



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

Office of the Schools Division
Superintendent

December 9, 2025

DIVISION MEMORANDUM
No. 894, s. 2025

CONDUCT OF A "HEART TO HEART TALK" AND RAPID HEEADSSS

To: Assistant Schools Division Superintendent
Chief, CID and SGOD
All Public Secondary School Heads
School Adolescent Reproductive Health (ARH) Coordinators
All Others Concerned

1. The Adolescent Health and Development Program through the partnership of Commission on Population and Development Region VII (CPD) and Tagbilaran City Population and Development under the Tagbilaran City Mayor's Office announces the conduct of a **Heart-to-Heart Talk and RAPID HEEADSSS (Home, Education, Eating and Exercise, Activities and Peer Relationships, Drug Use/Cigarettes/Alcohol, Sexuality, Suicide and Depression and Safety)** - a psychosocial assessment tool for our Grade 7- Grade 12 learners to promote their well-being, socio-emotional development and mental health awareness.
2. The proposed activity is scheduled **every Tuesday and Friday beginning on the first month of 2026 and continuing throughout the year**, to be conducted in the school campus.
3. In line with this, all School Heads are hereby directed to extend full assistance during the conduct of the said activity.
3. For more details, kindly see attached letter.
4. Immediate and wide dissemination and strict compliance of the Memorandum is highly expected.

WILFREDA D. BONGALOS PhD, CESO V
Schools Division Superintendent

WDB/JAL/SGOD/MCC/accd



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



REPUBLIC OF THE PHILIPPINES
PROVINCE OF BOHOL
CITY GOVERNMENT OF TAGBILARAN
OFFICE OF THE CITY MAYOR

December 3, 2025

DR. WILFREDA D. BONGALOS, CESO V

Schools Division Superintendent,
Department of Education- Tagbilaran City Schools Division
Barangay Dampas, Tagbilaran City, Bohol

DepEd
TAGBILARAN CITY DIVISION
RECORDS SECTION
RECEIVED

Received by: _____

Date: _____

Time: _____

DEC 05 2025

11:00 AM

received SDOP: (sb)
12/5/25 @ 1:11pm

Thru: **ADELINE CARMEN C. DAGAMAC, R.N.**
Focal Person for Adolescent

DEPARTMENT OF EDUCATION
TAGBILARAN CITY SCHOOLS DIVISION
SDS OFFICE
RECEIVED

BY _____ TIME: _____
12/5/25 1:11pm GTR: R-73

Dear Dr. Bongalos,

Greetings of peace and goodwill!

The Department of Education (DepEd), through DepEd Order No. 31, s. 2018, mandates the implementation of Comprehensive Sexuality Education (CSE) in the K to 12 Basic Education Curriculum. This initiative aims to equip learners with age-appropriate and culturally relevant knowledge, attitude, and skills that promote the holistic well-being of young people and empower them to make responsible decisions regarding their sexual and reproductive health.

In line with the Adolescent Health and Development Program through the partnership of Commission on Population and Development Region VII (CPD) and Tagbilaran City Population and Development under the Tagbilaran City Mayor's Office's commitment to promote learners' well-being, socio-emotional development, and mental health awareness, we respectfully seek approval from the Department of Education – Tagbilaran City Division for the conduct of a **“Heart-to-Heart Talk”** and **RAPID HEEADSSS-** a Psychosocial Assessment tool for our Grade 7 – Grade 12 students.

This activity aims to:

1. Provide students with a safe and supportive space to share personal concerns and experiences;
2. Reduce early sexual debut and teenage pregnancy;
3. Promote emotional resilience, self-awareness, and responsible decision-making; and
4. Support the implementation of DepEd's programs on Child Protection, Mental Health, and Learners Welfare.

The proposed activity is scheduled **every Tuesday and Friday beginning on the first month of 2026 and continuing throughout the year**, to be conducted at the school campus. It will be facilitated by **Tagbilaran Advocates for Adolescent Health and Development (TagAAHD) Peer Educators** in coordination with the City Population and Development Office.

We believe that this initiative will greatly contribute to creating a nurturing environment where students feel heard, valued, and supported. Thus, we earnestly request your kind approval for its implementation.

Please contact **Mr. Paulo Antonio K. Sarabia** our Adolescent Health and Development Program Coordinator at **0908-810-8528** and **Mr. Kyle Cadayday** our TagAAHD President at **0994-754-6238**.

Thank you very much for your continued support for our learners' holistic development. We look forward to your favorable response.



REPUBLIC OF THE PHILIPPINES
PROVINCE OF BOHOL
CITY GOVERNMENT OF TAGBILARAN
OFFICE OF THE CITY MAYOR

Sincerely yours,

JANE CENSORIA C. YAP
City Mayor

By the authority of the City Mayor,


CATHELYN O. TORREMOCHA
Chief of Staff

CC: **Marjorie Parras-Torculas, RN**
Nurse II
City Population Officer- Designate
Paulo Antonio K. Sarabia, RN
Nurse I
TCPCF