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Republic of the Philippines
Department of Education
REGION II - CAGAYAN VALLEY
SCHOOLS DIVISION OF BATANES

DIVISION MEMORANDUM

SGO-2025 029

To: Batanes National Science High School Principal only
School Health and Nutrition Unit

From: **ALFREDO B. GUMARU., JR. EdD, CESO V**
Schools Division Superintendent

Date: July 15, 2025

Subject: **HEALTHY LEARNING INSTITUTION: SCHOOL MENTAL HEALTH
PEER FACILITATOR TRAINING FOR SECONDARY STUDENTS**

1. The Healthy Learning Institution initiative is designed to promote a culture of wellness and healthy habits among our students, teachers and staff. The program aims to create a conducive environment that supports physical, emotional and mental well-being, ultimately leading to improved academic performance and overall development.
2. The objectives of the activity:
 - a. **Educate adolescents:** Provide comprehensive education on mental health
 - b. **Empower Peer Support:** Train adolescents to become peer health navigators, equipping them with the skills to support their peers on making informed health decisions and accessing necessary services.
 - c. **Promote Healthy Decision-Making:** Encourage informed decision making by fostering an understanding of reproductive rights, gender equality, and the importance of mental and emotional well-being.
 - d. **Community Partnership and Engagement:** Advocate for supportive community involvement, engagement, and referral in adolescent health.
3. In relation to this, the Provincial Health Office, in coordination with the School Health and Nutrition Office of this Division shall conduct Peer Facilitator Training for the identified 55 secondary students from 8:00 am to 5:00 pm on July 26, 2025 BNSHS covered court.
4. Snacks and Meals related to the following activities shall be charged against the sponsoring agency.
5. Attached is the matrix of activities for the conduct of Peer Facilitator Training.



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ANNEX 1 PROGRAM FLOW

PEER FACILITATOR TRAINING		
TIME	ACTIVITY	RESPONSIBLE PERSON
8:00 – 8:30 AM	Registration	PHO STAFF
08:30 – 09:00 AM	Preliminaries	PHO STAFF
9:00 – 10:00 AM	Overview of Mental Health and its Importance	Resource Speaker
10:00 – 10:15 AM	AM HEALTH BREAK	
10:15 – 11:00 AM	Mental Health Myths and Facts	Resource Speaker
11:00 – 12:00 NN	Common Mental Health Issues affecting students	Resource Speaker
12:00 – 1:00 PM	LUNCH BREAK	
1:00 – 2:00 PM	Identifying warning signs and symptoms	Resource Speaker
2:00 – 3:00 PM	Building Support Networks (peer support groups, etc) and Referral Skills	Resource Speaker
03:00 PM – 03:15 PM	BREAK	
03:15 – 04:00 PM	Role Playing to practice referring peers to resources and services	Resource Speaker
04:00 – 04:30 PM	Closing Program	PHO STAFF



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