




Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
SCHOOLS DIVISION OF BATANGAS

25, April 2024

DIVISION MEMORANDUM
No. 203, s. 2024

OKY PHILIPPINES PERIOD TRACKER IN SCHOOLS

- TO:** Assistant Schools Division Superintendents
Chief- Curriculum Implementation Division (CID)
Chief- School Governance and Operations Division (SGOD)
Education Program Supervisors
Public Schools District Supervisors
Public Elementary and Secondary School Heads
All Others Concerned
1. In reference to OUOPS No. 2023-03-8658 with the subject: **SUPPORT TO COMPREHENSIVE SEXUALITY EDUCATION AND WASH IN SCHOOLS PROGRAM: MAINSTREAMING THE OKY PHILIPPINES PERIOD TRACKER IN SCHOOLS**, SDO Batangas Province through the School Health Section and in coordination with Plan International Philippines will have a scheduled roll out to Sub-offices within the province.
 2. Expected attendees to this undertaking are the School WINS Coordinators together with their designated School Guidance Coordinators.
 3. See attached files for a detailed information of the schedules and for the copy of the abovementioned memorandum for your reference.
 4. All School Nurses are encouraged to be at the Conference Hall of SDO Batangas to attend the Orientation of OKY App on the 14th day of May, 2024, 1PM.
 5. All expenses related to the conduct of this activity shall be charged against local funds subject to usual accounting and auditing rules and regulations.
 6. For your concerns, you may contact Dr. Khareen M. Cadano, Medical Officer III and Christian H. Harina, ARH Coordinator/Nurse II through their messenger and e-mail at khareen.cadano@deped.gov.ph / christian.harina@deped.gov.ph
 7. Immediate dissemination of this memorandum is desired.


MARITES A. IBANEZ, CESO V
Schools Division Superintendent



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Date	Scheduled Venue	Expected Number of Attendees
May 13, 2024 at 7 AM	Buhay na Sapa NHS – San Juan West Sub Office	50
May 13, 2024 at 10 AM	PILMES - San Jose Sub Office	50
May 14, 2024 at 7 AM	Governor Feliciano LMNHS - Lemery Sub Office	50
May 14, 2024 at 10 AM	Bauan Technical HS- Bauan Sub Office	50
May 14, 2024 at 1 PM	SDO Batangas	50
May 15, 2024 at 8 AM	Taal Central School- Taal Sub Office	50



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

FROM : *[Signature]*
ATTY. REVSEE A. ESCOBEDO *[Signature]*
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

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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;
- 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

Oky 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 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/Communities	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

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.