



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

**RELEASED**  
 Date/Initial: 3/12/25  
 DepEd. Division of Pagadian City

Office of Schools Division Superintendent

March 7, 2025

**DIVISION MEMORANDUM**  
 NO. UR S.2024

**2-DAY TRAINING ON FOUNDATIONAL COURSE ON ADOLESCENT REPRODUCTIVE HEALTH**

To: Secondary and Elementary School Heads  
 Guidance Counselors  
 School Guidance Advocates  
 Other Concerned ) This Division

1. The "foundational course on adolescent health" would likely be a training document detailing the key aspects of adolescent health, including physical, mental, and social development during this life stage, common health concerns, risk factors, preventive strategies, and appropriate communication methods for working with adolescents; often used by healthcare professionals, educators, and community workers involved in adolescent health programs.
2. The ARH Education is in support of DepEd's commitment under R.A. 10354 or the Responsible Parenthood and Reproductive Health Act of 2012, which mandates the institution to deliver a sustainable and age- and development-appropriate reproductive health education and training for educators to create an inclusive and integrated Responsible Parenthood and Reproductive Health Education in formal, informal, and indigenous learning
3. The objectives of this training workshop are the following:
  - a. To equip our Guidance Counselors and Guidance Advocates about HEEADSS;
  - b. Understanding adolescent development:  
explain the physical, cognitive, emotional, and social changes adolescents experience during this developmental period.
  - c. Identifying common health concerns:  
recognize prevalent health issues among adolescents such as nutrition, sexual and reproductive health, mental health, substance abuse, and injury prevention.
  - d. Promoting healthy behaviors:  
To educate adolescents on healthy lifestyle choices including nutrition, physical activity, sleep hygiene, and stress management.
  - e. Addressing sensitive topics:  
To discuss sensitive topics like sexuality, contraception, and sexually transmitted infections with adolescents in a respectful and informative manner.
  - f. Recognizing warning signs:  
To identify potential signs of mental health issues, substance abuse, or other concerning behaviors in adolescents.
4. The Training Workshop will be held in Chandler Suites, Pagadian City on **MAY 23-24, 2025**
5. Participants of this 2-day Training Workshop are School Guidance Advocates and Registered Guidance Counselor (See the attached list).
6. Participants are also entitled to 1-day service credit to TP and CTO for NTP pursuant to DepEd order no. 53 s, 2002



Department of Education, Pagadian City Division, San Jose Heights, San Jose, Pagadian City



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7. Expenses for the meals and snacks, and materials of this Training Workshop will be charged to the Program Support Funds (PSF) Adolescent Reproductive Health subject for auditing rules and regulations.
8. For more information, please contact **Mr. Rene M. Durias** at mobile phone numbers **09307690666**.

**DANNY B. CORDOVA, EdD., CESO V**  
 Schools Division Superintendent

**Annex 1. LIST OF PARTICIPANTS**

Name of Participants	Position/ Designation	Name of School
1.CLEOPE A. VILLEGAS	RGC	ZSNHS-SHS
2.HEATHER M. ROSALES	RGC	ZSNHS-SHS
3.JACQUELYN Y. COYME	RGC	ZSNHS-SHS
4.PHEOBE JEAN S. DANDOY	RGC	PAGSCI-NHS
5.RIZA T. CARBAJOSA	RGC	ZSSAT
6.ANNELYN B. ABIENES	RGC	NAPOLAN NHS
7.SUSAN BAGA	Guidance Advocate	PCCNHS
8.LORIBETH VEGA/DINES ANDO	Guidance Advocate	SLNHS
9.LORILIR BARLITA	Guidance Advocate	SAN PEDRO NHS
10.NAIMA D. MUSLIM	Guidance Advocate	CO TEK CHUN
11.HERBERT B. BENITEZ	Guidance Advocate	FPCNHS
12.REBMEVON REX B. BUCOL	Guidance Advocate	OTTO LINGUE NHS
13.SHEENA MARIE A. OMANDAM	Guidance Advocate	NORBERTO GUILLAR NHS
14.JEAN YBANEZ	Guidance Advocate	MANGA NHS
15.ERNESTO V. BALILI	Guidance Advocate	LISON VALLEY NHS
16.F2 HOPE C. PETILUNA	Guidance Advocate	LOURDES NHS
17.MARIA LYNETTE P. JARANILLA	Guidance Advocate	LALA NHS
18.RIZA CARIDA	Guidance Advocate	DITORAY NHS
		<b>CENTRAL DISTRICT</b>
19.YVAN FHE P. BANHINTING	Guidance Advocate	PCPS
20.EMMA E. ANDALES	Guidance Advocate	TOMAS SAGUN IS
21.GENILA M. PARENO	Guidance Advocate	SAN JOSE ES
22.ELDA G. BATERNA	Guidance Advocate	DAO ES
23.ANALYN D. ALINANERA	Guidance Advocate	BOGO IS
24.CRISPINA A. ARANETA	Guidance Advocate	KAGAWASAN IS
25.GINA D. REMULADO	Guidance Advocate	DANLUGAN ES
26.VERNALIN A. MARINO	Guidance Advocate	BULAWAN IS
27.JAY ANN M. CARBAJOSA	Guidance Advocate	GUBANG IS
28.RIZA A. PANGINDIAN	Guidance Advocate	GUBAK ES
29.CHERRY LOU M. SANCHEZ	Guidance Advocate	LOWER SIBATANG ES
30.MARILYN E. MALHIN	Guidance Advocate	DEBOROK ES
31.NORECEL O. BICAGAS	Guidance Advocate	RIVES
		<b>SOUTH DISTRICT</b>
32.LORELIE G. GALO	Guidance Advocate	STA LUCIA CES





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33.CATHERINE P. CALMA	Guidance Advocate	DUMAGOC ES
34.RETCHEL M. MOLINA	Guidance Advocate	BUENAVISTA ES
35. SHERYL Q. CALANDA	Guidance Advocate	NAPOLAN ES
36.BEBEMAE S. BRAGAT	Guidance Advocate	BOMBA ES
37.ELMA LUZON	Guidance Advocate	POLOYAGAN IS
38.FLORITA L. COCA	Guidance Advocate	LALA ES
39.DAWN DAPHNE G. EGAM	Guidance Advocate	LUMAD ES
40.MARICEL G. CARBONILLA	Guidance Advocate	PALPALAN ES
41.JOVY S. MALAYAN	Guidance Advocate	LA SUERTE ES
42.ANALIZA M. SUANO	Guidance Advocate	UPPER SIBATANG IS
43.JOSER T. MILLOREN	Guidance Advocate	NAZARETH ES
		<b>NORTH DISTRICT</b>
44.JUDITH C VILLAGRACIA	Guidance Advocate	KALASAN IS
45.ANECITA MONGOYA	Guidance Advocate	CAMP ABELON ES
46.RITCHEL UMANDAM	Guidance Advocate	BEN SAGUN ES
47.MARIFE F. MORITCHO	Guidance Advocate	TUBURAN CES
48.SETH S. LAMOSTE	Guidance Advocate	LENIENZA ES
49.ROSALIE L. CABALUNA	Guidance Advocate	MANGA ES
50.ELAINE LOUISE B. MAGADAN	Guidance Advocate	PABLO LITIGIO ES
51.ANABELLA A. ALTUBAR	Guidance Advocate	ALEGRIA ES
52.JULIET A. GABON	Guidance Advocate	DOMINADOR YOCOGO IS
53.CRESSIAN JADE M. ONCOY	Guidance Advocate	TULANGAN IS
54.MARISSE GOCOTANO	Guidance Advocate	BULATOK IS
		<b>EAST DISTRICT</b>
55.BASILISA S. VINA	Guidance Advocate	SAN PEDRO CES
56.AMME PALLAR	Guidance Advocate	CAMPO ISLAM ES
57.BEBIANA P. TAN	Guidance Advocate	KAWIT ES
58.HODA L. KARIM	Guidance Advocate	MURICAY ES
59.GRACE E. STA MARIA	Guidance Advocate	TAWAGAN ES
60.MARINEL S. BARA	Guidance Advocate	TIGUMA ES
61.RUBEN PEPITO	Guidance Advocate	TULAWAS IS
62.HAIZEL L. CONOL	Guidance Advocate	WHITE BEACH ES
63.MARNELLIE L. MIGUEL	Guidance Advocate	WEPES
		<b>WEST DISTRICT</b>
64.FLORITA C. MADRID	Guidance Advocate	BALANGASAN CES
65.RHEA D. CORPUS	Guidance Advocate	BAGONG SILANG ES
66.CHERRY ANN MARIE Y. SUAREN	Guidance Advocate	BALLESTEROS ES
67.JOVELYN S. UMBAN	Guidance Advocate	DUMALIAN IS
68.MARILYN B. CANOY	Guidance Advocate	STO NINO ES
69.JOCELYN S. CAPAROSO	Guidance Advocate	BALOYBOAN ES
70.MARIA AMORLYN C. DERDER	Guidance Advocate	BANALE ES
71.DONNA BELLA A. CORTEZ	Guidance Advocate	BALINTAWAK ES
72.MARY GRACE S. SIMALINOG	Guidance Advocate	TATA MONG ES
73.MAIZY LOU L. VENTUROZA	Guidance Advocate	LOURDES ES
74.MARVIE E. DELA VEGA	Guidance Advocate	DAMPALAN ES
75.JENIE C. DANGASE	Guidance Advocate	MACASING ES
76.VISITATION C. LAGARE	Guidance Advocate	LAPEDIAN ES
77.JEAN E. OMANDAM	Guidance Advocate	PEDULONAN ES
78.STELAMI R. BABAYSON	Guidance Advocate	LISON VALLEY ES
79.FEBELYN A. CALIMOT	Guidance Advocate	BENTUD PINUKIS
80.ROSEMARIE V. SANIEL	Guidance Advocate	KAHAYAGAN ES
81.CHERRY LOU M. SANCHEZ	Guidance Advocate	LOWER SIBATANG ES





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**Annex 2. Resource Speakers and PMT**

<b>Resource Speakers:</b>		<b>Program Management Team (PMT):</b>	
2.	Ryphath F. Mollion	2.	Dr. Alma M. Real
3.	Rene M. Durias	3.	Dr. Kestrel Gee B. Tigol
3.	Carleen T. Jerusalem	4.	Ermelhen O. Nebria
4.	Orlando C. Pabayon	5.	Lucila E. Cagoco
5.	Marie Jane F. Ampong	5.	Nedie L. To
6.	Jovita Dugenia		
		<b>Nurse:</b>	
		1.	Alvic S. Roda
<b>TOTAL NUMBER OF PERSONS INVOLVED: 100 Pax</b>			

