



Republic of the Philippines
Brgy.56 Taysan Council
Sangguniang Kabataan of Taysan
Taysan Legazpi City



ACTION PLAN

I. IDENTIFYING INFORMATION

Title: Hope to Cope: Workshop-Sessions for the prevention of Depression

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SDG:	Good health and Well-being
Proponents:	Sangguniang Kabataan ng Taysan in partnership with Taysan Brgy. Council, Provincial Youth Development Organization and Young Men Christian Association
Partner Organizations:	Youth Peace Ambassadors (YPA14 Action Plan)
Participants:	50 youths of Brgy. Taysan
Venue:	Taysan Multi-purpose Hall
Date and time:	August 5 2018- November 18, 2018 Every 2 nd and last Sunday of the month from 1:00 PM- 5:00 PM
Fund Source:	Sangguniang Kabataan Development Fund, Taysan Brgy. Council, Provincial Youth Development Organization and Young Men Christian Association

II. RATIONALE

According to Republic Act 8044 known as the "Youth in Nation Building Act", the state declares that "Youth" is the critical period in a person's growth and development. Furthermore, promotion and protection of the physical, moral, spiritual, intellectual and social well-being of the youth to the end that the youth realize their potential for improving the quality of life is one of the bases for the programs on Youth development. Today, depression is one of the most prevalent issues among the young ages. According to

suicide.org, teen and adolescent suicides have continued to rise dramatically in recent years. It is the third-leading cause of death for young people ages 15 to 24 and about 20 percent of all-teens experience depression before they reach adulthood.

As a leading youth organization of Barangay Taysan, it is deemed to be the responsibility of Sangguniang Kabataan of Taysan to take an action in preventing the prevalence on the issue of depression among young ages. In connection with the foregoing, the said organization identified the need of conducting a project to help the young ages cope with their stress as well as to lead them towards self-development.

III. GENERAL OBJECTIVES

- At the end of the project, the youths have understand the context of depression and gained the essential ways in handling stress.

SPECIFIC OBJECTIVES: at the end of the project, the youths are expected

- to comprehend the concept of depression
- to identify the ways in coping with stress
- to build harmonious relationship with other youths
- to identify the group as a means of coping mechanism against stress
- to have a sense of understanding towards themselves
- to boost their self-esteem
- to inculcate in mind the importance of socialization with others

IV. PROJECT DESCRIPTION

The project aims the youth to understand the context of depression and gained the essential ways in in handling stress. This project will be using two modes in its implementation. One is through virtual activity. The SK Council will be creating a Facebook page which will be used for posting and sharing motivational and inspirational quotes about depression. More so, the page allows the readers to comment, suggest or recommend about their opinions. On the other hand, personality development activities will be using as another mode to implement the project. This will consist of using program media that are related to the development of the participant’s personality. Furthermore, the program media consist of activities that build good relationship and communication with other participants. The participants came from different sitios of the barangay. These activities will be facilitated by the SK Council of Brgy. Taysan and volunteers.

V. ACTIVITIES

Activities	Expected Output	Personnel Involved
Personality Development activities	The participants understands their dynamic self	➤ Sangguniang Kabataan Council/ volunteers
Sharing of motivational/inspirational quotes about depression in Facebook page	The youths of Brgy. Taysan motivated and understand the concept of depression	➤ Sangguniang Kabataan Council
Discussion about the concept of depression	The youths of Brgy. Taysan understand the concept of depression	➤ Sangguniang Kabataan Council and Resource Speaker

FLOW OF ACTIVITIES FOR THE PERSONALLITY DEVELOPMENT ACTIVITIES

DATE/ TIME	Activities	Person in Charge
September 2, 2018 1:00 PM- 5:00 PM	<ul style="list-style-type: none"> ➤ Expectation setting ➤ Introduction of participants ➤ Goal Setting ➤ First activity: "getting to know you" ➤ Wrap-up of the activity/reflection 	<ul style="list-style-type: none"> ➤ Sangguniang Kabataan Council/ volunteers
September 16, 2018 1:00 PM- 5:00 PM	<ul style="list-style-type: none"> ➤ Discussion of the concept of depression ➤ Second activity: "self-esteem booster" ➤ Wrap-up of the activity/reflection 	<ul style="list-style-type: none"> ➤ Sangguniang Kabataan Council/ volunteers ➤ Resource person
October 7, 2018 1:00 PM- 5:00 PM	<ul style="list-style-type: none"> ➤ Sharing of experiences/ "kamustahan" ➤ Third activity: "self-esteem booster" ➤ Wrap-up of the activity/reflection 	<ul style="list-style-type: none"> ➤ Sangguniang Kabataan Council/ volunteers
October 21, 2018 1:00 PM- 5:00 PM	<ul style="list-style-type: none"> ➤ Sharing of experiences/ "kamustahan" ➤ Fourth activity: "fostering socialization skills" ➤ Wrap-up of the activity/reflection 	<ul style="list-style-type: none"> ➤ Sangguniang Kabataan Council/ volunteers
November 4, 2018 1:00 PM- 5:00 PM	<ul style="list-style-type: none"> ➤ Sharing of experiences/ "kamustahan" ➤ Fifth activity: "fostering socialization skills" ➤ Wrap-up of the activity/reflection 	<ul style="list-style-type: none"> ➤ Sangguniang Kabataan Council/ volunteers
November 18, 2018 1:00 PM- 5:00 PM	<ul style="list-style-type: none"> ➤ Sharing of experiences/ "kamustahan" ➤ Sixth activity: "How to cope with stress" ➤ Wrap-up of the activity/reflection 	<ul style="list-style-type: none"> ➤ Sangguniang Kabataan Council/ volunteers ➤ Resource Speaker
December 2, 2018 1:00 PM- 5:00 PM	<ul style="list-style-type: none"> ➤ Sharing of experiences/ "kamustahan" ➤ Seventh activity: "Team Building activity" ➤ Wrap-up of the activity/reflection 	<ul style="list-style-type: none"> ➤ Sangguniang Kabataan Council/ volunteers

VI. FUNDING REQUIREMENTS

Particular	Price	Quantity	Amount
Bond papers	Php150.00	1	Php150.00
Marking pens	Php20.00	5	Php100.00
Assorted colored papers	Php200.00	1	Php200.00
Tapes	Php20.00	10	Php200.00
Resource Speaker Honorarium	Php1,000.00	2	Php2,000.00
Snacks	Php20.00(participants) Php20.00(facilitators) Php50.00 (resource speaker)	50 x 8 15 2	Php8,000.00 Php300.00 Php100.00
TOTAL:			Php11,250.00
Contingency Fund (10%)			Php1,125.00
TOTAL:			Php12,375.00

V. POTENTIAL CHALLENGES

- a. Difficult to focus to the group work activities.
- b. Distractions around the venue.
- c. Not mature or open minded to adapt crucial learnings or information.

VI. INDICATORS OF SUCCESS

- a. The personality of the participants were improved.
- b. Every participants has built relationships with others.
- c. The participants have boosted their self-esteem
- d. The participants have clearly understand the concept of depression.
- e. The participants have identified the coping mechanism in handling stress.
- f. The participants have ventilated their feelings and shared their experiences.