

2014

ANNUAL REPORT



Philippine Center for Population and Development





Our Vision

A better understanding of the relationship between population and development will empower Filipino families to make informed decisions and actions that will result in an improved quality of life. Collectively, we are working toward building a nation that is able to balance its population and resources.

Our Mission

PCPD supports initiatives to influence peoples' views and promote actions toward long-term human development and an appropriate balance between population and resources.



Message from the Chairperson



In 2010, after a series of nationwide dialogues and consultations with the business community facilitated by PCPD, three business organizations – the Financial Executives Institute of the Philippines, the Management Association of the Philippines, and the Makati Business Club – issued a public statement calling on government to adopt a rational population and development policy. As a member of two of these three organizations, it was a natural decision for me to take up this cause as a personal advocacy as well.

In 2012, another public statement was released by the group, this time joined by the Employers Confederation of the Philippines and the Philippine Chamber of Commerce and Industry. The public statement reiterated the group's support for the passage of the reproductive health bill that was then being highly debated by legislators.

The group's public statement manifested these principles:

- That government must encourage responsible parenthood and family planning as a direct strategy for poverty reduction and child health care;
- That parents must be given alternative choices on what family planning methods to use and ultimately have to make their own decisions;
- That family planning policy must provide the lowest-cost access for the very poor for the services and supplies to carry out their free and informed choice; and
- That the group opposes unequivocally any measure that condones abortion in any way, limits free choice, and mandates the means to implement such choice.

These principles also served as guide posts to us in the PCPD Board during those days of advocating for the RH bill. While the measure was still being deliberated in Congress, PCPD was already quietly supporting projects on family planning that targeted poor women and couples in the communities and promoting population and development education that integrated human sexuality and responsible parenthood. Aside from these program initiatives, it was also supporting advocacy efforts and campaigns to share information and opinions and harness people's support for the bill, which made policymakers and legislators took notice of the strong public support for it.

Now that the bill is already a law and its implementation is in full swing, the PCPD Board has again affirmed its full support for it. Last October, PCPD had a Partners' Conference where we discussed and shared positive experiences and challenges on its implementation. We also listened to our partners as they expressed where PCPD's assistance and support could be more strategic and are most needed. The insights and learning we got from our partners were valuable inputs as we finalized our program framework for the next five years.

PCPD is all about supporting efforts and initiatives that will improve the quality of life of Filipinos and their families. The implementation of the Responsible Parenthood and Reproductive Health Law is definitely a way forward to make this possible. This is why PCPD will continue to invest its resources and give its commitment to ensure that the promise and spirit of the law are realized.


David L. Balangue



2014 PCPD Partners' Conference

How Fares the Responsible Parenthood and Reproductive Health Law?

The theme of the conference said it all: Challenges and Opportunities in Implementing the Responsible Parenthood and Reproductive Health Law.

“The conference aims to assess the landscape for the full implementation of the law, share experiences among popdev advocates and implementers and explore synergy, generate program ideas, and build collective strategies for its implementation,” explained PCPD executive director Felicitas Rixhon.

Some 50 PCPD partners and grantees and RH and family planning implementers and advocates attended the two-day event.

On day 1 of the conference, four resource persons spoke on concerns that could significantly influence how the law is carried out, especially by local government units and civil society organizations. They were:

- Dr. Grace Cruz of the University of the Philippines' Population Institute who presented empirical data on the changing nature of the Filipino family and young people which could be useful in charting policies and programs;
- Dr. Ronald Mendoza of the Asian Institute of Management who showed how political dynasties ruling LGUs can facilitate or impede the law's implementation at the local level;
- Dr. Toby Melissa Monsod of the UP School of Economics who discussed how the country's geography could figure in the law's implementation, especially when it comes to communities defined as geographically isolated and depressed areas; and
- Then Secretary Enrique Ona of the Department of Health who gave an update on government's blueprint on it.

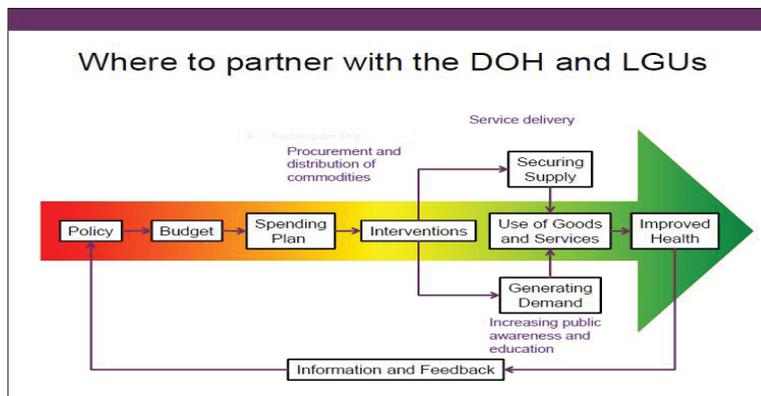
“The choice of the topics underscored the law's mandate of making LGUs the direct provider of both services and information,” Rixhon said.

What can CSOs do?

- *Provide integrated and quality RPRH services in accordance with DOH standards to poor and vulnerable populations where government services are inadequate;*
- *Model an RPRH service delivery that is holistic, rights-based, gender-responsive, and affordable;*
- *Educate, organize, and capacitate the poor and vulnerable sectors toward self-reliance, mutual support/solidarity, and collective actions to address their health, including reproductive health, problems;*
- *Generate public understanding of and support for RPRH information and services*
- *Advocate policies and program-approaches that will further improve the access to, and effectiveness and equity of, RPRH programs;*
- *Document, monitor, and report violations of the law;*
- *Provide research, information, and technical support to DOH, LGUs, DSWD and other implementers of the law; and*
- *Perform other functions to achieve the objectives of the RPRH Act.*

– Section 12.04, *Implementing Rules and Regulations of the RPRH Law*

“Among the more pressing gaps where LGUs and the RH sector could work together are in responding to unmet needs for FP services and information, providing for the full range of RH services and care, and partnering with civil society organizations for the law’s full implementation,” she added.



DOH’s framework for RHRH Law implementation, showing where CSOs can partner with it and LGUs

The role of CSOs was also stressed by Ona. “CSOs could partner with DOH and LGUs especially in the procurement and distribution of (FP) commodities, in service delivery, and in increasing public awareness and education,” he informed participants.

Rapid appraisal

The highlight of the conference was the rapid appraisal done by participants on the external and internal environments affecting the law’s implementation.

In facilitating the session, PCPD Board member and AIM dean Juan Miguel Luz defined the external environment as the interest of government and the public in pursuing the law, while the internal environment involves its advocates and implementers, or the RH sector.

Luz asked them two general questions:

- In the external assessment, what does the future look like in terms of the implementation of the RH Law?
- In the internal assessment, how do we rate ourselves as a sector?

In doing the internal assessment, the following indicators were considered: (1) the Voice of the sector; (2) its Message; (3) the presence of Critical Mass supporting the law; (4) Delivery of services; (5) Geographic Coverage, including GIDAs; and (6) Ability to generate resources.

The Strength-Weakness-Opportunity-Threat analysis was used in the rapid appraisal of both external and internal assessments. From this, Dean Luz was able to come up with the participants' general perception based on their cumulative rating.

SWOT

Below are the highlights of the SWOT analysis, as interpreted by Dean Luz:

There is a small window of opportunity for the full implementation of the law. This is the remaining months of the Aquino administration. The national government and many local governments are open to it and the public supports and wants it.

The next national election can be considered a threat. There is no assurance that government support for the law will continue, especially if the new set of officials is opposed to its implementation. This can be particularly disturbing in the case of LGUs. "They are at the heart of implementation of any law and if they are not brought on board, they can put a lot of hurdles and constraints that are going to be difficult to overcome," Dean Luz noted.

There is, therefore, a short opportunity and enough opening to enforce the law in the short-term. Opposition to it, although vocal, is limited. However, because of the uncertainty presented by the impending national election, it faces a neutral external environment where neither opportunity nor threat can be confidently foreseen at this time. Now is a suitable time for the RH sector to start planning about the possible likelihood of an unfriendly external environment in the immediate future.



PCPD partners rate the law's implementation through a rapid appraisal



Listening to each other during the open forum

For the RH sector, the participants' general perception indicated that it is a weak sector, particularly in the delivery of services, in geographic coverage where there are some areas that implementation is good and other areas where it is spotty, and in the ability to generate resources. Groups and organizations that make up the sector are better advocates than project implementers.

The RH sector has the voice and the message and the capability to communicate it to the public using mainstream and social media. At the same time, there is also the observation that the voice seems to come out of Metro Manila only. There is a need to develop the same capability in advocates and implementers from the provinces so they too can add to the information and stories that allow more people to understand, and even appreciate, the law. Messages must also include the best practices of implementers to inspire other implementers and validate the law's relevance in the lives of ordinary people.

The opportunity for the sector – and a challenge to it as well – is to harness its strong public support and to build it into a critical mass that would ensure its sustained implementation. A strong public support would also go beyond administration changes. This is one compelling strategy that can counter the result of an election where a substantial number of newly elected officials are against the law. The sector must also strengthen its capability to deliver efficient and responsive services and its presence in disadvantaged communities. Failure to address the unmet needs for services is one sure way to lose public support.

Programming ideas

One of the insights that emerged from the rapid appraisal was how diverse the RH sector is. This diversity was also reflected in the organizations represented in the conference – community-based nongovernment organizations, women's groups, youth organizations, media organizations, the academe, faith-based organizations, even representatives of indigenous people's communities. But participants did not consider the diversity as something that would hinder them in their implementation of the law. Instead, they viewed it as a strength they could harness.

“We may be different organizations here and our varied efforts to implement the law reflect our own organizational priorities. We use different approaches and interventions but it's okay because we all agree that the major goal of our programs is to implement the RPRH law more effectively for the purpose of achieving human development,” Rixhon pointed out.



PCPD partners share insights on what is happening on the ground with regard to the law's implementation

Given this, Rixhon asserted that PCPD's role as a resource institution is to help its partners and grantees strengthen their interventions and to continue the exchanges and dialogues about effective ways to carry out the law's provisions. This was also the impetus for the cluster discussion among participants where they shared best practices and ideas from their experiences of implementing it, particularly with regard to family planning, comprehensive sexuality education, and other popdev concerns.

In this regard, the conference was also an opportunity for PCPD to connect with, and listen, to its partners and grantees on a very crucial issue that they are all heavily invested in and a cause they believe will benefit the Filipino family. It gained critical insights from them on what is happening on the ground since they are the ones who are in direct contact with people in the communities, they are the ones who know and who understand their needs and aspirations. All these would provide directions for PCPD when it plans what programs to pursue for the next five years.

For sure, these programs would be more responsive and more strategic, befitting PCPD's partners' and grantees' commitment to the Responsible Parenthood and Reproductive Health Law and their passion to fulfill what it envisions – which is to “ensure that reproductive health and population and development policies, plans, and programs will address the priority needs of women, the poor, and the marginalized.”

Five-Year Strategic Framework

A Clear Way Forward

The direction is set for PCPD in the next five years.

Five programs have been given the green light to anchor PCPD's engagement with partners and grantees, perform its mandate to advance the agenda of population and development, and manage its operations as a grant-giving foundation.

These programs are (1) constituency building for popdev; (2) support for the implementation of the Responsible Parenthood and Reproductive Health Law; (3) management of popdev information; (4) monitoring and evaluation; and (5) institutional strengthening of PCPD.

Constituency building

PCPD's constituency building involves influencing other civil society organizations, faith-based organizations, local government units, and academic and research institutions to integrate popdev in their plans and programs. PCPD will provide funding support and technical assistance, among others, to enable them to do this as in most cases, they are the ones that actually implement initiatives addressing popdev concerns.

PCPD believes that development can only be sustainable if a proper balance between population and resources is maintained. This is what underlies all its programs and engagement. Articulating this, however, is not enough. PCPD has to expand and diversify its network of partners and allies, and even secure new groups, to support its cause. To the extent possible, it must be able to unite diverse interests behind a common cause, something that it was able to do during that divisive period where organizations were either pro-RH or anti-RH. It worked with both advocates of natural family planning, on one hand, and modern family planning, on the other. For PCPD, what was important was that through the interventions of both, the unmet need of poor couples for family planning was met. Never mind if they had different ways of doing it.

RPRH law implementation

PCPD's support to implement the RPRH law follows two tracks. One track is focused on generating demand and providing information and services for family planning to poor couples and women of reproductive age. The other is ensuring that young people learn about comprehensive sexuality education that can inform the decisions they make in life, including how to become responsible adults and parents.

Demand generation creates new acceptors of family planning by increasing their awareness of the services and information available to them. It also allows existing acceptors to demand family planning supplies and services on their own so they could sustain their practice of it. Counseling for acceptors to help them decide what family planning methods to use, and to use them correctly and appropriately, is another aspect of demand generation. It even has the potential of establishing rapport and trust between health care providers and acceptors that can go a long way in sustaining their decision to practice family planning.

To be most effective, demand generation should be matched by efforts to ensure availability of supplies, expand services and access to them, and train competent providers to meet the increased demand for supplies and services. Absence of these factors may discourage the continued use of acceptors and may even result in them eventually stopping their family planning practice.

in 2014, partners that engaged in this track of the RPRH law implementation included both demand generation and service delivery in their interventions. These are *Ugat ng Kalusugan*, Shiphrah Birthing Home, and the Democratic Socialist Women of the Philippines.

Taking off from the the initial gains of the POPDEVED modules, PCPD will continue to promote comprehensive sexuality education for young people in formal and nonformal educational settings. Through this, they will be able to have a positive attitude toward sexuality and to act responsibly in responding to the many new, and sometimes, overwhelming, issues that accompany the process of becoming adults.

PCPD's project with the Foundation for Adolescent Development involved integrating the POPDEVED modules into the classes of the National Service Training Program of four universities. Another project had the modules integrated in the training sessions on environmental sustainability given by the Trinitian



PCPD will support efforts that respond to the unmet need of women for family planning



PCPD will continue to promote sexuality education in nonformal setting

Center for Community Development of the Trinity University of Asia to young people in riverine communities, a nonformal educational setting. Sexuality education was also part of the learning sessions on reproductive health and rights given by the Community and Family Services International to young people in urban poor communities in Pasay city. The same was true for the peer counselors trained by the Interfaith Partnership for the Promotion of Responsible Parenthood in Antipolo.

To maximize the positive impact of sexuality education, PCPD has a project with civil society organizations, with the Likhaan Center for Women's Health as the lead, to develop standards for sexuality education that can be integrated into the K-12 curriculum. The standards will be presented to the Department of Education for its eventual adoption. PCPD has a project, this time with the Office of Population Studies of San Carlos University, which trains teachers to be more effective and competent in handling popdev and sexuality education classes.

Knowledge management

PCPD will support studies that would generate new and evidence-based data and reports on popdev issues, including packaging information materials that clearly show the relationship among population, the use of resources, and sustainable development.

Two publications were released during the year: one details a study involving the teaching of popdev, reproductive health and sexuality education in Catholic schools and the other documents the experience of a midwife of a birthing home in sustaining the practice of breastfeeding and family planning by women in underserved communities.

The Social Development Office of the Ateneo de Zamboanga University completed a study on how the faculty and staff of Catholic schools and the parents of their students perceived reproductive health, responsible parenthood, and sexuality education. The study deemed that aside from school policymakers and administrators, the faculty, staff and the parents "should actively participate in formulating policies that will affect them in their professional work as well as in their personal life." Its findings could be an important reference in designing programs that are in harmony with the RPRH law and the Catholic teaching in popdev and reproductive health.



Students from the Francisco P. Felix Memorial National High School in Cainta demonstrate what they learn about popdev through drawings

The Shiphrah Birthing Home chronicled the experience of one of its midwives who visited mothers in their homes and engaged them in conversation, even counseling, about breastfeeding and family planning. Based on past studies, a significant number of mothers who birthed at Shiphrah no longer returned for family planning care, resulting in unplanned pregnancies. There was also a high rate of early cessation of exclusive breastfeeding among them. The house-to-house, relational approach made by Shiphrah's midwife countered these trends. She was a reassuring presence who encouraged them to continue breastfeeding and pursue family planning.

A package of information material on popdev and sexuality education was produced by Knowledge Channel. K Channel, the cable station of Knowledge Channel, started showing the Kwentong Kartero video series in its daytime program schedule for students and nighttime program schedule for both students and teachers. These video series translated the POPDEVED modules into episodes on popdev, human sexuality, and responsible parenthood. Aside from being shown in K Channel, copies of the series, together with corresponding session guide and teachers' guide, were given to school district superintendents so they could replicate them and distribute them to schools under their administration. The videos have also been uploaded to kchonline.ph, Knowledge Channel's learning portal, where they can be watched on demand by students and teachers who wanted to review or replay them.

PCPD will continue to maintain its online presence through its website and social media platforms, the latter maintained by Mulat Pinoy-Kabataan News Network, a project of Probe Media Foundation that is supported by PCPD. Through them, PCPD's partners and grantees, in particular, and the public at large, can be updated on what the foundation is up to. Publications produced by PCPD are also uploaded online so they can be available to whoever wants to access them. This engagement of PCPD with social media is one sure way of building a constituency and a community of supporters.

Monitoring and evaluation

While the three programs are geared more toward PCPD's engagement with partners and grantees and their implementation of PCPD-supported projects, the fourth one is intended to institutionalize its monitoring and evaluation system. This would be reviewed and retooled to ensure that issues arising while the projects are being implemented are addressed in a timely manner. This would



hopefully result in identifying good practices that can be replicated by other project implementers.

Institutional strengthening

The fifth program is about strengthening the foundation. PCPD would initiate fund leveraging with other partners to expand the number of projects it can support. It will also exploit other strategies to raise its regular income so more resources can be mobilized for programs and projects.

With these five programs, PCPD is now ready to take on the opportunities and fulfill the possibilities of the next five years.

Muntinlupa Youth Health Development Network

Seizing Opportunities to Promote Youth Health

Except for a few fine-tuning here and there, the projects that PCPD supports pretty much follow what have been laid out in their proposals come implementation time. Once in a while, however, something unexpected happens in the course of implementation that just has to be done, even if it is not part of the original proposals.

Such is the case of the Muntinlupa Youth Health Development Network (MYDHN), an initiative of the Institute for Reproductive Health-Philippines, when it opted to respond to unforeseen breakthroughs that cropped up while the project was being implemented.

But this is getting ahead of the story.

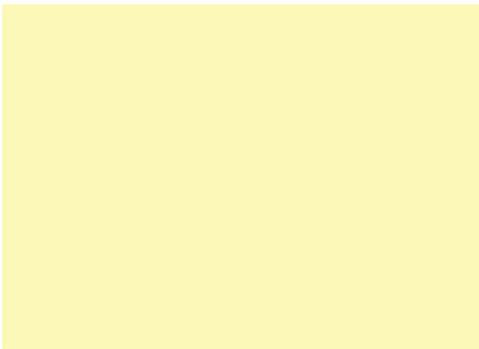
The network

“The project shows a value-based integrated approach to advance youth development,” says Mitos Rivera, executive director of IRH-Philippines.

“It taps trisectoral collaboration among the local government of Muntinlupa, through the Office of Vice Mayor Artemio Simundac, civil society organizations represented by IRH and PCPD, and the private sector through the pharmaceutical company of Merck Sharpe & Dohme,” she adds.

The project was implemented in two stages: first was the conduct of a baseline survey of students from five public high schools and a university on youth health and human sexuality; next was the setting up of MYDHN which would respond to the findings of the survey.

Aside from young people, many stakeholders were involved through various activities of the two implementation stages. They were teachers, education officials, barangay leaders, gatekeepers of youth health, officers of the Parent-Teacher Community Associations, and parents, or around 2,250 adults, according to Rivera.



High school students in Muntinlupa learn about youth health and human sexuality

Originally intended to cover two barangays each of Districts 1 and 2 of Muntinlupa, the VMO recommended that all barangays in both districts be included as well. The project ran from 2011 to 2014.

Baseline survey

The survey aimed to determine the knowledge, attitudes and values, and behaviors and skills of public high school students with regard to their health and development. One thousand and four respondents participated in the survey. Below are among the major findings of the survey:

- At least 60 percent had fathers and mothers working away from home for at least eight hours a day.
- Almost eight out of 10 had parents that are formally married.
- Sixty-three percent considered their parents as their role models while 17 percent had their teachers as role models.
- One in six had tried smoking and one in three had tried drinking. Two percent had tried taking illegal drugs.
- For these students, the average age they first tried smoking and drinking was 14 years old while for those who first took drugs was 13 years old.
- More than 50 percent did not communicate to their parents their feelings about changes in their bodies.
- Three in eight were aware of couples or partners in relationships who started out as textmates and then engaged in sexual intercourse.
- Sixteen percent had engaged in early sex.
- Six percent had become or had gotten somebody pregnant. One out of five of them had their pregnancy ending in live birth.
- Four out of 10 who had early sex used contraceptives, primarily condoms.
- Almost eight out of 10 were not aware when pregnancy can happen during the menstrual cycle.

- For those who had engaged in early sex, the place of first sexual encounter was the home.
- There were cases of male and female students who engaged in sex for money.

“The survey results were critical in getting stakeholders to support the creation of MYDHN. They formed the bases for crafting actions directed at young people so they could be more informed about issues that impact on their sexual and reproductive health and overall wellness,” Rivera explains.

Advocacy campaigns

These actions were consultations among stakeholders to organize MYDHN, awareness raising among students through MYDHN bulletin boards managed by supreme student government officers in their respective schools, yearly forums in schools and in the barangays, and advocacy campaigns to build consensus among stakeholders to champion youth health development.

“Barangay officials came up with the idea of holding community forums for out-of-school youths in their barangays. This activity was not part of the original proposal and was the result of the advocacy campaign directed at barangay officials. After having been informed of the survey results, they wanted OSYs to learn also about adolescent sexuality and reproductive health. This is because of the alarming number of them who practice unhealthy and risky sexual behaviors such as drinking, smoking, taking illegal drugs, and early sex that leads to teenage pregnancy,” says Earl Castel, IRH’s youth coordinator.

Capability building

A yearly leadership training for SSG officers had sessions on life skills, adolescent health, and human sexuality. As their outputs, they were also asked to make work plans for health welfare. In the project report, one of the participants had this insight: “We took up concepts which are not often discussed... but needed to be explained especially now that young people are confronted with the ill effects of bad habits.”

After their graduation from high school, a number of the former SSG officers formed the MYDHN alumni organization, another unintended offshoot of the project.



A bulletin board promoting youth health managed by officers of the student government



Students do an exercise for a peer counseling training session

“They still wanted to be connected with the project and participate in its various activities even though they were now in college. They became spokesperson in the forums and motivated young people, especially the OSYs, to avoid engaging in unhealthy behaviors and to try to go back to school to pursue their dreams,” Castel adds.

An orientation and training was given to teachers, on the other hand, on how to integrate the Population and Development Education (POPDEVED) Modules to lessons in Science, Values Education, Music, Arts, Physical Education and Health (MAPEH), and Araling Panlipunan. A writeshop was done to develop exemplars to integrate popdev, human sexuality, and responsible parenthood in the curriculums of the four subjects.

The integrated modules were introduced to two schools during the school year 2013-2014. An action research was also carried out to assess its impact on students’ knowledge, attitudes, and behaviors toward popdev education and human sexuality. The study involved a random sample of 724 respondents, or 7.94 percent of the 9,120 students of two high schools.

Refresher courses on adolescent reproductive and sexual health were conducted for guidance counselors, school clinic personnel, and MAPEH heads. Parenting seminars on responsible parenthood and adolescent health and sexuality were held in schools, although these were not as widely attended.

“Parents, teachers and counselors should not be afraid to openly discuss topics on sex, sexuality and gender, and responsible parenthood with young people. They should be more trusting of the youth’s ability to think critically and to make the right choices,” Rivera notes.

A series of peer counseling training was also held for students.

“The peer counselors were able to help surface problems of their fellow students which they could not easily discuss with adults, even with their school guidance counselors,” Castel says, adding that four schools had installed a peer counseling program by the end of the project.

Youth center

“The project envisioned a youth center that would be established to serve as tambayan where young people can hang out and attend lessons on life skills, get

peer counseling, and access RH services. This is supposed to be the milestone of the project,” Rivera says.

The site had been identified and plans had been made for the launching of the Youth Center. Unfortunately, the flooding caused by a typhoon and the devastation it brought to Muntinlupa, as well as circumstances in local politics, resulted in the suspension of all activities related to the Youth Center.

On their own initiative, – and another unintended activity of the project – students organized Project Citizen, an interschool contest where students from the six schools did research on five major health problems of youths in the city and a proposal for a Youth Center that would address them. These policy proposals were exhibited in a showcase and a winning entry was chosen – Muntinlupa Science High School’s Creating the Center for Aspirations, Ideals and Rights of the Youth (CAIRY).

CAIRY was presented as an ordinance to local officials. To date, the city council has yet to act on it.

Collective actions

Despite this setback, the MYHDN project is an example of how collective actions by various stakeholders and young people themselves can result in meaningful interventions to help them face the challenges of growing up and prepare them for their role in society.

“MYDHN is an innovative undertaking that enables young people to acquire the knowledge and skills they need to make informed decisions, especially with regard to their reproductive health and sexuality. They are able to see the value of adopting responsible attitudes and behaviors and realize that the decisions they make while they are young will affect the kind of life they will have in the future,” says PCPD executive director Felicitas Rixhon of the project.

For IRH-Philippines, MYDHN is “a replicable model for youth health development” which it hopes can be continued and sustained.

“With the MYDHN experience, we are encouraged to journey further with young people, and find ways to bring the messages of trust in their goodness, of hope in their ideals, and courage in the face of distractions the world out there holds for them,” adds Milton Mendoza, IRH-Philippines’ chair and president.



Students hold advocacy campaigns championing youth health development



Teachers take a refresher course on popdev and sexuality education

Popdev Education's Influences

A progressive shift in knowledge, skills, and attitudes was evident among high school students after attending classes on popdev and human sexuality.

This was the finding of an action research done by Rowena Hibanada and Melissa Columna that assessed the effects of integrating lessons from the POPDEVED Modules in the curriculums of Science, Values Education, MAPEH, and Araling Panlipunan. The study involved a random sample of 724 students, or 7.94 percent, of the 9,120 total population of Pedro E. Diaz High School and the Muntinlupa National High School Annex.

Four sets of questionnaires were prepared for each year level that participated in the study: (1) Developmental Changes for Grade 7; (2) Population and Environment and Responsible Boy-Girl Relationships for Grade 8; (3) Population and Human Capital for third year students; and (4) Family Planning for fourth year students. They did pre- and post-assessments on how the modules were able to alter their knowledge, skills, attitude, and behaviors on the topics assigned to them.

Results from the study showed that integrating popdev and sexuality education in the four subjects improved the students' knowledge, skills, and attitudes on popdev, care for the environment, sexual behavior, and family planning. For example, there were shifts from "somewhat agree" in their pre-assessment test to "strongly agree" in the post-assessment on such matters as:

- *The importance of being aware of the physical changes one is experiencing during puberty;*
- *How any relationship carries with it corresponding responsibilities; and*
- *Reaching sexual maturity only when a man or woman can already engage in a lasting and loving relationship.*
- *How any relationship carries with it corresponding responsibilities; and*
- *Reaching sexual maturity only when a man or woman can already engage in a lasting and loving relationship.*



Teachers review their lesson plans on popdev and sexuality education

Samples of shifts from “strongly disagree” to “strongly agree” that indicated their level of skills are:

- *Being able to talk openly and comfortably about their relationships with parents, siblings, and teachers;*
- *Being able to help the environment by educating people about the effects of population growth; and*
- *In practicing the Basal body temperature method, keep in mind that a woman’s body temperature is higher when she is ovulating and she can get pregnant on the first three days of high temperature.*

In terms of behavior, some students would “very unlikely” practice either artificial or natural family planning method at their age now but would “more likely” use natural family planning methods rather than artificial ones. Also, pre- and post-assessments found students’ “strong agreement” on “education as an investment,” the “disadvantages of rapid population growth,” and “one’s responsibility for others as stewards of resources.”

With these findings, the researchers recommended the following:

- *The continued integration of popdev and RH education in secondary schools;*
- *The strong involvement of parents in the education of their children, especially with regard to the development and practice of responsible sexual behaviors and personal decision making so as to avoid conflict between parents and teachers;*
- *The continued education of parents and other adult family members so they can confidently address questions and concerns of young people on reproductive health and sexuality;*
- *Conduct of an extensive and long-term research on both students and teachers to determine progressive changes in knowledge, skills, and attitudes, particularly for teachers as these affect how they integrate popdev and RH education in their lesson plans; and*
- *A longitudinal study from the start of the intervention to determine impact on long-term decisions of students related to sexual activities, sexual partners, and*



Ma'am Fely receives the results of the study on teaching sexuality education in Catholic schools from Fr. Albert Alejo of the Ateneo de Zamboanga

Ma'am Fely's Legacy

An Inclusive, Consensual Engagement

In 2005, Felicitas C. Rixhon was selected to be PCPD's executive director largely because of her management capability and experience.

"I had no doubt I can manage a grant-making foundation since I had the skills and the experience to do it. But my knowledge about population and development was very basic. I had to work double time to study what it was all about and understand the issues arising from it," she says.

A decade later, she is leaving PCPD with a legacy of innovations, accomplishments, and relationships that have enhanced how the foundation does its work and connects with its constituency.

Rixhon cites many highlights in her 10 years with PCPD. Easily one of these is the process of crafting the Population and Development Education Modules for Catholic Schools and its eventual use by government and civil society organizations that are into sexuality education for young people.

"The idea for the book came about in a forum on popdev education with Catholic educators. There was a clamor from them to have a reference material they could use in teaching popdev and human sexuality. After the book came about, we asked Knowledge Channel to translate it into videos so we now have the KwentongKartero series shown in Knowledge Channel and in public schools that are its partners. We also introduced the book to Popcom and it is now using it in their training on popdev and adolescent health education. It is widely used by teachers in public schools, especially in the regions," she explains.

Another accomplishment for Rixhon is PCPD's ability to work with all groups, regardless of ideological or religious inclination. She terms it as "the inclusive, consensual, and collaborative nature of PCPD's engagement" with its partners. Thus, it has supported projects of Catholic organizations that promote the practice of natural family planning as well as projects of progressive groups that

motivate couples to use modern contraceptive methods. In this case, the bottom line for PCPD is to support projects that are able to implement more effective strategies in family planning.

Rixhon also cites research as one area that PCPD has made a dent.

“Few organizations are into research. We were able to fund studies that produced relevant and evidence-based information that can be used as bases for policies,” she adds.

Despite this, she rues that PCPD has not been able to communicate what it has been doing to the public.

“We have always been coy and are not very forward in sharing the lessons we learned from the projects we support. We only provide the data. We leave it to people to make conclusions or to craft the messages that can be culled from them,” she says.

One gap that stands out for her refers to popdev and family planning.

“The relationship between family planning and popdev, why family planning is part of popdev, has still not been surfaced fully. The connection is not yet clear why the decision of a family with regard to the size of its family has consequences to the quality of life the family will have in the future, or to the development of its community and the country. PCPD has to calibrate this message and find a way to communicate it in simpler terms,” she adds.

The legacies of her 10-year leadership, notwithstanding, she realizes that this is but one of the many challenges she is leaving behind. PCPD will continue to evolve and new ways of achieving its mission will be found. She hopes that her achievements will help point the way and serve as a building block to a better and more meaningful engagement with the people and sectors whose lives it touches.



A light moment between PCPD Board member Dr. Esperanza Cabral and Ma'am Fely

“A Grateful Heart”

Dear Colleagues, Partners, and Friends:

It’s been a few months since my retirement from professional work. It covered a span of almost five decades, 10 years of which were spent in PCPD. Throughout those 10 years, and in fact, throughout my life, I have subscribed to the golden rule – do unto others as you would have them do unto you. My actions have been shaped by the belief that life has meaning if it’s lived with and for others. A spiritual, yet rational, approach to practicing one’s belief that has been the legacy of my late husband, a laicized priest who continued to be active in Church-related issues and activities, even after receiving a “walking paper” from the church hierarchy.

I was fortunate that my belief found reinforcement in my professional work, and vice-versa. This was reflected in the engagement that PCPD had with our partners and grantees – with you. I have always believed that you are the ones who have the in-depth knowledge and understanding of the problems in the communities and the sectors where you operate. I have always trusted in your ability and deep sense of responsibility to come up with relevant projects that would respond to these problems. For me, you personify dedication, compassion, and unselfishness. You are imbued with a passion for improving the lives of people, especially the disadvantaged and marginalized ones who have as much right as anyone to live a better quality of life.

Our joint undertakings exemplified what it means to work together to meet shared objectives. For PCPD, those 10 years also showed that we could work with a diverse range of partners of various political, ideological, even religious persuasions. Beyond this, what matters to us are the merits of your interventions and your dedication and commitment, innovation, and professionalism in carrying them out.

As I reflect on those 10 years, I’m again reminded what an honor and privilege it is to have known you and to have worked with you. It was a time well spent, with a few disappointments and frustrations, but a happy time. Thank you for these happy memories that I’m taking with me. Thank you for the opportunities of allowing me to live a life of meaning. Thank you for your trust and friendship. I am indeed grateful and will hold all these in my heart!

Sincerely,

Felicitas C. Rios



Ma'am Fely with the PCPD staff

Getting to Know the New Executive Director

For Dr. Jonathan Flavier, being appointed the new PCPD executive director means a change in mindset.

Although he has a wealth of experience supervising civil society organizations throughout his career, this time he's managing a grant-giving foundation. "*Dati taga-hingi lang ako, ngayon taga-bigay na ng konti,*" he explains the change in mindset.

This also explains why one of his priorities is to maximize the use of PCPD's financial resources, starting with its trust funds, which he thinks are "accumulating too slowly."

"My impression coming in from the outside is that our portfolio of giving is not that considerable compared with two decades ago. While we have assets, the level of giving we have issued out seems to be contracting," he notes.

"The challenge is to be a more significant development partner," Flavier adds. "Beyond just giving grants, we may be able to support social enterprises where part of the grants generates income for our partners and even for PCPD. Optimistically, if we're able to develop enough models with proven success in generating profits, the Board (of Trustees) may allow part of the trust funds to be used for this."

"We need to take advantage of opportunities and tap funds available from outside sources. There is plenty of room to tie up with other donors so PCPD as a fund giver itself will be able to support bigger projects with more impact," he notes.

Unmet need

Impact is especially important when it comes to the implementation of the Responsible Parenthood and Reproductive Health Law, one of PCPD's key programs.

"The goal of the RPRH Law is to respond to the unmet need, especially of poor women and poor couples, for family planning services and information so they'll be able to achieve their desired family size. The type of projects PCPD will support will then have to address this unmet need," he adds.



Dr. Flavier with colleagues advocating for male involvement in reproductive health concerns

“Family planning is one way that popdev can link with the RPRH Law. Popdev is a macro issue. At the micro level, it can be translated at the level of the family, or the household. The goal of popdev is to enable families to have a better life. Many studies here and abroad point out that smaller family size is better for the family in terms of income, education, health and nutrition,” he explains.

Natural allies

“PCPD will continue to build a network of like-minded, cooperating friends. At best, it can take the lead in advancing cutting-edge issues, just like what it did in promoting the popdev modules,” he says.

By way of a back story, the Population and Development Education Teaching Modules was originally intended for Catholic schools. It did not push through because the leaders of the association of Catholic schools did not endorse it. They perceived the modules as teaching sexuality education, a controversial topic that educators and teachers were reluctant to tackle at that time, and especially Catholic schools.

This did not deter PCPD from promoting the modules to other groups, including government agencies such as the Commission on Population, civil society organizations, faith-based organizations, youth groups, and formal and nonformal educational institutions. They integrated the popdev, human sexuality, and responsible modules into their own action plans, curriculums, and family development sessions, in the case of Popcom. In the process, these partners became natural allies of PCPD that it can tap to advance and support popdev initiatives.

Maintaining relationships

Another priority for Flavier is to improve building management since this PCPD property is another source of funds for the foundation.

“We can ask our own Board members who have the skills and expertise in property management to help us here. We can get tutorials from them and learn how we can have a more productive property that will also be able to satisfy our tenants,” he explains.

Flavier is also mindful of the relationships he will be keeping in the course of his stint as PCPD executive director.

“We have a strong and very active Board. Thanks to Ma’am Fely (Rixhon, former PCPD executive director), we have a harmonious relationship with them, which we will continue to maintain,” he says.

When asked what kind of leader he will be to the staff, Flavier describes himself as “conscientious and nurturing.” He is often interested in details, which according to him, his former staff interpreted as him being “strict and rigid.”

“I encourage equity. *Naging staff din naman ako. Naranasan ko na ikaw ang gumagawa ng trabaho pero pag conference na, boss ang pupunta.* I encourage the staff to take advantage of opportunities, go out of the office, and study short courses. Sometimes, we tend to forget that part of the satisfaction (one gets in her/his job) is continuing education,” he says.

His nurturing trait extends to partners. “With the technical assistance that PCPD gives to partners, the assumption is that they become better organizations. But do they also nurture their officers and give them a chance to develop themselves? This is something we should look into in our engagement with our partners,” he adds.

Flavier knows the direction where he will take PCPD. “We will continue to do what we’re doing and do them better,” he says, a promise, a challenge, even a marching order to the staff in the days ahead.



Dr. Flavier with Department of Social Welfare and Development Secretary Dinky Soliman

Managing Finances

PCPD's income is from its trust fund and rental earnings from leasing parts of its building. The market value of the trust fund increased from PhP 192 million in 2013 to PhP203 million in 2014. Its rental income also increased by 11 percent, from PhP 35 million to PhP 39 million, for the same period.

In 2014, PCPD spent P19 million for programs, which covered grants to 22 partners and expenses related to its grant giving activities.

Annex A lists the projects that are being supported by PCPD by year end.

**Annex A - PCPD's Ongoing Projects
As of December 2014**

GRANTEE	PROJECT TITLE
Knowledge Channel	Population and Development (Popdev) Educational Multimedia Content Development
Community and Family Services International	<i>Hawak Kamay</i> : Family-Centered Approach in Addressing the Reproductive Health Needs of the Youth in Pasay City
Ateneo de Zamboanga-Social Development Office	“Listening to Our Teachers, Parents, and Students;” An Exploratory Study of the Views, Attitudes and Practices of Faculty, Staff, and Parents of Catholic High Schools on Reproductive Health, Responsible Parenthood, and Sexuality Education
Foundation for Adolescent Development	Care to Teach: Training NSTP Educators of 5 FAD Partner Universities on Adolescent Reproductive Health Using and Promoting POPDEVED Teaching Manual: A Pilot
Interfaith Partnership for the Promotion of Responsible Parenthood (IPPRP)	Phase 2 of the Youth Ventures Project: YV Peer Educators Reaching Out to Young People of various Churches in Antipolo City
Probe Media Foundation	MulatPinoy/Kabataan News Network: Enhancing Youth Expressions on POPDEV Issues, Including Sexual and Reproductive Health and Rights (SRHR) Through Online and Offline Strategies
University of San Carlos-Office of Population Studies (USC-OPS)	Scholarship Program for the Certificate Course on Popdev
Likhaan Center for Women's Health	Developing Standards on Comprehensive Sexuality Education for Use by the Department of Education, Private Schools and NGOs
Trinity University of Asia (TUA)	Engaging the Youth on Community-Based Population Education and Human Sexuality toward Environmental Sustainability in Riverine Communities
Roots of Health (Ugat ng Kalusugan)	Poverty Reduction through Empowerment and Service Delivery in Palawan



GRANTEE	PROJECT TITLE
Philippine Council of Evangelical Churches (PCEC)	Development of a Premarital Counseling Manual for Marriage Counselors and Ministers Officiating Marriage
Archdiocese of Cagayan de Oro (ACDO)	Strengthening the NFP program in the Diocese of MOBUCA for IFI, Higaonon Community of Taglimao, and Muslim Community of Balulang
Society for Family Development and Education of the Philippines (SOFDEPI)	Developing a Resource Material on Pre-Marital Counseling for Muslim Religious Leaders
HELP International Ministries, with Shiprah Birthing Home	Homecare Breastfeeding and Reproductive Health Care Implementation
Democratic Socialist Women of the Philippines (DSWP)	Responding to Expressed Needs for Reproductive Health Information and Services of Poorest Women and Youth of Payatas B in Quezon City
Manila Observatory/ USC-OPS	GIS-Based Climate Change Vulnerability and Adaptation and Risk Assessments for Metro Cebu
Dr. Marilen Danguilan	A Book Documenting the Evolution of the Country's Population Policy – from Population Control to Reproductive Health
Philippine Social Science Council (PSSC)	Fellowship Program on Population and Development
Commission on Population Region 1	Training on POPDEVED Integration
USC-OPS	Cebu: A Socioeconomic and Demographic Profile Based on the 2010 Census

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