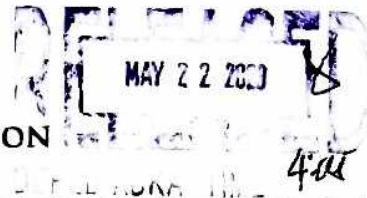


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Republic of the Philippines  
**Department of Education**  
CORDILLERA ADMINISTRATIVE REGION  
SCHOOLS DIVISION OF ABRA



22 May 2023

Division Memorandum  
No. 204 s. 2023

**MENSTRUAL HYGIENE DAY 2023**

To: **Assistant Schools Division Superintendent**  
**Chief, Curriculum Implementation Division (CID)**  
**Chief, School Governance and Operations Division (SGOD)**  
**Public Schools District Supervisors**  
**Public and Private Elementary and Secondary School Heads**  
**All Others Concerned**

1. The Menstrual Hygiene Day 2023 will be celebrated on May 28, 2023 highlighting the importance of menstrual care, and raise awareness about the issues faced by those who don't have access to sanitary products with the theme: "Making Menstruation a Normal Fact of Life by 2030."
2. This activity aims to:
  - a) Advance Menstrual Hygiene Management (MHM) in schools as part of the Department's WinS Program and ARH Program;
  - b) Break the taboos and end the stigma surrounding menstruation; and
  - c) Raise awareness about the challenges regarding access to menstrual products, education on menstruation, and period-friendly sanitation facilities.
2. In this connection, this office encourages all public elementary and secondary schools to participate for the following activities between May 26-31, 2023:
  - a) Posting of event banner in schools;
  - b) Sharing of social media content regarding Menstrual Hygiene Management from the School Facebook Page;
  - c) Distribution of educational materials and sanitary pads; and
  - d) Conducting of menstrual hygiene awareness seminars/symposiums.
3. Information materials can be accessed through the Menstrual Hygiene Day Official Website at <https://menstrualhygieneday.org/>.
4. Wide dissemination of this memorandum is desired.

  
**AMADOR D. GARCIA, PhD CESO VI**  
Schools Division Superintendent 

Enc./s: None  
Reference: DepEd Order No. 10, s. 2016  
DCC-SGOD-SHNU



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