



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

April 19, 2024

**REGIONAL MEMORANDUM**

No. 439, s. 2024

**To:** Schools Division Superintendents  
 Division Focal Persons for Adolescent Reproductive Health (ARH)  
 Division Comprehensive Sexuality Education (CSE)  
 Division Focal Persons for Youth Formation (YF)  
 Division Focal Persons for Water Sanitation and Hygiene in Schools (WinS)  
 All Others Concerned

**VIRTUAL ORIENTATION OF OKY PHILIPPINES MENSTRUAL TRACKER APPLICATION**

1. Enclosed is a copy of Memorandum OM-OUOPS-2024-09-02713 signed by Atty. Revsee A. Escobedo, Undersecretary for Operations, dated April 03, 2024 titled **"VIRTUAL ORIENTATION OF OKY PHILIPPINES MENSTRUAL TRACKER APPLICATION"**.
2. Selected participants for the activity are the Regional and Division ARH Focal Persons, select focal of CSE, Youth Formation (YF), WinS, and Guidance Counselor on April 30, 2024, from 9:30 AM to 12:00 PM via Zoom. Participants are requested to pre-register at <https://bit.ly/Oky-App-Orientation> for confirmation until April 26, 2024. The zoom link will be sent via e-mail after the pre-registration.
3. Immediate dissemination and compliance to the Memorandum is desired.

  
**JOCELYN DR. ANDAYA**  
 Director IV

ESSD/Shnu



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Republika ng Pilipinas  
**Department of Education**

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

**MEMORANDUM**

**DM-OUOPS-2024-09- 62913**

**TO : REGIONAL DIRECTORS AND BARMM EDUCATION MINISTER  
SCHOOLS DIVISION SUPERINTENDENTS  
ESSD and SGOD CHIEFS  
REGIONAL AND DIVISION FOCAL PERSONS FOR ADOLESCENT  
REPRODUCTIVE HEALTH (ARH), COMPREHENSIVE SEXUALITY  
EDUCATION (CSE), YOUTH FOMATION (YF) AND WASH IN  
SCHOOLS (WINS)**

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

**SUBJECT : VIRTUAL ORIENTATION OF OKY PHILIPPINES MENSTRUAL  
TRACKER APPLICATION**

**DATE : April 3, 2024**

The Department of Education (DepEd), Department of Health (DOH), Commission on Population and Development (CPD), National Youth Commission (NYC), Regional Government of the Bangsamoro Autonomous Region in Muslim Mindanao, and United Nations Children's Fund (UNICEF), in partnership with Plan International and with the support of the Australian government, developed the Oky Philippines Period Tracker App, which was launched last May 26, 2023.

The App aims to empower Filipino girls and young women by equipping them with accurate information regarding Menstrual Health and Hygiene (MHH) and Adolescent Reproductive Health (ARH) through a platform where girls can access information about their menstrual cycles, sexual and reproductive health and rights, mental health, and relationships.

Relative to this, the Bureau of Learner Support Services (BLSS), through the School Health Division (SHD), in coordination with UNICEF and Plan International, will conduct a **Virtual Oky Menstrual Tracker Application Orientation to the Regional and Schools Division ARH Focal Persons, select focal of CSE, Youth Formation (YF), WinS, and Guidance Counselor on April 30, 2024, from 9:30 AM to 12:00 PM via Zoom**. Participants are requested to pre-register at <https://bit.ly/Oky-App-Orientation> for confirmation until April 26, 2024. A Zoom link will be sent via email after the pre-registration. Attached is the concept note of the activity for your reference.

For inquiries or additional information, please contact **Dr. Maria Corazon C. Dumlao**, Chief Health Program Officer, **Ms. Phanny S. Ramos**, Health Education and Promotion Officer III, and **Mr. Vonerich B. Berba**, Education Program Specialist II of BLSS-School Health Division through (02) 8-632-9935 or email at [blss.shd@deped.gov.ph](mailto:blss.shd@deped.gov.ph).

SHD/PSR



Annex 1

**VIRTUAL ORIENTATION OF OKY PHILIPPINES  
MENSTRUAL TRACKER APPLICATION**

**CONCEPT NOTE**

**I. Background**

Adolescence is a critical phase in a person's life, marked by rapid physical, emotional, and cognitive changes. During this period, young people begin to explore their sexuality and reproductive health. However, inadequate access to accurate information, comprehensive services, and support systems often leaves adolescents vulnerable to various reproductive health risks.

The DepEd Order (DO) No. 31 s. 2018 or the Policy Guidelines on the Implementation of the Comprehensive Sexuality Education (CSE), was issued to integrate reproductive health concepts and life skills development in the curriculum. At the same time, *Oplan Kalusugan sa DepEd*, DO 28, s. 2018, was issued where ARH is one of the flagship programs of the Bureau of Learner Support Services-School Health Division. The program focuses on a supportive school environment where facilities for information on adolescent reproductive health concerns and basic health services are provided for learners and the school community.

The Oky Philippines Period Tracker App is a menstrual health and hygiene application that delivers girl-centered menstruation education and individualized period tracking for girls. It is a collaborative effort with partner government agencies, UNICEF Philippines and Plan International. The Oky Philippines App has provided girls and young women with accurate information on MHH and ARH.

The Oky Philippines App was approved following a series of consultations, workshops, and vetting of the content and design. The approved content and design constitute the first version available on the Play Store and App Store. The App was launched in May 2023.

With the OUOPS Memorandum 2023-03-8658: Support to Comprehensive Sexuality Education (CSE) and WASH in Schools (WinS) Programs: Mainstreaming Oky Philippines Period Tracker App was endorsed to all schools as a learning tool to support the implementation of the CSE and WinS programs. The project was initially implemented in 6 focus areas: NCR, Region IV-B, Region VIII, Region IX, Caraga, and BARMM pilot schools and communities (*Annex 4*). The app can be downloaded for free from the Google Play Store and Apple App Store (see also the QR code below to download the app).



To sustain these achievements, a Virtual Orientation of the Oky Philippines Menstrual Tracker Application is significant to be rolled out to schools through the Schools Division Offices. This collaboration is essential to ensure that every learner, specifically girls, is equipped with the knowledge to make informed choices regarding their bodies, leaving no one behind in accessing accurate MHH/ARH information and services in the country.

## II. Objectives

The activity aims to:

- a. Explain the rationale behind the development of the Oky Philippines Period Tracker Application;
- b. Discuss the current status of Oky implementation, highlighting its reach, progress, and challenges;
- c. Present and run through how to use the application;
- d. Provide technical assistance on the planned roll-out of the application; and
- e. Extend support for the Oky promotional activities of SDOs and schools to reach learners, particularly girls and young women, in accessing accurate MHH/ASRH information.

## III. Program Design

### A. Availability of Funds/ Fund Source

The activity will be held virtually. No funds will be utilized.

### B. Target Participants

The expected participants are the ARH focal and select CSE, WinS, Youth Formation, and Guidance Counselors from the Regional and Schools Division Offices.

Regions	(1) RO & All SDO ARH Focal	(1) RO & (3) select SDO CSE Focal	(1) RO & (3) select SDO WinS Focal	Guidance Counselor Representative	(1) RO & (3) select SDO Youth Formation Focal	Total
I	15	4	4	1	4	28
II	10	4	4	1	4	23
III	21	4	4	1	4	34
IV-A	24	4	4	1	4	37
IV-B	8	4	4	1	4	21
V	14	4	4	1	4	27
VI	22	4	4	1	4	35
VII	21	4	4	1	4	34
VIII	14	4	4	1	4	27
IX	9	4	4	1	4	22
X	15	4	4	1	4	28
XI	12	4	4	1	4	25
XII	9	4	4	1	4	22
Caraga	13	4	4	1	4	26
CAR	9	4	4	1	4	22

NCR	17	4	4	1	4	30
BARMM	12	4	4	1	4	25
<b>TOTAL</b>						<b>466</b>

### C. Indicative Program of Activities

Time	Activity/Description	Person Responsible
9:30 - 9:40 am	<b>Preliminaries</b>	Clarissa Gabis
	<b>Messages</b>	Dr. Dexter A. Galban Assistant Secretary for Operations
		Leila P. Areola (OIC) Director IV, Bureau of Curriculum Development (BCD) UNICEF
9:40 - 10:00 am	<b>Statement of Purpose &amp; Updates on ARH</b>	Dr. Maria Corazon C. Dumlao Chief Health Program Officer
10:00- 10:20 am	<b>Overview of Oky Period Tracker Philippines &amp; updates on the current status of Oky implementation (20 minutes)</b>	Plan International
10:20 - 10:40 am	<b>Sharing of Best Practices (20 minutes)</b>  -Showcase successful practices from Regional SDOs that have effectively supported the implementation of Oky Philippines.	Regional and SDO representative
10:40 – 11:05 am	<b>Presentation of Oky Menstrual Tracker App</b>  -Run through how to use the application	UNICEF
11:05 -11:25 am	<b>Action Planning (25 minutes)</b>  -Conduct a collaborative brainstorming session to identify areas where Regional and SDOs can provide support for maximizing the Oky Philippines rollout in schools.  -Mapping out potential opportunities and challenges	UNICEF
11:25 -11:45 am	<b>Ways Forward (20 minutes)</b>  -Facilitate next steps and timelines for the roll-out of the Oky Philippines Menstrual Tracker App	UNICEF Philippines/ Plan International
11:45 am-12:00 pm	<b>Closing</b>	Clarissa Gabis
	<b>Closing Message</b>	Atty. Suzette T. Gannaban-Medina OIC, Bureau of Learner Support Services and Learner Rights and Protection Office

### D. Tasking

No	NAME	POSITION	TERMS OF REFERENCE
1	Dr. Maria Corazon C. Dumlao	Chief, Health Promotion Officer	<ul style="list-style-type: none"> <li>Oversee the whole activity</li> </ul>
2	Phanny S. Ramos	HEPO III	<ul style="list-style-type: none"> <li>Activity lead / ARH focal</li> <li>Prepare documents necessary before the activity</li> <li>Supervise the team for the duration of the activity</li> <li>Monitor the conduct of the program</li> <li>Submit and present the results of the evaluation</li> </ul>
3	Donald Mamaril	HEPO II	<ul style="list-style-type: none"> <li>Prepare and ensure the pre-registration of the participants</li> <li>Assist the focal in preparing other related documents before, during, and after the workshop</li> <li>Prepare, administer, and retrieve the feedback of the participants</li> <li>Assist the needs of the participants</li> <li>Prepare and ensure the attendance of the participants</li> </ul>
4	Clarissa Gabis	TA II	<ul style="list-style-type: none"> <li>Prepare letter of invitation to partners, and resource persons.</li> <li>Coordinate with participants, partners, and resource persons, and other offices involved in the activity.</li> <li>Follow-up documents from offices for signatures.</li> <li>Act as the host for the duration of the activity</li> </ul>
5	Jonna Roldan	TA II	<ul style="list-style-type: none"> <li>Prepare and coordinate the layout of the tarpaulin</li> <li>Prepare certificates and facilitates their distribution</li> <li>Co-facilitate the activity program flow</li> <li>Documents the proceeding of the event and prepare a comprehensive report about the activity.</li> <li>Assist the focal person in preparing the ppt and the flow of the program</li> </ul>
6	UNICEF & Plan International Representatives		<ul style="list-style-type: none"> <li>Resource persons</li> <li>Present the overview, status of the Oky implementation, and on how to navigate the application.</li> <li>Facilitate the brainstorming and the mapping of the roll-out</li> </ul>
7	BCD CSE focal & YFD Health focal		<ul style="list-style-type: none"> <li>Coordinate activity to the target participants for CSE &amp; YF focals from the Regions and SDOs</li> </ul>



Republic of the Philippines  
**Department of Education**

03-02713

**ROUTING SLIP**

This document has been encoded in the DepEd - Document Management System and routed to the appropriate office/s with the following information:

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4-8-24	BLSS-DD	OASOPS	F.A.A	<i>John Patrick S. Sebastian</i> 4/8/24 11:30 AM
4/8	OASOPS	OASOPS	F.A.A	
	SHD		SIGMEO/ BMS	<i>Ronnie Amoyo</i> 4/8/24

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