



Republic of the Philippines
Department of Education
Region VI-Western Visayas
SCHOOLS DIVISION OF KABANKALAN CITY

**Office of the Schools Division
Superintendent**

DIVISION MEMORANDUM

NO. 079, s. 2023

FEB 22 2023

FREE BEING ME – ACTION ON BODY CONFIDENCE PROGRAM

To: OIC-Asst. Schools Division Superintendent
Chiefs, CID and SGOD
Public Schools District Supervisors
Public Elementary and Secondary School Heads
All Others Concerned

1. Attached is Negros Occidental Girl Scout Council Circular No. 3, s. 2023 titled Free Being Me – Action on Body Confidence (FBM-ABC) Program, encouraging schools to attend the above-stated activity on February 25-28, 2023 via Zoom and Facebook platforms.
2. The Opening Program will be held via Zoom on February 25, 2023 at 1:30 p.m., and shall be followed by offline activities that shall be posted at <https://www.facebook.com/negoccgirlscoutcouncil?mibextid=ZbWKwL> or at <https://www.facebook.com/GSPNegrosOccidentalCouncil>. The offline activities may be done by troop or patrol.
3. All participants shall wear the GSP Official Uniform during the Opening Program, camp uniform during the offline activities.
4. All Girl Scouts and Adult Leaders participating in the FBM-ABC activities shall register in <https://forms.gle/nkN91AXubSLYui8p8> on or before February 24, 2023.
5. The school heads of the participating schools shall take full responsibility in ensuring compliance to DepEd Order No. 9, s. 2005 titled Instituting Measures to Increased Engaged Time-On Task and Ensuring Compliance Therewith.
6. Immediate dissemination of and compliance with this Memorandum are desired.

MICHELL L. ACOYONG, CESO VI
Assistant Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent



Address: Tayum Street, Barangay 8, Kabankalan City, Negros Occidental
Telephone Number: 471-2004 | 471-2003
E-mail: kabankalan.city001@deped.gov.ph



Girl Scouts of the Philippines
NEGROS OCCIDENTAL GIRL SCOUT COUNCIL
Araneta St., Singcang, Bacolod City
Telefax No. (034) 434600
E-mail Address: negocccouncil@yahoo.com.ph

Council Circular No. 3
Series 2023

TO : DIVISION GIRL SCOUT COORDINATORS
DISTRICT FIELD ADVISERS (Public and Private Elementary
and Secondary Level SCHOOL PRINCIPALS ALL CONCERNED
THRU THE : SCHOOLS DIVISION SUPERINTENDENT
RE : FREE BEING ME - ACTION ON BODY CONFIDENCE PROGRAM
DATE : February 7, 2023

The Girl Scouts of the Philippines-Negros Occidental Council will conduct its online activity, FREE BEING ME - ACTION ON BODY CONFIDENCE Program from February 25 to 28, 2023 via Zoom and FB Platforms. This program is open to all registered Girl Scouts and it focuses on empowering young girls and women with body positivity and raising awareness on issues of self-esteem and body confidence, helping participants to accept themselves and to realize their fullest potential through fun and interactive activities.

Please take note of the following details hereunder:

ACTIVITY : **ACTIVITY ON FREE BEING ME - ACTION ON BODY CONFIDENCE PROGRAM**

DATE : **February 25-28, 2023**

OPENING PROGRAM : **FBM-ABC Webinar - February 25, 1:00 p.m - 1:30 p.m - Zoom log-in**
February 25, 1:30 - 3:00 p.m webinar proper
To be followed by offline activities to be posted on Facebook
<https://www.facebook.com/negocccouncil?mibextid=ZbWKwL>
<https://www.facebook.com/GSPNegrosOccidentalCouncil>
* Offline activities may also be done in school setting by troop or patrol following the minimum health protocols or at home with adult supervision

WHO ARE TO ATTEND : **ALL AGE LEVELS**
(Twinklers, Stars, Juniors, Seniors & Cadet Girl Scouts and Troop Leader)

ATTIRE : **GSP Official Uniform during the webinar on February 25, 2023 at 1:30 in the afternoon and camp uniform for offline activities**


All the activities should be completed by all the participants. Girl Scouts and Adult Leaders who are joining the event should register with link <https://forms.gle/nkN91AXubSLYui8p8> on or before February 24, 2023.

The mechanics of the day to day activities and the zoom link will be posted on GSP Negros Occidental FB Page <https://www.facebook.com/GSPNegrosOccidentalCouncil>. Output of activities should be posted using the official hashtags: #freebeingme, #actiononbodyconfidence, #negocccouncilsarebeyoutiful. Badges may be claimed at the Council Headquarters by presenting the Accomplishment Reports.

The widest and immediate dissemination of this circular to all concerned is respectfully requested.

Thank you very much for this favor and for the many you had extended to us in the past for the sake of our girls and young women.

MORE POWER!


JEZA D. GUZON
Council Executive


ATTY. ANDREA LIZARES-SI
Council President



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Girl Scouts of the Philippines
NEGROS OCCIDENTAL GIRL SCOUT COUNCIL

SCHEDULE OF ACTIVITIES

February 25, 2023

1:00 PM- 1:30 PM- Zoom log-in

1:30 P.M -3:00 P.M- Webinar about FBM-ABC

February 25, 2023 - Afternoon Offline Activity

● **See the change**

Instructions

Draw your own version of "perfect looking girl" describing her physical attributes such as white skin, long hair, tall, etc. Define image myth in your caption.

Sunday, February 26, 2023

● **Plan the Change**

Instructions

Using the format provided, envision your own activity that promote body-confidence (as simple as having a talk with your friends, simple play, or at least sharing what is FBM-ABC)

Action Plan Format

Target Date	Activity	Persons Involved
Example: February 25-28, 2023	Seeing the beauty in Me Activity: FBM ABC Talk	Friends, classmates, other girl scouts

February 27, 2023

● **Make the change**

Instructions

With at least 2 members of your household, a friend, or a classmate, make the best version of your pasarela walk confidently. Record yourself while answering the question "Why do you need to be confident with your body?" and end your video by saying "I am name, and I am beYOUtiful"

February 28, 2023

● **Share the change**

Instructions

Using the action plan you did during the "Plan the Change" Stage, use this to share the change to your peers

Have at least 2 friends or a member of a household to share what FBM-ABC is and why we need to be body-confident?

Enjoy and continue to share the change

***Note: Participants will be given enough time to accomplish the offline activities til March 4, 2023.**