

# Republika ng Pilipinas

## Kagawaran ng Edukasyon

REHIYON V (BIKOL)

TANGGAPANG PANSANGAY NG MGA PAARALAN NG CATANDUANES

July 31, 2025

DIVISION MEMORANDUM No. 682 s. 2025

IMPLEMENTATION OF DEPED OUOPS MEMORANDUM 2023-03-8658: SUPPORT TO COMPREHENSIVE SEXUALITY EDUCATION (CSE) AND WASH IN SCHOOLS (WINS) PROGRAMS: MAINSTREAMING OKY PHILIPPINES PERIOD TRACKER APP

To: OIC-Asst. Schools Division Superintendent
Chief Education Supervisors
Public Schools District Supervisors/In-Charge of the Districts
Public School Heads
All Others Concerned

1. In reference to DepEd OUOPS Memorandum 2023-03-8658: Support To Comprehensive Sexuality Education (CSE) and WASH In Schools (WinS) Programs: Mainstreaming Oky Philippines Period Tracker App, this Office will conduct virtual orientation on August 1, 2025 at 1:30 pm via MS Teams through this link: <a href="https://tinyurl.com/OkyAppOrientation">https://tinyurl.com/OkyAppOrientation</a> or QR Code: The participants to this orientation are the Guidance Designate, WinS Coordinator and 1 MAPEH Teacher of all secondary and integrated schools.



2. The objective of the said orientation is to provide comprehensive training on the app's features, functionalities, and integration into the health curriculum to be promoted and encouraged for download and utilization by all enrolled adolescent girls and young women aged 10-19. The app can be downloaded for free from the Google Play Store and Apple App Store through https://tinyurl.com/OkyAppFree



- 3. Dissemination and distribution of approved Oky promotional materials and hygiene kits will be conducted to the identified school beneficiaries at a schedule that will be announced in a separate memorandum. Consent from parents/guardians must be obtained. The consent for the rollout is enclosed in this memorandum.
- 4. For information and guidance of all concerned.

By Authority of the OIC-Schools Division Superintendent:

**DELFIN A. BONDAD**OIC-Assistant Schools Division Superintendent









catanduanes@deped.gov.ph

www.depedrovcatanduanes.com/www.catanduanes.deped.gov.p

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## MA. JEANY T. ABAYON

OIC-Schools Division Superintendent Schools Division of Catanduanes

Attention: Mr. Romel G. Petajen, Chief Education Supervisor School Governance and Operations Division

Dear Superintendent Abayon,

#### Warm greetings!

Towards the implementation of the DepED OUOPS Memorandum 2023-03-8658: Support to Comprehensive Sexuality Education (CSE) and WASH in Schools (WinS) Programs: Mainstreaming Oky Philippines Period Tracker App, UNICEF and Plan International Philippines are supporting the national roll-out of the Oky Philippines Period Tracker App.

The Oky Philippines Period Tracker App aims to empower every Filipino girl and young woman by equipping them with accurate information regarding Menstrual Health and Hygiene (MHH) and Adolescent Sexual Reproductive Health (ASRH). The app offers a platform for girls to access information about their menstrual cycles, sexual and reproductive health and rights, mental health, and relationships, among other topics, in an engaging, creative, and positive manner, delivered through their mobile devices.

To provide capacity to schools division offices in implementing the national roll-out, a virtual National Orientation was held by DepED on April 30, 2024, with participation from all 223 Schools Division Offices (SDOs), including ARH focal persons, select focal persons for CSE, Youth Formation, WinS, and guidance counselors. The actual roll-out to the schools was slated to be conducted in SY 2024-2025 through the facilitation of the abovementioned DepED staff.

As part of our ongoing efforts to ensure the Oky Philippines Period Tracker App reaches all targeted learners, we kindly seek to continue the work we began with SDO Catanduanes and expand our collaboration to reach to all learners, particularly adolescent girls and young women aged 10-19 years old. In this regard, we seek your approval and endorsement for the following collaborative activities:

- Conduct orientation for ARH and WinS Focal Persons and MAPEH Education Supervisors.
- Collaborate with the mentioned focal persons to assist and facilitate the downloading of the Oky Philippines app for girl learners.
- Distribute Oky promotional materials (e.g., brochures, fans, etc.) approved by Oky government partners.
- Integrate the Oky Period Tracker App as a key resource in the implementation of the health curriculum.

Looking forward to your positive response. For any queries, please feel free to contact Ms. Ven Janelle Ang, UNICEF Oky Philippines Coordinator (09279356729; venjanelle@gmail.com).

Sincerely,

Jon Michael R. Villasenor Oky Philippines Focal Point

**UNICEF Philippines** 









## Republic of the Philippines Department of Education **OPERATIONS**

OUOPS No. 2023-03- 14tg

MEMORANDUM

TO

REGIONAL DIRECTORS

**ESSD Chief** 

SCHOOLS DIVISION SUPERINTENDENTS

SGOD and CID Chiefs

School Health and Nutrition Section

Public and Private Elementary and Secondary School Heads

All Others Concerned

FROM

ATTY. REVSEE A. ESCOBEDO

Undersecretary for Operations

SUBJECT

SUPPORT TO COMPREHENSIVE SEXUALITY EDUCATION

AND WASH IN SCHOOLS PROGRAM: MAINSTREAMING THE

OKY PHILIPPINES PERIOD TRACKER IN SCHOOLS

DATE:

14 September 2023

Girls' ability to care for themselves during menstruation significantly influences their overall health and development. In the Philippines, the lack of open discourse and comprehensive menstrual health and hygiene (MHH) education, along with limited coverage of sexual and reproductive health and rights (SRHR) in schools, leaves girls vulnerable to misinformation. This hinders their access to accurate knowledge for managing their periods safely and confidently.

Oky is the world's first-period tracker app, co-designed for adolescent girls to make learning about menstrual health fun. As a digital companion, Oky empowers girls to confidently manage their periods with evidence-based insights and personalized cycle tracking. In the Philippines, Oky underwent a comprehensive process of localization through consultations with 473 girls and boys aged 10-19 years old from different geographical and social backgrounds, including indigenous communities, out-of-school children and youths, and children with disabilities. Collaborating with various agencies and technical experts ensured that Oky effectively meets the needs of these groups.

The Oky Philippines app, supported by the Australian Government, is a joint product of the Department of Education (DepEd), Department of Health (DOH), Commission on Population and Development (POPCOM), National Youth Commission (NYC), Regional government of the Bangsamoro Autonomous Region in Muelim Mindanae

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(BARMM), and United Nations Children's Fund (UNICEF) Philippines, in partnership with Plan International. At DepEd, the development and vetting process was guided by the School Health Division and Youth Formation Division of the Bureau of Learner Support Services, the Learners Rights and Protection Office, and the Bureau of Curriculum Development.

The Oky Philippines Period Tracker App is approved and endorsed by the DepEd, DOH, POPCOM, NYC, and BARMM Regional Government for nationwide use, particularly by adolescent girls and young women. The app was launched at the national level on May 26, 2023, following a regional-level launch in BARMM on March 16, 2023.

Cognizant of the social and digital realities of adolescent girls and young women, Oky Philippines is designed with the following key features:

a) Period tracking functionality;

- Encyclopedia on Menstrual Hygiene Management (MHM) and Adolescent Sexual Reproductive Health (ASRH) insights, featuring relevant Islamic content;
- Engaging and girl-centered gamified content, such as quizzes, mood tracking, a diary, and surveys;

d) Personalized avatar for guided navigation;

- Inclusivity through the Text to Speech feature for girls and young women with disabilities;
- f) The local database of Adolescent-friendly Health Service Providers and
- g) Accessible both online and offline; shareable via Share it and APK file.

In this regard, the Office of the Undersecretary for Operations (OUOPS), through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), endorses to all DepEd Offices and Schools to download the Oky Period Tracker App for adolescent learners, Grades 4 to Senior High School or ages 10 to 19 years old, as an additional information resource on menstruation, adolescent sexual reproductive health, child protection and mental health, among other learning areas. The App can be downloaded from Google Play (Android users) or the App Store (iOS users). The QR code below can also be used for downloads.



DepEd, with BLSS-SHD as the lead unit, is collaborating with UNICEF and Plan International in the national roll-out of Oky Philippines to reach all schools and as many learners as possible through capacity-building of teachers and school health personnel and promotional activities at regional, division, and school/community levels.

Audio-visual presentations introducing the Oky Philippines app and showing steps for downloading will be disseminated through DepEd Philippines social media

platforms for all schools to promote the app to students during homeroom, relevant classes, or school events where the topic of menstruation can be discussed.

An online orientation session on menstrual health and hygiene and promoting the Oky Philippines app will be conducted for the following personnel of all regional and schools division offices:

- a. Adolescent Reproductive Health (ARH) focal persons
- b. WASH in Schools (WinS) coordinators
- c. Education Program Supervisors (EPS) for MAPEH/CSE

Furthermore, a series of capacity-building activities will be conducted for Schools Divisions in regions where UNICEF and Plan International currently have programme operations, namely: NCR, REGION IV-B, REGION VIII, REGION IX, and CARAGA to strengthen the capacities of the abovementioned personnel, teachers, and school heads in integrating menstrual health and hygiene, adolescent reproductive health and the use of the Oky Philippines app in curriculum implementation and learner support services.

The Regional Directors and School Division Superintendents in NCR, REGION IV-B, REGION VIII, REGION IX, and CARAGA are enjoined to ensure and monitor the participation and outputs of personnel in the capacity-building activities.

School heads are enjoined to place print materials about the Oky App in Health Corners or other strategic locations within the school.

The following documents are enclosed for reference:

- a. Annex A Proposed Activities and Timeline; and
- b. Annex B Roles and Responsibilities

For questions and concerns, please contact Phanny S. Ramos, Health Education and Promotion Officer III, and Vonerich B. Berba, Education Program Specialist II, BLSS-SHD through (02) 8-632-9935 or email at <a href="mailto:blss.shd@deped.gov.ph">blss.shd@deped.gov.ph</a> /.

## Annex A

## **Proposed Activities and Timeline**

Oky Project focus areas: NCR, Region IV-B, Region VIII, Region IX, Caraga, and  $$\operatorname{\mathsf{BARMM}}$$ 

Activity	Mode of Delivery/Strategy	Target Participants	Timeline/Schedul e
ARH focal/School Heads orientation on Oky both public and private schools	Division-wide	School Heads and ARH focal person of public and private schools	September 2023 to November 2023
Oky rollout session in public and private schools	School-wide	Pupils/Students from Grades 4-6, Junior High and Senior High  DepEd Region & Division: -NCR -Region IV-B -Region VIII -Region IX -Caraga -BARMM	September 2023 to February 2024
Posting Oky promotional materials in the official social media channels (Facebook, etc) of Division Offices and schools	Division Offices/Schools	Pupils/Students/Com munities	September 2023 to July 2024
Integrating Oky promotion in schools' big events like regional and divisional Meet and Palaro, youth leaders camp and others.	Regional/Division wide	Pupils/Students/ Parents	September 2023 to July 2024

## Roles and Responsibilities

## DepEd Central Office (CO) and Regional/Division Offices Coordination

a) Issuance of a memorandum by DepEd CO through Regional and Division Offices, mandating schools to facilitate the download of Oky PH for all pupils/students aged 10-19 years old.

#### Designation of Focal Person

a) Active Coordination: A designated and active focal person from both Regional and Division Offices is required to facilitate smooth and swift communication with Plan International and collaborating partners.

#### Attendance during Oky Orientation

a) Participation of school heads and Adolescent Reproductive Health (ARH) focal persons from regional, division, and schools in the Oky Orientation, jointly organized by division offices and Plan International, is highly recommended.

#### School-Wide Oky Rollout

 a) Schools Division Offices' Authorization: SDOs may allow schools to carry out a comprehensive one-day Oky rollout, ensuring adequate time for app downloading.

b) Student Participation: Schools are encouraged to allow pupils/students to bring their Android smartphones during the designated school-wide rollout schedule.

#### Teacher Engagement

a) Targeted Grade Levels: Teachers responsible for teaching CSE for Grades 4, 5, 6, Junior High, and Senior High School levels are encouraged to ensure that every student under their guidance has successfully downloaded the Oky PH app.

## Monitoring and Evaluation

a) Regional Office Oversight: DepEd Regional Office and SDOs are requested to monitor rollout activities and Oky downloads per division to facilitate the attainment of the minimum download targets.



## Republika ng Pilipinas

## Department of Education

## OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

MEMORANDUM DM-OUOPS-2024-01- 62713

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

EVSEE A. ESCOBEDO

Undersderetary 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 preregistration. 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 biss slida deped gov.ph.





Foom 101, Rizal Building, Dept d Complex, Meralco Avenue, Pasig City 1600 | Doc Ref. Code | DM GUCPS | Rev. Telephone Nos.: (02) 8633-5313; (02) 8631-8492



# 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 Win3 Focal	Guidance Counselor Representative	(1) RO & (3) select SDO Youth Formation Focal	Total
	15	4	4		4	28
II	10	4	4		4	23
Ш	21	4	4	1	4	34
IV-A	24	4	4		4	37
IV-B	8	4	4		4	21
<b>V</b>	14	4	4		Landania A Santa Land	27
VI	22	4	4	1	4	35
VII	21	4	4		4	34
VIII	14	4	4	Manuscript Larros Man	4	27
IX	9	4	4			22
X	15	4	4		4	28
х	12	4	4		4	25
XII	9		4		4	22
Caraga	13	4	4		4	26
CAR	9	4	4	William London	4	22

NCR	17	4	1 4	1	4	30
BARMM	12	4	4		4	25
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# C. Indicative Program of Activities

Time	Activity/Description	Person Responsible	
	Preliminaries	Clarissa Gabis	
9:30 • 9:40 am		Dr. Dexter A. Galban Assistant Secretary for Operations	
3,00 · 3. 10 m.i	Messages	Leila P. Areola (OIC) Director IV, Bureau of Curriculum Development (BCD) UNICEF	
9:40 - 10:00 am	Statement of Purpose & Updates on ARH	Dr. Maria Corazon C. Dumla Chief Health Program Officer	
10:00- 10:20 am	Overview of Oky Period Tracker Philippines & updates on the current status of Oky implementation (20 minutes)	Plan International	
10:20 - 10:40 am	Sharing of Best Practices (20 minutes)  -Showcase successful practices from Regional SDOs that have effectively supported the implementation of Oky Philippines.	Regional and SDO representative	
10:40 – 11:05 am	Presentation of Oky Menstrual Tracker App -Run through how to use the application	UNICEF	
11:05 -11:25 am	Action Planning (25 minutes)  -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	Ways Forward (20 minutes)  -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	Closing	Clarissa Gabis	
	Closing Message	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	Oversee the whole activity		
2	Phanny S. Ramos	HEPO III	<ul> <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	неро ІІ	<ul> <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	TAII	<ul> <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> <li>Prepare and coordinate the layout of the targaulin</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 I Representatives	nternational	<ul> <li>Resource persons</li> <li>Fresent the overview, status of the Oky implementation, and on how to navigate the application.</li> <li>Facilitate the brainsterming and the mapping of the rell-out</li> </ul>		
7	BCD CSE focal & YFD Health focal		Coordinate activity to the target participants for CSE & YF focals from the Regions and SDOs		



## Republic of the Philippines

## Department of Education

03-02713

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