


Republic of the Philippines  
**Department of Education**  
NATIONAL CAPITAL REGION

**REGIONAL MEMORANDUM**  
ORD- No. 1118 S.2023

**TO** : Schools Division Superintendents  
Head-School Health and Nutrition Section

**FROM** :   
WILFREDO E. CABRAL, CESO III  
Regional Director

**SUBJECT** : **SUPPORT TO COMPREHENSIVE SEXUALITY EDUCATION  
AND WASH IN SCHOOLS PROGRAM: MAINSTREAMING THE  
OKY PHILIPPINES PERIOD TRACKER IN SCHOOLS**

**DATE** : October 20, 2023

1. Enclosed is a copy of OUOPS Memorandum No. 2023-03- 8658 signed by Atty. Revsee A. Escobedo, Undersecretary for Operations dated September 14, 2023 regarding the **Downloading of the OKY Period Tracker App for female adolescent learners, grades 4 to Senior High School or ages 10- 19 years old**, contents of which are self-explanatory for information guidance and appropriate action for all concerned.

2. Immediate dissemination of and compliance with this memorandum is desired.



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Republic of the Philippines  
**Department of Education**  
OPERATIONS

OUOPS No. 2023-03- 3448

**MEMORANDUM**

**TO :** **REGIONAL DIRECTORS**  
ESSD Chief  
**SCHOOLS DIVISION SUPERINTENDENTS**  
SGOD and CID Chiefs  
School Health and Nutrition Section  
Public and Private Elementary and Secondary School Heads  
All Others Concerned

**FROM :**   
**ATTY. REVSEE A. ESCOBEDO**   
*Undersecretary for Operations*

**SUBJECT :** **SUPPORT TO COMPREHENSIVE SEXUALITY EDUCATION  
AND WASH IN SCHOOLS PROGRAM: MAINSTREAMING THE  
OKY PHILIPPINES PERIOD TRACKER IN SCHOOLS**

**DATE:** **14 September 2023**

Girls' ability to care for themselves during menstruation significantly influences their overall health and development. In the Philippines, the lack of open discourse and comprehensive menstrual health and hygiene (MHH) education, along with limited coverage of sexual and reproductive health and rights (SRHR) in schools, leaves girls vulnerable to misinformation. This hinders their access to accurate knowledge for managing their periods safely and confidently.

Oky is the world's first-period tracker app, co-designed for adolescent girls to make learning about menstrual health fun. As a digital companion, Oky empowers girls to confidently manage their periods with evidence-based insights and personalized cycle tracking. In the Philippines, Oky underwent a comprehensive process of localization through consultations with 473 girls and boys aged 10-19 years old from different geographical and social backgrounds, including indigenous communities, out-of-school children and youths, and children with disabilities. Collaborating with various agencies and technical experts ensured that Oky effectively meets the needs of these groups.

The Oky Philippines app, supported by the Australian Government, is a joint product of the Department of Education (DepEd), Department of Health (DOH), Commission on Population and Development (POPCOM), National Youth Commission (NYC), Regional government of the Bangsamoro Autonomous Region in Muslim Mindanao

**SUB VERIFICATION**

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(BARMM), and United Nations Children's Fund (UNICEF) Philippines, in partnership with Plan International. At DepEd, the development and vetting process was guided by the School Health Division and Youth Formation Division of the Bureau of Learner Support Services, the Learners Rights and Protection Office, and the Bureau of Curriculum Development.

The Oky Philippines Period Tracker App is approved and endorsed by the DepEd, DOH, POPCOM, NYC, and BARMM Regional Government for nationwide use, particularly by adolescent girls and young women. The app was launched at the national level on May 26, 2023, following a regional-level launch in BARMM on March 16, 2023.

Cognizant of the social and digital realities of adolescent girls and young women, Oky Philippines is designed with the following key features:

- a) Period tracking functionality;
- b) Encyclopedia on Menstrual Hygiene Management (MHM) and Adolescent Sexual Reproductive Health (ASRH) insights, featuring relevant Islamic content;
- c) Engaging and girl-centered gamified content, such as quizzes, mood tracking, a diary, and surveys;
- d) Personalized avatar for guided navigation;
- e) Inclusivity through the Text to Speech feature for girls and young women with disabilities;
- f) The local database of Adolescent-friendly Health Service Providers and
- g) Accessible both online and offline; shareable via Share it and APK file.

In this regard, the Office of the Undersecretary for Operations (OUOPS), through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), endorses to all DepEd Offices and Schools to download the Oky Period Tracker App for adolescent learners, Grades 4 to Senior High School or ages 10 to 19 years old, as an additional information resource on menstruation, adolescent sexual reproductive health, child protection and mental health, among other learning areas. The App can be downloaded from Google Play (Android users) or the App Store (iOS users). The QR code below can also be used for downloads.



DepEd, with BLSS-SHD as the lead unit, is collaborating with UNICEF and Plan International in the national roll-out of Oky Philippines to reach all schools and as many learners as possible through capacity-building of teachers and school health personnel and promotional activities at regional, division, and school/community levels.

Audio-visual presentations introducing the Oky Philippines app and showing steps for downloading will be disseminated through DepEd Philippines social media

platforms for all schools to promote the app to students during homeroom, relevant classes, or school events where the topic of menstruation can be discussed.

An online orientation session on menstrual health and hygiene and promoting the Oky Philippines app will be conducted for the following personnel of all regional and schools division offices:

- a. Adolescent Reproductive Health (ARH) focal persons
- b. WASH in Schools (WINS) coordinators
- c. Education Program Supervisors (EPS) for MAPEH/CSE

Furthermore, a series of capacity-building activities will be conducted for Schools Divisions in regions where UNICEF and Plan International currently have programme operations, namely: NCR, REGION IV-B, REGION VIII, REGION IX, and CARAGA to strengthen the capacities of the abovementioned personnel, teachers, and school heads in integrating menstrual health and hygiene, adolescent reproductive health and the use of the Oky Philippines app in curriculum implementation and learner support services.

The Regional Directors and School Division Superintendents in NCR, REGION IV-B, REGION VIII, REGION IX, and CARAGA are enjoined to ensure and monitor the participation and outputs of personnel in the capacity-building activities.

School heads are enjoined to place print materials about the Oky App in Health Corners or other strategic locations within the school.

The following documents are enclosed for reference:

- a. Annex A – Proposed Activities and Timeline; and
- b. Annex B – Roles and Responsibilities

For questions and concerns, please contact Phanny S. Ramos, Health Education and Promotion Officer III, and Vonerich B. Berba, Education Program Specialist II, BLSS-SHD through (02) 8-632-9935 or email at [blss.shd@deped.gov.ph](mailto:blss.shd@deped.gov.ph) /.

**Annex A**

**Proposed Activities and Timeline**

Oky Project focus areas: NCR, Region IV-B, Region VIII, Region IX, Caraga, and BARMM

<b>Activity</b>	<b>Mode of Delivery/Strategy</b>	<b>Target Participants</b>	<b>Timeline/Schedule</b>
ARH focal/School Heads orientation on Oky both public and private schools	Division-wide	School Heads and ARH focal person of public and private schools	September 2023 to November 2023
Oky rollout session in public and private schools	School-wide	Pupils/Students from Grades 4-6, Junior High and Senior High  DepEd Region & Division: -NCR -Region IV-B -Region VIII -Region IX -Caraga -BARMM	September 2023 to February 2024
Posting Oky promotional materials in the official social media channels (Facebook, etc) of Division Offices and schools	Division Offices/Schools	Pupils/Students/Communities	September 2023 to July 2024
Integrating Oky promotion in schools' big events like regional and divisional Meet and Palaro, youth leaders camp and others.	Regional/Division wide	Pupils/Students/Parents	September 2023 to July 2024

**Annex B**

**Roles and Responsibilities**

**DepEd Central Office (CO) and Regional/Division Offices Coordination**

- a) Issuance of a memorandum by DepEd CO through Regional and Division Offices, mandating schools to facilitate the download of Oky PH for all pupils/students aged 10-19 years old.

**Designation of Focal Person**

- a) **Active Coordination:** A designated and active focal person from both Regional and Division Offices is required to facilitate smooth and swift communication with Plan International and collaborating partners.

**Attendance during Oky Orientation**

- a) Participation of school heads and Adolescent Reproductive Health (ARH) focal persons from regional, division, and schools in the Oky Orientation, jointly organized by division offices and Plan International, is highly recommended.

**School-Wide Oky Rollout**

- a) **Schools Division Offices' Authorization:** SDOs may allow schools to carry out a comprehensive one-day Oky rollout, ensuring adequate time for app downloading.
- b) **Student Participation:** Schools are encouraged to allow pupils/students to bring their Android smartphones during the designated school-wide rollout schedule.

**Teacher Engagement**

- a) **Targeted Grade Levels:** Teachers responsible for teaching CSE for Grades 4, 5, 6, Junior High, and Senior High School levels are encouraged to ensure that every student under their guidance has successfully downloaded the Oky PH app.

**Monitoring and Evaluation**

- a) **Regional Office Oversight:** DepEd Regional Office and SDOs are requested to monitor rollout activities and Oky downloads per division to facilitate the attainment of the minimum download targets.