



**Republic of the Philippines**  
**Bangsamoro Autonomous Region in Muslim Mindanao**  
**Ministry of Basic, Higher and Technical Education**  
 Cotabato City



**Office of the Minister** Bangsamoro Autonomous Region in Muslim Mindanao  
 Ministry of Basic, Higher and Technical Education  
**OFFICE OF THE MINISTER**

**REGIONAL MEMORANDUM**

No. 614  
 Series of 2023

**RELEASED**

BY: Jamar  
 DATE: 14 AUG 2023  
 TIME: 2:30 PM  
 Ctrl. No. 2023-08-050

TO : **ABDULLAH P. SALIK, JR.**, Director General for Basic Education  
**PROF. TAHIR G. NALG, MAIS**, Director General for Madaris Education

**ALL SCHOOLS DIVISION SUPERINTENDENTS**  
**PUBLIC AND PRIVATE SCHOOL HEADS AND PRINCIPALS**  
**ALL ADOLESCENT REPRODUCTIVE HEALTH FOCAL PERSONS**  
**ALL OTHERS CONCERNED**

Republic of the Philippines  
 Bangsamoro Autonomous Region in Muslim Mindanao  
 Ministry of Basic, Higher and Technical Education  
**INFORMATION AND COMMUNICATIONS DIVISION**  
 Office of the Minister  
**RELEASED**  
 By: Jamar  
 Date: AUG 14 2023  
 Time: 2:35 PM  
 Control No. 2023-08-050

FROM :   
**MOHAGHER M. IQBAL**  
 Minister



SUBJECT : **DOWNLOADING OF OKY MENSTRUAL TRACKER APP FOR BANGSAMORO GIRL LEARNERS**

DATE : August 10, 2023

- Oky is the world's first-period tracker app that is co-created with and for adolescent girls to make learning about menstrual health and hygiene fun. It is a digital product that supports adolescent girls to manage their period with normalcy and confidence, through evidence-based information on menstrual health and hygiene, and individual period cycle tracking. In the Philippines, Oky has been localized and contextualized through a series of consultations with girls (and boys) and their close social circles, including indigenous peoples, out-of-school children and youths, and children with disabilities. With a specific focus on the Bangsamoro Autonomous Region in Muslim Mindanao, the localization process included consultation with Muslim girls in different contexts and worked with BARMM Ministries, including Bangsamoro Youth Commission, Bangsamoro Women's Commission, and the Bangsamoro Darul Ifta', to develop culturally-sensitive content with the Islamic Perspective.
- Oky Philippines helps girls to learn about menstruation in fun ways and distinguish myths from facts and promotes positive attitudes towards menstruation. Oky's aim is to transform stress and shame into empowerment. It provides girls with accessible, relevant information about menstruation, as well as a period-tracking tool to help girls get to know their own bodies. The app is designed to be fun and engaging to counteract often negative feelings girls have around their periods.
- Downloading the Oky Philippines app is free. It is not commercialized, and there will be no advertising on the platform. Oky Philippines also follows the strictest privacy and data protection, and girls' personal data will never be accessed or seen by anyone; it is only stored locally on the device. The app has very strict data and security guidelines that it follows and has been through various security audits by an external developer.



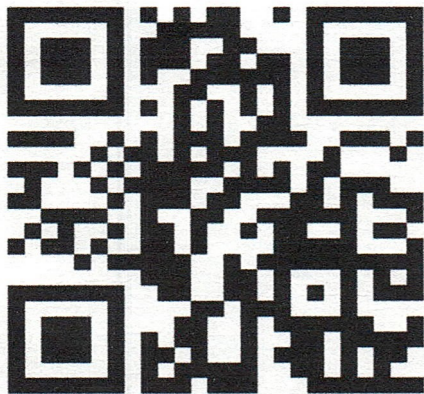


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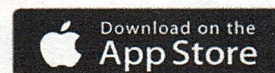
## Office of the Minister

4. Since it was launched in BARMM on March 16, 2023, up to August 7, 2023, Oky Philippines has already a total of 6,367 downloads and users, aged 10-19 years, in the Bangsamoro Region. This reflects 19 percent of the targeted 33,000 Bangsamoro girl users for BARMM.
5. To reach more Bangsamoro girl learners, educate them about menstrual health and hygiene, help them distinguish between facts and myths on menstruation, and facilitate individual period cycle tracking, teaching personnel, and the ARH focal persons should inform the learners and their parents and/or guardians to download the Oky Philippines app upon enrolment. Teachers and ARH focal persons should assist and facilitate the downloading of the Oky Philippines app for girl learners (from Grade 4 up to Grade 12) upon enrolment.
6. The Oky Philippines app is available and can be downloaded from Google Play (for Android users) or the App Store (for iOS users). For offline downloading, the app can be shared with the learners through the ShareIt app. The QR code below can also be used for downloads.



Ang period tracker para sa mga babaeng Bangsamoro, mula sa mga babaeng Bangsamoro

Download for FREE



7. Teachers handling health subjects starting in Grade 4 are encouraged to integrate the orientation and downloading of the Oky Philippines Menstrual Tracker App in the Health modules in their subjects given appropriate competency and time.
8. For information and wide dissemination.