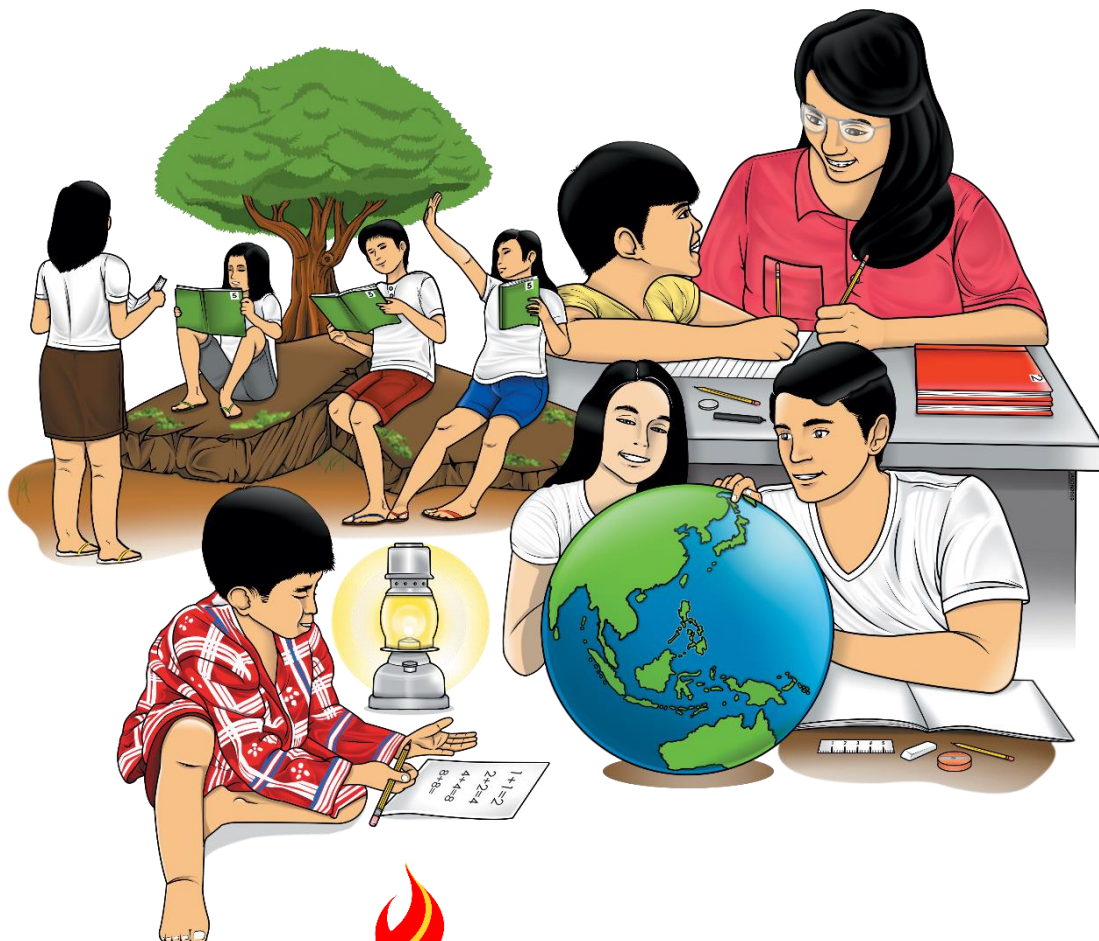


HEALTH

Quarter 2 – Module 2: A Sturdy Connection



Health – Grade 8
Alternative Delivery Mode
Quarter 2 – Module 2: A Sturdy Connection
First Edition, 2020

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Published by the Department of Education
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Undersecretary: Diosdado M. San Antonio

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Printed in the Philippines by _____

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HEALTH

Quarter 2 – Module 2: A Sturdy Connection

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

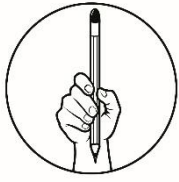
This module was designed and written with you in mind. It is here to help you master the maternal nutrition. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow 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:

- Lesson – Healthy Relationship in Marriage and Family Life

After going through this module, you are expected to:

1. Analyze behaviors that promote healthy relationship in marriage and family life (H8FH-IIa-27)
 - a. determine behaviors that promote healthy relationship in marriage and family life;
 1. describe behaviors that promote healthy relationship in marriage and family life;
 2. illustrate a healthy relationship and successful marriage.



What I Know

Activity 1. Multiple Choice

Directions: Read carefully the questions and choose the correct answer from the choices. Write the letter of your choice on the space provided before the number.

- ___ 1. What term defines a man or a woman based on biological characteristics.
- A. Sex
B. Gender
C. Sexuality
D. Androgyny
- ___ 2. Which of the following illustrates gender?
- A. Miguel loves to cook.
B. Marco does not cry in public.
C. Hazel has a positive body image.
D. Alfredo is attracted to Fely.
- ___ 3. What do you call the sets of activities that society considers as appropriate for men and women?
- A. Gender Role
B. Gender Identity
C. Gender Equality
D. Gender Sensitivity
- ___ 4. What is the right age Filipinos to enter into marriage, as set by the Family Code of the Philippines?
- A. 15
B. 18
C. 21
D. 25
- ___ 5. Which is an ingredient of a happy married life?
- A. Commitment
B. Love
C. Sincerity
D. All of the Above

- ___6. Why do people marry?
- A. For Economic Security
 - B. For Love
 - C. For Social Status
 - D. All of the Above
- ___7. Why do people want to have children?
- A. Children are considered wealth of parents.
 - B. Religious institutions require it.
 - C. Society expects couples to have offspring.
 - D. Allows the couple to continue their growing relationship.
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- ___11. What term defines the foundation of society which is primarily responsible for shaping the lives of its members?
- A. Family
 - B. Marriage
 - C. Engagement
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- ___12. Which characterizes a good decision?
- A. Easy to make
 - B. Makes your friends happy
 - C. One that your teacher told you to make
 - D. Made after a thoughtful consideration of consequence/s

- ____ 13. What period of agreement entered between two people in love for them to be able to know other and their families well enough to be sure that they are ready and suited for life-long companionship?
- A. Parenthood
 - B. Marriage
 - C. Engagement
 - D. Courtship
- ____ 14. What are the factors to consider when choosing a lifetime partner?
- A. Disrespectful and uncompassionate
 - B. Considers the relationship deconsecrated
 - C. Strengthens the relationship with the partner
 - D. Unreliable and dishonest
- ____ 15. Which of the following does NOT belong to the ingredients of a Successful Marriage?
- A. Miscommunication
 - B. Cooperation
 - C. Understanding
 - D. Sharing and Giving

Lesson**1****Healthy Relationship in Marriage and Family Life**

Marriage is the most enjoyable human relationship. It is the most significant event that may happen to one's life. It takes only two people, a man and a woman, to unite and make a successful relationship as married couple.

***What's In***

In the previous module, you have gained understanding on the different marital set-ups and courtship practices in the Philippines before and up to the present.

This time, let us check if you have clear understanding of your previous lessons. List down some of the advantages and disadvantages of dating and courtship in the chart.

Advantages and Disadvantages of Dating and Courtship

<u>ADVANTAGES</u>		<u>DISADVANTAGES</u>	
Dating	Courtship	Dating	Courtship

Questions:

1. How do the advantages help you in determining your lifelong partner? How about the disadvantages? Did it also help you in finding for your lifelong partner?

.

2. What is the legal age for marriage in the Philippines? And why?

.



What's New

Activity 1: An Act to Track

EXECUTIVE ORDER NO. 209
THE FAMILY CODE OF THE PHILIPPINES
July 6, 1987

Marriage could also be a contract under seal of permanent union between a person and woman who entered into in accordance with law for the establishment of conjugal and family life. It is the inspiration of the family and an inviolable social institution.

The Family Code of the Philippines sets eighteen (18) as the age of maturity of the Filipinos. However, for marriages between the age of 18 to 21, the written consent of the parent is required. Without the written consent, the marriage is voidable.

A person who is between the ages 21-25 is obliged to ask their parents or guardian for advice and has got to make a sworn statement that advice was sought and given. If there's no parental advice or if the advice is unfavorable, the wedding license is issued only after three months after the publication of the appliance for the license.

The marriage of persons who are below 18 years of aged is void (not lawful, not legal) and thus, no true marriage happened.

Guide Question

1. What is the Republic Act all about?

2. If you were given a chance to revise any provision of the Family Code of the Philippines, what provision would you like to change? Why?



What is It

What are the signs of a healthy relationship?

A healthy relationship should bring more happiness than stress into your life. Every relationship experiences stress sometimes, but you'd wish to stop prolonged mental stress on either member of the connection.

Can a healthy relationship help in strengthening the marriage and family lifetime of individuals?

What makes a healthy relationship?

A healthy relationship is when two people develop a connection based on:

- Mutual respect
- Trust
- Honesty
- Support
- Fairness/equality
- Separate identities
- Good communication
- A sense of playfulness/fondness

All of those things contribute to understand a healthy relationship. Each relationship is presumably a mixture of both healthy and unhealthy characteristics. Relationships need to be maintained to possess work relationships, friendships, family, and romantic relationships.

Below are some characteristic which may be present in your healthy

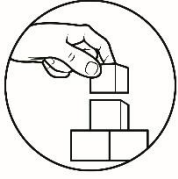
While in a healthy relationship you:

- take care of yourself and have good self-esteem independent of your relationship
- maintain and respect each other's individuality
- maintain relationships with friends and family
- are able to express yourselves to one another without fear of consequences
- are able to feel secure and comfortable
- take interest in one another's activities

- trust each other and be honest with each other
- have the option of privacy
- have respect for sexual boundaries
- accept influence. Relationships are give and take; allowing your partner to influence you is important; this will be especially difficult for a few men.
- resolve conflict fairly: Fighting is part of even healthy relationships; the difference is how the conflict is handled. Fighting fairly is a crucial skill you assist to have healthier relationships.

The previous module has taught you about these factors. These are factors necessary to think about in choosing a lifetime partner for a healthy and successful married and family life. So here's a review:

1. Maturity
 - a) can observe decisions
 - b) is responsible in handling relationships
2. Fidelity
 - a) can make the connection lasting
 - b) sincere and faithful to his / her promises
 - c) considers relationships sacred
3. Commitment
 - a) can make peaceful and lasting relationship
 - b) dedicated in fulfilling his / her responsibilities
4. Love
 - a) strengthens relationship
 - b) understands one is partner
 - c) enduring
5. Economic Readiness
 - a) aims for better way forward for the family
 - b) financially stable
 - c) good provider for the needs of the family
6. Physical Maturity
 - a) proud of having good partner
 - b) have healthy body
7. Character
 - a) responsible and honest
 - b) hard-working and industrious
 - c) respectful and compassionate
 - d) God-fearing



What's More

Activity 1.2: Poem Analysis

Let's Begin! You will interpret the message of this poem.

"When you love you should not think you can direct the course of love, for love, if it finds you worthy, directs your course".
- **Khalil Gibran may proceed to the next activity oOo**

Source: <https://www.goodreads.com/quotes/394619-and-think-not-you-can-direct-the-course-of-love>

Activity 1.3:

Below are terminologies that you encountered earlier in the lesson, can you remember their meanings?

1. Fidelity _____
2. Commitment _____
3. Character _____
4. Maturity _____
5. Marriage _____

Activity 1.4: Unscramble Me

Directions: Arrange the jumbled letters that correspond to the factors to consider in choosing a lifetime partner. Write each formed words on the space provided before each number. On a separate sheet, explain the formed words using your own understanding of the following.

- _____ 1. T E N M T I M M C O
- _____ 2. Y P H C A L S I T Y R I M A T U
- _____ 3. E L V O
- _____ 4. O O D G R A C R E T A H C
- _____ 5. T Y R I M A T U



What I Have Learned

Job well done! This time let us check if you really mastered and understand the lesson. Here are the following list and circle 3 ways you would want to be treated in a relationship that are most important to you. You may see many qualities here that you like but try to pick you top three.

I want my partner to...

Treat me with respect

Be trustable

Need me

Treat me fairly

Support me

Be honest with me

Treat me fairly

Make me laugh

Encourage me

Protect me

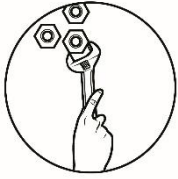
Trust me

Love me

Looking at the three you chose, please list the number one most important way you would like to be treated by a romantic partner and write a brief explanation of why that quality is so important.

#1 Quality:

Explanation: _____



What I Can Do

Directions: Took a photo of a family showing behaviors that promote healthy relationship and successful marriage and post it in Facebook or any social media and explain why.



Assessment

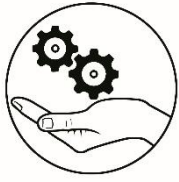
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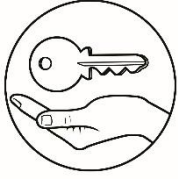
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Additional Activities

Directions: Explain the verse below relating to the factors of a successful marriage. **Mark 10:6-9** "But at the beginning of creation, God made them male and female. For this reason, a man will leave his father and mother and be united to his wife, and the two will become one flesh. So they are no longer two, but one. Therefore what God has joined together, let man not separate."



Answer Key

- What I Know**
Activity 1
- 1. A
 - 2. D
 - 3. A
 - 4. B
 - 5. D
 - 6. D
 - 7. D
 - 8. B
 - 9. C
 - 10. A
 - 11. A
 - 12. D
 - 13. C
 - 14. C
 - 15. A

- What's More**
Activity 1.4
- 1. Commitment
 - 2. Physical Maturity
 - 3. Love
 - 4. Good Character
 - 5. Maturity

- Assessment**
Activity 1
- 1. A
 - 2. D
 - 3. A
 - 4. B
 - 5. D
 - 6. D
 - 7. D
 - 8. B
 - 9. C
 - 10. A
 - 11. A
 - 12. D
 - 13. C
 - 14. C
 - 15. A

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