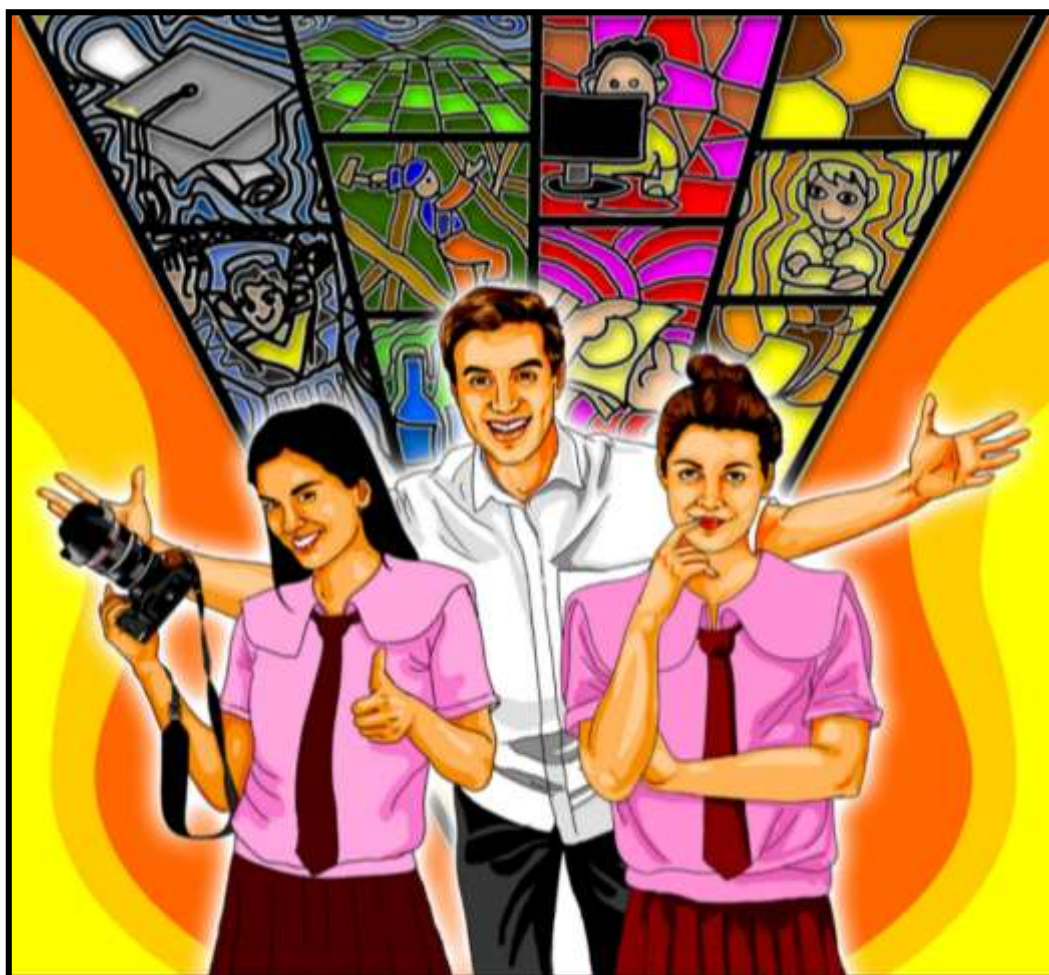


# Homeroom Guidance

## Quarter 4 – Module 12: How To Advocate Change



## **Homeroom Guidance Self-learning Module – Grade 7**

Quarter 4 Module 12: How to Advocate Change

2020 Edition

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Secretary: Leonor Magtolis Briones

Undersecretary: Diosdado M. San Antonio

Assistant Secretary: Alma Ruby C. Torio

### **Development Team**

**Writer:** Maria Glopel V. Infante

**Grade Level Coordinator:** Sheena Wella G. Arguelles

**Illustrators:** Jayson R. Gaduena, Jerichko Bauer L. Laroco, Marieto Cleben V. Lozada, Mark Dave M. Vendiola, Katrina S. Padilla, Grace Ann A. Caldito, and Cherry Amor R. Laroza

**Layout Artist:** Jacqueline E. Libut and Cherry Amor R. Laroza

### **Management Team**

Bureau of Curriculum Development  
Bureau of Learning Resources

## Homeroom Guidance Grade 7

### Quarter 4 – Module 12:

### How to Advocate Change

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#### Gabay sa Magulang/Tagapag-alaga

Ang modyul na ito ay sinulat upang higit na magkaroon ng kamalayan ang inyong mag-aaral tungkol sa kahalagahan ng kanyang mga karanasan sa paaralan at komunidad, positibo man o negatibo ang mga ito. Sa tulong ng modyul na ito, makikita ng mag-aaral na ang mga “*challenging experiences*” ay maaaring maging “*learning experiences*.” Inaasahan na maibabahagi niya ang kanyang natutunan sa kanyang mga kapwa-tao lalo na sa mga katulad niyang mag-aaral. Sa pamamagitan nito, mas malilinig ang kakayahan ng mag-aaral at kanyang mapapagtanto na ang mga karanasan na ito ay may malaking tulong sa pagkamit niya ng pang-akademikong tagumpay. Ito ay dinesenyo para sa “*distance learning*” o alternatibong pamamaraan ng pagkatuto na hindi nangangailangan ng pisikal na presensya sa paaralan, bilang tugon sa direktiba na pagkansela ng “*face-to-face class*” dulot ng pandemyang COVID-19.

Maaaring may mga pagkakataon na hihingiin ng inyong mag-aaral ang inyong patnubay sa pagsunod sa mga tagubilin at pagsagot sa mga tanong sa bawat bahagi ng mga gawain at maging sa pagkakaroon ng mga kakailanganing materyales base sa nakatakdang gawain. Hinihiling ng Kagawaran ang inyong suporta upang matagumpay niyang maisakatuparan ang mga gawaing ito. Ang araling ito ay makakatulong upang hubugin ang kanyang kabutihan na tanggapin ang pagkakaiba-iba ng bawat tao sa katangian, kakayahan, damdamin at pananaw. Tiyakin na sasagutin niya ang bawat bahagi ng modyul nang tapat hangga’t maaari, kapag siya ay sumasagot sa mga gawain at pagtatasa.

Kinakailangan din ang long folder na magsisilbing **Portfolio** ng mag-aaral sa Homeroom Guidance. Dito isisilid lahat ng gawaing natapos sa bawat bahagi ng modyul. Tiyaking ito ay magagawa nang tapat at maipapasa sa petsa at oras na itinakda ng kanyang Gurong-Tagapayo.

## Introductory Message

For the Learner:

This module is designed to help you recognize your important role as a young citizen in the community. Put your thinking cap on because you will be tasked to identify the needs of others and your community to be able to share what you can do to address them. Remember, in your own little ways, you can do great things!

This consists of six interactive activities for you to follow, namely:

**Let's Try This** – which will help you get ready to learn

**Let's Explore This** – which will guide you towards what you need to learn for this module

**Keep in Mind** – which will give you the lessons that you need to learn and understand in this module

**You Can Do It** – which will help you apply the lessons learned in this module into real life practice

**What I Have learned** – which will test and evaluate your learnings in this module

**Share Your Thoughts and Feelings** – which will help you express your thoughts and personal point of view in this module.

Make sure to read, think, follow, and enjoy every task that you are asked to do.

Have fun! Stay safe and healthy!



### **Learning Objectives**

**At the end of this module, you are expected to:**

1. enhance one's strengths and abilities in solving personal and social issues;
2. demonstrate optimism and adaptive behavior in dealing with life challenges to bring positive changes in the community; and
3. create an advocacy campaign on community development.

**Period:** Week 4 - 6 of 4th Quarter

**Suggested Time Allotment:** 180 Minutes

**Materials Needed:**

Pencil/Ballpen

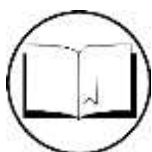
Bond papers/ sheet of paper

any coloring materials



### **Let's Review**

In the last quarter of Grade 7 modules, you were able apply lessons learned from school, community and barangay in your daily living.



### **Introduction**

As you go through life, you will face different challenges. These will test your ability to deal with personal problems as well as issues concerning your family or community.

Your strength lies within yourself. You can successfully overcome challenges if you understand your strengths and weaknesses, know what you need to succeed, and take action. This module will empower you to develop and participate in advocacies that will bring positive change to your life and others. As a learner, you can do your part in making communities in which you live a better and safer place. The truth is that, no matter what you share, the gesture can make you feel good and empowered.



## Let's Try This

Suggested *Time Allotment*: 25 minutes

### I Can Overcome Challenges!

One of the major challenges that our country has faced is the COVID-19 pandemic. Through this activity, share how you were able to deal with this challenge.

1. List down the significant challenges and changes that you've observed and experienced during this pandemic:
2. Then, share ways on how did you cope with these challenges and changes.
3. Copy and complete the table on a sheet of paper. Then, answer the processing questions.

	CHALLENGES THAT YOU HAVE OBSERVED	HOW DID YOU COPE WITH THESE CHALLENGES
PERSONAL (SELF)		
FAMILY		
SCHOOL		
COMMUNITY		

#### Processing Questions:

1. Briefly share your experience while completing the activity.
2. How do you feel after the above activity?
3. Why does knowing one's challenges important?



## Let's Explore This

**Suggested Time Allotment:** 25 Minutes

### Body Parts

No matter how big or small, as long as we are willing to help, that's what really matters. Knowing your strengths and abilities as well as keeping a positive behavior are powerful tools to be an advocate for change.

Below are your body parts. Think ways on how you can use them in dealing with issues and challenges that you may face or in helping others. Complete the activity on a sheet of paper. Then, answer the processing questions.

YOUR BODY PARTS	HOW YOU CAN USE IT IN DEALING WITH CHALLENGES
HANDS	
EYES	
SHOULDER	
LIPS	
FEET	
HEART	
EARS	
BRAIN	

Processing Question:

1. What have you discovered in the above activity? Why is it important to be able to deal with the challenges and help others?
2. How does helping others or receiving help make you feel?
3. How did these activities helped you in dealing with the challenges in the future?



## Keep in Mind

**Suggested Time Allotment:** 20 Minutes

Challenges in life could be the problems or struggles you go through by yourself or with others. Example of the challenges is the COVID-19 pandemic that we are facing right now. In this part of our lesson, you will be allowed to tap your inner strengths or qualities that you have that needs to be discovered I order to help others. Helping others makes you feel good during these times of problems or challenges and you also get satisfaction from knowing you have helped. Here is an acrostic of self-advocacy and community in increasing our knowledge on how to help others and the community.

### ***My Self – Advocacy***

- A** – ware of my thoughts, feelings and behavior.
- D** – iscover more of my abilities, interests and strengths.
- V** – alue my beliefs and good morals taught by my parents.
- O** – pen myself to opportunities
- C** – apable to protect myself from any harm and danger
- A** – dapt positively to change and improvements
- C** – are for my body, mind and soul
- Y** – earn for continuous growth

### ***I am an advocate of a peaceful community.***

- C** – onnect myself positively to people in my community
- O** – bserve the needs of my community
- M** – indful with the feelings of others
- M** – otivate myself and my family and peers to participate in community outreach or activities
- U** – se my talents and capabilities in serving the community
- N** – avigate my spare time to ways that may benefit the society
- I** – nspire my peers to always do our best that may benefit others
- T** – reat other people with utmost respect
- Y** – earn for harmony and unity

### ***I love my Community***



### **You Can Do It**

**Suggested Time Allotment: 60 minutes**

### **Advocacy Campaign**

In order for you to connect yourself to people in your community, you need to make some action. To help contribute on the advocacy campaign, let us focus on a problem/issue you care about and make a poster, slogan or poem that can be the form of your strategy to just impart a message you need others to hear. Pictures and words together can illuminate and convince to make change.

You can make use of your clean bond papers and crayons or any coloring materials that can help you for your campaign. After making your poster, slogan or poem proceed in answering the following processing questions:



### Processing Question:

1. Why it is important to have your advocacy campaign for challenges?
2. Do you think your poster or project done may inspire others? Why?
3. In what other ways you can extend your help to others in your community?



### What I have learned

**Suggested Time Allotment:** 30 Minutes

#### “I am an Advocate for Change”

1. Share your advocacy or promise on how you will use your strengths and capabilities in facing or solving issues, challenges or changes concerning the following:
  - Myself
  - Family
  - School
  - Community
2. Complete the activity on a sheet of paper.



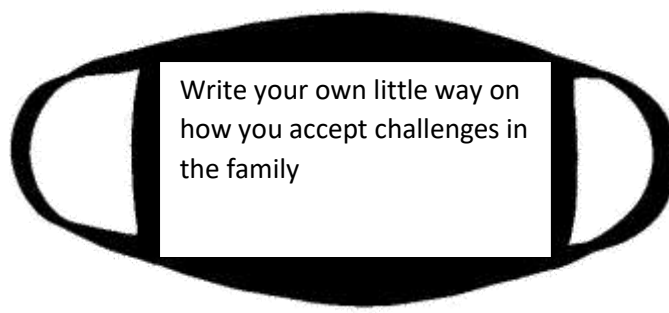
### Share your Thoughts & Feelings

**Suggested Time Allotment:** 20 Minutes

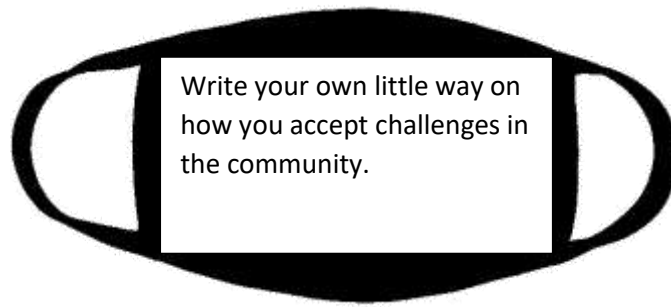
#### My ways to accept life's Challenges

In a piece of paper, draw a face mask and write your ways on the following:

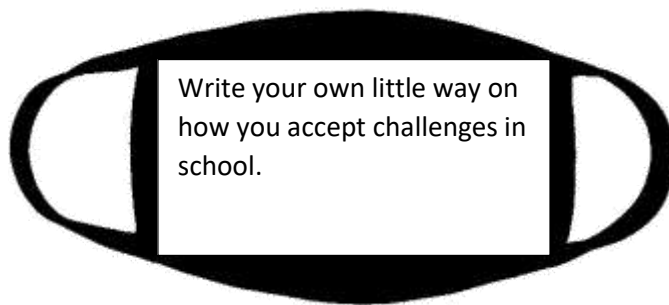
1.



2.



3.



**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: 8634-1072; 8634-1054; 8631-4985

Email Address: [blr.lrqad@deped.gov.ph](mailto:blr.lrqad@deped.gov.ph) \* [blr.lrpd@deped.gov.ph](mailto:blr.lrpd@deped.gov.ph)