



Republic of the Philippines  
**Department of Education**  
REGION X – NORTHERN MINDANAO  
**SCHOOLS DIVISION OF OZAMIZ CITY**

January 17, 2025

**DIVISIONAL MEMORANDUM**

No. 019, s. 2025

To: Assistant Schools Division Superintendent  
Chief Education Supervisors (SGOD and CID)  
Secondary School Heads and Department Heads  
Concerned Personnel  
This Division

**TRAINING ON SEXUALLY HEALTHY AND EMPOWERED ADOLESCENTS  
(SHAPE) FOR ADOLESCENT REPRODUCTIVE HEALTH (ARH) FOCAL AND  
REGISTERED GUIDANCE COUNSELOR (RGC)**

1. Per DepEd Order No. 14 s. 2018, titled *Policy and Guidelines on Oplan Kalusugan sa Department of Education*, this Office informs the field on the conduct of Training on Sexually Healthy And Empowered Adolescents (SHAPE) for Adolescent Reproductive Health (ARH) Focal and Registered Guidance Counselors at Private Villa, City Hall Drive, Bernad Subdivision, Ozamiz City on January 21-23, 2025 at 8:00 am to 5:00 pm.
2. The 3-day activity aims to:
  - a. analyze and share prior to existing knowledge, attitudes, and experiences Related to ASRH, and stimulate critical thinking by engaging in self-reflection processes;
  - b. provide accurate facts and information about the physical, psychological, psychological, and social changes that happen to every person who goes through the adolescence stage of human development, and enable learners to make connections and interconnections between facts and real-life experiences;
  - c. enable learners to:
    - c.1. *analyze their own situation, experiences, ideas, resources, and needs;*
    - c.2. *increase awareness of their own values and attitudes and explore positive and enabling attitudes towards SRH;*
    - c.3. *develop self-esteem and confidence;*
    - c.4. *build trust and take collective activities;*
    - c.5. *develop skills, particularly planning, critical thinking, negotiation, assertive communication, problem-solving, making better choices;*
    - c.6. *measure learning acquired from each module and the whole course;*



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**Our LEARNERS: The Diamonds of the Fortress.**  
**ASENSO OZAMIZ!**



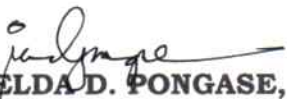
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*c.7. deliver and facilitate learning activities that employ a two-way learning process that starts from what learners know and feel, and promotes respect and value for everyone regardless of age, size, shape, sex, gender identity, color, religion and culture.*

3. Participation in this training is consistent with the Division's commitment to implement the Equal Opportunity Policy (EOP) ensuring inclusivity regardless of age, gender, sexual orientation, gender identity, ethnicity, civil status, disability, religion or political affiliation.
4. Queries regarding this matter may be channeled to Anne Soraida G. Rosario, Nurse II, at 09171328625.
5. Immediate dissemination of this Memorandum to concerned personnel is highly enjoined.

**NIMFA R. LAGO, PhD, CESO VI**  
Assistant Schools Division Superintendent  
OIC, Office of the School Division Superintendent

**Pp:**   
**IMELDA D. PONGASE, EdD**  
Education Program Supervisor  
OIC Designate, Office of the Schools Division Superintendent

Encl: As Stated  
Reference: DepEd Order No. 14, s. 2018  
To be indicated in the Perpetual Index  
under the following subjects:

**HEALTH EDUCATION**

**LEARNERS**

**POLICY**

**SCHOOL**

AGR/DM-Training on SHAPE for ARH Focal and RGC  
\_/January 17, 2025



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Enclosure 1: List of Participants

Training on Sexually Health And Empowered Adolescents (SHAPE)  
for ARH Focal and Registered Guidance Counselor (RGC)  
January 21-23, 2025

Name of Participant	Position/Designation
<b>Division Office Personnel</b>	
1.Nimfa R. Lago, PhD, CESO VI	Assistant Schools Division Superintendent, OIC, OSDS
2.Dionesio L. Liwagon Jr., CESE	Assistant Schools Division Superintendent
3.Anacleta A. Gacasan	Chief Education Supervisor, CID
4.Johnnel A. Guangco	EPS, OIC-Chief ES, SGOD11.
5.Anelyn G. Engracia	PSDS, District 1
6,Lorena P. Rivera	PSDS, District 3
7.Milagros Z. Mendoza	PSDS, District 4
8.Menerva D. Barola	PSDS, District 5
9.Ian Francis E. Veloso	PSDS, District 6
10.Giezel C. Gongob	PSDS, District 7
11.Selina O. Macas	PSDS, District 8
12.Joel T. Aclao	PSDS, District 9
13.Fernando T. Sumondong, CESE	PSDS, District 10
14.Maricel D. Avila	Accountant III
15.Ivy J. Cabual	Administrative Officer V-Budget
16.Arlene C. Via	SEPS- SocMob
17.Ell June S. Abucay	Planning Officer III
18.Rosalyn M. Lato	SEPS- Planning & Research
19.Anthony P. Marullano	SEPS- SMME
20.Same B. Aso	EPS II-SMME
21.Rhona M. Agustin	PDO II-DRRM
22.Victorio C. Marigomen Jr.	AO IV, Supply
23.Dr. Ernesto C. Anteola Jr.	Dentist II (Medics)
24.Dr. Cesar C. Bagaloyos	Dentist II (Medics)
25.Salome T. Villa	Nurse II (Medics)
26.Anne Soraida G. Rosario	Nurse II (Medics/Facilitator)
28.Ebenezer Bud L. Bangcong	Nurse II (Medics)
29.Lourben Mae O. Lumasag	Nurse II (Medics)
30.Lynneth E. Bajao	Nurse II (Medics)
31.Mario Christino D. Lumantas	Nurse II (Medics)
32.Jefferson Y. Bolos	Job Order (Support Staff)
33.Doneca Goldwyn B. Dajao	RGC (OCSAT) EMCEE/Resource Person
34.Kasherette A. Amandac	IO II, POPCOM X (Resource Person)
35.Ivy Gayle L. Oliverio	Field, CapDev Coordinator (Resource Person)

District 1	
36.Joy P. Ebarora	Teacher III
37.Aldrin L. Panaguiton	Registered Guidance Councilor
Sancho V. Capa Integrated School	
38.Guadalupe M. Lomocso	Teacher I
Felipe Carreon Central School	
39.Belinda D. Amlon	Teacher III
District 3	
Baybay Central School	
40.Mary Joy C. Arombo	ARH Focal
Misamis Annex Integrated School	
41.Dave D. Malini	Head Teacher III
42.Glyza May S. Limpang	ARH Focal
District 4	
San Antonio National High School	
43.Johnaline Pines	Head Teacher I
44.Rebecca C. Jayme	ARH Focal
Ozamiz City School of Arts & Trades	
45.Candelaria P. Maghanoy	Head Teacher I
District 5	
Domingo A. Barloa Integrated School	
46.Miraluna T. Gaabucayan	Scholl Principal I
47.Ana Margeit B. Barrientos	ARH Focal
Sangay Integrated School	
48.Liezel B. Sinarillos	ARH Focal
District 6	
Faustino A. Decena Integrated School	
49.Elizalyn D. Gliocam	Teacher III
Jose Lim Ho National High School	
50..Joy Rubie C. Arnan	ARH Focal
51.Zia Shane Recto	RGC
District 7	
Capucan Integrated School	
52.Blessy M. Quiapo	Teacher I
53.Jobert John F. Villato	Teacher I
Guingona Integrated School	
54.Khecy C. Astudillo	Teacher I
Tipan Integrated School	
55.Jojana Jane B. Retuya	Teacher I
District 8	
Cogon Integrated School	
56.Marizel R. Ortega	Teacher I
Gala National High School	
57.Mary Joy A. Sumatra	Teacher I

Marcelino A. Regis Integrated School	
58.Liezl E. Bontilao	Teacher I
Cruz Lanzado Integrated School	
59.Lelit U. Solon	Teacher I
District 9	
Dimaluna Integrated School	
60.Job L. Cavales	School Principal I
61.Cecile B. Calme	Teacher I
Malaubang Integrated School	
62.Randy P. Hubahib	Head Teacher III
63.ocelyn V. Jumawan	Teacher I
Pulot National High School	
64.Kendrid Marie Q. Behis	RCG
65.Lilibeth O. Seares	Teacher I
District 10	
Jacinto Nemenon Integrated School	
66.Kristel Aire B. Paredes	Teacher I
67.Evangeline M. Moran	Teacher I
Sinusa Integrated School	
68.Christian Vic A. Maestrado	Head Teacher I
69.Kaye B. Tambasal	Teacher I

Enclosure 2:

**TRAINING ON SEXUALLY HEALTHY AND PERSONALLY EMPOWERED  
ADOLESCENTS (SHAPE) for Adolescent Reproductive Health (ARH) Focal  
and Registered Guidance Counselor (RGC)**

January 21-23, 2025

8:00 A.M.-12:00 N.N. 1:00 P.M.-5:00 P.M.

@ Private Villa, City Hall Drive, Bernad Subdivision, Ozamiz City,  
Misamis Occidental

<b>Time</b>	<b>Topic and Activities</b>	<b>Speaker/Persons Involved</b>
<b>Day 1 January 21, 2025</b>		
8:00-8:30 A.M.	Arrival and registration	
8:30-9:15 A.M.	Opening Program Prayer Lupang Hinirang Welcome Remarks  Message  Acknowledgement of Participants	OPV OPV <b>Dionesio L. Liwagon Jr., CESE</b> Assistant Schools Division Superintendent  <b>Nimfa R. Lago,Phd.,</b> Assist. Schools Division Superintendent OIC, Office of the Schools Div. Office  <b>Ebenezer Bud L. Bangcong</b> Nurse II
9:15-9:30 A.M.	Preliminaries Clarifying Participants Expectation Ground rules Introduction of speakers	<b>Anne Soraida G. Rosario</b> Nurse II, Div. ARH Coordinator
9:30-9:45 A.M.	Pre-test	<b>Kasherette A. Amandac</b> IO II, PopCom X
9:45- 10:00 A.M.	Morning snacks	
10:00 A.M.-	<b>Executive Order No. 141</b>	<b>Kasherette A. Amandac</b> IO II, PopCom X

12:00 N.N.	-Adopting as a National Priority the Implementation of Measures to Address the Root Causes of the Rising Cases of Teenage Pregnancies and for other Purposes	
12:00 N.N.	LUNCH	
1:00-1:15 P.M.	Ice break/Attendance check Recapitulation	Group I ( morning session of day 1)
1:15-2:15 P.M.	Psychosocial Assessment (HEADSSS)	<b>Doneca Goldwyn D. Balos</b> Registered Guidance Counselor (OCSAT)
2:15-3:15 P.M.	Introductory & Preparatory Module -Creating a Safe Learning Environment	<b>Ivy Gayle L. Oliverio</b> Field/CapDev Coordinator
3:15-3:30 P.M.	Afternoon snacks	
3:30-5:00 P.M.	Module 1 <ul style="list-style-type: none"> <li>• Physical Changes</li> <li>• Female and Male Fertility</li> <li>• Teenage Pregnancy</li> <li>• Sexually Transmitted Infections</li> </ul>	<b>Ivy Gayle L. Oliverio</b> Field/CapDev Coordinator

Time	Topic and Activities	Speaker/Persons Involved
<b>Day 2 January 22, 2025</b>		
8:00-8:30 A.M.	Ice breaker/Attendance check/Recap	
8:30-9:00 A.M.	Ice breaker/Recap	Group II (afternoon session of day 1)
9:00-10:00 A.M.	Module 2 <ul style="list-style-type: none"> <li>• Getting in touch with my feelings</li> <li>• I love my body</li> <li>• Nurturing my Sexuality</li> <li>• Journeying Through Adolescence</li> </ul>	<b>Ivy Gayle L. Oliverio</b> Field, CapDev Coordinator
10:00-10:15 A.M.	Morning snacks	
10:15A.M.-12:00 N.N.	Module 3-Changing Relationships <ul style="list-style-type: none"> <li>• Relating with my Family</li> </ul>	<b>Kasherette A. Amandac</b> IO II, PopCom X

12:00 N.N.	LUNCH	
1:00-1:15 P.M.	Ice breaker/Recap/attendance check	Group 3 (morning session of day 2)
1:15-3:00 P.M.	Module 3- Changing Relationships <ul style="list-style-type: none"> <li>• Relating with my Peers</li> <li>• Relating with Someone Special</li> </ul>	<b>Kasherette A. Amandac</b>
3:00-3:15 P.M.	Afternoon snacks	
3:15-5:00 P.M.	Module 4-Having a Safe, Healthy and Happy Adolescence <ul style="list-style-type: none"> <li>• Harnessing my Self-esteem</li> <li>• My Life Plan</li> <li>• Making Responsible Choice</li> <li>• Living a Healthy Lifestyle</li> <li>• Being Gender-Sensitive, Respectful and Responsible in Relationships</li> <li>• Being Respectful and Responsible</li> <li>• Communicating Actively</li> </ul>	<b>Ivy Gale L. Oliverio</b> Field/CapDev Coordinator

Date	Topic and Activities	Speaker/Persons Involved
<b>Day 3 January 23, 2025</b>		
8:00-8:30 A.M.	Ice breaker/Attendance check/Recap	Group 4 (afternoon session of day 2)
8:30-9:00 A.M.	Post-test	
9:00-10:00 A.M.	Organizing and Designing an ASRH LPPED Session	<b>Kasherette A. Amandac</b> Field/CapDev Coordinator
10:00-10:15 A.M.	Morning snacks	
10:15-12:00 N.N.	Return demonstration	
12:00 N.N.	LUNCH	
1:00-1:15 P.M.	Ice breaker /Attendance Check/Recap	Group 5 (morning session day 1)
1:15-2:15 P.M.	Return demonstration	



2:15-3:15 P.M.	Feedbacking and sharing of experiences	
3:15-3:30 P.M.	Afternoon snacks	
3:30-4:30 P.M.	Action Planning Presentation of Outputs	<b>Kasherette A. Amandac</b> Field/CapDev Coordinator
4:30-5:00 P.M.	Closing Program Closing remarks  Giving of Token Awarding and distribution of Certificates Photo Oppurtunity Closing prayer	<b>Arlene C. Via</b> SEPS, SocMob  <b>Johnnel A. Guangco</b> EPS,OIC-Chief ES, SGOD

EMCEE:

Ms. Doneca Goldwyn D. Balos  
RGC-OCSAT