



Republic of the Philippines  
**Department of Education**  
REGION VII - CENTRAL VISAYAS  
DIVISION OF CITY SCHOOLS - TAGBILARAN CITY

**Office of the Schools Division  
Superintendent**

DIVISION MEMORANDUM  
SGOD-2024- 152

TO : **ADELINE CARMEN C. DAGAMAC**- Nurse II/ ARH Focal Person  
**JOERMELYNE P. PASILBAS**- Project Development Officer I/ YFC  
**MARIA SANDRA ISABELLE FORTICH**- OIC Principal  
Dr. Cecilio Putong National High School- JHS  
**GRACE MARIE L. CAMPOS**- Principal  
Tagbilaran City Science High School

ATTN : **ZAHARA SOPHIA CHIU**- SSLG President, DCPNHS-JHS  
**PRINCESS SHENZI DANIELLA M. BAN**- SSLG President, TCSHS

FROM : **WILFREDA D. BONGALOS PhD CESO V**  
Schools Division Superintendent

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

DATE : September 24, 2024

1. The following Division ARH Focal Person, Division Youth Formation Coordinator and the SSLG Presidents mentioned above are hereby directed to attend the conduct of **Navigating Wellness: Clustered/ Regional Symposium on Child and Adolescent Reproductive Health (ARH)** on **October 7-11, 2024** at the **Circulo Convention Center, Roxas City, Capiz**.

2. Transportation and other incidental expenses incurred by the participants shall be charged to ARH PSF downloaded funds, subject to the usual accounting and auditing rules and regulations.

3. Learner participants are also required to attend the **pre-departure meeting** with their parent/guardian on **October 4, 2024 (Friday)** at the **Division Clinic, Tagbilaran City Central Elementary School** from **3:00 P.M. to 5:00 PM**.

4. For more details, kindly read the attached Regional Memorandum ESSD- 2024 No. 369 dated September 13, 2024 or you may contact the Division ARH focal person, Mrs. Adeline Carmen C. Dagamac. Attached to this memorandum is the Parental Consent and Waiver Form and shall be collected during the pre-departure meeting.

5. For information and compliance.



Address: H. Zamora St., Dampas, Tagbilaran City, Bohol  
Telephone Nos.: (038)427-1702; (038)427-2506; (038)422-8177  
(038)427-6718; (038)544-2147  
Email Address: tagbilarancity.division@deped.gov.ph

## **PARENTAL CONSENT AND WAIVER FORM**

I, \_\_\_\_\_, as the parent or legal guardian of \_\_\_\_\_, hereby acknowledges that I have been informed of the details of the conduct of the **NAVIGATING WELLNESS: CLUSTERED/REGIONAL SYMPOSIUM ON CHILD AND ADOLESCENT REPRODUCTIVE HEALTH (ARH) on October 7-11, 2024 (inclusive of travel time) within Region VI (Western Visayas).**

I understand that the Department of Education Central Visayas, through the Education Support Services Division (ESSD) shall implement the minimum public health standards set by the government to minimize the risk of the spread of COVID-19, but it cannot guarantee that my child may not be infected with COVID-19 given that it is highly contagious.

I understand that my child's in-person attendance in the event will include associating with teachers, fellow learners and school personnel, and other persons inside and outside of the school that may put my child at risk of COVID-19 transmission, notwithstanding the precautions undertaken by the implementing team.

### **Voluntary Participation**

I acknowledge that my child's participation in this activity is completely voluntary. My child may decline to participate or withdraw from participation at any time for any reason. Declining or withdrawal of participation will not result in any penalty or loss of benefits or reduction of any basic right to which my child is entitled. While there remains the risk of possible COVID19 transmission to my child/ren, and to the members of my household, I freely assume the said risk and I permit my child/ren to attend this activity.

### **Exclusion (Limitations/Ineligibility)**

I am aware that symptoms of COVID-19 include, but are not limited to, fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, the new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, and diarrhea.

I confirm that my child currently has none of those symptoms, and is in good health. I will not allow my child to physically go to the event if my child or any member of my household develops any of the said symptoms or any other symptoms of illness that may or may not be related to COVID-19. I will also inform the school/division and not allow my child to attend the event if my child or any of my household members tests positive for COVID-19. My child/ren and I, with my household members, will follow the required health and safety protocols and procedures adopted by the school and our community.

**Documentation**

I confirm that I give full permission in any recording or picture taken of my child during the conduct of this event and to use some or all of my child’s images/ contribution/ performance in any publication (including electronic publications such as film or website) created by or for the ESSD and its program partners and to release this material to the official platforms of the Department.

**Confidentiality**

I am aware that any information that will be given during the activity will be kept strictly confidential, and personal information will be treated in accordance with the Data Privacy Act of 2012. I am assured that the information about my child will not be shared outside of the implementation team. My child’s name will not be used when data from this activity will be analyzed.

I hereby confirm that I agree and understand the commitment of my child as a participant. I also understand and will support my child’s endeavor to meet the expectations, guidelines, and responsibilities to his/her fellow participants and to DepEd.

To the extent allowed by law and rules, I hereby agree to waive, release, and discharge any and all claims, causes of action, damages, and rights against the school/division/region and its personnel as well as officials and personnel of the Department of Education relative to the conduct of the activity.

With full understanding, I – on behalf of myself, my household members, and my child/ren – hereby freely and voluntarily give my consent to my child’s participation in the activity on October 7-11, 2024. I also attest that I had sought the views of my child and he/she has expressed willingness to participate in the activity.

**CONTACT DETAILS FOR QUESTIONS OR PROBLEMS**

For any concerns or clarification, you may contact the Education Support Services Division (ESSD) through the email address at [essd.seven@deped.gov.ph](mailto:essd.seven@deped.gov.ph).

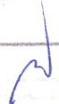
<p>_____</p> <p>Signature of Parent/Guardian over Printed Name</p>	<p>_____</p> <p>Parent/Guardian Contact Details (Mobile Number)</p>
<p>_____</p> <p>Name of Child</p>	<p>_____</p> <p>Date</p>

*\* Please submit this form to your Division Youth Formation Coordinator (YFC) prior to the participation on the event.*



Republic of the Philippines  
**Department of Education**  
 REGION VII - CENTRAL VISAYAS

9-206

DEPED TAGBILARAN CITY DIVISION  
 OFFICE OF THE REGIONAL DIRECTOR  
 TAGBILARAN CITY  
 BY:  DATE: 9/17/2024

Office of the Regional Director

**REGIONAL MEMORANDUM**

ESSD -2024

17 SEP 2024

To: **SCHOOLS DIVISION SUPERINTENDENTS OF:**

- |                    |                       |
|--------------------|-----------------------|
| SDO Bogu City      | SDO Negros Oriental   |
| SDO Carcar City    | SDO Siquijor Province |
| SDO Cebu City      | SDO Tagbilaran City   |
| SDO Cebu Province  | SDO Talisay City      |
| SDO City of Naga   | SDO Toledo City       |
| SDO Dumaguete City |                       |

**ATTENDANCE TO THE CONDUCT OF NAVIGATING WELLNESS:  
 CLUSTERED/REGIONAL ON CHILD AND ADOLESCENT REPRODUCTIVE  
 HEALTH (ARH)**

1. This Office disseminates the attached communication from the Office of the Undersecretary for Operations (OUOPS) through Bureau of Learner Support Services-School Health Division (BLSS-SHD) for the conduct of **“Navigating Wellness: Clustered/Regional Symposium on Child and Adolescent Reproductive Health (ARH) on October 7-11, 2024 at venue within Region VI, Western Visayas.** Exact venue to be announced once confirmed from BLSS-SHD.

2. The event is a back-to-back activity, a symposium and an orientation on peer health navigation that will equip adolescents 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 access to health services. The symposium’s comprehensive approach shall contribute to the overall well-being of adolescents preparing them for a healthier future.

3. Relatively, the activity specifically aims to:

- ✓ **EDUCATE ADOLESCENTS:** Provide comprehensive education on reproductive health topics including puberty, STI prevention, mental health and healthy relationships
- ✓ **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
- ✓ **PROMOTE HEALTHY DECISION-MAKING:** Encourage informed decision-making by fostering and understanding of reproductive rights, gender equality and the importance of mental and emotional well-being



Doña M. Gaisano St., Sudlon, Lahug, Cebu City  
 Telephone Number: 639773295904 local 700



- ✓ **ENHANCED SERVICE ACCESS:** Improve access to reproductive health services by teaching adolescents how to navigate healthcare systems and utilize available resources effectively
- ✓ **COMMUNITY PARTNERSHIP AND ENGAGEMENT:** Advocate for supportive community involvement, engagement and referral in adolescent health

4. In this regard, participants from your Schools Division Office (SDO) are expected to attend with the Regional ARH and CSE Focal. However, if the Youth Leader identified participant shall not be able to participate, it shall be the option of the Schools Division Office to choose one for replacement. Youth Leader participants shall be provided with arrangements to catch-up any missed lesson during and while in attendance to the symposium. Herewith is a Parental Consent and Waiver Form for the parents' signature and affirmation of the attendance of the identified Youth Leader participants.

OFFICE	NAME	DESIGNATION
Regional Office	Dr. Quirico Sumampong	EPSvr – AP/CSE Focal
	Dr. Melissa M. Paradela	Dentist III/ARH Focal
SDO Toledo City	Loviemer Casipong	Registered Guidance Counselor
SDO Bogo City	Raymund John D. Bentulan	SDO ARH Focal
	Rosette Singculan	SDO YFD Focal
	Kyene Shane Pelayo	Youth Leader (President)
	Khim Rienhjard Sedeño	Youth Leader (Vice-President)
SDO Carcar City	April Lilac D. Yap	SDO ARH Focal
	Carmel Cortes	SDO YFD Focal
	Niña Cheska Recopilacion	Youth Leader (President)
	Selwyn Noel Dalimas	Youth Leader (Vice-President)
SDO Cebu City	Jodielyn O. Gonzales	Nurse II/ARH alternate focal
	Rechel Buselak	SDO YFD Focal
	Julian Philippe Signe	Youth Leader (President)
	Janiyah Borres	Youth Leader (Vice-President)
SDO Cebu Province	Flomael Jane M. Pesiao	SDO ARH Focal/Trained Focal on Peer Health Navigation (PHN)
	Niñaly Gesim	SDO YFD Focal
	King Zadrach Dadebalos	Youth Leader (President)
	Kent Aldrich Estrera	Youth Leader (Vice-President)
SDO City of Naga	Maria Fil-Ann B. Balali	SDO ARH Focal
SDO Dumaguete City	Charisse L. Lim	SDO ARH Focal
	Prim Rose Therese Santiago	SDO YFD Focal
	Prince Rosher Iriño	Youth Leader (President)
	Lester Aguilar	Youth Leader (Vice-President)

SDO Negros Oriental	Farren Leigh Hababag	SDO ARH Focal/Trained Focal on Peer Health Navigation (PHN)
	Jeylene Cerial	SDO YFD Focal
	Gerard Patrimonio	Youth Leader (President)
	Mark Vincent Limpios	Youth Leader (Protocol Officer)
SDO Siquijor Province	Shani Melody M. Jumalon	SDO ARH Focal
	Novelyn Calunod	SDO YFD Focal
	Val Carpeso	Youth Leader (President)
	Prince Jaesar Honculada	Youth Leader (Vice-President)
SDO Tagbilaran City	Adeline Carmen C. Dagamac	SDO ARH Focal ✓
	Joermelyne Pasilbas	SDO YFD Focal ✓
	Jessa Christie Tajale	Youth Leader (President) ✓
	Princess Shenzi Daniella Ban	Youth Leader (Vice-President) ✓
SDO Talisay City	Anthony Bornel	SDO ARH Focal

5. All regions are encouraged to set-up booth creatively showcasing best practices which can also incorporate elements of local culture, arts and traditions, showcases of success stories and testimonials highlighting the initiative that positively impacted learners, and educators, and show virtual tours, multimedia presentations and interactive displays. **In this connection, this Office humbly requests that SDO participants shall facilitate this booth display at the venue** and bring materials for use in setting-up the Regional Booth at the venue.

6. Furthermore, meals, accommodation, supplies and materials, advocacy training kits, shall be charged to the host region's ARH Program Support Funds. Travelling and other incidental expenses incurred by the participants shall be charged to Local/MOOE/ ARH PSF downloaded funds subject to the usual accounting and auditing rules and regulations. For more of the details, please see attached communication or contact this Office through the Education Support Services Division (ESSD) and email address [essd.seven@deped.gov.ph](mailto:essd.seven@deped.gov.ph)

7. For immediate dissemination and compliance to this Memorandum.



**SALUSTIANO T. JIMENEZ JD, EdD, CESO III**  
 Director IV  
 Regional Director



Republika ng Pilipinas  
Department of Education

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

MEMORANDUM  
DM-OUOPS-2024-\_\_\_\_\_

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

1. 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)

2. 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

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](mailto:blss.shd@deped.gov.ph), copy furnished [arh@deped.gov.ph](mailto: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](mailto:oure@deped.gov.ph) | Website: [www.deped.gov.ph](http://www.deped.gov.ph)

Doc. Ref. Code	DM-OUOPS	Rev	01
Effectivity	03/23/23	Page	2 of 2



Certificate for PEP-001  
03/23/2023

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

*September 23-27, 2024 / Region III  
October 7-11, 2024 / Region VI (Roxas City)  
November 4-8, 2024 / Davao, Region XI*

**Indicative PROGRAM OF ACTIVITIES**

<b>Day 1: Empowerment through Education</b>		
<b>Time</b>	<b>Activities</b>	<b>Person Responsible</b>
12:00pm-2:00PM	Registration of participants	Secretariat
	LUNCH	
2:00pm-5:00pm	PRELIMINARIES <ul style="list-style-type: none"> <li>• Invocation</li> <li>• National Anthem</li> <li>• Recognition of Participants</li> </ul>	Facilitator
	Opening Message	<b>Dr. Dexter A. Galban</b> Assistant Secretary for Operations
	Inspirational Message	<b>Atty. Revsee A. Escobedo</b> Undersecretary for Operations
	<ul style="list-style-type: none"> <li>• Setting of expectations</li> <li>• Program flow</li> <li>• Groupings &amp; House Rules</li> </ul>	Facilitator/s
	REMINDERS	Emcee
<b>Day 2: Health and Wellness Symposium</b>		
<b>Time</b>	<b>Activities</b>	<b>Person Responsible</b>
8:30am-9:00am	Management of Learning (MOL)	Participants
9:00am-9:30am	<b>Keynote Speech:</b> Empowering Adolescents: The Importance of Reproductive Health Education	BLSS-Director
9:30am-10:45am	<b>Session 1:</b> Comprehensive Reproductive Health Education <ul style="list-style-type: none"> <li>• Topics: Puberty, menstrual health, contraception, STI prevention.</li> </ul>	Resource Person
10:45am-12:00nn	<b>Session 2:</b> Healthy Relationships and Consent <ul style="list-style-type: none"> <li>- Topics: Understanding consent, recognizing healthy and unhealthy relationship behaviors.</li> </ul>	Resource Person
12:00pm-1:00pm	LUNCH	

1:00pm-2:30pm	<b>Session 3: Mental Health Awareness</b> <ul style="list-style-type: none"> <li>• Topics: Identifying mental health issues, stress management, resilience.</li> </ul> <b>Session 4: Holistic Wellness</b> <ul style="list-style-type: none"> <li>• Topics: Emotional well-being, physical health, and self-care strategies.</li> </ul>	Resource Person
2:30pm-3:30pm	<b>Session 5: Navigating and Accessing Health Services</b> <ul style="list-style-type: none"> <li>• Topics: Identifying local resources, navigating healthcare systems.</li> </ul>	Resource Person
3:30pm-4:00pm	<b>Session 6: Engaging the Community and Policy Advocacy</b> <ul style="list-style-type: none"> <li>• Topics: Building supportive networks, advocating for adolescent health rights.</li> </ul>	Resource Person
	***Question and Answer sessions	Facilitators
4:00pm-4:30pm	Recap of key learnings, participant feedback, and plans for continued engagement and advocacy.	Facilitators
4:30pm-5:00pm	REMINDERS	Emcee
<b>Day 3: Peer Navigation Training</b>		
<b>Time</b>	<b>Activities</b>	<b>Person Responsible</b>
8:00am-8:30am	Management of Learning (MOL)	Participants
8:30am-12:00pm	<b>Session 6: Role of Peer Navigators</b> Topics: Introduction to Peer Navigation, Essential Skills, Maintaining Confidentiality  ***Training Sessions, Skill-Building Exercise	Resource Persons Facilitator/s
12:00pm-1:00pm	LUNCH	
1:00pm-5:00pm	<b>Session 7: Practical Peer Navigation</b> Topics: Case Studies, Problem-Solving, Peer Support Strategies  ***Scenario-based learning, Group Activities	Resource Persons Facilitator/s
5:00pm	REMINDERS	Emcee
<b>Day 4: Access to Services and Community Engagement</b>		

<b>Time</b>	<b>Activities</b>	<b>Person Responsible</b>
8:00am-8:30am	Management of Learning (MOL)	Participants
8:30am-12:00nn	Session 8: Navigating Health Services  Topics: Identifying Local Resources, Understanding Healthcare Systems, Overcoming Barriers, Community Resources, Building Support Networks  ***Interactive Maps, Health and Non-Health Provider Presentations, Question and Answer Sessions	Resource Persons Facilitator/s
12:00pm-1:00pm	LUNCH	
1:00pm-4:30pm	Session 9: Seven Steps in Setting Up School-based Peer Health Navigation Program	
4:30pm-5:00pm	REMINDERS	
<b>Day 5</b>		
8:00am-8:30am	Management of Learning (MOL)	
8:30am-10:00am	PLANNING WORKSHOP	
10:00am-12nn	Closing Message	Dra. Maria Corazon Dumlao SHD Chief
TRAVEL TIME		