



What Is This Module About?

Have you heard of the saying “No man is an island?” What does this mean? This means that no person lives by himself or herself alone. When you have a problem, you consult your friends or your family members. Who are the other people that you ask for help? Your friends? Your co-workers? Your neighbors? These are also some of the people that you spend time with. Can you imagine how your life would be without them? Our life is meaningful because of these people whom we spend time with. Are you a good friend, then? How do you treat the people around you?

This module discusses the importance of friendship and building good relations with other people or *pakikipagkapwa*. It aims to make you a better person by discussing values and ideas that will help make you become a better person for others.

This module is divided into three lessons:

Lesson 1 – *My Fellowmen, My Responsibility*

Lesson 2 – *How to Be a Good Friend*

Lesson 3 – *Are You a Person For Others?*



What Will You Learn From This Module?

After studying this module, you should be able to:

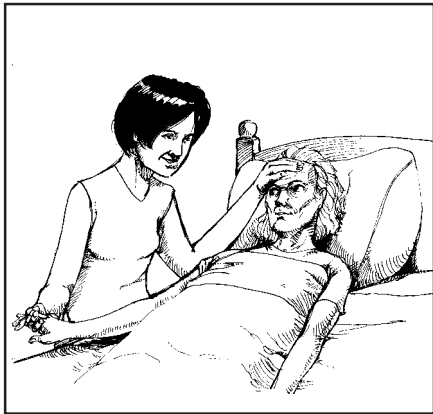
- ◆ discuss the importance of establishing good friendship and good relations with others;
- ◆ apply important values such as trust, respect and tolerance in building friendships and good relations with others;
- ◆ relate the values and ideas discussed in the module with your everyday experiences; and
- ◆ identify situations where your help may be of value to others.



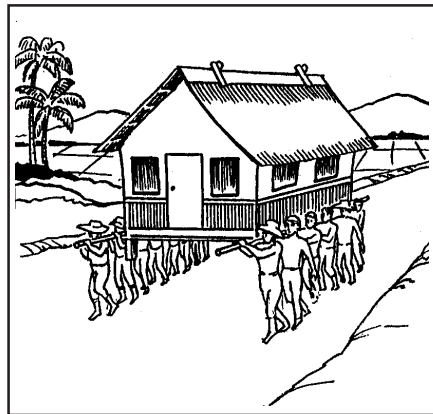
Let's See What You Already Know

Before you start studying this module, answer this test first to find out if you are already familiar with the topics to be discussed.

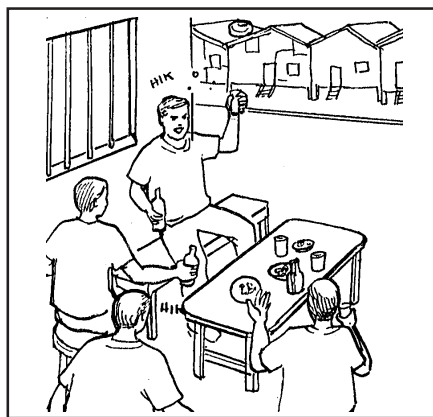
- A. Which of the pictures below best represent the right way of having good relations with other people? Put a check (✓) under each of your answers.



1. ____



2. ____



3. ____



4. ____

B. Write **True** if the statement is correct and **False** if it is not.

- _____ 1. Tolerance means respecting the beliefs and opinions of your friends and your fellowmen.
- _____ 2. You don't need to have good relations with beggars and streetchildren.
- _____ 3. *Pakikipagkapwa-tao* is doing everything to please your fellowmen.
- _____ 4. A person for others willingly helps people by obeying traffic laws, helping old people cross the streets, and being honest in his/her transactions.
- _____ 5. Empathy is working together with your neighbors in community projects.
- _____ 6. A good friend always offers good advice.
- _____ 7. Friends are important because they can make our problems disappear.
- _____ 8. The importance of *pakikipagkapwa-tao* is that it unites people to work for a goal.
- _____ 9. You are being compassionate when you try to imagine yourself in and understand the situation of other people.
- _____ 10. Before you expect others to have the qualities of a good friend, you must have these qualities yourself.

Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on page 45.

If all your answers are correct, then that is good! This shows that you already know something about friendship and having good relations with people. You may still read this module to add to what you already know.

If you made some mistakes, don't worry! This module is for you. It will help you understand important values and ideas that you can apply in your everyday life. If you study this module carefully, you will learn the answers to all the items in the test and a lot more! Are you ready?

You may now turn to the next page and start Lesson 1.

LESSON 1

My Fellowmen, My Responsibility

We Filipinos are known to be sociable. We love to interact with people. Having good relations with other people is important to us. How about you, are you sociable? Do you interact or spend time with people? What is *pakikipagkapwa* or having good relations with people? Who are your fellowmen or *kapwa*? These questions will be discussed in this lesson.

After completing this lesson, you should be able to:

- ◆ explain the meaning of *pakikipagkapwa-tao* or having good relations with people;
- ◆ recognize who your fellowmen are;
- ◆ explain the importance of having good relations with your fellowmen; and
- ◆ apply the values learned in this lesson in your everyday life.



Let's Study and Analyze

Study the situation below.

At Aling Lina's house in Polomolok, South Cotabato. . .

Lina, why are you still working? Aren't you going to attend our meeting?

Laura, I won't be able to attend our meeting today.



Why? Are you working overtime again?

Yes. I need to finish sewing all these clothes. Mrs. Lim will pick them up on Friday.



But you are working so hard. I'm worried that you might get sick. You should try to rest for a while.

How can I rest when I have work to do? And I'm doing all this work by myself.



I will help you then. I will attend the meeting first and then I'll come back later to help you.

Thank you. You are so kind.



Based on what you have read, answer the following questions.

1. What was the problem of Lina?

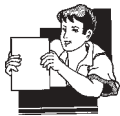
2. What was the reaction of her neighbor, Laura? Do you think that Laura has good relations with people or *pakikipagkapwa-tao*? Why?

3. If you were Laura, would you do the same? Why or why not?

Compare your answers with this:

*The problem of Lina was that she had to sew all the clothes by Friday. To do this, she needed to work overtime. And so she was unable to attend the meeting. When she explained her situation to Laura, Laura immediately understood her situation. She even expressed her concern that Lina might get sick because she was not getting enough rest. She also promised to help Lina. Because of her understanding and concern for Lina, we can say that Laura has good relations with people or *pakikipagkapwa-tao*.*

What is *pakikipagkapwa-tao*? Read on to learn the answer.



Let's Learn

Pakikipagkapwa-tao comes from the word *kapwa-tao* or “fellow human being.” We meet all kinds of people every day. The postman who delivers your letters, the *taho* vendor, the bus driver, the *konduktor*, your friends, family members, and your co-workers are some of the people that you meet. How do you deal with these people? Are you friendly toward them? If they need your help, are you willing to help them?

Pakikipagkapwa-tao simply means “being among your fellowmen.” In a deeper sense, it means having good relations with people.

Who are your fellowmen? Who are the people you interact with? Who are the people whom you spend time with? Let's find out by doing the next activity.



Let's Try This

Write in the spaces below the names of the people whom you consider as your fellowmen. In the circle with the title "family," write the names of your family members (father, mother, brother, sister and others). In the circle with the title "friends," write the names of your friends, and so on.

Family

Relatives

Friends

My Fellowmen and I

Co-workers
(Katrabaho)

Ka-barangay

Neighbors

Compare your answers with those in the *Answer Key* on page 46.



Let's Study and Analyze

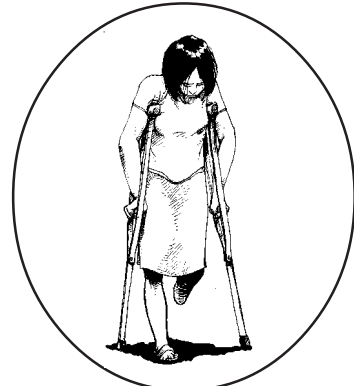
Study the pictures below.



Beggars



Drug Addicts



Disabled



Rebels



Convicted Criminals

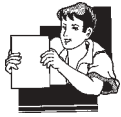


Mentally Retarded
or Special Children

Do you consider the people in these pictures as your fellowmen? Why or why not?

Compare your answer with that found in the *Answer Key* on page 46.

Learn more about your *kapwa-tao* in the next discussion.



Let's Learn

Our *pakikipagkapwa-tao* is not limited to our friends, family, relatives and neighbors. It extends to all our fellow human beings. When we say fellow human beings, we are not just referring to the rich, powerful, beautiful or healthy people. Your fellow human beings or fellowmen include the poor, the disabled, the “special” people, those who have committed crimes, and many others. Having good relations with people or *pakikipagkapwa-tao* is about being a brother or a sister to all your fellow human beings.

Our *kapwa-tao* also include the following:



Government Officials



Social Workers



Soldiers



Fellow Filipinos



Citizens of Different Nations

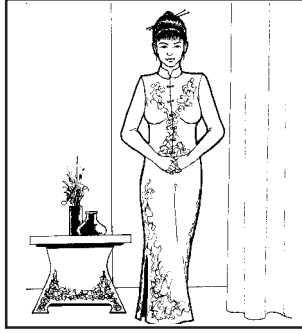


Let's Try This

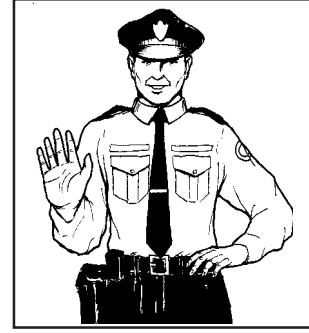
The following are more examples of our fellowmen. This time try to identify who they are by writing your answers in the space below each picture.



a. _____



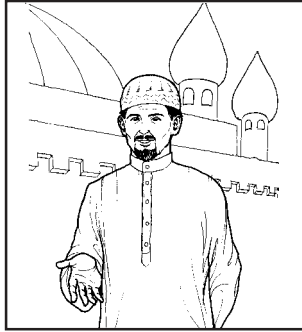
b. _____



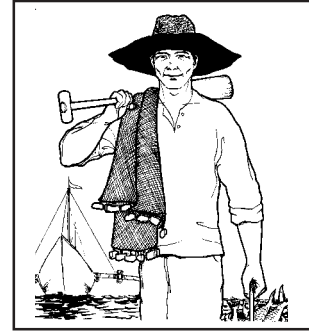
c. _____



d. _____



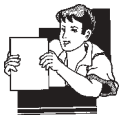
e. _____



f. _____

Compare your answers with those found in the *Answer Key* on page 47.

Continue reading and studying the values of *pakikipagkapwa-tao*.



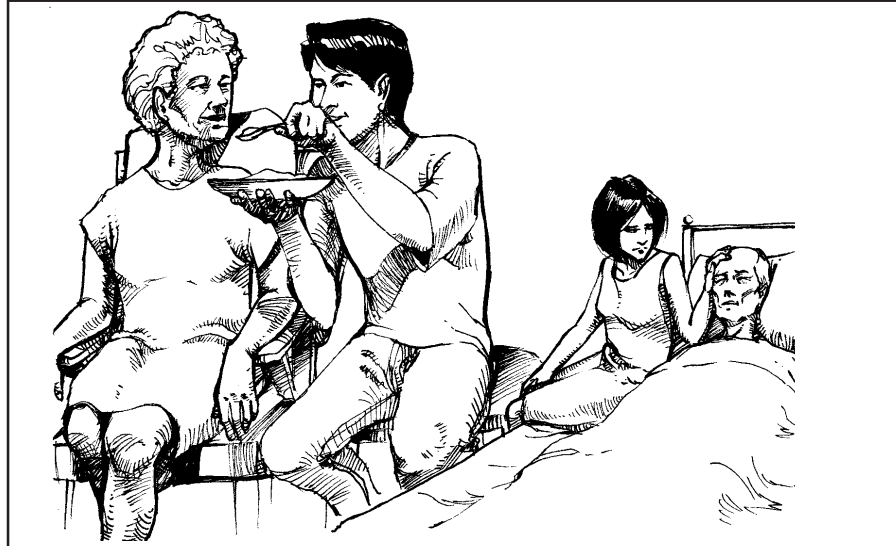
Let's Learn

Pakikipagkapwa-tao is about showing concern and understanding toward your fellowmen. How do you show your concern and understanding toward your fellowmen?

One way is by having concern or *pagmamalasakit* for others — by showing *compassion*, *empathy* and *sympathy* toward other people. Let's study what these words mean.

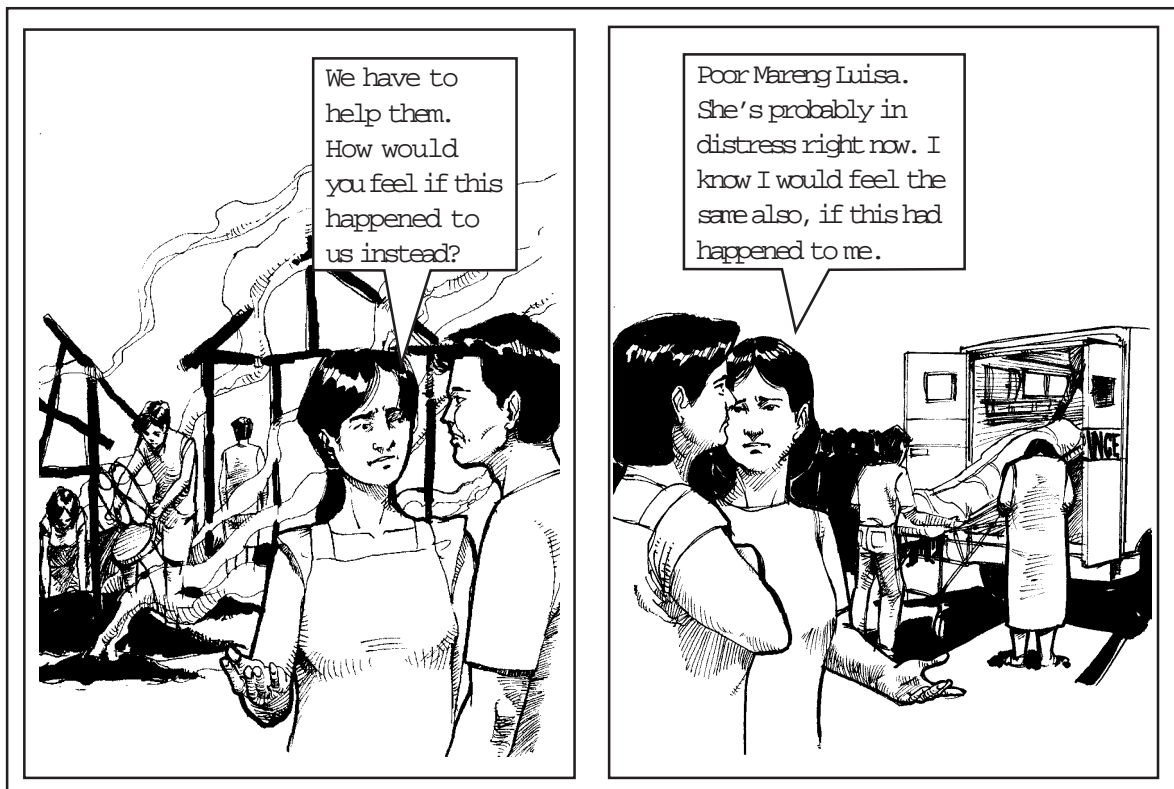
Compassion

Having compassion means being merciful or *maawain* to the needy, to people who are suffering, or to those who have problems.



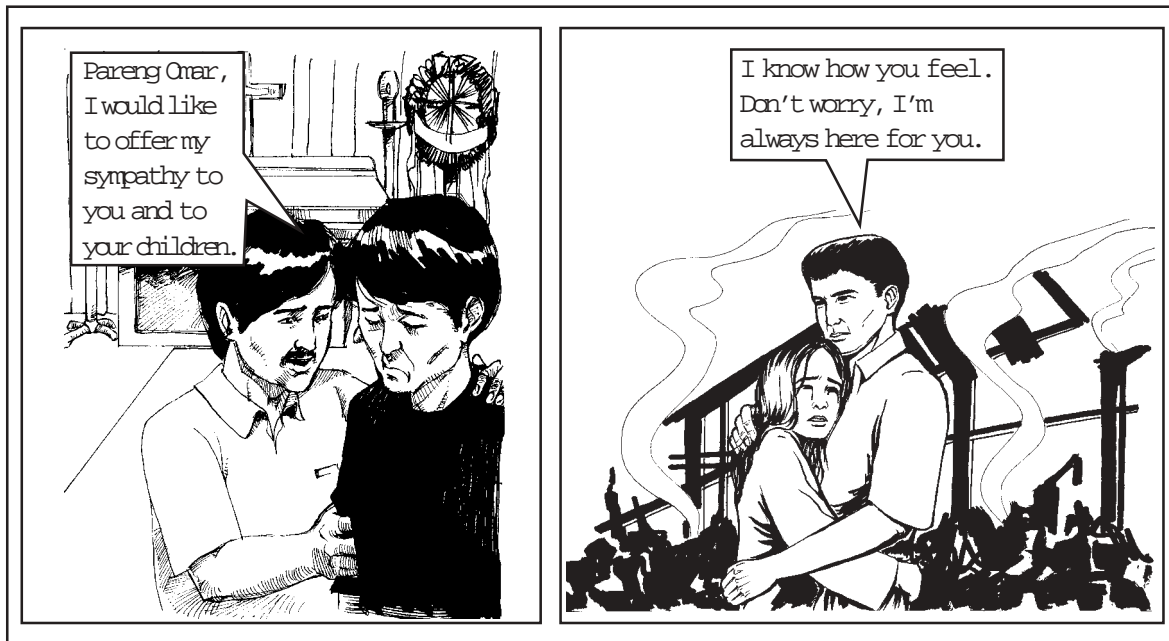
Empathy

Empathy means putting yourself in another person's situation. It is feeling what others might feel in a certain situation.



Sympathy

Sympathy or *pagdamay* is to share in another person's sorrow or trouble.



Let's Try This

Let's see if you were able to understand some important values we have discussed.

Look at the following list of words. These are values or traits that are important in *pakikipagkapwa-tao*.

sympathy

compassion

empathy

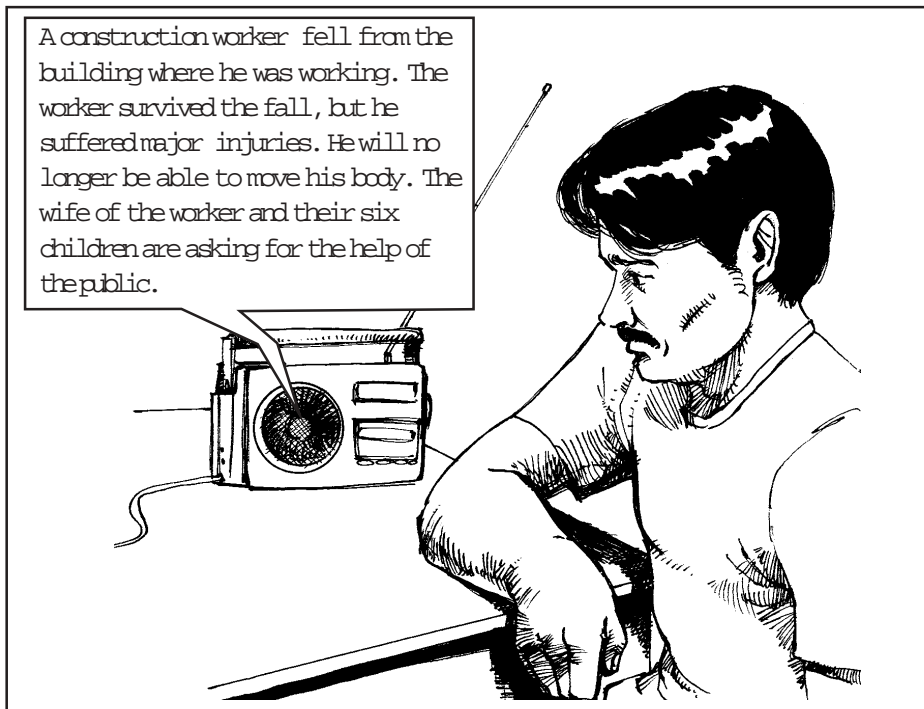
Listed below are different situations of people showing concern toward other people. Write in the blank the value or trait that is shown in each situation.

1. It was lunchtime at the factory where Jing was working. As she was eating her lunch of rice and *adobong sitaw*, she saw a small girl searching for food among the piles of garbage. Taking pity on the poor child, she gave the little girl her extra food.



What trait did Jing show? _____

2. Mang Romeo was listening to the news on the radio. Someone was reporting an accident.



Mang Romeo thought of the family of that worker. He asked himself these questions: *How will the family survive now that the father won't be able to work? What will happen to his children?* Mang Romeo also thought of his own family. He thought about what would become of his wife and his two children if that accident had happened to him.

What trait did Mang Romeo show? _____

3. Darsana's friend, Fatimah, went to work in Taiwan. In Taiwan, Fatimah had many problems regarding her work. She was forced to work overtime and was not allowed to rest even on Sundays. Darsana knows that her friend was suffering. And because she was far from Fatimah, all she could do was to show her support by writing letters and letting Fatimah know that she was there to share in her troubles.



What trait did Darsana have? _____

Compare your answers with those on page 47 of the *Answer Key*.



Let's Think About This

You now know that even beggars, streetchildren and poor people are our fellowmen. We should show concern for them by being compassionate or merciful. Do you think it is right to give alms or money to beggars and streetchildren? Why or why not?

Your answer must be similar to this:

No. Giving them money will not help them with their problems. On the other hand, the more you give them money, the more they will depend on you to feed them. They will not try to look for work nor try to improve their situation themselves. If you want to help them, you can donate your money to organizations or groups that help streetchildren, beggars and poor people. These groups have projects that can help beggars and poor people to become productive and have better lives. They also provide shelter, clothing, education and other services for streetchildren and the needy.

Do you now understand how it is to show concern for other people? Are the values of compassion, empathy and sympathy clear to you?

We will now study other important values in *pakikipagkapwa-tao*.



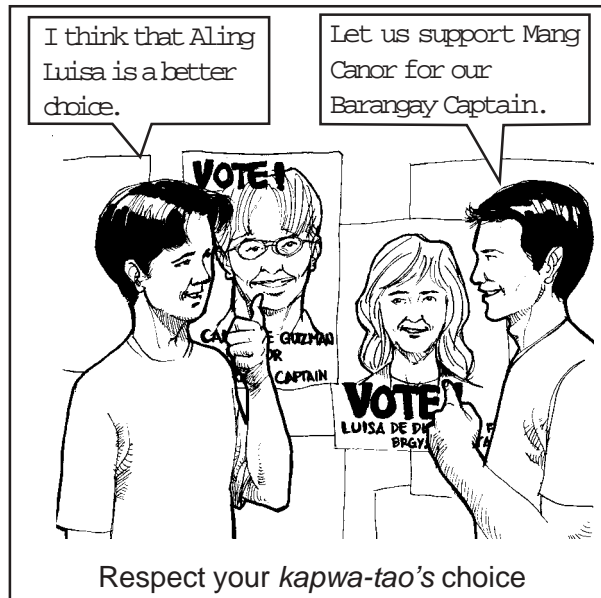
Let's Read

Understanding, respect, tolerance and cooperation are also important in having good relations with other people.



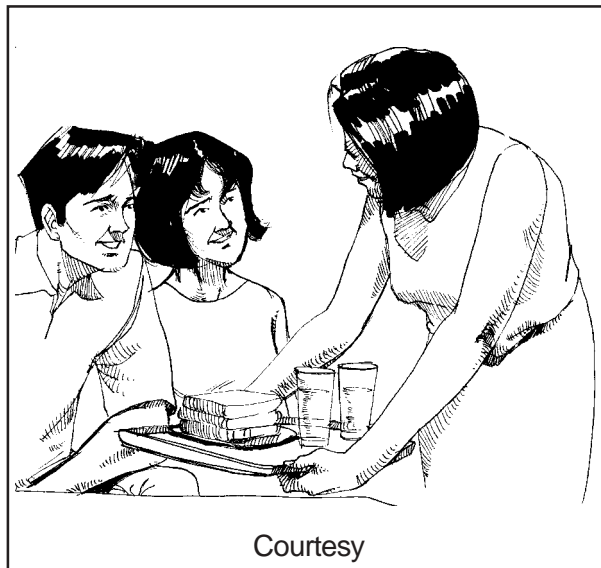
You should **consider** the feelings and situations of your *kapwa-tao*.

You must also understand that we all have our different likes and dislikes. For example, you may enjoy swimming in the river or sea, while your friend may love to climb mountains. You should always **respect** the choices, beliefs and opinions of your *kapwa-tao*.



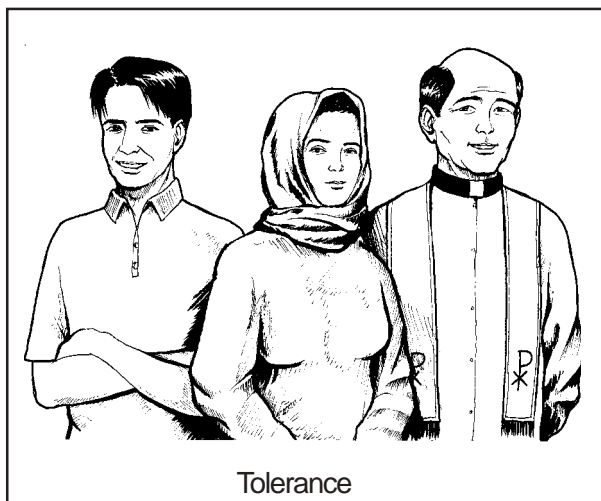
Respect your *kapwa-tao*'s choice

You can also show your respect by being **courteous** or polite to people that you meet, serving food to your guests, and being hospitable and friendly.



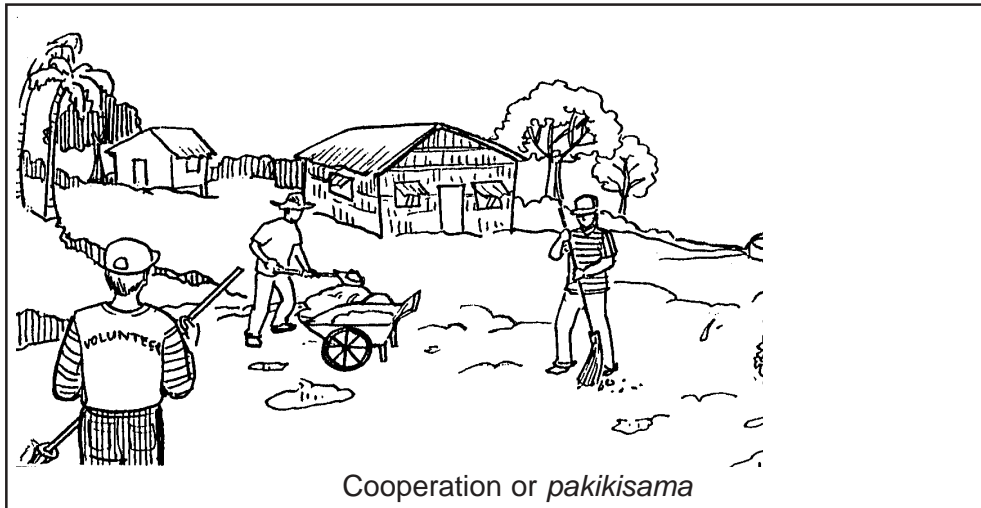
Courtesy

When you respect the beliefs of your *kapwa-tao*, you are practicing **tolerance**. You recognize that everyone has the right to have his/her own opinions and beliefs and to live his/her own life the way he/she likes. By being tolerant, you don't force other people to agree with your opinion or belief.



Tolerance

When we understand, respect and tolerate the beliefs, opinions and choices of our *kapwa-tao*, we can work or cooperate with them smoothly.



Cooperation or *pakikisama* (or *pakikiisa*) is to share your talents, resources (the things you have or own) and your help with people. The best example of this is the *bayanihan* value where people cooperate or work together to help their fellowmen.



Let's Try This

You have been a good learner so far. You deserve to take a break! Why don't you do this fun game for a while as you also review the different values of *pakikipagkapwa-tao*.

Look at this list of words.

Respect	Compassion	Courtesy
Empathy	Tolerance	Cooperation

Try to find these words in the box of jumbled letters below. They may be written horizontally, vertically or diagonally. Encircle the words when you find them. The word *respect* is encircled as an example.

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

Compare your answers with those in the *Answer Key* on page 47.

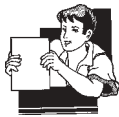


Let's Think About This

We Filipinos also practice *pakikisama* by trying our best to please our fellowmen. Is this bad or good? Why or why not?

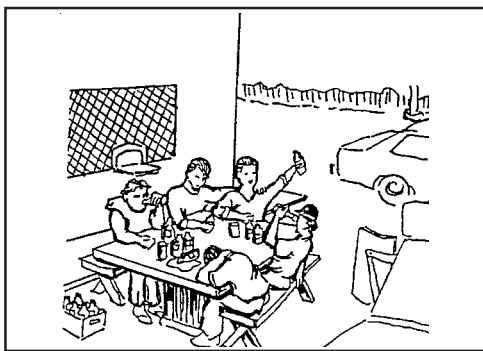
Think of this situation: your friends are drinking in front of a store. You happen to pass by the store and when they saw you, they asked you to join them. What will you do? Will you join them? What if your children are waiting at home for the food that you are bringing home? Or you need to wake up early the next day because you are applying for a job? Will you still join your friends?

Try to think about your answers to these questions as you read the next section.

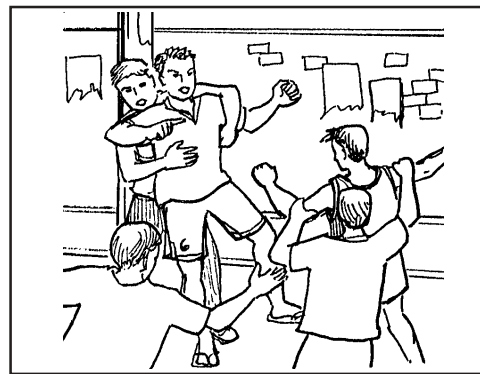


Let's Learn

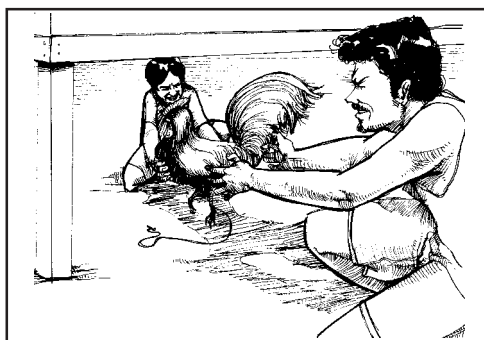
The trait of *pakikisama* becomes negative or bad when you are already breaking the law, sacrificing the welfare of your family, or inconveniencing (disturbing) other people just to please your fellowmen. The following are bad examples of showing your *pakikisama*.



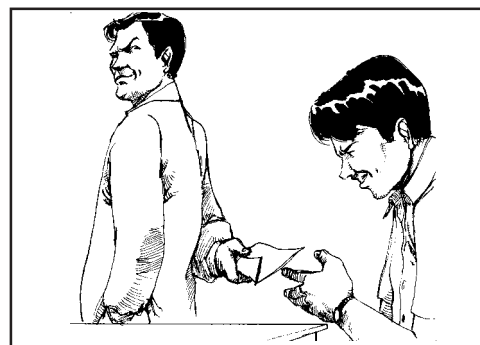
drinking in public places



joining riots or street fights



stealing in order to please your friends



accepting bribes or *suhol*

Aside from these wrong examples of *pakikisama*, gossiping and crab mentality are activities that you should try to avoid in your *pakikipagkapwatao*. Gossiping is when you tell or spread rumors or *tsismis* about a person, while crab mentality is when you try to pull down or degrade a person because you envy him or her.



Let's Read

Read this example of how crab mentality and gossiping affect people.

Hey, Frank! I didn't see Frederick at Pai's birthday party last night. Is there something wrong with him?

He wasn't feeling well. He had a mild fever. But he's feeling better now.

Later that day . . .

Dino, what was that news about Frederick?

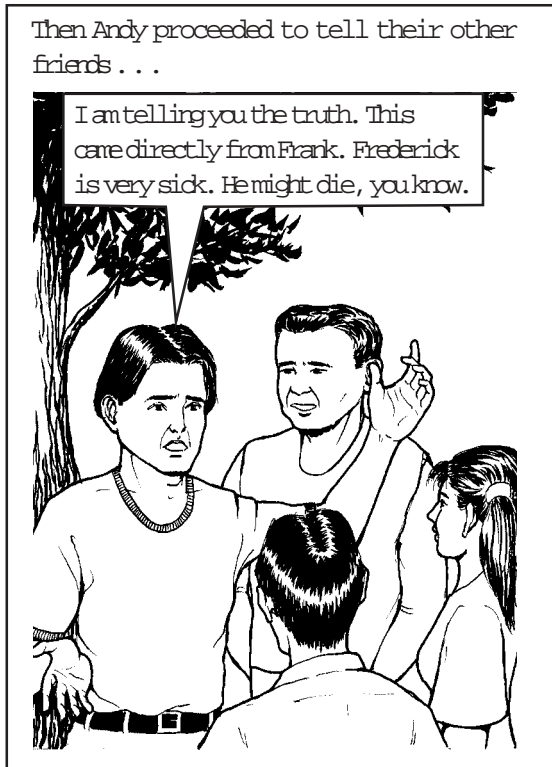
Frank said that he was sick that's why he wasn't at the party last night.

He's just saying that as an excuse. I noticed that he has become proud just because he was able to go to school in Manila. He feels like he's above us all. *Ang yabang!*

Later still, Andy bumped into Marlon.

Hey, Marlon! What's the news about Frederick?

It's nothing really. It's just that Frank said that Frederick is sick.



Let's Review

Did you understand the comic strip? Now answer these questions.

1. In Dino's opinion, what was the reason why Frederick did not attend the party? What was the *real* reason why Frederick did not attend the party?

2. Why do you think Dino called Frederick proud or *mayabang*?

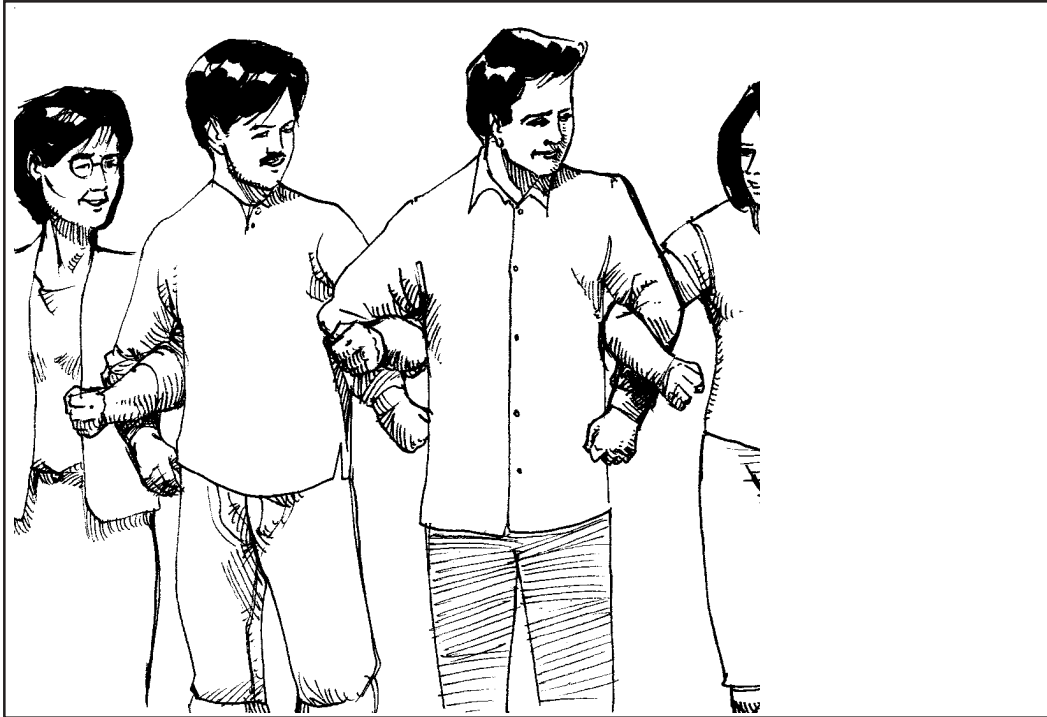
3. How do you think would the rumor affect Frank and Frederick's friendship?

Compare your answers with those found in the *Answer Key* on pages 47–48.



Let's Study and Analyze

Study the picture below.



1. What can you say about the people in the picture?

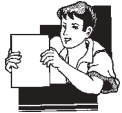
2. What are they doing?

3. What do you think is the importance of their action?

Your answers should be similar to this:

The people in the picture have their arms connected or locked together (kapit-bisig). They are doing this to show that they are united. This gesture (action) is often seen among people in a rally, to show their unity or oneness.

When people are united, everything is possible. They can do whatever they want and they can achieve their goals better and faster.



Let's Learn

The importance of *pakikipagkapwa-tao* lies in unity or *pagkakaisa*. When you have good relations with people, you can work with them because you respect, tolerate and understand their beliefs, feelings and situations. You also feel connected to them because you believe that each person, whether poor or rich, is your *kapwa* who needs to be cared for, respected and loved. *Pakikipagkapwa-tao* is best represented by *magkakapit-bisig* which means that each person is responsible to the other. You are responsible to your fellowmen in the same way they are responsible to you.



Let's See What You Have Learned

Answer this test to see if you understand this lesson on *pakikipagkapwa-tao*.

- A. Which of the pictures show good examples of *pakikipagkapwa-tao*?
Put a check (✓) below each of your answers.



1. _____



2. _____



3. _____



4. _____

B. Answer the following questions. Encircle the letter of your choice.

1. Your neighbor is known in your community as a gossip (*tsismosa*). When you saw her one day, she told you that your friend John is using illegal drugs. What will you do?
 - a. I will immediately accuse John of using illegal drugs.
 - b. I will get mad at my neighbor and quarrel with her for telling lies about John.
 - c. I will just ignore her.
 - d. I will go to John and ask him if he is really using illegal drugs.

2. The father of your co-worker died. How will you show your sympathy to him and his family?
 - a. I will go to his house and offer my condolence or sympathy.
 - b. I will go to his house and join the *bingo* games.
 - c. I will ask all our co-workers to donate cash so that we can help his family.
 - d. both (a) and (c)

3. What is the importance of having good relations with other people?
 - a. You will become popular in your community.
 - b. You can cooperate or work with people effectively.
 - c. There will be unity among the people in your community.
 - d. both (b) and (c)

4. Your brother is supporting a candidate in the coming barangay elections. You do not agree with his choice and you think that another candidate is the better choice. What will you do?
 - a. I will argue with my brother and try to convince him to support my candidate.
 - b. I will talk to him about the qualities of the candidate that I like, but I will still respect his choice.
 - c. I will pretend to agree with his choice, but behind his back, I will criticize him for his poor choice.
 - d. I will just ignore him and support my candidate.
5. Who are your *kapwa-tao*?
 - a. the president of the Philippines, the military, and social workers
 - b. beggars, streetchildren, and drug addicts
 - c. neighbors, special children, and the disabled
 - d. all of the above
6. What are good examples of *pakikisama*?
 - a. sharing your talents with other people
 - b. accepting bribes or *suhol*
 - c. *bayanihan*
 - d. both (a) and (c)

How did you do in this test? Do you think you got all the correct answers? You can check how you did by comparing your answers with those in the *Answer Key* on pages 48–49.



Let's Remember

In this lesson, you learned that our lives are meaningful because of the people whom we spend our time with. But we can make it more meaningful by having good relations with our fellowmen.

Having good relations with people or *pakikipagkapwa-tao* means showing concern and understanding toward your fellowmen. You can show your concern by being **compassionate** or merciful toward poor people and those who are suffering. You can also show your concern through **empathy**—which is to put or imagine yourself in another person's situation, and **sympathy** or to share in another person's trouble. You must also **understand, respect** and **tolerate** the beliefs, feelings and situations of your fellowmen.

Your fellowmen or your *kapwa-tao* are your fellow human beings who all need to be treated with respect, understanding and love. When we have respect, understanding and tolerance for other people's beliefs, feelings and situations, we can work together effectively. When we are united, everything is possible.

You may now turn to the next page and start with Lesson 2.

How to Be a Good Friend



Do you have a friend? Do you consider him/her to be a good friend? What are his/her characteristics that make him/her a good friend? Are you a good friend? How do you show your friends that they are important to you?

After studying this module, you should be able to:

- ◆ recognize who your good friends are;
- ◆ identify the qualities of a good friend;
- ◆ apply the values of honesty, loyalty, respect, and others in your own friendship; and
- ◆ demonstrate some of the values of a good friend.



Let's Try This

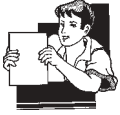
A friend is an important part of your life. He or she can make your life more meaningful. But before you demand to have a good friend, you must be a good friend yourself.

Answer this fun quiz and find out if you have the traits of a good friend. Encircle the letter of your choice.

1. What are the kind of friends that you have right now?
 - a. rich, well-known or popular people
 - b. friends who are fun to be with
 - c. all kinds of people
2. What do you usually do when you get tired of the company of a friend?
 - a. I avoid his/her company.
 - b. I still go out with him/her together with our other friends.
 - c. I make excuses for not going out with him/her.
3. Suppose that you have a friend who is not part of your present group of friends. What will you do if your group of friends criticize your friend?
 - a. I will also criticize him/her, but in a nice way.
 - b. I will defend my friend.
 - c. I will just keep quiet.
4. Suppose that your family disapproves of your friend. What will you do?
 - a. I will avoid my friend.
 - b. I will continue to see him/her, but without letting my family know about it.
 - c. I will find a way to make my family like him/her.
5. Your best friend borrowed money from you. Until now, he/she has not paid the money he/she owes you. What will you do?
 - a. I will talk to him/her about it.
 - b. I will demand payment from him/her in front of many people.
 - c. I will just ignore him/her.
6. You have a problem and you know that only one person can help you. But you don't like this person very much. What will you do?
 - a. I will try to befriend him/her and ask for his/her help.
 - b. I will not ask for his/her help and I will continue to ignore him/her.
 - c. I will ask for his/her help, but I will not try to befriend him/her.

7. Some of your friends smoke *marijuana*. They are inviting you to join them in their *gimiks*. Will you join them?
 - a. I will join them in their *gimiks*.
 - b. I will join them but I will tell them in advance that I will not smoke *marijuana*.
 - c. I will not join them and I will inform them of the bad effects of using *marijuana*.
8. Your friend said something that really hurt your feelings. What will you do?
 - a. I will get angry at him/her and tell him/her that he/she has hurt my feelings.
 - b. I will just let it pass.
 - c. I will avoid him/her.
9. Your friend is asking a favor from you. This will cause you to be absent from your work for a day. What will you do?
 - a. I will do whatever he/she is asking me to do, because I am his/her friend.
 - b. I will help him/her because I want to.
 - c. I will get angry at him/her and tell him/her that he/she is abusing my kindness.
10. Two of your friends had a misunderstanding. As a result, they are now avoiding each other. If you are close to both of them and you enjoy their company very much, what will you do?
 - a. I will take sides. I'll continue to befriend one and ignore the other.
 - b. I will talk to both of them and try to settle their misunderstanding.
 - c. I will ignore both of them. It's their problem, not mine.

Well, how was it? Did you have fun answering this quiz? To check your answers, turn to the *Answer Key* on page 50.

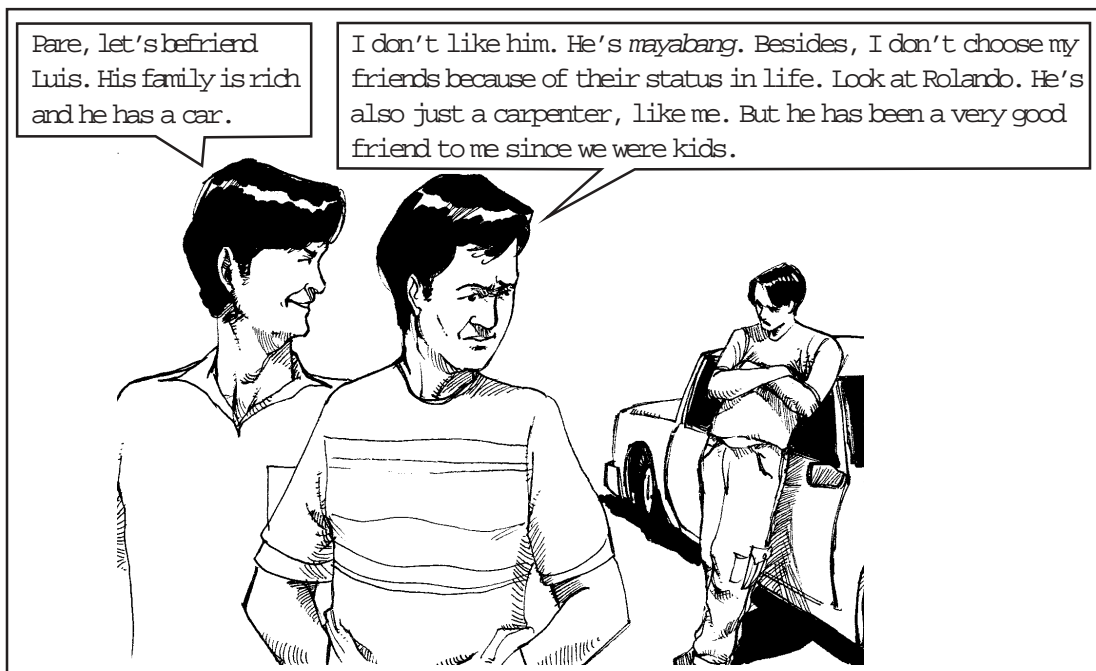


Let's Learn

If I ask you to define friendship, you would probably come up with many definitions. In fact, there is no exact definition of friendship. To you, friends may be angels sent to guide you, and friendship is about guiding each other. Meanwhile, some may call their friends their “treasures” and regard friendship as something valuable. What really matters is that friends are important in our lives.

The following are the important points from our previous activity, *Let's Try This*. We will discuss them further.

Choose your friends because of who they really are and not because of what they have. You should not choose your friends according to their status in life or their material wealth. Choose your friends because you have the same interests, such as your love for playing basketball or swimming in the river. Choose your friends also because they possess traits that you like.

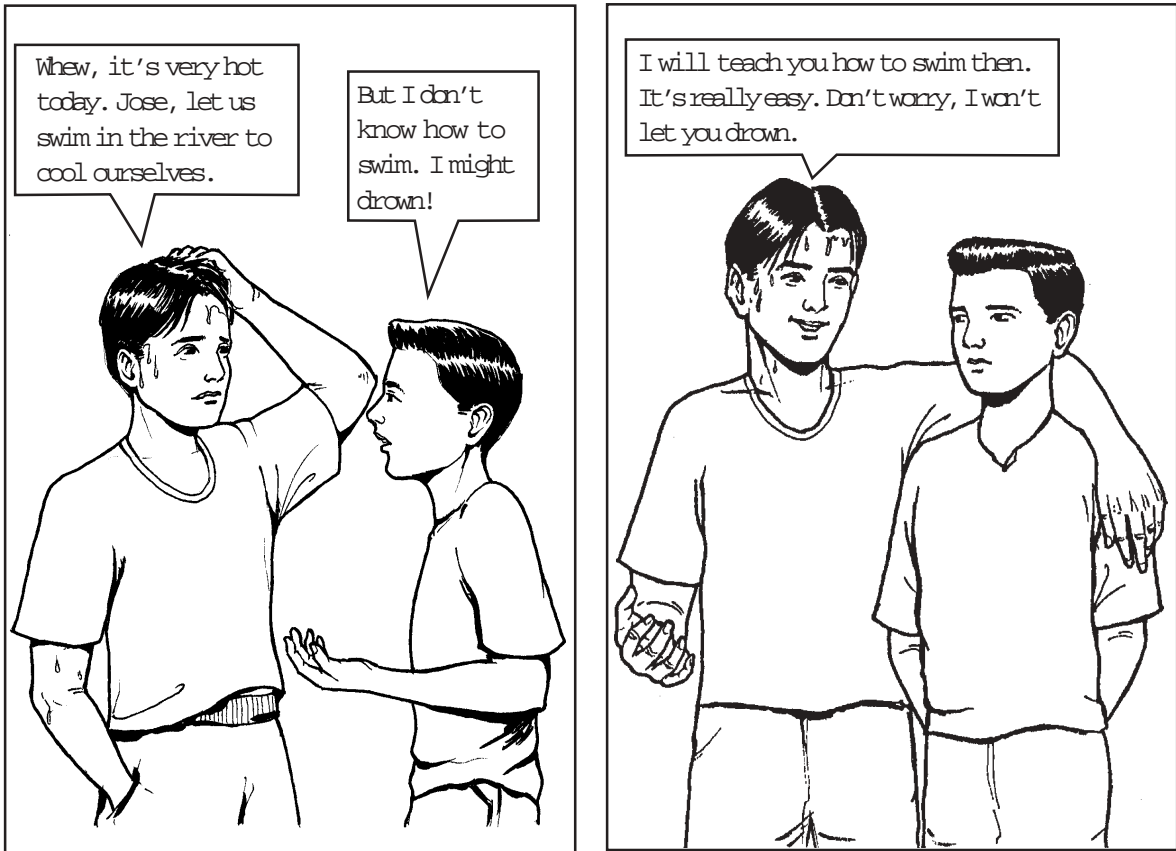


Friendship is supporting and caring for your friend without expecting something in return. You don't try to befriend a person because he/she can do something for you or because you need his/her help. This is not true friendship. True friends do things for you because they want to and not because they want something in return.

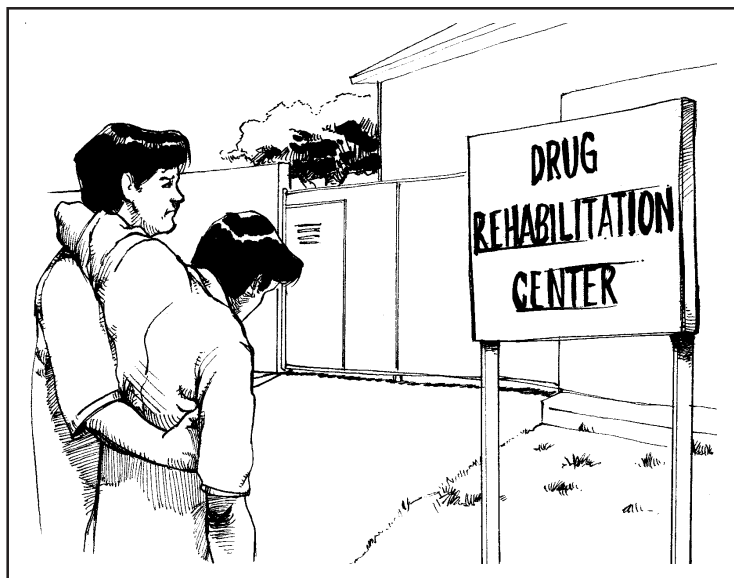
Here is an example of a good friend who gives without asking for something in return.



With your good friends, you can be who you are. You don't have to pretend to be someone else. For example, if you can't swim, you can tell your friend that you can't swim. He/She will understand and will help you overcome your weaknesses.



Good friends will not only praise you for your achievements. They will also point out your mistakes. By pointing out your mistakes, they are helping you grow. A good friend will also not tolerate your wrongdoings. Instead, he/she will help you change your negative ways.





Let's Review

Answer the following questions to see if you were able to understand the important points in our discussion. Underline your answer.

1. With a good friend, you don't have to (pretend, strive) to be someone other than your true self.
2. A good friend praises your (mistakes, achievements).
3. A good (friend, boss) gives without expecting something in return.
4. Good friends help you develop your (strong, weak) points.

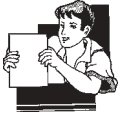
Compare your answers with those in the *Answer Key* on page 50.



Let's Think About It

How many friends do you have right now? Among them, whom do you consider as your closest friend? What are the qualities that you like in him/her? Can you consider him/her as a good friend? Why or why not?

Read on to see if your answer is correct. We are going to discuss in the next section the qualities of a good friend.

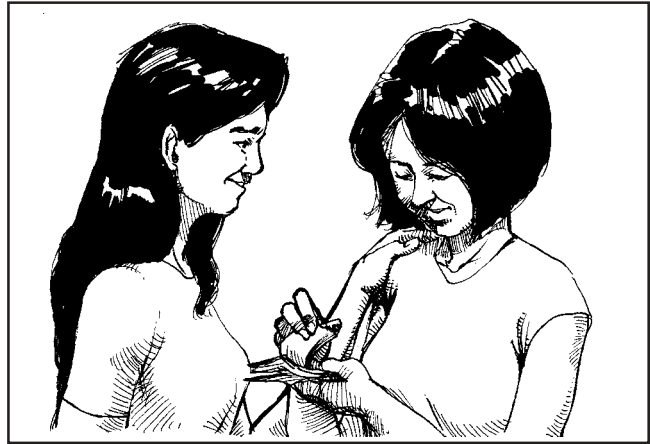


Let's Learn

Here are the qualities of a good friend.

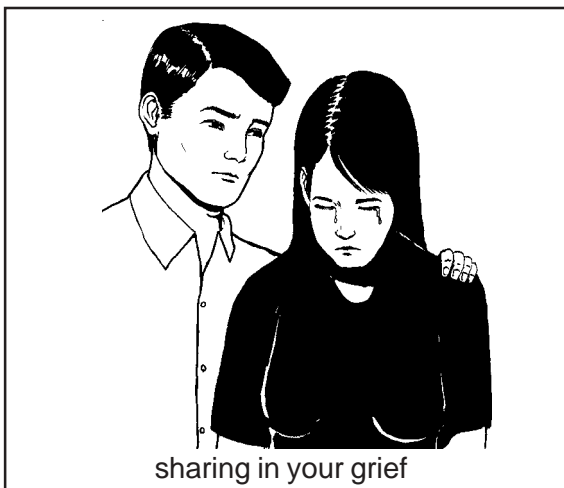
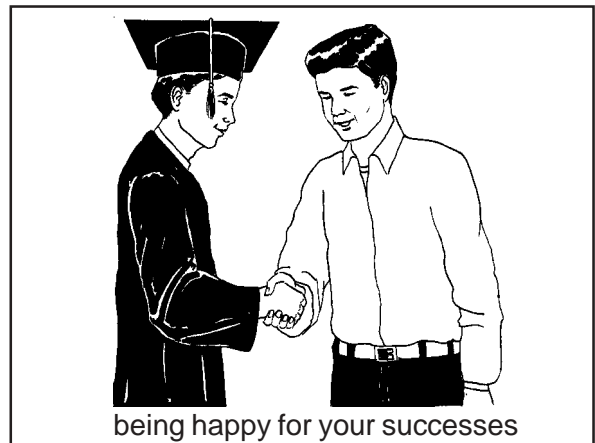
1. Ready to help

A good friend is always ready to help you in times of trouble or difficulties.



2. Gives emotional support

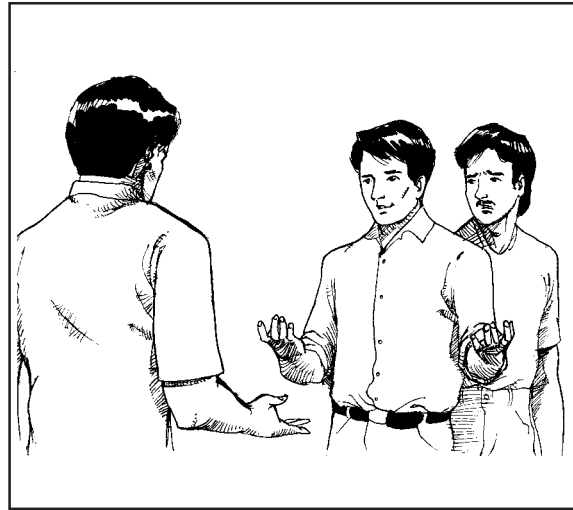
A good friend offers emotional support. The term “emotional” refers to your feelings or *damdamin*. A good friend gives emotional support by:



A good friend is someone you can talk to. He/She listens to your problems without necessarily giving advice. Sometimes, his/her mere presence is enough to comfort you. Your good friend can't solve your problems for you. What he/she can do is to be there and support your decisions.

3. Loyal

A good friend is loyal. He will not turn his back on you just because you made a mistake. You can also count on him/her to defend you not just from physical harm but also from undue criticisms.



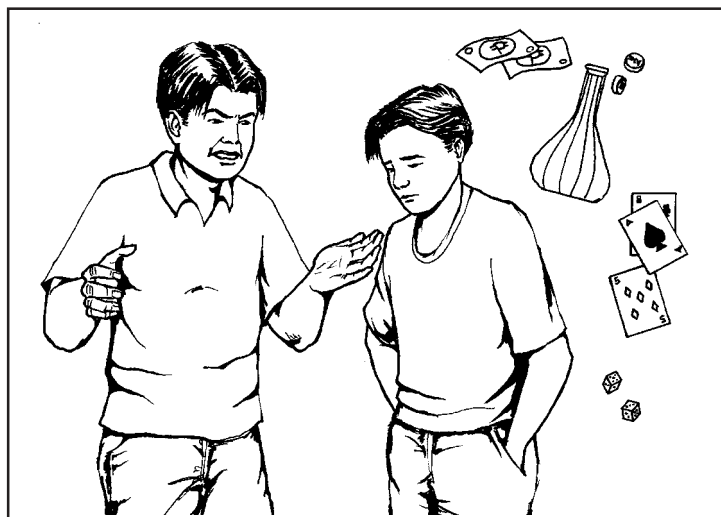
4. Shows respect

A good friend respects your beliefs, opinions and choices.



5. Concerned

A good friend is concerned about your welfare. That is why he/she will not hesitate to point out your mistakes and weaknesses. He/She does this so you will learn from them and develop yourself to become a better person. A good friend will not lead you into doing bad things such as stealing, taking illegal drugs, gambling and others.





Let's See What You Have Learned

- A. Answer the following questions to see if you understood the important concepts in this lesson. Underline your answer.
1. A good friend (respects, changes) your beliefs and decisions.
 2. Choose your friend based on (who they really are, what they have).
 3. A loyal friend will defend you from undue (criticisms, praises).
 4. A good friend is happy for your (success, failure).
- B. List down five (5) qualities of a good friend.

Compare your answers with those found in the *Answer Key* on page 51.

You are now done with Lesson 2. Before you proceed to the next lesson, read the summary below to help you remember the important points in our lesson.



Let's Remember

In this lesson you learned that friends are important in our lives. But what is more important is that we choose good friends, and we ourselves try to be good friends to others. Good friends make our lives meaningful. With them, we can be who we really are.

A good friend:

- ◆ is always ready to help;
- ◆ gives emotional support;
- ◆ is loyal to his/her friends;
- ◆ shows respect for his/her friends' beliefs, opinions and choices; and
- ◆ is concerned about the welfare of his/her friends.

Are You a Person For Others?



More than 21 storms visit our country every year. Because these storms leave devastating effects, more and more people are asking help from our government. But our government cannot do it alone; it needs people who are willing to help others.

These typhoon victims, as well as other people in disadvantaged situations, are saying “I need you.” What is your answer? Are you a person for others? Are you ready to help people who need your help?

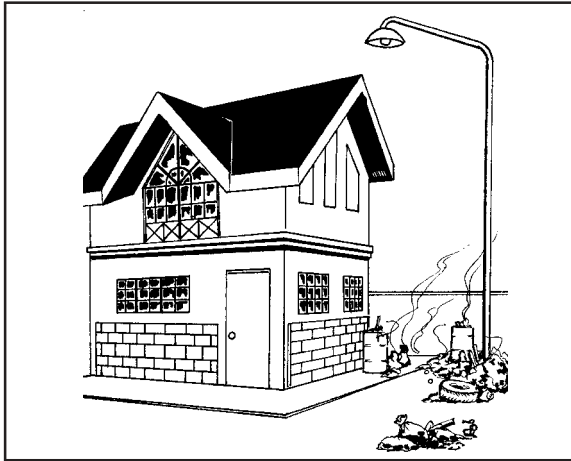
After completing this lesson, you should be able to:

- ◆ identify situations where you can be of help to your fellowmen;
- ◆ identify the people and agencies that you can seek help from in times of trouble; and
- ◆ apply the values of being a “person for others” in your everyday experiences.



Let's Study and Analyze

Study the pictures below. List down some of the actions that you can take to help the people affected by these situations.



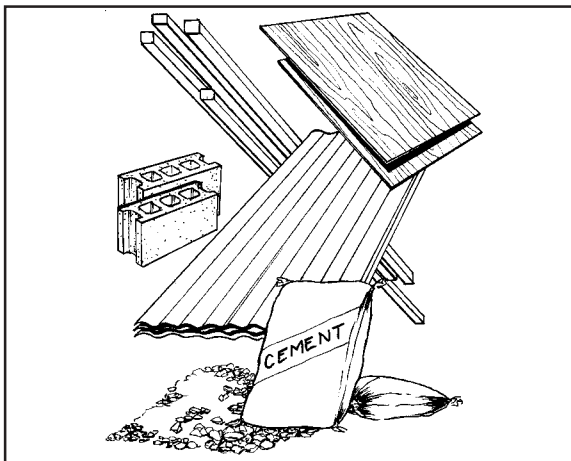
Garbage is piling up near your house. What will you do?

1. _____



A riverbank overflowed because of heavy rains. This flooded the lowland communities in your neighborhood. What will you do to help the residents there?

2. _____



Your barangay has all the materials needed to construct a health center. How can you help?

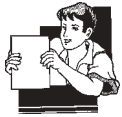
3. _____



You often see a group of streetchildren inhaling solvent in an overpass where you frequently pass by. What will you do?

4. _____

Compare your answers with those found in the *Answer Key* on page 51.

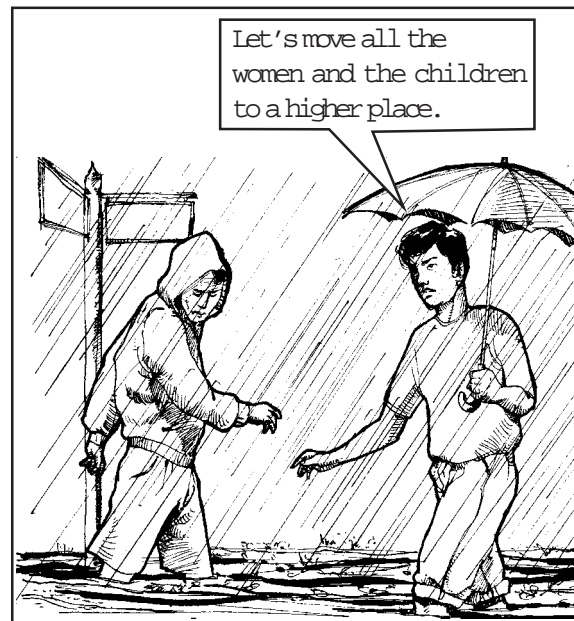
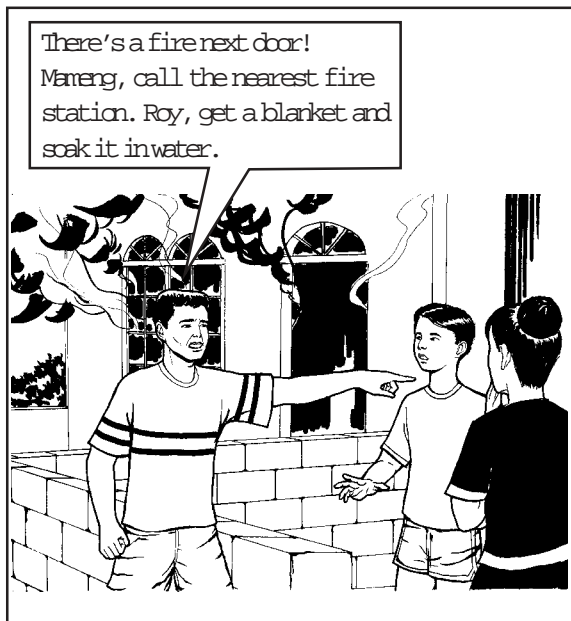


Let's Learn

A “person for others” is a person who puts the welfare of others above his/her own. He/She helps without expecting something in return. He/She is always ready to lend a helping hand.

In Lesson 1, you learned that part of having good relations with your fellowmen is showing concern for other people. But it is not enough that we show compassion, empathy and sympathy toward our fellowmen. We must act and help them whenever we can and whenever they need us.

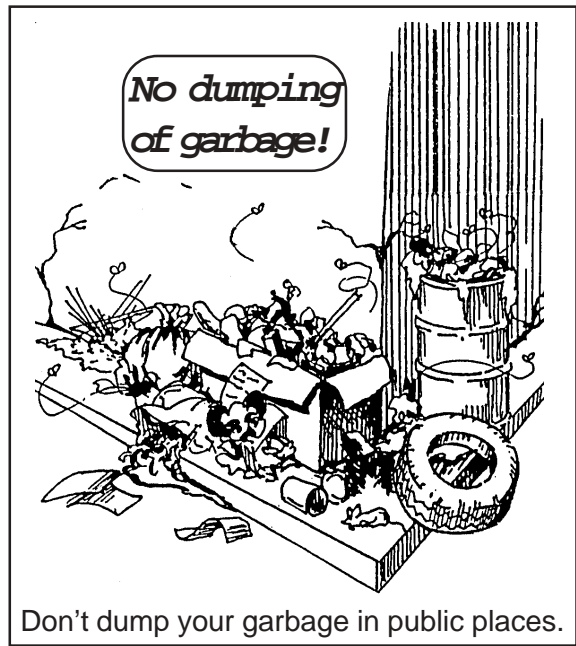
Here are examples of situations where you can help your fellowmen. Your help is needed during emergencies. These are times when lives, properties and the welfare of others are at stake. Quick thinking and action on your part is very important.



You can also cooperate with the people in your community through projects that will help improve your environment.



There are laws in our country that we must obey. These laws were made to ensure the safety of the people and to maintain peace and order in our communities. Help your fellowmen and country by obeying these laws.



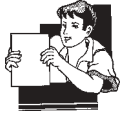
Remember, when you obey these laws, you are already doing something to help your fellowmen.



Let's Try This

List down some of the laws in our country that are intended to ensure our safety and maintain peace and order. You can also ask your family members or the people in your community about laws that they know. Do you obey these laws? Why or why not?

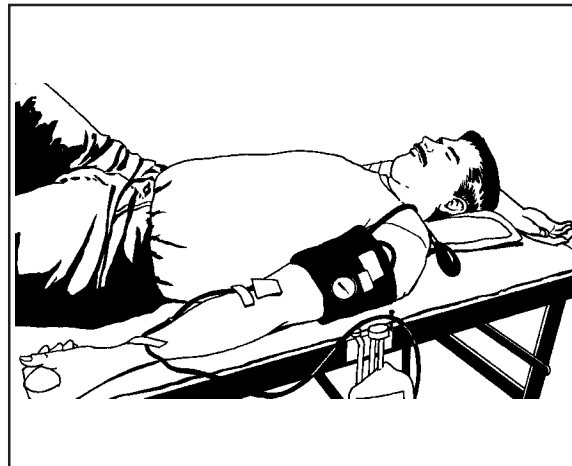
Compare your answers with those found in the *Answer Key* on page 51.



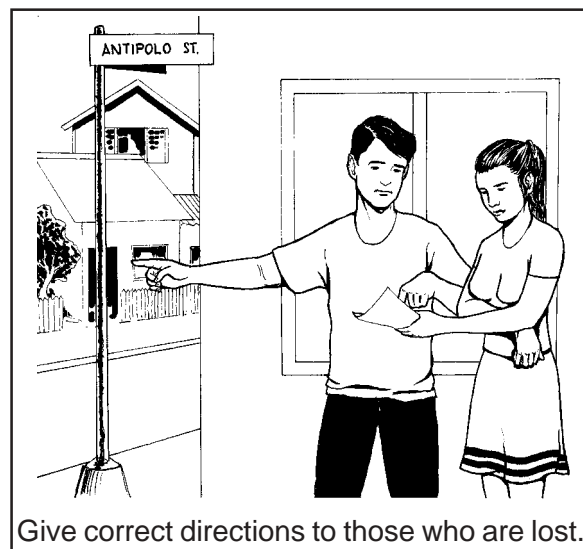
Let's Learn

Here are more examples of how you can help your fellowmen.

Blood is an important component of our bodies. It gives nourishment to the cells in our bodies. We need it in order to live. Some people may require to be given additional blood, since their body cannot produce the right amount of blood. Others who are victims of accidents or who are undergoing surgeries also need additional amounts of blood. You can help these people by donating your blood.



There are also many situations in your everyday life where you can practice the values of being a person for others.





Let's Try This

To be able to respond to emergency situations more quickly, you need to know certain information about agencies or people who can help you in times of trouble.

Try to find out the names, telephone numbers and addresses of the following people or agencies that can help you in times of trouble. Write the information in the table below.

Person/Agency	Name	Tel. No.	Address
Barangay Captain			
Nearest Police Station			
Nearest Hospital/Clinic			
Barangay Health Center			
Nearest Fire Station			
National Bureau of Investigation			
DSWD (Dept. of Social Welfare and Development)			

If you want, you may also write your answers on a separate piece of paper. Keep this piece of paper in a safe place at home, so you can refer to it should you experience times of trouble.

Ask your Instructional Manager or Facilitator to check if your answers are correct.



Let's Think About This

As a person who has good relations with your fellowmen and also as a person for others, you must exhibit the right attitude to help other people. What if your neighbor, with whom you have frequently argued in the past, is borrowing money from you to buy medicine for his/her sick child? What will you do? Will you lend him/her the money? Why or why not?

Your answer should be similar to this:

Yes, I will help him/her. I always remember that a person for others puts the welfare of others above his/her own. This means that I must think of the welfare of my fellowmen first, before I think of my own. This also means that I have to set aside my personal differences with my neighbor. I may have argued with him/her in the past, but his/her child has nothing to do with our argument. What I have now is an opportunity to help my fellowman, and I will use it.



Let's Remember

In this last lesson, you learned that as a person for others you should think about the welfare of your fellowmen. You should set aside your personal differences with your fellowmen in order to help them. You must be willing to help, cooperate, or do your part in situations such as these:

- ◆ emergency situations like fire, storm, flooding of streets and others;
- ◆ when there are projects in the community that need the participation of people;
- ◆ when there are laws that must be obeyed; and
- ◆ in doing your day-to-day activities.

To be able to help your fellowmen fully, you should also know the different people and agencies that can help you and your fellowmen in times of emergency.



Let's Sum Up

In this module, you learned that *pakikipagkapwa-tao* or having good relations with others is about showing concern and understanding toward your fellowmen. You can do this by showing compassion, empathy and sympathy; and by respecting other people's beliefs, opinions and situations.

Good friends support and comfort us. They are there for us not just to share in our joy, but most especially in our grief. A good friend will not lead you into doing bad things because he/she is concerned about your welfare.

A person for others is someone who puts the welfare of others above his/her own interests. He/She is ever willing to lend a helping hand. He/She practices values such as honesty, trust and respect in dealing with his/her fellowmen.



What Have You Learned?

I hope that you have learned a lot from this module. To see if you did, answer this test.

A. Encircle the letter of your chosen answer.

1. You have a friend who is a Muslim and he went to your house. You want to serve him food, but all you have prepared is pork *adobo* and you know that Muslims do not eat pork. Will you insist on giving him the pork *adobo*?
 - a. Yes. I will insist on giving him the pork *adobo* because that is all I have.
 - b. Yes. I will try to trick him into eating the pork *adobo* by saying that it is beef and not pork.
 - c. No. I will not serve him anything and I'll avoid mentioning food.
 - d. No. I will offer an excuse or apology since I won't be able to offer him any food.

2. An old lady is trying to cross a street. There are no cars around, but the old lady is weak and needs help in crossing the street. You are almost late for an important job interview. What will you do?
 - a. I will still help the old lady even if I'm almost late for my interview.
 - b. I will ignore her and hurriedly go to my destination.
 - c. I will ask somebody to help the old lady.
 - d. I will help her but I'll also scold her for leaving her house when she is already old and weak.

3. Your friend asked you to go with him and steal a sack of rice from the local ricemill. He tells you that it's alright to steal since the local ricemill has been underpaying local farmers by using a tampered weighing scale. What will you do?
 - a. I will not go with him and will instead convince him that what he is about to do is bad.
 - b. I will not go with him. I will just let him do what he wants.
 - c. I will go with him since we're just getting even with the owner of the ricemill.
 - d. I will go with him because he is my friend.

4. You found a wallet containing money and you recognize the picture inside it as that of your neighbor with whom you recently quarrelled. What will you do?
 - a. I will put the wallet back where I found it and proceed to my destination. It's not my fault that she dropped her wallet.
 - b. I will take the money and put the wallet back. That's my way of getting even with her.
 - c. I will take the wallet containing the money and return it to my neighbor.
 - d. I will take the wallet and ask her to apologize to me for what she's done before I give her the wallet.

B. Answer the following questions.

1. What is the importance of having good friends?

2. As an individual, what do you think is the importance of having good relations with your fellowmen?

Compare your answers with those found in the *Answer Key* on pages 52–53.

If you scored:

- | | |
|-------|--|
| 6 | Very good! You have learned a lot from this module. You may now study the next module. |
| 4 – 5 | Good! All you need to do is review the answers that you missed. |
| 2 – 3 | Review the items in the module that you didn't fully understand. |
| 0 – 1 | You should study the module one more time. |



Answer Key

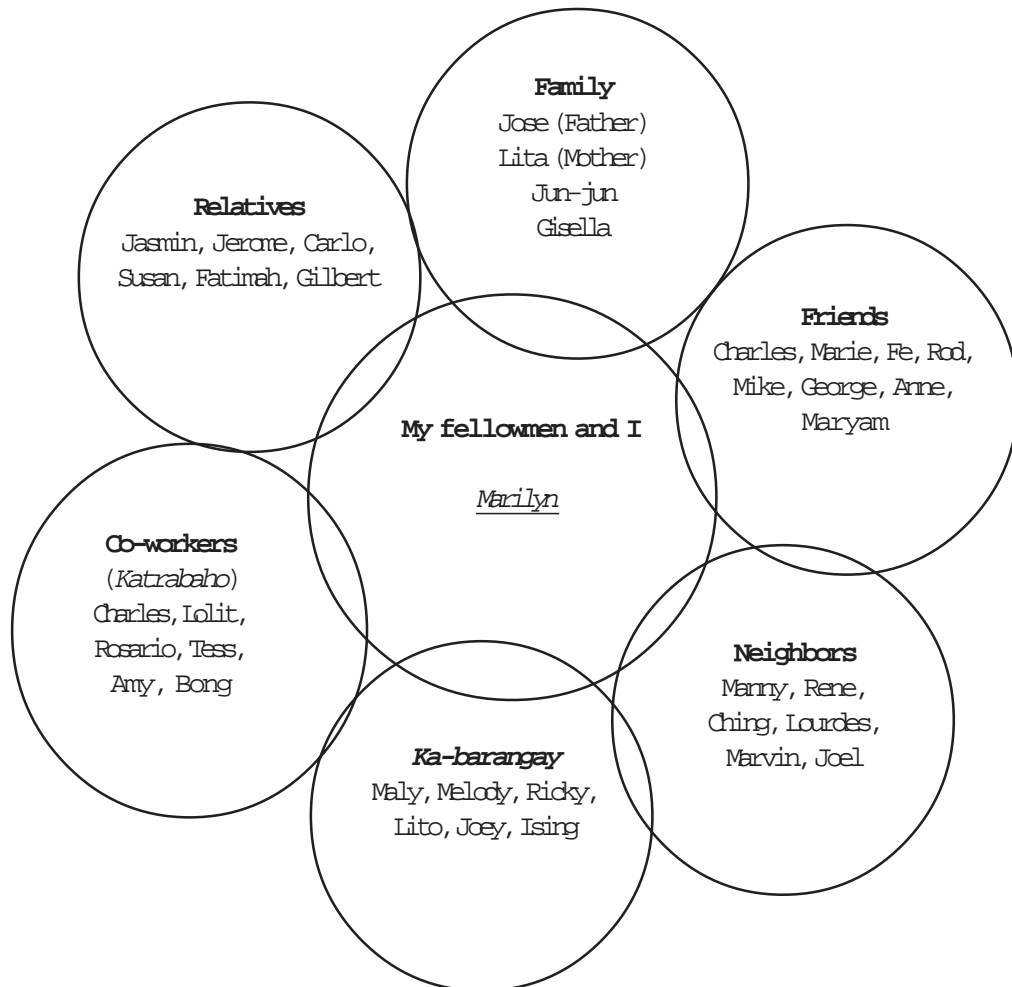
A. Let's See What You Already Know (pages 2–3)

- A. 1. 4 Taking care of sick people is a good example of *pakikipagkapwa-tao*.
2. 4 *Bayanihan* is a good example of *pakikipagkapwa-tao*.
3. 8 Drinking sessions in public places often lead to fights and loud arguments. This does not help people but often causes problems in the community.
4. 8 When you gossip, you are spreading lies that may hurt people's feelings.
- B. 1. True. Tolerance is to respect the beliefs and opinions of your friends and fellowmen.
2. False. You should have good relations with everyone, including poor people, beggars and streetchildren.
3. False. *Pakikipagkapwa-tao* is simply showing concern and understanding toward other people. However, we Filipinos tend to do everything to please our fellowmen out of *pakikisama*.
4. True. A person for others willingly helps his/her fellowmen.
5. False. *Empathy* is feeling what others might feel, especially in times of trouble. *Cooperation* is to work together with other people to achieve a common goal.
6. False. A good friend doesn't have to offer good advice. What is important is that he/she listens to your problems.
7. False. No one except yourself can make your problems disappear. You have to face these problems yourself. What your friends can do is to be there for you.
8. True. The importance of *pakikipagkapwa-tao* lies in unity or *pagkakaisa*. When people are united, they can achieve their goals.
9. False. Empathy, not compassion, means putting yourself in another person's situation.
10. True. Before you expect others to be a good friend to you, you should have these qualities yourself.

B. Lesson 1

Let's Try This (page 7)

Here is a sample answer. Your answer will be different from the one given below.



Let's Study and Analyze (page 8)

Each learner is expected to give different answers. Here is a sample answer:

Yes, because “fellowmen” refers to all human beings. The rebels, criminals, beggars and other people in the pictures are all human beings, hence they are all my fellowmen.

Let's Try This (page 10)

- a. Carpenter
- b. Chinese or citizen of China
- c. Policeman
- d. Painter
- e. Muslim
- f. Fisherman

Let's Try This (pages 12–14)

1. **compassion.** Jing showed compassion toward the poor girl when she took pity on her.
2. **empathy.** Mang Romeo showed empathy when he felt and imagined what it would be like to be in the situation of the construction worker.
3. **sympathy.** Darsana showed her sympathy toward her friend's situation.

Let's Try This (page 17)

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

Let's Review (page 20)

1. In Dino's opinion, Frederick did not go to the party because he had become proud. But the real reason why Frederick wasn't able to attend the party was because he got sick.
2. Dino was quick to call Frederick *mayabang* just because he was able to go to school in Manila. We can see in Dino's actions the trait or practice of crab mentality. Instead of being happy for the success of another person, Dino felt envious and wanted to ruin that person's reputation.

3. Frederick was hurt because he thought that Frank was spreading rumors about him. If they wouldn't be able to clarify what really happened, there might be bad feelings between them.

Let's See What You Have Learned (pages 22–24)

- A.
 1. 4 Donating goods to victims of calamities is a way of showing your concern toward your fellowmen.
 2. 8 Fighting with your neighbors is a bad example of *pakikipagkapwa-tao*. If you and your neighbors have differences, you should talk them out and settle them peacefully.
 3. 4 Giving to charities is a way of showing your compassion to the poor and your willingness to help.
 4. 8 It is bad to laugh at the practices, culture or appearance of your fellowmen. In having good relations with people, you should respect, tolerate and understand the beliefs, customs, practices and choices of people.
- B.
 1. The best answer is (d). You should go to your friend and clear the issue. If there is no truth to what your neighbor said, at least you were able to inform your friend about this matter.

If you answered (a), (b) or (c) your answer is wrong. Immediately accusing John of using illegal drugs is bad, because it shows that you don't trust your friend. Instead, you would rather believe a known gossip than hear his explanation. Quarrelling with your neighbor will also not help the situation. Your neighbor will still spread the gossip or rumor if she wants to. Meanwhile, ignoring the issue shows that you have no concern for your friend.

2. The best answer is (d) or both (a) and (c). You can show your sympathy by going to your co-worker's house and offering your condolences to him and his family. You can also ask your other co-workers to pool in and donate money to help your co-worker and his family. Going there to gamble or join the *bingo* games shows that you are not really concerned about your co-worker and his family, but you are only interested in gambling.

3. The best answer is (d) or both (b) and (c). The importance of having good relations with other people is that you cooperate or work with your fellowmen effectively. And when the people in your community work together that means that there is unity.

If you answered (a), your answer is wrong. Having good relations with people does not necessarily mean that you will become popular. In *pakikipagkapwa-tao*, you are not helping people and showing concern toward people because you want to become popular, but because you want to help.

4. The best answer is (b). You should understand that each of us has our own beliefs, opinions, likes and dislikes. This is what makes each person different or unique. In having good relations with people, you should accept and understand each individual's beliefs, opinions and practices. It is your brother's choice to support the candidate he likes. And you are free to agree or disagree with his choice. But criticizing him behind his back and ignoring his choices is not good because it shows your lack of respect for his belief and choice.
5. The best answer is (d) or all of the above. The president of the Philippines, the military, social workers, beggars, streetchildren, drug addicts, neighbors, special children and the disabled are some of your fellowmen or *kapwa-tao*.
6. The best answer is (d) or both (a) and (c). Some good examples of *pakikisama* is sharing your talents with other people and the Filipino practice of *bayanihan*—when people help each other in their work. Accepting bribes or *suhol* out of *pakikisama* is a practice that should be avoided.

C. Lesson 2

Let's Try This (pages 27–28)

Scoring:

Give yourself the number of points corresponding to the letter you answered. Then total all your points.

1. a:1 b:2 c:4
2. a:2 b:4 c:1
3. a:1 b:2 c:1
4. a:1 b:4 c:2
5. a:2 b:1 c:4
6. a:1 b:4 c:2
7. a:4 b:1 c:2
8. a:2 b:4 c:1
9. a:4 b:1 c:2
10. a:1 b:2 c:4

Interpretation:

10 to 14 points: You still need to learn more about good friendship. Try to think of the welfare of your friends and not just your own.

15 to 27 points: You are a good friend. You treat your friend as an equal. You are not afraid to share with your friend your feelings and sentiments.

Over 27 points: You tend to do things that will please your friends. This is not an example of good friendship. In a good friendship, you should be able to speak about what you think and feel. You should also do things for your friend because you want to do it, and not because you are expected to do it.

Let's Review (page 32)

1. With a good friend, you don't have to (pretend, strive) to be someone other than your true self.
2. A good friend praises your (mistakes, achievements).
3. A good (friend, boss) gives without expecting for something in return.
4. Good friends help you develop your (strong, weak) points.

Let's See What You Have Learned (page 35)

- A.
1. A good friend (respects, changes) your beliefs and decisions.
 2. Choose your friend based on (who they really are, what they have).
 3. A loyal friend will defend you from undue (criticisms, praises).
 4. A good friend is happy for your (success, failure).
- B. The five qualities of a good friend are:
1. helpful or always ready to help
 2. supportive or gives emotional support
 3. loyal
 4. respectful or shows respect
 5. concerned about the welfare of his/her friend

D. Lesson 3

Let's Study and Analyze (page 37)

Each learner is expected to give different answers. Below are possible answers:

1. I can start by talking to my neighbors and convincing them to work together in cleaning our surroundings. We could then coordinate with our barangay officials to help us with the disposal of our garbage.
2. I can help by working with my neighbors in evacuating people who are most affected. I can also share whatever extra food and clothing I have.
3. I can offer my available time to help in the construction of the health center. Since I have no carpentry skills, I can perhaps assist the carpenters by preparing the things they need.
4. The best way to help these children is to report them to the Department of Social Welfare and Development (DSWD).

Let's Try This (page 39)

Compare your list with this.

1. No jaywalking.
2. No loading and unloading of passengers in certain areas.
3. No smoking in public places.

4. No parking on tow-away zones.

E. What Have You Learned? (pages 43–44)

- A. 1. The best answer is (d). In *pakikipagkapwa-tao* you should respect your fellowmen’s beliefs and practices. It is the religious belief of your Muslim friend not to eat pork and you should respect his belief. If you don’t have any food to give him, just offer your apology and I’m sure he will understand.

If you answered (a), (b) or (c), your answer is wrong. If you insist on giving him the pork adobo or trick him into eating it, you will just offend your friend. This will also show your lack of respect for his religious belief. If you try to avoid mentioning food, you are being impolite. Courtesy requires that we offer food or drink to our visitors.

2. The best answer is (a) or *I will help the old lady cross the street even if I’m almost late for my job interview*. You should always try to remember that a person for others always put the welfare of his/her fellowmen above his/her own. You should therefore think of the welfare of the old lady first before your own.

If you answered (b), your answer is wrong. Ignoring a fellowman who is in need of your help is a bad example of *pakikipagkapwa-tao*. How would you feel if you were in trouble and no one helped you?

If your answer is (c), your answer is wrong. To look for other people to help the old lady will take more of your time than helping the old lady yourself.

If your answer is (d), your answer is wrong. Helping the old lady but later scolding her is also not a good thing to do. You don’t know the whole story why she went out. Scolding her will surely offend her. Instead of helping her you would end up hurting her feelings.

3. The best answer is (a). As a person for others, you must obey all laws and you know that stealing is against the law. As a good friend you should show your concern by convincing your friend not to proceed with his plan.

If you answered (b), your answer is wrong. If you let your friend go, you are not a good friend. A good friend points

out the bad traits and mistakes of his/her friend. He/She also tries to stop his/her friend from doing bad things.

If your answer is (c), your answer is wrong. If you go with your friend and steal from the ricemill, you would end up in trouble. For one, you don't know if what your friend is telling you is accurate. And even if it is true, stealing from the ricemill will not stop the owner from doing his dishonesty. If you get caught it will be you and your friend who will be in trouble.

If your answer is (d), your answer is wrong. Joining your friend in his bad activities is not a trait of a good friend.

4. The best answer is (c). By returning your neighbor's wallet, you are practicing good *pakikipagkapwa-tao*. I'm sure that your neighbor will thank you for returning her wallet and this might lead to a reconciliation between you and her.

If you answered (a), (b) or (d), your answer is wrong. You must set aside your personal differences with your neighbor and grab the opportunity to help your fellowman. If you take the money from the wallet, you are not only disregarding your *pakikipagkapwa-tao*, but you are also committing the crime of stealing. Even if you have found the money on the street, it doesn't mean that it is yours to take, especially when the ID in the wallet clearly states the name of the owner.

- B. Each learner is expected to give different answers.

Here are sample answers:

1. The importance of having good friends is that you can trust them to be there no matter what happens. Good friends also help you grow and become a better person.
2. If I have good relations with my fellowmen, I can live peacefully and happily knowing that should I need help, there will be people whom I can go to.



Glossary

Compassion The ability to take pity or be merciful toward people who are poor or suffering.

Courteous Showing respect and consideration for others.

Crab mentality The trait of trying to pull a person down out of extreme jealousy or envy.

Empathy Putting yourself in another person's situation, feelings, thoughts, etc.

Fellowmen Refers to fellow human beings which include family, friends, relatives, neighbors, fellow Filipinos, and others.

Respect To consider something or someone with high regard and tolerance; to accept and respect other people's choice, belief and opinion.

Sociable Inclined to seek or enjoy companionship of others.

Sympathy Sharing in another person's trouble or sorrow.



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