

June 2021 Report

My name is Angel

I'm 8 years old and I will 9 years old before Christmas. I go to the Xochimilco Community Center and here I have learned to know my emotions such as sadness, anger, joy.

The most than I like to do in Ednica is draw, play and read books. I learned to collaborate in my house like wash the dishes and help my mom.



The children in ednica celebrate their rights

By Maria M. López

In the first days of May, we celebrate Children's Day in commemoration and defense of the human rights of children, ensuring them a safe place in the world.

At Ednica we celebrate them by carrying out activities to promote human rights in an afternoon of games and coexistence with food, drinks and dessert.

We want to thank the **VIS Foundation** for the box lunches that they provided to children and adolescents with all health security measures, allowing us to celebrate with the homeless population, even in these circumstances of social distancing.

As part of the support of civil society, we are grateful for the donation of *Aimmé Guzmán* who donated tacos for our Xochimilco and Ajusco centers where children and adolescents enjoyed a lot of fun.

The **T-T Program volunteers** from **Fundación Anímate a Estudio, AC** also joined in this celebration. and **Fundación IMANOL, A.C.**, who donated a lot of sweets, bagels and drinks for the girls and boys of our 3 community center.

We are very pleased to share that, this month, the project for the Development of critical thinking of children and adolescents street workers was approved by **Fundación Compartamos** and **Fundación Televisa**, which will allow us to teach how to analyze the information they receive in their environment, in the best possible way, in order to strengthen their reflective capacity, as well as their decision-making in their lives.

Finally, we are grateful for the support of **Gerardo Quiroz Productions**, With the play "*Dreams in Broadway*", a percentage of the ticket sales was made to benefit our institution.

Thank you very much for being part of our mission!



Preventing, informing and taking actions.

By Angélica Yniesta Hernández

In May, the Morelos Community Center, we have continued with different actions, the project Prevention of the consumption of psychoactive substances with working children and adolescents together with Codeni, A.C. and Matraca, A.C. in the cities of Mexico, Guadalajara and Xalapa, with the support of Fundación Gonzalo Río Arronte, I.A.P.

Simultaneously, the children and adolescents of the three community centers of Ednica, Codeni and Matraca, organized themselves to carry out different activities to prevent substance use, for example:

1) Continuation of the psychoeducational workshop for the prevention of drug use. substances and the development of social-emotional skills; 2) The second virtual meeting of the Network of Boys, Girls, and Adolescents, Preventing, Reporting and Avoiding Addictions (RED NNA P.I.E.A.) that took place on April 30; 3) From the network, actions have been planned to promote healthy habits and the exercise of rights through the dissemination of a series of hashtags and published on institutional social networks; 4) A drawing contest with all the participants from the three institutions to create the logo of the (RED NNA P. I.E.A); 5) Definition of the hashtag and color of the official shirts of the Network; and 6) The 3rd. face-to-face meeting that was held in the city of Chachalacas Veracruz

With the educational sessions and the different prevention activities, the development of psycho-emotional skills is promoted that favors children and adolescents to learn to identify risk situations that can lead them to consumption, make assertive decisions, resolve conflicts in a different and different way. identify and properly manage emotions.

But, above all, they are carrying out an exercise of organization and participation that favors their development, their ability to make decisions and express their opinion openly.

Everyone has been very active, generating small actions that add to the great commitment to prevent the use of psychoactive substances in children and adolescents.



What do I feel? Learning about my emotions

By Pilar Concepción Baltazar Cruz

During the month of May, at the Xochimilco Community Center, we developed activities of the **Dibujando un Mañana Foundation and the Lego Foundation**, which have consisted of games such as puzzles, lottery, rugs, among others, from which we have supported ourselves to know, identify and recognize emotions, we have also applied activities such as mimicry and similar games to better understand their body expression.

We have designed sessions to specifically address sadness and anger, emotions that if not managed properly can lead to negative situations. We identify the bodily sensations, intensity and the importance of self-regulation in the face of these, in the same way, we emphasize the importance of seeking support when they feel that they cannot control their own emotions.

At ednica we are committed and committed to implementing educational processes such as emotional strengthening so that children and adolescents know and generate better alternatives for the construction of a dignified life project.



Prevention as a protective factor

By Alfredo Navarro.

The work in ednica continues, in the Mexico City we are already at a yellow traffic light and it has allowed us to work in person in our centers, at least twice a week, with admission protocols and all the necessary sanitary measures. In May, work continued on the use of psychoactive substances to increase and reinforce knowledge of prevention.

In May we gave continuity to the psychoeducational workshop for the prevention of substance use and the development of socio-emotional skills aimed at girls, boys and adolescents. During the sessions, four fundamental topics were discussed: in the first, social pressure among peers was discussed, where girls, boys and adolescents identified the effect it has on their behaviors and developed strategies to face and manage pressure Social; In the second, the avoidance of conflicts through drugs was mentioned, in this activity the children and adolescents analyzed the false social perception that exists about problem solving through drug use and identified and designed alternatives for assertive solution of problems. conflicts; In the third topic, they discussed the availability of substances, the children and adolescents analyzed the ease and availability of access to drugs in their environment and the role played by advertising to show the scope of legal substances; Finally, conflicts were analyzed as a pretext to start substance use, here the children and adolescents reflected on family conflicts and how they are taken to pretext the start of substance use, they also identified strategies to resolve and improve family life.

In ednica we will continue working to develop, strengthen and increase knowledge within the framework of a culture of prevention of psychoactive substance use. We will not stop until we fulfill our mission in the defense and promotion of human rights.



Monitoring of social-emotional skills with adolescents and young people linked to life in the street

By Román Díaz Salgado

The purpose of this note is to share part of the results generated in the diagnosis of socio-emotional skills carried out during 2020 with adolescents and young people linked to life on the street who participate in the activities of the community centers Ajusco and Morelos in Ednica.

It should be noted that the objectives of said diagnosis consisted of knowing the level of socio-emotional skills that said population presents for the indicated period; as well as, determine variations in the level of socio-emotional skills with respect to measurements recorded in previous periods (2018 to 2020).

In this way, the socio-emotional skills that were monitored in said diagnosis were self-knowledge, management of emotions and feelings, decision-making, empathy, assertive communication, conflict resolution and grief.

As **relevant results of the diagnosis**, it was identified that, of a sample of 36 of these young people considered for this study, in the area of **self-knowledge**, 42% of those evaluated have medium ability, 33% registered good ability and 14% very good ability. While, in the **ability to manage emotions and feelings**, 53% reported good ability, 31% medium ability and 6% very good ability. Regarding decision-making ability, 44% registered medium ability, 22% good ability and 6% very good ability. In relation to **the empathy ability**, 42% showed medium ability, 25% good ability and another 25% very good ability. Regarding the ability of **assertive communication**, in 42% medium ability was observed, 31% showed good ability and 17% very good ability. Regarding **conflict resolution**, 47% presented medium ability, 31% good ability and 8% very good ability. Finally, for the ability to develop duels, 39% presented medium ability, 47% good ability and 6% good ability.

