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OSS NSPIRE

(OSS Newsletter for Student Programs, Initiatives, and Recent Engagements)



Commitment to Service: Strengthening Leadership and Well-Being



Featured Student Organization: Junior Marketing Association

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Organization: De La Salle
University-Dasmariñas
Junior Marketing
Association (DLSU-D JMA)**

School Counselors Circle of the Philippines Hosts 22nd Annual Convention

Day 1 Highlights



SWC College and High School Counselors gather for SCCP's 22nd Convention.

The School Counselors Circle of the Philippines, in partnership with the Educational Counselors and Psychologists, successfully hosted its 22nd Annual Convention at Bayview Park Hotel Manila on December 4 to 5, 2024. This year's convention embraced the theme: "Counselors as Change Advocates: Fostering Well-Being and Generational Engagement," emphasizing the crucial role of school counselors in bridging generational gaps and advocating for mental health and well-being.

The convention opened with an inspiring keynote address by Hon. Sherwin Gatchalian, setting the stage for two days of insightful discussions, professional development, and collaborative learning.

The first day featured a series of thought-provoking sessions covering key issues in school counseling:

- Understanding Bullying in Philippine Education: Insights and Implications through the Lens of PISA Results – Mr. Reiner Dave Zapanta, RPsy
- Updates on the Guidance and Counseling Profession – Dr. Carmen Pabiton
- SEL Design: A Progressive Skills Framework for Pre-K through Grade 12 – Ms. Brooke Fezler & Ms. Kristine Mizzone
- Bridging the Gap: Understanding and Engaging Gen Z and Alpha Learners – Ms. Therese Amita dela Cruz, RGC



Dr. Rose Marie Salazar-Clemeña, RGC, RPsy discussing Fostering Emotional Growth: SEL Strategies for School Counselors.

Day 2 Highlights

The second day continued with engaging discussions on critical counseling strategies:

- Fostering Emotional Growth: SEL Strategies for School Counselors – Dr. Rose Marie Salazar-Clemeña, RGC, RPsy
- Building Effective Partnerships: Strengthening Parent-Teacher-School Counselor Collaboration for Student Success – Dr. Aimee Guarino, RGC, RPsy
- Pathways to Recovery: Counseling Strategies for Emotional Healing – Mr. Philip Manuelson D. Arandia, MAPC, RGC

SWC Director Mr. Emerico Rasing, along with esteemed guidance counselors Ms. Dettie Panganiban, Ms. Glessie Cantada, Ms. Louela Lacsamana, Hannah Marjorie Angcao, guidance associate Jhade Jen Jacinto, psychometrician Ms. Marnil Rosaroso, representatives from De La Salle University-Dasmariñas' Center for Student Admissions, along with numerous counselors, advocates, and educators from across the country took part in the event.

The convention successfully fostered meaningful discussions, strengthened professional networks, and facilitated the sharing of best practices, all geared towards enhancing the guidance and counseling profession in the Philippines.

SWC Launches Socio-Emotional Learning (SEL) Assessment for Freshmen

The Student Wellness Center (SWC) successfully launched the Online Socio-Emotional Learning (SEL) Assessment for all freshmen from October 3 to 10, 2024. This pioneering initiative aims to assess key socio emotional skills such as growth mindset, grit, self-management, social awareness, and self-efficacy—all essential for academic success and personal development beyond the classroom.

The Role of SEL in Education

According to UNICEF Philippines' Background Paper on the Development of a Socio-Emotional Skills Assessment in the Philippines: Global and Local Agenda (2023), socio-emotional skills involve "the process through which individuals acquire and effectively apply the necessary knowledge, attitudes, and abilities to understand and regulate emotions, achieve positive goals, empathize with others, cultivate positive relationships, and make responsible decisions."

The paper also highlights that by fostering a safe and supportive learning environment, SEL plays a critical role in student success. DLSU-D has partnered with the Asian Psychological Services and Assessment Inc. (APSA) to implement the Online SEL Testing Program for its freshmen.

How the Online SEL Testing Works

The APSA Online Testing Program utilizes a supervised remote proctor model, enabling students to complete the assessment from home using their laptops, desktops, or mobile devices while being remotely monitored. This modern approach enhances efficiency, security, and accessibility, ensuring a seamless testing experience for all participants.

Overwhelming Participation and Success

The online assessment, conducted in October 2024, garnered an impressive participation rate with 2,190 freshmen (95.97%) successfully completing the survey by January 16, 2025. The data gathered will provide valuable insights into teacher-student relationships, students' sense of belonging, and their overall socio-emotional well-being.

Next Steps: Maximizing SEL Insights

SWC is currently analyzing the SEL assessment results with a comprehensive report set for release to faculty, administrators, and other stakeholders in February 2025. Guidance counselors will work closely with students to interpret their individual results to help them recognize their socio-emotional strengths and areas for development.

Beyond individual insights, the data will inform a research study on the effectiveness of SEL at the tertiary level, particularly among freshmen. This will also guide SWC in developing targeted programs and initiatives to enhance students' academic performance, emotional resilience, and career readiness.

With this initiative, DLSU-D reinforces its commitment to student well-being, creating a more supportive and enriching learning environment for all.

Vargas presents paper at LAGO 2025



*Dr. Vargas presenting the URO
Commissioned research to student leaders.*

Dr. Eric A. Vargas, Director at the Student Development and Activities Office (SDAO), presented the findings of a research paper on behalf of his co-researchers during the Leadership Advancement and Growth Orientation (LAGO) held on 24-25 January 2025 at Mountain Lake Resort, Cavinti, Laguna. About 89 student leaders from recognized student organizations participated in the said event.

Vargas' paper titled "Student Satisfaction on the Services Offered by the Office of Student Services De La Salle University-Dasmariñas, Philippines" comprehensively evaluated the services offered by the following units under OSS – SDAO, SWC, and SWAFO.

The presentation became a dynamic platform for student leaders to reflect on their experiences and voice constructive feedback. The open discussion reinforced the need for continuous enhancement of student services to ensure active support and engagement among students.

Dr. Vargas underscored the significance of research-driven insights to improve services for students. "This research serves as a foundation for refining our student services. By understanding student experiences, we can implement meaningful changes that enhance their academic journey and overall well-being."

As LAGO 2025 continues to serve as a cornerstone for student leadership development, this year's research presentation sets a strong precedent for future enhancements in student support services at DLSU-D.

Dr. Vargas also acknowledged the contributions of his fellow researchers, Dr. Jimford Tabuyo, CTHM faculty and Dr. Jacqueline L. Morta, OSS Dean in the successful completion of the study.

Student Leaders unite for LAGO 2025



The annual Leadership Advancement and Growth Orientation (LAGO) was held at Mountain Lake Resort in Cavinti, Laguna from January 24 to 25, 2025. The two-day event proved to be a transformative experience for the incoming batch of Lasallian leaders for the academic year 2024-2025, providing them with opportunities to enhance their leadership skills, deepen their understanding of university protocols, and connect with fellow student leaders. Leaders from student governments and organizations were invited to gain valuable knowledge and skills to help them excel in their respective roles.

Leadership Training and Team-Building Activities

The event started with an early morning registration at 4:00 AM. Upon arrival, participants were greeted with breakfast before diving into leadership training and team-building activities. Activities such as Slide and Drop, Finding the Ball with Number Zero, Tire Challenge, Cable Balance, Karate Kid, Tarzan Swing, Military Crawl, Tap the Flag, and the Kayak Race fostered camaraderie and challenged participants to go beyond their comfort zones.

A key highlight was the session "Time as a Leadership Tool: Strategies for Managing Priorities and Responsibilities" facilitated by SWAFO Director and BMD faculty member Ruel D. Elias. This discussion provided student leaders with strategies to balance responsibilities effectively and improve time management within their organizations. Additionally, the session "Conflict Management for Student Organizations" led by Dr. Jacqueline L. Morta, OSS Dean and BMD faculty member offered practical insights into resolving conflicts efficiently – both critical skills for student leaders.

Another important discussion focused on updates regarding Parental Consent Forms (PCF) led by OSS Secretary Mellany Alvaran. This session clarified concerns surrounding PCF policies to ensure that student leaders can fully understand and comply with the updated guidelines for their future activities.

Insights from Leadership Discussions and Socials Night

Throughout the day, a combination of leadership discussions and skill-building exercises reinforced the importance of collaboration and resilience among participants. A major highlight of the event was the Socials Night facilitated by the Performing Arts Group and CAO Coordinator Joel Refuerzo. The program allowed student leaders to relax, enjoy performances, and strengthen their bonds in a fun and engaging atmosphere.

Reflection, Trekking, and Closing Activities

Day two commenced with a morning praise session led by Faith Albores, a Shepherd from the Campus Peer Ministry. Thereafter, SDAO Director and NSTP faculty member Dr. Eric A. Vargas delivered a research presentation entitled "DLSU-D Student Satisfaction on the Services Offered by OSS," a collaborative research project he co-authored with Dr. Jimford Tabuyo and Dr. Jacqueline L. Morta.



Student leaders participate in a trekking activity.

The findings highlighted OSS's commitment to address student concerns and continuously improve its services. Dr. Vargas also provided important updates on student activities and upcoming developments for the second semester.

LAGO ended with an optional trekking activity led by SAO's Associate Director Ms. Joan Bermundo. Set against the picturesque backdrop of Mountain Lake Resort, the 45-minute trek allowed participants to unwind and appreciate nature while engaging in physical activity.

A total of 89 student leaders participated in the event.



At Your Service!

Ms. Roselie R. Villanueva

National Service Training Program (NSTP) Faculty Member

1998-1999 as school nurse, November 2000 - present as faculty

A Passionate Educator's Journey in the Civic Welfare Training Service Program

For many educators, teaching is more than just a profession—it is a calling. This is especially true for Roselie R. Villanueva, a seasoned educator at De La Salle University-Dasmariñas (DLSU-D) who has dedicated her career to serving students and the community through the Civic Welfare Training Service (CWTS) program.

As a Registered Nurse by profession, she initially envisioned a career in the healthcare industry. However, she soon realized that her passion lay in education and community service rather than the traditional hospital setting. At DLSU-D, she found an opportunity to merge her medical expertise with civic engagement, helping students apply their skills to real-world problems while fostering a deep sense of social responsibility.



NSTP-CWTS Office Lenten Retreat in Batangas (2022).



Ms. Roselie Villanueva (3rd-L) together with her fellow NSTP-CWTS faculty members.

Embracing the Challenges of Teaching

Teaching CWTS has been a rewarding yet challenging journey. Before the pandemic, traditional classroom methods were the norm, with students engaging in face-to-face discussions and hands-on community service projects. However, with the sudden shift to online learning, she had to quickly adapt and embrace modern technologies to continue delivering meaningful lessons.

"Transitioning to online teaching was overwhelming at first. I wasn't fully equipped with the necessary skills for virtual instruction," she recalls. But instead of backing down, she saw this as an opportunity to grow. Through self-learning, watching tutorial videos, and exploring digital tools, she became more comfortable with online platforms. Her dedication even led her to earn recognition as a Microsoft Innovative Educator (MIE) Expert for 2020–2021, proving that with determination, any challenge can be turned into an achievement.



Ma'am Rose (center back) with her former students.

More Than Just a Facilitator

Beyond teaching health-related projects, her role as an NSTP-CWTS faculty member extends far beyond the classroom. For many students, she has become a mentor and a second mother—someone they can rely on for guidance, encouragement, and support. She takes great pride in helping students develop not just academically but also as compassionate and socially responsible individuals.

"I love seeing students grow—not just in terms of knowledge but also in character. It's fulfilling to know that I play a part in shaping their values and inspiring them to serve their communities," she shares.

A Message to Future Educators

With years of experience under her belt, she offers a simple yet powerful piece of advice to those stepping into the world of teaching and civic engagement:

"Patience, faith, and perseverance are key. Teaching may not always be easy yet remember that students look up to us not only for academic knowledge, but also for life lessons that will help them grow into responsible individuals."

For her, being an educator is more than just delivering lessons. It is about making a difference in the lives of students and the communities they serve. As she continues her journey at DLSU-D, Rose remains committed to the mission of education, service, and advocacy, proving that true teaching goes beyond the four walls of a classroom.



Ma'am Rose (in red) alongside her colleagues.

Over 2,000 Lasallians complete DRRM Training



DRRM Training participants engage in hands-on firefighting.

In line with its commitment to disaster preparedness and community resilience, NSTP-CWTS and NSTP-ROTC units at De La Salle University-Dasmariñas (DLSU-D) conducted a Disaster Risk Reduction and Management (DRRM) training for over 2,000 first-year students. The training sessions took place from November 23 to 24 and December 1, 2024, equipping participants with essential life-saving skills.



High Angle Rescue demo

The Rescue 177 Team, known for its expertise in emergency response and disaster preparedness facilitated the training. Students underwent intensive hands-on sessions covering Basic First Aid, Basic Life Support, Emergency Rescue and Transfer, DRRM, and Rappelling. These skills are crucial in ensuring that students are not only prepared to respond in emergencies but also capable of assisting their communities in times of crisis.



Rescue 177 trainers (in white and yellow shirts, respectively, left and center) demonstrate bandaging techniques.

The training was conducted in compliance with the Revised Implementing Rules and Regulations (IRR) of the NSTP Act of 2001 which mandates the inclusion of a 25-hour common module in the first semester of first-year students. This module covers citizenship training, drug education, environmental education, DRRM, and other national security concerns, reinforcing the role of the university in shaping responsible and proactive citizens.

The training allowed students to experience first-hand, realistic rescue scenarios providing them with both theoretical knowledge and practical skills under the guidance of professional emergency responders. Many participants expressed their appreciation for the training as it helped enhance their confidence and ability to handle emergencies and respond to various disaster situations.

DLSU-D remains steadfast in fostering a culture of preparedness, service, and community engagement among its students. Through initiatives like the DRRM training, the university continues to equip young Lasallians with the knowledge and skills necessary to contribute to national safety and disaster resilience.

OSS Strengthens Commitment to a Drug-Free Campus with Annual Mandatory Random Drug Testing

In adherence to CHED Memorandum Order (CMO) No. 18, Series of 2018 and the DLSU-D Drug-Free Campus Guidelines for Students, the Office of Student Services (OSS) conducted the annual Mandatory Random Drug Testing for Upperclassmen (MRDTU) on November 28, December 4, 10, and 11, 2024 at the University West Campus Clinic.

For the first semester of Academic Year 2024-2025, a total of 7,019 upperclassmen were officially enrolled. From this pool, 912 students from the second, third, fourth, and fifth years across eight colleges were randomly selected to participate in the drug testing. The selection process was closely monitored by the Risk Compliance and Audit Officer of DLSU-D.



Students fill-up forms while waiting for their turn.

The De La Salle Medical and Health Sciences Institute (DLSMHSI) Drug Testing Laboratory administered the testing using urine drug testing kits to detect Methamphetamine (Shabu), Tetrahydrocannabinol (Marijuana), and Special Metabolite (Ecstasy). Out of the selected students, 904 participated, achieving an impressive 99% participation rate.

In line with the university's commitment to student well-being, any participant with a positive result will be provided with an intervention program without the imposition of disciplinary sanctions. This underscores DLSU-D's proactive approach to fostering a safe and supportive learning environment.



Students get excuse letters from the University Clinic.



DLSMHSI Drug Testing Laboratory team led by Ms. Normita Manalo-Ilagan, RMT (center-R)

This year's drug testing initiative was a collaborative effort between the OSS, the University Student Government (USG) and the DLSU-D Drug-Free Campus Committee. Through these continued efforts, DLSU-D reaffirms its commitment to maintaining a drug-free campus environment, upholding its core values, and prioritizing the holistic development of its students.

OSS Dean leads Conflict Management Lecture

Last January 24, 2025, Dr. Jacqueline Morta, OSS Dean, delivered an insightful lecture on "Conflict Management for Student Organizations" during the annual Leadership Advancement and Growth Orientation (LAGO) teambuilding activity. Held at Mountain Lake Resort in Cavinti, Laguna, the event brought together student leaders for a dynamic learning focused on leadership development and effective organizational management.

Dr. Morta explored the reasons conflicts arise within organizations and underscored the importance of effectively resolving and managing these conflicts among team members to ensure the organization operates smoothly and achieves its goals.



Dr. Morta delivering her lecture on Conflict Management for Student Organizations.

She highlighted that conflicts need not always be viewed negatively and encouraged participants to engage in constructive challenges to each other's ideas within a supportive environment which can foster the generation and development of innovative and productive solutions.

Following this, she facilitated an activity assessing the participants' conflict management styles. She also shared the pros and cons of the five distinct conflict management styles and stressed that there is no one-size-fits-all approach to handling conflict as each situation is unique and demands a tailored response.

Finally, Dr. Morta emphasized the importance of thoroughly understanding each situation to determine the most appropriate conflict management style. She also encouraged participants to adopt a scenario-based approach, allowing them to evaluate the effectiveness of different conflict resolution strategies in various contexts.



Dr. Morta facilitates an activity.

Rights and Wrongs of Bullying: Upholding a Culture of Respect



Image Source: <https://sl.bing.net/fKbcPitrJgy>

Bullying remains a pressing issue in the Philippines, affecting individuals across various settings -- particularly in schools and online spaces. While the Anti-Bullying Act of 2013 provides a legal framework for addressing this problem, having thorough understanding of the rights and wrongs associated with bullying is essential to foster a culture of respect and a sense of security in society.

The Wrongs of Bullying: Violating Legal and Human Rights

Bullying in the Philippines takes many forms, from traditional verbal and physical aggression to cyberbullying. It is not merely a “rite of passage” but a serious violation of human rights that may cause emotional distress and social isolation.

Violation of Human Dignity: Bullying undermines an individual's dignity and self-worth, resulting in emotional pain, social isolation, and potentially long-lasting psychological harm. Such actions are a violation of fundamental human rights.

Violation of the Right to Education: Bullying creates a hostile learning environment, hindering student's ability to focus, learn, and thrive. It infringes on their right to focus and thrive academically.

Violation of the Anti-Bullying Act of 2013: This law clearly defines bullying, outlines schools' responsibilities in its prevention and management, and enforces consequences for offenders.

Cyberbullying as a form of harassment: Spreading rumors, sharing embarrassing photos, and online stalking are forms of cyberbullying that can have severe legal and emotional repercussions.

The Rights Related to Bullying: Protection and Recourse

Victims of bullying are not without protection. Philippine laws and institutions offer avenues for support and justice:

Right to a Safe School Environment:

Schools are responsible for ensuring a safe and supportive learning environment, implementing anti-bullying measures, educating students and staff, and intervening whenever necessary in cases of bullying.

Right to Report: Victims should feel empowered to report bullying incidents without fear of retaliation. Schools are mandated to have clear reporting procedures and thoroughly investigate complaints.

Right to Due Process: Both victims and perpetrators deserve fair and impartial investigations with appropriate disciplinary actions taken as needed.

Right to Counseling and Support:

Victims of bullying must have access to counseling and support services to help them recover from the emotional and psychological impact of bullying. Schools should facilitate access to these resources.

Right to Seek Legal Action: In severe cases, victims and their families can pursue legal action against the bully or the school if appropriate measures were not taken. This may involve the filing of cases for damages or other legal remedies.

Beyond Laws: Cultivating Empathy and Respect

While legal frameworks are essential, their effectiveness may be limited without a fundamental cultural shift in how we perceive and address bullying:

Teaching Respect and Tolerance:

Schools and families must actively foster inclusivity by challenging stereotypes and discriminatory behavior.

Promoting Empathy: Teaching empathy to both children and adults is essential. Understanding the impact of bullying can deter such behaviors.

Empowering Bystanders: Bystanders play a critical role in stopping bullying. Encouraging them to speak up and support victims can cultivate an environment where bullying is not tolerated.

Addressing Root Causes: Family problems, peer pressure, and personal insecurities are often the roots of bullying. Prevention efforts should focus on these underlying factors.

By understanding the rights and wrongs of bullying, we can work toward building safer, more inclusive communities where everyone feels respected and valued. However, this mission requires the active participation of families, schools, communities, and the government. Together, we can ensure that no one suffers in silence and that everyone is treated with the dignity they deserve.

SWAFO Director delivers time management lecture



Mr. Elias addresses student leaders on the critical role of time management.

Student leaders learned valuable insights on mastering time management from Mr. Ruel Elias, Director of the Student Welfare and Formation Office (SWAFO) during the annual Leadership Advancement and Growth Orientation (LAGO) teambuilding event held on 24 January 2025 at Mountain Lake Resort in Cavinti, Laguna.

Mr. Elias presented practical strategies to help student leaders navigate their roles more effectively. He kicked off the session by illustrating how time's value shifts depending on priorities and circumstances and highlighted four major challenges: procrastination, distractions, lack of planning, and overcommitment.

He then shared four key strategies for overcoming these hurdles: prioritizing tasks, effective planning and scheduling, delegation and outsourcing, and avoiding time traps.

Beyond productivity, Elias emphasized the importance of maintaining a healthy work-life balance. He encouraged student leaders to set boundaries, schedule downtime, and prioritize self-care – ensuring that leadership remains both fulfilling and sustainable.

EMPOWERING FUTURE MARKETERS: The Legacy of DLSU-D JMA

The De La Salle University-Dasmariñas Junior Marketing Association (DLSU-D JMA) stands as a beacon of excellence, innovation, and camaraderie among marketing students. Accredited by the Philippine Junior Marketing Association, JMA is a dynamic organization that has been shaping future marketing leaders for over two decades, bridging the gap between academic learning and industry experience.

Bridging Theory and Practice

DLSU-D JMA was established to create a supportive environment for marketing students, equipping them with skills, networks, and experiences needed to excel in the field. Grounded in its mission of continuous improvement and service, the organization spearheads industry-related events, leadership training, and collaborative initiatives designed to prepare students for the ever-evolving marketing landscape.

At its core, JMA plays a pivotal role in shaping future marketing professionals by fostering awareness and encouraging active participation in initiatives that drive social change. Through outreach programs, JMA not only nurtures talent but also promotes responsible and innovative marketing practices beyond the university walls.

One of JMA's most significant achievements was its collaboration with the Philippine Marketing Association (PMA) and the Philippine Junior Marketing Association (PJMA) in representing South Luzon at StratMark 2024: Strategic Marketing Conference. This prestigious event provided an invaluable platform for knowledge-sharing, networking, and industry collaboration, affirming JMA's reputation as a leader in marketing education.

Innovative Engagement Strategies

Keeping students actively engaged in an era of digital distractions is no small feat, but JMA has risen to the challenge through interactive events, community-building initiatives, and an adaptive approach based on member feedback. Even amidst the pandemic, the organization seamlessly transitioned to virtual events, online workshops, and digital campaigns to leverage social media and digital marketing techniques to keep its members actively involved and continuously learning.

A standout initiative was its partnership with iWhite Korea which featured a collaboration with popular influencer Esnyr Ranollo. This campaign, launched during Student's Week the theme, "CineMania: Scream Now," not only strengthened brand engagement but also provided students with firsthand experience in executing influencer-driven marketing strategies.



Limelight- November 21, 2012



*Young Marketers' Awards 2015
One Esplanade, Pasay City*

A Legacy of Excellence

DLSU-D JMA is more than just a recognized student organization - it is a movement dedicated to empowering students to think creatively, act strategically, and lead with confidence. By integrating hands-on learning with academic rigor, JMA ensures that its members gain a competitive edge in both their studies and future careers.

For students eager to expand their marketing knowledge, joining JMA offers fresh opportunities to network with industry professionals, develop leadership skills, and gain practical experience. Being part of JMA means joining a mission-driven community dedicated to shaping well-rounded, industry-ready marketing professionals.

With its unwavering dedication to innovation, leadership, and excellence, DLSU-D JMA continues to inspire the next generation of marketing students to challenge norms, push boundaries, and leave a lasting impact on the industry and society as a whole.

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DLSU-D Office of Student Services