



Republic of the Philippines  
**Department of Education**  
REGION X – NORTHERN MINDANAO  
**SCHOOLS DIVISION OF MISAMIS ORIENTAL**

Office of the Schools Division  
Superintendent

18 SEPTEMBER 2023

**DIVISION MEMORANDUM**

No. 544 s. 2023

**KABATAAN ADUNAY PAGLAUM (KAP) CARAVAN PROJECT IN  
COLLABORATION WITH THE MISAMIS ORIENTAL PROVINCIAL COUNCIL  
FOR THE PROTECTION OF CHILDREN**


**To: Select Public Secondary High Schools**

1. The Department of Education- Division of Misamis Oriental in collaboration with the Misamis Oriental Provincial Council for the Protection of Children (PCPC) will conduct the Kabataan Adunay Paglaum (KAP) Caravan Project among the various schools within the Division with the following schedule, to wit:

District	School	Date
Laguindingan	Laguindingan NHS	September 29, 2023
Opol East	Opol NSTS	October 6, 2023
Gitagum	Matangad NHS	October 13, 2023
Tagoloan	Tagoloan NHS	October 20, 2023
Jasaan South	Jasaan NHS	October 27, 2023
Claveria Central	DG Sabal MNHS	November 10, 2023
Libertad	Libertad NHS	November 17, 2023
Balingasag South	Baliwagan NHS	November 24, 2023

2. The select schools shall prepare the venue within the school premises enjoining the participation of a total of 100 learner-participants, preferably Grade 8 or Grade 9 learners, or combination of both. This will be a half-day activity (8AM-12NN).
3. KAP Caravan is an advocacy campaign and educational awareness regarding child abuse and exploitation, child trafficking, teenage pregnancy, and mental health issues. This activity will be assisted by the Division Youth Formation Coordinators, Christine H. Cabiassa and Michael Mervin M. Acenas.
4. Wide dissemination of this Memorandum is enjoined.

  
**EDILBERTO L. OPLENARIA, EdD, CESO V**

Schools Division Superintendent 

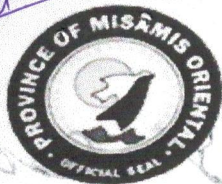
ELO/egd/sgod/mma-cabiassa



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*Received through Email.*



Republic of the Philippines  
**PROVINCE OF MISAMIS ORIENTAL**  
**PROVINCIAL SOCIAL WELFARE AND DEVELOPMENT OFFICE**

[www.misamisoriental.gov.ph](http://www.misamisoriental.gov.ph)



September 7, 2023

**EDILBERTO L. OPLENARIA, EdD., CESO V**  
Schools Division Superintendent  
Misamis Oriental



Dear Sir,

Greetings of Peace!

The Provincial Social Welfare and Development Office in collaboration with the Provincial Council for the Protection of Children (PCPC) will recommence the innovative project entitled, "**KABATAAN ADUNAY PAGLAUM (KAP) CARAVAN**", this project was implemented last April 2023. It is a long-year undertaking of advocacy campaign and educational awareness regarding on child abuse and exploitation, child trafficking, teenage pregnancy, and mental health issues. This advocacy campaign will be conducted in targeted school in Misamis Oriental which aforementioned cases are prevalent and rampant. This aims to foster widespread awareness and consciousness about the pressing child protection issues affecting the welfare of our learners and inculcate to their minds some ways to combat the same.

In view of the foregoing, we would like to respectfully request your staff **MS. CHRISTINE H. CABIASA** and **MR. MICHAEL MERVIN M. ACENAS, MGM** to identify the target schools and determine the schedule of activity.

Should you have any queries, you may coordinate with **Ms. Rerea May A. Tok**, our child welfare focal through her contact number 0916-935-0448.

We are hoping for your approval to this request. Thank you and best regards.

Respectfully yours,

**JEFFERSON M. ABELLON, RSW**  
Social Welfare Officer III

**JHUNLEY MAR D. ABELLA, RSW**  
Provincial Social Welfare and Development Officer

**ASDS' OFFICE RECEIVED**

DATE: 9/8/23  
TIME: 4:00 pm



# Mental Health Awareness

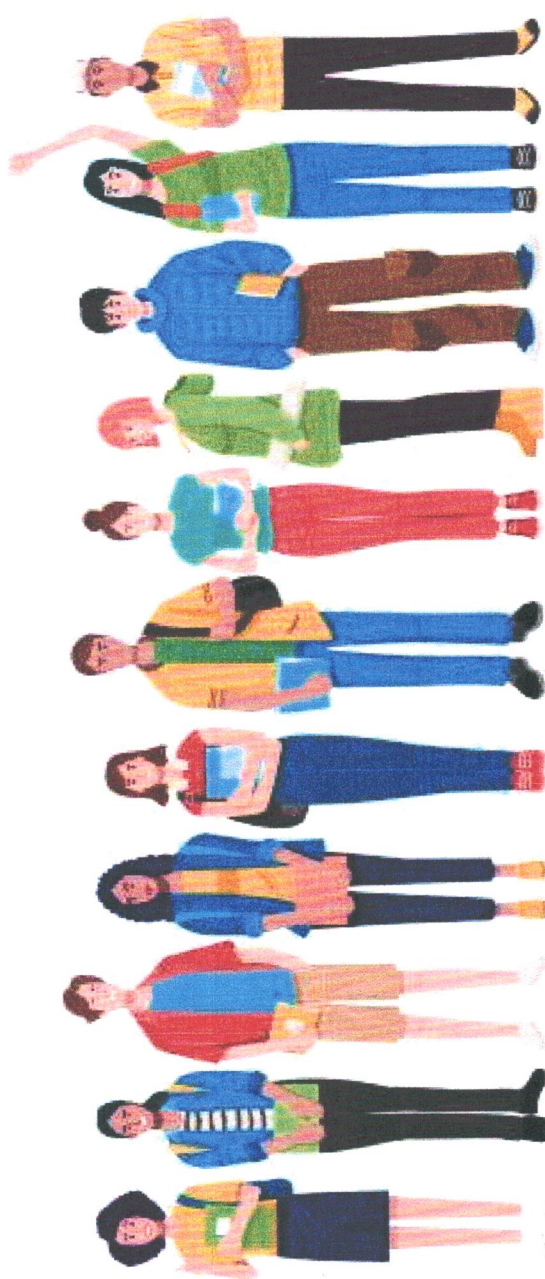
***May C. Militante***

***Nurse - II***

***Provincial Health Office***









# What We Should Know About Mental Health?

MENTAL HEALTH

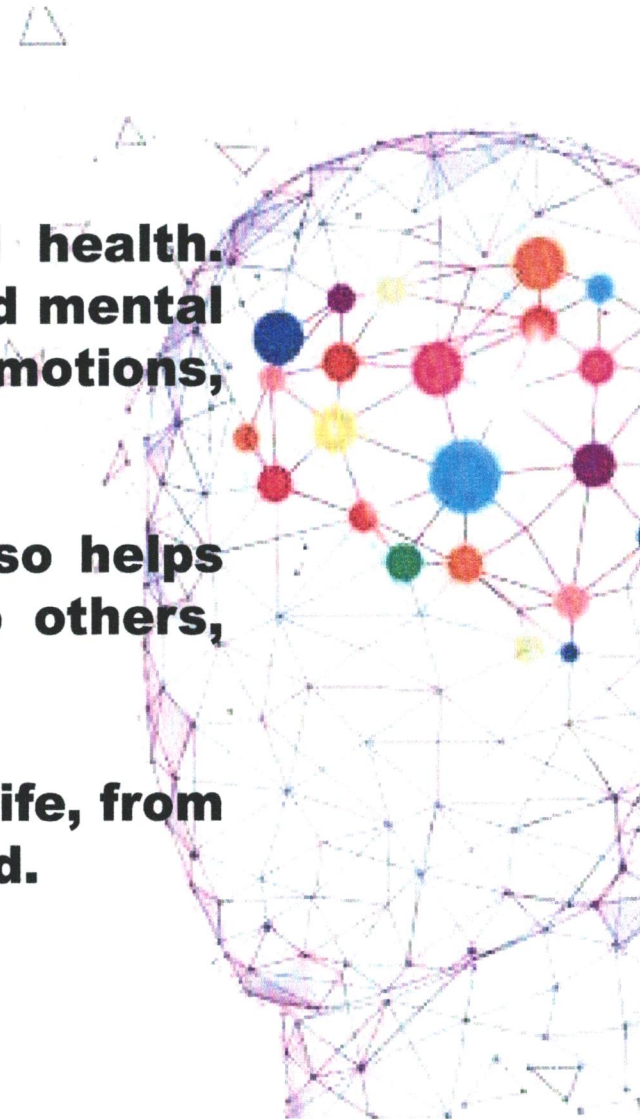




**Like physical health, everyone has mental health. Physical health is the stage of your body, and mental health is the stage of your mind, feelings, emotions, psychological, and social well-being.**

**It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.**

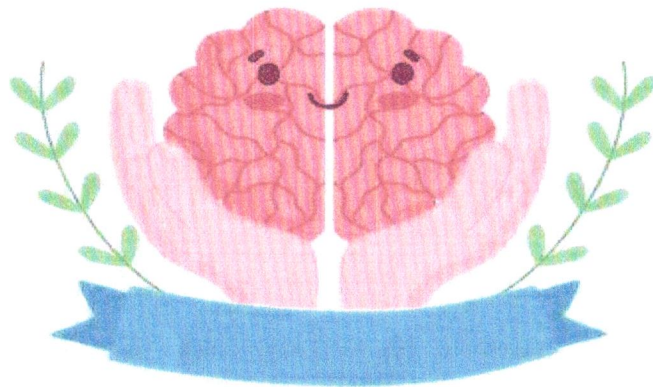
**Mental health is important at every stage of life, from childhood and adolescence through adulthood.**





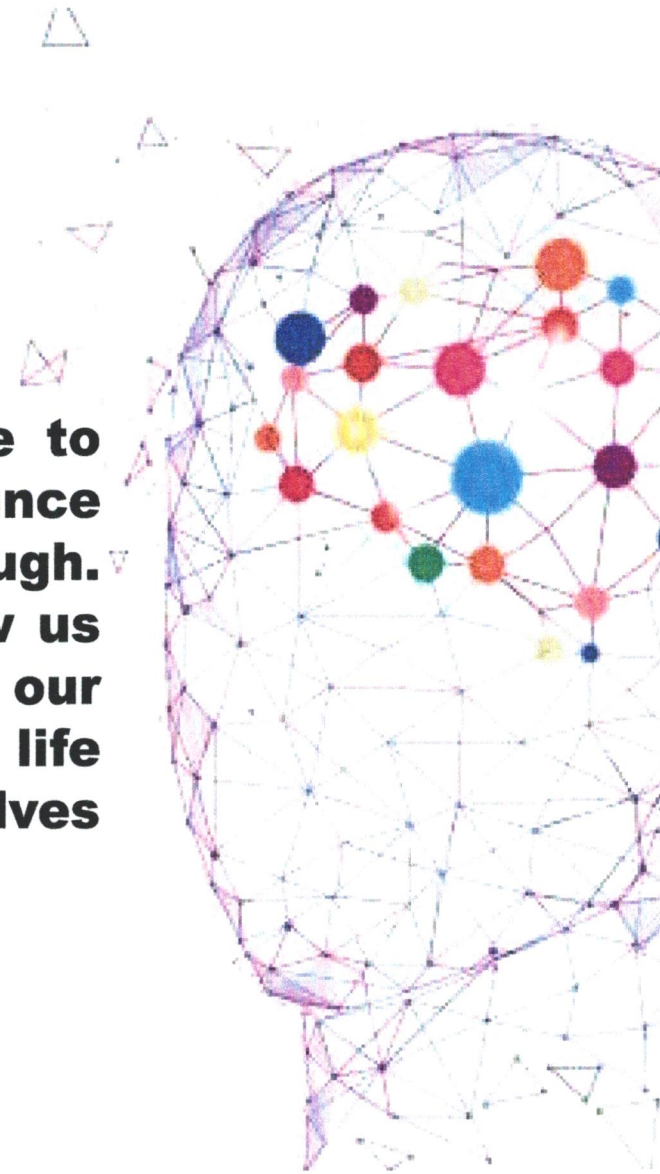


## Why is good mental health important?





**All of us will have our struggles from time to time, but good mental health helps us bounce back and stay in control when times get tough. Being in a state of good mental health allow us to maintain healthy relationships as well as our physical well-being. Plus, we make solid life choice that are for the betterment of ourselves and those around us.**

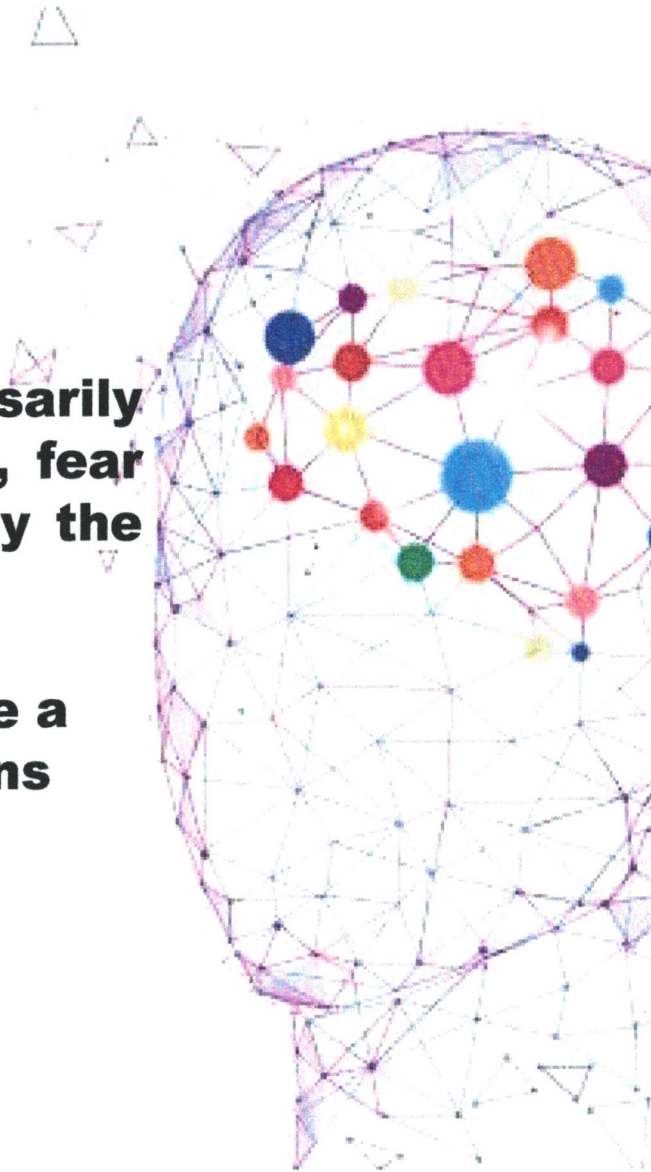






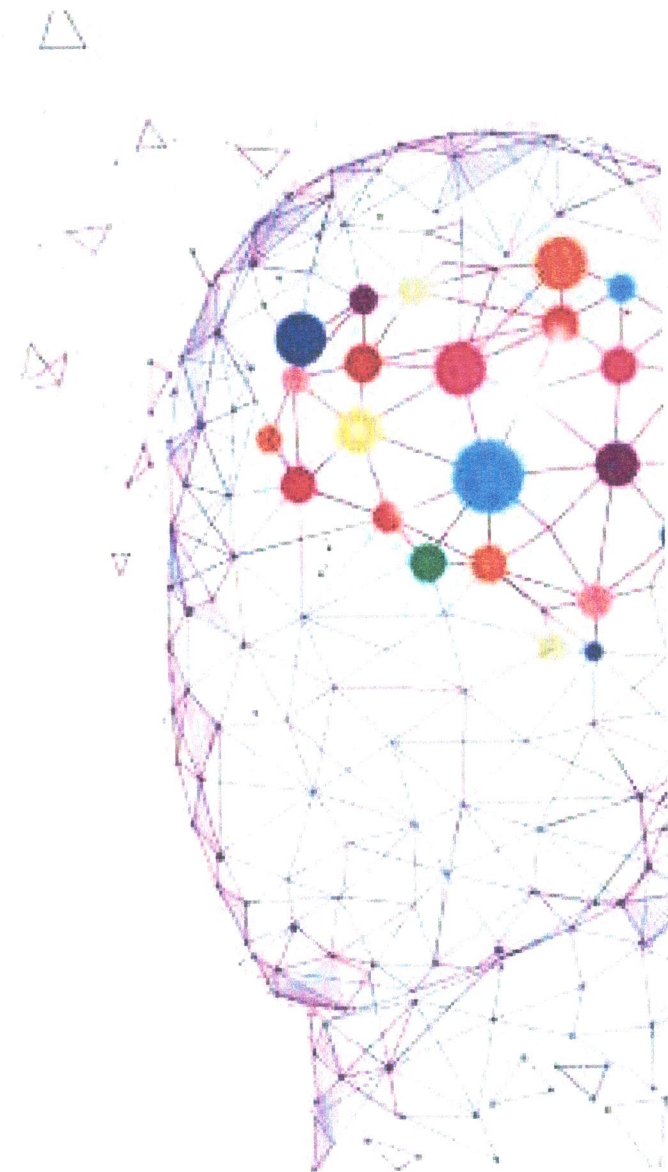
## What is Good Mental Health?

- **Being “Mentally Healthy” does not necessarily mean the absence of sadness, loneliness, fear or illnesses. Instead, it is characterized by the following:**
  - **The ability to learn**
  - **the ability to feel, express and manage a range of positive and negative emotions**
  - **the ability to form and maintain good relationships with others**
  - **The ability to cope with and manage change and uncertainty**





# Factors That Influence our Mental Health







## Factors That Influence our Mental Health

- **Biological factors, such as genes or brain chemistry**
- **Bullying**
- **Loneliness and isolation**
- **Grief and loss**
- **Life experiences, such as trauma nor abuse**
- **Domestic and family violence**
- **Alcohol and other drug use**





## Early Warning Signs



- **Eating or sleeping too much or too little**
- **Pulling away from people and usual activities**
- **Having low or no energy**
- **Feeling numb or like nothing matters**
- **Having unexplained aches and pains**
- **Feeling helpless or hopeless**
- **Smoking, drinking, or using drugs more than usual**
- **Feeling angry, worried or scared**
- **Yelling or fighting with family and friends**
- **Hearing voices or believing things that are not true**
- **Thinking of HARMING YOURSELF or others**
- **Inability to perform daily task like getting to school**







# How To Maintain A Good And Positive Mental Health

