

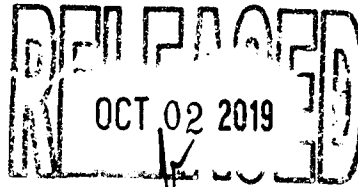


Republic of the Philippines
DEPARTMENT OF EDUCATION
CORDILLERA ADMINISTRATIVE REGION
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September 18, 2019

REGIONAL MEMORANDUM
No. 320 s. 2019



DEPED-CAR

**Guidelines on the Integration of the Comprehensive Sexuality Education (CSE)
in the K-12 Curriculum in DepEd-CAR**

To : Assistant Regional Director
Schools Division Superintendents
Regional Office Division Chiefs
School Heads or Administrators of All Public and Private Schools
All others concerned

1. The DepEd-CAR Regional Office releases the enclosed guidelines on the integration of the Comprehensive Sexuality Education (CSE) in the K-12 Curriculum which aims to establish a common understanding of key concepts, and to ensure of the smooth implementation.
2. This guidelines shall assist teachers, School principals, and other education stakeholders in their endeavours to make teaching and learning relevant, and meaningful to learners.
3. This policy shall take effect immediately.
4. For information, guidance and compliance of all concerned.


MAY B. ECLAR, Ph.D., CESO V
Regional Director

CLMD/EMF/acm.

**GUIDELINES ON THE INTEGRATION OF THE COMPREHENSIVE SEXUALITY
EDUCATION (CSE) IN THE K- 12 CURRICULUM IN DepEd CAR**

(A) Regional Guidelines on Learning Delivery

Prepared and Submitted by:

**CURRICULUM AND LEARNING MANAGEMENT DIVISION
Department of Education- Cordillera Administrative Region**

September 2019

Enclosure to RM No. 320 s. 2019 dated 9/18/19

INTEGRATION OF COMPREHENSIVE SEXUALITY EDUCATION (CSE) IN THE K-12 CURRICULUM IN CAR

I. RATIONALE AND BACKGROUND

The current situation of increasing early pregnancies, violence and increasing incidence of HIV among young Filipinos has brought more attention to the need to equip the Cordillera learner with the correct information and appropriate life skills that would enable them to make responsible decision-making and respectful behavior that will protect their health, well-being and dignity.

Data gathered by the Commission on Population showed that an average of 196,409 Filipinos aged 15 – 19 years get pregnant each year (Pamituan, 2019). In 2017, about 2,000 of the pregnancies involved girls aged 10 – 14.

In the Cordillera Administrative Region (CAR) HIV cases in 2018 is 490 and it went up to 524 in 2019 or an increase of 7% (as presented by Cherrie E. Caluza, coordinator of the National AIDS and STI Prevention and Control Program (NASPCP).

DepEd Order #31, s. 2018 issues Policy Guidelines on the Implementation of the Comprehensive Sexuality Education (CSE) which aims to establish a common understanding of CSE and to ensure clear implementation of the program. The Regional offices through the Curriculum and Learning Management Division (CLMD) are mandated to facilitate the integration of CSE topics/sub topics across learning areas, and contextualize the national framework and its implementation mechanism.

DepEd CAR is committed to provide quality education to every male and female Cordillera learner and help them complete basic education without the burdens of health concerns. It also recognizes the roles and responsibilities of the schools to equip Cordillera learners with the knowledge and skills to become healthy by leading and implementing the Comprehensive Sexuality Education (CSE).

This guideline on the Integration of Comprehensive Sexuality Education in CAR effectively integrate CSE in the K-12 Curriculum and ensure that Cordillera learners are receiving comprehensive and appropriate information that can advance gender equality and empowerment.

II. SCOPE

All public and private elementary, junior and senior high schools, learning centers for Special Education and Alternative Learning Systems (ALS), laboratory schools of State Universities and Colleges (SUCs) and Local Universities and Colleges (LUCs) in the Cordillera are covered by this guideline.

CSE standards shall be integrated in the identified competencies in Araling Panlipunan, MAPEH, Science, Edukasyon sa pagpapakatao (ESP), and Personality Development.

Specifically, this guideline aims to:

1. Provide a reference material for teachers to integrate CSE on their lesson;
2. provide material for school head to easily check and monitor the implementation of CSE in their respective schools;
3. develop mature and responsible learner imbued with desirable health values with responsible sexual and social behaviors; and
4. ensure that teachers integrate key concepts on reproductive health across the curriculum.

III. DEFINITION OF TERMS

1. Integration –to include something as part or to combine it with the K-12 competencies.
2. Comprehensive Sexuality Education – age-appropriate, culturally relevant program to teaching about sexuality and relationships by providing scientifically accurate, realistic, non-judgemental information.(UNESCO 2009).

3. Gender – refers to culturally or socially constructed roles, personality traits, attitudes, behaviors, relative power and influence ascribed to males and females. It also refers to one’s masculinity or femininity.
4. Gender-based violence – any violence inflicted by reason of one’s sex.
5. Health – is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.
6. Sex – refers to the characteristics at birth whether one is born male or female.
7. Sexuality – the totality of personhood encompassing the five components namely; sex, sexual orientation, gender and sexual identity, values and attitudes. It goes beyond mere physical expressions and sexual organs.
8. Reproductive Health – the state of complete physical, mental and social well-being in all matters, relating to the reproductive system, and not merely the absence of the reproductive disease or infirmity.
9. Teenage pregnancy – a situation when a girl, usually within the ages of 10-19 becomes pregnant.

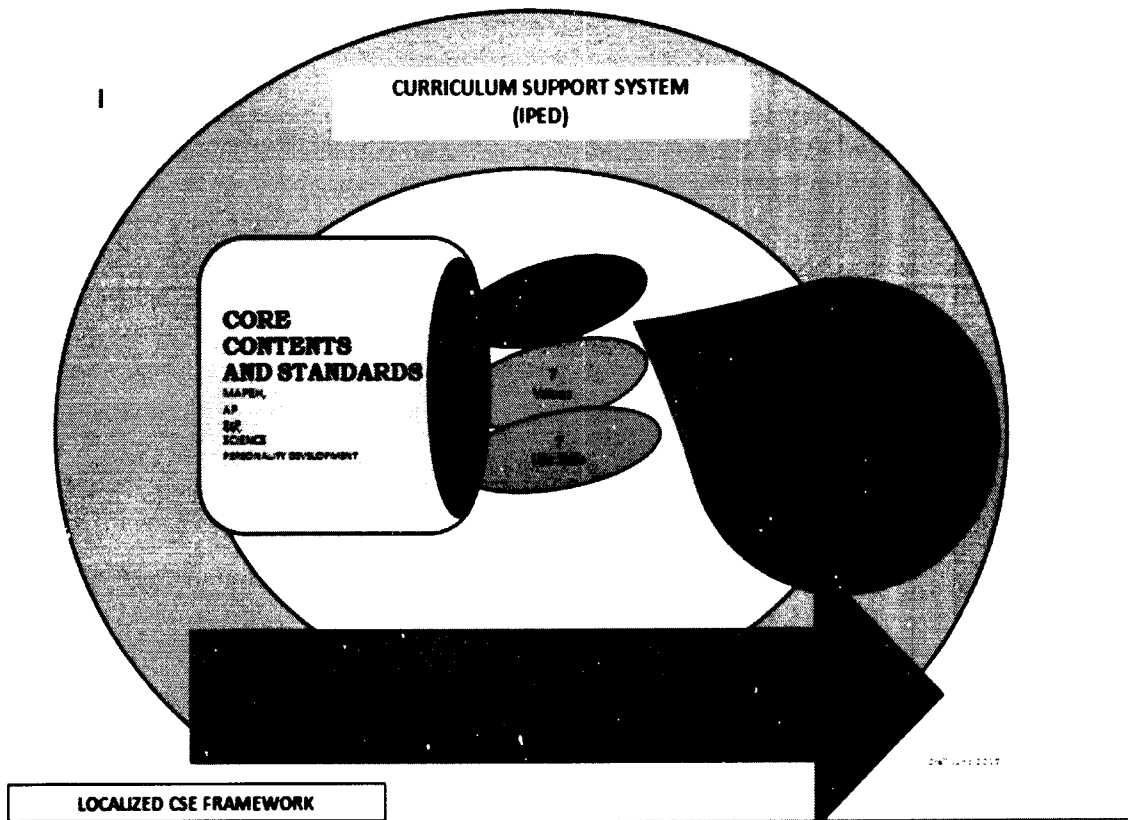
IV. POLICY STATEMENT

DepEd CAR is committed to implement the comprehensive sexuality education by integrating CSE standards in the K-12 Curriculum particularly in MAPEH, Science, Araling Panlipunan, Edukasyon sa Pagpapakatao, and Personality and Development that promotes the rights of learners to health education, information and care. This guideline sets the standards for efficient and effective teaching of comprehensive sexuality education and guide educators to be reflective, flexible, creative, and innovative in their facilitation of the teaching and learning process.

V. Guidelines and Procedures

In order for the Comprehensive Sexuality Education to become effective in CAR, the curriculum, programs and projects are based on the following;

A. The Comprehensive Sexuality Education Framework



CAR localized Comprehensive Sexual Education Framework (CSE) is aligned with K to 12 Basic Education Curriculum enhanced with Indigenous Knowledge and Practices of the Cordillera to make the program effective and sustainable. It includes core topics and subtopics integrated in various learning areas to develop and nurture positive values and life skills among learners.

B. Integrating Comprehensive Sexuality Education in the K-12 Curriculum

1. CSE topics and Subtopics

The following CSE topics and subtopics shall be integrated across grade levels and subject areas in the K-12 Curriculum:

Comprehensive Sexuality Education Topics/subtopics
A.Human Body and Development
1.Sexual body and reproductive body
2.Human Development and reproduction

3.Puberty & adolescence
B.Personhood
1.Values and Norms
2.Peer influence & Life skills
C.Healthy Relationships
1.Families
2.Friendship
3.Romantic Relations
4.Long Term Relations
5.Sex and marriage
6.Parenting
D.Sexuality and Sexual Behaviors
1.Sexuality and sexual life cycle
2.Sex and Sexual Behaviors
E.Sexual and ReproductiveHealth
1.Reproductive Health
2.Early Pregnancy and consequences
3.STIs and HIV-AIDS
F.Personal Safety
1.Privacy & Bodily Integrity
2.Gender-Based Violence and Bullying
G.Gender, Culture and Human Rights
1.Gender Equality
2.Media and Sexuality
3.Human Rights

2. The integration shall be based on the identified learning areas below:
- Music, Arts, PE, and Health;
 - Araling Panlipunan;
 - Edukasyon sa Pagpapakatao;
 - Science; and
 - Personal Development.
3. Herewith are the identified competencies per learning area where the CSE topics/subtopics could be integrated. This will not limit however the teacher to integrate CSE topics in other learning areas where it is possible and appropriate.

Topics/subtopics	Subject Area	Competency	Grade level
A.Human Body and Development			

1. Sexual body and Reproductive body	AP	Nailalarawan ang pisikal na katangian sa pamamagitan ng ibat ibang malikhaing pamamaraan.	I
	EP	Natatanggap ang mga pagbabagong pansarili sa pagdadalaga at pagbibinata.	VII
	MAPEH	Accepts changes as normal part in development	V
		Practices habits of keeping the body clean & healthy	I
	Science	Describes the different modes of reproduction in animals	V
2. Human development and reproduction			
	AP		
	EP	Natutukoy ang mga pagbabago sa kanyang sarili mula sa gulang na 8 o 9 hanggang sa kasalukuyan na aspectong: a. Pagtatamo ng bago at ganap na pakikipag-ugnayan (more mature relations) sa mga kasing-edad (pakikipagkaibigan)	VII
	MAPEH	-Describes the physical, emotional, and Social changes during puberty. -Describes common misconceptions related to puberty. -Describes common health issues and concerns during puberty. -Discusses the negative health impact and issues such as early and unwanted pregnancy. -Discusses the importance of seeking advice from trusted and reliable adults in managing puberty related health issues. -Differentiate sex from Gender. -Identify factors that influence gender roles and identity. -Give examples of how male and female gender roles are changing.	V
	Science	-Differentiate asexual from sexual reproduction. -Describe the process of fertilization.	VII
3. Puberty and adolescence			

	AP		
	EP	Natutukoy ang mga pagbabago sa sarili mula sa gulang na 8 o 9.	VII
	MAPEH	-Discusses health appraisal procedures during puberty.	VI
		Accepts that most of these concerns are normal consequence of bodily changes during puberty but one can learn to manage them	V
		Describes common misconceptions related on puberty	V
		Assesses the issues in terms of scientific basis and probable effects on health	V
		Describes the common health issues and concerns during puberty	V
		Discusses health appraisal procedures during puberty	VI
		Recognizes that changes in different health dimensions are normal during adolescence	VII
		Describes changes in different aspects of growth that happen to boys and girls during adolescence	VII
		Recognizes that changes in different dimensions are normal during adolescence'	VII
		Explains that the pattern of change during adolescence is similar but the pace of growth and development is unique for each adolescent	VII
		Identifies health concerns during adolescence	VII
		demonstrates health appraisal procedures during adolescence in order to achieve holistic	VII
		Applies coping skills in dealing with health concerns during adolescence	VII
	Science	-Describe the changes that occur during puberty. -Explain the menstrual cycle. -Explain the role of hormones involved in the female and male reproductive system.	V V X
B. Personhood			
1.Values and Norms	AP	- Nailalarawan ang mga kaugalian, paniniwala at tradisyon ng sariling lalawigan at ang rehiyon	V VII

		<p>- Naipapaliwanag ang mga sinaunang paniniwala at tradisyon at ang impluwensiya nito sa pang-araw-araw na buhay.</p> <p>- Nasusuri ang mga bahaging ginampanan ng mga pananaw, paniniwala at tradisyon sa paghubog ng kasaysayan ng mga asyano.</p>	7 11
	EP	<p>Nakikilala nang atang isatao ang likas na batas moral. Likas sa taon dapat gawin ang mabuti at iwasan ang masama.</p> <p>Nahihinuha ang pagsunod sa batas na nakabatay sa batas moral ay mahalaga upang makamit ang kabutihang panglahat.</p>	VII IX
	MAPEH	Demonstrates self-management skills	VI
		Explains the importance of undergoing health appraisal procedures	VI
		Regularly undergoes health appraisal procedures	VI
	Science		
2. Peer influence and life skills			
	AP		
	EP		
	MAPEH		
	Science		
C. Healthy Relationships			
1. Families	AP	- Nauunawaan ang konsepto ng pamilya batay sa bumubuo nito.	I
	EP	- Naisasagawa ang mga hakbang na makakatulong sa pagbuo ng isang desisyon na nakabubuti sa isang pamilya.	VI
	MAPEH	<p>- Describe ways on how family member can share household chores in keeping a healthful home environment.</p> <p>- Describes healthy habits of the family.</p> <p>- Demonstrates good family habits and practices.</p> <p>- Explains the benefit of healthy expression of feelings.</p>	I II II
		Explains the effect of a home environment	II

		to the health of the people living in it	
		Demonstrate positive ways of expressing negative feelings, such as anger, fear, or disappointment	II
	Science		
2. Friendships	AP		
	EP		
	MAPEH	-Practices habits of keeping the body clean and healthy. -Realizing the importance of practicing good health habits. -Expresses positive feelings in appropriate ways.	I II
	Science		
3. Romantic Relations			
	AP		
	EP	-Naipapakita ang kahalagahan ng pagiging responsible sa kapwa tulad ng pagtupad sa kasunduan.	VI
	MAPEH	-Demonstrate positive ways of expressing negative feelings such as anger, fear or disappointment.	
	Science		
3. Long term relations			
4. Sex and marriage	AP		
	EP	-Natutukoy ang mga isyu kaugnay sa kawalan ng paggalang sa dignidad at sekswalidad.	
	MAPEH	-Discusses the concept of holistic health. -Explain the dimension of holistic health (physical, mental, social, spiritual, emotional and moral)	VII
	Science		
5. Parenting	AP		
	EP	-	
	MAPEH		
	Science		
E. Sexuality and Sexual Education			
1. Sexuality and sexual life cycle	AP		
	EP	-Natatanggap ang mga pagbabagong	

		<p>naganap sa sarili sa panahon ng pagdadalaga/pagbibinata.</p> <p>-Naipapaliwanag na ang paglinang ng mga angkop na inaasahang kakayahan at kilo (developmental tasks) sa panahon ng pagdadalaga/pagbibinata ay nakatutulong sa:</p> <p>b. Paghahanda sa limang inaasahang kakayahan at kilos na nasa mataas na antas ng pagdadalaga/ pagbibinata: paghahanda sa pag-aasawa/ pagpapamilya</p> <p>-Naisasagawa ang mga angkop na hakbang sa paglinang ng limang inaasahang kakayahan at kilos sa panahon ng pagdadalaga/pagbibinata.</p> <p>-Napangangatwiran na: Makatutulong sa pagkakaroon ng posisyon tungkol sa kahalagahan ng paggalang sa pagkatao at sa tunay na layunin nito ang kaalaman sa mga isyung may kinalaman sa kawalan ng paggalang sa dignidad at sekswalidad ng tao.</p> <p>-Natutukoy ang isyung kaugnay sa kawalan ng paggalang sa dignidad at sekswalidad</p> <p>-Nasusuri ang mga isyung kaugnay sa kawalan ng paggalang sa dignidad at sekswalidad</p>	<p>VII</p> <p>VII</p> <p>X</p>
	MAPEH	Identifies basic terms in sexuality (sex, sexuality, gender, etc.)	VIII
		Discusses sexuality as an important component of one's personality	
		Explains the dimensions of human sexuality	
		Analyzes the factors that affect one's attitudes and practices related to sexuality and sexual behaviors	
	Science	<p>-Compare the stages in the life cycle of organisms</p> <p>-Describe the process of fertilization .</p>	<p>IV</p> <p>VII</p>

2. Sex and sexual behaviors			
	AP	Natatalakay ang dahilan ng prostitusyon at pang-aabuso	X
	EP	-Natutukoy ang tamang pakahulugan ng sexualidad. -Nasusuri ang ilang napapanahong issue ayon sa tamang pananaw sa sekswalidad. -Nahihinuha na ang tamang pananaw sa sekswalidad ay mahalaga sa paghahanda sa susunod na yugto ng buhay ng isang nagdadalaga at nagbibinata. -Naisasagawa ang tamang kilos tungo sa paghahanda sa susunod na yugto ng buhay bilang nagdadalaga at nagbibinata. -Nasusuri ang mga batas at panukala tungkol sa kabataan batay sa pagsunod ng mga ito sa likas na batas moral.	VIII VIII VIII VIII IX
	MAPEH	-Analyzes the factors that affect one's attitude and practices related to sexuality and sexual behaviors. -Assesses personal health attitudes that may influence sexual behaviors. -Identifies issues and concerns of teenagers (identity crisis) and the need for support and understanding of the family. -Applies decision-making skills in managing sexuality related issues.	VIII
		Relates the importance of sexuality to family health	VIII
		Identifies the different issues/concerns of teenagers (i.e., identity crisis) and the need for support and understanding of the family	VIII
		Corrects misconceptions myths, and beliefs about common communicable diseases	VIII
	Science	-Explain the role of hormones involved in the female and male reproductive system.	X
D. Sexual and 1. Reproductive health			
	AP	-Naipapaliwanag ang mahalagang probisyon ng reproductive health law. -Naihahayag ang saloobin hinggil sa reproductive health law.	X
	EP		

	MAPEH	- Realizes the importance of practicing good health habits -Explain the importance of proper hygiene in the prevention of disease.	I III
		Describes a healthy and an unhealthy person	II
		Explains the importance of proper hygiene and building up one's body resistance in the prevention of diseases	II
		Gives an example of health condition under each risk factor	II
		Gives an example of health condition under each risk factor	III
		Demonstrates ways to manage puberty related health issues and concerns	V
		Practices proper self care procedures	V
	Science	-Describe the parts of a reproductive system and their functions.	X
2. Early pregnancy and consequences			
	AP		
	EP		
	MAPEH	Discusses the negative health impact and ways of preventing major issues such as early and unwanted pregnancy	V
	Science	-Explain the relationship between population growth and carrying capacity. -Suggest ways to minimize human impact on the environment.	
3.STI and HIV AIDS			
	AP	-Nasusuri ang epekto ng prostitusyon at pang-aabuso sa buhay ng tao sa pamayanan at bansa.	X
	EP	Natutukoy ang mga isyong kaugnay sa kawalan ng paggalang sa dignidad at sekswalidad	X
	MAPEH	Explains the importance of proper hygiene and building up one's body resistance in the prevention of diseases	III
		Identifies ways to break the chain of infection at respective points	IV
		Discusses the signs, symptoms, and effects of common communicable diseases (e.g STD)	VIII
		Corrects misconceptions myths, and beliefs	VIII

		about common communicable diseases	
		Enumerates steps in the prevention and control of common communicable diseases (e.g STD)	VIII
		Analyzes the nature of emerging and reemerging diseases (e.g STD)	VIII
		Promotes programs and policies to prevent and control communicable diseases	VIII
		Identifies agencies responsible for Communicable disease prevention and control	VIII
		Enumerates steps in the prevention and control of common communicable diseases	VIII
		Analyzes the nature of emerging and re emerging diseases	VIII
	Science		
F. Personal Safety			
1. Privacy and bodily integrity	AP		
	EP		
	MAPEH	Identifies the different issues/concerns of teenagers (i.e., identity crisis) and the need for support and understanding of the family	VIII
	Science		
2. Gender –based violence and bullying	AP	-Nasusuri ang iba't ibang salik na nagiging dahilan ng pagkakaroon ng diskriminasyon sa kasarian	X
	EP		
	MAPEH	discusses the importance of seeking the advice of professionals/ trusted and reliable adults in managing puberty related health issues and concerns	V
		Describes the types of intentional injuries (Sexual Harassment)	Ix
	Science		
G. Gender ,culture and human rights			
1. Gender equality	AP	-Nasusuri ang mgakalagayang legal at tradisyon ng mga kababaihan sa iba't ibang uri ng pamumuhay. - Napaghahambing ang katatayuan ng kababaihan, lesbians, gays, bisexuals, at transgender sa iba'tibang bansa at rehiyon	VII X X

		-Nakatataya sa bahaging ginagampanan ng kasarian sa iba't ibang larangan at institusyon	
	EP		
	MAPEH	Differentiates sex from gender	V
		identifies factors that influence gender identity and gender roles	
		gives examples of how male and female gender roles are changing	
	Science		
2. Media and sexuality			
	AP		
	EP		
	MAPEH	discusses how family, media, religion, school and society in general reinforce gender roles	V
	Science		
3. Human rights			
	AP	-Nakakapaglano ng symposium na tumatalakay sa pagkilala sa karapatang pantao. -Pagsusuri sa epekto ng paglabag sa karapatang pantao	X X
	EP		
	MAPEH	Demonstrate positive ways of expressing negative feelings, such as anger, fear, or disappointment	II
		Discusses the importance of seeking the advice of professionals/ trusted and reliable adults in managing puberty related health issues and concerns	V
		Identifies community health resources and facilities that may be utilized to address a variety of personal health issues and concerns	VI
		Discusses the existing health related laws	X
		Explains the significance of the existing health related laws in safeguarding people's health	X
		Critically analyzes the impact of current health trends, issues, and concerns	X
		Recommends ways of managing health	X

		issues, trends and concerns	
	Science		

VI. MONITORING AND EVALUATION

Schools Division Offices (SDOs) through the Curriculum Implementation Division (CID) shall ascertain the inclusion of the CSE integration across learning areas in schools. The Regional Office through the Curriculum and Learning Management Division (CLMD) and the Quality Assurance Division (QAD) shall ensure the implementation of this guideline by all Schools Division Offices.

VII. Effectivity

This memorandum shall take effect immediately.

VIII. References

DO 31, s. 2018 – Guidelines on the implementation of the CSE