



Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS
Schools Division of Bohol

**Office of the Schools Division
Superintendent**

October 9, 2024

MLC-2024- 76

To: **Fredsil A. Bolotaolo, RN** NDEP Focal Person
Aura Kristel P. Mayuman, RN BTI Focal Person
Sueden S. Lanje, RGC RGC
Joseph C. Realista, RN NDEP TWG

From: **Casiana P. Caberte, PhD, CESO VI**
Schools Division Superintendent *mw*

**DEPED REGION VII ROLL-OUT FOR UNIVERSAL PREVENTION CURRICULUM (UPC) 5
FOR SUBSTANCE USE: SCHOOL-BASED PREVENTION INTERVENTIONS**

1. Attached herewith is Regional Memorandum No. 927, s. 2024 DepEd Region Roll-out for Universal Prevention Curriculum (UPC) 5 for Substance Use: School-Based Prevention Interventions which is self-explanatory.
2. You are hereby being mandated to participate in the said activity.
3. This Memorandum serves as **Travel Order**.
4. Travel and other incidental expenses shall be charged from MOOE or local funds subject to usual accounting and auditing rules and regulations.
5. For dissemination and compliance.

SGOD/SHS/MADL/madl



Deped Tayo Bohol Division

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Republic of the Philippines
Department of Education
 REGION VII - CENTRAL VISAYAS

Office of the Regional Director

REGIONAL MEMORANDUM

No. **927** s. 2024

07 OCT 2024

DEPED REGION VII ROLL-OUT FOR UNIVERSAL PREVENTION CURRICULUM (UPC) 5 FOR SUBSTANCE USE: SCHOOL-BASED PREVENTION INTERVENTIONS

To: Schools Division Superintendents
 Assistant Schools Division Superintendents
 All Others Concerned

1. This Office through the Education Support Services Division-School Health and Nutrition Unit shall conduct a **DepEd Region VII Roll-Out for Universal Prevention Curriculum (UPC) 5 for Substance Use: School-Based Prevention Interventions** on **October 14-18, 2024**, at **DepEd Ecotech Center, Sudlon, Lahug, Cebu City**.

2. The **SPEAKERS** and **TWG** of this training are:

OFFICE/SDOs	NAMES
Regional Office VII	Dr. Rogelio John M. Villamor Jr.
	Dr. Melissa M. Paradela (Medic/Welfare Officer)
	Dr. Grace B. Espos
	Mary Joy Canete, RSW
	Lester John D. Berdida
Bayawan City	Jerry Baclaan, RN (Medic/Welfare Officer)
Bohol Province	Fredsil A. Bolotaulo, RN
Canlaon City	Wernel Regala, RN
Carcar City	Wamilyn W. Agnes, RN
Cebu Province	John Michael R. Geromo, RN
Cebu City	Marsha Lynn P. Abellana, RN (Medic/Welfare Officer)
City of Naga	Janice S. Tomimbang, RN (Medic/Welfare Officer)
Danao City	Jason John Comendador, RN
Dumaguete City	Mardy P. Amor, RN (Medic/Welfare Officer)
Mandaue City	Allen C. Sabornido, RN
Siquijor	Aleli M. Docejo, RN (Medic/Welfare Officer)
Talisay City	Anthony M. Bornel, RN (Medic/Welfare Officer)



Doña M. Gaisano St., Sudlon, Lahug, Cebu City
 Telephone Number: 639773295904 local 700

DepEd Tayo Region VII

region7.deped.gov.ph



3. Whereas the **PARTICIPANTS** in this activity are as follows:

SDOs	PARTICIPANTS		
	SDO NDEP Focal Person	School NDEP Focal Person/School-assigned PDO	Total
Bais City	1	2	3
Bayawan City	0	3	3
Bogo City	1	3	4
Bohol Province	0	3	3
Canlaon City	1	2	3
Carcar City	0	4	4
Cebu City	0	4	4
Cebu Province	0	4	4
City of Naga	0	4	4
Danao City	0	4	4
Dumaguete City	0	3	3
Guihulngan	1	2	3
Lapu-Lapu City	1	3	4
Mandaue City	0	4	4
Negros Oriental	1	2	3
Siquijor	1	2	3
Tagbilaran City	1	2	3
Talisay City	0	4	4
Tanjay City	1	2	3
Toledo City	1	3	4
Grand Total			70

4. It is respectfully advised that the participants be informed of the following:

- a. Preregister at https://bit.ly/UPC5_Registration until **October 9, 2024**.
- b. Room check-in is at 2:00p.m. of October 14, 2024.
- c. Check-out is on October 18, 2024, at 12noon.
- d. Bring their laptop to access materials and fully engage in the sessions.

5. Food and accommodation will be charged to OSEC-7-24-2723. While travelling and incidental expenses of the participants during this activity shall be chargeable to SDO's local funds subject to usual accounting and auditing rules and regulations.

6. Compensatory Time-Off (CTO) or service credits shall be granted to all participants for services rendered that falls on a holiday and beyond school days. The grant of CTO is in accordance with the Civil Service Commission (CSC) and Department of Budget and Management (DBM) Joint Circular No. 2, s. 2024 Non-Monetary Renumeration for Overtime Services Rendered.

7. For information, guidance and compliance of this Memorandum.


SALUSTIANO T. JIMENEZ JD, EdD, CESO III
 Director IV
 Regional Director

**DEPED REGION VII ROLL-OUT FOR UNIVERSAL PREVENTION CURRICULUM (UPC)
5 FOR SUBSTANCE USE: SCHOOL-BASED PREVENTION INTERVENTIONS
DEPED-ECOTECH, LAHUG, CEBU CITY
October 14-18, 2024**

DAY 1- OCTOBER 14, 2024			
Module 1 - Training Introduction			
Time	Duration	Content	Trainer
10:00-12:00	120 minutes	Opening Program	
12:00-12:45	45 minutes	Lunch	
12:45-1:00	15 minutes	Energizer	
1:00 - 1:05	5 minutes	Ceremonial Welcome	Janice S. Tomimbang Jerry A. Baclaan
1:05-1:15	10 minutes	Trainer welcome, housekeeping, and ground rules	
1:15-1:30	15 minutes	Partner exercise: Introductions	
1:30-1:35	5 minutes	Presentation: Training Materials	
1:35-1:40	5 minutes	Why this training?	
1:40-1:50	10 minutes	Large-group exercise: Training Expectations	
1:50-2:20	30 minutes	Small-group Exercise: The role of schools in the community	
Module 2 - Why Schools Are an Important Setting for Substance Use Prevention			
Time	Duration	Content	Trainer
2:20-2:30	10 minutes	Introduction to Module 2	Dr. Rogelio John M. Villamor Jr. John Michael R. Geromo
2:30-3:00	30 minutes	Presentation and discussion : Role of schools: Beyond cognition	
3:00-3:30	30 minutes	Small-group Exercise: Micro-level environmental interactions	
3:30-3:40	10 minutes	Break	
3:40-4:10	30 minutes	Presentation and discussion : Risk and protective factors framework	
4:10-4:20	10 minutes	Presentation and discussion: Socialization is the key	
4:20-4:30	10 minutes	Presentation: School culture and climate	
4:30-4:50	20 minutes	Large-group discussion: Socially capable students	
4:50-5:00	10 minutes	Wrap-up	
		End of Day 1	
DAY 2- OCTOBER 15, 2024			
Module 2 - Why Schools are an Important Setting for Substance Use Prevention			
Time	Duration	Content	Trainer
8:00-8:30	30 minutes	Preliminaries	Dr. Rogelio John M. Villamor Jr. John Michael R. Geromo
8:30-8:45	15 minutes	Presentation: School culture and climate (continued)	
8:45-9:05	20 minutes	Individual exercise: Positive school climate	
9:05-9:20	15 minutes	Presentation: Schools and prevention	
9:20-9:35	15 minutes	Large-group discussion: Key Points for prevention	
9:35-9:50	15 minutes	Challenges to prevention and reflections	

9:50-10:00	10	minutes	Module 2 evaluation	
10:00-10:05	5	minutes	Break	
Module 3 - Child and Adolescent Development				
Time	Duration		Content	Trainer
10:05-10:20	15	minutes	Introduction to Module 3	Marsha Lyn P. Abellana Mardy P. Amor
10:20-10:45	25	minutes	Presentation and discussion: Understanding Human Development	
10:45-11:05	20	minutes	Presentation: Interaction of personal characteristics and the environments	
11:05-11:30	25	minutes	Presentation and discussion: Learning and Theories: Cognition	
11:30-12:00	30	minutes	Presentation and discussion: Learning and Theories: Motivation	
12:00-12:45	45	minutes	Lunch	
12:45-1:00	15	minutes	Energizer	
1:00-1:45	45	minutes	Presenatation and discussion: Learning and theories: Maslow's Human Needs Hierarchy	Marsha Lyn P. Abellana Mardy P. Amor
1:45-2:00	15	minutes	Presentation: Development Periods and Skills	
2:00-2:25	25	minutes	Individual exercise and large-group discussion: Development Skills	
2:25-2:40	15	minutes	Presentation: Revisiting substance use etiology model	
2:40-3:10	30	minutes	Small-group exercise: Etiologic factors in communities	
3:10-3:20	10	minutes	Break	
3:20-3:35	15	minutes	Presentation and discussion: School prevention objectives	
3:35-3:50	15	minutes	Summary and reflections	
3:50-4:00	10	minutes	Module 3 evaluation and wrap-up	
Module 4 - Defining the Substance Use Problem for Prevention Planning in Schools				
Time	Duration		Content	Trainer
4:00-4:15	15	minutes	Introduction to Module 4	Anthony M. Bornei Jason John H. Comendador
4:15-4:30	15	minutes	Presentation: Substance use by children and adolescents	
4:30-4:45	15	minutes	Large-group discussion: Youth substance use in my community	
4:45-5:00	15	minutes	Presentation: progression of Substance Use	
			End of Day 2	
DAY 3- OCTOBER 16, 2024				
Module 4 - Defining the Substance Use Problem for Prevention Planning in Schools - Continuation				
8:00-8:30	30	minutes	Preliminaries	
8:30-8:40	10	minutes	Presentation and discussion: Student substance use data for prevention programming	
8:40-9:00	20	minutes	Presentation and discussion: Conducting/ analyzing student surveys on substance use	
9:00-9:15	15	minutes	Large-group discussion : Analyzing findings	

9:15-9:30	15	minutes	Presentation: Initiation and deterrence factors for prevention programming	Anthony M. Bornel Jason John H. Comendador
9:30-9:50	20	minutes	Small-group exercise : student Substance Use Information	
9:50-10:10	20	minutes	Presentaion: Initiaton and deterrence factors for prevention programming (Continued)	
10:10-10:20	10	minutes	Sumamry and reflections	
10:20-10:30	10	minutes	Module 4 evaluation	
10:30-10:40	10	minutes	Break	
Module 5 - Applying Theory to Substance Use Prevention				
Time	Duration		Content	Trainer
10:40-10:55	15	minutes	Introduction to Module 5	Fredsil A. Bolotaulo
10:55-11:20	25	minutes	Presentation and discussion: Behavioral theories and prevention	
11:20-12:00	40	minutes	Small-group Exercise: Applying TPB integrative model to interventions	
12:00-12:45	45	minutes	Lunch	
12:45-1:00	15	minutes	Energizer	
1:00-1:30	30	minutes	Presentation: Applying TPB integrative model to school-based prevention	Fredsil A. Bolotaulo
1:30-2:00	30	minutes	Presentation: Introduction to key principles of school-based prevention interventions	
2:00-2:20	20	minutes	Presentation: Development Stages and Learning : Middle Childhood	
2:20-2:50	30	minutes	Presentation: Developmental Stages and learning: Early Adolescence	
2:50-3:05	15	minutes	Wrap-up	
3:05-3:20	15	minutes	Break	
3:20-3:50	30	minutes	school-based prevention interventions	
3:50-4:05	15	minutes	Presentation: What doesn't work in prevention	
4:05-4:35	30	minutes	Small-group exercise: what works and doesn't work	
4:35-4:50	15	minutes	Reflections	
4:50-5:00	10	minutes	Module 5 evaluation	
			<i>End of Day 3</i>	
DAY 4- OCTOBER 17, 2024				
Module 6- Selecting and Adapting the Right Prevention Program for Your School				
Time	Duration		Content	Trainer
8:00-8:30	30	minutes	Preliminaries	
8:30-8:45	15	minutes	Introduction to Module 6	
8:45-9:15	30	minutes	Presentation and discussion: Getting started in schools	
9:15-9:30	15	minutes	Presentation : Selecting pgrams and strategies	
9:30-9:45	15	minutes	Large-group discussion: Experience in Schools	

9:45-10:00	15	minutes	Presentation: Factors affecting program adoption	Janice S. Tomimbang Jerry A. Baclaan
10:00-10:30	30	minutes	Presentation and discussion: Evidence-based substance use prevention curricula: Standards for Selection	
10:30-11:00	30		Presentation : Using registries to find EB interventions	
11:00-12:00	60	minutes	Large-group exercise: Blueprints demonstration	
12:00-12:45	45	minutes	Lunch	
12:45-1:00	15	minutes	Energizer	
1:00-1:15	15	minutes	Presentation and discussion: examples of 'what works' in prevention: Life Skills Training	Janice S. Tomimbang Jerry A. Baclaan
1:15-1:30	15	minutes	'what works' in prevention: Project toward	
1:30-1:45	15	minutes	Small-group exercise: Compare these Interventions	
1:45-2:05	20	minutes	Presentation and discussion: Fidelity vs. adaptation	
2:05-2:25	20	minutes	Large-group discussion: Cultural Adaptation	
2:25-2:35	10	minutes	Reflections	
2:35-2:45	10	minutes	Wrap-up Module 6 evaluation	
Module 7- School Environment and School Policies				
Time	Duration		Content	Trainer
2:45-3:00	15	minutes	Introduction to Module 7	Allen C. Sabornido
3:00-3:25	25	minutes	Presentation: The school environment and environment programs	
3:25-3:45	20	minutes	Presentation and discussion : Examples of 'whatworks' in prevention: Good Behavior Game	
3:45-3:55	10	minutes	Break	
3:55-4:00	5	minutes	Presentation: School Policies : Introduction	
4:00-4:40	40		Small-group exercise: Why Implement Policies	
4:40-5:00	20	minutes	Presentation and discussion: Objectives of School Policies/ violations	
			<i>End of Day 4</i>	
DAY 5- OCTOBER 18, 2024				
Module 7- School Environment and School Policies - Continuation				
8:00-8:30	30	minutes	Preliminaries	Allen C. Sabornido
8:30-8:45	15	minutes	Presentation: School tobacco and Alcohol Policies	
8:45-9:00	15	minutes	Presentation and discussion: Drafting a School Policy	

9:00-9:15	15	minutes	Small-Group Exercise: Drafting School Policies	
Module 8- Monitoring and Evaluating School-Based Prevention Interventions				
Time	Duration	Content	Trainer	
9:15-9:25	10	minutes	Introduction to Module 8	Wernel Regala
9:25-9:35	10	minutes	Presentation: Why do an evaluation?	
9:35-9:55	20	minutes	Presentation: Evaluation Review	
9:55-10:05	10	minutes	Presentation and discussion : Example: Life Skills Training (LST)	
10:05-10:15	10		Small-Group Exercise: LST Monitoring	
10:15-10:25	10	minutes	Presentation and Discussion: LST Outcomes	
10:25-10:35	10		Small-Group Exercise: LST Outcomes	
10:35-10:45	10	minutes	Presentation: Evaluations of School/ class environment interventions	
Module 9 - Review of School-Based Prevention Interventions: Application				
Time	Duration	Content	Trainer	
10:45-10:50	5	minutes	Introduction to Module 9	Aleli M. Docejo Wamilyn W. Agnes
10:50-11:20	30	minutes	Partner exercise: Development of a Plan to organize a school-based prevention intervention in your community to integrate learning from this introductory curriculum	
11:20-12:00	40	minutes	Large-Group Discussion : Review of plans, approaches to overcoming barriers, and general Q&A session Post-Test & Training Evaluation Program completion ceremony and Graduation	
12:00-12:45	45	minutes	Lunch	
12:45-1:00	15	minutes	Energizer	
1:00-1:30	30	minutes	Ways forward	
1:30 -2:00	30	minutes	Impression	
2:00-5:00	180	minutes	Awarding of Certificates	
			End of Training	