



Republika ng Pilipinas  
**Kagawaran ng Edukasyon**  
REHIYON V (BIKOL)

**TANGGAPANG PANSANGAY NG MGA PAARALAN NG CATANDUANES**

16 July 2025

**DIVISION MEMORANDUM**

No. 606, s. 2025

**CONDUCT OF DSWD'S YOUTH DEVELOPMENT SESSIONS (YDS) VOLUME III  
FOR SCHOOL YEAR 2025-2026**

To: OIC-Assistant Schools Division Superintendent  
Public Schools District Supervisors  
Public Secondary School Heads  
All Others Concerned

1. This Office hereby disseminates the enclosed DepEd Regional Memorandum No. 0891 s. 2025 titled "DSWD'S YOUTH DEVELOPMENT SESSIONS (YDS) VOLUME III FOR SCHOOL YEAR 2025-2026".
2. The concerned Secondary School Heads are enjoined to accommodate DSWD personnel and coordinate with them for the finalization of schedule and provision of logistical requirement for the conduct of the said activity.
3. One (1) section from Grade 9 Level shall be identified per selected school, preferably the section with the highest number of 4Ps beneficiaries. However, participation of learners is subject to approval of their parents or guardian.
4. All personnel concerned are advised to ensure that sessions are conducted to a maximum of one (1) hour in a day and must not hamper instructional time in compliance with the provisions of DepEd Order No. 012, s. 2023 titled Multi-Year Implementing Guidelines on the School Calendar and Activities for School Year 2025-2026 and DepEd Order No. 9, s. 2025 titled Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith.
5. For other details, please refer to the enclosed communication.
6. For information and guidance of all concerned.

  
**MA. JEANY T. ABAYON**

Assistant Schools Division Superintendent  
Officer-In-Charge  
Schools Division Superintendent

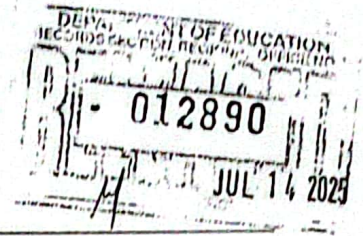


San Roque, Virac, Catanduanes  
052-8114036 / 09623505374  
catanduanes@deped.gov.ph  
www.depedrovcatanduanes.com / www.catanduanes.deped.gov.ph





Republic of the Philippines  
**Department of Education**  
REGION V - BICOL



10 July 2025

REGIONAL MEMORANDUM  
No. 0891 s. 2025

**DSWD'S YOUTH DEVELOPMENT SESSIONS (YDS) VOLUME III FOR  
SCHOOL YEAR 2025-2026**



To : Schools Division Superintendents  
SGOD Chiefs  
School Heads  
All Others Concerned

1. Please be informed of the enclosed communication from Norman S. Laurio, Director IV, Regional Director of the Department of Social Welfare and Development, dated June 10, 2025, informing the conduct of Youth Development Session (YDS) Volume III for School Year 2025-2026 in 114 selected secondary schools across the region.

2. The Schools Division Offices, through the School Heads and/or all others concerned personnel from the selected schools, are enjoined to accommodate DSWD personnel and coordinate with them for the identification of participants, finalization of schedule, and provision of logistical/operational requirement for the conduct of the said activity.

3. All personnel concerned are advised to ensure that sessions are conducted to a maximum of one hour in a day and must not hamper instructional time in compliance with the provisions of DepEd Order (DO) No. 012, s. 2023 titled Multi-Year Implementing Guidelines on the School Calendar and Activities for School Year 2025-2026 and DO 9, s. 2005 titled Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith.

4. Participation of learners is subject to approval of their parents or guardian.

5. For the list of schools and other details, please refer to enclosed communication. For inquiries and/or clarifications, please contact Mr. Dickson A. Tendido, PDO II-4Ps Youth Development Focal at 0995-937-3754.

6. For information and appropriate action.

ESSD/dokish-jbbj  
7/10/25

Date: 7/15/25  
Time: 2:26

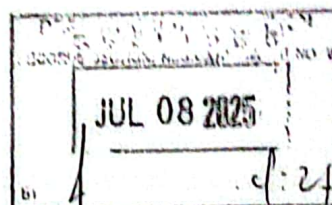
**GILBERT T. SADSAD**  
Regional Director



Address: Regional Center Site, Rawis, Legazpi City, 4500  
Telephone Nos.: 0969 516 9555  
Email Address: [region5@depd.gov.ph](mailto:region5@depd.gov.ph)  
Website: <https://region5.depd.gov.ph/>







10 June 2025

**DIR. GILBERT T. SADSAD**

Regional Director

Department of Education

Regional Center Site, Rawis, Legazpi City 4500

Dear Dir. Sadsad:

Greetings from the DSWD Field Office VI

The DSWD believes in the holistic development of adolescents. Hence, extending the age coverage of the Pantawid Pamilyang Pilipino Program (4Ps) up to 18 years old with higher cash grants for high school student beneficiaries was institutionalized through the National Advisory Council (NAC) Resolution No. 12 series of 2013. Furthermore, considering the risk and vulnerability of 4Ps adolescent beneficiaries, the Program institutionalized a learning intervention for the youth through the NAC Resolution 34, Series of 2016 dubbed as the **Youth Development Sessions (YDS) of the Pantawid Pamilyang Pilipino Program**.

The YDS is an afterschool youth life education program aimed at developing life skills among adolescents. It is designed to support the adolescents' developmental needs by helping them understand the developmental challenges they face during this life stage. The program goal is to provide essential knowledge and skills associated with their current normative needs related to physical, sexual, cognitive, social, and emotional developments.

With this, we are pleased to inform you that 114 secondary schools (1 school per city/municipality) have been selected across the region to implement the **Youth Development Session (YDS) Volume III for School Year 2025–2026**. The list of target schools identified for implementation is attached to this letter for your reference. Accordingly, the theme for YDS Volume III is: ***"Talk It Out, Heal It Up, Glow On!"*** This volume will feature the following focused sessions and its expected outcomes:

Session No.	Session Title	Expected Outcomes
1.	Breathe Away Your Stress	Demonstrate the ability to recognize and handle stress and anxiety
2.	Coping with Stress from Failure	Demonstrate a healthy disposition in managing stress.
3.	Managing Negative Thoughts	Demonstrate a balanced state of mind by overturning negative thought patterns in favor of more realistic mind thoughts.



4.	Anger Management	Demonstrate the ability to be calm in challenging moments.
5.	To Fight or To Negotiate	Appreciate individual differences and use the appropriate approach in managing conflicts
6.	Essence of Communication	Demonstrate efforts to practice effective and emphatic interpersonal communication to relationships.
7.	Nurturing One's Well-Being	Demonstrate healthy habits to nurture their over-all well-being.
8.	Appreciating Gender Differences	Demonstrate an appreciation of diversity in sex and gender by respecting their rights.
9.	The Purpose of the Family	Demonstrate appreciation for one's family by cultivating values that contribute to family strength and to be involved in family activities to achieve family goals.

Furthermore, we respectfully seek the assistance of your esteemed office in informing the concerned Division Offices and identified secondary schools regarding the upcoming activity, with the following arrangements:

1. **Identification of Participants:** One (1) section from Grade 9 level shall be identified per selected school, preferably the section with the highest number of 4Ps beneficiaries. The selected students are expected to commit to completing all sessions scheduled from July 2025 to March 2026.
2. **Schedule of the Sessions:** Each session will run for a maximum of two (2) hours, with specific time schedules to be determined in agreement with the respective school heads. Identified participants shall be excused from their classes during the scheduled sessions to ensure full participation.
3. **Provision of Venue and Equipment:** Schools are requested to provide a suitable venue with tables and chairs. Additionally, the use of available Information Technology (IT) equipment such as a projector, sound system, and microphone is highly encouraged.

Our City/Municipal Links will coordinate directly with the target schools to discuss and finalize the schedules, logistical requirements, and other operational details related to the activity.

Please be assured that the attendance of students in this activity shall not be considered as absences nor as grounds for non-compliance with school requirements. On the contrary, the YDS aim to enhance the participants' knowledge, develop essential life skills, and improve their overall literacy, thereby complementing their formal education. Additionally, the DSWD will ensure that parental consent forms are issued to all identified participants and are subject to approval by their respective parents or guardians.

Should you have inquiries and/or clarifications, you may contact **Mr. Dickson A. Tendido**,  
**PDO II- 4Ps Youth Development Focal** at **0995-937-3754**.

Your collaboration and support are greatly appreciated in making this YDS Volume III a  
success. Thank you!

Very truly yours,

  
**NORMAN S. LAURIO**  
Director IV- Regional Director



### LIST OF TARGET SCHOOLS FOR YDS VOLUME III IMPLEMENTATION

No.	Name of School	Province	City/Municipality
1.	Albay	Bacacay	Cabasan National High School
2.	Albay	City of Tabaco	Mariroc High School
3.	Albay	Mallipot	San Antonio National High School
4.	Albay	Malinao	Sugcad Integrated School
5.	Albay	Rapu-Rapu	San Ramon High School
6.	Albay	Sto. Domingo	San andres Integrated School
7.	Albay	Tiwi	Tiwi Agro Industrial School
8.	Albay	Camalig	Pariaan National High School
9.	Albay	City of Legazpi	Legazpi City National High School
10.	Albay	Daraga	Malabog National High School
11.	Albay	Guinobatan	Lower Binogsacan National High School
12.	Albay	Manito	Manito National High School
13.	Albay	City of Ligao	Deogracias P. Princesa Memorial High School
14.	Albay	Jovellar	Jovellar National High School
15.	Albay	Libon	Pantao National High School
16.	Albay	Oas	Saban National High School
17.	Albay	Pio Duran	Alabangpuro High School
18.	Albay	Polangui	Itaran National High School
19.	Camarines Norte	Basud	San Felipe National Highschool
20.	Camarines Norte	Capalonga	Calabaca Integrated School
21.	Camarines Norte	Daet	Vicente L. Basit Memorial High School
22.	Camarines Norte	Jose Panganiban	Jose Panganiban National High School
23.	Camarines Norte	Labo	Talobatib High School
24.	Camarines Norte	Mercedes	Mercedes High School
25.	Camarines Norte	Paracale	Paracale National High School
26.	Camarines Norte	San Lorenzo Ruiz	San Lorenzo Ruiz National High School
27.	Camarines Norte	San Vicente	Fabrica High School
28.	Camarines Norte	Santa Elena	Maulawin National High School
29.	Camarines Norte	Talisay	Gonzales Ascutia High School



30.	Camarines Norte	Vinzons	D.Q. Liwag National High School
31.	Camarines Sur	Cabusao	Barcelonita Fisheries School
32.	Camarines Sur	Del Gallego	Sinuknipan National High School
33.	Camarines Sur	Libmanan	San Isidro National High School
34.	Camarines Sur	Lupi	St. Peter Baptist College Foundation
35.	Camarines Sur	Pamplona	Cagbibi National High School
36.	Camarines Sur	Pasacao	Dr. Lorenzo P. Ziga Memorial High School
37.	Camarines Sur	Ragay	Don M. Gonzalvo Memorial High School
38.	Camarines Sur	Sipocot	Bolo Norte National High School
39.	Camarines Sur	Baao	Nonito Paz Arroyo Memorial High School
40.	Camarines Sur	Balatan	Tapayas National High School
41.	Camarines Sur	Bato	San Roque National High School
42.	Camarines Sur	Buhi	Tambo National High School
43.	Camarines Sur	Bula	San Ramon High School
44.	Camarines Sur	City of Iriga	San Pedro National High School
45.	Camarines Sur	Nabua	Victor Bernal High School
46.	Camarines Sur	Pili	Rodriguez National High School
47.	Camarines Sur	Caramoan	Northern Peninsula High School
48.	Camarines Sur	Goa	Payatan High School
49.	Camarines Sur	Lagonoy	Lagonoy High School
50.	Camarines Sur	Ocampo	Hanawan National High School
51.	Camarines Sur	Presentacion	Buenavista National High School
52.	Camarines Sur	Sagñay	Mabca National High School
53.	Camarines Sur	San Jose	Vivencio Obias Kinalansan National High School
54.	Camarines Sur	Tigaon	Huyon- Huyon High School
55.	Camarines Sur	Tinambac	Bagacay National High School
56.	Camarines Sur	Bombon	Siembre High School
57.	Camarines Sur	Calabanga	Jose C. Prevosa Sr. National High School
58.	Camarines Sur	Camaligan	Camaligan National High School
59.	Camarines Sur	Canaman	Northern Canaman High School
60.	Camarines Sur	City of Naga	Carolina National High School
61.	Camarines Sur	Gainza	Gainza National High School



62.	Camarines Sur	Garchitorena	Sacred Heart Academy
63.	Camarines Sur	Magarao	Magarao National High School
64.	Camarines Sur	Milaor	San Antonio National High School
65.	Camarines Sur	Minalabac	Antipolo National High School
66.	Camarines Sur	San Fernando	Lupi National High School
67.	Camarines Sur	Siruma	Siruma National High School
✓ 68.	Catanduanes	Bagamanoc	Bagamanoc Rural Development High School
✓ 69.	Catanduanes	Baras	Agban National High School
✓ 70.	Catanduanes	Bato	Bote Integrated School
✓ 71.	Catanduanes	Caramoran	Caramoran Rural Development High School
✓ 72.	Catanduanes	Gigmoto	Sicmil Integrated School
✓ 73.	Catanduanes	Pandan	Leandro I. Verceles Sr. National High School
✓ 74.	Catanduanes	Panganiban	Panganiban National High School
✓ 75.	Catanduanes	San andres	Maygnaway National High School
✓ 76.	Catanduanes	San Miguel	San Miguel Rural Development High School
✓ 77.	Catanduanes	Viga	Tinago National High School
✓ 78.	Catanduanes	Virac	Antipolo National High School
79.	Masbate	Claveria	Felixberto Del Rosario Sr. Memorial High School
80.	Masbate	San Pascual	Amado E. Lazaro National High School
81.	Masbate	Batuan	Francisco Alindogan National High School
82.	Masbate	City of Masbate	Masbate National Comprehensive High School
83.	Masbate	Milagros	Jamorawon National High School
84.	Masbate	Monreal	Rizal Integrated School
85.	Masbate	San Fernando	Buenavista Integrated School
86.	Masbate	San Jacinto	Liceo De San Jacinto Foundation Inc.(JHS Dept)
87.	Masbate	Aroroy	Syndicate National High School
88.	Masbate	Baleno	Magdalena National High School
89.	Masbate	Balud	Briccio A. Aninang Sr. Memorial High School
90.	Masbate	Mandaon	Tumalaytay National High School
91.	Masbate	Mobo	Floro Laguna Medina Memorial High School
92.	Masbate	Uson	Temistocles A. Merioles Sr. Memorial High School
93.	Masbate	Cataingan	Cataingan National High School



94.	Masbate	Cawayan	Sulpicio T. Condor Sr. National High School
95.	Masbate	Dimasalang	Dimasalang National High School
96.	Masbate	Esperanza	Allanaraiz-Marfil National High School
97.	Masbate	Paianas	San Carlos National High School
98.	Masbate	Pio V. Corpuz	Conrada Tero Kho Memorial High School
99.	Masbate	Placer	Arriego-Sevillano National High School
100.	Masbate	Casiguran	Casiguran Technical Vocational School
101.	Masbate	Castilla	San Rafael National High School
102.	Masbate	City of Sorsogon	Pamurayan Integrated School
103.	Masbate	Donsol	Donsol Vocational High School- Gogon Annex
104.	Sorsogon	Magallanes	Magallanes National High School
105.	Sorsogon	Pilar	Bayasong National High School
106.	Sorsogon	Barcelona	Alegria Integrated School
107.	Sorsogon	Bulan	Louella Gottlader Alcoba National High School
108.	Sorsogon	Bulusan	San Roque National High School
109.	Sorsogon	Gubat	Bentuco National High School
110.	Sorsogon	Irosin	Patag Integrated School
111.	Sorsogon	Juban	Lajong National High School
112.	Sorsogon	Matnog	Sisigon Integrated School
113.	Sorsogon	Prieto Diaz	Prieto Diaz National High School
114.	Sorsogon	Santa Magdalena	Talaonga National High School