

HEALTH

Quarter 2 – Module 3: Spice Up Your Married Life (Responsible Parenthood)



Health – Grade 8
Alternative Delivery Mode
Quarter 2 – Module 3: Spice Up Your Married Life
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, Marie D. Bernadez, Gelody B. Elumba
Illustrator: Ruth B. Elman
Layout Artists: Blessy T. Soroyoroy, Jaypee D. Platero, Neil Edward D. Diaz, Ruth C. Cuesta
Language Reviewer: Ivy I. Naparan
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

HEALTH

**Quarter 2 – Module 3:
Spice Up You Married Life
(Responsible Parenthood)**

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

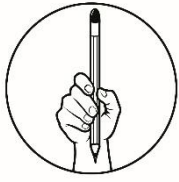
This module was designed and written with you in mind. It is here to help you master the maternal nutrition. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow 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 1 – Factors of a Successful Marriage

After going through this module, you are expected to:

1. Describe the factors that contribute to a successful marriage
(H8FH-IIb-28)
 - a. recognize the different factors that contribute to a successful marriage.
 - b. describe the different factors that contribute to a successful marriage.
 - c. make a plan on how to have a successful marriage.



What I Know

Directions: Loop as many words as you can that have something to do with successful marriage. Give the meaning of each word.

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

Words

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Meaning

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Lesson

1

Factors of a Successful Marriage

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.

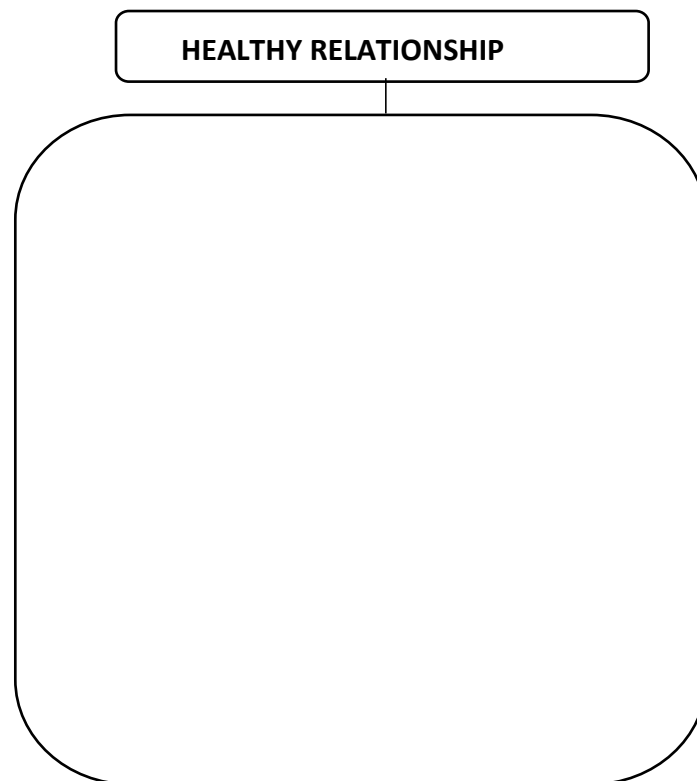


What's In

In the previous module, you have gained understanding on the behaviors that promote healthy relationship.

This time, let us check if you have clear understanding of your previous lessons.

List down some of the behaviors you learned that promote a healthy relationship.

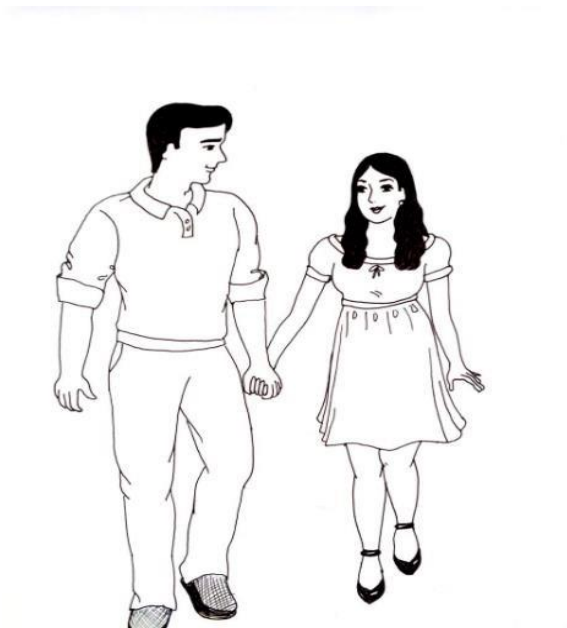




What's New

Activity 1

Directions: Look at the picture and answer the questions below.



Illustrated by: Ruth Elman

Guide Questions:

1. What comes into your mind about the picture?
2. How does the picture appeal to you?
3. Does it bring good feeling or bad feeling?
4. Give your assessment in two to three sentences.



What is It

Recipe/Ingredients of a Successful Marriage

- 5 cups of love
- 3 glasses of understanding/Respect
- 2 tablespoons of care
- 2 tablespoons of loyalty
- 2 pinches of a shared philosophy
- 4 cups of cooperation
- 2 tablespoons of growth
- 5 cups of involvement
- 4 tablespoons of sharing and giving
- 500 grams of communication



Illustrated by: Ruth Elman

Inspired to have a happy married life, let's cook a simple recipe with great ingredients. Procedure:

1. Combine in a bowl 3 glasses of understanding and respect, 2 tablespoons of care, and 2 tablespoons of loyalty together and mix it well.
2. Add into the bowl 2 pinches of a shared philosophy, 4 cups of cooperation, and 5 cups of involvement and mix gently.
3. Add 4 tablespoon of sharing and giving, and 2 tablespoons of growth. Mix it thoroughly.
4. Put a flavoring, the 500 grams of communication.
5. Add 5 cups of love and mix from slow to faster speed to thoroughly blend all the ingredients.
6. Put the mixture in a sterilized pot, boil until cooked and serve hot to all the members of the family.

Congratulations! You have just done your recipe. How does it taste?

Successful marriages are not perfect. It is not easy. They require commitment and perseverance. They require not just love but more than it between the couples. Read and understand how married life becomes successful.

Marriage is the most enjoyable relationship of humans. It is the most momentous event that may happen to your life. It takes only two people to unite and to make a successful relationship as married couple; a man and a woman.

It is a lifelong partnership of two unique individuals, who understand, respect, care, and love each other. A bond between two people who continue to grow and develop their best qualities as human beings.

Bear in mind that it is not a mere contract but an inviolable social institution. Its nature, standards and practices are governed by law and not subject to stipulation except that the marriage settlements may to a certain extent fix the property relations during the marriage. (Civil Code of the Philippines)

It is a valued institution under which man and woman believing in one faith and children are conceived, raised, and nourished to become useful and productive citizens of the country and the world. It is essential to the continuity of the human race.

There are factors necessary to consider in choosing a lifetime partner for a healthy and successful married and family life. These are the factors.

1. Strong Communication
 - a) It is very important
 - b) Both partners need to speak about problems, not just sharing the good times
 - c) It will resolve problems rather than make them worse.
2. Have an Open Mind
 - a) A couple may want to take turns compromising, so one person isn't left resenting the other
3. Maturity
 - a) Can make good decisions
 - b) Responsible in handling relationships
4. Roles
 - a) Both parties should agree on the roles of one another

For instance:

A woman likes to be a stay-at-home mother and the husband will go to work.

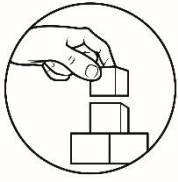
5. Fidelity
 - a) Can make the relationship lasting
 - b) Sincere and true to his / her promises
 - c) Considers relationships sacred

6. Commitment
 - a) Can make peaceful and lasting relationship
 - b) Dedicated in fulfilling his / her responsibilities
7. Love
 - a) Strengthens relationship
 - b) Understands one is partner
 - c) Enduring
8. Economic Readiness
 - a) Aims for better future of the family
 - b) Financially stable
 - c) Good provider for the needs of the family
9. Physical Maturity
 - a) Proud of having good partner
 - b) Have healthy body
10. Character
 - a) Responsible and honest
 - b) Hard-working and industrious
 - c) Respectful and compassionate
 - d) God-fearing
11. Forgiving and understanding
 - a) Remember that in successful marriages, things that couples may encounter are not perfect,
 - b) It is so important for the couple to forgive and understand because there are no two people who are perfect.
 - c) In this type of relationships, both couples will get a point where they are much feel comfortable in showing their weaknesses.

Every relationship that become successful has its ups and downs. Successful couples have learned how to manage the impacts of all the conflicts and problems their married has encountered. The following are the problem-solving strategies in fixing problems in a relationship.

Relationship Problem	Problem-Solving Strategies
1. Communication	<ul style="list-style-type: none"> <input type="checkbox"/> Make an actual appointment with each other. <input type="checkbox"/> Communicate without raising your voice. <input type="checkbox"/> Try not to interrupt until your partner is finish speaking.

2. Money	<ul style="list-style-type: none"> <input type="checkbox"/> Be honest about your current financial status. <input type="checkbox"/> Recognize that one partner may be a saver and one a spender. <input type="checkbox"/> Be open about your income or debt. <input type="checkbox"/> Make or plan a budget that includes savings.
3. Struggles over Home Chores	<ul style="list-style-type: none"> <input type="checkbox"/> Prepare and organize the respective jobs in the home. <input type="checkbox"/> Be open to other solutions.
4. Trust	<ul style="list-style-type: none"> <input type="checkbox"/> Be consistent <input type="checkbox"/> Do what you say you will do. <input type="checkbox"/> Don't lie <input type="checkbox"/> Respect your partners boundaries <input type="checkbox"/> Don't be jealous <input type="checkbox"/> Be a good listener <input type="checkbox"/> Be sensitive to the other's feelings. You can still disagree but consider how your partner is feeling with your reactions.
5. Conflict	<ul style="list-style-type: none"> <input type="checkbox"/> Realize you are not a victim. It is your choice to react and how to react. <input type="checkbox"/> Be honest with yourself. Take a deep breath and apologize when you're wrong.



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

A. Jot Your Insights

A marriage is like cooking your own special recipe. You have to put all the special ingredients for you to create a good one. These are

_____, _____, _____,
_____, _____, _____,
_____, _____, and _____.

B. I Got It!

Directions: Among the given common challenges that most couples encountered, choose at least one and give your idea on how to fix the problem in two to three sentences.

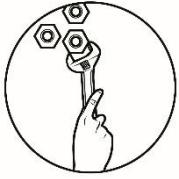
- Infidelity
- Communication
- Substance abuse particularly alcohol

Answer: _____

C. True or False

Directions: Write **T** if the statement is true and **F** if it is not.

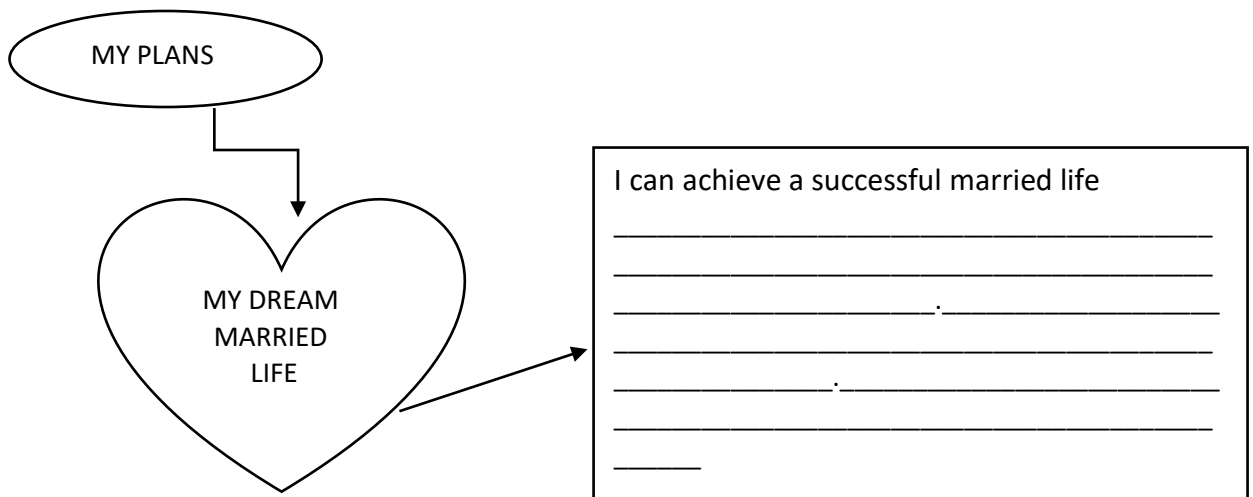
- ___ 1. Marriage is a lifelong partnership between a man and a woman.
- ___ 2. For Filipinos, marriage is not important.
- ___ 3. Stress weakens a marriage.
- ___ 4. Even married, maintain a good relationship with your friends and family.
- ___ 5. In marriage, disregard each other's interest.



What I Can Do

My Dream Married Life

Directions: Complete the diagram by writing your plans and then draw your dream marriage life in the heart intended for it. Then, explain how you can achieve a successful marriage life in the box.





Assessment

Multiple Choice

Directions: Read carefully the questions and write the letter of the correct answer in your activity notebook

1. Which of the following is NOT TRUE about marriage? It is a _____.
 - A. contract but a violable social constitution.
 - B. lifelong partnership of two unique individuals.
 - C. bond between two people who continue to grow and develop their best qualities as human beings.
 - D. valued institution under which man and woman believing in one faith and children are conceived, raised and nourished

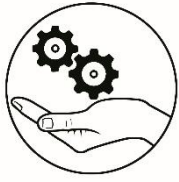
2. Which one of the following factors aim for a better future of the family?
 - A. character
 - B. economic readiness
 - C. love
 - D. physical maturity

3. Which of the following factors can contribute to having a physically healthy body and mind and can make the couple proud of their partner?
 - A. character
 - B. economic readiness
 - C. love
 - D. physical maturity

4. Which of the following statement is NOT TRUE?
 - A. Stress will not weaken a marriage.
 - B. Love and respect are factors to a successful marriage.
 - C. couple has to be responsible to have a happy married life.
 - D. Marriage is a lifelong partnership between a man and a woman.

5. Which one of the following correctly defines love?
- A. Has a healthy body.
 - B. Makes the relationship lasting
 - C. Handles relationship responsibly
 - D. The decision to devote yourself to another person for better or worse.
6. What is the effect of the lack of economic readiness in marriage?
- A. The marriage will become successful.
 - B. The couple will be able to provide the needs of the family.
 - C. The family will not be able to afford the basic needs of the family.
 - D. All of the above
7. How does maturity affect marriage?
- A. It builds an unhappy family.
 - B. It can break the relationship.
 - C. The couple can make good decisions.
 - D. It can make you irresponsible in handling relationships.
8. Which one of the following factors can make a peaceful and lasting relationship?
- A. commitment
 - B. fidelity
 - C. love
 - D. maturity
9. Which of the following are NOT a factor to consider in choosing a lifetime partner?
- A. character and physical maturity.
 - B. commitment and economic readiness
 - C. fidelity and love
 - D. selflessness and unfaithfulness
10. Why is it important to be committed in a relationship?
- A. The relationship will improve.
 - B. The couple will have more time to enjoy the marriage.
 - C. The couple will become successful in achieving their goals.
 - D. All of the above

11. Which of the following considered as one of the cornerstones of marriage when partner is faithful?
- A. commitment
 - B. economic Readiness
 - C. fidelity
 - D. maturity
12. How does a good one's character contribute to a successful marriage and family life? It can be done by _____.
- A. being God-fearing
 - B. becoming hard-working and industrious
 - C. becoming respectful and compassionate
 - D. All of the above
13. Why is communication in marriage important?
- A. It brings comfort when rough times come.
 - B. It allows good thoughts and feelings to flow between a couple.
 - C. Hurt feelings and resentment will go way down.
 - D. All of the above
14. Which of the following statements is TRUE?
- A. For Filipino's, marriage is not important.
 - B. In marriage, disregard each other's interest.
 - C. Even married, maintain a good relationship with your friend and family.
 - D. Marriage could become successful even without following the recipes of a successful marriage.
15. What is the most enjoyable relationship between humans?
- A. courtship
 - B. dating
 - C. loving
 - D. marriage



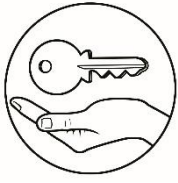
Additional Activities

Interview a successful married couple

Directions: Think of a successful married couple you know. This couple might be your parents, guardians, or relative. In your activity notebook, copy and complete the chart by putting a check mark at appropriate column after each question. Remember the points that contribute to the success of their marriage.

Name of Couple: _____

Guide Questions	Always	Sometimes	Never
Do you communicate effectively?			
Do you respect each other?			
Do you have fun together?			
Are you committed to your marriage?			
Do you both make compromises?			
Are you friend with each other?			
Do you love each other?			
Do you appear to be attracted to each other?			



Answer Key

What I Know

Growth
Sharing
Loyalty
Love
Communication
Marriage
Giving
Respect
Care
Cooperation
Woman
Engagement
Couple
Involvement
man

What I have Learned

A. could in any
order
Love,
respect/understan
ding, care, loyalty,
a shared
responsibility,
cooperation,
growth,
involvement,
sharing & giving,
communication
C. 1. T; 2. F; 3. T;
4. T; 5. F

Assessment

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

References

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

Las Vegas Wedding/ Renewal of Vows, Accessed on September 7, 2020
www.thelittlevegaschapel.com,

Marriage Fitness with Mort Fertel, accessed on September 7, 2020
www.marriagemax.com

Relationship Problems and How to Solve Them, by Carol Sorgen, WebMD,
Accessed on September 7, 2020 www.webmd.com

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