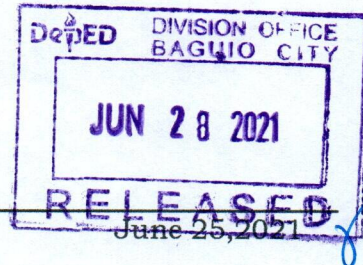




Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY



DIVISION MEMORANDUM

No. 179, s.2021

SEXUALLY HEALTHY AND PERSONALLY EMPOWERED (SHAPE) ADOLESCENTS DIVISION ROLL OUT

To: Chief Education Supervisors
All Public Schools District Supervisors
All Public Elementary and Secondary School Heads
All Others Concerned

1. In reference to RM No.232,s.2021,titled "Regional Training of Trainers on Sexual Healthy and Personality Effective Adolescents (SHAPE-A)," this office through the Curriculum Implementation Division, shall conduct a limited face to face and on line Training of Trainers on **June 28-30,2021** at 3rd floor, Conference Room, Schools Division of Baguio. The link to join is <https://tinyurl.com/shapebaguio>
2. The Objectives of the activity are as follows:
General Objective:
To capacitate School Heads, teachers and supervisors to effectively manage Adolescent Health and Development Program (AHD) through the Sexually Healthy and Personally Effective (SHAPE) Adolescents training modules in addition to the Adolescent Sexuality and Reproductive Health (ASRH) concepts using the Comprehensive Sexuality Education (CSE) as a principle and as an approach.

Specific Objectives:

1. Draw out prior knowledge, attitudes and experiences of teachers , School Heads and supervisors related to ASHR and stimulate critical thinking by engaging them into self-reflection exercises;
2. Provide accurate facts and information about the physical, psychological and social changes that happen to every person who goes through adolescence and enable participants to make connections and interconnections between facts and real life situations;
3. Explore and clarify values, adopt positive attitudes towards CSE in order help adolescent learners to develop and practice life skills



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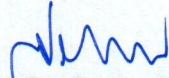

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which will allow them to have a safe, healthy, and happy adolescence;

4. Enrich/ integrate ASRH concepts into the curriculum and adolescent/ youth programs in schools through SHAPE Tool kits in support to the implementation of age-and-development-appropriate education on reproductive health;
 5. Provide materials & references needed for the conduct of AHD orientation and capacity building activities for teachers which will be used in their respective classes to ensure that discussions and activities for adolescent learners are appropriate to the current situation.
3. For reference, please see the following enclosures:
Enclosure 1- List of participants
Enclosure 2- List of participants onsite (Face to face)
4. Meals and snacks for the participants on face to face are charged to POPCOM- DEV fund.
 5. Immediate dissemination and compliance with this memo are desired.


MARIE CAROLYN B. VERANO, CESO V
Schools Division Superintendent 



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Enclosure No.01 in memo no. _____

**List of Participants on Sexually Healthy and Personally Empowered (SHAPE)
Adolescents Division Roll Out**

Full Name	Gender		Position	School
	Male	Female		
1. Marina D. Tabangcura		/	EPS -AP	SDO-Baguio
2. Nora D. Dalapnas		/	EPS- ESP	SDO-Baguio
3. Loida C. Mangangey		/	EPS-Science	SDO-Baguio
4. Mary Jane N. Malihod		/	EPS-TLE	SDO-Baguio
5. Lolita A. Manzano		/	EPS-MAPEH	SDO-Baguio
6. Nixon C. Elahe	/		PSDS-D1	SDO-Baguio
7. Simeon S. Yangyang	/		PSDS-D2	SDO-Baguio
8. Virginia C. Alindayo		/	PSDS-D3	SDO-Baguio
9. Rose Melody M. Flores		/	PSDS-D4	SDO-Baguio
10. Juliet C. Sannad		/	CID Chief/PSDS- D5-OIC	SDO-Baguio
11. Lourdes B. Lomas-c		/	PSDS—D6	SDO-Baguio
12. Jayrerose S. Guevara		/	PSDS-D7	SDO-Baguio
13. Brenda Lee C. Awingan		/	PSDS-D8	SDO-Baguio
14. Marlyn S. Tami-ing		/	PSDS-D9	SDO-Baguio
15. Santiago L. Bugtong	/		PSDS-D10	SDO-Baguio
16. Nieves Domay Y. Toribio		/	MT-1/ Speaker	DMMES
17. Jerry D. Walsiyen	/		HT-III/ Speaker	LinES
18. Marilyn D. Bugatti		/	HT-III/ Speaker	BCNHS-Main
19. Ruth P. Olao		/	T-III/ Speaker	BCNHS- Main
20. Alice B. Masidong		/	HT- III/ Speaker	Tabora ES
21. Angelbert A. Pednga	/		T-III/ Speaker	Mabini ES
22. Jeffrey F. Aliga	/		HT-1/ Speaker	INHS
23. Joeferino M. Guinumtad	/		HT VI/ Speaker	PCNHS
24. Aaron Flores	/		MT-II/ Speaker	BCNHS
25. Marissa D. Laplana		/	HT-VI/ Speaker	BCNHS
26. Nicodemus B. Gam-ad	/		HT-III/ Speaker	BCNHS
27. Janet L. Yodong		/	TIII/ Speaker	Rizal ES
DISTRICT 1				
28. Joseph Estigoy	/		SH	Rizal ES
29. Riona Copiling		/	MT-II	Lindawnan NHS
30. Ligaya Annawi		/	SH	MLQES
31. Maribeth Quaresma		/	SH	GES
32. Liza Poled		/	MT-I	CCVES
33. Leonardo Zambrano	/		Asst. SH	RizNHS
District 2				
34. Myline S. Esteban		/	MT-II	Kias ES
35. Ofelia Poblete		/	T-III	Springhills ES
36. Francisco Jr Wangag	/		T-1	HHNS
37. Esther Jane Ulep		/	T-III	FDPA
38. Amparo Tacadena		/	T-III	FDPA
39. Randy Cayat	/		T-III	Kias ES
40. Melvin Dogaoang	/		T-III	SpringHills ES
41. Faith Ann Handig		/	T-III	FDPA
DISTRICT 3				
42. Larry Peng-as	/		MT-II	BCNHS- Main
43. Marissa Wayan		/	MT-II	BCNHS-Main
44. Lanie Dalingay		/	MT-II	BCNHS- Main
45. Judica Dasco		/	MT-II	BCNHS-Main
46. Sherwin Fernando	/		MT-II	BCNHS-Main
DISTRICT 4				
47. Elena Ganado		/	T-III	DAES



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48. Lorelie Giacao		/	T-III	AMES
49. Alegria Quinto		/	T-1	DMMES
50. Dominga Palonan		/	MT-1	Brookspoint ES
51. Emilyn S. Bandong		/	T-III	DANHS
52. Marilyn Dupo		/	T-II	DNES
DISTRICT 5				
53. Elena Egangan		/	T-III	Dontogan ES
54. Arlito Pecay	/		MT-II	Santo Tomas ES
55. Cecile Moncada		/	MT-II	Rizal ES
56. Lillie Vinluan		/	SH	Adiwang ES
57. Ma. Tina Gabriel		/	T-III	STNHS
58. Juliet Mamaril		/	SH	MARES
59. Miguela Badian		/	MT-II	Crystal Cave
60. Marjorie Sumakey		/	T-III	RoxNHS
DISTRICT 6				
61. Gemma Lomboy		/	SH-2	DMES
62. Virginia Ulatan		/	HT-VI	PCNHS
63. Jacqueline Fianza		/	MT-1/OIC-Asst.SH	JCES
64. Jane Marie Ngolab		/	HT-1	DMNHS
67. Esther Heidie Pucdihon		/	SH	SLES
68. Marissa De Guzman		/	MT-1	BCS
DISTRICT 7				
67. Jane Adolfo		/	SH	Irisan ES
68. Hermoso Bunnol		/	SH	EQES
69. Ma. Lourdes Dumpayan		/	SH	INHS
70. Luz Soriano		/	SH	
71. Jesusa Yadao		/	SH	QHNS
72. Joan Andayan		/	SH	BC Science HS
DISTRICT 8				
73. Valeriano B. Accad	/		SH	ABES
74. Rosanna D. Dizon		/	SH	GVNHS
75. Jackson T. Caya-os	/		SH	LES
76. Rommel L. Manzano	/		SH	FVES
77. Regina Bannawol		/	MT-II	HGES
78. Annie Laurie Bisquera		/	SH	PES
79. Christopher Basing-at	/		MT-1	PNHS
DISTRICT 9				
78. Lucia Casim		/	SH	MNHS
79. Jason Pascaden	/		HT-1	MNHS
80. Florida Cael		/	SH	MagsaysayES
81. Marie Sillatoc		/	SH	QuirinoHillES
82. Philip Sagalla	/			
83. Marcial Lami-ing	/		SH	
DISTRICT 10				
84. Felto Agpaoa	/		MT-II	JSNHS
85. Brigette Galong		/	SH	BakakengES
86. Teodora Botis		/	SH	DAHBS
87. Marlyn Lucas		/	SH	
88. Erwin Allaga	/		SH	Bakakeng NHS
89. Arthur Mangili	/		SH	



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Enclosure No.02 in memo no. _____

LIST OF PARTICIPANTS ON SITE

Full Name	Gender		Position	School
	Male	Female		
1. Marina D. Tabangcura		/	EPS -AP	SDO-Baguio
2. Nora D. Dalapnas		/	EPS- ESP	SDO-Baguio
3. Loida C. Mangangey		/	EPS-Science	SDO-Baguio
4. Mary Jane N. Malihod		/	EPS-TLE	SDO-Baguio
5. Lolita A. Manzano		/	EPS-MAPEH	SDO-Baguio
6. Nieves Domay Y. Toribio		/	MT-1/Speaker	DMMES
7. Jerry D. Walsiyen	/		HT-III/ Speaker	LinES
8. Marilyn D. Bugatti		/	HT-III/ Speaker	BCNHS-Main
9. Ruth P. Olao		/	T-III/ Speaker	BCNHS- Main
10. Alice B. Masidong		/	HT- III/ Speaker	Tabora ES
11. Angelbert A. Pednga	/		T-III/ Speaker	Mabini ES
12. Jeffrey F. Aliga	/		HT-1/ Speaker	INHS
13. Joeferino M. Guinumtad	/		HT VI/ Speaker	PCNHS
14. Aaron Flores	/		MT-II/ Speaker	BCNHS
15. Marissa D. Laplana		/	HT-VI/ Speaker	BCNHS
16. Nicodemus B. Gam-ad	/		HT-III/ Speaker	BCNHS
17. Janet L. Yodong		/	TIII/ Speaker	Rizal ES
18. Liza Poled		/	MT-1	CCVES
19. Ligaya Annawi		/	SH	MLQES
20. Myline S. Esteban		/	MT-II	Kias ES
21. Ofelia Poblete		/	T-III	Springhills ES
22. Elena Ganado		/	T-III	DAES
23. Lorelie Giacao		/	T-III	AMES
24. Miguela Badian		/	MT-II	Crystal Cave
25. Marjorie Sumakey		/	T-III	RoxNHS
26. Gemma Lomboy		/	SH	DMES
27. Virginia Ulatan		/	HT-VI	PCNHS
28. Joan Andayan		/	SH	BC Science HS
29. Harris Dizon	/		ICT	SDO- Baguio
30. Mark Ronald Cabatic	/		ICT	SDO-Baguio
31. Annie Laurie Bisquera		/	SH	PES
32. Rommel L. Manzano	/		SH	FVES
33. Jason Pascaden	/		HT-1	MNHS
34. Brigitte Galong		/	SH	BakakengES



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TRAINING MATRIX

Day 1: June 28, 2021 (Monday)		
Morning Facilitator: Joeferino M. Guinumtad		
Afternoon Session Facilitator: Aaron P. Flores		
Overseers: Lolita A. Manzano and Nora A. Dalapnas		
Time	Topic/Activity	In-Charge
8:00-9:00 AM	Registration & Triage (On site participants) Google Forms (Online Participants)	Secretariat
9:31: 10:30 AM	Opening Program: Checking of Attendance: Marilyn D. Bugatti Prayer: Marissa D. Laplana Nationalistic Song: Nicodemus B. Gam-ad Opening Remarks and Statement of Purpose: Juliet C. Sannad, EdD CID Chief Message : Marie Carolyn B. Verano, CESO ✓ SDS	Joeferino M. Guinumtad
10: 31-10:45 AM	Health Break	
10:46- 11:00 AM	Overview of the Training	Lolita A. Manzano
11:01 - 12:00 Nn	Module 1: Growing Up Pretest Session 1.1 Physical Challenges	Angelbert A. Pednga
12:01- 1:00 PM	Lunch	
1:01-2:30 PM	Session 1.2 Female and Male Fertility Session 1.3 Teen Pregnancy	Marilyn D. Bugatti
2:31-3:30 PM	Session 1.4 Sexually Transmitted Infections Post-test	Marissa D. Laplana
3:31-3:15 PM	Health Break	
3:16-4:00 PM	Module 2: Changing Feelings and Expectations Pretest Session 2.1 Getting in Touch with my Feelings	Marissa D. Laplana
4:01-5:00 PM	Session 2.2 I Love my Body	Angelbert A. Pednga
Day 2: June 29, 2021 (Tuesday)		
Morning Facilitator: Jerry D. Walsiyen		
Afternoon Session Facilitator: Nicodemus B. Gam-ad		
Overseers: Marina A. Tabangcura and Mary Jane N. Malihod		
Day/Time	Topic/Activity	In Charge
7:30-8:00 AM	MOL	District 1,2,3 and 4
8:00 - 9:00 AM	Module 2: Changing Feelings and Expectations Session 2.3 Nurturing my Sexuality	Jeffrey F. Aliga
9:01 - 10:0 AM	Session 2.4 Journeying through Adolescence Post-test	Aaron P. Flores
10:01-10:15 AM	Health Break	
10:16 -11:15 AM	Module 3: Changing Relationships Pretest Session 3.1 Relating with My Family	Alice B. Masidong
11:16- 12:15 PM	Session 3.2 Relating with my Peers	Janet L. Yodong



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12:16- 1:00 PM	Lunch	
1:01 to 2:00 PM	Session 3.3 Relating with someone special Post-test	Ruth P.Olao
2:01-3:00 PM	Module 4: Having a Safe, Healthy, and Happy Adolescence Pretest Session 4.1 Harnessing my Self-Esteem	Nieves Domay S. Yangyang-Toribio
3:01-3:15 PM	Health Break	
3:16-4:00 PM	Session 4.2 My Life Plan	Nieves Domay S. Yangyang-Toribio
4:01-5:00 PM	Session 4.3 Making Responsible Choices ✚ Discussion of Appropriate Sessions ✚ Groupings for synchronized practicum ✚ Preparation of materials	Nicodemus B.Gam-ad
Day 2: June 30, 2021 (Wednesday)		
Morning Facilitator: Alice B. Masidong		
Afternoon Session Facilitator: Marissa D. Laplana		
Overseers: Loida A. Mangangey and Lolita A. Manzano		
Day/Time	Topic/Activity	In Charge
7:30-8:00 AM	MOL	District 5,6 and 7
8:01-9:00 AM	Module 4: Having a Safe, Healthy, and Happy Adolescence Session 4.4 Living a Healthy Lifestyle	Ruth P. Olao
9:00-10:00 AM	Session 4.5 Being Gender-Sensitive, Respectful and Responsible in Relationships	Jerry D.Walsiyen
10:01-10:15	Health Break	
10:15-12:00 Nn	Session 4.6 Being Respectful and Responsible Online Session 4.7 Communicating Assertively Post – test ✚ Groupings for synchronized practicum ✚ Preparation of materials	Joeferino M. Guinumtad
12:01-1:00 PM	Lunch	
1:00-3:00 PM	Synchronized SHAPE-A Sessions Demo	Participants
3:00-3:15 PM	Health Break	
3:15-4:00 PM	Action Planning	Facilitator and Participants
4:00-5:00 PM	Closing Program: Nationalistic Song: Impression: Message : Arthur Tiongan SGOD Chief Christopher C. Benigno OIC-ASDS Challenge: Acceptance: Awarding of Certificates Closing Prayer: Nora C. Dalapnas	District 8, 9 and 10



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