

Republika ng Pilipinas
(Republic of the Philippines)
MINISTRI NG EDUKASYON AT KULTURA
(MINISTRY OF EDUCATION AND CULTURE)
Maynila

January 7, 1981

MEC M E M O R A N D U M
No. 5, s. 1981

1981 NATIONAL MENTAL HEALTH WEEK

To: Bureau Directors
Regional Directors
Schools Superintendents
Presidents, State Colleges and Universities
Heads of Private Schools, Colleges and Universities

1. Pursuant to Presidential Proclamation No. 432 dated August 12, 1957, National Mental Health Week is observed every third week of January with the Philippine Mental Health Association spearheading the celebration. The celebration seeks to generate and enhance in the Filipino people an awareness of the importance of mental health in the promotion of a well-adjusted, meaningful and fruitful life.
2. This year's celebration will be from January 18 to 24. The theme is "Developing Adolescent Values - Action for the 80s." Inclosed are the objectives and the program of activities.
3. In this connection, secondary school principals are hereby enjoined to participate in the observance of the Week by holding an education and information dissemination activity pertinent to the theme with the participation of teachers and students.
4. It is also requested that reports relative to this activity be submitted to this Office furnishing copies of the same to the National Office of the Philippine Mental Health Association, 18 East Avenue, Quezon City, P.O. Box 40.
5. Immediate dissemination of this Memorandum is desired.

(SGD.) ONOFRE D. CORPUZ
Minister of Education and Culture

Incl.:

As stated

Reference:

MEC Memorandum: No. 1, s. 1979

Allotment: 1-2-3-4--(D.O. 1-76)

To be indicated in the Perpetual Index under the following subjects:

CELEBRATIONS & FESTIVALS	SOCIETY or ASSOCIATIONS
HEALTH EDUCATION	STUDENTS
REPORT	TEACHERS

Theme: "Developing Adolescent Values - Action for the 80s"

OBJECTIVES:

- General: To develop, strengthen and concretize the value system of the youth.
- Specific:
1. Promoting/Developing understanding of the value of self-awareness, self-reliance, social responsibility and service.
 2. Promoting a venue in clarifying role expectation of parents and youths.
 3. Identifying the factors in the development of constructive values among the youth.
 4. Identifying of factors to facilitate the internalization of appropriate values.
 5. Programming action-oriented network of activities among the agencies working with youth in the development of adolescent values.
- Expected Output: Systematic and coordinated guidelines for sectoral action in the development of adolescent values.

PROGRAM OF ACTIVITIES

First Day - ~~Sunday~~

- 1:00- 3:00 P.M. - General Orientation on the:
a) Week-long Activities
b) Mechanics of the Prayer Rally
- Socialization
- 3:00- 4:00 P.M. - Youth Prayer Rally
- 4:00- 5:30 P.M. - Ecumenical Services
Sponsoring Agencies:
Philippine Mental Health Association, Inc.
Bureau of Agricultural Extension
Bulletin Today
Venue: PMHA Basketball Court

Second Day - ~~Monday~~

- Topic: Value of Self-Awareness
Concerns: Self-confidence; role identification; self-esteem and adolescent problem)
- 8:30-10:00 A.M. - Opening Ceremonies
- 10:00-10:30 A.M. - B r e a k
- 10:30-12:00 Noon - First Plenary Session
Paper on: "The Value of Self-Awareness"
- Open Forum
- 12:00- 1:00 P.M. - Lunch Break
- 1:00- 3:00 P.M. - Workshop
- 3:00- 3:30 P.M. - B r e a k
- 3:30- 4:30 P.M. - Feedback and Synthesis
Sponsoring Agencies:
Pre-Elementary Educators of the Philippines
Council for the Welfare of Children
Venue: PMWA Auditorium

~~Third Day~~ ✓ Tuesday

Topic: Value of Self-Reliance

Concerns: Ability to make decision; independence; ability to effectively tackle assigned tasks; self-confidence; self-assertion)

- 8:00- 8:30 A.M. - Movie Review
- 8:30- 9:15 A.M. - Panel Discussion
- 9:15-10:00 A.M. - Open Forum
- 10:00-10:30 A.M. - B R E A K
- 10:30-11:30 A.M. - Workshops
- 11:30-12:00 Noon - Feedback and Synthesis

Sponsoring Agencies:
 Ministry of Education and Culture
 National Social Action Council
 Venue: PMWA Auditorium

~~Fourth Day~~ ✓ Wednesday

Topic: Value of Social Responsibility

Concerns: Ability to communicate; responsible sexuality; effective parenting skills; effective role performance; rich interpersonal relations; peer group identification)

- 8:00- 9:30 A.M. - Role Playing
- 9:30-10:00 A.M. - B r e a k
- 10:00-12:00 Noon - Workshops and Synthesis

Sponsoring Agencies:
 Ministry of Local Government and Community Development
 National Media Production Center
 Ministry of Social Services and Development
 Venue: PMWA Auditorium

~~Fifth Day~~ ✓ Thursday

✓ Topic: Value of Service

✓ Concerns: Proper attitude towards home, community and country; positive attitude towards work-commitment to service)

- 8:00- 9:30 A.M. - Role Playing
- 9:00-10:00 A.M. - B r e a k
- 10:00-11:00 A.M. - Workshops
- 11:00-12:00 Noon - Feedback and Synthesis

- Lunch Break

Sponsoring Agencies:
 Bureau of Agricultural Extension
 Quezon City Capitol Jaycees
 Presidential Management Staff

Afternoon - Meeting of the PMHA National Committee on Essay Writing Contest and PMHA National Committee on Painting/Poster Making Contest to choose the national winners for the essay writing contest and painting/poster making contest

Venue: PMWA Auditorium

~~Sixth Day~~ (✓) Friday

✓ Topic: Dialogue Between Parents and Youth

8:30- 9:30 A.M. - Panel Presentation: The Youth Speaks on Value and Concerns

9:30-10:00 A.M. - B r e a k

10:00-11:00 A.M. - Panel of Parent Reactors

11:00-12:00 Noon - Open Forum

12:00- 1:00 P.M. - Lunch Break

Sponsoring Agencies:

Council for the Welfare of Children

Lakas Isipan ng Kabataan

National Federation of Women's Club of the Philippines

Afternoon - Closing Ceremonies

1:00- 2:30 - Feedback Session

2:30- 3:00 - B r e a k

3:00- 4:30 - Awarding of Prizes

- Awarding of Certificates of Attendance

- Closing Remarks

Venue: PMWA Auditorium

~~Seventh Day~~ (✓) Saturday

- Open House at the Philippine Mental Health Association, Inc.)