



Republic of the Philippines  
**Department of Education**  
Region XI  
**SCHOOLS DIVISION OF DIGOS CITY**

---

**OFFICE OF THE SCHOOLS DIVISION SUPERINTENDENT**

DIVISION MEMORANDUM  
No. 165, s. 2022

March 18, 2022

**PARTICIPATION IN THE CONDUCT OF THE 'HEALTHY YOUNG MINDS PH: THE PODCAST'**

To: Division DRRM Coordinator  
Division YFD Coordinators  
All School Heads  
School DRRM Coordinators  
School YFD Coordinators

1. Enclosed is the Memorandum OUA MEMORANDUM 00-0322-0146 dated March 16, 2022, entitled **"Participation in the Conduct of the 'Healthy Young Minds PH: The Podcast'"**.
2. As part of the **World Teen Mental Wellness Day** celebration, the DRRMS, together with the Youth Formation Division (YFD), will conduct a podcast titled the **'Healthy Youth Minds PH: The Podcast' on April 4, 6 & 8 (Monday, Wednesday and Friday)**. This will be broadcast on Spotify, partner local radio stations and other DepEd social media platforms.
3. This activity intends to:
  - a) Increase youth participation in addressing different struggles of a teenager that cause mental health problems.
  - b) Train high school students to provide support to other teens through a story-telling (kwentuhan) approach.
  - c) Gain knowledge on the beneficial role of social media in increasing the awareness on teen mental health
4. With this OUA, the School Division Office request the following:
  - a) Participation of secondary high school students, DepEd personnel, parents and the public by tuning in on the podcast.
  - b) Approval on the participation of identified students who will serve as panelists/podcast hosts. (*Please see Annex A.*)
5. All invited students who will serve as panelists are officers of the National Federation of Supreme Student Governance (NFSSG).

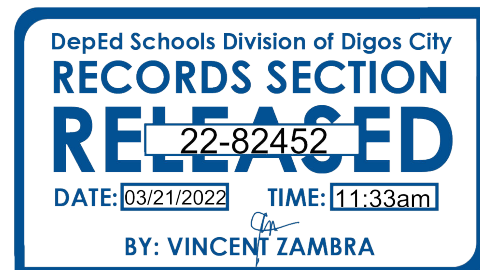


6. All students' panelists are encouraged to participate in the **series of preparatory workshops** to be facilitated by experts on the fields of psychology, podcasting, social media, etc. these activities will be held on **March 21, 2022 (Monday) at 3:00 PM.** (Please see Annex B.)
7. The designated Regional Youth Formation Coordinators (RYFCs) will serve as guardians of the identified student panelists during the preparatory workshops. As guardians, they will address the concerns of the student panelist, including the facilitation and submission of confirmation slip and consent form to DRRMS on or before March 18, 2022. Please furnish a copy to BLSS-YFD. (*Kindly see Annex C & D.*)
8. All confirmed student panelist are requested also to be excused in the classes that will be affected by the workshops.
9. For questions and clarifications, please contact Mr. Raymand Sardido of the DRRMS at [drmo+mhpss@deped.gov.ph](mailto:drmo+mhpss@deped.gov.ph) and Mr. Matt Gaven Matibag of BLSS-YFD at [blss.yfd@deped.gov.ph](mailto:blss.yfd@deped.gov.ph).
10. For immediate action.



**CRISTY C. EPE**

Schools Division Superintendent





Roxas Street cor. Lopez Jaena Street, Zone II, Digos City 8002  
☎ (082) 553-8396 | (082) 553-8376 | (082) 553-9170 | (082) 553-8375  
📠 (082) 553-8396 | (082) 553-8376  
🌐 [www.depedigoscity.org](http://www.depedigoscity.org) ✉ [digos.city@deped.gov.ph](mailto:digos.city@deped.gov.ph)