



**DIVISION MEMORANDUM**

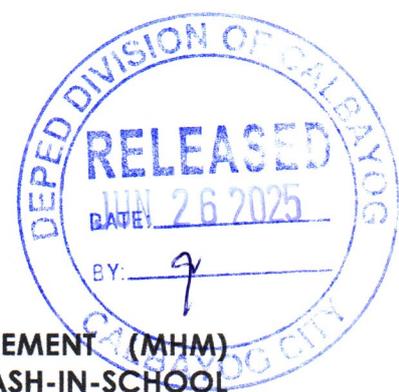
No. 288 s. 2025

To : Assistant Schools Division Superintendent  
 CID/SGOD Chiefs  
 EPSs & PSDSs  
 Secondary/Elem School Heads (Public & Private)  
 Guidance/EsP Coordinators/Teachers  
 All Other Concerned

FROM : *for: RHEA M. PRUDENCIO C. AGUADO*  
**MARGARITO A. CADAYONA, JR. PhD, CESO VI**  
 OIC - Schools Division Superintendent  
*S-O # 045 S. 2025*

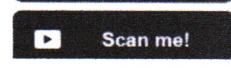
SUBJECT: **INTEGRATION OF MENSTRUAL HYGIENE MANAGEMENT (MHM) TOPICS/MESSAGE IN CLASS LESSONS/PLANS, WASH-IN-SCHOOL (WinS) AND COMPREHENSIVE SEXUALITY EDUCATION (CSE) IN ELEM, JHS and SHS FOR SY 2025-2026**

DATE : **June 24, 2025**



1. In reference to DepEd Order 10, s. 2016 and Regional Memorandum 650, s. 2021 regarding the implementation of Menstrual Hygiene Management (MHM) and Comprehensive Sexuality Education (CSE); this division advises all schools for the **“INTEGRATION OF MENSTRUAL HYGIENE MANAGEMENT (MHM) TOPICS/MESSAGE IN CLASS LESSONS/PLANS, WASH-IN-SCHOOL (WinS) AND COMPREHENSIVE SEXUALITY EDUCATION (CSE) IN ELEM, JHS and SHS FOR SY 2025-2026.**

2. The complete package of resource materials (which include posters, reading materials, activities, etc.) can be downloaded at: <https://tinyurl.com/MHM-2025-2026>. An ACR or complete implementation report shall be submitted to the division on/before **July 31, 2025.**



3. This aims the following:
- a. Support DepEd's efforts in promoting the reproductive health of learners;
  - b. Make school more learner-friendly by integrating process/message of MHM in class lesson/WHLP, WinS, and CSE; hereby promoting the rights and dignity of women.

4. All school heads shall ensure implementation of the abovementioned DepEd Program in their respective schools.





Republic of the Philippines  
**Department of Education**  
Schools Division of Calbayog City

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PSDS & EPS CSE-MHM Coordinator shall conduct monitoring on the implementation of the program.

5. The MHM activities herewith shall be implemented to grade levels (in Elem, JHS and SHS) wherein female learners already experiencing menstrual cycles.

6. Expenses relative to the implementation of the program can be charged against School MOOE and other support funds subject to the existing accounting and auditing rules and regulations.

7. Immediate dissemination of and strict compliance with this Memorandum are desired.



# MAKING REUSABLE PADS

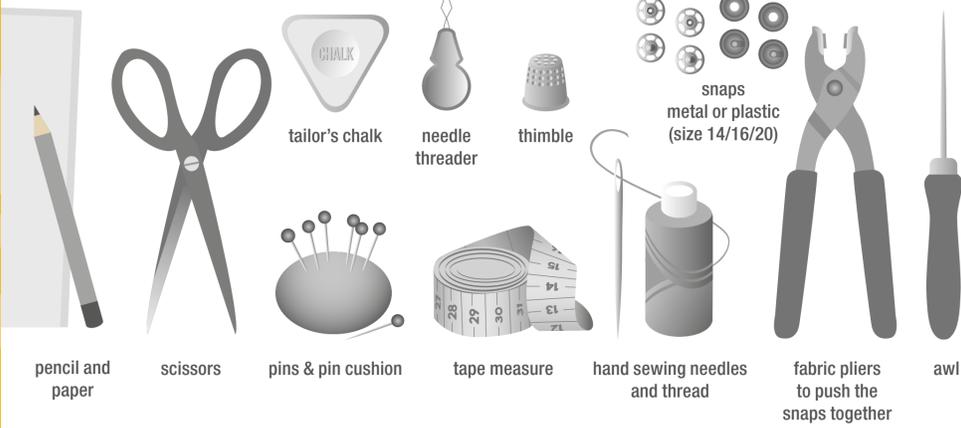
## LEARNING GUIDE



2 TO 2.5 HOURS:  
ESTIMATED TIME  
TO FINISH 1 PAD

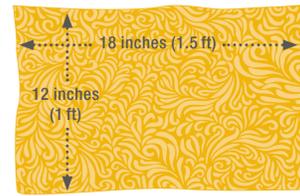
### 1 COLLECT MATERIALS & FABRICS

#### TOOLS & MATERIALS



#### COVERS: SOFT FABRIC

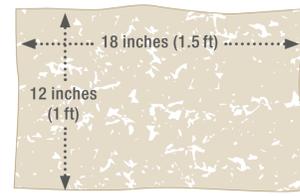
Cotton prints  
Cover for one reusable pad  
– 1 topper and 1 bottom:  
18 inches x 12 inches or 1.5 ft x 1 ft



#### SOAKERS: ABSORBENT FABRIC

Bamboo, hemp, cotton flannel,  
cotton terrycloth – even old towels

4 soakers for one reusable pad  
– medium to heavy flow pad:  
18 inches x 12 inches or 1.5 ft x 1 ft



#### GUIDELINE: NUMBER OF SOAKERS

3 LAYERS  
light to medium  
flow pads

4 LAYERS  
medium to heavy  
flow pads

5 LAYERS  
heavy flow pads

### 2 PATTERN UP

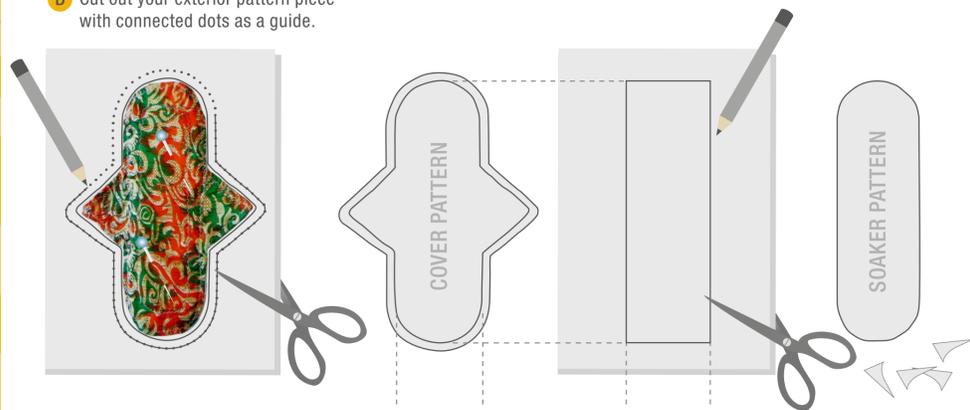
You can skip STEP 2 by looking online  
for free cloth pad pattern pieces.

#### COVERS: EXTERIOR PIECE

- Stick your favorite pad onto a piece of paper.
- Trace the outline of the pad onto the paper.
- Dot 1 cm around the entire perimeter of the pad outline. Connect the dots.
- Cut out your exterior pattern piece with connected dots as a guide.

#### SOAKERS: INTERIOR PIECE

- Measure the length and width of your pad.
- Draw a rectangle of those measurements.
- Cut out your interior pattern piece and trim the corners to shape the soaker.



### 3 CUT OUT

#### 1 TOPPER, 1 BOTTOM, 4 SOAKERS

- Stick your pattern to the fabric.
- Trace the outline of the pattern.
- Cut out.



#### YOU WILL NEED FOR ONE PAD:



2 COVER PIECES:  
1 topper, 1 bottom



ABOUT 4 SOAKERS  
See guidelines above

### 4 STITCH IT



Take one piece of the cover and lay it face down; the wrong side of the fabric should be facing you. Tack the soaker and cover together using pins.



Stitch the soaker and topper in place by sewing around the soaker edges. Double sew the soaker.



Take the other piece of the cover and place it face up and place the cover with soaker on top of it. Pin the layers together.



Sew all the way around the cover with about 1/4 of an inch from the edge. Stitch around the outside of the pad leaving a 2-inch opening.



Make tiny snips in the corners and curves to make it easier for the curve to fold in.



Turn the pad inside out through the unstitched part, push out the wings and the corners. You may use a tool or a pen to poke the corners.

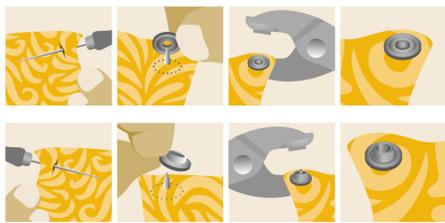


Stitch the pad to the opening where you turned the pad.

### 5 PUT SNAPS



Fold the wing. Poke using the "Awl" where the snaps should be placed.



Attach the snaps to both wings. Press the snaps using fabric plier.

NOTE: If you are using a metal snap, hand sew these on the fabric.

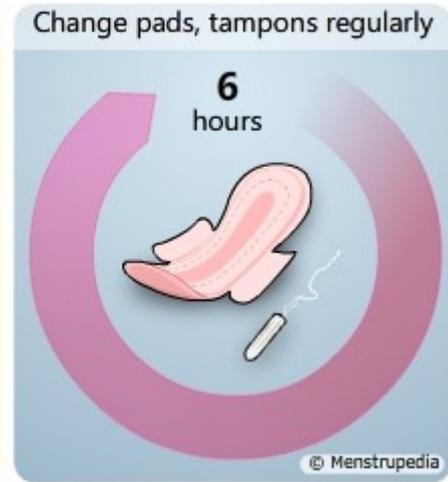
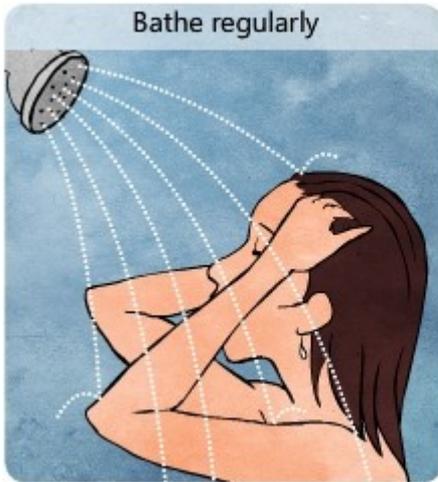
### 6 FINAL PRODUCT



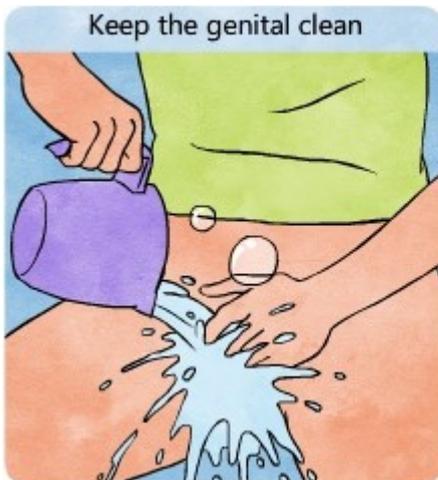
## What are general hygiene measures necessary during menstruation?

You can take the following hygiene measures during menstruation:

- Take a bath or shower at least once a day.
- Use clean undergarments and change them regularly.
- Change pads or tampons regularly.



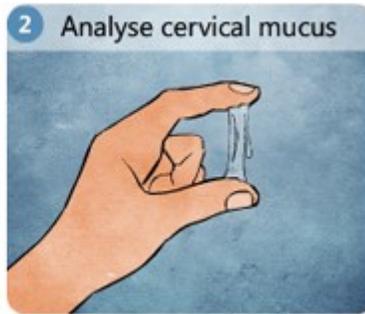
- Wash the genital area with plain water (no soap) after each use of toilet and even after urination.
- Keep the area between the legs dry, otherwise you may experience chafing.
- It is very important to remember that vagina has its own self cleaning mechanism and an external cleaning agent like deodorant or soap should not be used inside it.



# How can a girl or a woman stay prepared for her menstruation on a regular basis?

The key to dealing with menstruation is to be prepared for it. This involves predicting when you will have your next period and then, making preparations for it in advance. Four measures that you should keep in mind to be prepared for your next period are as follows:

1. Keeping track of your menstrual cycle
2. Analysing the cervical mucus
3. Keeping a sanitary pad or tampon handy
4. Staying healthy and confident



## 1. Keeping track of menstrual cycle

You can keep track of your menstrual cycle by marking the days when you're having your period on a calendar every month. In this way you can, not only know how many days your period lasts, but you will also stay informed on the length of her menstrual cycle.

The length of the menstrual cycle can be calculated by counting the number of days between the first day of your period and the first day of next period. If you have access to a computer or a smart phone, then you can use a variety of software and applications to keep track of your menstrual cycle. In the beginning you may experience irregular periods and it might take several months for your periods to become regular.



## 2. Analysing the cervical mucus

Cervical mucus is secreted by the cervix. It moistens the walls of the vagina and is expelled from it from time to time. To take a sample of the cervical mucus, you should insert clean fingers in the vagina and check the colour and texture of the mucus on them.

Just before and after menstruation the cervical mucus decreases in quantity, looks white in colour and feels sticky. Around the time of ovulation the mucus increases in quantity, looks transparent and feels slippery like raw egg white.

Thus before menstruation, a thick, white and sticky cervical mucus will indicate high probability of the start of your period in a few days.



## 3. Keeping a sanitary pad or a tampon handy

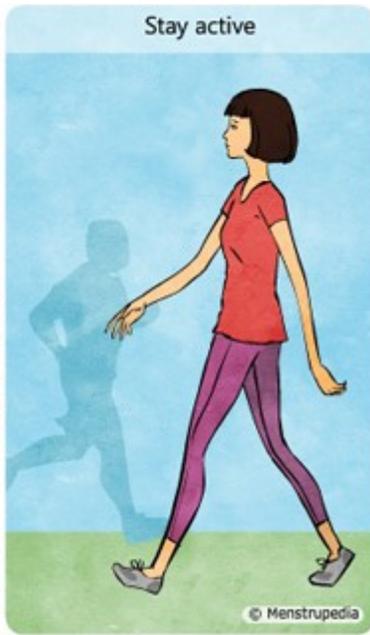
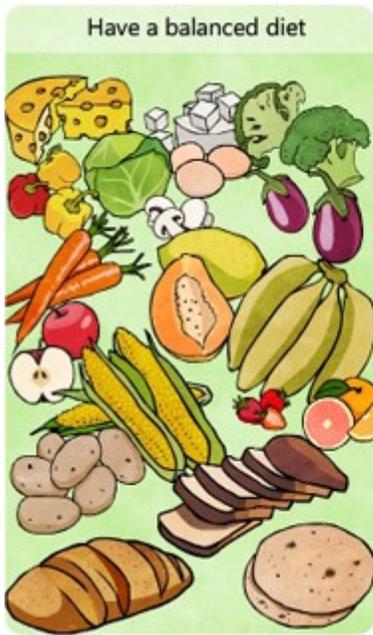
It is impossible to predict the exact time and the situation when your period may begin. Hence it is a good idea to keep a sanitary pad or a tampon handy at least when you are expecting your period in a few days. Tampons and even the slim sized napkins are small enough to easily fit in a purse.

In case you also experience abdominal cramps during menstruation, you might also like to keep a few, over the counter, pain relievers handy. These measures will ensure that your period does not come in the way of your daily routine.



#### **4. Staying healthy and confident**

Staying healthy and confident is as important as any other measure that you can take to be prepared for menstruation. Leading a healthy and stress free life can keep your the menstrual cycle regular and uniform. On the other hand, a stressful and unhealthy lifestyle can disrupt your menstrual cycle and you will not be able to predict when you will have your next period. A balanced diet consisting of adequate amounts of essential nutrients and feeling confident is essential for your physical and mental well being.



## References:

1. unicef, Indian ministry of rural development(2008), [Sharing simple facts: A guidance book on menstrual hygiene management](#)
2. Cervical Mucus and Your Menstrual Cycle, <http://www.webmd.com>
3. Age 25, Entire cycle, <http://www.beautifulcervix.com>
4. Cervical mucus method, <http://www.plannedparenthood.org>

# Why is menstrual hygiene and management essential for girls and women?

Menstrual hygiene and management can be essential in ensuring that your everyday life is not interrupted by menstruation. It ensures that you can continue with your daily routine such as going to school, going to work or doing household chores. It can also prevent potential situations of embarrassment and in turn, make you feel confident about yourself and your body. In this sense, maintaining proper menstrual hygiene is important for your wellbeing and development.

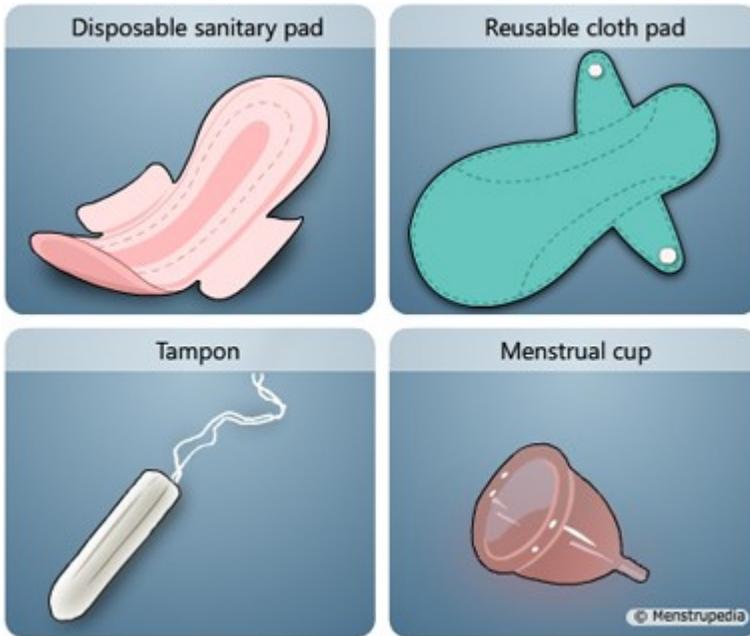


## What are the different ways to manage menstrual flow?

During menstruation the menstrual fluid needs to be absorbed and disposed off in the right manner. This can be done using any of the following products:

1. **Disposable sanitary pad:** This is an absorbent pad worn between the vulva and the underwear.

- 2. Reusable cloth pad:** This is a sanitary pad made of cloth that can be washed and reused.
- 3. Tampon:** This is a mass of absorbent material that is inserted in the vagina to absorb menstrual fluid.
- 4. Menstrual cup:** This is a bell shaped cup usually made of silicone that is inserted in the vagina to collect the menstrual fluid to dispose it later. Menstrual cups can be washed and reused.



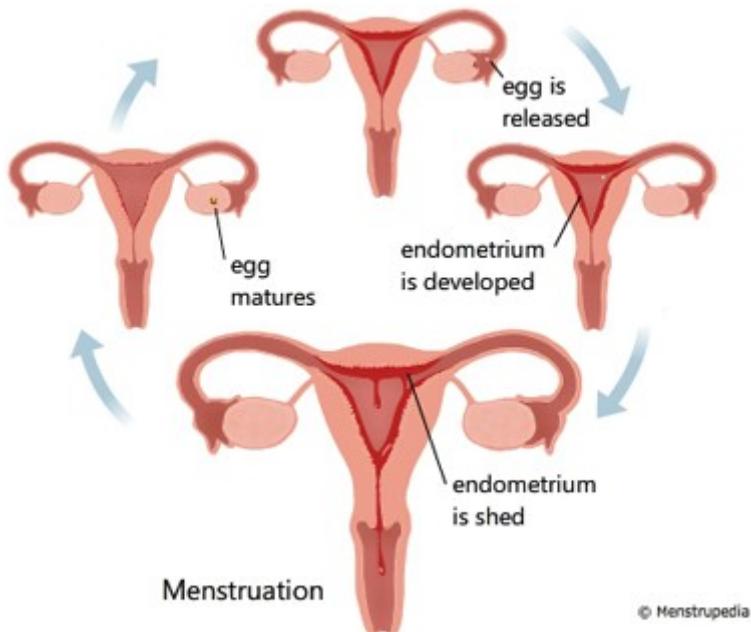
## Why should a girl know about menstrual hygiene and management even before she starts to menstruate?

It is difficult to predict when and where you will experience your first menstruation (menarche). Being in a situation in which you discover blood coming out from the vagina for the first time can be extremely confusing if you're not prepared for it in advanced. So, having prior knowing about menstruation-what is menstruation and how to deal with it-can help you in dealing with such a situation in a much better way. Being well-prepared will help you prevent embarrassment that may result from this intensely private moment.

# What is menstruation?

Every month a sexually mature female's ovary releases an egg cell that travels towards the uterus through the Fallopian tube. The uterus prepares for a possible pregnancy by developing a uterine lining made of tissue and blood vessels. This lining is called endometrium.

If the egg is not fertilized and pregnancy does not occur, the uterine lining is shed and it exits the body through the vagina as a mixture of blood and tissue over a course of 3 to 7 days. This is called menstruation (pronounced: mens-troo-A-shun) or a period. The cycle starts over again with an egg that begins to mature in one of the ovaries. This cycle is called menstrual cycle and is generally 25 to 35 days long.



## References:

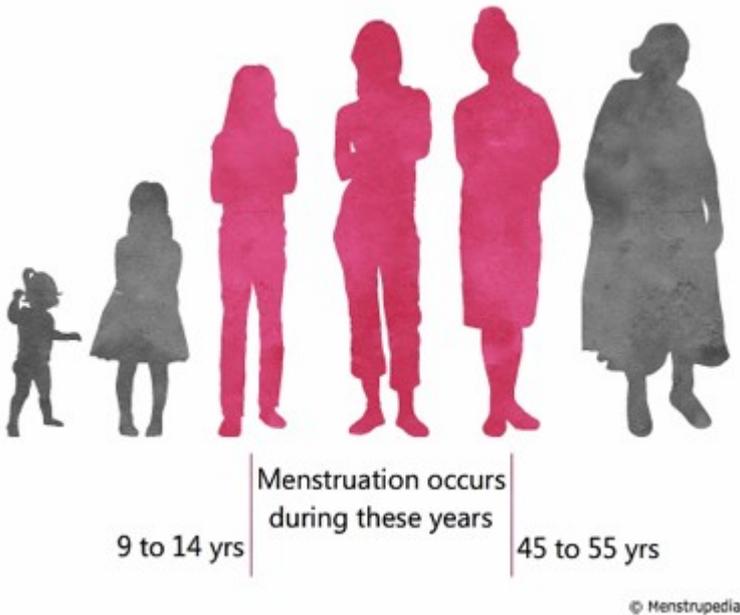
1. Normal Menstrual Cycle, <http://www.emedicinehealth.com>
2. All About Menstruation, <http://teens.webmd.com>
3. Menstrual cycle: What's normal, what's not, <http://www.mayoclinic.com>

# When does menstruation start and stop?

A girl may experience her first period between the ages of 9 to 14. The exact age at which this happens is variable and differs from one person to another. A sexually mature girl menstruates once in every 29 to 31 days.

During pregnancy the uterine lining is utilized to nourish the baby in the uterus and hence menstruation does not happen. It starts again after the baby is born.

Menstruation ceases between the ages of 40 to 50 varying on an individual basis. This marks the end of the fertile phase of a woman's life and is known as menopause.

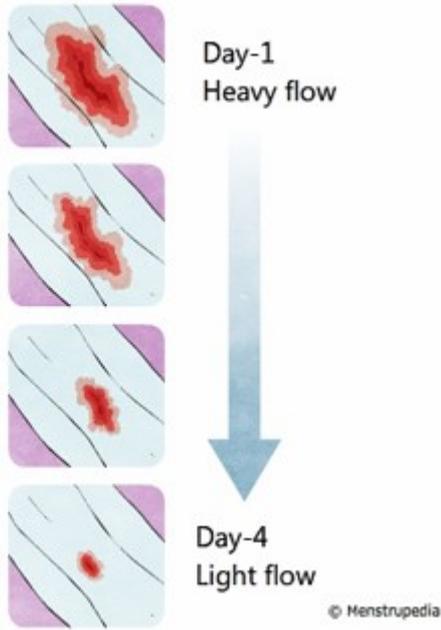


## References:

1. Menopause, <http://www.ncbi.nlm.nih.gov>
2. Amrita Bagga, S. Kulkarni(2000), [Age at menarche and secular trend in Maharashtrian\(Indian\) girls](#)
3. Average age at menarche in various cultures, <http://www.mum.org>

## How long does menstruation last?

On an average a period lasts between 3 to 5 days. It is normal for a girl to have irregular periods in the beginning. During this time, the duration of her periods may vary from as short as 2 days to as long as 7 days. It can take up to a year for periods to become regular.



## References:

1. Menstruation and the menstrual cycle fact sheet, <http://womenshealth.gov>
2. Menstrual cycle: What's normal, what's not, <http://www.mayoclinic.com>

## What is the length of a menstrual cycle?

Menstrual cycle is counted from the first day of period to the first day of the next period. For most women the menstrual cycle is between 21 to 35 days.



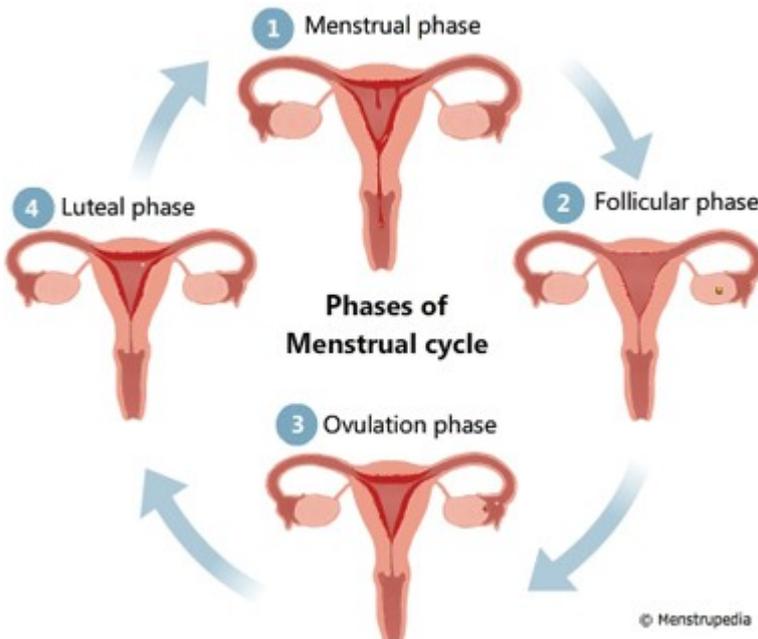
## References:

1. Menstrual cycle: What's normal, what's not, <http://www.mayoclinic.com>

# Phases of Menstrual cycle

The day count for menstrual cycle begins on the first day of menstruation when blood starts to come out of the vagina. In this section, the length of menstrual cycle has been assumed to be 28 days (which is the average among women). The entire duration of a Menstrual cycle can be divided into four main phases:

1. Menstrual phase (From day 1 to 5)
2. Follicular phase (From day 1 to 13)
3. Ovulation phase (Day 14)
4. Luteal phase (From day 15 to 28)

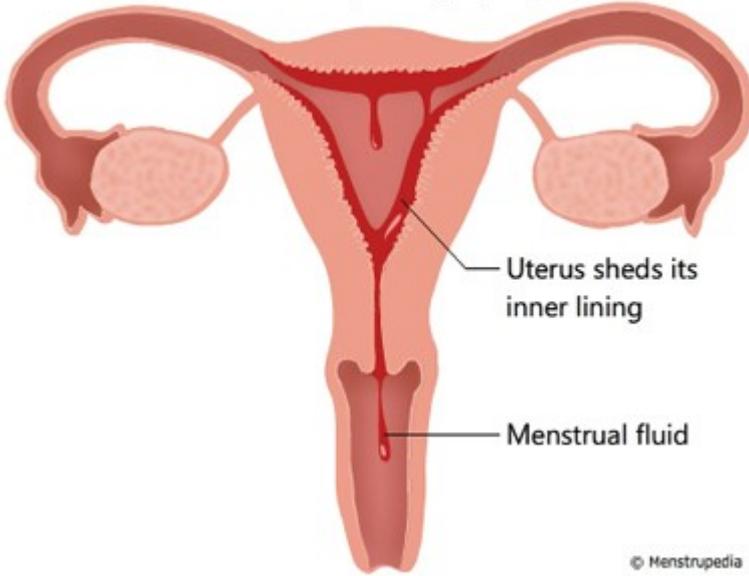


## Menstrual phase (day 1-5)

Menstrual phase begins on the first day of menstruation and lasts till the 5th day of the menstrual cycle. The following events occur during this phase:

- The uterus sheds its inner lining of soft tissue and blood vessels which exits the body from the vagina in the form of menstrual fluid.

### Menstrual phase (day 1-5)

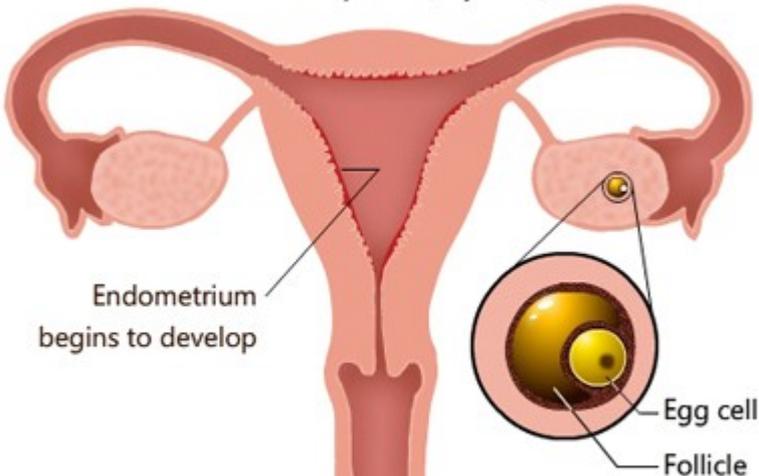


### Follicular phase (day 1-13)

This phase also begins on the first day of menstruation, but it lasts till the 13th day of the menstrual cycle. The following events occur during this phase:

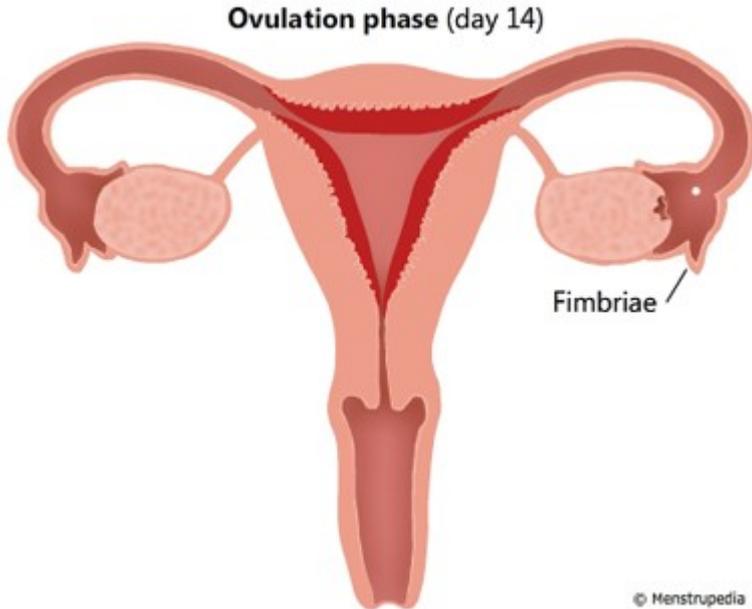
- The pituitary gland secretes a hormone that stimulates the egg cells in the ovaries to grow.
- One of these egg cells begins to mature in a sac-like-structure called follicle. It takes 13 days for the egg cell to reach maturity.
- While the egg cell matures, its follicle secretes a hormone that stimulates the uterus to develop a lining of blood vessels and soft tissue called endometrium.

### Follicular phase (day 1-13)



## Ovulation phase (day 14)

On the 14th day of the cycle, the pituitary gland secretes a hormone that causes the ovary to release the matured egg cell. The released egg cell is swept into the fallopian tube by the cilia of the fimbriae. Fimbriae are finger like projections located at the end of the fallopian tube close to the ovaries and cilia are slender hair like projections on each Fimbria.

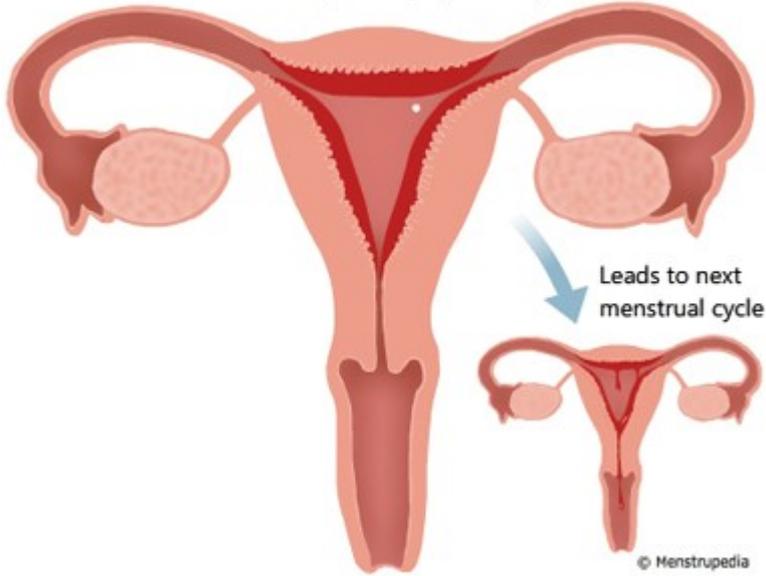


## Luteal phase (day 15-28)

This phase begins on the 15th day and lasts till the end of the cycle. The following events occur during this phase:

- The egg cell released during the ovulation phase stays in the fallopian tube for 24 hours.
- If a sperm cell does not impregnate the egg cell within that time, the egg cell disintegrates.
- The hormone that causes the uterus to retain its endometrium gets used up by the end of the menstrual cycle. This causes the menstrual phase of the next cycle to begin.

### Luteal phase (day 15-28)



### References:

1. Menstrual cycle, <http://en.wikipedia.org>
2. Menstruation and the menstrual cycle fact sheet, <http://womenshealth.gov>
3. What is a menstrual cycle?, <https://myhealth.alberta.ca>

# What are menstrual myths and how do they affect a girl or a woman?

Menstruation was a mystery before science could explain it. So, a lot of different ideas and beliefs were created to explain periods in ancient societies and cultures. Many such ideas and beliefs have been proven wrong by Science, but they are still followed in current societies. We call these ideas menstrual myths.

These myths tend to suggest that menstruation is a disease or a curse and it leads up to beliefs like a woman's body is polluted when she is experiencing periods. Such beliefs cause discrimination against women and at times, can lower your self-esteem and opportunities for growth. We find this situation to be a problem for a society in general because women are the 'better half' of every society.



## Where did menstrual myths originate from and how do they spread?

Scientific information that connected menstruation with ovulation was a mid-18th century discovery. Before this time, most explanations of periods were based on observations. These observations such as blood flow from the vagina and pain because of abdominal cramps during periods were explained differently in different ancient societies. In some cases, blood represented life and fertility while in others, blood and pain represented danger that must be avoided.



## References:

1. The discovery of the ovaries, <http://ovary.stanford.edu>
2. Psychology of Infertility, <http://www.cambridge.org>
3. Janice DeLaney, Mary Jane Lupton, Emily Toth (1988), [The Curse: A Cultural History of Menstruation](#)
4. Naomi Janowitz (2002), [Magic in the Roman World: Pagans, Jews, and Christians](#)

## How to get rid of menstrual myths?

The first step in getting rid of menstrual myths is to talk about them. It is a good idea to ask if there is any scientific basis to what you're told about your periods. Once you are aware and capable of separating a myth from scientific fact, you can also help others by giving them right information.



## **MYTH: A menstruating woman is impure, dirty, sick or even cursed.**

### **FACT**

None of these beliefs are correct. Periods are natural and normal for women. Menstrual fluid is just a harmless mixture of blood and tissue that was not used by your body to nourish a baby in the Womb.

This myth is often used as a reason to stop women, who are having their periods, from taking part in various social events. This happens especially in the case of religious events.



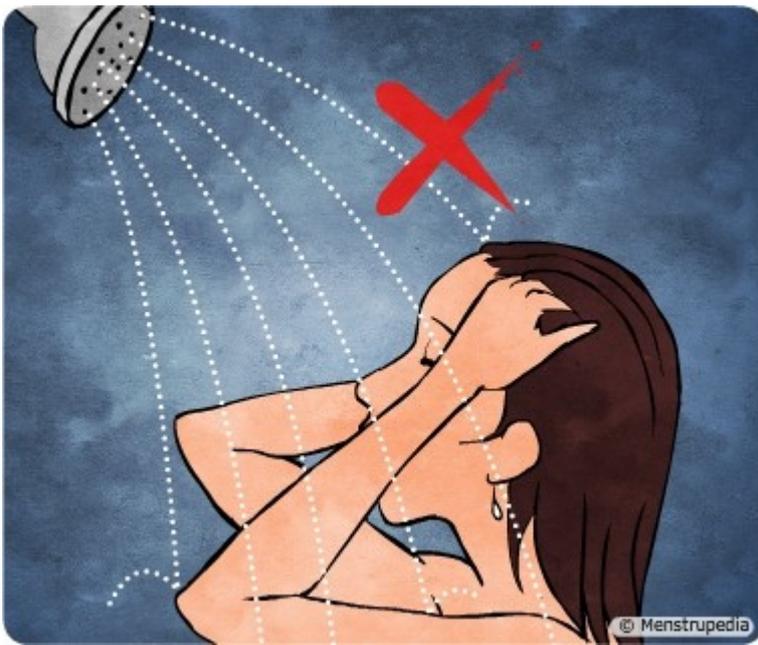
## **MYTH: Menstruating woman should not take bath.**

### **FACT**

This myth may have begun during the times when people used to take a bath in the open, for example, in natural water bodies such as lakes, rivers etc. You can imagine that it can be embarrassing to have a period while taking a bath in the open.

But, now we generally take a bath or a shower in a private bathroom. Hence, there is no reason to follow this myth. Rather, it is a good idea to take a bath or a shower daily for a hygienic and clean body.

If you're planning to go for a swim during your periods, a tampon or a menstrual cup can be used to prevent the flow of menstrual fluid from the vagina.



## **MYTH: It is impossible to get pregnant during menstruation.**

### **FACT**

It is possible for women to get pregnant even if she is bleeding from her vagina.

Sometimes ovulation may occur before your period is over and sometimes it happens soon after. In both cases, if there are sperms in the vagina, it is possible that the egg released during ovulation is fertilised and you get pregnant.

Also, in some cases, women experience slight bleeding during ovulation. Though this bleeding may look like menstruation, it is not. It is commonly known as mid cycle bleeding or spotting. If you have unprotected sex during this time, it is possible that you might get pregnant.



## References:

1. Can a girl get pregnant if she has sex during her period?, <http://kidshealth.org>

## **MYTH: Menstruation leads to heavy blood loss leading to anaemia.**

### **FACT**

Menstruation in healthy women does not cause iron deficiency anaemia. Blood loss during a period in healthy women is not more than 80ml (around 3 table spoons). In case, the blood loss is more than 80ml, you should consult your doctor immediately..



## References:

1. Iron-deficiency is not something you get just for being a lady, <http://blogs.scientificamerican.com>

## What is a sanitary pad?

Sanitary pad, which is also known as sanitary napkin or menstrual pad, is a thin pad made of absorbent material that absorbs the menstrual fluid during menstruation. Some sanitary pads are disposable and are meant for single use only. Most sanitary pads available in the market are disposable ones. Reusable sanitary pads are mostly cloth pads that can be washed, dried and reused over a number of times.

Sanitary pads come in different shapes and sizes, with different capacity to absorb for days of heavy and light menstrual bleeding. You will have to experiment with different kinds of sanitary pads to know which one best suits your needs<sup>21</sup>



## How to use a sanitary pad?

Sanitary pad is worn between the vulva and the underwear. Most sanitary pads come with easy to follow usage instructions. In most cases pads have adhesives that stick to the panties, while others have wings that wrap under the panties to keep the pad in place. Sanitary pads are generally changed after every 4 to 8 hours to avoid it from getting over soaked.

### **Cleaning reusable sanitary pad**

If you are using a reusable sanitary pad, then after each use, it should be soaked in cold and mildly salty water. If you use hot water, then it can cause the blood to set in and leave a permanent stain. After soaking, it should be properly washed and dried in the sun. Sun rays are natural sterilizers that kill germs and bacteria. 22



Cleaning reusable sanitary pads



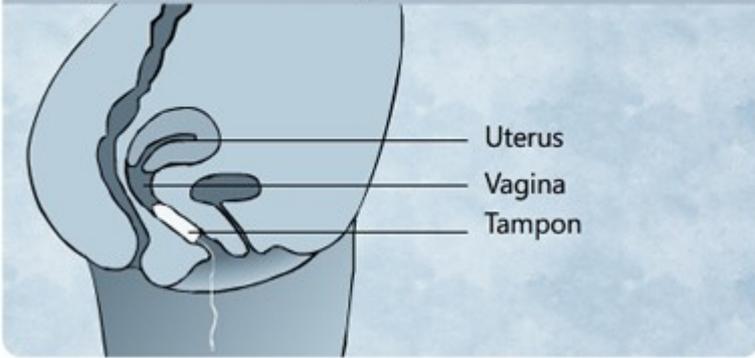
## What is a tampon?

Tampon is a mass of absorbent material that is used to absorb the menstrual fluid during menstruation. Tampon is worn inside the vagina, where it absorbs the menstrual fluid right after it is released from the uterus.

Tampons have different absorbing capacities which are depicted clearly as its absorbency rating on the packet. You should use a tampon with the lowest absorbency rating that is enough to meet your requirements. A tampon should not be left inside the vagina for more than 6 hours because prolonged use of a tampon can cause a rare but potentially fatal illness called Toxic Shock Syndrome (TSS).



Tampon worn inside the vagina

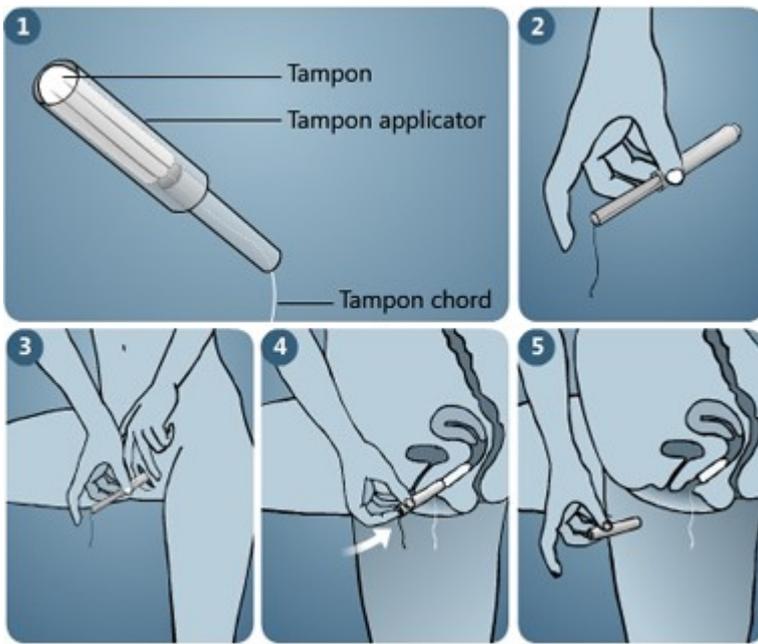


## How to use a tampon?

### Using a tampon with applicator

Every tampon packet provides instructions for use that must be followed:

1. Make sure that the tampon is in the bigger tube of the applicator with its string hanging out of the smaller tube.
2. With clean hands hold the applicator between the thumb and the middle finger at the end of the larger tube where the smaller tube inserts into it.
3. Spread the legs and insert the free end of the bigger tube into the vagina.
4. Press the narrow tube with the index finger pushing the tampon in place in the vagina.
5. Remove the applicator while leaving the string of the tampon hanging out of the vagina.



### Using a tampon without an applicator

1. With clean hands hold the base of the tampon between the index finger and the thumb.
2. Insert the tampon into the vagina.
3. Push the tampon inside, gently, with the middle finger while leaving the string hanging out of the vagina.
4. Remove the finger while leaving the string of the tampon hanging out of the vagina, to be used later during the removal process.

A tampon should not be left inside the vagina for more than 6 hours because leaving a tampon inside for a prolonged time can cause a rare but potentially fatal illness called Toxic Shock Syndrome (TSS). After use, tampon is pulled out by the string of the tampon which is left hanging out of the vagina.



## How to dispose a used sanitary pad or a tampon?

Sanitary pad or tampon should never be flushed down the toilet because it may clog the drainage system and lead to flooding of the toilet. After use, a disposable sanitary pad or a tampon should be wrapped in a news paper or waste paper and put in a garbage bin.

It is also necessary to dispose of the contents of the garbage bin promptly because if the sanitary pad or a tampon is left in the garbage bin for a long time, then the menstrual fluid on these disposed products may get contaminated with germs and emit a foul smell. Hence, first it is necessary to keep the garbage bin covered to prevent the foul smell from spreading in your house and secondly, the contents of the garbage bin should be disposed of promptly to prevent spread of diseases by flies and other insects that gather around these garbage bins.

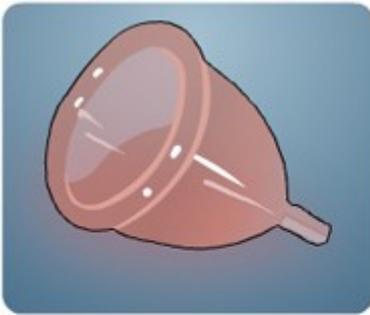


Disposing sanitary pad or a tampon

- 1 Wrap in paper
- 2 Put in dustbin
- 3 Close the lid

# What is a menstrual cup and how to use it?

Menstrual cup is a bell shaped container made of soft rubber or silicone that is used to collect menstrual fluid. A menstrual cup is used by inserting it into the vagina and leaving it there. If properly inserted, the rim of the cup forms a seal with the walls of the vagina to prevent leakage. Menstrual cup should be changed after every 12 hours. To pull it out of the vagina, the stem at the base of the cup needs to be held tightly between the thumb and the index finger and pulled out. After disposing off the menstrual fluid, the cup can be rinsed with water and reused. Once your period is over, the cup can be reused for the next cycle after cleaning the cup with boiled water and drying it.



# What should a girl do when she gets her first menstruation?

Memories of first menstruation - whether good or bad - are unforgettable. As we have mentioned before, if you're prepared for your first period and have the requisite information about menstruation before you have your first period, you should be able to handle it without fear or embarrassment. However, if you don't know much about menstruation, your first step should be to not panic because menstruation is normal for every healthy woman.

Do not panic



Talk to an elder



Use a sanitary pad

