



Republic of the Philippines
Department of Education
Region XII
Schools Division Office of Tacurong City

October 30, 2023

DIVISION MEMORANDUM

SGOD No. 108, s. 2023

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

TO: Assistant Schools Division Superintendent
Chiefs, Curriculum Implementation and
Schools Governance and Operations Divisions
Elementary and Secondary School Heads
Elementary and Secondary (Public)
This Division

1. Pursuant to the Department of Education Memorandum OUOPS No. 2023-03-8658, the **Office of the Undersecretary for Operations (OUOPS), through the Bureau of Learner Support Services-School Health Division (BLSS-SHD)** endorses to all Department of Education offices and schools to download the **Oky Period Tracker App for adolescent learners, Grade 4 to Senior High School or ages 10-19 years old** as an additional information resource on menstruation, adolescent sexual reproductive health, child protection and mental health.
2. 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, and UNICEF, in partnership with Plan International and with the support of the Australian Government approved and endorsed the **Oky Philippines Period Tracker App** for nationwide use, and was successfully launched at the national level on May 26, 2023 following a regional-level launch in BARMM on March national level on May 26, 2023 following a regional-level launch in BARMM on March 16, 2023.
3. 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.
4. The App can be downloaded from Google Play (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 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.



Address: Alunan Highway, Poblacion, Tacurong City 9800
Telephone Numbers: (064)-200-6316; 0919-065-6425
Email: tacurong.city@deped.gov.ph
Website: depedtacurong.org



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5. For questions and concerns, contact April Jane L. Duadua, RN, Division Wash in Schools Program Coordinator and Jonalee Y. Arquiza, RN, Division Adolescent Reproductive Health Coordinator at Health and Nutrition Section through (064) 562 4880.

6. Widest dissemination and compliance to this Memorandum are enjoined.


GILDO G. MOSQUEDA, CEO VI
Schools Division Superintendent 

Enclosure: NONE

Reference: Regional Memorandum ESSD-2023-133

Allotment: None

To be indicated in the Perpetual Index under the following subjects:
PROGRAM HEALTH

AJD/SGOD-SHS/DM/MAINSTREAMING OF OKY PHILIPPINES PERIOD TRACKER IN SCHOOLS AS SUPPORT TO COMPREHENSIVE SEXUALITY EDUCATION AND WINS PROGRAM



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