

Republic of the Philippines
Department of Education
 NATIONAL CAPITAL REGION

REGIONAL MEMORANDUM
ORD-2024-1155

TO : **SCHOOLS DIVISION SUPERINTENDENTS**
 SDO Caloocan City
 SDO Las Pinas City
 SDO Makati City
 SDO City of Manila
 SDO Mandaluyong City
 SDO Marikina
 SDO Muntinlupa
 SDO Paranaque
 SDO Pasig
 SDO Quezon City
 SDO TAPAT
ESSD-OIC, Chief
CLMD-OIC, Chief

FROM : **THE OFFICE OF THE REGIONAL DIRECTOR**

SUBJECT : **NAVIGATING WELLNESS: CLUSTERED/REGIONAL SYMPOSIUM ON CHILD AND ADOLESCENT REPRODUCTIVE HEALTH (ARH)**

DATE : **September 23, 2024**

- Attached is Memorandum DM-OUOPS-2024-09-06856 from Atty. Revsee A. Escobedo, Undersecretary for Operations dated August 19, 2024 titled " Navigating Wellness: Clustered/Regional Symposium on Child and Adolescent Reproductive Health (ARH)" on December 9-13, 2024 in a venue at Region III.
- In this connection, the following Non-teaching personnel are invited to attend:

NAME	PLACE OF WORK	DESIGNATION
Connie P. Gepanayao	DepEd-NCR-RO	Medical Officer IV
Andrew Tan	DepEd-NCR-RO	Education Program Supervisor



Address: 6 Misamis St., Bago Bantay, Quezon City
 Email address: ncr@deped.gov.ph
 Website: depedncr.com.ph

Doc. Ref. Code	RO-ORD-F005	Rev	00
Effectivity	01.26.23	Page	1 of 1





Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION

Maria Yvette Castaneda	SDO- Manila	Nurse II
Jana Patricia Pambid	SDO-Caloocan	Nurse II
Karen Y. Belagan	SDO-QC	Nurse III
Maria Zerna Merillo	SDO- Mandaluyong	Nurse II
Nerissa Valentus	SDO- Paranaque	Nurse II
MaryLou Aquino	SDO-TAPAT	Nurse II
Analyn P. Mangussad	SDO- MUntinlupa	Nurse II
Lorena Maria Castillo	Lagro High School-SDO QC	Registered Guidance Counselor
Jingle E. Balocos	SDO-QC	EPS II
Rosally Roque	SDO-Makati	PDO II
Laraine S. Quibuyen	SDO- Mandaluyong	PDO I
Karen Y. Beramo	SDO-Manila	PDO I
Mary Stephanie Magdamit	SDO-Las Pinas	
Rizeal C. Biejo	SDO-Marikina	PDO I
Francisco Padilla Jr.	SDO-Pasig	PDO I
Leny Fe I. Aguilar	SDO-Las Pinas	Nurse II

- Regions are encouraged to set up the booth creatively to showcase their good practices. The booth can also incorporate elements of local culture, arts, and traditions, showcase success stories and testimonials highlighting regional initiatives that have positively impacted learners and educators, and show virtual tours, multimedia presentations and interactive displays.
- Meals and accommodation, supplies and materials, advocacy and training kits of the participants will be charged to the host region's program support funds (PSF). However, the participants' travel expenses from other regions and SDOs will be charged to the sending offices' ARH PSF. All expenses are subject to the usual accounting and auditing rules and regulations. The RO/SDO is requested to augment any fund shortages.



Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION

5. For questions and clarifications, please contact Dr. Connie P. Gepanayao, MD, FPPS, Medical Officer IV of SHNU-DepEd NCR via email at hnu.ncr@deped.gov.ph or cellphone number 09189411154.
6. Immediate and wide dissemination of the Memorandum is desired.

JOCELYN DR. ANDAYA, CESO III
Director IV




Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

MEMORANDUM

DM-OUOPS-2024-87-06856

TO : REGIONAL DIRECTORS
MINISTER, BASIC, HIGHER, AND TECHNICAL EDUCATION,
BARMM
SCHOOLS DIVISION SUPERINTENDENTS
ESSD AND SGOD CHIEFS
SELECT ARH FOCALS/COORDINATORS
SELECT YOUTH FORMATION COORDINATORS
SELECT SCHOOL HEADS
ALL OTHERS CONCERNED

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

SUBJECT : NAVIGATING WELLNESS: CLUSTERED/REGIONAL
SYMPOSIUM ON CHILD AND ADOLESCENT REPRODUCTIVE
HEALTH (ARH)

DATE : August 19, 2024

- Pursuant to **Republic Act No. 10354** known as the Responsible Parenthood and Reproductive Health (RPRH) Act of 2012, **DepEd Order No. 31, s. 2018** or the Policy Guidelines on the Implementation of the Comprehensive Sexuality Education (CSE); and **DM-OUOPS-2024-09-02440** titled Implementing Guidelines on the Allocation, Utilization, Documentation, and Reporting of Program Support Funds (PSF) for the Field Implementation of the Adolescent Reproductive Health Program for FY 2024, DepEd Regions III, VI, and XI in close coordination with the Bureau of Learner Support Services-School Health Division (BLSS-SHD) will be hosting an event titled: **“Navigating Wellness: Regional/Clustered Symposium on Child and Adolescent Reproductive Health.”** The schedule is as follows:

Cluster	Dates	Venue
1	September 23-27, 2024	Within Region III (Central Luzon)
2	October 7-11, 2024	Within Region VI (Western Visayas)
3	November 4-8, 2024	Within Region XI (Davao Region)

- The event is a back-to-back activity, a symposium, and an orientation on peer health navigation that will equip adolescents with the knowledge and support they need to confidently navigate their reproductive health and wellness choices. By focusing on education, peer navigation, and community engagement, this event seeks to create a supportive environment that fosters informed decision-making, referral, and enhanced



Room 101, Rizal Building, DepEd Complex, Meralco Avenue, Pasig City 1600
Telephone Nos.: (02) 8633-5313; (02) 8631-8492
Email Address: oure@deped.gov.ph | Website: www.deped.gov.ph

Doc. Ref. Code	DM-OUOPS	Rev	01
Effectivity	03.23.23	Page	1 of 2



access to health services. The symposium's comprehensive approach will contribute to the overall well-being of adolescents, preparing them for a healthier future.

3. The activity specifically aims to:

- a. **Educate Adolescents:** Provide comprehensive education on reproductive health topics, including puberty, STI prevention, mental health, and healthy relationships.
 - b. **Empower Peer Support:** Train adolescents to become peer health navigators, equipping them with the skills to support their peers in making informed health decisions and accessing necessary services.
 - c. **Promote Healthy Decision-Making:** Encourage informed decision-making by fostering an understanding of reproductive rights, gender equality, and the importance of mental and emotional well-being.
 - d. **Enhance Service Access:** Improve access to reproductive health services by teaching adolescents how to navigate healthcare systems and utilize available resources effectively.
 - e. **Community Partnership and Engagement:** Advocate for supportive community involvement, engagement, and referral in adolescent health.
4. The event is coordinated closely with the host regions, which will provide the necessary administrative and logistical preparations and assistance in implementing the activity.
5. Participants per region are the **Regional ARH and CSE Focals, Guidance counselor representative, ARH Focals trained on Peer Health Navigation (PHN)** last August 7-9, 2024, **selected Schools Division Offices (SDO) ARH Focals with their Youth Formation Focals and youth leaders.** The number of participants is listed in **Annex A.** Please secure parents' consent for the learners' participation.
7. Regional Focals are requested to facilitate the identification of their participants. Please access the link to complete the list: <https://rb.gv/oda632>.
8. Regions are encouraged to set up the booth creatively to showcase their good practices. The booth can also incorporate elements of local culture, arts, and traditions, showcase success stories and testimonials highlighting regional initiatives that have positively impacted learners and educators, and show virtual tours, multimedia presentations, and interactive displays.
9. Meals and accommodation, supplies and materials, advocacy and training kits, honorarium and tokens of appreciation, and travel expenses of the host participants and of the resource persons and facilitators will be charged to the host region's ARH program support funds (PSF). However, participants' travel expenses from other regions and SDOs will be charged to the sending offices' ARH PSF. All expenses are subject to the usual accounting and auditing rules and regulations. The RO/SDO is requested to augment any fund shortages.
10. For questions and clarification, please contact **Dr. Maria Corazon C. Dumlao**, Chief Health Program Officer, and **Ms. Phanny S. Ramos**, Health Education and Promotion Officer III of BLSS-School Health Division, via email at blss.shd@deped.gov.ph, copy furnished arh@deped.gov.ph, or telephone number (02) 8632-9935.

BLSS-SHD/PSR



Room 101, Rizal Building, DepEd Complex, Meralco Avenue, Pasig City 1600
Telephone Nos.: (02) 8633-5313; (02) 8631-8492
Email Address: oure@deped.gov.ph | Website: www.deped.gov.ph

Doc. Ref. Code	DM-OUOPS	Rev	01
Effectivity	03.23.23	Page	2 of 2



NAVIGATING WELLNESS: CLUSTERED/REGIONAL SYMPOSIUM ON CHILD AND ADOLESCENT REPRODUCTIVE HEALTH (ARH)

“Empowering Adolescents: Guiding Paths to Health, Wellness, and Support”

September 23-27, 2024 / Region III
October 7-11, 2024 / Region VI
November 4-8, 2024 / Davao, Region XI

Indicative PROGRAM OF ACTIVITIES

DAY 1: EMPOWERMENT THROUGH EDUCATION		
Time	Activities	Person Responsible
12:00pm-2:00PM	Registration of participants	Secretariat
	L U N C H	
2:00pm-5:00pm	PRELIMINARIES - Invocation - National Anthem - Recognition of Participants	Facilitator
	Opening Message	Dr. Dexter A. Galban Assistant Secretary for Operations
	Inspirational Message	Atty. Revsee A. Escobedo Undersecretary for Operations
	Setting of expectations Program flow Groupings & House Rules	Facilitator/s
	REMINDERS	Emcee
DAY 2: HEALTH AND WELLNESS SYMPOSIUM		
Time	Activities	Person Responsible
8:30am-9:00am	PRELIMINARIES	Facilitator
9:00am-10:30am	Session 1: Empowering Adolescents: The Importance of Sexuality and Reproductive Health Education	- Resource Person - Facilitators
10:30am-12:00nn	Session 2: Healthy Relationships and Consent Topics: Consent, recognizing healthy and unhealthy relationship behaviors.	- Resource Person - Facilitators
12:00pm-1:00pm	L U N C H	
1:00pm-2:30pm	Session 3: Gender Equality and Reproductive Rights Topic: Promoting gender equality and understanding reproductive rights.	- Resource Person - Facilitators
2:30pm-3:30pm	Session 4: Navigating and Accessing Health Services Topics: Identifying local resources, navigating School - healthcare systems.	- Resource Person - Facilitators
3:30pm-4:30pm	Session 5: Community Engagement and Advocacy - Panel Discussion - Question and Answer from the audience	- Resource Person - Facilitators
4:30pm-5:00pm	Recap of key learnings, participant feedback, and plans for continued engagement and advocacy. REMINDERS	Emcee

Day 3: PEER NAVIGATION TRAINING		
Time	Activities	Person Responsible
8:00am-8:30am	PRELIMINARIES - Statement of Purpose & Program Flow - Setting of Expectations - House Agreements	Emcee - Facilitators
8:30am-12:00pm	SESSION 1: PEER HEALTH NAVIGATION KEY CONCEPTS, PRINCIPLES & PRACTICE STANDARDS 1.1 Laws and Policy Issuances on CSE and ARH 1.2 Know your Intended Audience & Learn How to Reach Them 1.3 Access to Adolescent Health Information & Services 1.3a Health Information 1.3b School Health Services	- Resource Persons - Facilitators
12:00pm-1:00pm	L U N C H	
1:00pm-4:30pm	1.4 Teens Right to Participate SESSION 2: PEER HEALTH NAVIGATORS 2.1 Checklist: Key Principles in Establishing School-Based Peer Health Navigation 2.2 I Choose to be a Health Navigator in my School Community	- Resource Persons - Facilitators
4:30pm-5:00pm	REMINDERS	Emcee
Day 4:		
Time	Activities	Person Responsible
8:00am-8:30am	Management of Learning (MOL)	Participants
8:30am-12:00nn	2.3 Seven Steps in Setting Up School-based Peer Health Navigation Program Step 1. TEAM: Organizing Peer Health Navigators Step 2. PRODUCTS: Health Campaign Platforms and SBC Learning Materials Step 3. SERVICES: Service Delivery Points in the Schools and Community Step 4. IMPLEMENT: Generating Demand for school health information, services, and referral facilities.	- Resource Persons - Facilitators
12:00pm-1:00pm	L U N C H	
1:00pm-4:30pm	Step 5. NAVIGATION: Making that Successful Referral Step 6. TRAINING: Consistently Building the	

	Capacity of Peer Health Navigators Step 7: DOCUMENTATION: Monitor, record, report key achievements and sustain efforts.	
4:30pm-5:00pm	REMINDERS	
Day 5		
8:00am-8:30am	Management of Learning (MOL)	Participants
8:30am-10:00am	SESSION 3: ACTION PLANNING AND NEXT STEPS - Presentation of Action Plans	
10:00am-12nn	CLOSING PROGRAM	BLSS-Director
12:00nn	L U N C H	
	T R A V E L T I M E	

Annex A

TARGET AND NUMBER OF PARTICIPANTS

Luzon Cluster:

Date: September 23-27, 2024

Venue:Region 3

REGIO N	Regional Offices		Schools Division Offices				TOTAL Particip ants	
	ARH focal/ ESSD personnel	CSE Focal	RGC Repres entativ e	Trained Focal on PHN	ARH Focal	YFD Focal		Youth Leaders
I	1	1	1	2	5	5	10	25
II	1	1	1	2	5	5	10	25
III	6	1	20	2	20	20	40	109
IV-A	1	1	1	2	5	5	10	25
IV-B	1	1	1	2	5	5	10	25
V	1	1	1	2	5	5	10	25
CAR	1	1	1	2	5	5	10	25
NCR	1	1	1	2	5	5	10	25
TOTAL	13	8	27	16	55	55	110	284

Visayas Cluster:

Date: October 7-11, 2024

Venue:Region 6

REGION	Regional Offices		Schools Division Offices				TOTAL Particip ants	
	ARH Focal	CSE Focal	RGC Repres entativ e	Trained Focal on PHN	ARH Focal	YFD Focal		Youth Leaders
VI	1	1	1	2	21	8	16	50
VII	1	1	1	2	8	8	16	37
VIII	1	1	1	2	8	8	16	37
TOTAL	3	3	3	6	37	24	48	124

Mindanao Cluster:

Date: November 4-8, 2024

Venue:Region XI

REGION	Regional Offices		RGC Represe ntative	Schools Division Offices			TOTAL Particip ants	
	ARH Focal	CSE Focal		Trained Focal on PHN	ARH Focal	YFD Focal		Youth Leaders
XI	1	1	1	2	8	8	8	29
X	1	1	1	2	14	14	8	41
XI	1	1	1	2	11	11	8	35
XII	1	1	1	2	8	8	8	29
Caraga	1	1	1	2	12	12	8	37
BARMM	1	1	1	0	8	8	8	27
TOTAL	6	6	6	10	61	61	48	198