

PRESS RELEASE

Seminar Safeguarding Women's Rights and Mental Health Management in the Workplace Strengthened at PSA Romblon

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31 March 2025 - ROMBLON, Romblon. In celebration of the **2025 National Women's Month**, with the theme, ***"Babae sa Lahat ng Sektor, Aangat ang Bukas sa Bagong Pilipinas,"*** the Philippine Statistics Authority Romblon Provincial Statistical Office invited resource speakers from Romblon State University (RSU) – Romblon Campus to conduct lectures on Republic Act (RA) 8972 or **An Act Providing for Benefits and Privileges to Solo Parents and Their Children**, RA 11648 or **An Act Raising the Age of Sexual Consent from 12 to 16 Years Old**, RA 11210 or **An Act Increasing the Maternity Leave Period to One Hundred Five (105) Days**, and a session on **Mental Health Management in the Workplace** for PSA Romblon staff. The lectures, conducted on 26 March 2025 at PSA Romblon Multipurpose Room, are part of a series of essential training and awareness for gender and development activities of the agency.

Two insightful sessions were held on the morning of March 26, focusing on crucial topics aimed at enhancing the well-being of employees and addressing important legal matters for women. Dr. Ruel Virgil M. Adriguez, PhD, the Campus Director of RSU Romblon, led a session on Mental Health Management in the Workplace. In his presentation, Dr. Adriguez shed light on the major stressors that employees commonly face in the workplace, exploring the various factors that contribute to mental health challenges. He also provided practical strategies and interventions aimed at improving mental health for both employees and individuals dealing with mental health issues, emphasizing the importance of a supportive environment and mind-setting in fostering psychological well-being.



PSA Romblon staff with Campus Dean for Instruction Ms. Joy Mariz M. Mindoro-Mesana.





Dr. Ruel Virgil M. Adriguez, Campus Director discussed Mental Health in the Workplace.



Campus Dean Mariz Joy M. Mindoro Mesana delved into the topic on Expanded Maternity Leave.



Asst. Campus Director Angelica Gem M. Madrona discussed the Raising of the Age of Sexual Consent.



Asst. Campus Director Monica M. Glori commenced with the discussion on the Solo Parent Act.

Following Dr. Adriguez's session, Ms. Joy Mariz M. Mindoro-Mesana, the Campus Dean of Instruction, delivered a comprehensive lecture on Republic Act 11210, also known as the 105-Day Expanded Maternity Leave Law. During her lecture, Dean Mindoro-Mesana thoroughly discussed the legal framework, explaining the rights, coverage, and the wide range of benefits that women can access under this law. She highlighted how RA 11210 is designed to empower women by providing extended maternity leave.

The afternoon session began with an enlightening lecture on Republic Act 11648, delivered by Ms. Angelica Gem M. Madrona, the Assistant Campus Director for Personnel Affairs. In her presentation, Ms. Madrona provided a thorough overview of the significant provisions of RA 11648, which notably raised the age of sexual consent in the Philippines from 12 years old to 16 years old. She discussed the implications of this change in the law, emphasizing how it seeks to better protect minors from sexual exploitation and abuse. Ms. Madrona explained the rationale behind the law, highlighting the importance of safeguarding the physical, emotional, and psychological well-being of young individuals by ensuring that they are legally recognized as incapable of consenting to sexual activity before reaching the age of 16.

To conclude the series of lectures, Ms. Monica M. Mortel, the Assistant Campus Director for Support Services, took the floor to deliver an insightful presentation on Republic Act 8972, also known as An Act Providing for Benefits and Privileges to Solo Parents and Their Children. In her lecture, Ms. Mortel thoroughly explored the legal framework of the law, outlining its significance in supporting solo parents and ensuring they receive the necessary assistance and recognition. She delved into the specific provisions of RA 8972, emphasizing the range of benefits available to solo parents, such as parental leave, livelihood programs, and discounts on various essential services and goods.


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