



Republic of the Philippines
Department of Education
Region IV-A
SCHOOLS DIVISION OF QUEZON PROVINCE

3 November 2021

DIVISION MEMORANDUM
DM No. 850, s. 2021

ORIENTATION ON ADOLESCENT HEALTH ISSUES AND PERSPECTIVES (AHIP)

TO: OIC-Assistant Schools Division Superintendents
Division Chiefs
Elementary & Secondary School Heads
School Head in-Charge of Governance and Operations (SHiGO)
School Health Personnel
All Others Concerned

1. The Philippine Obstetrical and Gynecological Society (POGS)-Southern Tagalog Chapter-Quezon in partnership with Adolescent Health and Development Program of Integrated Provincial Health Office will launch an **Orientation on Adolescent Health Issues and Perspectives (AHIP)** in the Department of Education-Division of Quezon via Zoom.
2. The AHIP is a sub-committee of POGS Reproductive Health that aims to reach out to the Filipino Youth thru series of lecture, prototype conferences, and forms of information education and communication materials on the topics such as reproductive health, menstruation, adolescent brain and physiology, mental health issues, psychosocial relationships and behavior among adolescents.
3. For the elementary, the participants are **two (2) select Supreme Pupil Government (SPG) Officers** preferably those in **G4-G6 levels**. For the secondary, participants are **ten (10) select Supreme Student Government (SSG) Officers** preferably those in **G7-G9 levels**. The designated district and school **Adolescent Reproductive Health (ARH) Coordinators and school nurses** are also invited to participate in the said orientation.
4. Attendance of participants to the said activity shall be strictly monitored by the ARH School Coordinators and school nurses in coordination with their respective school heads.
5. The link for the said orientation will be announced in a separate Advisory through the designated district nurses.
6. Please refer to the attachment for the program matrix and schedule of the said activity per district.
7. For queries, please contact Ms. Princess Leni May M. Rejano (Division ARH Focal Person) at 09095085476.

DEPEDQUEZON-TM-SDS-04-009-003



"Creating Possibilities, Inspiring Innovations"

Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
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8. Immediate and wide dissemination of this Memorandum is desired.

ELIAS A. ALICAYA JR., EdD
Assistant Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent

DEPED - QUEZON ICT UNIT	
DOWNLOADED	
Date/Time	NOV 10 2021
By:	ELIAS A. ALICAYA JR.
Ref. no.	DM 565 s. 2021

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SCHEDULE OF ORIENTATION ON AHIP per DISTRICT

DISTRICT	SCHEDULE	
	ELEMENTARY	SECONDARY
Burdeos	November 15, 2021	January 6, 2022
General Nakar I		
General Nakar II		
Infanta		
Jomalig		
Lucban		
Mauban North		
Mauban South		
Pagbilao I		
Pagbilao II		
Panukulan		
Patnanungan		
Polilio	November 22, 2021	January 10, 2022
Real		
Sampaloc		
Dolores		
Candelaria East		
Candelaria West		
San Antonio		
Sariaya East		
Sariaya West		
Tiaong I		
Tianong II		
Quezon NHS		
Agdangan	December 6, 2021	January 17, 2022
Buenavista I		
Buenavista II		
Catanauan I		
Catanauan II		
General Luna		
Macalelon		
Mulanay I		
Mulanay II		
Padre Burgos		
Pitogo		
Unisan		
San Andres	February 7, 2022	January 24, 2022

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San Francisco I				
San Francisco II				
San Narciso I				
San Narciso II				
Atimonan I				
Atimonan II				
Plaridel				
Gumaca East				
Gumaca West				
Lopez East				
Lopez West				
Calauag East				
Calauag West				
Guinayangan North	February 21, 2022	March 7, 2022		
Guinayangan South				
Tagkawayan I				
Tagkawayan II				
Alabat				
Perez				
Quezon				
Quezon Science High School- Tayabas				March 21, 2022

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PROGRAM OF ACTIVITIES

SCHEDULE OF ACTIVITIES- AHIP AND MENSTRUATION 101 LECTURES		
TIME	ACTIVITY/ Time	FOCAL PERSON
1:00- 1:15 PM	Online Log-in	Cathay Secretariat
1:15- 1:40PM	Opening Ceremonies	
	- National Anthem	1:12 mins
	- POGS Hymn Prayer	3:01 mins
	- Online etiquette/Reminders	1:00 mins
	- Acknowledgment of Participants	3:00 mins
	- Welcome Remarks	3:00 mins
		Riza Batario, MD,FPOGS, FPSREI - POGS-STC President
	- Inspirational Message.	3:00 mins
		Elizabeth M. Devila School Governance and Operations Division Chief
	- Message of Acceptance	3:00 mins
		Marie Antoinette Aguinaldo- Tedalona, MD, Medical Officer III
	- Program Outline	3:00 mins
	- Introduction of the Moderator	3:00 mins
		POGS-STC emcee
	- Introduction of Lecturers	3:00 mins
TIME	ACTIVITY/TIME ALLOCATION	FOCAL PERSON
1:40-2:15 PM	Cont'd - Module 1- Adolescent Health and Development (35 min)	Florcerel M. Cabuyao,MD,FPOGS
2:15- 2:30 PM	- Q and A Module 1 (15min)	Moderator
2:30- 3:00PM	- Module 2- Myths and Misconceptions about Sexuality (30min)	Ana Maria Carmen L. Zaballero, MD, FPOGS
3:00-3:15PM	- Q and A Module 2 (15min)	Moderator
3:10-3:40 PM	- Menstruation 101 (30min)	Teresa V. Batario, MD, FPOGS, FPSREI
TIME	ACTIVITY/ TIME ALLOCATION	FOCAL PERSON
3:40-3:55pm	Q AND A (15min)	Moderator
3:55- 4:25PM	Module 4- The Clean Teen (30min)	Maria Teresa O. Corpuz, MD
4:25-4:40PM	Q and A	Moderator
4:40PM	Closing Remarks	Lorelie G. Salonga, MD, FPOGS, MHA POGS-STC Area Coordinator

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**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY
INC.
SOUTHERN TAGALOG CHAPTER- QUEZON
&
INTEGRATED PROVINCIAL HEALTH OFFICE-QUEZON**



August 24, 2021

ELIAS A. ALICAYA JR., EdD
Assistant School Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent
Division of Quezon
Talipan, Pagbilao, Quezon

Thru:

Marie Antoinette Aguinaldo-Tesalona, MD
Medical Officer III
School Health Section
DepEd-Quezon

Sir:

Greetings from the **Philippine Obstetrical and Gynecological Society-Southern Tagalog Chapter-Quezon** in partnership with **Adolescent Health and Development Program of Integrated Provincial Health Office-Quezon**

On behalf of our group, I would like to ask your good office for support in the launching of Adolescent Health Issues and Perspectives (AHIP) which is a subcommittee of POGS Reproductive Health aiming to reach out to the Filipino Youth thru series of lecture prototype conferences, via zoom meetings, or thru catalogues, pamphlets, comic strips and other forms of Information Education and Communication materials highlighting topics about Reproductive Health, Menstruation, adolescent brain and physiology, mental health issues among adolescents, psychosocial relationships and behavior.

In this regard, may I ask your good office for permission to conduct lectures on topics mentioned above to our dear teenagers, preferably those in Grade 4 to Grade 9 with a maximum of 50 students



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per session. We will give you the discretion to include their parents or guardians if you deem it necessary and useful for the students. The Modules are as follow:

- Module 1- Adolescent Health and Development (35 minutes)
- Module 2- Myths and Misconceptions about Sexuality (30 minutes)
- Module 3- Happy and Healthy Teens (25 minutes)
- Module 4- Clean Teen (30 minutes)
- Module 5- Mental Health for Teens
- Module 6- The New Normal Teen and Social Media (25 minutes)
- Open forum

You may choose which among the module/s is/are most appropriate and timely for our students on their respective grade levels. Preferably Modules 1-4 are most appropriate for the middle grade school levels. And Modules 5 and 6 are better off with the HS students. The lecturers are one of our Society's specialists and are experts on this field. There will be time for an open forum where questions and inquiries shall be addressed. This is a very opportune time to meet our experts in this field via online platform and ask them about the things that they ought to know and sometimes consider as taboo about their own reproductive health.

The IPHO shall assist your Offices in the scheduling and technical concerns. Should there be any questions about this, please feel free to text or call **Dra Lorelie Salonga** at cell phone number **09228695059** and **Mr. Stephen Yancy E. Otioco** **09184430272**. We will be more than willing to discuss this matter with you at your most favorable time and convenience. It will be a lot more challenging in this times but with your support and participation, we will be able to pull through and continue to educate our own clientele—our fellow Women.

Hoping for your favorable response. Thank you very much!

Respectfully yours,


LORELIE G. SALONGA, MD, FPOGS, MHA
Area Coordinator, POGS-STC