



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. 404, s. 2023

NOV 06 2023

**SUPPORT TO COMPREHENSIVE SEXUALITY EDUCATION AND WASH IN
SCHOOLS PROGRAM: MAINSTREAMING THE OKY PHILIPPINES
PERIOD TRACKER IN SCHOOLS**

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

1. Attached are Regional Memorandum No. 818, s. 2023 and OUOPS No. 2023-03-8658 re: *Support to Comprehensive Sexuality Education and Wash in Schools Program: Mainstreaming the OKY Philippines period tracker in Schools.*
2. Anent this, this Office through the Health and Nutrition Unit, encourages all Schools to download the Oky Philippines Period Tracker App from Google Play (Android users) or the App store (iOS users) for adolescent learners ages 10 to 19 years old.
3. The Oky Philippines Period Tracker App will serve as an additional information resource on menstruation, adolescent sexual reproductive health, child protection and mental health, among other learning areas.
4. For queries, contact Noemi M. Barañao, Nurse II/ARH Focal Person or Dr. Aldwin Marco P. Bendo, Dentist II/WinS Focal Person, of the School Health & Nutrition through their messenger accounts (Noemax and Marco Porc).
5. 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



Republic of the Philippines
Department of Education
REGION VI-WESTERN VISAYAS

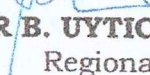
OCT 25 2023

REGIONAL MEMORANDUM
No. 818, s. 2023

**SUPPORT TO COMPREHENSIVE SEXUALITY EDUCATION AND WASH IN
SCHOOLS PROGRAM: MAINSTREAMING THE OKY PHILIPPINES PERIOD
TRACKER IN SCHOOLS**

To: Schools Division Superintendents
All Others Concerned

1. Attached is Memorandum OUOPS No. 2023-03-8658 from the Office of Undersecretary for Operations, **Atty. Revsee A. Escobedo**, dated September 14, 2023, regarding the **Support to Comprehensive Sexuality Education and Wash in Schools Program: Mainstreaming the OKY Philippines period tracker in Schools**, which is self-explanatory.
2. Immediate dissemination of and compliance with this Memorandum are desired.


RAMIR B. UYTICO EdD, CESO III
Regional Director

Encl.: As stated
Reference: MEMO dated September 27, 2023
To be indicated in the Perpetual Index
under the following subject

SCHOOLS
HEALTH
PROGRAM

JAM/ESSD-RM/2023 Support to Comprehensive Sexuality Education and Wash In Schools
Program/049/OCT.20, 2023



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Republic of the Philippines
Department of Education
OPERATIONS

OUOPS No. 2023-03- 8648
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

RECORDS SECTION
RECEIVED
✓
OCT 19 2023
4016

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 Muslim Mindanao

(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;
- b) Encyclopedia on Menstrual Hygiene Management (MHM) and Adolescent Sexual Reproductive Health (ASRH) insights, featuring relevant Islamic content;
- c) Engaging and girl-centered gamified content, such as quizzes, mood tracking, a diary, and surveys;
- d) Personalized avatar for guided navigation;
- e) 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 blss.shd@deped.gov.ph /.

Annex A**Proposed Activities and Timeline**

Okya Project focus areas: NCR, Region IV-B, Region VIII, Region IX, Caraga, and BARMM

Activity	Mode of Delivery/Strategy	Target Participants	Timeline/Schedule
ARH focal/School Heads orientation on Okya both public and private schools	Division-wide	School Heads and ARH focal person of public and private schools	September 2023 to November 2023
Okya 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 Okya promotional materials in the official social media channels (Facebook, etc) of Division Offices and schools	Division Offices/Schools	Pupils/Students/Communities	September 2023 to July 2024
Integrating Okya 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

Annex B

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.



Republic of the Philippines
Department of Education

8658

ROUTING SLIP

This document has been encoded in the DepEd - Document Management System and routed to the appropriate office/s with the following information:

Sender: BLSS-SHD D. Nunez
Subject: Memo re: Support to Comprehensive Sexuality Education and Wash in Schools Program: Mainstreaming the OKY Phils Period Tracker in Schools
Document Code: CO-BLSS1-2023-09-294
Date and Time Added: 2023-SEP-22 01:08:45 PM
Created by: BLSS - School Health Division



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DATE (y-m-d)	FROM (Please indicate Name, Position and Office)	FOR (Please indicate Name, Position and Office)	NOTES / RECOMMENDATION / INSTRUCTION	RECEIVED BY (Please indicate Name, Office, Date and Time)
9/22/23	BLSS-SHD	DUOPS	For approval / signature	Nino Dico 92223 / 24PM / R. Nunez-SHD
<div>OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND FIELD OPERATION DEPARTMENT OF EDUCATION OFFICE OF THE UNDERSECRETARY FOR OPERATIONS</div> <div>RELEASED DATE: 9/26/23 TIME: 9:41 NAME: R. Nunez</div> <div>RELEASED DATE: 9/26/2023 TIME: 9:41 NAME: R. Nunez</div>				
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