

AKO AY  
HUWARANG PILIPINO!

# MAKABAYAN AKO!



THE MODEL FILIPINO

I B K  
PINOY



# PRESENTING THE TIBOK PINOY

## 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 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  
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 SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON NATIONALISM IN PHILIPPINE ARTS AND CULTURE WITH MARGIE MORAN-FLORENDO AND HOST, ANA DE VILLA-SINGSON  
 SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON HONESTY (MATAPAT) WITH ROLAND GADAYAN 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 HARD-WORKING (MASIPAG) WITH RAMON FERNANDEZ AND HOST, ANA DE VILLA-SINGSON  
 SCAN TO VIEW PPCRV'S TIBOK PINOY PODCAST ON BEING HELPFUL (MATULUNGIN) WITH MARDI MARA-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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## 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,

  
 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.

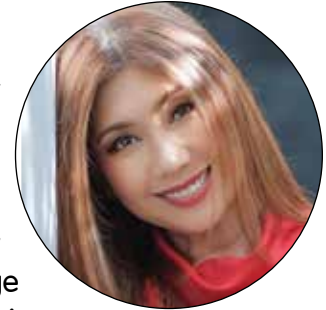
A handwritten signature in black ink, appearing to read 'Henrietta T. de Villa'.

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 MAKA-DIYOS!

*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), Abba (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 PODCAST: MAKADIYOS

# TIBOK-PINOY PODCAST: 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.

# MAKABAYAN

*patriotic; pro-country; nationalistic. Root word: bayan.  
-The Tagalog.com Dictionary*



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!



How can one really manifest Nationalism? Let's find out together what it really means and what it takes to be Nationalistic!



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



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

After winning the Miss Universe pageant in 1973, Margie Moran – Florendo has become a strong champion of Filipino Arts and Culture. She was the Chairperson of the Cultural Center of the Philippines and Ballet Philippines. She advocates strongly for Filipino artists, believing firmly that Filipino talent is world class. She is also a Muslim peace advocate and is a founding member of the Mindanao Commission on Women Organization and produced an award-winning film “Bagong Buwan.” For this podcast, Margie speaks about Nationalism through the lens of an arts and cultural advocate. She believes firmly that Nationalism flourishes from practising good values.



**N**ationalism is a concept that refers to the love, loyalty, and allegiance that people feel towards their country and their fellow citizens. It is not just a matter of acknowledging national symbols or patronizing local culture and produce, but also of being willing to sacrifice one’s time, effort, and even life itself for the good of the nation. In essence, nationalism is a recognition that the common good is more important than personal interests.

One of the key aspects of nationalism is the sense of community that it fosters. When people feel a strong sense of national identity, they are more

likely to work together towards common goals and to support one another in times of need. This can be seen in times of crisis, such as natural disasters or political upheavals, when people come together to help each other and to support their country.

Another important aspect of nationalism is the promotion of local culture and traditions. When people feel proud of their national heritage and traditions, they are more likely to preserve and promote them. This can help to create a sense of continuity and stability in society, as well as to foster a sense of pride and belonging among citizens.



# IMIK:

## Breaking Silence

*imik*

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



*"If we wish to preserve a genuine love of country, we ourselves must employ all the means at our command to enable us to sing with pride:*

*"Land of the morning ..." and  
"This is my own, my native land."*

*—Carlos P. Garcia, 8th President of the Philippines,  
part of his speech during the Commencement Exercises of Manila Law College,  
March 27, 1957*



Love and respect are two important values that are vital to nationalism. Nationalism is rooted in one's deep affection for his or her country and acknowledges that it is essential in molding his or her identity as an individual.

In achieving nationalism, one can show love for his or her country in many ways, like supporting and patronizing local products and local tourist destinations, having a sense of consciousness, and understanding of the social, cultural, and political issues that are happening in one's nation, taking part in meaningful discussions and dialogues, and engaging in civic activities that would help improve and develop the nation. Aside from that, respect is also crucial to nationalism as it acknowledges individual differences in ideas, beliefs, cultures, languages, and religions. It also enables individuals to coexist harmoniously with everyone and accept each other's differences by living with them with love and respect.

The Philippine National Anthem, "Lupang Hinirang," when sung with pride and respect, is an excellent expression of nationalism. As Filipinos, we are expected to demonstrate our love for our nation by doing more than merely singing "Lupang Hinirang" at flag ceremonies, programs, and events. Thus, we are expected to reflect on its meaning and use it in our daily lives. We are also taught to show our respect for our Philippine National Anthem by standing at attention and placing our right hand over our heart while "Lupang Hinirang" is playing. These are visible signs of respect for what our Philippine National Anthem stands for.

Now, how do you understand the lyrics of the song? How will you exhibit its meaning in your everyday lives?



## COMMENTARY/DISCUSSION

The song “Lupang Hinirang”, written by Julian Felipe, is rooted in Philippine Independence from Hispanic colonization. It was first played on June 12, 1898 in Kawit, Cavite when General Emilio Aguinaldo declared our independence from Spain, becoming the first independent republic of Asia. The central theme of the song clearly reflects nationalism, as it declares one’s love and respect for his or her country.

The song started with honoring the beauty of the Philippines, as seen in the line, **“Bayang Magiliw, Perlas ng Silanganan”**. In the lyrics, the writer compared the beauty of the Philippines to a pearl, which symbolizes purity and preciousness. He also expressed pride and honor as a Filipino with the line, **“Lupang Hinirang, duyan ka ng magiting. Sa manlulupig di ka pasisiil”** by acknowledging the greatness of his country in achieving independence from colonizers. In addition, Felipe also uses the designs of the Philippine flag in the line, **“Ang kislap ng watawat mo’y tagumpay**

**na nagniningning; Ang bituin at araw niya kailan pa ma’y di magdidilim”** to create imagery and convey a strong message that no matter what happens, his country will still prevail despite problems and hardships. Lastly, it also shows how someone can sacrifice for his or her country through the line, **“Aming ligaya na pag may mang-aapi. Ang mamatay nang dahil sa iyo.”**

The song delivers a powerful message about how to show our love for our country. Through the lyrics of the song, we will understand and be guided on how to express nationalism and maintain our national identity in the face of globalization and a constantly changing environment.



## REFLECTION

As Filipinos, it could be difficult for us at times to maintain a sense of nationalism and patriotism toward our country, especially in these present times wherein the stark realities of violence, discrimination, poverty and corruption continue to confront us. Globalization also makes it harder for us to consistently uphold our loyalty and patriotism towards our nation. Because of these factors, our love for our country and the pride we have for it are sometimes challenged and tested and we wonder what it truly means to be a Filipino.

We must never lose sight of the fact that, despite the negativity that surrounds our nation, there are still many good things that we should be proud of as Filipinos. Like being resilient in the face of calamities, our bayanihan movement, being hospitable, our overflowing talents, and many others. There is no perfect nation. All nations have positive and negative traits. What is important is that we acknowledge our weaknesses and work to constantly correct them.

Let us continue to sing the Philippine National Anthem with respect and pride. While it was composed and written several years ago, its message is as important today as it was when it was first played. Let us constantly remember, as we sing the lyrics of the song, that it is a privilege to identify ourselves as Filipinos. Now is the time to focus on how we can contribute to the betterment of our country instead of letting negativity affect ourselves. By knowing ourselves and improving our traits, talents, and skills, we are already demonstrating nationalism. Hand in hand, let us transform the Philippines into a nation of peace, justice, and honor.



## LESSON

**W**as there ever time where you have ever questioned who you are? Have you ever thought to yourself, “What makes you different from everyone else?”. In developing a sense of self, one must be aware of his cultures, backgrounds, and beliefs. Knowing your cultural, collective, and political identity will help you become aware of your true self and your uniqueness as an individual.

Cultural identity deals with an individual’s affiliation or connection with a certain group or cultural patterns. This includes all social norms, shared values, traditions, languages, and cultural practices that are passed down from one generation to the next. Communication in the Real World, (2016) states that Cultural identity compared to others (e.g., personal identity and social identity) is the least likely to be changed since it is part of one’s being since birth. Individual and group identities are significantly influenced by cultural identity, which shapes how individuals see themselves and interact with others.

For instance, the Japanese are renowned for their reverence for tradition and environment. With this, we can still see that they respectfully meld modernity with their past and culture.

The term collective identity or group affiliation describes one’s shared feeling of identity and connection toward a specific group. This identity aims to build an emotional bond or rapport with other members of the group to achieve a common goal. Interaction and communication with one another are crucial in building one’s cultural identity. Some ways of building collective identity are by following trends and participating in group activities. For example, adapting and changing your physical appearance, such as by wearing trendy clothes or changing your lifestyle just to fit in with your friends, is an example of collective identity.

Political identity or social identity is rooted in one’s sense of belongingness to a specific group based on its political ideology, party,

or set of political ideas. Some factors that affect this identity are gender, religion, ethnicity, age, nationality, and even generation. Among the other identities, political identity has the most influence when it comes to the attitude and beliefs of a person since it is rooted in one’s struggle with his or her socio-economic status, education, personal experiences, etc. An excellent illustration of political identity happened during the previous national election when Filipinos were divided into groups like ‘Kakampinks’ and ‘Uniteam.’ These political groups came together because of their shared political ideologies. In addition, affiliation with a specific religion or belief system

(e.g., Catholicism, Christianity, Islam, Hinduism, etc.) helps in developing one’s social identity. Having a strong religious identity can improve your socialization skills by shaping your attitudes and decisions. With this, your moral compass will be strengthened and will be a foundation of your self-exploration.

Let’s keep in mind that knowing ourselves and others is never-ending, and the journey to discovering ourselves may take time. But by understanding and accepting our uniqueness as an individual, we develop richer interactions, more respect and harmonious coexistence with others.





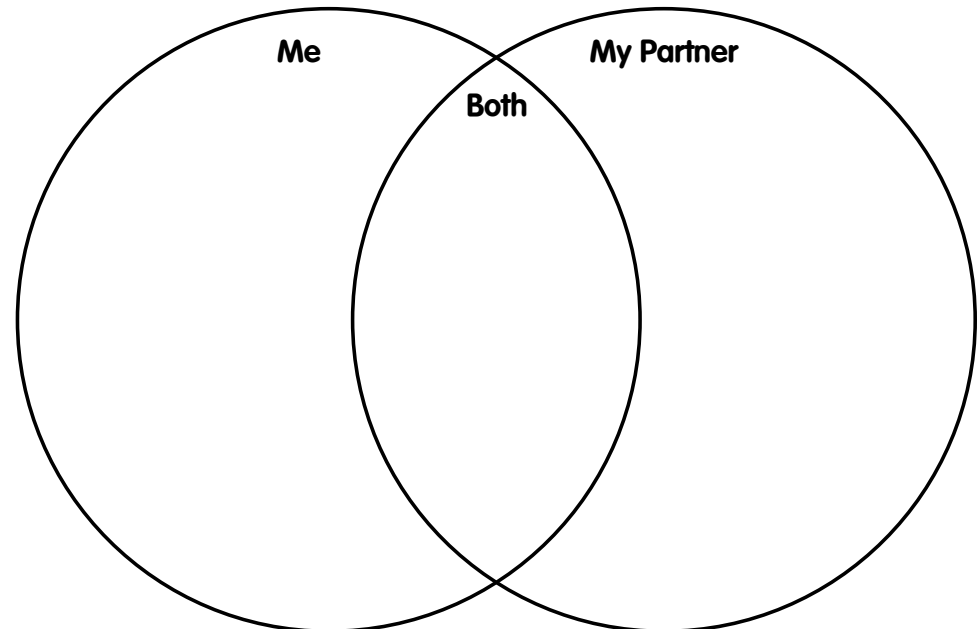
# WORKSHEET

**A. Pair Activity:** Find a partner and ask each other the following questions: **Be honest and sincere in answering these questions to get to know your partner's cultural, collective and political identities and vice versa.**

GETTING TO KNOW YOU	
What is your name? Where did it come from?	
How old are you? To what generation do you belong?	
Where do you live? What do you like the most about your community?	
What language/s do you speak?	
What is your race? What do you like most about it?	
What part of your culture and tradition do you enjoy the most?	
What are your core values?	
Who are your friends? What do you like most about them?	
How often do you see your friends? Where do you usually hang out?	
What similar traits or attitudes do you have? Do they help you become closer with one another?	
Do you have any similarities in fashion, style, taste in music, etc.? What are these?	

Do you watch TV or read the newspaper? What topics are you most interested about?	
How would you describe your involvement in political dialogue or discussions?	
Does your socio-economic status affect how you view life?	
Who do you look up to? What do you like most about him or her?	

**B. Individual Activity:** By using your answers in the previous activity, assess your similarities and differences by filling out the Venn Diagram below;





# WORKSHEET

Me and my partner are similar in...

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It is because ...

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Me and my partner are different in...

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It is because ...

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**B. After doing activities A and B, reflect upon these questions, "How does understanding your self-identity help you strengthen your sense of nationalism? What are the similarities and differences you observed between yourself and your country's culture, beliefs and ideals, and values? Share your reflection in one (1) paragraph.**

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# BINHI:

## Nurturing Family

*binhi*  
seed; embryo; spawn



*"I shall always be at the service of my country and what my fellow countrymen think I can do, I shall do."*

—Jose Rizal,

# Be a Part of... Salina!

Original Concept by:  
Christina Nolasco - Mercurio



**Santiago Salina**  
*Lolo Tiago, 65*

- Bataan veteran; patriotic
- Temperamental, quiet and loves to talk about "remember when" moments
- Rarely shows his softer side



**Isabela Salina**  
*Lola Isay, 64*

- Wife of Lolo Tiago
- Professional homemaker
- Plays the piano
- Calm, patient, loving



**Santiago Salina Jr.**  
*Jun, 41*

- Eldest son of Tiago,
- Retired OFW, worked in Saudi as a civil engineer
- Owns a general merchandise shop, steady, cool dad



**Mayumi Salina**  
*Yumi, 41*

- Wife of Jun
- Elementary public school teacher
- The disciplinarian



**Magiting Salina**  
*Magi, 17*

- Jun and Yumi's eldest
- A Sociology freshman in UPLB
- Environmentalist
- Sings and plays the guitar well



**Marikit Salina**  
*Mari, 14*

- Jun and Yumi's second kid
- A high school sophomore
- Aspiring actress/model/performer
- Typical teenage girl, outgoing



**Maningning Salina**  
*Nini, 9*

- Jun and Yumi's youngest
- Grade 3, straight A-student
- Highly sympathetic, inquisitive
- Shows more maturity than older sister



**Lolita Bartolome**  
*Manang Lolit, 30*

- Decade old all-around helper
- Adopted family member
- Unintentionally the family "clown", overprotective

# Salina!

The Salina household always celebrates Christmas Eve the traditional way. Their home is filled with homemade decors, Christmas lights, a Belen, a Christmas tree and Parols.



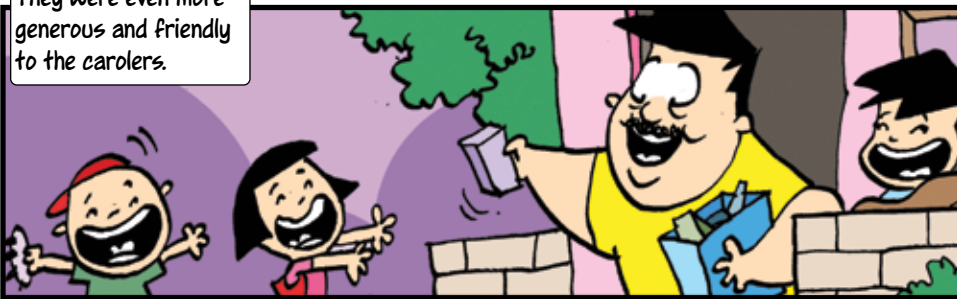
They have prepared their gifts and placed them under the Christmas tree.



Do you think we have enough, Ate Mari?

I think we do. It's still the thought that counts.

They were even more generous and friendly to the carolers.



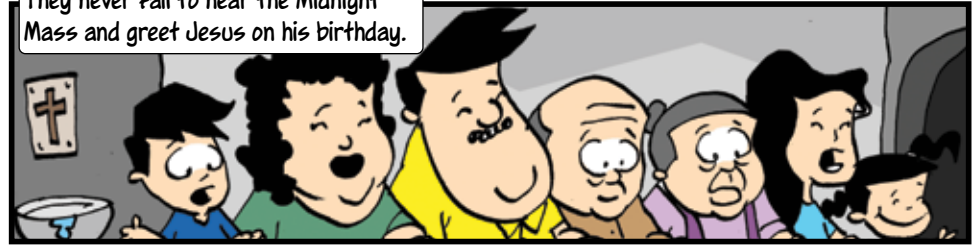
From the kitchen, you can smell the aroma of food that will be served that night.



Smells good in here, Nanay. Need a hand? Do you think we'll have enough?

Yes to both of your questions, thank you. Stop worrying. We'll make do with what we have.

They never fail to hear the Midnight Mass and greet Jesus on his birthday.

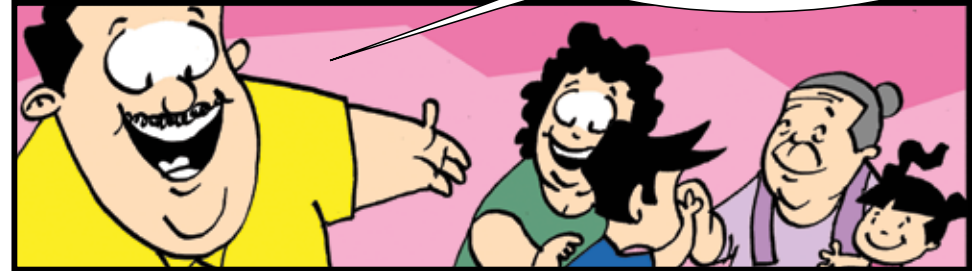


After the mass, they spend the rest of the evening, eating Noche Buena together and opening gifts!



Most of all, they never fail to continually love and care for each other.

Merry Christmas, everyone! Don't stay up too late. We have a long day coming. Best to save some of those energy.

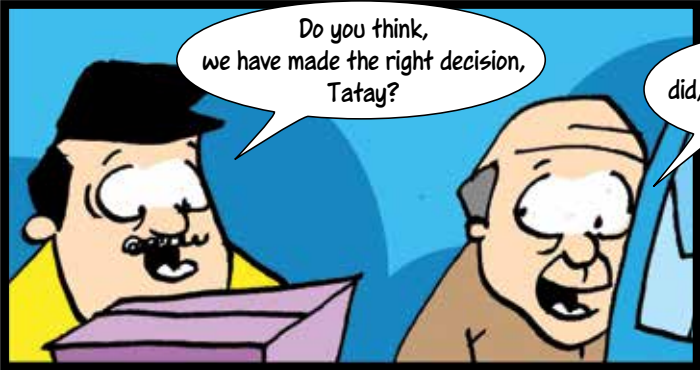


A few hours later... It is indeed a busy day for the Salina Family.



Do you think, we have made the right decision, Tatay?

I think we did, Junior. I think we did.



The Salina household may have celebrated the Christmas Eve traditionally but not this Christmas Day.

Okay, gang! Let's all give love on Christmas Day to our orphaned brothers and sisters... Are we ready?

Yes, we are!

KALINGA CENTER



This year, they have decided to spend it differently. They have decided to spend Christmas Day together and with others.



## SYNOPSIS



Share the LOVE



The story follows a simple plot that shows the culture and tradition of Filipino families during the Christmas season.

The story "Salina!" reflects how Filipino families usually celebrate the Christmas season with generosity and faith in God. The narrative illustrates how the family's senior members made use of their influence to preserve their culture by teaching the younger members of the family the true meaning of the Christmas season.

The tale started when the Salina family celebrated their Christmas Eve

tradition by decorating their home with lights, a *parol*, and a Christmas tree. The children prepared gifts, while Tatay Jun distributed some of them to the carolers. Nanay Yumi, on the other hand, prepared sumptuous meals to be shared with one another. Just like other Filipino families, the Salina family attended Simbang Gabi and greeted Jesus on his birthday. They added a special touch to their Christmas Day by visiting the Kalinga Center and sharing their blessings with the orphans.





## COMMENTARY/DISCUSSION

**"Salina!"** shows the crucial role of family in the preservation of culture and history. Family, being the smallest unit in society, has a great impact on the lives of everyone as it preserves cultural heritage, language, and traditions. Family also plays a big part in nurturing and promoting Filipino values.

Its title "Salina" implies "an invite to participate and become involved". In the story, we can see how all the members of the family, whether young or old, took part in the preservation of their family values and traditions.

With the use of concrete examples that are evident in our everyday lives, it is easy for us readers to clearly see the importance of family in the continuity of history and tradition. One instance from the story is how Tatay Jun and Lolo Tiago intended to take their family members to the orphanage on Christmas Day. This demonstrates the crucial role of adults in using their position of authority to encourage civic engagement among their family members, particularly the younger ones, that goes beyond hopefully not just during the Christmas season.

**WHAT CUSTOMS, TRADITIONS, AND VALUES HAVE YOU INHERITED FROM YOUR FAMILY? HOW DOES IT BENEFIT YOUR COMMUNITY AND COUNTRY?**



## REFLECTION



**C**lose Family Ties are one of the many values that set Filipinos apart from others. Children are taught the value of families early on, especially as they grow emotionally, mentally, and spiritually. In most Filipino families, love, loyalty, and a strong bond are always present, and the relationship with one another becomes stronger through communication, mutual respect, and shared experiences.

Our family is essential to the formation of our nationalistic identity since it is from them that we acquire our family's history, stories, and cultural heritage. Additionally, our families oversee in assisting

us develop the values we need to meet obstacles head on and to have the resilience to do so. We feel comforted and secure knowing that our families are always there to provide emotional support for us.

Everyone finds it challenging to strengthen the bonds within their family and create lasting friendships since we live in a modern society where technology hinders rather than facilitates connection. Let's make full use of this exceptional value to honor the efforts of our ancestors and protect Filipino culture and history.



## LESSON

To build a sense of nationalism and patriotism in oneself, one must understand that he or she cannot do it alone. As cliché as it sounds, it really takes a village to raise a child, and our families, including our relatives, are our source for knowing our values, history, culture, and traditions.

Our families are the ones who help us examine our past for us to continually learn from it and to combat changes throughout time. By listening to our family history and stories, our family imparts a sense of history and continuity for us to acknowledge the importance of the past, as this factor is essential in influencing our individual and collective identities. Sense of history and continuity gives importance to time, continuity, and change, as these factors help in the improvement of society and communities. Like in the proverb by Dr. Jose Rizal, *“Ang hindi lumilingon sa pinanggalingan ay hindi makararating sa paroroonan”*, it explains how the past can affect our future if we are not responsible in understanding it as a crucial part of

our lives.

Family traditions and celebrations are important parts of the Filipino culture since most of them date back to the Spanish colonization of the Philippines. Fiestas, the Christmas Season, the New Year, Holy Week, and many others are the foundation of our identity as Filipinos as well as Catholics. Through the celebration of these, we are reminded of our nation’s cultural heritage, history, and traditions.

Fostering resiliency and solidarity is also imparted to us by our family, especially during hardships in life like problems, disasters, and calamities. With the help of our family members, especially our parents, we are secured and comforted through difficulties in life, and we are able to rise above our problems. The value of solidarity also promotes togetherness in the family and strengthens the bond among family members

In the story “Salina!”, we saw how the older members of the family

took the initiative to instill a sense of history and continuity by continuously promoting the culture and tradition of their family through the celebration of the Christmas season. They also involved every member of their family in participating in different festivities and celebrations like Noche Buena and gift-giving.

As we continuously build our sense of nationalism, let us first strengthen our relationship with our family and others. By empowering our connection with everyone, we will have a better understanding of our roots and our essence of being Filipinos.



*“LIFE IS BEAUTIFUL. IT’S ABOUT GIVING. IT’S ABOUT FAMILY.” - WALT DISNEY*



# WORKSHEET

**A. Using the “Influence Chart”, list some ways in which the members of your family contribute to your sense of history and continuity, family traditions and celebrations, and fostering resiliency and solidarity. You may put their picture and name of each member in the space provided.**


**B. How does learning about your family’s heritage and cultural practices foster a deeper sense of nationalism and patriotism in you?**

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**C. How can you use these family practices in helping your community and country to create a more harmonious and progressive society? Give some concrete examples.**

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# BUGSO:

## Strengthening Communities

*bugso*

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



*"This country [the Philippines] is like a pyramid, like a tower. It is made up of millions of stones... and the foundation stone of this pyramid is the common man."*

*—Ramon Magsaysay, 7th President of the Philippines*

# A Force for Good



*Disclaimer: The names and places that were used in this story are purely fictional and are not intended to represent real individuals, locations, or entities. Any resemblance to actual persons, living or dead, or to real places or organizations is entirely coincidental. The story is a work of fiction and has been created for artistic and storytelling purposes.*

**B**arangay Inaktibo is one of the poorest barangays in Pag-asa City. Most of its citizens belong to the lower class because of unemployment and poor management by its government officials. Because of this, Barangay

Inaktibo became a prominent place of chaos, pollution, and corruption and most of its citizens, especially the older ones, became hopeless and lost the motivation to improve their lives and their barangay.

The Puerza Family, who lives in the heart of Barangay Inaktibo, is one of the poorest families in their neighborhood. Tatay Manuel and Nanay Nilda Puerza, both factory workers, make a great effort to support their three children, namely James, May, and Ben, despite their minimum wage salaries. The family's salary barely covers their basic needs, and they often struggle to meet the demands for food, education, and healthcare. But despite their financial situation, the Puerza Family finds happiness and fulfillment in the little things. They laugh and tell stories while eating dinner, finding comfort in one another's companionship. The children of the Puerza Family became their parents' source of joy, giving them strength to continuously strive in life. Unlike any other family in the neighborhood, the Puerza family's generosity, resilience, and faith in God radiate throughout their shack.

Though struggling, James, May and Ben Puerza, the children of Tatay Manuel and Nanay Nilda, saw their

parents' overflowing generosity by helping their neighbors in times of need. Despite being busy making ends meet, their parents find ways to lend a helping hand by actively joining in different community activities like clean-up drives and feeding programs to improve the situation of their community.

By seeing their parents' active involvement in their neighborhood, the children grasped the importance of active citizenship and civic engagement. Through their parents' efforts, they became inspired to be agents of change in their community. At an early age, the children thought that by studying well and finishing school, they could also give back to their community, just like their parents.

Though their dreams of attending school seem easy, the family's financial constraints have made it difficult to achieve them. But with the hard work and dedication of the Puerza Family, especially Tatay Manuel and Nanay Nilda, they managed to get all their children to

finish their studies with the help of different scholarships. The Puerza family's achievements became an inspiration to their neighbors, igniting everyone's desire to persevere in life. Seeing the tireless efforts of Tatay Manuel and Nanay Nilda as well as their children, the older residents of Barangay Inaktibo became motivated to prioritize education and improve their lives little by little.

James became a doctor, May a teacher, and Ben a social worker. James provided free medical check-ups for their neighbors, while May conducted free tutoring for the children of Barangay Inaktibo. The youngest son, Ben, helped his parents with their Sunday feeding program for indigent families in their community. All of them took advantage of their profession to help improve their community. The Puerza Family became a beacon of hope for their community, and their story became a testament to the strength of will and the resiliency of the human spirit.

Seeing the changes in their community and the improvement of everyone's way of living, all the residents of Barangay Inaktibo realized that by helping oneself, helping others will be possible. That hardships and challenges in life should not limit everyone from taking part in the betterment of the community. Barangay Inaktibo has transformed from being the poorest barangay in Pagasa City to the most active and prosperous barangay. With all the improvements and developments in their community, the barangay captain of Barangay Inaktibo decided to change the name of their community to Barangay Aktibo.

Love and care for our community can make a huge impact and create a ripple effect of positivity. Like the Puerza Family, let us continuously preserve and improve our lives, be involved in our community, and be "Force for Good" citizens of our nation.



## SYNOPSIS

“A Force for Good”, is a short story based on different real-life stories from different people in our society. The central theme of the story revolves around the positive effects of active citizenship and civic engagement on the community and how they can transform a society. This story demonstrates how helping oneself may motivate others to do the same.

The story leaves the readers with a profound understanding that active citizenship is not solely about what one possesses, but rather, it is about what one gives back to their community. The love and care shown by the Puerza Family transcend their own lives, leaving a lasting impact that ripples throughout the neighborhood, instilling a spirit of active citizenship in the hearts of all who encounter their story.



## COMMENTARY



The story “A Force for Good” aims to inspire us to become active citizens of our communities. This story, which is based on real events, especially during the pandemic, shows how helping others can create a domino effect in our society.

The writer follows a simple plot in narrating the story and uses different symbols, such as the name of the barangay, which is Inaktibo,” to describe the qualities of the residents as well as the barangay. The writer also chose the surname “Puerza” to emphasize the role of the main character as an important “force” in transforming their community.

The narrative demonstrates how, despite individual struggles, helping others may start a positive chain reaction that spreads throughout the entire community. An illustration of this is how Tatay Manuel and Nanay Nilda worked hard to assist their neighbors in whatever way they could, despite their own personal hardships. Unaware of it, their actions motivated their children to become better people and contribute to society.

Have you personally engaged in any acts of active citizenship? If so, how did you feel about your contributions, and what impact did they have?



The “Bayanihan” culture is one of the qualities that sets Filipinos apart from other ethnicities. This tradition originated in rural areas, where male residents would help their neighbors move to another place or location by lifting their Bahay Kubo. This culture grew deeper over time as our country faced numerous obstacles and problems. Now, we see this Filipino custom everywhere we go, especially during and after calamities and disasters.

Most of us saw how most of our countrymen suffered from poverty, sickness, and unemployment during the pandemic. Sad to say, our government was unprepared to face this problem, resulting in more chaos and conflicts. However, the pandemic became a silver lining for us to see the importance of active citizenship and how Bayanihan culture can create a ripple effect in our society.

One of the best examples of Bayanihan culture happened during the pandemic, when the community pantries were established. None of us thought that a makeshift

pantry could provide a solution to the hunger that Filipino families were experiencing. Furthermore, many Filipinos were also inspired to imitate this act by creating their own community pantries in their barangays.

Social media also became an important tool in our Bayanihan culture. Asking for help became very accessible to everyone everywhere. Whenever there are typhoons or flash floods, social media becomes a source of communication for families and rescuers. This tool also empowers everyone to engage in meaningful community discussions and dialogues.

In conclusion, we must always be reminded that Bayanihan is a part of our identity as Filipinos. Wherever we are and whatever we do, we should always try our best to become active citizens of our society, despite any circumstances we face. Let us be resilient and proactive and draw strength from each other to transform our nation toward success.

# REAL STORIES ON THE GROUND!

## Community Pantry in Malibay Launched!



*Indefatigable nuns of San Juan de Nepomuceno School put up a community pantry which ran for over a year to provide the basic needs of thousands of families in Malibay. Read the full article here:*





### ***Nakakabusog na Pag-ibig!***



*Alumnae of Assumption High School Batch 1968 put together a feeding program and distributed food in towns of Manila during Covid. Full story here:*



### ***High Spirit of Bayanihan Above Waters (Literally!)***



*In the photo: Edna Miclat, Chapel Pastoral Council of San Pedro Chapel, in cooperation with the SAUP KAPATAD NSDP Program of Nuestra Señora Del Pilar Parish, San Simon. Taken last July 31, 2023, 5:35 pm in Barangay San Pedro San Simon, Pampanga during the relief operations after the onslaught of Typhoons Egay and Falcon.*

*Nuns and volunteers delivered food and extended relief assistance typhoon victims to after the aftermath of Typhoon Egay!*





## LESSON

**H**ow do you see yourself as a citizen of your community? Are you a passive citizen, merely observing from the sidelines, or an active citizen, passionately engaging and contributing to the betterment of the community you call home? As individuals, we must understand the concepts of active citizenship, civic engagement, and responsible engagement in community dialogues and discussions to better understand the relevance of involvement in our community.

Active citizenship refers to the active engagement of people in their society through different community programs such as volunteering to maintain community spaces, feeding programs, blood drives, and health and wellness activities. Voting in elections, participating in social conversations and discussions, and buying locally produced goods are further methods to demonstrate active citizenship. It involves taking charge of community needs and acting responsibly to bring about positive change for everyone. Active citizenship has the potential to create

a legacy of kindness and empathy towards societal advancement.

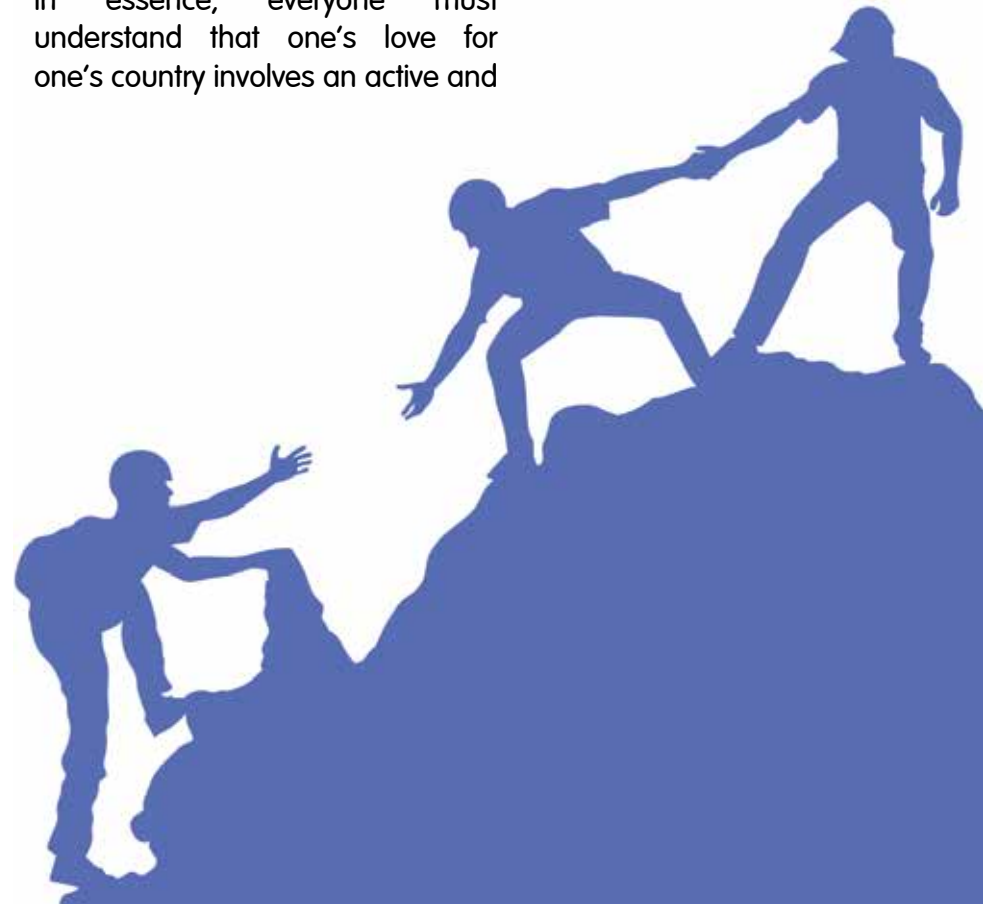
Civic engagement is an important factor in active citizenship. One cannot consider himself or herself an active member of society if he or she does not engage in civic activities. These include participation in activities or programs that give solutions to different societal issues like corruption, discrimination, and poverty for the enhancement of the community. Everyone is given the opportunity to express their thoughts and opinions on a variety of issues that might affect everyone through civic involvement.

Responsible Engagement in Community Dialogues and Discussions are also crucial to the transformation of a community since it requires collective effort to foster an environment that gives importance to different societal and political dialogues while keeping the values of humility, accountability, respect, and compassion in mind. Responsible involvement creates the foundation for good change and progress

within the community through teaching people constructively about critical themes that are essential for the improvement of society, being open to others' viewpoints, and acknowledging the individual needs of everyone.

In essence, everyone must understand that one's love for one's country involves an active and

sincere commitment to participate and contribute to its success. A successful and resilient community that works to overcome obstacles and create a better future for all is built on a strong and responsible sense of nationalism.





# WORKSHEET

**A. Individual Activity:** Complete this bucket list to become an active citizen in your community. You are tasked to list a minimum of 15 acts of active citizenship and accomplish them one by one. With this, you will be contributing to positive change and the transformation of your society. Get ready to embark on a journey of active citizenship and unlock the power within you to be a force for good!

**Examples:**

- Whenever I hear the Philippine National Anthem, I consistently sing it with homage.
- I engage myself in meaningful, sensible, and respectful dialogues in our community.

## A FORCE FOR GOOD BUCKET LIST

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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**B. What activities from your “A Force for Good Bucket List” became memorable to you? Why?**

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**C. How did this activity transform your personality and perspective in life?**

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**D. While doing each act, have you noticed any changes in your connections with neighbors, friends, or fellow citizens? How?**

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# YABONG:

## Growing Together

yabong

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



*"I've always fought for my country, in my own way, showing that Filipinos are a strong people and can do anything that they put their minds to.*

*—Manny Pacquiao, Filipino World Champion in the history of Boxing*

Get to know...

**D' HUWANDERERS**  
DEFENDERS OF INANG KALIKASAN



### HUWAN

He is a joyful Tarsier who enjoys wildlife and company. One day, mining destroyed his habitat and along with it his whole family. This is his turning point in becoming a 'Detective' and figuring out with the help of friends what destroyed his habitat. He can still be seen smiling and goofing around with friends but turns serious and logical on serious matters.

### KAYA

She also lives in Bohol with Huwan but after the great tragedy, her family transferred to Homonhon and other parts of the Visayas and Mindanao. Bravery is in her blood. She takes after his father and three older male siblings in courage. She became friends with Huwan after saving him and eventually joining in his adventure.

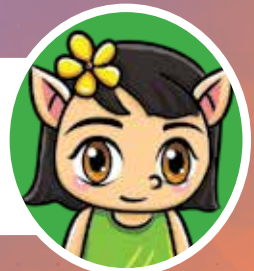


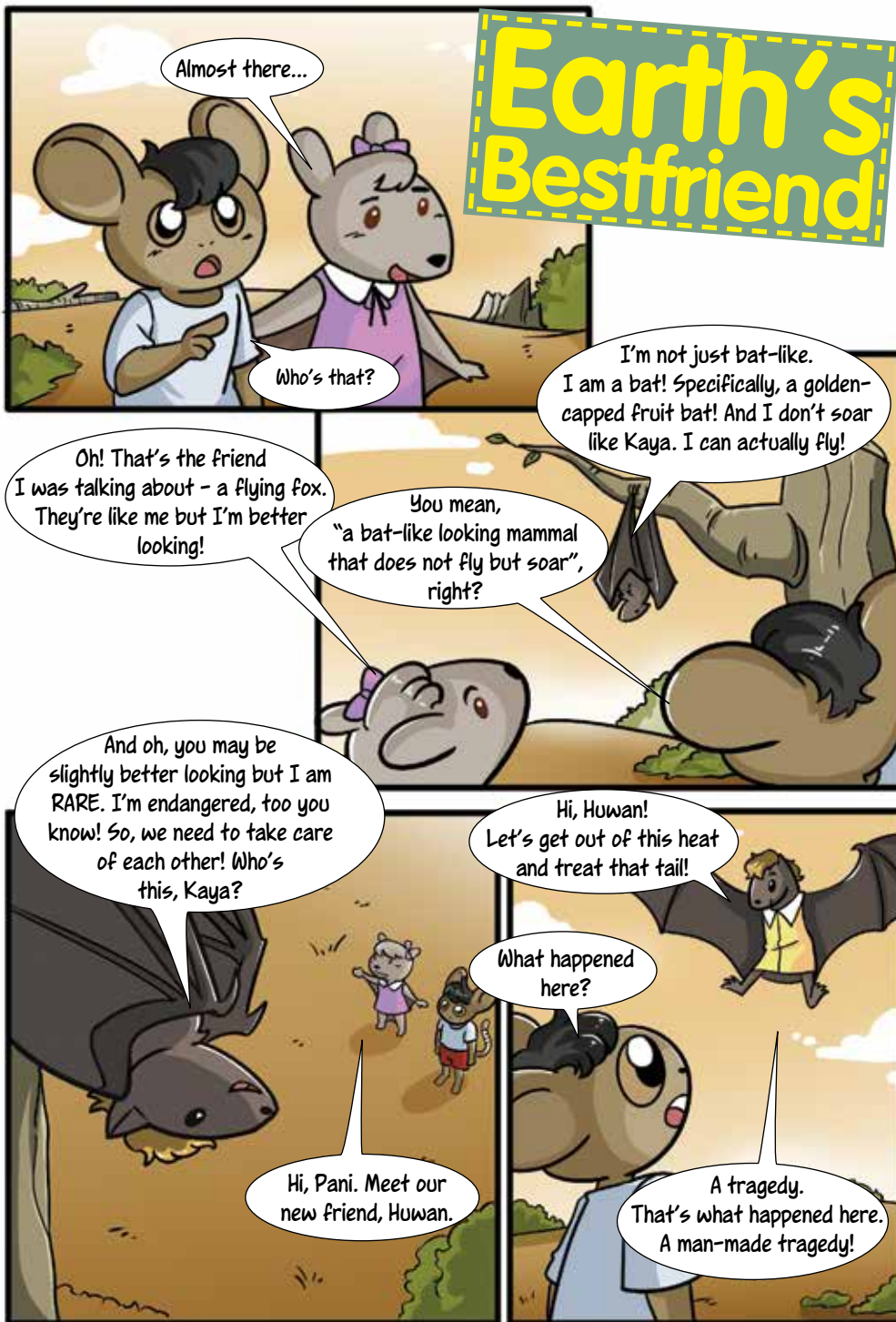
### BULL-E

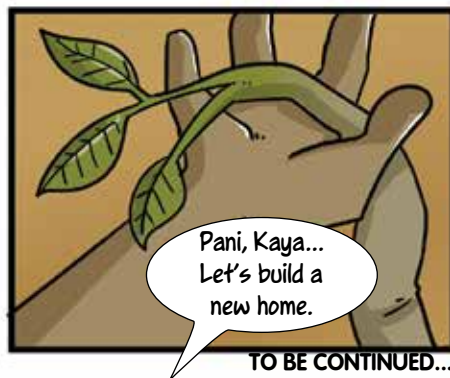
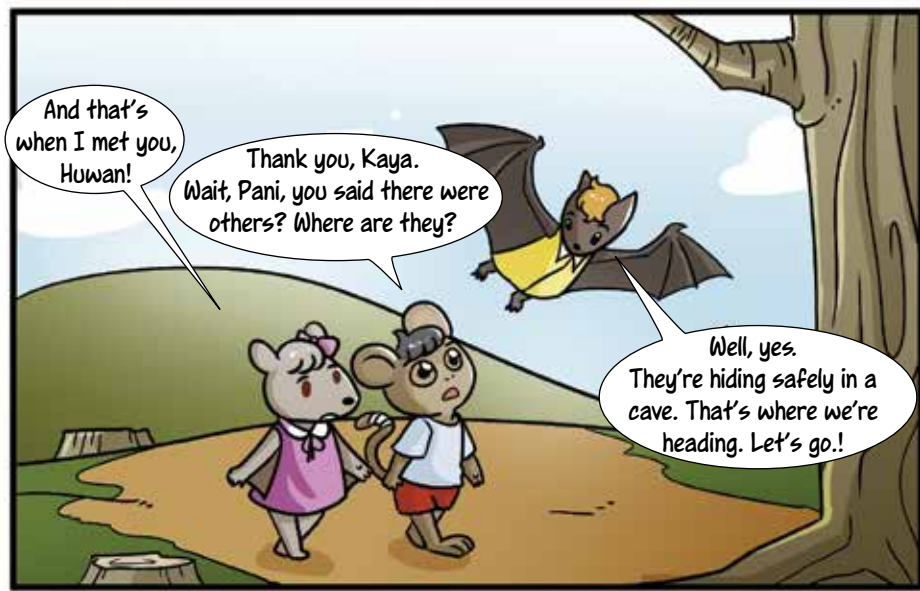
Dominant, aggressive and destructive. Hates animals. Made and operated to destroy based on Boss' wishes. Multiple enemies have been made because of this and his conceited nature.

### HIRA

Huwan's little sister. Crafty and wise for her age. A survivor in a little package. Cares for her big brother a lot and is always Huwan's guiding compass.







TO BE CONTINUED...

## SYNOPSIS



“Earth Bestfriend” is a beautiful fable that tackles the negative effects of illegal logging on the habitat and lives of animals. The central theme of the story is about environmental stewardship as it motivates readers to act and make a change.

The characters in the story are all animals, namely Huwan, Kaya, and Pani. Huwan is a tarsier, Kaya is a flying lemur, and Pani is an endangered Giant Golden-Capped Fruit Bat. The story began when the

illegal loggers tore the trees apart and destroyed the homes of the characters. When Kaya and Pani were fleeing to save others from the devastation of their habitat, Kaya saw how Huwan fell off the tree and injured his tail, so she went back to save him. After saving Huwan, Kaya introduced Huwan to Pani, and they all had a conversation about what happened to their homeland. The story ended when Huwan persuaded Kaya and Pani to build a new home after finding solace in a plant.



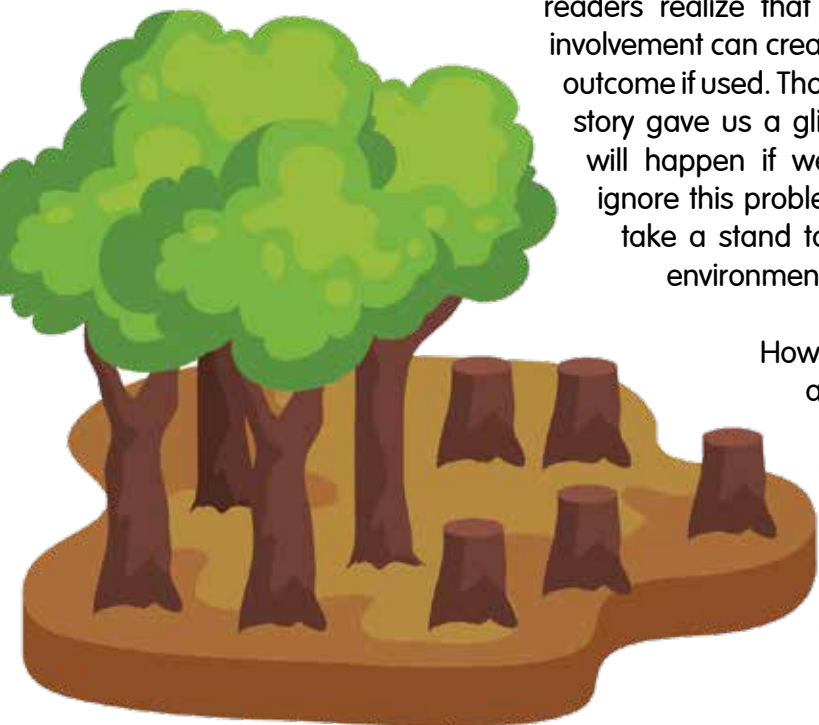


The story “Earth’s Bestfriend” is in the genre of fable as it uses animals who act and converse like humans as its characters. The writer employed flashback as a literary device to clearly show the cause and effect of the events. The central theme of the fable revolves around nationalism, as it shows how love and care for our homeland can start a positive change.

One of the biggest environmental problems we are experiencing right now is climate change. Climate change, landslides, flash floods, extreme heat, and drought are some of the many negative repercussions of illegal logging. This problem also often results in the migration and extinction of animals.

“Earth Bestfriend” delivered a strong message that would make us readers realize that empathy and involvement can create a wonderful outcome if used. Though fiction, the story gave us a glimpse of what will happen if we continuously ignore this problem and do not take a stand to preserve our environment.

How do your actions and choices in everyday life reflect your commitment to environmental stewardship?



As we live in this modern age where technology takes up a huge part of our lives, we often forget the importance of our interconnectedness with nature. Cellphones, computers, the internet, social media, and many others make us disconnected with our surroundings, and that is the reason why most of us forget that our role as human beings is to protect and preserve the natural world.

To love our country is to protect our natural resources and everything that surrounds it. By making ourselves aware of and educated about the

current crisis in our environment and by promoting ways and long-term solutions to these challenges, we are already enriching our participation in environmental stewardship.

As citizens of our country, it is a challenge for us to step up our game in protecting our environment. Let us always remember that we are not the only ones who live in this world, and every living organism deserves to be taken care of. Our everyday actions and choices in life, no matter how small or simple they are, contribute either to the betterment or detriment of our environment.



## LESSON

There are many ways to embrace environmental stewardship in our day-to-day lives, and each small action we take can collectively make a significant positive impact on the planet. From simple changes in our habits to more conscious decisions in our consumer choices, we all have the power to contribute to a more sustainable world. Here are some simple ways to embrace environmental stewardship in our day-to-day lives:

Maintaining our natural resources for the benefit of future generations may be done through conservation and preservation. We can extend the lifespan of our nation and our planet by conserving natural resources like water and electricity. Checking leaks in water heaters and faucets, purchasing energy and water-saving appliances, and shutting off appliances when not in use are some easy ways we may do to help in the preservation of our natural resources.

Sustainable resource use is also a critical component of utilizing and

managing our natural resources. By doing this, we are giving our planet a chance to replenish its resources to meet the needs of everyone. We can simply do this by engaging in waste management activities like the three Rs (reduce, reuse, and recycle) and by using renewable resources such as solar, wind, and hydroelectric energy.

Maintaining community spaces like parks, playgrounds, community centers, and recreational areas is also beneficial for the environment. These places have made a huge contribution to our identity as individuals since we use all of them to build connections with our family and friends. Maintaining these spaces properly by planting plants and trees, participating in clean-up drives, and disposing of garbage properly can strengthen the bonds of our community and our quality of life.

Expressing our sense of nationalism does not only involve sharing ideas through dialogue but also participating in different



environmental activities that promote conservation and preservation, responsible resource use, and the maintenance of community spaces. Let us take part as environmentally

conscious citizens to become responsible and to contribute to the protection and preservation of our natural resources and the well-being of our planet.



# WORKSHEET

**A. Individual Activity:** This activity aims to help you assess whether you are an environmental steward or not. To identify oneself as an environmental steward, complete a line of five designated cells on the bingo card, either vertically, horizontally, or diagonally. You may play this with your family and friends to make it more meaningful and enjoyable. Take this opportunity to reflect on your environmental practices and identify areas for improvement.

I use reusable spoons and forks and food containers instead of one-time utensils and packaging.	Respecting every living organism is second nature to me	I practice proper segregation of wastes	We reuse the rainwater or bath water	We reuse the rainwater or bath water
I am a <i>plantito</i> or <i>plantita</i> by heart	I always finish my food to avoid wasting of resources	I take shower in less than 5 minutes	I love riding bicycles rather than driving cars	I like riding public transportations
I prefer using reusable items like metal/ bamboo straws and tumblers	If not in use, I switch off the lights and appliances in our home	<b>FREE</b>	I understand the effects of global warming	I join clean up drives whenever I can
I practice the three Rs (reduce, reuse, and recycle) most of the time	Most of the time, I eat organic food	I have a small garden in my home	We don't use air-conditioners at home	I experienced planting a tree
I appreciate the beauty of the environment	I always throw the litter in the proper garbage bin	I always put my food in reusable containers	I don't like buying clothes often	I don't like illegal logging, mining, and waste burning

**B. Individual Activity:** Using the results from the previous activity, how would you rate your overall commitment to environmental stewardship and the efforts you make to protect and preserve the environment? You may encircle or highlight your rating and remember to be honest and sincere in doing this activity.

<b>RATING SCALE:</b> 1 to 5 (1 being the lowest and 5 being the highest)	
<b>5</b>	Consistently committed to being an environmental steward.
<b>4</b>	Regularly engaged in environmentally conscious behaviors.
<b>3</b>	Occasional display of environmental responsibility.
<b>2</b>	Minor participation in sustainable actions.
<b>1</b>	Very limited or no involvement in eco-friendly practices.

How did the results of your previous activity help you realize the importance of environmental stewardship in building a strong and progressive nation?

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# SILAKBO:

## Being One in

*silakbo*

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



*"It's in your DNA to be a Filipino;  
how can you just turn your back on it?"*

*—Lea Salonga, Multi-awarded Filipino Artist*

# Meet the...

# CHAMPS

Original Concepts by:

Christina Mercurio

Noel de Leon & Boogie Policarpio

## The Champions of a Meaningful & Peaceful Society



### JESSICA CATAPANG.

18 years old. Pol Sci student. Editor of the college paper. Would rather be complimented on what she knows than how she looks.



### MARIANNA REYES.

aka "Mia." Senior Law student. Eats, drinks, breathes law. Writes airtight and precise legal briefs. Chews her opponents in mock trials.



### REX GUERRERO.

The Skipper of the varsity taekwondo squad. Expert in mixed martial arts and nonlethal weapons and tactics.



### CARLITO MONTES.

"Carl" to his friends. Computer, math and communication wizard.



Shepherding them all is Professor **BENEDICTO OCAMPO**. Presently the Digawa University Chancellor. History, governance, and public admin guru. Razor sharp mind. Brilliant strategist.



## CHAMPS BOARD GAME AVAILABLE NOW!

# CHANGE STARTS WITH US

Kat Mulia is a traffic enforcer of Pook Digawa.



A few moments later...



Good afternoon, sir. I'm traffic officer Kat Mulia. You violated a traffic rule for not wearing a helmet.

Officer, Christmas is near. I hope that you would let this pass.

No, I must do my duty. It's for your safety as well. May I have your license and registration, please?

It will cost me P1,500. I'll just give her P100 instead.



You're very difficult, officer.



Ma'am... for your merienda.

Do you know that bribing a traffic enforcer is also against the law?

Later on, the violator was also charge with corruption of a public official.



Kat was commended by Gov. Pembojo for choosing to ignore the bribe money and continuing her function as a law enforcer.



If we want to see positive change, we must follow the example of Ms. Mulia. She is disciplined and incorruptible. She follows and respects the law.



The story spread in Pook Digawa like wildfire.

Bro, look at the news. I can't believe that there are still officers like her.

There are still good people doing their jobs. Let's not lose faith in our law enforcers.

**BZZZZ..**



Suddenly...

Hello, dad! What's up?

I'm just calling to remind you that we'll have an event for the prisoners at 3 pm.



I'm actually on my way with my new friend, Winston.



At Pook Digawa Police Headquarters...

Have you noticed something different on our way here?

Yes! That was a smooth and fast trip. Even the jeepney driver wears a seatbelt!

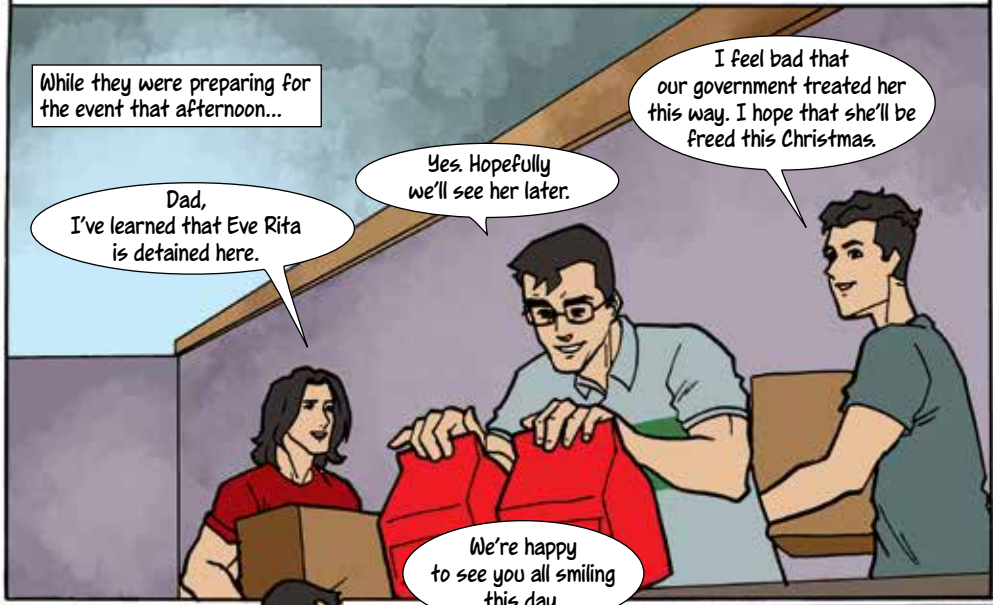
People are also following traffic rules.

The story of Ms. Mulia must have inspired the citizens of Pook Digawa after all.



You two are too early! You must be Winston. I'm Joe Salvo, Lucas' father.

Good afternoon, Mr. Salvo. Nice to meet you.



While they were preparing for the event that afternoon...

Dad, I've learned that Eve Rita is detained here.

Yes. Hopefully we'll see her later.

I feel bad that our government treated her this way. I hope that she'll be freed this Christmas.

We're happy to see you all smiling this day.



During the event...



Later on...

Suddenly...

Is that...?

Yes, that's her.

Merry Christmas po!

It's an honor to meet you, Ms. Eve!



As they were enjoying their meal...

Thank you for everything today. I've been here for 4 years already and this is the first time someone did this for us.

I also thank all of you for celebrating Christmas with us, like we are part of your family here.



## SYNOPSIS



The story "Change Starts with Us" is about how someone's influence can create a positive change in his or her community. The story revolved on the main protagonist, Kat Mulia, a traffic enforcer who had hands-on experience with corruption in her community.

Kat Mulia's knowledge, skills, and awareness of corruption created a positive representation of herself within her community. Although she was aware of the bribery that was done by the driver, she consciously chose to distance herself from such unethical actions. This decision further enhanced her standing in the community. By dealing with this negative situation with dignity and integrity, Kat Mulia demonstrated her commitment to upholding ethical values, and in doing so, she solidified her positive reputation among the residents of her community.

*"If you don't like something, change it. If you can't change it, change your attitude."*

*-Maya Angelou*



## COMMENTARY/DISCUSSION

The central theme of the story “Change Starts with Us” revolved on the importance of positive representation and how it can transform a society towards peace and progress. The narrative followed the life of Kat Mulia, a traffic enforcer who recognized the power of positively performing her job in promoting a just and harmonious community. Through her actions and decisions in life, she represented her community very well and demonstrated her sense of nationalism by consistently choosing honesty, fairness, and empathy. Because of her good deeds and positive contribution to society, she

was awarded by their governor and became an example to many.

Though fictional, this story represents real-life events where honesty and dignity have been exhibited by different people. The title “Change Starts with Us” is a strong statement that captures the idea that transformation and progress begin with each of us. It highlights the crucial role of every individual in transforming the nation. The story reflects how our abilities, skills, and talents can become tools that would contribute to positive change.

**Now, have you contributed to the development and change of your community and country? Have you lived your life in a way that is consistent with the ideals of positive representation?**



## REFLECTION

Nowadays, people tend to find different ways to improve themselves and their lives. Since birth, we have been in a situation wherein we always prove to others that we are smart, talented, skilled, or better than everyone else. This drive to excel in life is often fueled by the expectations of our society, peer comparisons, and our aspirations in life.

However, during this quest for personal development, we frequently lose sight of the fact that the purpose of our life is to coexist peacefully with others and make a meaningful contribution to our nation. While having goals and achieving them are important in our life, they only have genuine meaning when they are in line with the progress of our country and the welfare of our communities.

The lyrics “*Walang sinuman ang nabubuhay para sa sarili lamang*”, from the song “*Pananagutan*” by Jamie Rivera explains the idea that our life is not solely for us but is to be shared with others. As we

mature, we must realize that the essence of living is through our sincere connections with others and our life-long impact on our society and country. This song’s lyrics serve as a strong reminder that our path through life is entwined with other people’s wellbeing, inspiring us to live with meaning, compassion, and a dedication to make a positive change in the lives of everyone around us.

**BE THE  
ENERGY  
YOU  
WANT TO  
ATTRACT**



## LESSON



**N**ationalism entails a great love and dedication to one's country, as well as numerous factors that contribute to a nation's growth and togetherness. A strong nationalism framework must emphasize cultural heritage, positive representation, and education and skill development. These aspects work together hand in hand to form a strong national identity, create strong bonds, and propel growth.

Cultural Heritage pertains to collective identity, culture, and traditions that reflect the identity of a society or nation. Each nation has its own cultural heritage that makes it distinct or unique from the others.

But because of modernization and globalization, cultural heritage has become a topic of both celebration and concern. Modernization and globalization have helped individuals learn about cultural diversity through the accessible and fast transmission of cultural practices, artifacts, and traditions. However, it also had negative impacts, especially on the preservation of cultural heritage.

Promoting cultural heritage is crucial to strengthening one's national identity. By recognizing, understanding, and celebrating unique cultures, traditions, customs, and histories, people will have a strong understanding of their roots and identity, and their sense of nationalism will be fostered. Some examples of the promotion of cultural identity are the continuous practice of family traditions and celebrations (e.g., Fiestas, Christmas celebrations, attending mass every Sunday) and fostering cross-cultural understanding through interactions with people of different cultures, religions, backgrounds, and ethnicities. As we share the

uniqueness of our culture with others, we will have a strong connection and understanding of our cultural heritage.

Positive Representation is also a crucial factor in nationalism. As we model or represent our nation's culture, traditions, attitude, and customs, we create a positive representation of our country for others. This will have a significant influence on our fellow citizens, as well as individuals from other cultures, who are more likely to be inspired and fascinated by our cultural heritage. We can portray a positive representation of our country by performing our job well, treating other people with mutual respect, and developing our skills and talents for the betterment of our community.

Lastly, Education and Skill Development are vital to empowering citizens to be efficient and excellent individuals. When people are empowered, they will be confident in who they are and what they can do. Through education and

participation in different training courses and seminars, people will actively participate in transforming the nation. This will develop critical thinking, active citizenship, and participation in community conversations and discussions, building a common commitment to the nation's success.

Let us always remember that by giving importance to these factors, we will become critical citizens of our country who place emphasis on strengthening our understanding and portrayal of our self-identity and national identity. As we safeguard our cultural heritage, promote positive representation, and focus on learning and skills, we create a strong, progressive, and prosperous nation.



# WORKSHEET

**A. Individual Activity:** This activity will help you create a personalized plan for self-improvement. Reflect on and assess on your strengths, weaknesses, goals, and actionable steps, to create a roadmap for continuous growth and personal development.

Name:	Gender:
Age:	Ethnicity:
<b>SELF IMPROVEMENT SHEET</b>	
<b>Strengths:</b> <i>Habits, skills, and talents that you are proud of:</i>	<b>Weaknesses:</b> <i>Habits, skills, and talents that you want to improve or change:</i>
<b>New Skills to Learn</b> (e.g., baking, writing, playing musical instruments, serving in church):	
<b>Dreams and Aspirations in Life</b> <i>After 10-20 years, how do you see yourself?</i>	<b>Steps in achieving your goals:</b> <i>What are your actionable steps to achieve your dreams and aspirations in life?</i>

**B. What are some potential obstacles you might encounter while working on your self-improvement goals? How can you overcome these challenges?**

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**C. How does completing this self-improvement sheet enable you to take charge of your personal growth journey? What impact will this have on your ability to be a critical and effective citizen of your country?**

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## REVIEW

**N**ationalism is essential in the formation and preservation of national identity and cultural heritage. It stems from a great passion for one's country, inspiring individuals in taking action to help the country flourish, not simply in symbolic gestures. People that have a sense of nationalism actively participate in activities that help their country transform toward progress. They become better citizens and contribute to positive change by knowing themselves better and enhancing their views and knowledge. This self-improvement enables them to make a genuine impact in their country. They become active in many aspects of society, such as community initiatives or supporting local companies, demonstrating their devotion to making their nation a better place.

By answering these assessments, it will help you better understand nationalism and everything it entails, from identifying self-identity, preservation of family tradition and culture, establishing community development and solidarity, to environmental stewardship, and expression of nationalism and patriotism. As citizens, it is important to be critical members of society to demonstrate your sense of nationalism. Respond to all activities as best you can to show your understanding and great love for your country.

### A. Acrostic Poetry

Explore your knowledge and learnings about the concept of nationalism through an acrostic poem. Write meaningful phrases or lines using each letter of the word "NATIONALISM" to express your thoughts, emotions, and insights related to nationalism.

**Example: N- Nations united, nurturing national identity**

N - \_\_\_\_\_

A - \_\_\_\_\_

T - \_\_\_\_\_

I - \_\_\_\_\_

O - \_\_\_\_\_

N - \_\_\_\_\_

A - \_\_\_\_\_

L - \_\_\_\_\_

I - \_\_\_\_\_

S - \_\_\_\_\_

M - \_\_\_\_\_





# REVIEW

## B. True or False

Enhance your understanding of the meaning and importance of nationalism by answering this activity. Write TRUE if the statement reflects nationalism and FALSE if not. Write your answers in the space provided beside each number.

- \_\_\_\_\_ 1. Nationalism pertains to one’s deep affection and devotion to his or her country and is often accompanied by a strong sense of pride and loyalty.
  
- \_\_\_\_\_ 2. Nationalism primarily focuses on individualism rather than collective progress.
  
- \_\_\_\_\_ 3. Positive representation of one’s country is an important aspect of nationalism, as it contributes to a sense of unity and pride.
  
- \_\_\_\_\_ 4. Celebration of cultural heritage and preservation of traditional practices can be considered acts of nationalism.
  
- \_\_\_\_\_ 5. Nationalism is exclusively about prioritizing one’s own country’s interests above all else, disregarding global cooperation.

## C. Identify each act and assess if these acts represent a sense of nationalism or not. Draw 😊 if the statement is a clear representation of nationalism and 😞 if not. After this, share a brief explanation of your answer in the space provided.

- 1. The Garcia family spends most of their holy week relaxing in beaches or travelling abroad. They look forward to these vacations because they allow them to relax, and bond with one another.

Answer: \_\_\_\_\_

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- 2. He constantly spreads false news and information from untrustworthy sources, confusing his friends and acquaintances.

Answer: \_\_\_\_\_

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# REVIEW

# ACTIVITY: Become a MAKABAYANI!

3. Mrs. Nilda is a well-known plantita in their neighborhood. She maximizes the available spaces in their home to plant plants, vegetables, and trees. She also shares her gardening knowledge and produce with her neighbors.

Answer: \_\_\_\_\_

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4. Ramil is a taxi driver that travels through several areas every day. One day, he finds that his last passenger left her wallet in the taxi, which contained cash, cards, and identification cards. He promptly contacted his passenger with the help of social media and handed her the wallet.

Answer: \_\_\_\_\_

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**Who do you see as modern day heroes in your family, school, and community? What are their characteristics that you and everyone should and can emulate? Think of your modern day heroes, and then let's showcase them here! Paste or draw a picture of them in each box and write down their best characteristic and how they are heroes for you!**

Name: \_\_\_\_\_

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Name: \_\_\_\_\_

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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.

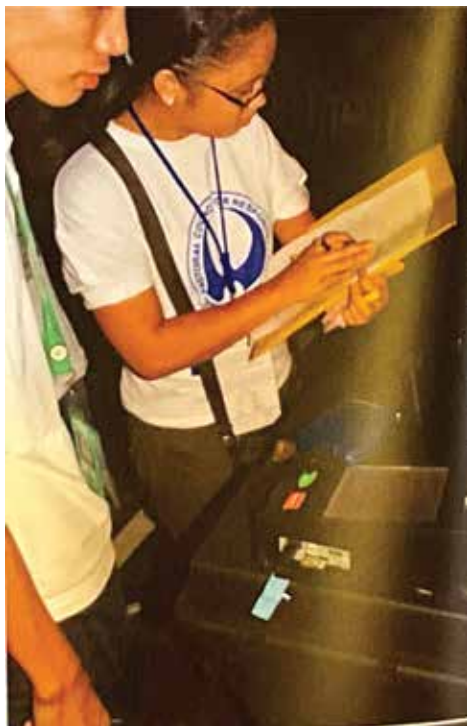
*Photos of PPCRV Voters Assistance Desks helping voters find their precincts.*





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!

# 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