



Republic of the Philippines
Department of Education
Region IX, Zamboanga Peninsula
DIVISION OF PAGADIAN CITY



January 8, 2024

DIVISION MEMORANDUM

No. 07, s. 2024

TO: **Chief Education Supervisor** (CID, SGOD)
Public Schools District Supervisors (PSDSs)
Principals/School Heads, Public and Private Schools (Elem. & Sec.)
MAPEH Schools Coordinator (Elem. & Sec.)
Division District Nurses
This Division

**MAINSTREAMING OF OKY PHILIPPINES PERIOD TRACKERS IN SCHOOLS
AS SUPPORTS TO COMPREHENSIVE SEXUALITY
EDUCATION AND WINS PROGRAM**

1. In reference with Regional Memorandum no. 570, s. 2023 and OUOPS Memorandum 2023-03-8658 from the office of the Undersecretary for Operation re: Support to Comprehensive Sexuality Education and Wash in Schools Program: Mainstreaming the OKY Philippines Period Tracker in Schools for adolescent learners, Grade 4 to Senior High School or ages 10-19 years old as an additional information on menstruation, adolescent sexual reproductive health, child protection and mental health.
2. Oky is the world's first period tracker app, that aims to empower Filipino adolescent girls and young women to confidently manage their periods with evidence-based insights and personalized cycle tracking.
3. The App can be downloaded from Google Play Store (Android users) or the App Store (iOS users). Audiovisual presentations about introduction of the Oky Philippines app and the step for downloading can be accessed DepEd Philippines Social media platforms, for all school to promote the app to students during MAPEH classes and P.E. Classes for senior high school or school events where the topic of menstruation can be discussed.
4. School heads are enjoined to place print materials about OKy PH App in Health Corners or other strategic locations within the school. Moreover, MAPEH/P.E. teachers are encouraged to ensure that every student under their guidance has successfully downloaded the OKy PH App.
5. Division district/school nurses are enjoined to provide technical assistance in the Division roll out of OKy PH App to all public schools.
6. Widest dissemination and compliance to this Memorandum is desired.

LOURMA I. POCULAN, CESO VI
Assistant Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent

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