AREA IV

SUPPORT TO STUDENTS

S.3.1. R.A. 9262 or Anti Violence Against Women and Children Act;

S. No. 2723 H. Nos. 5516 and 6054 / 100 OG No. 26, 4037 (June 28, 2004) ; Times 3/12/04 ; Today 3/12/04 ; 18 VLD 2d 287

[REPUBLIC ACT NO. 9262, March 08, 2004]

AN ACT DEFINING VIOLENCE AGAINST WOMEN AND THEIR CHILDREN, PROVIDING FOR PROTECTIVE MEASURES FOR VICTIMS, PRESCRIBING PENALTIES THEREFORE, AND FOR OTHER PURPOSES

Be it enacted by the Senate and House of Representatives of the Philippines in Congress assembled:

SECTION 1. *Short Title.*— This Act shall be known as the "Anti-Violence Against Women and Their Children Act of 2004".

SEC. 2. *Declaration of Policy.*— It is hereby declared that the State values the dignity of women and children and guarantees full respect for human rights. The State also recognizes the need to protect the family and its members particularly women and children, from violence and threats to their personal safety and security.

Towards this end, the State shall exert efforts to address violence committed against women and children in keeping with the fundamental freedoms guaranteed under the Constitution and the Provisions of the Universal Declaration of Human Rights, the convention on the Elimination of all forms of discrimination Against Women, Convention on the Rights of the Child and other international human rights instruments of which the Philippines is a party.

SEC. 3. *Definition of Terms.*— As used in this Act,

a. *"Violence against women and their children"* refers to any act or a series of acts committed by any person against a woman who is his wife, former wife, or against a woman with whom the person has or had a sexual or dating relationship, or with whom he has a common child, or against her child whether legitimate or illegitimate, within or without the family abode, which result in or is likely to result in physical, sexual, psychological harm or suffering, or economic abuse including threats of such acts, battery, assault, coercion, harrasment or arbitrary deprivation of liberty. It includes, but is not limited to, the following acts:

   A. "*Physical Violence*" refers to acts that include bodily or physical harm;
   B. "*Sexual violence*" refers to an act which is sexual in nature, committed against a woman or her child. It includes, but is not limited to:

      a. rap, sexual harassment, acts of lasciviousness, treating a woman or her child as a sex object, making demeaning and sexually suggestive remarks, physically attacking the sexual parts of the victim's body, forcing her/him to watch obscene publications and indecent shows or forcing the woman or her child to do indecent acts and/or make films thereof, forcing the wife and mistress/lover to live in the conjugal home or sleep together in the same room with the abuser;

SEC. 46. *Implementing Rules and Regulations.* — Within six (6) months from the approval of this Act, the DOJ, the NCRFW, the DSWD, the DILG, the DOH, and the PNP, and three (3) representatives from NGOs to be identified by the NCRFW, shall promulgate the Implementing Rules and Regulations (IRR) of this Act.

SEC. 47. *Suppletory Application.* — For purposes of this Act, the Revised Penal Code and other applicable laws, shall have suppletory application.

SEC. 48. *Separability Clause.* — If any section or provision of this Act is held unconstitutional or invalid, the other sections or provisions shall not be affected.

SEC. 49. *Repealing Clause.* — All laws, Presidential decrees, executive orders and rules and regulations, or parts thereof, inconsistent with the provisions of this Act are hereby repealed or modified accordingly.

SEC. 50. *Effectivity.* — This Act shall take effect fifteen (15) days from the date of its complete publication in at least two (2) newspapers of general circulation.

Approved,

(Sgd.) FRANKLIN M. DRILON
President of the Senate

(Sgd.) JOSE DE VENECIA JR.
Speaker of the House of Representatives

This Act, which is a consolidation of Senate Bill No. 2723 and House Bill Nos. 5516 and 6054, was finally passed by the Senate and the House of Representatives on January 29, 2004 and February 2, 2004, respectively.

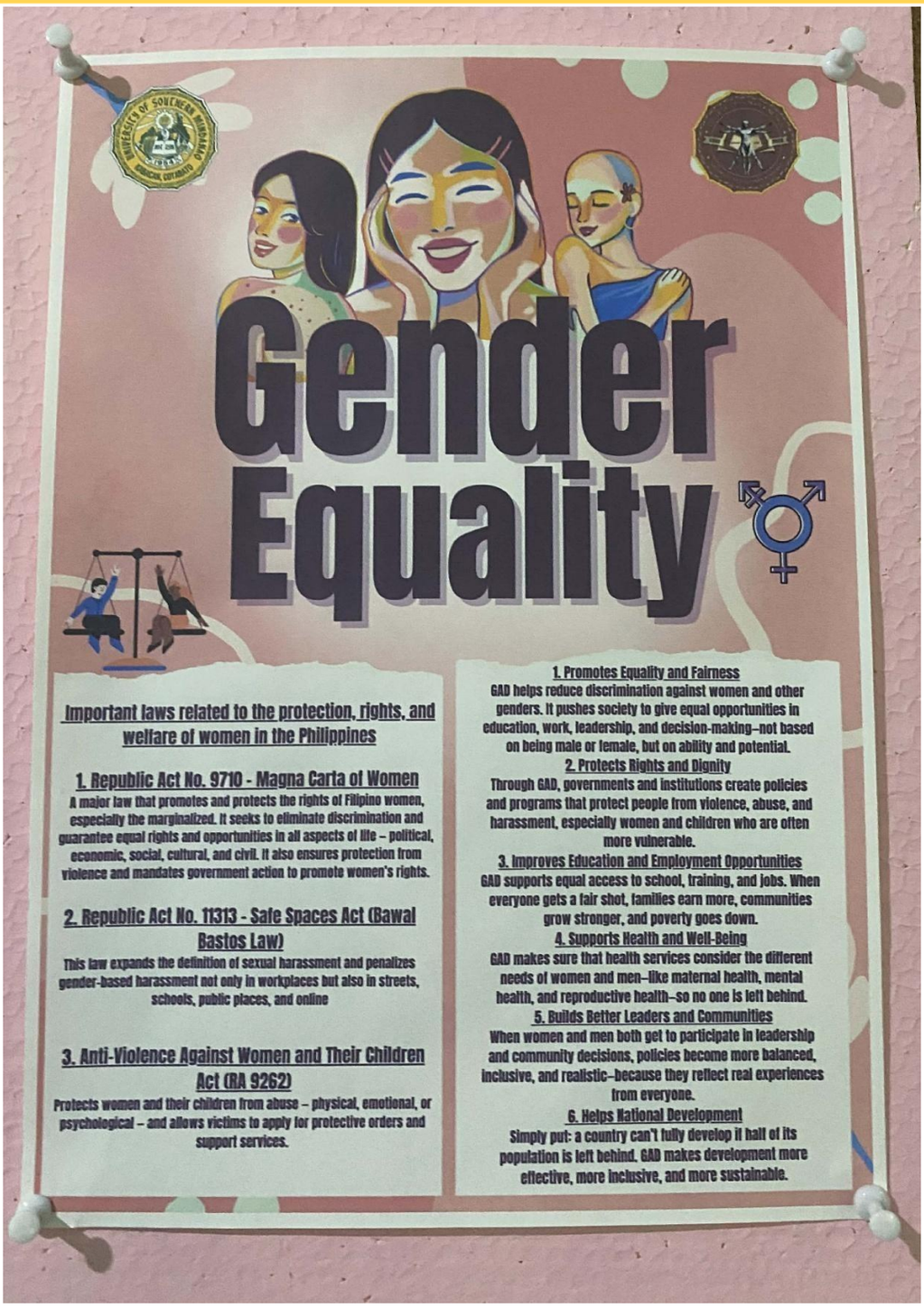
(Sgd.) OSCAR G. YABES
Secretary of the Senate

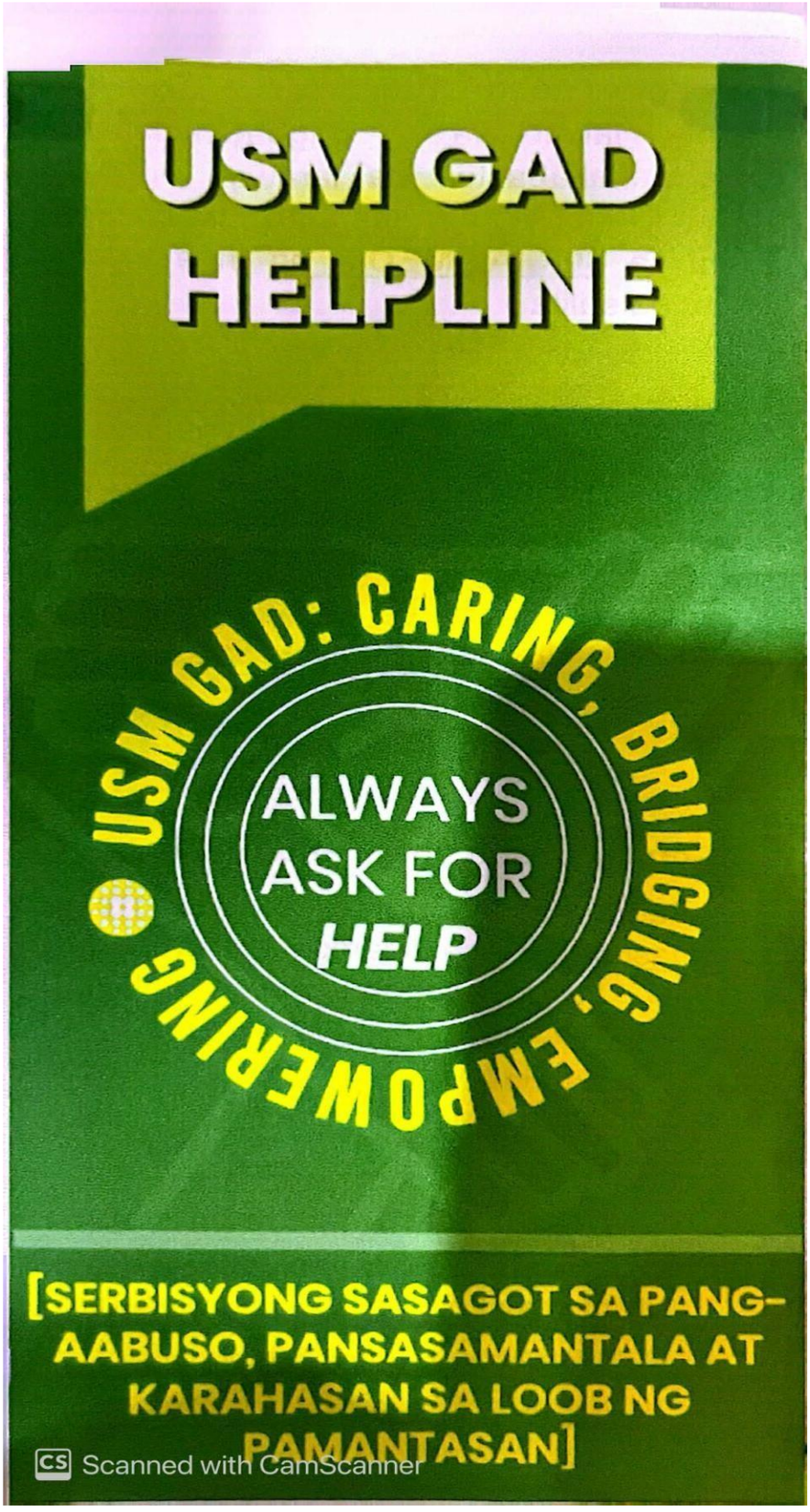
(Sgd.) ROBERTO P. NAZARENO
Secretary General House of Representatives

Approved: MAR 08 2004

(Sgd.) GLORIA MACAPAGAL - ARROYO
President of the Philippines

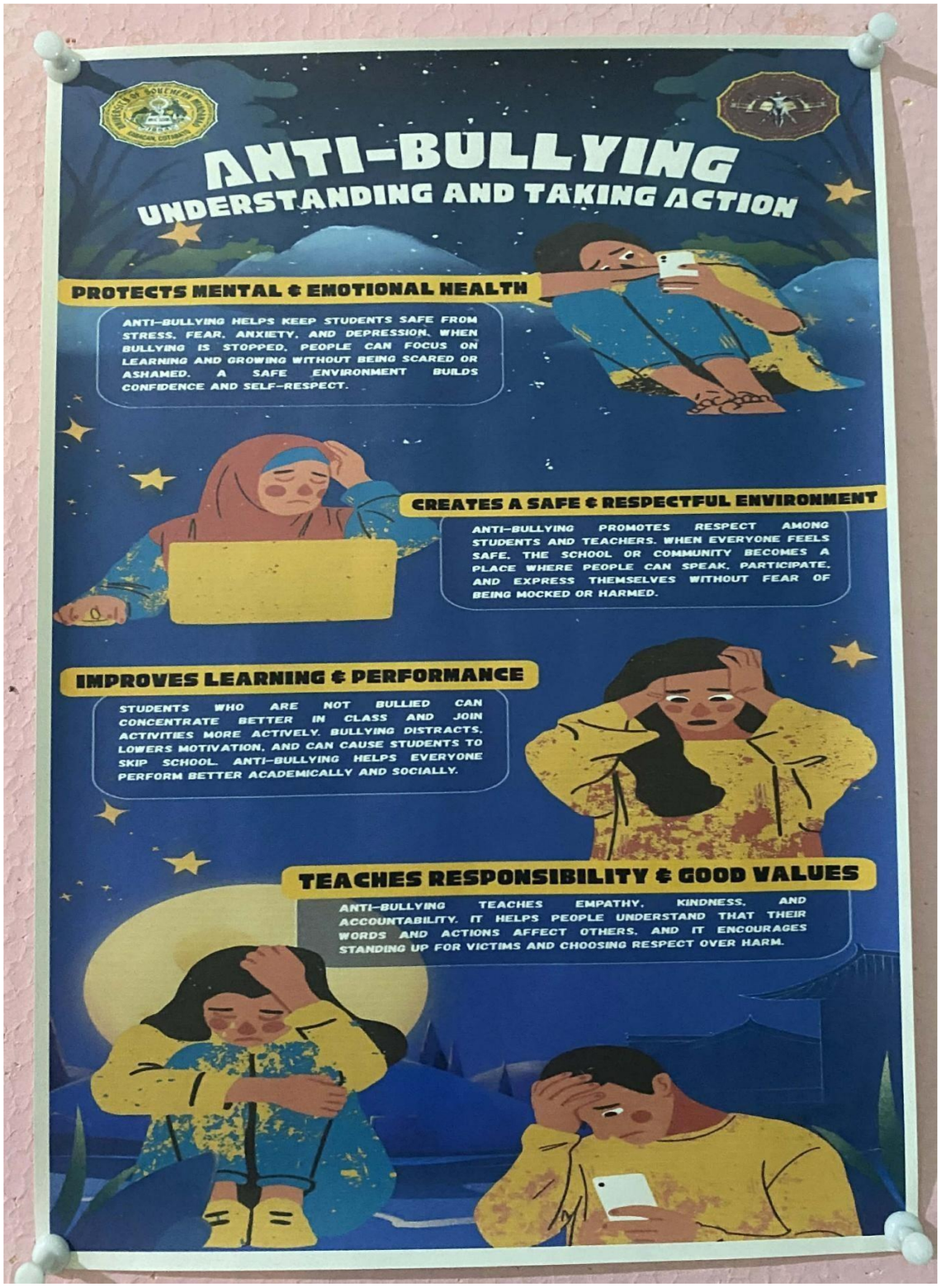
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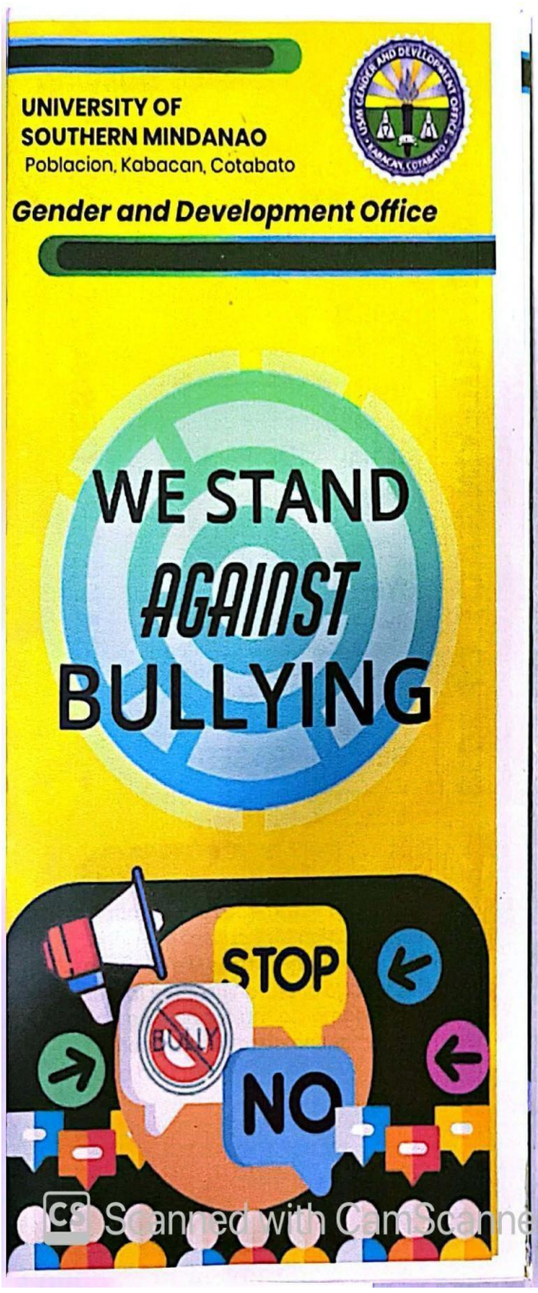

Gender Equality
Important laws related to the protection, rights, and welfare of women in the Philippines
1. Republic Act No. 9710 - Magna Carta of Women
A major law that promotes and protects the rights of Filipino women, especially the marginalized. It seeks to eliminate discrimination and guarantee equal rights and opportunities in all aspects of life – political, economic, social, cultural, and civil. It also ensures protection from violence and mandates government action to promote women's rights.
2. Republic Act No. 11313 - Safe Spaces Act (Bawal Bastos Law)
This law expands the definition of sexual harassment and penalizes gender-based harassment not only in workplaces but also in streets, schools, public places, and online
3. Anti-Violence Against Women and Their Children Act (RA 9262)
Protects women and their children from abuse – physical, emotional, or psychological – and allows victims to apply for protective orders and support services.
1. Promotes Equality and Fairness
GAD helps reduce discrimination against women and other genders. It pushes society to give equal opportunities in education, work, leadership, and decision-making–not based on being male or female, but on ability and potential.
2. Protects Rights and Dignity
Through GAD, governments and institutions create policies and programs that protect people from violence, abuse, and harassment, especially women and children who are often more vulnerable.
3. Improves Education and Employment Opportunities
GAD supports equal access to school, training, and jobs. When everyone gets a fair shot, families earn more, communities grow stronger, and poverty goes down.
4. Supports Health and Well-Being
GAD makes sure that health services consider the different needs of women and men–like maternal health, mental health, and reproductive health–so no one is left behind.
5. Builds Better Leaders and Communities
When women and men both get to participate in leadership and community decisions, policies become more balanced, inclusive, and realistic–because they reflect real experiences from everyone.
6. Helps National Development
Simply put: a country can't fully develop if half of its population is left behind. GAD makes development more effective, more inclusive, and more sustainable.

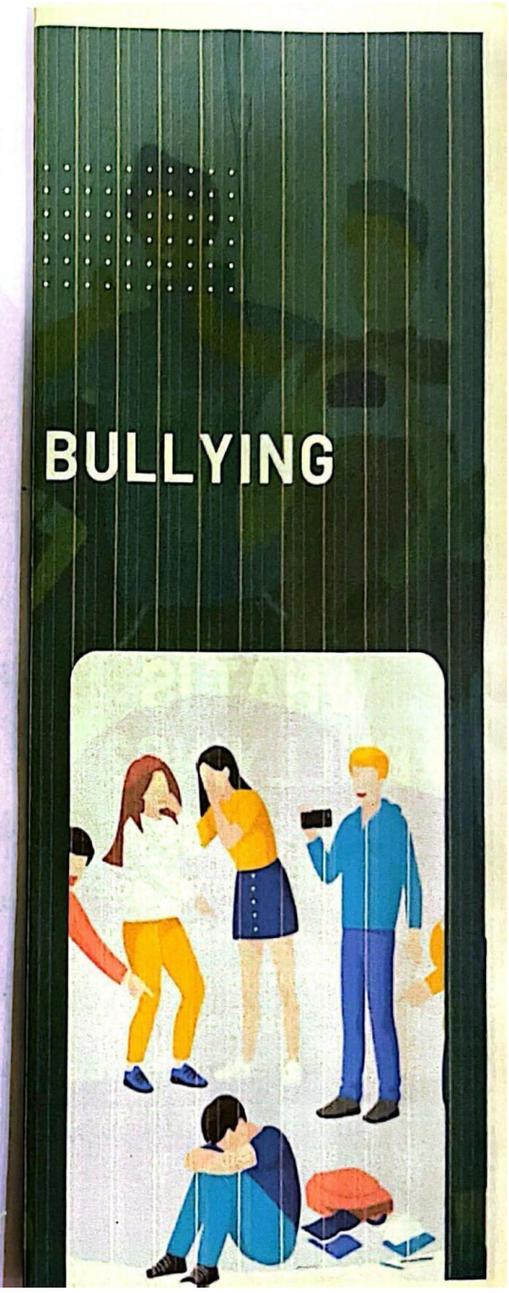


SUPPORT TO STUDENTS

S.3.2. Anti-Bullying Act;



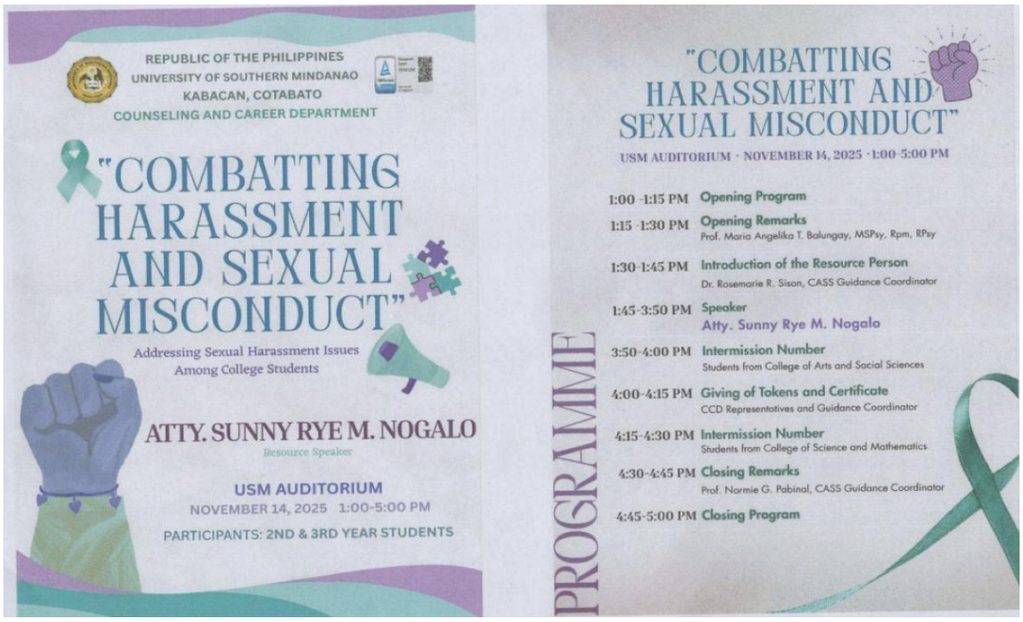

UNIVERSITY OF
SOUTHERN MINDANAO
Poblacion, Kabacan, Cotabato
Gender and Development Office
WE STAND
AGAINST
BULLYING
STOP
BULLY
NO
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BULLYING

S.3.3. Guidelines on drug abuse prevention and control;



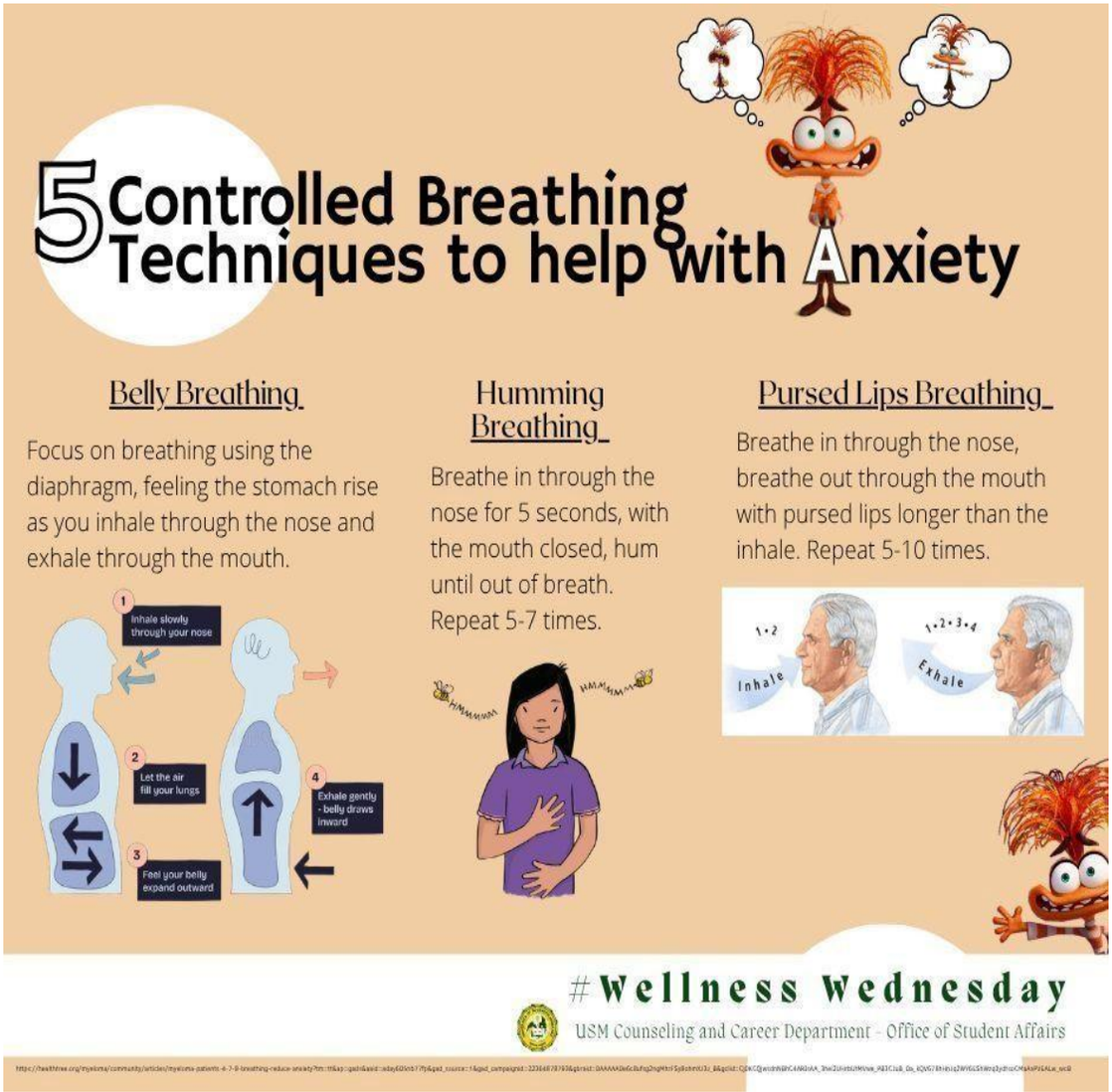
S.3.4. R.A. 7877 or the Anti-Sexual Harassment Act of 1995;

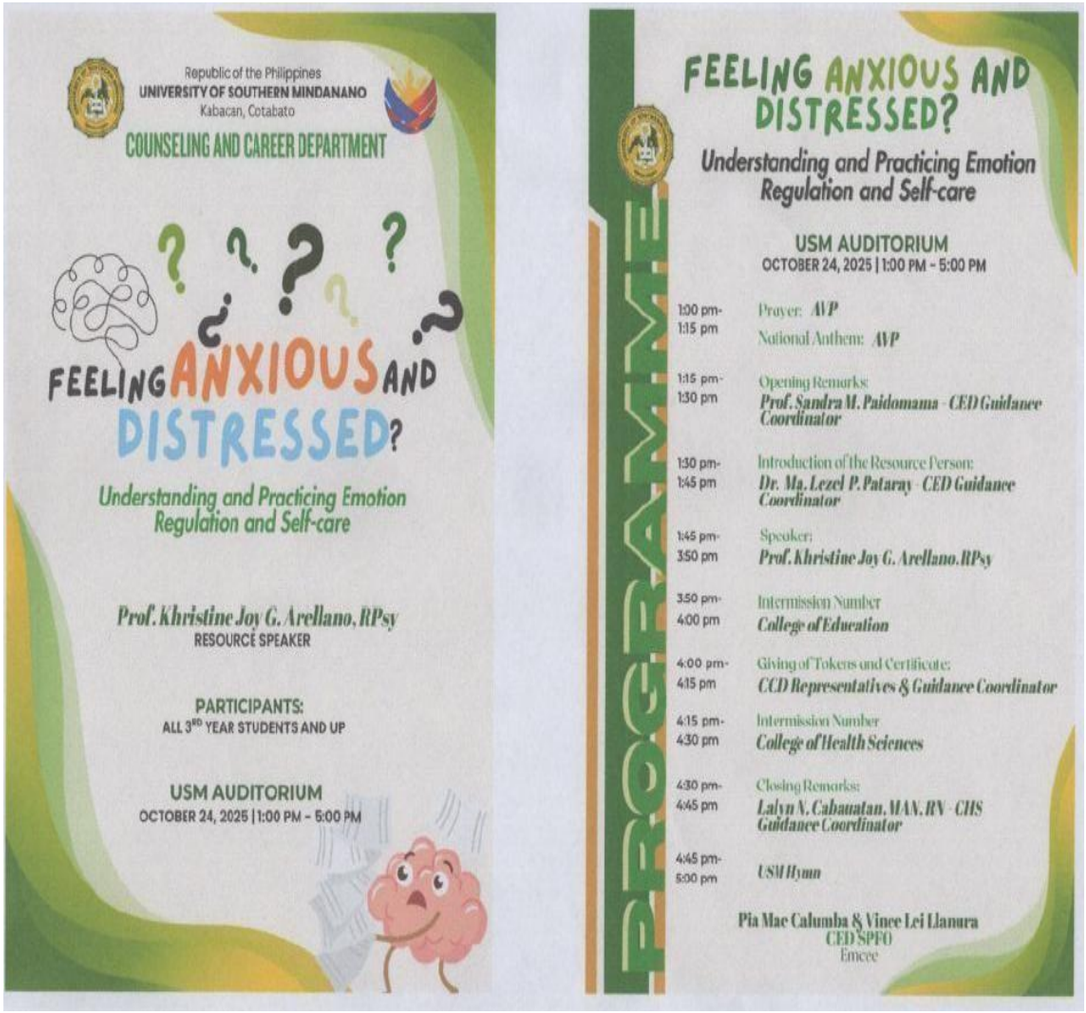


S.3.5. HIV AIDS awareness;



S.3.6. Self-care and healthy lifestyles; and



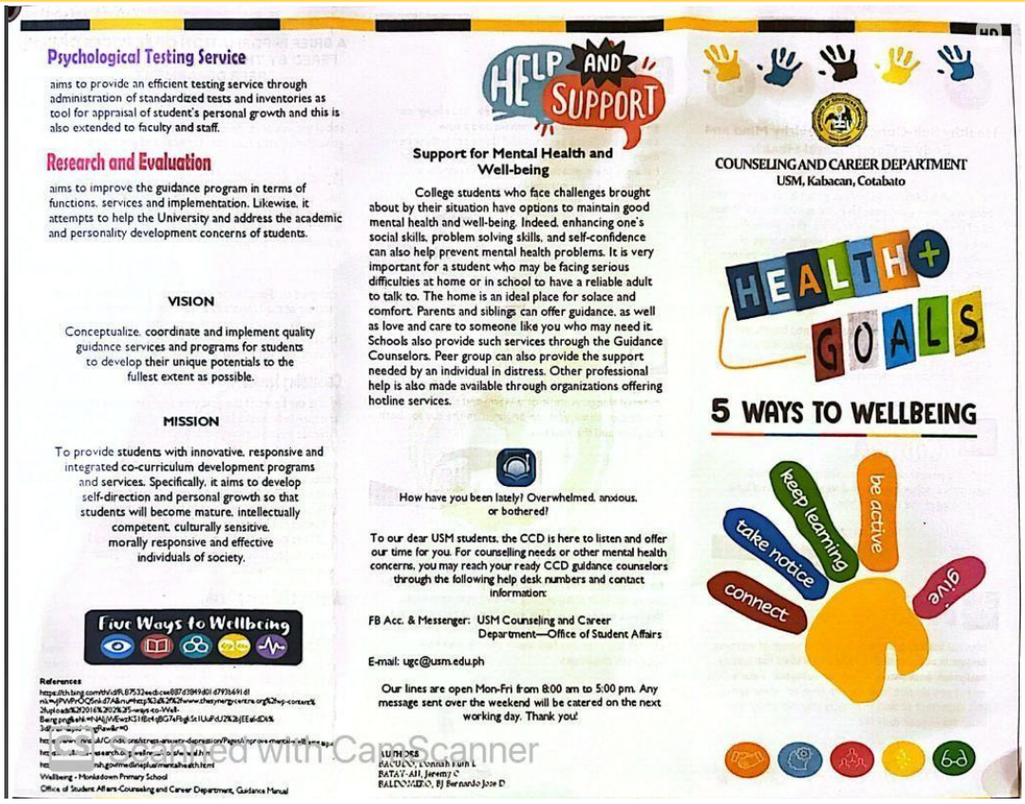

Republic of the Philippines
UNIVERSITY OF SOUTHERN MINDANANO
Kabacan, Cotabato
COUNSELING AND CAREER DEPARTMENT
FEELING ANXIOUS AND DISTRESSED?
Understanding and Practicing Emotion Regulation and Self-care
Prof. Khristine Joy G. Arellano, RPsy
RESOURCE SPEAKER
PARTICIPANTS:
ALL 3RD YEAR STUDENTS AND UP
USM AUDITORIUM
OCTOBER 24, 2025 | 1:00 PM - 5:00 PM
PROGRAMME
FEELING ANXIOUS AND DISTRESSED?
Understanding and Practicing Emotion Regulation and Self-care
USM AUDITORIUM
OCTOBER 24, 2025 | 1:00 PM - 5:00 PM
1:00 pm - 1:15 pm Prayer: AVP
National Anthem: AVP
1:15 pm - 1:30 pm Opening Remarks: Prof. Sandra M. Paidomama - CED Guidance Coordinator
1:30 pm - 1:45 pm Introduction of the Resource Person: Dr. Ma. Lezel P. Pataray - CED Guidance Coordinator
1:45 pm - 3:50 pm Speaker: Prof. Khristine Joy G. Arellano, RPsy
3:50 pm - 4:00 pm Intermission Number College of Education
4:00 pm - 4:15 pm Giving of Tokens and Certificate: CED Representatives & Guidance Coordinator
4:15 pm - 4:30 pm Intermission Number College of Health Sciences
4:30 pm - 4:45 pm Closing Remarks: Lalyn N. Cabauatan, MAN, RN - CHS Guidance Coordinator
4:45 pm - 5:00 pm USM Hymn
Pia Mae Calumba & Vince Lei Llanura
CED SPFO
Emcee


A Wise Mind
ACCEPTS
Activities
A wise mind accepts what we are doing in the present moment. Instead of rushing or resisting tasks, it stays fully engaged, understanding that each activity has value in shaping discipline, growth, and meaning.
Contributing
It recognizes and accepts both our efforts and limitations. A wise mind understands that contributing whether big or small matters, and it does not belittle its own role or envy the role of others.
Comparisons
A wise mind accepts comparisons with others as a natural part of human perception, but without letting them create self-criticism or envy. Instead of seeing comparisons as a threat, a wise mind uses them as a reflective tool to understand personal strengths and areas for improvement. Accepting comparison means recognizing diversity in experiences and abilities, appreciating that everyone has a unique path. This balanced perspective reduces feelings of inadequacy and promotes growth, self-awareness, and realistic goal-setting.
Emotions
A wise mind accepts emotions by allowing them to arise naturally without judgment, suppression, or over-identification. Emotions whether joy, sadness, anger, or fear are signals that convey information about our needs, values, and environment. By accepting them, a person can process feelings constructively, responding thoughtfully rather than being controlled by them.
Pushing away
Accepting the act of pushing away involves understanding that setting boundaries is a necessary and healthy response to protect mental, emotional, and physical well-being. A wise mind does not feel guilty for distancing itself from toxic influences, harmful habits, or overwhelming situations.
Thoughts
Accepting thoughts means acknowledging that the mind produces a constant stream of ideas, opinions, and mental images, some useful and some distracting. A wise mind observes these thoughts without automatically believing them or reacting impulsively.
Sensations
A wise mind accepts bodily sensations by being fully aware of physical experiences without judgment. Sensations such as tension, pain, fatigue, or excitement are recognized as natural signals from the body that inform us about our health, environment, and needs. It conscious acknowledgment, allowing one to respond appropriately whether through rest, movement, or mindful attention.


GUIDANCE CORNER
GUIDANCE CORNER
Guidance Counselor
"A Safe Space for Every Mind and Heart"
What Is the Guidance Corner?
A welcoming space to reflect, manage emotions, and seek support.
Today's Thought :
"You don't have to be perfect to be worthy."
Small steps still move you forward.
Emotional Check-In:
How are you feeling today?
Happy
Calm
Stressed
Anxious
Tired
Motivated
It's okay to feel what you feel.
Coping Tips of the Week
Take 5 deep breaths
Move your body
Talk to someone you trust
Write your thoughts down
Take breaks when needed.
Need Help?
You are not alone.
Visit the Guidance Office
Talk to a teacher or counselor
Reach out to a friend
Motivation Boost:
Believe in yourself
Progress, not perfection
You are capable
Your effort matters
Guidance Reminder
Mental health matters.
Take care of yourself.
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KABACAN, COTABATO
1964



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Psychological Testing Service

aims to provide an efficient testing service through administration of standardized tests and inventories as tool for appraisal of student's personal growth and this is also extended to faculty and staff.

Research and Evaluation

aims to improve the guidance program in terms of functions, services and implementation. Likewise, it attempts to help the University and address the academic and personality development concerns of students.

VISION

Conceptualize, coordinate and implement quality guidance services and programs for students to develop their unique potentials to the fullest extent as possible.

MISSION

To provide students with innovative, responsive and integrated co-curriculum development programs and services. Specifically, it aims to develop self-direction and personal growth so that students will become mature, intellectually competent, culturally sensitive, morally responsive and effective individuals of society.

Five Ways to Wellbeing

References
Wellbeing - Monkstown Primary School
Office of Student Affairs-Counseling and Career Department, Guidance Manual

HELP AND SUPPORT

Support for Mental Health and Well-being

College students who face challenges brought about by their situation have options to maintain good mental health and well-being. Indeed, enhancing one's social skills, problem solving skills, and self-confidence can also help prevent mental health problems. It is very important for a student who may be facing serious difficulties at home or in school to have a reliable adult to talk to. The home is an ideal place for solace and comfort. Parents and siblings can offer guidance, as well as love and care to someone like you who may need it. Schools also provide such services through the Guidance Counselors. Peer group can also provide the support needed by an individual in distress. Other professional help is also made available through organizations offering hotline services.

How have you been lately? Overwhelmed, anxious, or bothered?

To our dear USM students, the CCD is here to listen and offer our time for you. For counselling needs or other mental health concerns, you may reach your ready CCD guidance counselors through the following help desk numbers and contact information:

FB Acc. & Messenger: USM Counseling and Career Department—Office of Student Affairs

E-mail: ugc@usm.edu.ph

Our lines are open Mon-Fri from 8:00 am to 5:00 pm. Any message sent over the weekend will be catered on the next working day. Thank you!

AUTHORS
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BATAY-AH, Jeremy C
BALDOMERO, BJ Bernardo Jose D

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COUNSELING AND CAREER DEPARTMENT
USM, Kabacan, Cotabato

HEALTH+ GOALS

5 WAYS TO WELLBEING



Healthy Self-Concept + Healthy Mind and Body = Good Mental Health and Well-Being

A healthy self-concept plus a healthy mind and body are one's guarantee to good mental health. When all of these elements are in balance, then general well-being is experienced. Well-being is a state of wellness where every aspect of a person is in balance. Being well and feeling well means that there is a general sense of contentment, happiness, calmness, and peace within.

Developing one's good mental health and well-being is very important to a student like you because this serves as a strong foundation toward a happy and healthy adulthood.

Connect

with the people around you: your family, friends, classmates, schoolmates, and neighbors. Spend time developing these relationships.

Be Active

physical activity generates a positive sense of wellness. Engage in some sports or physical activity like playing basketball, badminton, biking, or volleyball. Take a walk if you do not have enough time for some sports. It is important to find an activity you can enjoy and integrate in your daily life.

Keep Learning

learning new skills or obtaining new knowledge can give you a sense of achievement and a new confidence. Some recommend doing something new every day. It can be a short program in cooking or baking, joining an acting or writing workshop, or learning to play a musical instrument.

Give to Others

giving to others is not limited to money or other material things. A smile or a warm and sincere greeting or thank you can brighten up the day for both the giver and the receiver.

Take Notice

be in the here and now, be in the present moment, be aware of what is happening around you, sensations that you experience. This awareness is also referred to as "mindfulness," and being mindful can positively change the way you feel about the life and how you approach challenges.

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A BRIEF INFORMATION OF SERVICES OFFERED BY THE COUNSELING AND CAREER DEPARMENT

The CCD assists the academic community and student related services in promoting academic and social growth of students. The Office seeks to attain its goals through the following services and programs:

Individual Student Record Service
keeps the individual student records and reports to be utilized for counselling and planning of students' educational and vocational programs and for administrative purposes.

Information Service
designed to disseminate information for the benefit and interest of the University's stakeholder which is not ordinarily provided through instructional program during the regular semester. The information is classified as educational, vocational, personal, and social.

Counseling Service
this is the heart of the guidance programs and services. It is either individual and/or group intervention designed to facilitate positive change in student behavior, feelings, and attitudes. referred and walk-in counseling is also encouraged. The service is implemented through consultation, referral, career counseling, information and follow-up. The Counseling service considers cultural differences and is gender sensitive to each unique individual student or group. Since the pandemic, the CCD has been providing online consultation and counseling to students as well as boarding house visitations to check on the students' wellbeing

Academic Follow-up Service
designed to listen to students and help them in their academic adjustments and difficulties such as absences, sequencing of subjects and failures. Students are required to come to their college guidance office and update their individual academic records every semester. A call slip is sent to student/s for consultation and/or referral purposes.

S.3.7. R.A. 9442, particularly on the provision on public ridicule and vilification against persons with disability.

