

# Fundación Bogotá Social

NIT. 901097476-7



## ABOUT US

**The Fundación Bogotá Social** is a non-profit organization that was born from an initiative of a group of professionals from the Social and Human Sciences who see the possibility of an integral social development that allows the construction and reconstruction of social tissues through the transmission of knowledge

## WHAT DO WE DO

**Fundación Bogotá Social** is committed to education as the key element, the fundamental tool to promote the development of all people; we seek, through the transmission of knowledge, that our beneficiaries acquire a powerful tool of change that transforms social structures, increases personal capacities and contributes to the formation of responsible citizens committed to their family, the environment, community and country

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Bogotá D.C. Colombia

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## MISSION

Contribute to the integral development of our beneficiaries through innovation, excellence and the quality of our informal education and community development projects.

Promote and manage activities that positively transform the social, cultural and educational processes of society, without discrimination based on age, sex, socio-economic status, political position or religious belief, among others.

## VIEW

Form human beings with a critical spirit, autonomy and creativity, committed people and active and supportive citizens.

Our commitment is to enable the permanent training of our beneficiaries in all areas of personal, family and community growth.

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## OUR VALUES

- ❖ **Social purposes:** The activity of the Foundation does not contemplate the profit motive. The resources obtained are reinvested in the projects carried out by the Foundation.
- ❖ **Collaboration:** We permanently seek strategic alliances with different organizations, institutions and other actors of society that have the same social purposes of our Foundation.
- ❖ **Plurality:** Our work is addressed to all of Colombian society together, without any distinctions.
- ❖ **Quality:** In all our activities, we seek to achieve excellence in technical and personal quality.
- ❖ **Transparency:** We report openly about all our activities, budgets, awards, etc.
- ❖ **Professionalism:** All the staff of the Foundation stand out for their professionalism and dedication
- ❖ **Multidisciplinarity:** We approach each project with a comprehensive approach; we have professionals in different areas of knowledge.

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**Fundación Bogotá Social** integrates theory with practice through recreational play workshops and training in topics related to the daily life of the human being and his social environment; Among the workshops and activities developed by the Foundation, we have:

- ✚ Life project: focused on vocational guidance
- ✚ Educational play activities: to prevent different types of violence
- ✚ Prevention of bullying or school
- ✚ Activities to encourage good use of free time
- ✚ Workshops on sexual and reproductive health focused on duties and rights
- ✚ Workshops on suicide prevention in adolescents
- ✚ Workshops for guidance to parents in parenting patterns and affective bonds
- ✚ Prevention of psychoactive substance use
- ✚ Film-forums realization
- ✚ Theatrical workshop for the LGBTI population

All these activities are carried out and directed by professionals of the Social and Human Sciences, experts in each of the subjects

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## PROJECT OF LIFE WORKSHOP



Imagen: <http://lagunavirtuall.blogspot.com.co>

The realization of the Life Project workshop allows identifying skills and potentials, but also fears and weaknesses, assessing what one is, analyzing where one is and what one wants, in order to plan a real and crystallizable future.

Workshop sessions:

- ✚ Who I am
- ✚ How I am
- ✚ Who I want to be
- ✚ How do I achieve it?
- ✚ Importance of the life project

Type of workshop: recreational ludic

Duration of the session: 2 hours

Total workshops: 5

## WORKSHOP TO PREVENT SCHOOL HARASSMENT OR BULLYING



Imagen: <http://grupoinformador.com.mx/2014/06/01/6237/5-datos-sobre-el-bullying>

Bullying is the deliberate and continued physical and / or psychological abuse of a child by another or others, who behave cruelly towards it with the aim of subjecting and scaring it, in order to obtain a favorable result for the bullies or simply to satisfy the need to attack and destroy that they usually present. Bullying implies a continuous repetition of ridicule or aggression and may lead to social exclusion of the victim. The aim of this workshop is to recommend measures for the prevention of bullying or school bullying that has led many young Colombians to commit suicide.

### Workshop sessions:

- ✚ What it is and what kinds of Bullying exist
- ✚ Decalogue antiviolenence
- ✚ Discipline guidelines
- ✚ Relationship and communication between family and school
- ✚ Cooperative learning
- ✚ Conflict resolution

Type of workshop: recreational ludic

Duration of the session: 2 hours

Total workshops: 5

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## WORKSHOP TO ENCOURAGE THE GOOD USE OF FREE TIME



Imagen: <http://recreacninos.blogspot.com.co/2014/04/a-que-llamamos-recreacion.html>

Free time should enable the exercise of will and freedom, allow the development of our autonomy giving way to our personal expression, doing what we like, that in which we find meaning. Which means that free time must be increasingly linked to "personal time". But personalizing is not the same as individualizing, isolating oneself from the rest. On the contrary, free time is also presented as an opening to others, as a search and contact with the social relationships we want, different from those imposed by work or daily life.

Workshop sessions:

- ✚ What is free time?
- ✚ Leisure
- ✚ Recreation
- ✚ Sport
- ✚ Artistic skills

Type of workshop: recreational ludic

Duration of the session: 2 hours

Total workshops: 5

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## SEXUAL AND REPRODUCTIVE HEALTH WORKSHOP



Imagen: <http://www.laotrazvozdigital.com/lanzan-un-novedoso-kit-de-educacion-sexual-y-reproductiva-para-talleristas-de-todo-el-pais/>

Sex life does not start with the relationship, it starts with life itself; The harmonious development of sexuality allows for integral growth and human well-being.

### Workshop sessions:

- ✚ Sexual Health and Reproductive Health (SS-SR)
- ✚ Sexual Rights and Reproductive Rights (DS-DR)
- ✚ Gender
- ✚ Sex and fertility
- ✚ Sexual Diversity
- ✚ Family
- ✚ Violence
- ✚ Adolescence
- ✚ Interruption of pregnancy
- ✚ Family planning and methods of contraception
- ✚ Sexually Transmitted Infections (STIs)
- ✚ HIV

Type of workshop: recreational ludic

Duration of the session: 2 hours

Total workshops: 5



## WORKSHOP PREVENTION OF SUICIDE IN ADOLESCENTS



Imagen: <https://fondeadora.mx/projects/46472-prevencion-del-suicidio>

The World Health Organization has cataloged suicide and its attempts, as one of the most serious problems of today's society, in the stage of adolescence; Suicide is the second cause of death among young people aged 15 to 25 years, and the sixth cause of death in ages between 5 and 14 years.

The aim of this workshop is to prevent the occurrence of suicidal behavior by providing basic information for the possible detection of signs and previous manifestations of a suicidal act

Workshop sessions:

- ✚ What is suicide?
- ✚ Risk factors
- ✚ Environmental factors
- ✚ Protective factors

Type of workshop: recreational ludic

Duration of the session: 2 hours

Total workshops: 5

## WORKSHOP ORIENTATION TO PARENTS IN AFFECTION GUIDELINES AND AFFECTIVE LINKS



Imagen: <http://www.yenislait.com/mkategor/351-clipart-insan-resimleri-png/2/>

The parenting guidelines are learned by the parents of their own parents and are transmitted from generation to generation, sometimes without modifications. This process, which begins during the socialization of the child in the family, social and cultural nucleus, is assimilated through the role play, with which they appropriate the guidelines with which their parents guide them, assume or incorporate them, for later, being parents, complement them with their children.

Workshop sessions:

- ✚ Types of family
- ✚ Elevation of the children's self-esteem
- ✚ Recognition of good deeds
- ✚ Establishment of limits and coherence with discipline
- ✚ Quality time for children
- ✚ Be the role model
- ✚ Communication, a priority
- ✚ Flexibility and adaptation in the parenting style
- ✚ Demonstrate unconditional love
- ✚ Recognize limitations as a parent

Type of workshop: recreational ludic

Duration of the session: 2 hours

Total workshops: 5

## WORKSHOP PREVENTION OF PSYCHOACTIVE SUBSTANCES



Imagen: <http://mx.unoi.com/2016/01/28/de-que-hablamos-cuando-hablamos-de-prevencion-de-consumo-de-drogas/>

Drug dependence is the repetitive and irrepressible impulse to consume a substance to feel pleasant effects or to avoid suffering other unpleasant ones

The aim of this workshop is for young people to acquire knowledge, information and understanding about the use of drugs and their consequences; how it would affect their person, their life project and their responsibility to society

Workshop sessions:

- ✚ What is a psychoactive substance
- ✚ Classification, effects and physical consequences
- ✚ Depressant drugs
- ✚ Hallucinogenic drugs
- ✚ Risk factors
- ✚ Individual risk factors
- ✚ Family risk factors
- ✚ Social risk factors
- ✚ Prevention of consumption

Type of workshop: recreational ludic

Duration of the session: 2 hours

Total workshops: 5

## THEATER WORKSHOP

### EMPOWERMENT FROM THEATER AND ARTS TO THE LGBTI POPULATION



Imagen: <http://guayovoenletras.net/2016/06/26/lgbti-unirse-no-solo-exigir-sino-entenderse/>

This theater workshop seeks to promote the visibility and inclusion of the LGBT community in the town of Chapinero in the city of Bogotá, whose fundamental human rights have been violated because of their condition through art.

The aim of this workshop is for the LGBTI population to have a space where they can develop their personality without any type of discrimination.

Workshop sessions:

- 🌈 Body warm-up
- 🌈 Emotions workshop
- 🌈 History of the LGBTI collective
- 🌈 Rights and duties of the LGBTI collective
- 🌈 Self-esteem
- 🌈 Body expression
- 🌈 Game
- 🌈 Dramatization
- 🌈 Play

Type of workshop: recreational ludic

Duration of the session: 2 hours

Total workshops: 120