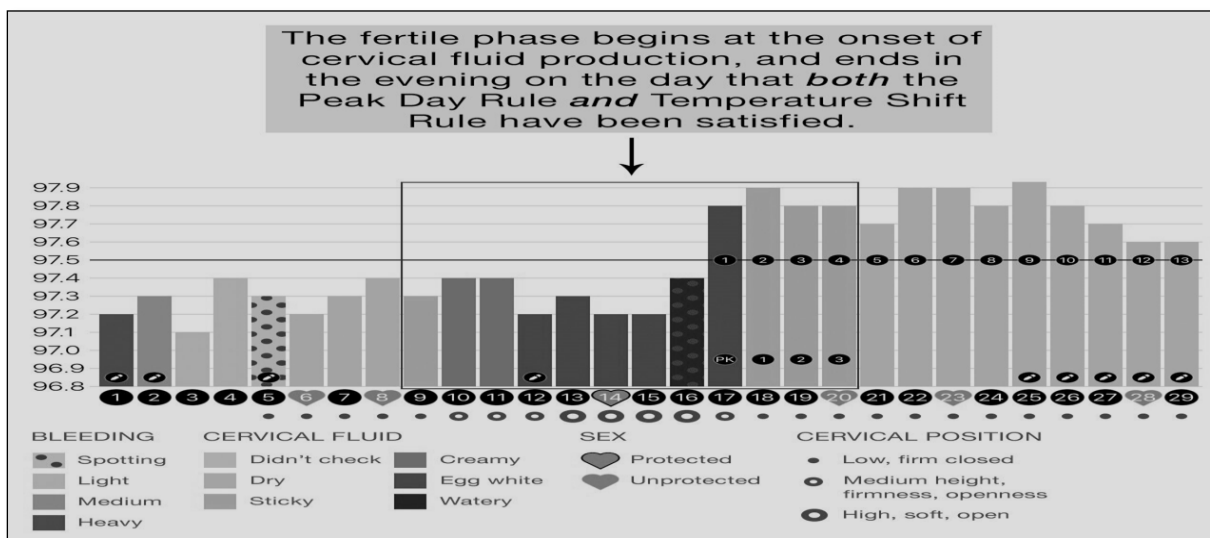
- The presence of cervical mucus are observed to track fertile phase (if any type color or consistency)
- It helps avoid getting pregnant from unprotected vaginal sex during most fertile days.



Illustrated by : Mary Joy B. Oliverio

## 18. Sympto-thermal Method

- The changes of the cervical mucus are observed to track fertile phase (clear texture) body temperature.
- It helps avoid getting pregnant from unprotected vaginal sex during most fertile.



<https://www.readytogroove.com/the-cycle/chapter-7-the-rules-of-the-sympto-thermal-method>

**Activity 1.2**

**Directions:** List down on the chart below the modern family planning methods that considered as Natural Family Planning and Artificial Family Planning.

What is Natural Family Planning Method?

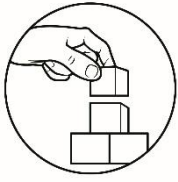
It is a method of contraception which women exclusively monitors and records the different fertility signals during menstrual pattern. It helps determine if a women is tends to get pregnant or not in a natural way.

What is Artificial Family Planning Method?

It is a method of contraception which helps to avoid pregnancy and plan for birth of children at the most optimum time. It is commonly referred to as birth control and it comes into a variety of methods.

<i>Natural Family Planning Method</i>	<i>Artificial Family Planning Method</i>





## ***What's More***

### **Activity1: I believe.... I don't believe**

**Directions:** Given the statements below, give your idea using “**I believe**” if you agree with the statement and “**I don't believe**” if you disagree with the statement. Explain your answer in two to three sentences.

1. The decision to devote yourself to another person for better or worse is called love.
2. Courtship allows couples to decide whether they want to be committed.
3. Affection, trust, love and respect are essential factors of a successful marriage.
4. It is the responsibility of husband and wife to work for the successful marriage.
5. Immature and not compassionate person will have a successful marriage.

### **Activity 1.2**

**Directions:** Read the statement below and write a synthesis about successful marriage in three to five sentences.

“Filipinos view marriage as a sacrament and a lifelong commitment. Husband and wife work for the successful and harmonious relationship at home and among family members. Trust, respect, kindness, and love are essential factors to attain this goal”.



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

Good job! You really did well! This time, let us check if you understand this module. Write your reflection by completing the phrase:

Family planning is \_\_\_\_\_

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In the survey that I conducted, I realized that

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For my future family, I want it to be \_\_\_\_\_

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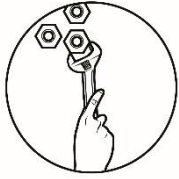
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## ***What I Can Do***

Create a pamphlet about the modern family planning methods discussed in this module. Be sure to be creative as you can. You may use recyclable materials or any material to make your own pamphlet.

### **Activity 1.4**

**Directions:** Based on your experienced in conducting your survey regarding family planning, make your impression on a family using family planning method and a family without family planning method through an illustration or a description.

Family with Family Planning

Family without Family Planning



# Assessment

## Multiple Choice

**Directions:** Identify the family planning method being used on each item. Write the letter of the correct answer in your activity notebook.

1. What family planning method is used when the cycle beads is employed by women to track their fertile periods (usually days 8 to 19 of each 26 to 32-day cycle)?
  - A. Female Condom
  - B. Standard Days Method
  - C. Implants
  - D. Monthly Injectable
2. When the presence of cervical mucus is observed to track fertile phase (if any type color or consistency). What do you think is the family planning method being used?
  - A. Basal Body Temperature
  - B. IUD
  - C. Progestogen -only Pill
  - D. Two Day Method
3. What type of pills is taken to prevent pregnancy up to 5 days after unprotected sex.
  - A. Emergency Contraception Pill
  - B. Lactational Amenorrhea Method
  - C. Female Condom
  - D. Female Sterilization (Tubal Ligation)
4. What type of pill contains two hormones (estrogen and progestogen).
  - A. Basal Body Temperature
  - B. Male Sterilization (Vasectomy)
  - C. Progestogen Only Injectable
  - D. Combined Oral Contraceptives
5. What do you call to a flexible rod placed under the arm skin.
  - A. Vasectomy
  - B. Standard Days Method
  - C. Implants
  - D. Two Day Method

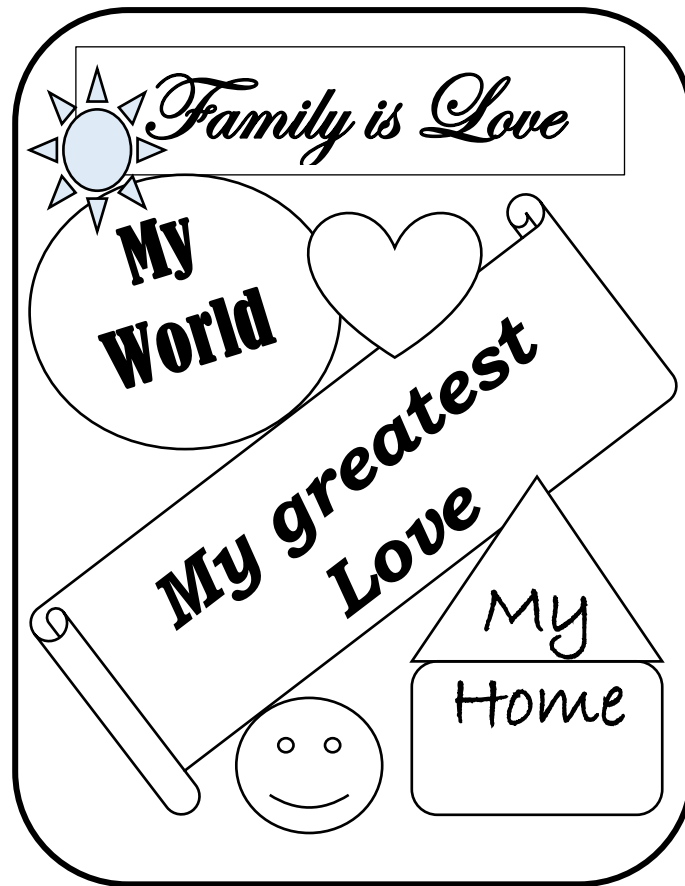
6. It is a sheath or covering that fit over an erected man's penis.
  - A. Male Condom
  - B. Lactational Amenorrhea Method
  - C. Intrauterine Device: Copper Containing
  - D. Monthly Injectable
  
7. When the changes of the cervical mucus are observed to track fertile phase (clear texture) body temperature.
  - A. Intrauterine Device: Levonorgestrel
  - B. Sympto-thermal Method
  - C. Standard Days Method
  - D. Female Condom
  
8. Maria uses family planning method that contains only progestogen hormone, not estrogen. What type of method does Maria uses?
 

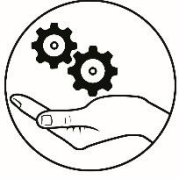
A. Progestogen – Only Pills	C. Male Condom
B. Standard Days Method	D. Monthly Injectable
  
9. A temporary contraception for new mothers whose monthly bleeding has not yet returned. It requires exclusively full breastfeeding for day and night of an infant less than 6 months old.
  - A. Male Condom
  - B. Lactational Amenorrhea Method
  - C. Intrauterine Device: Copper Containing
  - D. Monthly Injectable
  
10. What method is used when the fallopian tubes were cut that causes permanent contraception?
  - A. Emergency Contraception Pill
  - B. Implants
  - C. Basal Body Temperature
  - D. Female Sterilization (Tubal Ligation)
  
11. It is a T-shaped plastic device inserted into the uterus that steadily discharge small amounts of levonorgestrel every day.
  - A. Intrauterine Device: Levonorgestrel
  - B. Sympto-thermal Method
  - C. Two Days Method
  - D. Combined Oral Contraception

12. It is injected into the muscle or under the skin every 2 or 3 months, depending on product.
- A. Basal Body Temperature
  - C. Progestogen Only Injectable
  - B. Emergency Contraception Pills
  - D. Implant
13. What do you call to a sheath or lining that fit loosely inside a woman's vagina, made from a thin, transparent, soft film?
- A. Female Condom
  - C. Sympto-thermal Method
  - B. Standard Days Method
  - D. Monthly Injectable
14. It's a permanent contraception where the vas deferens tubes that carry the sperm from testicles was cut.
- A. Combined Oral Contraception
  - C. Male Sterilization (Vasectomy)
  - B. Progestogen Only Injectable
  - D. Combined Oral Contraceptives
15. What do you call to a small elastic plastic device containing copper sleeves or wire that is inserted into the uterus?
- A. Male Condom
  - B. Lactational Amenorrhea Method
  - C. Intrauterine Device: Copper Containing
  - D. Female Condom

Activity 1.5

**Directions:** Make your own Graffiti showing your feelings towards your family.





## ***Additional Activities***

**Directions:** Describe the prevalence of family planning methods to the people in your barangay.

**Be guided by the following questions:**

Are you familiar with the family planning methods?

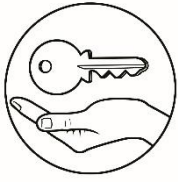
If yes, in what way did you know about it?

What are the family planning methods do you practice?

How did it help you in planning your family size?

Would you recommend modern family planning?





# Answer Key

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

Blended	Health	Single
Extended	Care	Structure
Couple	Members	Nuclear
Size	Morbidity	Parenthood
Family	Adoptive	Children
<b>Word Search</b>		

# References

## Book

Family Planning/Contraception – World Health Organization.

## Electronic Sources

[https://en.wikipedia.org/wiki/Responsible\\_Parenthood\\_and\\_Reproductive\\_Health\\_Act\\_of\\_2012#:~:text=The%20Responsible%20Parenthood%20and%20Reproductive,sexual%20education%2C%20and%20maternal%20care.](https://en.wikipedia.org/wiki/Responsible_Parenthood_and_Reproductive_Health_Act_of_2012#:~:text=The%20Responsible%20Parenthood%20and%20Reproductive,sexual%20education%2C%20and%20maternal%20care.)

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