

Ako ay  
Huwarang Netizen!



THE MODEL FILIPINO  
I B K  
PINAY

# MAPANURI AKO!

SAFETY  
FIRST!

FACT?

TRUTH?

VERIFY!

FAKE  
NEWS?



# PRESENTING THE I B K PINY SERIES

## The MODEL FILIPINO:

God-Loving, Honest, Respectful, Hard-Working, Helpful and Nationalistic!



## The MODEL NETIZEN:

Discerning, mindful and safe in the use of social media.

## The PODCASTS



SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON GODLINESS ACCORDING TO THE ROMAN CATHOLIC FAITH WITH HER EXCELLENCY AMBASSADOR HEMBETTA TAMBUNTING DE VILLA AND HOST, ANA DE VILLA-SINGSON



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SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON NATIONALISM IN PHILIPPINE ARTS AND CULTURE WITH MARGIE MORAN-LLORENDO AND HOST, ANA DE VILLA-SINGSON



SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON HONESTY (MATAPAT) WITH ROLAND GADAVAN AND HOST, ANA DE VILLA-SINGSON



SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON BEING RESPECTFUL OF NATURE AND THE ENVIRONMENT (MAGALANG SA KAPALIGIRAN) WITH SAMIRA GUTOC AND HOST, ANA DE VILLA-SINGSON



SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON BEING HARDWORKING (MASIPAG) WITH MYLA VILLANUEVA AND HOST, ANA DE VILLA-SINGSON



SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON BEING HARDWORKING (MASIPAG) WITH RAMON FERNANDEZ AND HOST, ANA DE VILLA-SINGSON



SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON BEING HELPFUL (MATULUNGIN) WITH MARDI MARK-SUPUDO AND HOST, ANA DE VILLA-SINGSON



SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON HELPFULNESS (MATULUNGIN) WITH KIM KIMBERLY DERLA AND HOST, ANA DE VILLA-SINGSON



SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON DISCERNMENT IN SOCIAL MEDIA WITH JAMES WONG, IT SPECIALIST AND ENGINEER AND HOST, ANA DE VILLA-SINGSON

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# THE MODEL FILIPINO

# I B K PINY

# MAPANURI



# SUMMARY

The chapter is divided into 5 sections: Section 1 Imik (Sarili): Digital Identity, Section 2 Binhi (Family): Dialogue, Section 3 Bugso (Community): Basic Fact-checking, Section 4 Yabong (Environment): Critical Thinking, and Section 5 Silakbo (Nation): Participation and Nation-building.

## **Section 1 Imik (Sarili): Digital Identity**

Our digital presence is essential in today's digital landscape, where social media and online engagements are increasingly integrated into our identity. However, it is important to be aware of the risks associated with digital engagement, such as oversharing personal information.

## **Section 2 Binhi (Family): Dialogue**

Digital etiquette is a set of guidelines for appropriate online conduct, emphasizing respect, inclusivity, and positive interactions. It is essential for creating a safe environment, both online and offline, where diverse perspectives are embraced and respectful conversations flourish.

## **Section 3 Bugso (Community): Basic Fact-checking**

In an era of information disorder, it is challenging to discern between accurate and inaccurate information. The section discusses the accessibility of limitless information, acknowledging this challenge and stressing the need for individuals to evaluate information critically. It promotes truth-telling, responsibility, and accountability in sharing and consuming information.

## **Section 4 Yabong (Environment): Critical Thinking**

Critical thinking is a key skill for understanding and questioning messages encountered and created. Content creators are encouraged to be responsible for their creations, understanding how media messages influence consumers. Consumers, in turn, are advised to deconstruct media content and evaluate sources critically to become discerning information consumers.

## **Section 5 Silakbo (Nation): Participation and Nation-building.**

The final section discusses the impact of disinformation on societal trust and unity in the Philippines. It emphasizes the dual roles of citizens as both media consumers and content creators, highlighting responsibility and accountability. Discussions and debates are presented as avenues for gaining a deeper understanding of social and economic issues, enabling well-informed decisions during elections. The section also emphasizes the importance of freedom of speech and expression in supporting diverse perspectives and interests.

The chapter aims to help Filipinos develop their Media and Information Literacy skills, empowering them to become informed and engaged citizens who can exercise their democratic rights, such as freedom of expression and the right to vote, to create a better Philippines.

# MESSAGE FROM THE CHAIRWOMAN

PPCRV is all about clean and honest elections. But elections are not only about going to the polls and voting. It is not only about counting the votes and declaring the winners.



Philippine elections have always been controversial. Charges like vote buying and cheating abound; political dynasties, patronage politics, private armies taint the credibility and integrity of the elections.

How disheartening to hear our voters say "my vote does not matter" or "my vote will not change anything; no matter who wins they're all the same". Worse, many see the election as the only time they get favors from candidates who are willing to pay for their votes.

The challenge for PPCRV is to convince the voters that the power to bring about change belongs to them. This Project, TIBOK PINOY, aims to transform every Filipino voter's mindset from hopelessness and indifference to hope and empowerment.

We believe that teaching our youth the true core values of a good Filipino and making them live by these is a good start. If they demand these of themselves, they will look for these attributes in the leaders they will choose. When the qualities of the voters improve, the qualities of the leaders they elect will likewise improve.

It's a long journey but we have to take the first step now.

Sincerely,

A handwritten signature in black ink that reads "Evelyn Singson".

EVELYN SINGSON  
PPCRV Chairman

## MESSAGE FROM THE CHAIRWOMAN EMERITUS

Dear YOUNG FILIPINO VOTER,

Please pause for a while and ask yourself  
3 questions:

1. Am I proud to be a Filipino?
2. Can I honestly say I am a good Filipino citizen?
3. Do I know what makes a Filipino a good citizen?



No, you can't google the answers. But PPCRV offers you 6 marvelous textbooks that will help you answer these questions. However, you must first read the books. Then think and reflect if you are what the books say. If you practice the values the books say a good Filipino citizen lives in her or his daily life. Be honest. Analyze yourself... what you value... what you love... what is non-negotiable for you. Only by doing so can you make the necessary changes in yourself to become an authentic good Filipino citizen.

When you seriously live what you are, a good Filipino citizen, day in and day out, then changes will also happen around you. You can become an influencer among your peers, even among the elders in your family, and in your community. WOW! Isn't that great... YOU AN INFLUENCER for GOOD CITIZENSHIP. And when election time comes, being a good Filipino citizen, you will also select candidates who witness to the values you hold dear. You can influence other young Filipino voters to do the same. WOW! Now that is even greater... YOU... AN INFLUENCER for RESPONSIBLE VOTING. Hurry... read the PPCRV textbooks. Then live what you read.

With prayers and love.

A handwritten signature in black ink, appearing to read 'Henrietta T. de Villa'.

AMBASSADOR HENRIETTA T. DE VILLA  
Chairperson Emeritus, PPCRV

## MESSAGE FROM THE VOTERS EDUCATION PROGRAM HEAD

Dear Reader,

We are PPCRV, the Parish Pastoral Council for Responsible Voting. For the past 32 years, since October 1991, we have been guarding the polls. You see us wearing our blue and white t-shirts, the PPCRV logo, a dove for the Holy Spirit, proudly emblazoned on it. At every stage of the election, we are there: watching, observing, ensuring CHAMP (Clean, Honest, Accurate, Meaningful, Peaceful) elections without fear or favor. Since elections were automated in 2010, we have been conducting the Unofficial Parallel Count, comparing the electronically-transmitted vote with the physical electronic vote printout from each vote counting machine. But dearest to our hearts is Voters Education. Because Voters Education is about conscience and upholding what is right, about elevating the electorate so that voters make the right choices. Because an enlightened electorate can vote in good leadership, leaders who serve the needs of the citizenry that voted for them.



In PPCRV's past Voters Education programs, we defined the characteristics of good leaders. But in guarding over 3 decades of Philippine elections, we have realized that rather than defining the characteristics of a good leader, we must first look into ourselves. How does one recognize characteristics in others that one does not himself have? How can one recognize an honest person if one is not honest himself? How can one recognize Godliness in another if one is not himself God-loving and God-fearing? To vote in good leaders, we must first become the best that we can be. We must become Model Filipino Citizens.

What is a Model Filipino Citizen? According to our nationwide survey, a Model Filipino is Maka-Diyos, Makabayan, Matapat, Magalang, Masipag, Matulungin. And because technology has made netizens of most of us, we added another important characteristic: that of being Mapanuri, of being Discerning when assessing internet content and social media, the emergent and now primary information sources for many Filipinos.

# AKO AY HUWARANG PILIPINO! AKO AY MAKADIYOS!

*Introduction by  
Ana De Villa-Singson*

We are a country of over 7 000 islands, divided by seas and many dialects. Our politics are rainbow-colored and our different religions call to heaven with many different names of God. But in all our diversity, we are united by one heart. Our collective heart beats Pinoy. Our pulse throbs Pinoy. TIBOK PINOY...it is PPCRV's Voters Education ...Recharged! We offer our textbooks, one for each of the values of a Model Filipino and another for the Model Netizen. We offer you blended learning through podcasts, stories, exercises, illustrations and articles found in our books. But above all, we offer you a chance to examine yourself and measure yourself against the characteristics of a Model Filipino. Read about the model Filipino, let him inspire you...and then strive to become one. Because a model Filipino uplifts himself, his family, his community, the environment, his country. He proclaims God.

We are grateful to the many people who made TIBOK PINOY possible. But we are most grateful to our partners in Communication Foundation for Asia who journeyed with us in creating these TIBOK PINOY textbooks and podcasts.

Our prayer is that you read these books, be inspired by them, learn from them. YOU can become a model citizen. And in becoming, YOU can recognize and cast your vote for leaders who are model citizens themselves.

Read. Listen. Discern. Learn. Then... Become!

**BOTO KO! DANGAL KO! IPAGTATANGGOL KO!**

With warm regards,



ANA DE VILLA – SINGSON

Trustee | Head, PPCRV Voters Education Committee & PPCRV National Media and Communications Committee

It starts with Godliness! When we did a nationwide survey asking citizens nationwide what the top characteristics of a Model Filipino are, the number one characteristic cited was GODLINESS, that of being God-loving and/ or God-fearing. And through several group discussions and as you will see in all our podcasts, the root of anything and everything good is GOD.

We call him God, Jesus Christ (The Anointed One), Emmanuel (God With us), Abbah (Father). To others, he is Allah, El Shaddai, Adonai, Yahweh, Jehovah plus many more. We call to Him through many different names but what remains true for each name is that He represents the Beginning and End, the alpha and the omega, the source of all goodness.

As such, all good traits emanate from being Godly. We cannot be Honest, Respectful, Helpful, Hard-Working, Nationalistic, without believing in God, without being anchored in faith. Because "Faith is the substance of all things hoped for, the evidence of all things unseen" (Hebrews 11:1)

PPCRV, born of the Church, is a child of the Church. PPCRV is a lay organization with the parish as the most basic and focal point of all its activity, hence the name Parish Pastoral Council for Responsible Voting. During elections, it is through the Church that we organize and move. At the Parish Center, PPCRV coordinators organize local citizenry to guard the vote at all stages of the election. It is not unusual to have precinct locators posted nearby Church premises nor to have voters education conducted within Church halls, the pulpit included. Manned by volunteers who have no expectation of reward nor recognition, ignited only by love of God translated into love of country, PPCRV volunteers are the epitome of volunteerism and FAITH ON FIRE!

As a Church-based organization, we believe in inter-faith discussion and interaction. In Mindanao, we have aligned with Muslim organizations who have guarded the vote through many elections with us. Together, we are united for a common cause, that of working for Clean – Honest – Accountable – Meaningful – Peaceful (CHAMP) elections, proving that different faiths, ideologies, cultures can combine and find common ground to do good work that uplifts self, the community, the country.

How can one become Godly? We profess that you can be Godly by being everything a Model Filipino is: Matapat, Magalang, Masipag, Matulungin, Makabayan. You can become Godly by striving to use all your talent and abilities towards developing yourself into the best that you can be. In becoming the best version of yourself, you then become a force and inspiration to those around you.

# A MESSAGE FROM ARCHBISHOP SOCRATES B. VILLEGAS

Thank God I am a Filipino. Thank God that I was created in His image. Thank God there is eternal life.



I am not alone as a Filipino. My countrymen are millions. Many are in this archipelago. Some are in other countries. More compatriots have crossed over to the afterlife. They are compatriots. They are all over the world. We have countrymen in heaven. They are mine. I am theirs. We are one.

I am not alone as a child of God. No one can count how many of us are brothers and sisters under God, even if often we do not want to recognize and accept one another. Love is eternal. Life is everlasting. The bonding has no end.

Any good we do, think or say nurtures and promotes the whole of creation. Any bad thing we do, think or say hurts and tramples the cosmos as well.

We are temporarily citizens of this republic. We are eternal citizens of God's eternal invincible kingdom.

Voting is occasional. Elections are far apart by years. Heroic citizenry is the challenge here... now... and every day.

Good citizenship is the path to the kingdom of the Lord. That heroism is tested every day. Heroism is about life; not just about votes.

Who are you for? From where are you? Where are you going? Who are you really? What are you making of your life? What have you done for others?

If indeed we came from God and will return to God, what is the proof that we really are God's? That we are honest, respectful and

respectable? That we are generous and helpful and honorable? That we are nationalists, civic- hearted and diligent? Beyond these human virtues, where is God in your life?

We are Filipinos but not just Filipinos. We were loved and we are loved and God will always love us. We are residents of the Philippines but citizens of heaven.

Let us live by this celestial citizenship, so that they who meet us can gaze through our lives the face of a people whose destiny is eternity.

We came from God. The Philippines is God's gift to us. Stewards of this of country are who we are. Let us take care of what we are entrusted with. One day we will return to the true home—to the Father's home. We will account for what we have done and how we have loved.

Filipinos by race; but God's by attitude!

Filipinos by birth; but everlasting by design!

Living in the Philippines for now; but destined to live in heaven forever.

This is our road map to be good citizens of the world as we have now and to be good citizens for the new world awaiting us forever...the new heavens and the new earth that the Lord has promised and opened for us.

From the Cathedral of Saint John the Evangelist, Dagupan City,  
March 31, 2024, Easter Sunday of the Lord's Resurrection

+SOCRATES B. VILLEGAS  
Archbishop of Lingayen Dagupan

# TIBOK-PINOY PODCASTS: MAKADIYOS

# TIBOK-PINOY PODCASTS: MAKADIYOS

In our nationwide survey, Godliness, the characteristic of loving God and applying his teachings in how we conduct our lives, came out as the most important characteristic of a Model Filipino. For us, it is the key characteristic of any person!

Recognizing that we are a nation of many different faiths, we created podcasts with different points of view from a Catholic, a Muslim and a Born Again Christian. What is clear through these podcasts is that while the different faiths have distinct beliefs, they have so much more in common than their differences. In the end, "millions of men lift up to their eyes to One God...so many children calling to You with so many different names...but your God and my God are one!"

It is through dialogue that we build common ground. It is through open communication that we build bridges. It is through love that we understand. We welcome you to the GODLINESS podcast series of TIBOK PINOY!



Known as "Tita" by many, Ambassador Henrietta de Villa was the onetime Ambassador to the Vatican. During her tenure, she liased closely with 2 Popes, one of whom is now a saint! She is also the Chairperson Emeritus of 2 large local organizations, PPCRV and Mother Butler Guild, each with thousands of volunteers throughout the country. She is a two-time Papal awardee and through the conferment of awards is a doctor, a dame, a kumandante plus many, many more. In this podcast, she talks about a life rich in experience and grace, all dedicated to God. She shares her daily examination, a simple 3 step guide to prayer. At day's end, ask yourself (1) What you have done for God? (2) What you have not done for God? and (3) What can you still do for God tomorrow? Listen to "Tita" share her many stories and life lessons rooted in her deep faith.



SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON GODLINESS ACCORDING TO THE ROMAN CATHOLIC FAITH WITH HER EXCELLENCY AMBASSADOR HENRIETTA TAMBUNTING DE VILLA AND HOST, ANA DE VILLA-SINGSON



SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON GODLINESS ACCORDING TO THE ISLAM FAITH WITH SAMIRA GUTOC AND HOST, ANA DE VILLA-SINGSON

Samira Gutoc is listed by a Jordanian Muslim organization as one of the 500 Most Influential Muslims in the world. Samira is a civic leader, journalist, environmentalist, women's rights advocate and politician. She was a member of the Regional Legislative Assembly of the Autonomous Region in Muslim Mindanao and the Bangsamoro Transition Commission which was tasked to draft the Bangsamoro Basic Law. In this podcast, Samira delves into the basic beliefs of the Islam faith and underlines that

Islam has so much in common with Christians and Jews. The world "Salam", their traditional greeting means "Peace," a word they share with the Jews' traditional greeting "Shalom." It is fascinating to listen to Samira recount the many threads that connect the Catholic and Jewish faiths with Islam. The podcast provokes deep thought: If we share so much in common, why then the many wars and altercations? It provides much hope too that we may find the many things which bind us in the quest for brotherhood and peace.

# TIBOK-PINOY PODCASTS: MAKADIYOS



SCAN TO VIEW PPCRV'S TIBOK PINOY  
PODCAST ON GODLINESS WITH  
LEE ANN PONIO, A YOUNG BORN AGAIN  
CHRISTIAN AND HOST,  
ANA DE VILLA-SINGSON

Lee Ann Ponio is a young Sunday school teacher and a business development intern in ASSIST Asia. She is a Born Again Christian. In this podcast, Lee Ann breaks down the differences between her faith and Roman Catholicism. She believes in a personal relationship with God through constant prayerful communication. Young and ardent, Lee Ann inspires us with her youthful adherence to her faith!

# MAPANURI

*analytical; critical*



How can we all become a better media user and producer? Let's find out together what it really means and what it takes to be better media critical thinkers!





SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON DISCERNMENT IN SOCIAL MEDIA WITH JAMES WONG, IT SPECIALIST AND ENGINEER AND HOST, ANA DE VILLA-SINGSON

James Wong is an active IT practitioner and electronics engineer in one of the country's top IT providers. He has been a PPCRV volunteer for the past 14 years. In this podcast, James gives expert and easy to follow advise on how to safely navigate the internet. He also points out the need for proper social media engagement based on Godliness and good values.. In a world which is increasingly turning to social media as a primary source of information, this podcast discusses discernment, proper conduct and risk mitigation in the internet.

igital Security

✓ Verifying Sou

Critical thinking is an essential skill that enables individuals to assess information and make informed decisions. It involves questioning assumptions, analysing evidence, interpreting meanings, evaluating arguments, and making judgements based on sound reasoning. By engaging in critical thinking, we can develop a deeper understanding of the world around us, and make better choices in our personal and professional lives. One of the key benefits of critical thinking is that it helps us to become more independent and self-directed learners. Rather than simply accepting what we

are told, we learn to seek out and evaluate information for ourselves. This allows us to become more confident and effective decision-makers, as we are better equipped to weigh up the pros and cons of different options. Another important aspect of critical thinking is that it promotes ethical reasoning. By considering the implications of our actions and decisions, we can make choices that align with our values and principles. This is especially important in today's complex and interconnected world, where our actions can have far-reaching consequences.



# IMIK:

## Breaking Silence

imik

talk; answer; reply; utterance; peep; breaking the silence.



*"Social media can be a useful and fun way to interact with others and to share content but use it carefully. Remember that there is nothing totally private on the internet and once online it is hard to control."*

—Amanda-Jane Turner, Cybercrime specialist

Author, *Cybersecurity for everyone - demystifying cybercrime*

Learning Objective: Concept of Digital Identity

Topics to be covered:

- Value of the Real Self (versus a **digital self**, versus likes and engagements)
- Digital Security**
- What to share and what not to share: Consent

Let's Start



## Protect Yourself from Scams!



What will you do if you have received a message from an anonymous number or email asking for your personal information? Let's all listen to this podcast to get tips on how we can protect ourselves from phishing scams!

December 2021

### Definition of Terms

**Phishing** - the practice of tricking Internet users (as through the use of deceptive email messages or websites) into revealing personal or confidential information which can then be used illicitly (Merriam-Webster, n.d.)

**Malware** - software that is designed to interfere with a computer's normal functioning and that can be used to commit cybercrime (as by revealing passwords, PINs, and other sensitive data) (Merriam-Webster, n.d.)

### Guide Questions for Discussion

- What is a phishing scam and how do we spot it?
- What are the different types of phishing scams?
- What techniques are used by online scammers to deceive people to provide their personal information?
- How can we protect ourselves from online scammers?



In today's digital landscape, we have created our digital selves that are comprised of information about us and that is available online. Thus, our social media accounts and online engagements have become integral parts of our identity. However, our digital selves do not accurately represent every part of who we are.

Another crucial concern in the digital landscape is our safety. Digital safety entails protecting oneself while online. Developing the awareness to stay safe online will enable us to fully capitalize on the benefits of using the internet. Additionally, we need to exercise caution when sharing our personal information online, as oversharing such details constitutes risky behavior. This behavior can lead to our information being exposed to individuals with malicious intentions.



### Value of the Real Self

When you want to learn more about someone, what do you typically do? Chances are, you search for them online or on various social media platforms. By doing this, we can have an idea about the person through information that is available online. This shows that the digital self is already an integral part of a person's identity. Identity involves our understanding of ourselves as individuals and as members of social groups, as well as our perception of how others perceive us (Facing History and Ourselves, 2021).

Our digital identity is comprised of information about us that exists online. Consequently, social media has become a platform associated with our identity. It contains our personal information and shows our online activities such as posts, likes, and shares. Our social media accounts contributed to the formation of people's perceptions or impressions about us whether good or bad. Our social media accounts and online engagements undoubtedly shape our digital

identity.

However, we should keep in mind that our digital identity is a constructed or created version of us. It means that we choose what to share online. Often, we present the best version of ourselves by sharing things that will make us look good. As a result, our digital identity does not reflect everything about us or other people. In fact, there are identities online that are completely different from the people behind them.

In today's digital age, our online selves enable us to connect and interact with others on various social media platforms. However, it is important to embrace and love our real selves because it is more valuable and authentic than our digital selves. In addition to that, our online identities should be aligned with our real-life identities to cultivate genuine connections and interactions, both offline and online.

### Digital Security

Being safe on the internet involves



having the awareness to recognize dangers and being mindful of personal security while using the internet (Webwise, n.d.). It means taking steps to protect ourselves while using the internet. Knowing how to be safe online will allow us to fully take advantage of the opportunities and benefits of using the internet.

Regarding social media, it is important to customize our privacy settings to control who sees our posts and personal information. It is recommended to keep personal information like our name, address, birthday, and phone number private. Additionally, we must exercise caution in accepting friends on social media, especially fake accounts and strangers.

Fake accounts on social media are often created by individuals with malicious intentions. These accounts are designed to deceive, manipulate, exploit, and commit criminal activities. Accepting fake accounts as friends on social media poses serious threats to our online

security. Below is a general guideline that we can use to identify whether a social media account is real or fake (Klug, 2022):

### Checklist: How do I spot fake accounts?

- Check if profile URLs match up with the account names.
- Verify the authenticity of profile pictures by using the reverse image search method.
- Analyze follower numbers, friends and content posted.
- Check if a person maintains another profile on a different social network.
- Check suspicious online behavior: what is posted where and when, and how often?

*Note: Reverse image search is discussed in section 4, under "Evaluating Different Content Forms".*

Accepting unknown individuals as social media friends is dangerous because it grants them access to

our profiles and other personal information. It can lead to identity theft, where someone steals our personal information and uses it to create a fake account to obtain money or commit other fraud (Merriam-Webster, n.d.). Furthermore, there have been reported cases of robbery, sexual harassment, rape, and loss of life resulting from meetups between victims and perpetrators who are strangers they just met on social media.

Also, be cautious against phishing where scammers trick internet users into revealing personal or confidential information (Merriam-Webster, n.d.). Watch out for suspicious calls, emails, or messages that try to trick us into clicking harmful links. These links can be used to steal our information and hack into our online accounts. Hacking can lead to identity theft, scams, invasion of privacy, and harm to a person's reputation. These online risks can happen to everyone on the internet. On the other hand, there are things that we can do to protect ourselves

from being victimized.

As phishing scam becomes rampant on social media, the National Privacy Commission posted several public advisories on their social media account reminding people not to click links from emails or messages coming supposedly from their bank because it is a potential phishing scam. They advise the public to verify first if indeed an email or a message was sent by from their bank before doing anything. Additionally, they reiterated that One Time Password (OTP) and password should not be given to anyone.

Another way to ensure our digital safety is to protect our online accounts by using strong passwords. According to Microsoft (n.d.), security starts with a strong password characterized by the following:

1. At least 12 characters long, however, 14 or more is better.
2. A combination of uppercase, lowercase, numbers, and symbols.
3. Not a word found in a



## DISCUSSION GUIDE

dictionary.

4. Not a name of a person, character, product, or organization.
5. Different from your previous passwords.
6. Difficult for others to guess but easy for you to remember.

In addition to a strong password, we are advised to enable two-factor authentication. As explained by Facebook (n.d.), “Two-factor authentication is a security feature that helps protect your Facebook account in addition to your password”. This adds an extra layer of security by requiring two types of identification to access our account. Even if someone knows our password, they will need the second identification to gain access, making it harder to hack our online account.

### **What to share and what not to share: Consent and Oversharing**

Do you enjoy posting pictures on social media? But what if the picture includes your classmates? Do you seek permission from them before sharing it online? The answer should

be yes. Obtaining your classmates’ consent is necessary because a picture is considered personal information.

According to the National Privacy Commission (n.d.), personal information refers to any data that directly identifies an individual or can be used to do so when combined with other information. This includes details such as our full name, address, phone number, email address, date of birth, photographs, and video recordings.

Sharing our personal information without caution can be risky, as it increases the chance of exposing it to individuals with malicious intentions. This may result in issues like identity theft, stalking, harassment, or even physical harm. To safeguard our privacy and safety, it’s crucial to have control over the information we share online. We need to avoid oversharing or too much sharing of our personal information on our social media accounts.

As mentioned, photographs and

videos are part of our personal information. Therefore, we need to establish boundaries regarding which pictures or videos of us we should share or not share online. Sharing intimate and personal photos or videos is a risky behavior. It’s important to remember that there is no true sense of privacy for the information we share online, as it can be screen grabbed or recorded, forwarded, posted, and distributed on various media platforms by anyone.

In general, we lose control over our personal information once it’s shared online. Thus, we need to carefully evaluate whether the information can potentially expose us to risks concerning our reputation, privacy, and security. As the famous saying wisely suggests, “Think before you share”.

### **Guide Questions for Discussion**

1. Can we truly know someone just from their online presence? Why or why not?
2. Why is it important to be genuine and not pretend to be perfect online?
3. How can we avoid falling for scams online?
4. What problems can arise from sharing too much personal information online?
5. Can you think of examples where sharing someone’s photo without consent can cause a problem?



## WORKSHEETFORAPPLICATION (INDIVIDUAL AND GROUP )

### Balancing Authenticity: Exploring Your Real Self and Digital Personas (Individual Activity)

Explore your digital presence on social media platforms by answering the provided table. After accomplishing the table, reflect by answering the following questions:

1. Is your digital self, which is projected on your social media account, similar to your real self? Why do you think so?
2. If you think your digital self is different from your real self, in what areas do you find differences? How can you reconcile your real self with your digital self?
3. Why is it important for your digital self to be similar rather than different from your real self?

	Social Media Account 1	Social Media Account 2	Social Media Account 3
Name that appears on the account			
Social media platform			
Describe the friends you have accepted on the platform.			
Describe the things that you share, post, like, or activities that you engage with on the platform.			

### Digital Habits for a Safe Online Experience (Individual Activity)

Review the digital habits listed below and determine whether they are considered healthy or unhealthy. Put a checkmark (✓) next to a healthy digital habit and a cross (x) next to an unhealthy one. After completing the worksheet, let the students explain why they consider the listed digital habits as healthy or unhealthy.






	Digital Habits	checkmark (✓) or cross (x)
1	Secure permission from a classmate that you will upload on social media your pictures together.	
2	Use easily remembered passwords like "12345" for your online accounts.	
3	Post a picture of your house on social media with the caption "Nobody's home".	
4	Accept friend requests on social media from people you know personally.	
5	Create a personal account on social media pretending to be someone else	
6	Share a compromising photo to someone on a private chat group	
7	Join a game on social media where you will reveal your mother's maiden name publicly	
8	Update the privacy settings of your social media account from public to private.	
9	Click the link on an email sent by a person or organization which you are not familiar with.	
10	Accept a friend request from an account with a dubious name and does not have a profile picture.	



## WORKSHEET FOR APPLICATION (INDIVIDUAL AND GROUP )

### Managing Your Picture Gallery: Upload or Delete (Group Activity)

Look at the pictures in the table below and assume that these are saved in your smartphone's picture gallery. Decide if you should share them on your social media account or delete them. Then, briefly explain why you chose to upload or delete the pictures.

	PICTURES	UPLOAD OR DELETE	REASON FOR UPLOADING OR DELETING
1	 An embarrassing photo of your friend.		
2	 A picture of your school identification card.		
3	 A picture showing the location of your house.		
4	 A vacation selfie that you took last week.		
5	 A picture of your teacher taken during class.		

# BINHI:

## Nurturing Family

*binhi*  
seed; embryo; spawn



*"Truth is multi-dimensional; it depends on the perspective you view from."  
—Peter Shepherd, Professional NASCAR Driver*

Learning Objective: Dialogue

Topics to be covered:

- Digital Etiquette
- Inclusivity and Respect for Diversity
- Respectful Conversation

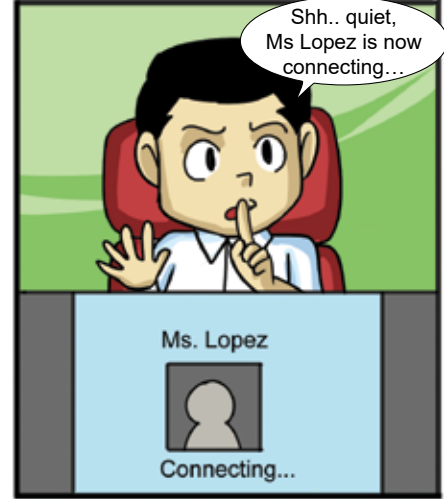
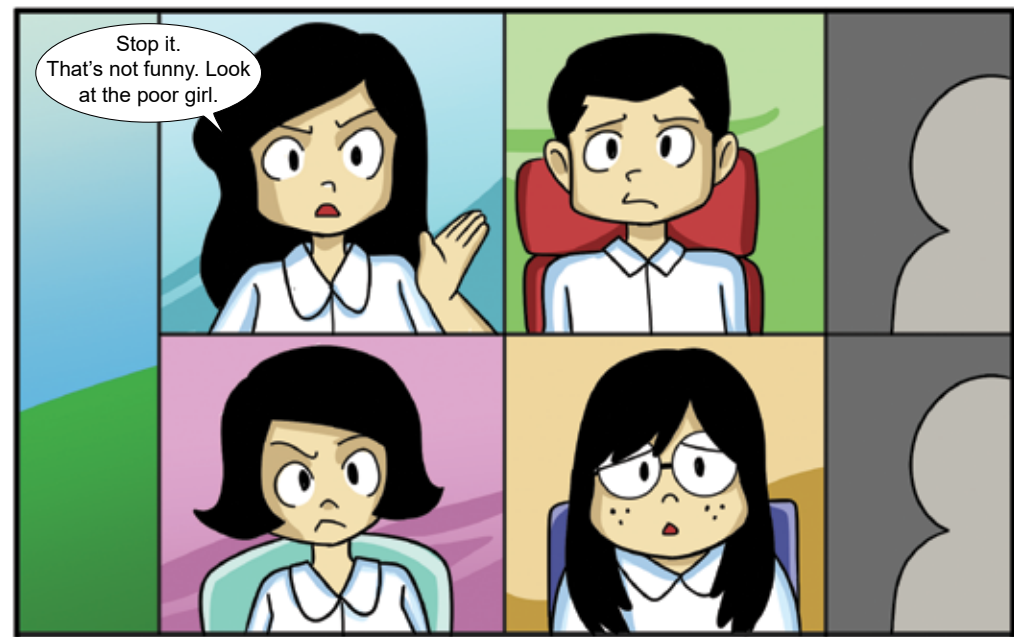
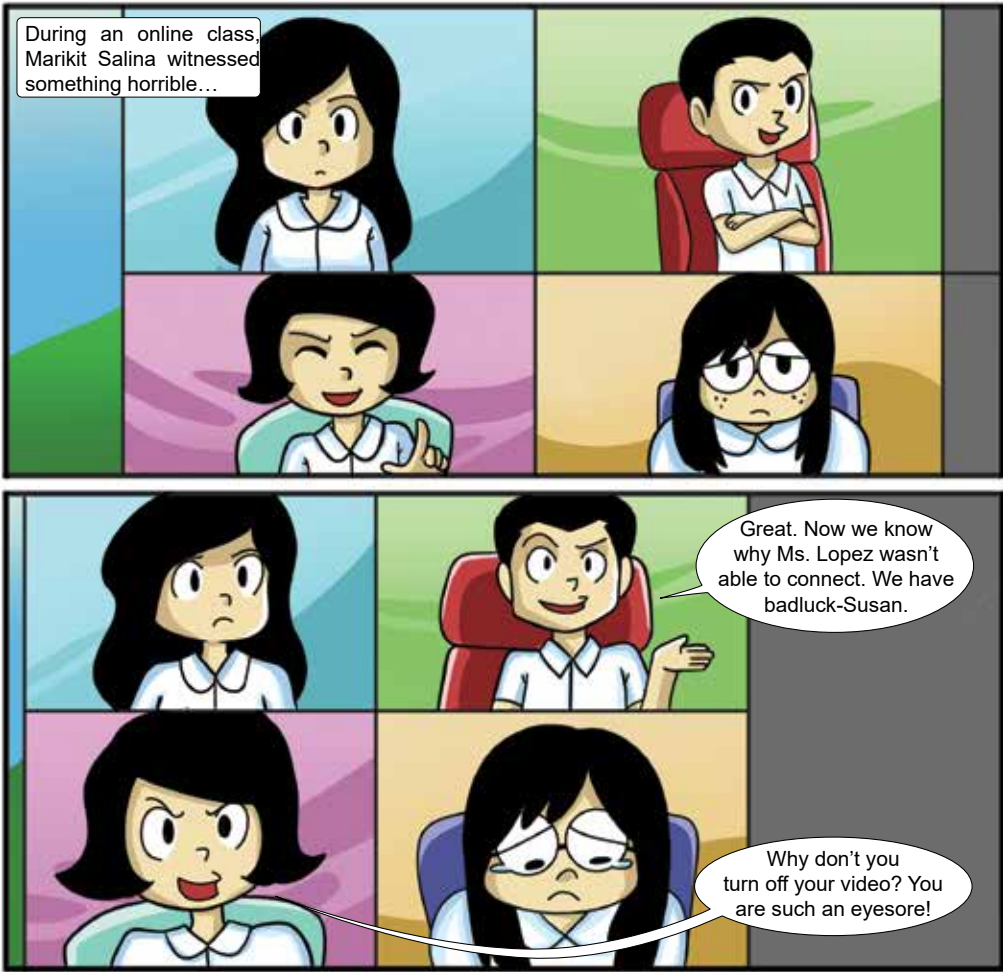
# God Loves You, So Do I

Story by: Christina Nolasco-Mercurio  
Illustration by: Alexander Roel Amar

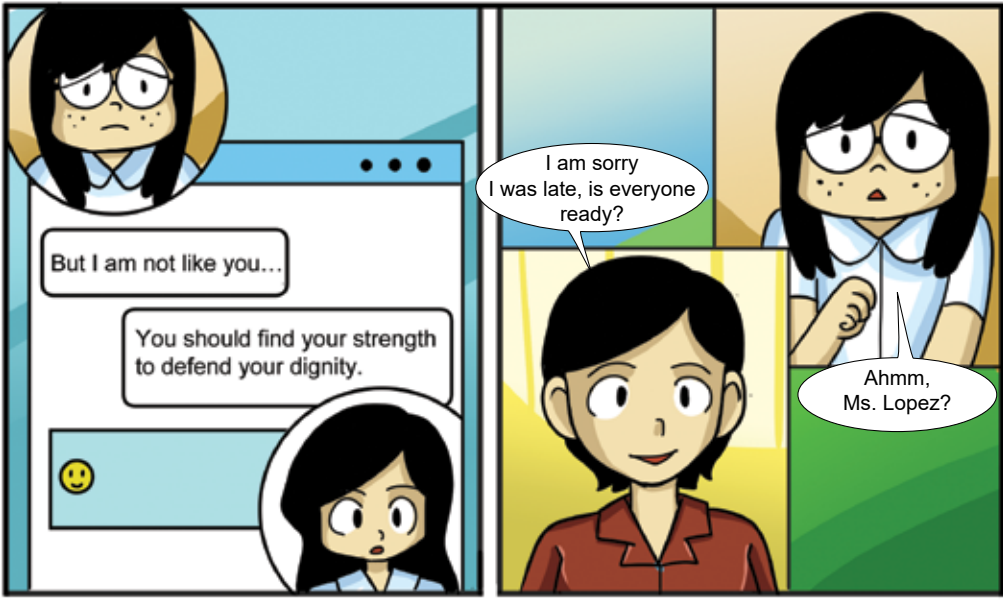
Highschool is an overwhelming experience to any teenager especially during these times.

During an online class, Marikit Salina witnessed something horrible...

There are many things about high school that are different. One, is the mode of learning.











## GUIDE QUESTIONS FOR DISCUSSION

1. What horrible incident was witnessed by Marikit Salina while attending an online class?

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2. What actions were taken by Marikit Salina regarding the incident?

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3. How is bullying committed in the story?

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4. What will you do if you witness bullying happening to a classmate?

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5. What would you do if bullying happened to you?

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## LESSON



Being mindful of digital etiquette, respecting differences, and having respectful conversations are important for positive dialogue and interactions. Digital etiquette refers to guidelines for appropriate conduct and consideration of others when using the internet.

Inclusivity and respect for differences are crucial in creating a safe environment, both online and offline. A safe environment is where diverse perspectives are embraced and kindness among people is evident. It is also an environment that promotes respectful conversations despite differences in opinions, beliefs, and cultural backgrounds.





### Digital Etiquette

When was the last time you joined an educational field trip? I'm sure that before the event, the teachers reminded your class to behave properly and follow the rules in the places you were visiting. This reminder was given to promote good behavior and avoid offending other people. By behaving properly, people in the place that you visited will have a good impression of your class and school.

The digital space is a frequent destination for activities such as information searching, video watching, email sending, chatting, social media interactions, and many more. Like physical places, the digital environment also has its own set of rules to be observed. The set of rules is called netiquette or digital etiquette. According to Digital Citizenship (n.d.), digital etiquette entails adhering to guidelines for appropriate conduct and considering others when using digital devices.

Hartney (2023) provided the following *Ten Basic Netiquette Rules*:

1. **Make Real People a Priority.** When someone wants to talk to you, stop what you are doing on your electronic devices and focus on them. Online things can usually wait.
2. **Use Respectful Language.** Don't use mean words, curse, or say offensive things, whether in person or online.
3. **Share With Discretion.** Be careful about what you share online because once it's there, anyone can see it forever.
4. **Don't Exclude Others.** Feeling excluded can result in negative emotions and a sense of powerlessness.
5. **Choose Friends Wisely.** Think carefully before sending or accepting friend requests.

Accepting strangers on social media poses a great risk to your safety and security.

6. **Respect People's Privacy.** Always ask for permission before forwarding or sharing information sent to you. Sharing without consent can harm trust, including copying texts or sending screenshots.
7. **Fact Check Before Reposting.** If you're unsure about the truth of an online story or social media post, consult someone who knows or can verify the facts. You can also search on Google to determine if the post is true or a scam.
8. **Don't Spam.** "Spam" refers to any unwanted message, including emails, texts, or social media messages that you receive without consent.
9. **Respond to Emails and Texts Promptly.** Show consideration by replying to

messages within a few days. If you need more time, inform them to avoid keeping them waiting.

10. **Update Online Information.** Make sure to avoid leaving incorrect information on your social media profile or website.

Digital etiquette is important for maintaining a positive reputation, improving relationships, and addressing issues related to cyberbullying, disinformation, privacy, and data protection.

### Inclusivity and Respective Differences

Can you remember a discussion with a classmate or friend where you disagree with each other? How did the discussion end? To have differences in opinions is normal since we come from diverse backgrounds which may include beliefs, traditions, education, family orientation, and culture.



Differences in opinions are also evident even within families. It can cause misunderstanding, tension, or conflict that affects relationships. How do we then address this situation? The answer lies in inclusivity and respect for differences. To attain this, we need to create an environment where everyone feels valued, regardless of their background or opinions. We need to encourage open, honest, and respectful communication.

For example, a class that embraces inclusivity and respect for differences is an environment conducive to learning. It is a classroom where learners will not hesitate to participate in recitations because they know that even if they give a wrong answer, they will not be laughed at by the class and be embarrassed. Also, students will be more willing to engage in discussions that are respectful despite differences in opinions or beliefs. This kind of classroom environment will help students to develop good relationships with each other. We need to keep in

mind that the creation of an inclusive and respectful learning environment is not just the responsibility of the teachers but of all students in class.

The illustrated classroom scenario is what we hope to achieve online. We aspire for an online environment where inclusivity and mutual respect thrive.

### Respectful Conversation

With the use of our smartphones and the internet, most of our communication is now done online even with people together in the same place. Indeed, communication has become faster and easier with the use of technology. However, we also witness hostile

interaction that involves sending or posting insults or intimidating messages to upset, shame, or humiliate others on an online platform.

In the Philippines, the term *bardagulan* emerged among Filipino social media users which

refers to an online fight or shit posting. Shit posting means to purposefully publish something online that is ridiculous, provocative, or offensive such as a comment, video, or meme (Merriam-Webster Dictionary, n.d.). Sadly, the term *bardagulan* is used in a fun way which unintentionally hides the toxicity of the act that is detrimental to inclusivity, respect for differences, and respectful conversations.

The popularity of the term *bardagulan* was replaced by gaslighting in 2022. According to Merriam-Webster (n.d.), gaslighting is a prolonged psychological manipulation that messes with a person's mind over time, making them doubt their thoughts, reality, and memories. When someone is gaslighted, they are led to believe they are in the wrong even when they are not.

During elections, we witness gaslighting between opposing candidates and their supporters. Political gaslighting is "a strategy that utilizes deceptive and manipulative

use of information with the motivation to destabilize and disorient public opinion on political issues" (Latif, 2020). It is achieved by spreading lies, denying facts, attacking critics, destroying reputations, and blaming opponents to avoid responsibility.

*Bardagulan* and gaslighting are both considered threats to respectful conversations. Without respectful conversations, it is impossible to have a meaningful and critical discussion of the different issues faced by our country which is an important process in the formation of informed voters. With *bardagulan* and gaslighting spreading hate online, how do we promote respectful conversations?

Respectful conversations entail listening with empathy. Empathy is the ability to share the feelings or experiences of other people by thinking about what it would be like to be in their situation (Cambridge Dictionary, n.d.). It will allow us to see an argument from the perspective of other people, thus, allowing us to be more understanding and



## DISCUSSION GUIDE

compassionate resulting in valuing the opinions of others and avoiding insults or demeaning words. Empathy is crucial in promoting respectful conversations in the real world and the digital world.

In addition to empathy, we need to promote Media and Information Literacy (MIL). According to UNESCO (2013), "MIL is a set of competencies that empowers citizens to access, retrieve, understand, evaluate and use, create, as well as share information and media content in all formats, using various tools, in a critical, ethical and effective way, in order to participate and engage in personal, professional and societal activities". In the succeeding sections, MIL-related topics will be discussed such as accessing reliable information, evaluating media content and information, deconstructing media messages, using and creating media content and information responsibly and ethically, and exercising our democratic rights effectively as informed citizens.

To uphold democracy, we need to create an environment where individuals from various perspectives and backgrounds can engage in meaningful and critical discussions without fear of hostilities or personal attacks.

Adhering to digital etiquette, advocating for inclusiveness, and valuing diversity, and nurturing respectful and meaningful discussions are essential in creating a positive online and offline environment that is important in a democratic society.

### Guide Questions for Discussion



1. Why does every student need to practice digital etiquette?
2. Why do differences in opinions happen?
3. How can we promote inclusivity and respect for differences in our family, school, and community?
4. How can you show respect in a conversation with someone?
5. How can we promote respectful conversations in the digital world?

## WORKSHEET



### Digital Etiquette 101: Thumbs Up, Thumbs Down (Group Activity)

Share examples of online behaviors that deserve a "thumbs up" for adhering to digital etiquette and a "thumbs down" for not doing so. Write your responses in the appropriate column.



# WORKSHEET

## Digital Behavior: Appropriate Responses to Online Scenarios

(Group Activity)

The aim of the activity is to promote an understanding of digital etiquette principles in the *Ten Basic Netiquette Rules* and encourage responsible online behavior.

### Procedure

1. Divide the class into small groups of 3-4 students.
2. Provide each group with a worksheet containing scenarios where individuals may encounter challenges related to digital etiquette.
3. Each group will discuss and produce appropriate responses and explain why the responses are appropriate.
4. Each group will present their responses to the given scenarios and provide an explanation as to why they decided on such responses.
5. After the presentation, students compare the actions of different groups.

Scenarios	Appropriate Responses	Why it is Considered an Appropriate Response
You realized that you forgot to reply to an email sent by your teacher a week ago.		

You noticed that a classmate is being cyberbullied by fellow classmates on a group chat.		
You saw a video about COVID-19 shared by a cousin which you think might contain false information.		
You received a friend request from a stranger on a social media platform.		
You received a rude and offensive comment on a post you shared on social media.		



## Embracing Diversity: Fostering Inclusivity and Respecting Differences

(Group Activity)

### Procedure

1. Divide the class into small groups. If there are more than three groups, other groups will also have the same scenarios as the first three.

2. Assign a scenario to each group:

#### a. Scenario 1: Family

At a family gathering, one family member engages in body shaming by making offensive comments about another family member's weight. This creates tension among family members. How can the family address the situation with empathy, educate themselves about body positivity, and create an environment that is respectful and kind to others?

#### b. Scenario 2: School

In school, a new student is not fluent in the local language. Unfortunately, other students frequently exclude her from group activities or mock her accent. How can the class create a supportive and inclusive environment for the new student while fostering understanding and empathy among students?

#### c. Scenario 3: Online

In an online chat group, a heated debate arises among members with different political views. Insults and derogatory messages are being exchanged. How can the other chat group members promote constructive and respectful dialogue while maintaining inclusivity and ensuring that everyone's voices are heard?

3. Each group will analyze the assigned scenario from different angles and consider the potential impact of the scenario on individuals or groups involved.

4. Each group will brainstorm workable solutions or actions that would foster respectful conversation, inclusivity, and respect.

5. Each group will select the best possible solution and write it on the worksheet.

6. Each group will present their outputs in class.

	Answers
Scenario	
Setting	
Impact on individuals or groups affected by the scenario.	
Possible consequences if the issue is not addressed.	
Proposed solution	



# BUGSO:

## Strengthening Communities

*bugsô*

*sudden rush; blast (of rain, wind, storm, fire, disease, etc.); paroxysm (of emotion)*



*"There are two ways to be fooled. One is to believe what isn't true; the other is to refuse to believe what is true."*

*—Søren Kierkegaard (1813–1855), Danish theologian, philosopher, poet, social critic, and religious author*

Learning Objective: Basic Fact-checking

Topics to be covered:

- Where to access information and respect sources
- Good news versus bad news: CRAAP Evaluation
- Truth-telling

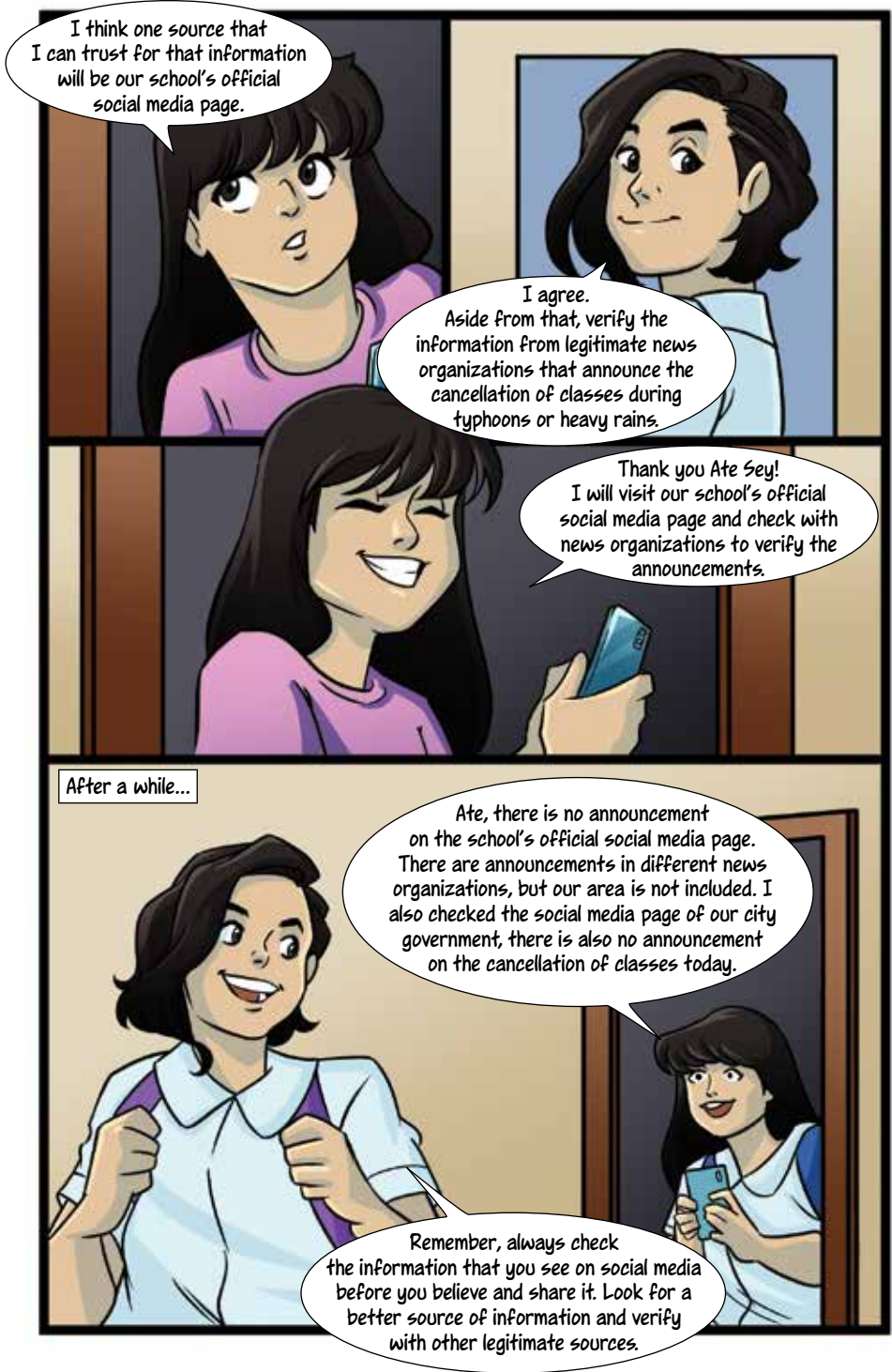
# WALANG PASOK

Story by: Christina Nolasco-Mercurio  
Illustration by: Alexander Roel Amar



### Fact-checking

*Serenity and Sey are sisters who both study at the same school. Serenity is in Grade 7, while Sey is in Grade 10. One rainy morning at Dela Cruz's residence while the sisters were preparing for school.*



# ADVISORY

## Official DepEd Announcements

The Department of Education (DepEd) has not made any announcement regarding the suspension of classes being circulated by Facebook page "Walang Pasok Advisory," nor is it associated with the page in any way.

DepEd encourages the public to be more vigilant against fake news and half-truths, and be more discerning of information that they accept and disseminate.

The Department further advises the public to get verified information and announcements of the agency on the official website, [www.deped.gov.ph](http://www.deped.gov.ph), official Facebook page [DepEd Philippines](https://www.facebook.com/DepEdPhilippines), and official Twitter account [DepEd\\_PH](https://twitter.com/DepEd_PH).

[www.deped.gov.ph](http://www.deped.gov.ph)
[DepEd.Philippines](https://www.facebook.com/DepEdPhilippines)
[@DepEd\\_PH](https://twitter.com/DepEd_PH)

### THE INCIDENT

This story was inspired by an incident in 2017 when two Facebook pages named "Walang Pasok Advisory" posted false information claiming that the Department of Education suspended classes on Nov. 23, 24, 27, 28, and 29. The posts went viral and created confusion among the public. Due to this, the Department of Education issued an advisory informing the public that the shared information regarding the suspension of classes is false and reminded the public to "be more vigilant against fake news and half-truths and be more discerning of information that they accept and disseminate" (Department of Education, 2017).

#### Guide Questions for Discussion

1. What announcement was being discussed by Serenity and Ate Sey?
2. What steps were undertaken by Serenity to verify the information in the announcement?
3. Why did the announcement turn out to be false?
4. Why is it important to verify information that we encounter on social media?



## LESSON



Information has become limitless and more accessible. Ironically, we realize that not all information is accurate. For this reason, it is important for us to know how to evaluate information and where to access credible information. We also need to be more cautious with the information that we consume. Our defense against information disorder is the ability to discern credible information from false information. However, we need to go beyond fact-checking and actively promote truth-telling. Truth-telling requires responsibility and accountability. Being responsible and accountable means verifying information before sharing it and acknowledging if we committed a mistake by sharing incorrect information. It also means acting to correct at once our mistakes.

## COMMENTARY/DISCUSSION



### Where to access information and respect sources

If we want to buy a new cellphone, we research the phone model we want to buy and check the specifications. We also check various websites and watch videos that feature or review the product. We do our research because we understand the need for reliable information to make an informed decision on whether to buy the product or not.

In the digital age, information has become limitless and can come

from anyone and anywhere. This is supposed to be a positive development as availability and access to information have dramatically improved. Ironically, we soon realize that not all information we access online is accurate. Therefore, it is important to know where to access credible information. Below is a table showing different types of information sources and their characteristics (Triton College, n.d.; University of Fort Hare, n.d.):

Sources of Information	Description
Library Catalog	An organized and searchable collection of library materials available on the library's website, guiding users to specific items related to their interests.
Academic Journals	A carefully curated library resource featuring expert-written, peer-reviewed articles with in-depth analysis and cited references for added credibility.
Reference Books	Sources containing factual data, figures, and statistics. It offers concise information on diverse topics.



Books	Comprehensive coverage of diverse topics, both factual and fictional. Useful for in-depth background and analysis but may not have the most current information due to long publication timelines.
Newspapers	Information resources that provide up-to-date details on events, people, or places as they unfold.
Magazines	Articles on diverse popular topics, written by journalists and professionals, catering to the general public's interests.
Internet	Online resources with multimedia content and links to related information. Using it requires critical evaluation to ensure accuracy.

Having a basic understanding of the different types of information and their characteristics will enable us to know the type of sources we need to answer our questions and where to access them. It is also essential to avoid relying on a sole source of information. Even if a source is considered dependable, it is best to compare it with other credible sources.

Additionally, promoting the ethical use of information includes citing sources. Whenever we borrow or use ideas, images, videos, and other materials from other sources,

we must acknowledge them with proper citations. Citing sources not only gives credit to the authors or sources but also adds credibility to our work.

**Good Source versus Bad Source: CRAAP Evaluation**

Have you heard of the term “patient zero”? Patient zero refers to a person identified as the first to become infected with an illness or disease in an outbreak (Merriam-Webster, n.d.). In 2018, our country was described as a “patient zero” for the global disinformation epidemic by Katie Harbath, a Facebook

public policy director for global elections (Bengali & Halper, 2019). Furthermore, analysts studying the spread of disinformation have identified our country as a testing ground for disinformation campaigns (Walker, 2022).

We are aware of this problem in our country. In fact, in a survey conducted by the Social Weather Stations in 2021, 69 percent or most Filipinos consider the problem of the spread of fake news in media such as television, radio, and newspaper as serious in our country (Social Weather Station, 2022). In an interview in 2023, Comelec Commissioner Efraim Bag-

uid emphasized the need for a law to regulate social media usage during election campaigns to address the escalated spread of disinformation, a prominent feature of the nation’s recent national elections (Chi, 2023). Undeniably, disinformation has been an enormous challenge in our country posing a threat to our democratic processes.

According to Wardle (2019) we are living in the age of information disorder. She further classified information disorder into three categories such as misinformation, disinformation, and malinformation (Wardle, 2019).

**Types of Information Disorder and Examples**

	Misinformation	Disinformation	Malinformation
<b>Definition</b>	When false information is shared, but no harm is meant (Wardle, 2019).	When false information is knowingly shared to cause harm (Wardle, 2019)	When genuine information is shared to cause harm, often by moving information designed to stay private into the public sphere (Wardle, 2019)



## COMMENTARY/DISCUSSION

<b>Examples of information related to health</b>	A person got excited about a social media post claiming that eating garlic can cure COVID-19. Without verifying the information, the person shares the post immediately which turned out to be false information.	An influencer intentionally creates and shares false information that COVID-19 vaccines can turn a person into a zombie. The social media influencer is doing this to get more social media engagements.	A person who learned that his unfriendly neighbor tested positive for COVID-19. To get even with the neighbor, the person shares the information on social media. The said information is accurate.
<b>Examples of information related to politics</b>	A person shared a post on social media claiming that there will be no barangay election next year. The person later realized that the information is false, deleted it, made a correction, and made an apology.	A person intentionally spread false information to attack the reputation of a candidate for barangay captain in the coming barangay election.	A candidate for barangay captain shared a post on social media claiming that his political opponent is from a broken family. The information is true, however, it is used maliciously to attack another person.

The table shows the definition and examples for each type of information disorder. Please be aware that even if there is no bad intention, sharing false information can still cause harm to other people. In the given example, sharing unverified information about a cure for COVID-19 can potentially put someone's life at risk. Although no harm is intended, misinformation can be equally harmful as disinformation. Therefore, we should verify any information that we came across whether offline or online, before accepting and sharing it with others.

Knowing about information disorder, we need to be more cautious with the information that we consume. Our defense against information disorder is the ability to discern between good information and bad information. An effective strategy to evaluate information is the CRAAP Test developed by Meriam Library at California State University. The acronym CRAAP stands for Currency, Relevance, Authority, Accuracy, and Purpose. The following are the

criteria being measured for each category (California State University, 2010):

- **Currency:** the timeliness of the information.
- **Relevance:** the importance of the information for your needs.
- **Authority:** the source of the information.
- **Accuracy:** the reliability, truthfulness, and correctness of the content.
- **Purpose:** the reason the information exists.

Below is a CRAAP Test Worksheet that you can use to evaluate sources of information. It is adapted from Meriam Library, California State University (2010), and Truman State University (2013).



## COMMENTARY/DISCUSSION

### THE CRAAP TEST WORKSHEET

The worksheet is designed to help you decide whether the source of information is reliable or not. Answer each question with “Yes”, “Maybe”, or “No”. “Yes” is equivalent to 2 points, “Maybe” is 1 Point, and “No” is zero. Compute the scores and use the provided scoring guide and description to determine whether to use the information or not.

CRITERIA	YES (2 Points)	MAYBE (1 Point)	NO (0)	SCORE
<b>Currency: The timeliness of the information</b>				
Was the information published within the past five years?	2	1	0	
Is the information current for your topic?	2	1	0	
Does the source cite current facts and studies?	2	1	0	
Has the information been revised or updated?	2	1	0	
Does it discuss other current studies or articles?	2	1	0	
<b>Relevance: The importance of the information for your needs</b>				
Is the information related to your topic?	2	1	0	
Do you know the intended audience?	2	1	0	

Is the information at an appropriate level for you?	2	1	0	
Have you looked at other sources before deciding?	2	1	0	
Are you confident in using this source in a report or paper?	2	1	0	
<b>Authority: The source of the information</b>				
Is the name of the author or publisher given?	2	1	0	
Are the author’s credentials or affiliations given?	2	1	0	
Could you find the credentials easily?	2	1	0	
Is the author qualified to write on the topic?	2	1	0	
Is the contact information of the publisher available?	2	1	0	
<b>Accuracy: The reliability, truthfulness, and correctness of the content</b>				
Does the information been reviewed or refereed?	2	1	0	
Is the information supported by evidence?	2	1	0	
Can you verify the information from another source?	2	1	0	
Is the language or tone unbiased and free of emotion?	2	1	0	



Is it free of spelling or grammatical errors?	2	1	0	
<b>Purpose: The reason the information exists</b>				
Do the authors make their intentions or purpose clear?	2	1	0	
Does the point of view appear objective?	2	1	0	
Is it free of political, ideological, or religious biases?	2	1	0	
Is the information presented as fact and not opinion?	2	1	0	
Does it use the appeals (ethos, pathos, logos) equally?	2	1	0	
<b>TOTAL SCORE</b>	2	1	0	
<b>Description of the sources of information.</b> <b>Select the description from the scoring guide below.</b>				
<b>SCORING GUIDE AND DESCRIPTION</b> <b>45 - 50</b> Excellent source that is current, reliable, authoritative, accurate, and purposeful <b>40 - 44</b> Source is mostly current, reliable, authoritative, accurate, and purposeful <b>35 - 39</b> Source is lacking in two or more of the above areas and should be used with caution <b>30 - 34</b> Source is severely lacking and should only be used if another source is found to corroborate it <b>30 - 0</b> Source should not be used				

## Truth-telling

Speaking the truth allows for genuine engagement and authentic conversations between people. Being truthful promotes unity and trust. With the spread of information disorder in the country, genuine unity and trust are among the casualties. Aside from fact-checking, one way to address information disorder is to promote truth-telling. Truth-telling or honesty is considered a basic moral principle or value. We grew up in a family where honesty is one of the instilled values by our parents. In school, we even have policies punishing dishonesty. Telling the truth is considered our moral obligation. As truth-tellers, we need to be responsible for the information we share. We can do this by promising ourselves to verify information or fact-check any claim before sharing it on social media. Additionally, we can also report false information that we encounter on social media platforms to prompt appropriate action from moderators or fact-checkers. Lastly, we need to share the knowledge and skills we learn

about accessing and evaluating media content and information with others, including our families, friends, and classmates. In case we make a mistake by sharing false information, we should acknowledge it, apologize, and make the necessary correction. Truth-telling requires not only responsibility but also accountability. As truth-tellers, we need to be accountable for our actions and strive to do better.

### Guide Questions for Discussion

1. Why is it crucial for us to know where to access reliable information?
2. How does reliable information play a vital role in decision-making?
3. How is misinformation different from disinformation?
4. What can you do to contribute to truth-telling?
5. How are accountability and responsibility manifested in truth-telling?



# WORKSHEET FOR APPLICATION (INDIVIDUAL AND GROUP )

## Understanding Information Disorder

(Individual Activity)

Complete the table below by providing examples for each type of information disorder that is aligned with the type of information:

	Information related to politics.	Disinformation (Bad intentions + False information)	Disinformation (Bad intentions + False information)
Information related to politics.			
Information related to disasters.			
Information related to health.			

## “Good Source” and “Bad Source”: Evaluating Sources of Information

Examine the following sources of information. Decide whether it is a good or a bad source for the information needs.

	Information Needs	Sources of Information	Bad Source	Good Source
1	Update on the K to 12 Basic Education Program.	Advice on financial literacy.		
2	Information on COVID-19 vaccination.	A blog post uploaded by a pediatrician.		
3	Information about the top beaches and outdoor activities in the Philippines.	Official website of the Department of Tourism of the Philippines		
4	No classes announcement in your locality.	A Twitter account by a celebrity.		
5	Daily updates on a typhoon affecting the country.	Legitimate news organizations.		
6	Traffic updates in your area.	A famous noontime television show.		
7	Research assignment on the population growth in the country.	Official website of the Philippine Statistics Office.		
8	Advice on financial literacy.	TikTok videos of famous influencers.		
9	Assignment on bacteria.	Textbook on Biology		
10	Information related to your bank account.	Information published on a blog site not affiliated with your bank.		





## WORKSHEET FOR APPLICATION (INDIVIDUAL AND GROUP )

### Procedure

1. Identify a topic that you are interested in learning more about.
2. Using a search engine, look for three sources of information about your selected topic. Identify the following: author or authors, date of publication, title, and URL.
3. Using the provided CRAAP Test Worksheet, determine whether the information you selected is credible or not.
4. For the score and description, use the scoring guide and description found in the CRAAP Test Worksheet

### Topic:

	Author	Date of Publication	Title	URL	Score	Description
1						
2						
3						

# YABONG:

## Growing Together

*yabong*

*luxuriant foliage or growth; dense foliage; state or condition of being leafy. prosperity (as of a business)*



*"Simple can be harder than complex: you have to work hard to get your thinking clean to make it simple. But it's worth it in the end because once you get there, you can move mountains."*  
—Steve Jobs

Learning Objective: Critical Thinking

Topics to be covered:

- a. Deconstruction of Media and Information
- b. Media Language and Meaning-making
- c. Evaluating Different Content Forms

Serenity and Sey are sisters who we can call as digital natives. One day, while her Ate Sey is out for some errands at the grocery and Serenity is watching television at home, the latter sees an advertisement.

Ate Sey, have you seen this advertisement?



It is promising that their product can make anyone super fit in just a week! Maybe they have it there at the grocery?

Really? That sounds too good to be true. Let's not believe everything we see in advertisements.

What do you mean, Ate Sey?

Advertisers often exaggerate claims to get our attention. We should ask questions and look for evidence before accepting any claims or promises.

Are you saying that we shouldn't believe what they say in the advertisement?

Exactly! Let us think critically. Are there any scientific studies or reviews that support the claim?

What about those amazing 'before and after' photos?

They might be edited or enhanced. Photos can be deceptive, so we should be cautious.

From now on, I'll apply critical thinking to every advertisement I see. Thanks, Ate Sey

Remember, It is important to carefully analyze advertisements before making any decisions to buy the product.

## GUIDE QUESTIONS FOR DISCUSSION



1. What is the claim of the advertisement seen by Serenity?

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2. Why should we not believe any claim or promise made by an advertisement?

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3. How is bullying committed in the story?

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4. How can we apply critical thinking to analyze advertisements?

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## LESSON

Critical thinking is essential as it helps us understand and question the messages we encounter and create. As creators of content, we need to be responsible for what we produce and disseminate. We need to effectively use media language in sending our messages. On the other hand, media language holds the power to influence our thoughts and actions as consumers of media content. Thus, deconstructing media messages that we consume is important. Additionally, to effectively utilize the abundance of information, evaluating various sources becomes necessary. By applying critical thinking skills, we can make informed judgments and become more discerning consumers and creators of information.



## DISCUSSION GUIDE



### Deconstruction of Media and Information

One important trait that young Filipinos should develop is discernment. Being a discerning Filipino in today's digital age requires critical thinking. Critical thinking is the process of actively and successfully conceiving, applying, analyzing, synthesizing, and/or evaluating knowledge as a basis for belief and action (Scriven & Paul, as cited by The Foundation for Critical Thinking, n.d.). It enables us to both construct and deconstruct media by questioning its purpose, accuracy, biases, and target audience. The critical thinking process allows us to make informed opinions or choices with the media content or messages that we consume.

As consumers, we need to be able to deconstruct media messages. As clearly explained by the Media Literacy Project (n.d.), deconstructing a media message allows us to learn about its creator and target audience. It shows us how the message was crafted using words, images, sounds, design, and more.

This process reveals the perspective, values, and biases of the creator, and can also uncover any hidden meanings, whether they were intended or accidental. This process also reveals the perspective, values, and biases of the creators.

To encourage people to think more critically about the media they are consuming, they need to ask these *"Five Key Questions"* (Thoman & Jolls, 2005):

- 1. Who created this message?**  
Knowing who created the message allows us to evaluate the credibility and expertise of the source. Creators have different levels of expertise, motives, and potential biases that can influence how the information is created and presented.
- 2. What creative techniques are used to attract my attention?**  
Creative techniques in media often aim to capture the audience's attention to persuade or influence them. By identifying these techniques, we can better



understand how the message is being presented and what emotions, reactions, or actions it intends to get from us.

### 3. How might different people understand this message differently?

Thinking about how people might understand the same message differently helps us evaluate the strategies used in conveying the message. Also, it makes us think critically by examining the factors that influence how audiences interpret media messages.

### 4. What lifestyles, values, and points of view are represented or missing from this message?

Media messages often reflect the creators' lifestyles, values, and points of view. By examining the lifestyles, values, and viewpoints presented or omitted, we can identify any potential biases or perspectives presented in the media message.

### 5. Why is this message being sent?

By identifying the purpose

of the media messages, we can discern whether it is trying to inform, persuade, entertain, or manipulate. Recognizing these underlying intentions helps us assess the information more objectively, respond appropriately, and make informed judgments.

Developing the habit of asking these five questions can enhance our ability to critically evaluate media messages. This habit can lead us to a wiser approach to consuming media content, better skills in navigating the media landscape and making informed choices that align with our beliefs and values.

### Media Language and Meaning-making

Can you remember an advertisement that caught your attention and made you buy the product being promoted? What made you buy the product?

An advertisement utilizes media language that involves various techniques to capture our attention. Media language pertains to the

techniques employed by the media and the internet to capture interest, disseminate information, provide amusement, highlight important matters in a dramatic way, convince viewers, and prompt them to act (Alagaran, 2017).

Part of media language is media codes. For instance, a TV commercial will show a group of people using different camera shots and angles. The scene shows the faces of people laughing while holding the soft drinks which is the product being promoted. While this scene is happening, happy music is playing. Then towards the end, a catchy slogan will be heard and be shown through a written text. One of the advertising techniques used is associating the soft drink product with happiness. Implicitly suggesting that drinking the soft drinks being promoted will make you happy. These media codes are used by TV commercials to inform, persuade, and entertain audiences, influencing consumer behavior and brand preferences.

Media codes have an agreed meaning or connotation to their audience (Young, 2017); however, media meaning-making involves an active engagement between the media and the audience. Creators or producers of media may have specific intentions or messages they want to convey, but how the audiences make sense of the message can still vary. Thus, the interpretation of a media message can differ among individuals (Thoman & Jolls, 2005). This is because our understanding is influenced by our backgrounds such as beliefs, values, experiences, emotions, and cultural influences.

### Evaluating Different Content Forms

Have you ever thought that you could not trust all the pictures or videos on your newsfeed? In a time where information disorder is rampant, it is essential to evaluate media content and information that we encounter every day. The CRAAP test is an effective general

strategy for evaluating information. But how can we specifically evaluate images and videos? Here are basic



## DISCUSSION GUIDE

tips on how we can evaluate and fact-check an image and video:

### a. Images

Manipulated images, old images, and completely staged images are commonly used in disinformation campaigns. One technique that we can do is to check the origin of the image by using a reverse image

search which allows a user to search for images online using an image rather than keywords or phrases. A reverse image search will help us find similar images on the internet. It will help us find the origin of the image, the unedited version of the image, the date, the place, and the context of its publication (Baig, 2022).

To use Google Reverse Image, here are the steps (Google Support, n.d.):

1. On the Google search engine or Google Images, click the camera icon located on the right side of the search bar.



2. A dialog box will appear. It will show you the different ways you can add a picture in Google Images: Drag an image in the dialog box, upload a file saved on your computer, or paste the link of the image online. Adding the picture in the search box through “Drag an image here or upload a file” will automatically search the image while using the “Paste an image link” will require you to click “Search”.



3. Visual matches or similar images on the internet will be identified. From these results, you will find the original or unedited version of the image and vital details such as the date of publication, the place of the picture, and the original context of the picture.





## DISCUSSION GUIDE

In using image reverse, it is advisable to perform multiple searches with different tools. Aside from Google Image, another search engine that we can use for reverse image search are Yandex (<https://yandex.com/>) and TinEye (<https://tineye.com/>).

Vera Files (2021) explained how to verify pictures online using the reverse image search in this learning

The Washington Post's Fact Checker team created a guide to teach people how to investigate and spot manipulated videos (Samuels, Cahlan, & Sabens, 2021).

corner page: <https://verafiles.org/articles/paano-magberipika-ng-litratong-kumakalat-sa-social-media>

### b. Videos

The Washington Post's Fact Checker team created a guide to teach people how to investigate and spot manipulated videos (Samuels, Cahlan, & Sabens, 2021).

Types of Manipulated Video	Definition	Tips to spot them
<b>Missing Context</b>	The post erroneously stated the context in which the events occurred, or factually accurate content is shared with false contextual information.	See if multiple verified news outlets are posting the video. Check the context or description of what happens on the video with other reliable sources.

<b>Missing Context</b>	See if multiple verified news outlets are posting the video. Check the context or description of what happens on the video with other reliable sources.	Watch for large gaps in time, unexplained transitions, or an abrupt cut or edit in the video
<b>Malicious Transformation</b>	Part or all the video has been manipulated to transform the footage itself.	Look for notable signs like blurriness in the foreground or background, pixelation, color changes, or slower or quicker movements that do not match normal human behavior. Listen for edited audio, including cutoff speech, a sound that is warped or modulated, and speech that sounds slower or faster

*Source: How to Spot a Fake Video  
by The Washington Post's Fact Checker Team*

**c. AI-generated images and videos** and videos. The availability of such Artificial intelligence (AI) tools capable of generating images and videos are already widely available. The internet is currently flooded with AI-generated images

and videos. The availability of such AI tools raises concerns about potential misuse in disinformation campaigns. While there are existing tools capable of detecting whether an image or video is AI-created,



## DISCUSSION GUIDE

It is crucial to emphasize that our primary defense lies in cultivating healthy skepticism. We need to think critically as we interact with media content and information, including ideas, opinions, and perspectives. This can be achieved by consistently verifying sources, seeking information from reputable sources, and cross-referencing with other reliable sources.

Evaluating media in its various content forms is a crucial skill in today's media-saturated society. We need to exercise healthy skepticism as we encounter articles, pictures, videos, and other media content. In the face of information disorder, let us be discerning with the media messages and information that we consume and share. Always verify information and seek out credible sources. These are habits necessary in nurturing a more informed citizenry.

### Guide Questions for Discussion

1. Why is critical thinking important in promoting responsible consumption of media?
2. Why do we need to verify the information that we include in the media content that we are creating?
3. How do advertisements capture our attention?
4. Why do people interpret the same media message differently?
5. How can we demonstrate healthy skepticism on social media?

## WORKSHEET FOR APPLICATION (INDIVIDUAL AND GROUP)



### Making Sense of Media: Exploring Interpretations and Meanings (Group Activity)

The activity aims to explore the process of media meaning-making and how individuals interpret various forms of media content. For each scenario provided below, imagine yourself as the audience and think about the possible meanings or interpretations you might derive from the media content.

After completing the activity sheet, reflect on how different factors affect your understanding of the media messages. These factors may include your beliefs, values, experiences, emotions, and cultural influences.

Scenario (Media Content)	Interpretation 1	Interpretation 2
You come across a social media post for a whitening soap featuring an influencer with the caption, "Get white in an instant."		
You watch a television commercial for a coffee brand showing coffee farmers working in the morning with the slogan, "Para kanino ka bumabangon?"		



## WORKSHEET FOR APPLICATION (INDIVIDUAL AND GROUP )

<p>You see a magazine cover featuring a well-known celebrity with the headline featuring her name followed by "Style Icon."</p>		
<p>You see a newspaper headline that reads, "COVID-19 public health emergency in PH lifted."</p>		
<p>You notice a billboard ad for a popular soft drink brand that shows a group of friends laughing and enjoying their drinks with the slogan, "Taste the Feeling".</p>		

*Note: Actual media content or advertisements can be used instead of the provided scenarios.*

### Deconstruction A Print Advertisement: The Five Key Questions (Group Activity)

#### Procedure

1. Divide the class into small groups of 3 to 5 students.
2. Provide each group with a worksheet containing the table below and the print advertisement that they will deconstruct.
3. Ensure that the print advertisements for the activity represent various products, industries, and target audiences.
4. Give each group 30 minutes to complete the worksheet.
5. After accomplishing the worksheet, each group will present their findings for their assigned advertisement.

5 Key Questions	Answers
Who created this message?	
What creative techniques are used to attract my attention?	
How might different people understand this message differently?	
What lifestyles, values, and points of view are represented or missing from this message?	
Why is this message being sent?	

*The Key Questions are adapted from the Center for Media Literacy.*





## WORKSHEET FOR APPLICATION (INDIVIDUAL AND GROUP )

### Media Deconstruction Activity

(Group Activity)

The activity aims to encourage critical thinking and analysis of media content. Choose a media content that you find interesting and relevant. The media content can be an advertisement, a news article, a blog post, a vlog, or social media post. After selecting the media content, answer the provided worksheet.

Title	Answers
URL (if available)	
Brief Description	
<b>Visual Analysis (if applicable)</b> Examine the visuals used in the media content. What do these visuals communicate to the audience?	

### Audio Analysis (if applicable)

Pay attention to any background music, sound effects, or voiceovers in the media content. How does the audio enhance the overall message or mood?

### Textual Analysis (if applicable)

Analyze any written content, including headlines, captions, or dialogues. How do the words contribute to the message of the media content?

### Audience

Who do you think is the target audience of the media content? What techniques are used to capture their attention?



## WORKSHEET FOR APPLICATION (INDIVIDUAL AND GROUP )

### Ethical Considerations

Are there any elements that might influence the audience negatively or unfairly?

### Intended Message

What is the message and purpose of the media content?

### Hidden Message/Alternative Interpretation

How might different audiences interpret the media content differently?

# SILAKBO:

## Being One in Advocacy

*silakbo*

*outburst, eruption; spasm; surge; to burst forth*



*"We are not helpless. We can vote into office capable persons, committed to promoting the common good. It is through our votes that God wants to choose those who will exercise God-given powers over us."*

*—Archbishop Leonardo Legaspi, O.P. D.D.,  
Former CPBC President and Archbishop of Carceres*

Learning Objective: Critical Thinking

Topics to be covered:

- Advocating Truth, Love, and Charity (or values)
- Responsible Producer of Content
- Communication as a cross-cutting tool for Democratic Society



Watch and Listen to this Video about "Uncovering Truth" by Ms. Ma. Yolanda V. Ong

**SALI-NA!**

a family-oriented comics-series

STORY BY CHRISTINA MERCURIO  
ART BY FREELY ABRIGO

ONE FRIDAY AFTERNOON, MAGI CAME HOME FOR HIS SEMESTER BREAK, AND DIDN'T LIKE WHAT HE SAW...

Taaaahayyyyyy!!

!!!

HEY, MAGI! WELCOME BACK, SON!

WHAT IS THIS? AND THAT? WHAT IS GOING ON HERE?

OH, I'M SORRY THAT YOU HAVE SEEN THOSE, SON. THEY ARE FOR...

YOU SHOULD BE SORRY, TATAY! DON'T YOU REALIZE HOW MUCH TROUBLE OUR MOTHER EARTH IS IN? I HAVE BEEN DOING MY BEST TO SAVE THIS PLANET, NOW THIS? I COULDN'T BELIEVE THIS! IN MY OWN HOME?

CALM DOWN, MAGI... LET ME EXPLAIN, SON...

WITH ALL DUE RESPECT, TATAY, OUR PLANET IS CHANGING. WE NEED TO HELP IT CHANGE FOR THE BETTER AND WE'RE ASKING EVERYBODY'S HELP!

LET ME EXPLAIN SOME THINGS... WHEN YOU CUT TREES DOWN, IT CONTRIBUTES TO FOREST DENUDATION YOU'RE DEPRIVING A FOREST OF SOMETHING IT NEEDS IN ORDER TO EXIST.

39

MANY ANIMALS IN THE FOREST LOSE THEIR HABITAT. THE ECOSYSTEM SUFFERS.

SO, HOW...

NOW, THAT'S A GOOD QUESTION, TATAY! WE CAN HELP. WE MAY NOT BE ABLE TO MAKE CHANGES OVERNIGHT BUT SAVING THE ENVIRONMENT SHOULD START FROM OUR OWN HOMES!

THINKING MORE ABOUT WHAT WE WASTE HELPS PROTECT THE ENVIRONMENT BY SAVING ENERGY, REDUCING POLLUTION, CUTTING COSTS AND PRESERVING OUR NATURAL RESOURCES.

**SORT IT OUT!**

BIODEGRADABLE  
NON-BIODEGRADABLE

**CONSERVE ENERGY!**

**GET INVOLVED!**

SAVE OUR EARTH

SO YOU SEE, TATAY, I NEED EVERYBODY'S HELP ESPECIALLY MY FAMILY'S, TO SAVE THE WORLD. I'LL GO CHANGE AND HELP YOU GET RID OF ALL THESE.

WHATEVER YOU SAY, SON. I'LL BE WAITING HERE.

40

NOW, WHAT WAS THAT ALL ABOUT?

SIGH... I DIDN'T HAVE THE HEART TO TELL HIM THAT THOSE LOGS AND PILE OF RUBBISH ARE FOR MARI'S SCHOOL PLAY. THEY'RE JUST PROPS MADE FROM PAPIER MACHE.

I WAS BLOWN AWAY BY HOW PASSIONATE HE IS ABOUT HIS CAUSE. I COULDN'T BE ANY PROUDER!

OUR SON IS GOING TO SAVE THE WORLD, TATAY!

END

# Civic Engagement

Civic engagement refers to individual and group initiatives aimed at identifying and resolving issues of public concern. It can take many different forms, including individual voluntarism, organizational involvement, and political participation (American Psychological Association, n.d.). First, voluntarism is the act of participating in activities to serve the community. An example is joining fundraising activities to assist people affected by earthquakes, typhoons, or floods. Another example is volunteering to clean-up drives along rivers and coastal areas. Next, organizational involvement can be achieved by joining organizations engaged in advocacy work on issues of public concern, such as the environment, human rights, social justice, healthcare, education, child

protection, women's empowerment, and more. Finally, exercising our right to vote during elections is an example of political participation. In addition to voting, we can also take part in campaigns, engage with public officials, submit petitions, and participate in peaceful protests.

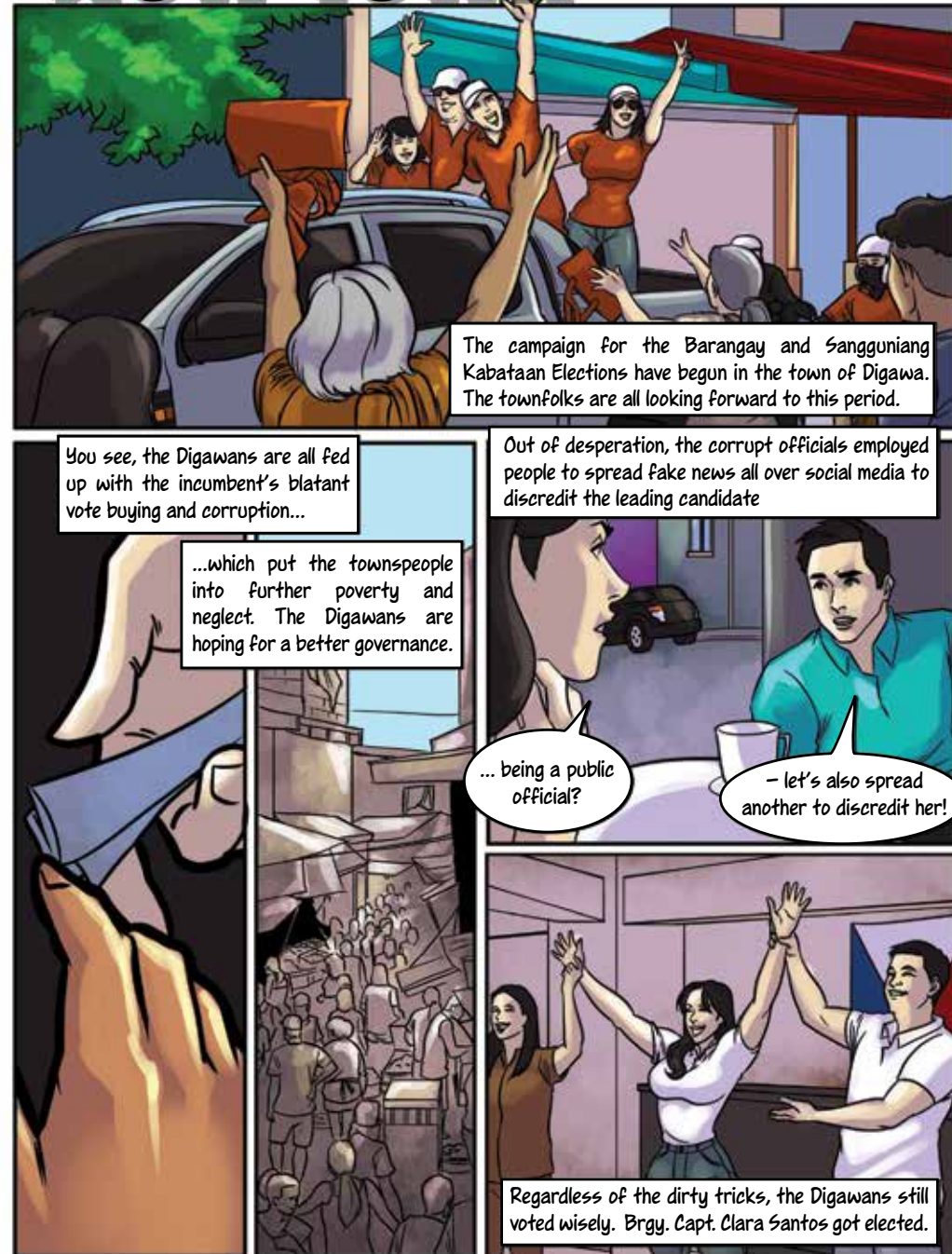
## Guide Questions for Discussion

1. What environmental issue was discussed by Magi with his father?
2. What are the things that we can do to save our environment according to Magi?
3. How can you help in addressing environmental issues?
4. Why do we need to be involved in environmental advocacy?

# New Town

Story by:  
Kevin Anthony  
S. Quilantang

Illustration by:  
Boogie Policarpio



The majority who voted for her truly believed her integrity.

Yes!  
At last, we have Kapitana who ...

I am so proud that our community was not swayed by those fake news about her!

Fast forward to the present...

Good morning, Capt. Santos. I am Jessa. I am one of your followers! Your efforts and programs have gone viral online!

Wow!  
The town and the people look prosperous! What's your secret?

Hello, Jessa!  
Going viral was unexpected! Thank you for choosing to write an article about us! This will help us promote our programs on cultural sensitivity and diversity.

Oh, I am just an encourager! I think the key is...

...the townsfolk have now become beacons of truth and are more empowered to exercise their rights and share their voices where it matters!

Let's do a live podcast about our festival now! So, people's awareness about our diverse culture are heard first-hand!

## GUIDE QUESTIONS FOR DISCUSSION



1. Who is Clara Santos?

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2. Why do you think the people of Santa Barbara voted for her?

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3. Why do people need to exercise their right to vote responsibly?

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4. If you were to vote in a local election, what would be your criteria for voting for a mayoral candidate?

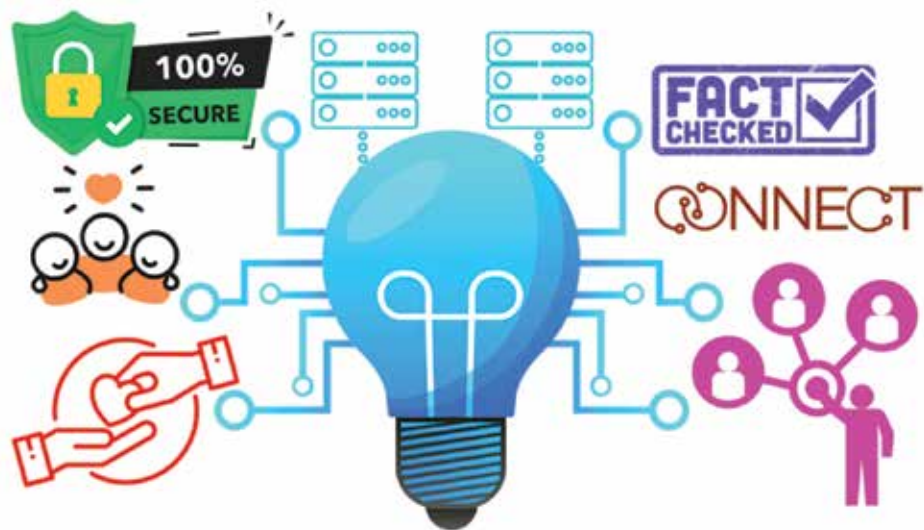
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**T**ruth, love, and charity strengthen connections between people. Unfortunately, the spread of disinformation in our country led to mistrust and division among Filipinos. To achieve real unity, we must collectively combat disinformation.

In the digital age, we are not only media consumers but also content creators. This shift in roles has made content creators pivotal in shaping public opinion. Thus, responsibility and accountability in content creation is necessary.

Through discussions and debates, citizens gain a deeper understanding of complex social and economic issues, enabling well-informed decisions during elections. Freedom of speech and expression supports the discussions of issues from diverse perspectives and interests.



### Advocating Truth, Love, and Charity (or values)

How can we make our country a better place for everyone? There are many workable suggestions, but it will always point us back to our values such as truth, love, and charity. These values are essential for creating a harmonious and compassionate society.

Truth fosters honesty and trust, which strengthens connections between people. Unfortunately, as a country, we have witnessed the spread of political disinformation amplified through social media platforms. This undermines truth and has resulted in mistrust and division among Filipinos. This is one of the reasons why we need to fight back against disinformation as a country to achieve real unity.

Aside from mistrust, political disinformation has also promoted a culture of hate which is evident online where people attack and humiliate each other due to different political beliefs. To overcome this hate, we need to promote love by

showing empathy towards others, especially those with whom we do not agree. Empathy is the process of comprehending, possessing an awareness of, demonstrating sensitivity to, and indirectly undergoing the emotions, ideas, and encounters of someone else (Merriam-Webster, n.d.). A study on hate speech on social media found that counter speech messages that inspire empathy for people affected by hate speech have a chance of convincing the senders to change their behavior (Hangartner et al., 2021). The study concluded that empathy is key to curbing hate speech on social media. With love manifested through empathy, we will be able to have respectful conversations, geared toward better understanding in spite of differences in political beliefs.

In a world characterized by social inequities, charity is urgently needed. We must be able to extend a helping hand to those in need. It is essential for democracy to have citizens actively involved in civic life by volunteerism and joining



## DISCUSSION GUIDE

advocacy work that promotes the quality of life of others and aims to make the community or society a better place to live.

An exceptionally good example of charity through volunteerism is the rise of community pantries in various parts of the Philippines during the height of the COVID-19 pandemic. The movement started with Ms. Ana Patricia Non who initiated the Maginhawa Community Pantry at Maginhawa St. Quezon City. The aim of the community pantry is to aid families affected by the COVID-19 pandemic by sharing groceries and other food items. Ms. Non adopted the principle “Magbigay ayon sa kakayahan, kumuha batay sa pangangailangan,” which means people could take as much as they need and donate whatever they can. Ms. Non strongly contested the romanticized notion that the community pantry movement reflects Filipino resiliency, arguing that it is instead proof of response and unity formed by necessity (Suazo, 2021).

The Maginhawa Community Pantry inspired many people to help and create their own community pantry. Indigenous people also played their part in helping community pantries in the country. For instance, the Dumagats shared their harvested vegetables, root crops, and fruits with the various community pantries across Metro Manila (Taculao, 2021). In Cagayan de Oro, a community pantry was established that is dedicated to helping people in need of halal products that are permissible and acceptable in Islamic law (Legaspi, 2021). According to *Saan May Community Pantry?*, there are 902 community pantries set up across the Philippines. *Saan May Community Pantry?* is a crowdsourced map created by Filipino geographers showing the locations of all the community pantries across the country. It can be accessed here: <https://saanyan.github.io/saanmaycommunitypantry/>

Charity is not limited to giving food or money. It is also expressed through advocacy work. Advocates raise

public awareness and demand change for reforms, policies, and initiatives that benefit people. Examples of advocacy work include environmental protection, human rights, social justice, healthcare, education, and women’s and children’s rights. We can join organizations that advocate for the causes we support. For instance, we can join the Parish Pastoral Council for Responsible Voting (PPCRV) if we advocate for fair, honest, and peaceful elections in the country.

Embracing truth, love, and charity will lead our country to a better future less political conflicts, more of genuine and principled unity, and still more of improved lives of the people in the country.

### **Responsible Producer of Content**

Have you created and shared digital content such as pictures, memes, blogs, vlogs, podcasts, reels, or short videos? Nowadays, we are not merely consumers of media content but also creators. This is made possible by the internet and various social media platforms. Everyone

can now become a content creator by publishing digital content online.

According to a study on social media influencers performed by Rakuten Insight in May 2023, around 86 percent of respondents from the Philippines said they followed at least one social media influencer (Statistica Research Department, 2023). In another study by Digital 2023 Global Report, the Philippines is number one in watching vlogs (Kemp, 2023). These studies show that content creators have gained a wider reach and influence in our country.

Undeniably, content creators play a crucial role in shaping public opinion. Thus, being a responsible producer of media content is necessary. To be a responsible content creator, they need to follow these guidelines:

- a. Evaluate or fact-check information that will be included in the content.
- b. Respect data privacy and seek consent whenever necessary.



## DISCUSSION GUIDE

- c. Respect copyright and cite sources of information.
- d. Be ethical in covering sensitive topics or issues.
- e. Be aware and respectful of cultural differences.

Adhering to these guidelines will result in creating media content that is accurate, responsible, ethical, and culturally sensitive. A responsible producer of content plays a crucial role in influencing their audience through the media content and information that they create and disseminate. They have the power to make an impact by educating people and promoting social awareness that contributes to nurturing an informed citizenry.

### **Communication as a cross-cutting tool for a Democratic Society**

Have you experienced being in a debate with a relative or a friend over an issue? What were you arguing about and how did the debate end?

Debates or discussions where opposing views are presented are considered normal in a democratic country where people have the freedom to express their ideas, opinions, or beliefs within the bounds of existing laws. In fact, free speech and expression are essential components of democracy. These rights are protected by our constitution:

**“No law shall be passed abridging the freedom of speech, of expression, or of the press, or the right of the people peaceably to assemble and petition the government for redress of grievances”**  
(Philippine Constitution, Article III, Section 4).

Free speech and expression enable us to discuss issues from diverse perspectives and interests, creating an environment where ideas can be freely shared, challenged, and refined. By engaging in public discussions and debates, we can gain a deeper understanding of complex social and economic issues

in our country. Our communication should not just be with people that hold the same beliefs or political views as ours but also with people who do not. In fact, communication among people who hold different political views is a sign of a healthy democracy.

Meaningful communication will only be achieved if done with respect. Respectful discussions or debates among those with differing political opinions encourage the exchange of various ideas and solutions to address the challenges facing the country. Despite differences in opinions, people can recognize their shared values and common goals for a

better future for the country. However, respectful discourse will not be possible without inclusivity, respect for differences, critical thinking, and value for truth-telling.

Social media has become a platform for us to express our opinions and participate in open discussions and debates. Therefore, we need to be

empowered with knowledge, skills, and attitudes relevant to concepts such as digital identity, digital safety, digital etiquette, fact-checking, and media literacy. These will foster an informed citizenry within us empowered to engage with media content and information critically and navigate the digital landscape effectively and safely. An informed citizenry can actively participate in meaningful discourse and productive debates, both offline and online.

When people are well-informed, they possess the knowledge and understanding needed to make thoughtful decisions when casting their sacred votes during elections. Informed voters can effectively evaluate the qualifications, policies, and records of candidates, ensuring that their choices align with their values and the needs of the country.





## DISCUSSION GUIDE

### Guide Questions for Discussion

1. How can you advocate for truth in your family, school, and community?
2. How is the act of charity demonstrated in the community or country?
3. Why is it important for content creators to fact-check information that they will include in their content?
4. How does participating in public discussions and debates lead to a well-informed citizenry?
5. Why are discussions among citizens with different political views considered a sign of a healthy democracy?

## WORKSHEET FOR APPLICATION (INDIVIDUAL AND GROUP )



### Social Awareness Campaign: 4-Panel Comics

(Individual Activity)

The aim of this activity is for students to create 4-panel comics to raise awareness about a specific social issue in the community or country.

#### Procedure

1. Each student will create a 4-panel comic strip focusing on a social issue that is relevant and significant to the community or country.
2. Each student will conduct research on the chosen social issue to gather relevant facts and statistics. Use credible sources to ensure accurate information in their comics.
3. Remind students to use engaging visuals and concise text to communicate their message effectively.
4. After finishing the 4-panel comics, students will explain the social issue they selected, the message they conveyed, and the significance of their output.
5. The 4-panel comics will be displayed in an exhibition space within the classroom or school.



## WORKSHEET FOR APPLICATION (INDIVIDUAL AND GROUP )

### Social Awareness Campaign: 4-Panel Comics Worksheet

**Name:**

**Grade and Section:**

**Social Issue:**


### Proposing a Project for the Community

(Group Activity)

The activity will allow students to work collaboratively in identifying problems in the community, brainstorming solutions, and selecting a solution that is impactful and feasible. After completing the worksheet, each group will present their output in class. Following the presentation, the group will answer questions from their classmates.

	Answers
A specific issue or problem in the community.	
Cause of the issue or problem	
Effect of the issue or problem on the community	
Potential solutions to address the identified issue or problem in the community.	
Select one solution that will have a positive impact on the community and is most feasible or can be implemented successfully by the group.	



## WORKSHEET FOR APPLICATION (INDIVIDUAL AND GROUP)



### The Ideal Filipino Candidate and Ideal Vote

(Group Activity)

The objective of this activity is to encourage students to think critically and identify the qualities of an ideal candidate and ideal voter.

Procedure

1. Divide the class into groups of 3-5 members.
2. Each group will create two fictional characters- one who will represent an ideal candidate and another who will represent an ideal voter.
3. Each group will brainstorm on the characteristics of an ideal candidate and an ideal voter. Students can use the following criteria: educational background, work experiences, skills, personality, beliefs, values, and stand on different issues in the country.
4. Each group will accomplish the provided worksheet by identifying the characteristics of an ideal candidate and ideal voter.
5. Each group will present their ideal candidate and ideal voter in class.
6. After the presentation, identify the common characteristics identified by the students as characteristics of an ideal candidate and an ideal voter.

THE IDEAL CANDIDATE	THE IDEAL VOTER
	
Name:	Name:
Characteristics of an ideal Filipino candidate.	Characteristics of an ideal Filipino voter.

## IN CONCLUSION

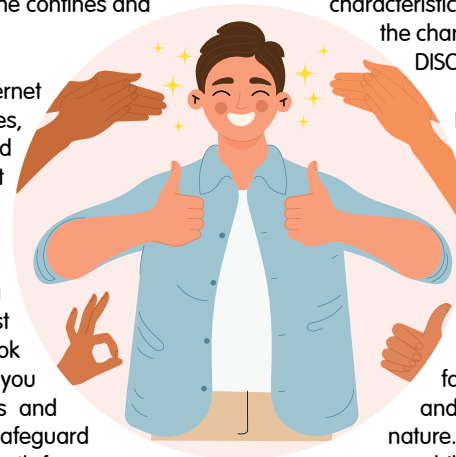
# WHY IS IT IMPORTANT TO BE A MODEL NETIZEN?

We use the internet often. In school, we use it to research information and find references for school papers and objects. Socially, we use it to connect with family and friends. In business, we use the internet to observe and analyze trends, sort out data, make business decisions. Especially during the pandemic, the internet became a lifeline through which we made necessary, life-supporting online purchases when we couldn't leave the confines and safety of our homes.

While surfing the internet has many valuable uses, it comes with risks and dangers which we must be aware of. Phishing, cyber bullying, identity theft, fake news, false propaganda, data manipulation are just some of them. This book was written to make you aware of these dangers and to help you find ways to safeguard your identity, determine truth from non-truths. It also provides a framework for good conduct in the internet.

Good conduct in the internet is no different from good conduct in real life. The rules of engagement in real life should also apply to the internet. We

should remember that while our freedom to write in our space in the internet is wide, we must be mindful that the freedom of others and the safety of others is just as important. As with real life, we must engage in the internet with HONESTY, RESPECT. When engaging with any community, we should be HARD WORKING, HELPFUL. And when referring to our country, we should do so with NATIONALISM. The characteristics of a MODEL CITIZEN are the characteristics of a MODEL and DISCERNING NETIZEN.



Remember too that while the internet has thriving social media, there is nothing that can quite compare to actually engaging in society where we can reach out to touch other people, express and hear feelings face-to-face, smell, taste and savor the wonders of nature. Try it. Disengage from your mobile phone, laptop, i-pad, gadgets habitually and engage more often in living life up close and personal! The internet, used properly, can support life, but will never replace it. Remember to LIVE! And do so with all the worthy characteristics you have read of and learned more about in this TIBOK PINOY series.

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# WE ARE PPCRV!

**BOTO KO! DANGAL KO! IPAGTATANGGOL KO!**

Thank you for reading this book from PPCRV's TIBOK PINOY Series. We hope that what you read in this book and watched in our podcasts will help you become a Model Filipino.

Why become a Model Filipino? Because your country needs you. We need model Filipinos who through example, can inspire others to be God-Loving, Honest, Hard-Working, Respectful, Helpful, Nationalistic and Discerning.

One of your first acts of participating in Nation-Building is through elections. By casting your vote, you play a key role in determining our country's leadership and our country's future. So choose well, vote wisely. Choose model Filipinos as our country's leaders.

PPCRV, the Parish Pastoral Council for Responsible Voting, is a parish-based volunteer group numbering in the hundreds of thousands, working hand-in-hand with the clergy for CHAMP (Clean -Honest-Accurate-Meaningful-Peaceful) Elections. When you go to your polling center and vote for the first time, we are one of the first people you will see in the Voters Assistance Desk. We are the first line of assistance, ready to assist voters find their precinct, ready to teach and help whenever and wherever needed. We are PPCRV.

*Photos of PPCRV Voters Assistance Desks helping voters find their precincts.*



When you enter your precinct, you will find us there too. As the Comelec-accredited Citizen's Arm, you will see us as the volunteer authorized to stand closest to the election officers, vigilantly ensuring that all election rules and procedures are followed precisely. We have been sentinels of the polls for 33 years. We are PPCRV.

Before Election Day, we are already monitoring and safeguarding election preparations. When election procedures and choices are being determined, PPCRV is there. When ballot boxes and Automated Counting Machines (ACM) are packed, PPCRV volunteers accompany the election paraphernalia to their point of destination, traversing many miles, sometimes through open seas or difficult mountain passes. Very early on Election Day, we observe the the opening of testing of the ACM. Always watching, always vigilant. Always without fear and favor. We are PPCRV.



When the polls close, we are there too. We guard the closing procedures of each precinct, each ACM. And since our elections became automated in 2010, we have been undertaking the Unofficial Parallel Count. In this count, we collect physical copies of pre-transmission election returns from ACMs throughout the country. These are brought to the PPCRV Command Center, formerly in Pope Pius XII Center, from where the country's first electronic transmission results were first broadcast to the world. In the PPCRV Command Center, these election returns are encoded then compared with the corresponding transmitted return to check for consistency.



What is dearest to our hearts is Voters Education. We teach voters how to vote correctly (procedure) and wisely (candidate choice). And while we will tell you to choose a candidate who has the characteristics of a Model Filipino, we will never name a candidate. That is for you, the voter, to discern, to choose and to vote for.

Vote buying and selling are some of the biggest weaknesses of our elections. Money flows freely buying favor and votes prior and during elections. In PPCRV, we ask voters, what is the value of your vote? Because if you put a monetary value and sell your vote, you are selling not only your vote but also your future and also the future of your family, your community, your country!



**HUWAG  
MAGPABULAG  
SA PERA.**

**BOTO KO, DANGAL KO.**

## “Huwag magpabulag sa pera!”

If tempted by offers of cash in exchange for your vote, think beyond what finite items you can purchase with the cash offered. Think in stead of voting in good leaders who are Honest, Respectful, Hardworking, Helpful, Nationalistic and above all God-loving and God-fearing. Think of how good leadership can usher in good government that will help you, your family, your community and your country. No to Vote Buying! Yes to Choosing Model

Filipinos as our country's leaders!

# PPCRV'S 10 COMMANDMENTS FOR VOTING

- I. THOU SHALL VOTE ACCORDING TO THE DICTATE OF YOUR CONSCIENCE;
- II. THOU SHALL RESPECT THE DECISION OF OTHERS IN CHOOSING THEIR CANDIDATES;
- III. THOU SHALL SEEK TO KNOW THE MORAL INTEGRITY, CAPABILITIES AND OTHER PERSONAL QUALITIES OF THE CANDIDATES YOU WILL VOTE FOR;
- IV. THOU SHALL STRIVE TO UNDERSTAND THE ISSUES, PLATFORM AND PROGRAMS OF CANDIDATES;
- V. THOU SHALL NOT SELL YOUR VOTE;
- VI. THOU SHALL NOT VOTE FOR CANDIDATES USING GUNS, GOONS, GOLD AND MISINFORMATION;
- VII. THOU SHALL NOT VOTE FOR CANDIDATES WITH RECORDS OF GRAFT AND CORRUPTION, AND HUMAN RIGHTS VIOLATIONS;
- VIII. THOU SHALL NOT VOTE FOR CANDIDATES JUST BECAUSE OF UTANG NA LOOB, PERSONAL APPEARANCE, POPULARITY OR PAKIKISAMA;
- IX. THOU SHALL NOT VOTE FOR CANDIDATES LIVING AN IMMORAL LIFE.
- X. THOU SHALL PUT THE WELFARE OF THE COUNTRY ABOVE ALL ELSE IN CHOOSING THE CANDIDATE.



## BOTO KO! DANGAL KO! IPAGTATANGGOL KO!

**FOR LOVE OF COUNTRY**

# BE A PPCRV VOLUNTEER



**BE A CHAMP!**

**FOR CLEAN HONEST ACCURATE  
MEANINGFUL PEACEFUL ELECTIONS!**

CONTACT THE PPCRV COORDINATOR IN YOUR PARISH