



Republic of the Philippines  
**Department of Education**

REGION IV-A

**SCHOOLS DIVISION OFFICE OF CAVITE PROVINCE**

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**March 18, 2021**

DIVISION MEMORANDUM  
NO. 104, s. 2021

To: OIC, Assistant Schools Division Superintendents  
Chief, School Governance and Operations Division  
Chief, Curriculum Implementation Division  
Education Program Supervisors  
Public Schools District Supervisors  
Public Elementary and Secondary School Heads  
Division Federated Supreme Pupil and Student Government Officers and Advisers  
All Supreme Pupil and Student Government Officers and Advisers  
All Concerned

**YOUTH ONLINE UGNAYAN (YOU) MATTER**

1. Pursuant to **Republic Act 11036** otherwise known as Mental Health Act and in promotion of the Child Protection Policy and **DepEd Order No. 14 s. 2020** or the Guidelines on the Required Health Standards in Basic Education Offices and Schools, the Department reiterates that the protection and promotion of the mental health and general welfare of all learners and personnel must be prioritized.
2. In line with this, the Schools Division Office of Cavite Province, through the collaboration of Medical Unit, Youth Formation and Development Unit, DRRM Section and Cavite Guidance Personnel Association will spearhead series of webinars under the project/program "**Youth Online Ugnayan (YOU) Matter**" on **March 26, April 23, and May 14, 2021** which is geared towards the promotion of mental health and well-being and addressing mental health concerns across the academic populace.
3. The objective of the program is to encourage, motivate and inspire students towards mental health wellness despite the crisis situation, and it specifically aims to:
  - Assist students, understand the significance of one's decisions and actions on one's life and others;
  - Identify vulnerable students for proper referral, additional social, emotional, and psychological support;
  - Increase awareness in promoting help seeking behaviors and emotional well-being practices among students, and;
  - Impart knowledge regarding the importance of proper nutrition to one's health.



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**"Serbisong Pang-Edukasyong Tapat at Sapat para sa Batang KABITENYO"**



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4. All public secondary learners are encouraged to join this online activity that will be conducted through Streamyard and will be live streamed through **DepEd Tayo Cavite Province** Facebook page on the above mentioned dates from **9:00 a.m. to 11:00 a.m.**
5. To confirm attendance, participants may register at [bit.ly/3c4TZOT](https://bit.ly/3c4TZOT).
6. Attached are the program matrix and parental consent form.
7. Inquiries and clarifications may be communicated to DepEd Cavite Youth Formation Section thru numbers 0956-652-9324/0935-877-8034/0995-920-1044 or email address at [depedcavite.yfd@deped.gov.ph](mailto:depedcavite.yfd@deped.gov.ph).
8. Immediate and widest dissemination of this Memorandum is hereby directed.

**ROMMEL C. BAUTISTA, CESO V**  
Schools Division Superintendent

NIPL/ DM No. 104, s. 2021  
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Attachment 1 to Division Memorandum No. \_\_\_\_, s. 2021 YOUTH ONLINE UGNAYAN (YOU) MATTER

**PROGRAM MATRIX**

Date/ Time	Topic/ Activity	Resource Person/ Facilitator
<b>UNAWA: Search Inside Yourself March 26, 2021 (Friday)</b>		
9:00-9:10	Preliminaries National Anthem Ecumenical Prayer Cavite Hymn Pledge of Allegiance	PMT
9:10-9:15	Opening Message	<b>RANDY D. PUNZALAN</b> Assistant Schools Division Superintendent
9:15-9:20	Inspirational Message	<b>ROMMEL C. BAUTISTA, CESO V</b> Schools Division Superintendent
9:20-9:55	Self-awareness	<b>MICHAEL GIRARD R. ALBA</b> Chief, Field Technical Assistance Division DepEd CALABARZON  <b>WILBERT ULPINDO</b> Regional DRRM Coordinator DepEd CALABARZON  <b>ALBERTO C. COLASITO</b> Regional Youth Formation Coordinator DepEd CALABARZON
9:55-10:30	Validating and Normalizing Feelings	<b>MICHAEL GIRARD R. ALBA</b> Chief, Field Technical Assistance Division DepEd CALABARZON  <b>WILBERT ULPINDO</b> Regional DRRM Coordinator DepEd CALABARZON  <b>ALBERTO C. COLASITO</b> Regional Youth Formation Coordinator DepEd CALABARZON
10:30 -10:50	OPEN FORUM	PMT



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10:50 – 11:00	Closing Program Accomplishment of Evaluation Form  Closing Remarks	PMT  <b>DIANA P. TOPACIO</b> Chief, SGOD
<b>TAPIK: Build the pause-and-plan response habit</b> <b>April 23, 2021 (Friday)</b>		
9:00-9:10	Preliminaries National Anthem Ecumenical Prayer Cavite Hymn Pledge of Allegiance	PMT
9:10-9:15	Opening Message	<b>GALILEO L. GO</b> Assistant Schools Division Superintendent
9:15-9:20	Inspirational Message	<b>ROMMEL C. BAUTISTA, CESO V</b> Schools Division Superintendent
9:20-9:55	Calming down and Controlling one's emotions	<b>MAE HERNANDEZ</b> Guidance Designate/Teacher III Alfonso Central School
9:55-10:30	Linking: Identifying and addressing needs	<b>MAE HERNANDEZ</b> Guidance Designate/Teacher III Alfonso Central School
10:30 -10:50	OPEN FORUM	PMT
10:50 – 11:00	Closing Program Accomplishment of Evaluation Form  Closing Remarks	PMT  <b>DIANA P. TOPACIO</b> Chief, SGOD
<b>AKBAY: Be Gentle with your Mind</b> <b>May 14, 2021 (Friday)</b>		
9:00-9:10	Preliminaries National Anthem Ecumenical Prayer Cavite Hymn Pledge of Allegiance	PMT
9:10-9:15	Opening Message	<b>RANDY D. PUNZALAN</b> Assistant Schools Division Superintendent



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9:15-9:20	Inspirational Message	<b>ROMMEL C. BAUTISTA, CESO V</b> Schools Division Superintendent
9:20-9:55	Sources of Strength	<b>RANDY D. PUNZALAN</b> Assistant Schools Division Superintendent DepEd Cavite
9:55-10:30	Proper Nutrition	<b>NEIL B. EVANGELISTA</b> Nutritionist Dietitian II / Regional Youth Formation Coordinator DepEd CALABARZON
10:30 -10:50	OPEN FORUM	PMT
10:50 –11:00	Closing Program Accomplishment of Evaluation Form  Closing Remarks	PMT  <b>DIANA P. TOPACIO</b> Chief, SGOD



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**PARENTAL CONSENT FORM**

I, \_\_\_\_\_, as a parent/guardian allows  
(Name of Parent/Guardian)

and support my son/ daughter \_\_\_\_\_ to the best of my  
(Name of Student/ Participant)

ability as he/she participates on the “**Youth Online Ugnayan (YOU) Matter Webinars**” which is scheduled on March 26, April 23, and May 14, 2021, 9:00 a.m. to 11:00 a.m. via Live Streaming in DepEd Tayo Cavite Province official Facebook page.

I am hereby giving my consent and willingness to give him/her my assistance/ guidance during the conduct of the said webinar.

\_\_\_\_\_  
Parent’s Signature over Printed Name

\_\_\_\_\_  
Date



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