



Republic of the Philippines  
Department of Education  
REGION VII – CENTRAL VISAYAS  
SCHOOLS DIVISION OF NEGROS ORIENTAL

Office of the Schools Division  
Superintendent

08 NOV 2023

Division Memorandum  
No. 500 s.2023

**SUPPORT TO COMPREHENSIVE SEXUALITY EDUCATION AND WASH IN  
SCHOOLS PROGRAM: MAINSTREAMING THE OKY PHILIPPINES PERIOD  
TRACKER IN SCHOOLS.**

To: Assistant Schools Division Superintendent  
Chief, CID and SGOD  
Education Program Supervisor  
Public Schools District Supervisors  
Elementary and Secondary School Heads  
All Others Concerned

1. This Office disseminates Regional Memorandum Order no. 788 s.2023 titled "**Support to Comprehensive Sexuality Education and WASH in Schools Program: Mainstreaming the OKY Philippines Period Tracker in Schools.**" This memorandum emphasizes the importance of overall health and development of teenage learners especially on the comprehensive menstrual health and hygiene. Two programs of the Oplan Kalusugan sa DepEd merged to strengthen the advocacy, namely: Adolescent Reproductive Health Program (ARH) and Wash in Schools Program (WinS).
2. In this regard, the Department of Education (DepEd) through the Bureau of Learner Support Services- School Health Division (BLSS\_SHD) shall spearhead in collaborating with UNICEF and Plan International in the national roll-out of **OKy Philippines** to reach all schools and as many learners.
3. **Oky** is the world's first-period tracker app, co-designed for adolescent girls to ensure learning about menstrual health. As a digital companion, Oky empowers girls to confidently manage their periods with evidence-based insights and personalized cycle tracking.
4. This office 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 10-19 years old. The app link and code is included in the attached communication or can be downloaded from Goggle Play (Android User) or the App Store (iOS) users.



Address: Kagawasan Avenue, Capitol Area, Daro, Dumaguete City  
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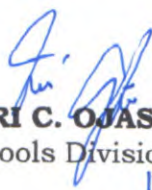
5. The Oky Philippines is designed with the following key features:

- Period tracking functionality
- Encyclopedia on Menstrual Hygiene Management (MHM) and Adolescent Sexual Reproductive Health (ASRH) insights featuring relevant Islamic content;
- Engaging and girl-centered gamified content such as quizzes, mood tracking, diary and surveys
- Personalized avatar for guided navigation
- Inclusivity through Text to Speech feature for girls and young women with disabilities
- The local database of Adolescent Friendly Health Service Provider and
- Accessible both online and offline; shareable via Share It and APK file.

6. The School Heads are instructed to place print materials about Oky App in Health Corners or other strategic locations within the school.

7. The School Heads and assigned Division Nurses are requested to monitor on the activities conducted related to the celebration and the continuity, sustainability of the program implementation thereafter.

8. For queries or more details, please refer to attached communication and please do not hesitate to contact the School Health Section.

  
**NERI C. OJASTRO EdD, CESE**  
Schools Division Superintendent  
11/7/2023

  
SPP/JMA-MKP/SGOD/RSP/KLBC/jlg



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