



# KALUSUGAN

Una sa **LAHAT**  
para sa **LAHAT**



2. "Gaya-gaya" or "para in" (feeling of "I" belong to...) Premarital sex is not a fashionable things to do. Such action should be taken with responsibility. One should take note that most Filipino males do want to a virgin bride.



3. "Na-carried away" (so emotionally excited). It's natural to be emotional but one has to learn to control such emotions. Emotion must be directed by one's reasoning power. Sexual activities is equated with mature responsibility.