

Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City

TWENTIETH CONGRESS
First Regular Session

HOUSE BILL NO. 7117



Introduced by: Kababaihan Kabalikatan para sa Kapakanan at Kaunlaran ng Bayan (4K) Party-list
Representative Iris Marie D. Montes

AN ACT
INCORPORATING LIFE SKILLS PROGRAM FOR SUBSTANCE ABUSE PREVENTION
AMONG FILIPINO YOUTH IN SUBJECTS FROM GRADES 7 TO 12 UNDER THE K TO
12 BASIC EDUCATION CURRICULUM, MANDATING CAPACITY BUILDING FOR
TEACHERS, AND APPROPRIATING FUNDS THEREFOR

EXPLANATORY NOTE

Drug abuse is a social problem that persists despite the stiff penal sanctions provided by our criminal laws.

According to the Dangerous Drugs Board (DDB), in 2024, Drug Abuse Treatment and Rehabilitation Centers (DATRCs) reported six thousand five hundred fifty-four (6,554) admissions. Of these numbers, five thousand five hundred thirty-seven (5,537) are new admissions, one hundred eleven (111) are readmitted, or relapse cases and nine hundred six (906) are outpatients.

Compared with the previous year's cases, an eighteen percent (18.18%) increase in admission was noted.

DATRCs' admissions report show that 91.43% of the individuals are male, approximately 7.75% are female, and less than 0.82% identify as LGBT. The male-to-female ratio remains at 12:1, consistent with previous years.

For the year under review, the youngest admission is 12, while the eldest is 76. Three percent (3.19%) of the admissions constitute students, and less than one percent (0.81%) are out-of-school youth.¹

Meanwhile, the Food and Nutrition Research Institute (FNRI) reported that the percentage of young smokers increased from 4% in 2018 to 4.8% in 2023. It also found that most of those who smoke or vape did so every day in 2021 at 54.8 percent, compared to once a week at 11.6 percent and two to six times a week at 33.6 percent. The FNRI says that smoking at an early age "can lead to respiratory and non-respiratory health problems, nicotine addiction, and a higher risk of substance abuse."²

¹ <https://ddb.gov.ph/2024-statistical-analysis/> Accessed on 27 November 2025

² Smoking, vaping: Crisis worsening among PH youth, Kurt Dela Peña, Philippine Daily Inquirer, July 03, 2025 (<https://newsinfo.inquirer.net/2077989/smoking-vaping-crisis-worsening-among-ph-youth>) Accessed 16 December 2025

This bill seeks to provide measures to prevent substance abuse by educating the youth and those tasked to look after their welfare by requiring all educational institutions to establish and maintain a program of education designed to help all members of an educational institution to avoid involvement with illegal and dangerous substances.

Under this bill, educational institutions are required to maintain counseling and rehabilitation services, which shall be made available to all its students and employees.

It aims to establish a responsive and inclusive program to equip the young generation of Filipinos with critical information and skills on substance abuse prevention - aspiring to safeguard and protect their lives and their future.

In view of the foregoing, the immediate passage of this bill is earnestly sought.


IRIS MARIE D. MONTES
Kababaihan Kabalikatan para sa Kapakanan
at Kaunlaran ng Bayan (4K) Party-list

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

SECTION 1. *Short Title.* - This Act shall be known as the "Kontra Bisyo Para sa Malusog at Masiglang Kabataan Act".

SEC. 2. *Declaration of Policy and Objectives.* - Substance abuse has been one of the most pressing concerns in the country.

Hence, it is the policy of the State to protect the youth from substance abuse by providing them quality education at the early stages of their development in order to empower them to make their own informed choices by equipping them with critical and relevant information on use of substances.

Pursuant to said policy, this Act aims to attain the following objectives:

(a) To educate the youth on the types of harmful and illegal substances and their pernicious effects to one's health through life skills program's incorporation in subjects from Grades 7 to 12 under the K to 12 basic education curriculum of the Department of Education (DepEd); and

(b) To provide the youth personal and social skills on substance abuse prevention by discussing important matters such as the enhancement of self-esteem at the early stages of personal development, anger management and conflict resolution, risk assessment and decision making, interpersonal and communication issues, and positive alternatives to substance use, among others.

SEC. 3. *Incorporating a Life Skills Program for Substance Abuse Prevention in Subjects from Grades 7 to 12 under the K to 12 Basic Education Curriculum of the DepEd.* - All public and private basic education institutions shall be required to incorporate a Life Skills Program for Substance Abuse Prevention in subjects from Grades 7 to 12 which are included under the K to 12 basic education curriculum of the DepEd:

- (a) Grades 7 to 10 - Health;
- (b) Grades 11- Physical Education and Health; and
- (c) Grade 12- Personal Development.

The DepEd shall collaborate with the Department of Health (DOH), the Dangerous Drugs Board (DDB), and relevant non-governmental organizations (NGOs) to strengthen the implementation of the program in subjects from Grades 7 to 12 under the K to 12 basic education curriculum and formulate policies, guidelines, or rules and regulations for this purpose.

Learners, school personnel, parents, drug counselors, and health workers shall likewise be consulted on the prevalence of illegal and dangerous substances in the community and the personal and social context of the use of particular substances prior to the formulation of policies, guidelines, or rules and regulations on the implementation of the program. The content of the program shall be in consonance with the standards set by the aforementioned government entities.

For purposes of this act, substance abuse shall refer to the harmful or hazardous use of psychoactive substances, including tobacco, vaporized nicotine and non-nicotine, and novel tobacco products, alcohol products, and dangerous drugs.

SEC. 4. *Contents of the Life Skills Program for Substance Abuse Prevention.* - The Life Skills Program for Substance Abuse Prevention, in the subject "Health" for the secondary level, particularly for Grades 7 to 10, shall discuss the general principles on substance abuse and mental and emotional health such as, but not limited to, the following:

(a) Types of harmful and illegal substances and their pernicious effects on one's body such as having a weak immune system, heart condition, nausea, and abdominal pain, among others;

(b) Ways that harmful substances can get into the body;

(c) Possible effects of the use of substances on the health of others;

(d) Development of decision-making skills that will help learners to improve their quality of life and properly deal with negative situations such as, but not limited to, peer pressure which may lead to substance abuse;

(e) Information on helping students manage anger and resolve conflicts to prevent them from using illegal and harmful substances;

(f) Enhancement of self-esteem; and

(g) Basic concepts and ideas on how to follow laws and the consequences of disobeying laws.

The Life Skills Program for Substance Abuse Prevention, in the subjects "Physical Education and Health" and "Personal Development" for Grades 11 and 12, respectively, shall focus on the study of the surroundings and circumstances which may easily affect learners such as, but not limited to, the following;

(a) Environment of the learner and the affairs that he or she faces everyday which may prompt him or her to use and abuse illegal and harmful substances;

(b) Guidance on how to respond to circumstances which may involve high risks and low gain choices and observation on different types of attitudes, behaviors, and emotional reactions on substance abuse;

(c) Learning and developing anger management, conflict resolution, risk assessment, decision-making, interpersonal, and communication skills; and

(d) Further cultivation of human values, importance of community, and seeking aid from guidance counselors, adults, and authorities when dealing with problems related to substance abuse.

SEC. 5. *Capacity Building and Training for Teachers on Substance Abuse Prevention.* - The DepEd, in consultation with DDB, the DOH, and relevant NGOs, shall establish and provide capacity building and training courses for teachers on substance abuse prevention to assist them in the employment of appropriate learning strategies and resources. The courses shall be constantly evaluated by the DepEd, in consultation with the DDB and the DOH, to ensure their sustainability.

The DepEd shall require that all teachers continuously receive the capacity building and training courses necessary on substance abuse prevention. Attendance to these courses shall be considered as compliance with the corresponding completed hours of the required training of the Civil Service Commission (CSC) for purposes of promotion as may be applicable.

To the extent funds are made available for this purpose, the Local School Boards shall require their local public schools to make available to teachers the capacity building and training courses on substance abuse prevention provided by the DepEd. To the extent possible, these courses shall be conducted at a DepEd-approved location which is most conveniently situated near the local public school.

SEC. 6. *Capacity Building and Training for Partners.* - The Local Government Academy (LGA) of the Department of the Interior and Local Government (DILG), in coordination with the DepEd, the DDB, and the DOH, shall likewise develop a basic course on substance abuse prevention for the Local School Board that shall serve as a partner in the implementation of the program for the learners. The content of the course shall include basic principles on the types of illegal substances, their harmful effects, and how the partners can teach and guide the youth on matters related to substance abuse. The basic course shall be constantly evaluated by the DepEd, in consultation with the LGA, the DDB, and the DOH, to ensure its sustainability.

SEC. 7. *Assessment and Evaluation of the Life Skills Program for Substance Abuse Prevention and Other Reportorial Requirements.* - The DepEd shall conduct assessment and evaluation to properly ascertain the sustainability, significance, and impact of the program on its learners. It shall submit to both Houses of Congress and the DDB, not later than May 31 of every year, a report on all activities related to the program that were conducted during the school year and any proposed amendments to the guidelines and rules and regulations on substance abuse prevention.

SEC. 8. *Appropriations.* - The amount necessary for the implementation of this Act shall be charged against those authorized in the current appropriations of the DepEd and the DILG. Thereafter, the amount necessary for the continued implementation of this Act shall be included in the annual General Appropriations Act.

SEC. 9. *Implementing Rules and Regulations.* - The DepEd, in consultation with the DDB, shall jointly promulgate the implementing rules and regulations (IRR) to implement the provisions of this Act within ninety (90) days from its effectivity.

SEC. 10. *Separability Clause.* - If any part, section or provision of this Act is declared invalid or unconstitutional, the other parts thereof not affected thereby shall remain in full force and effect.

SEC. 11. *Repealing Clause.* - All laws, acts, presidential decrees, executive orders, administrative orders, rules and regulations, or parts thereof inconsistent with or contrary to the provisions of this Act are hereby modified, amended, or repealed accordingly.

SEC. 12. *Effectivity.* - Notwithstanding the non-issuance of the IRR, this Act shall take effect fifteen (15) days after its publication in the Official Gazette or in a newspaper of general circulation.

Approved,