



REPORT SURF THERAPY

2020

THE POWER TO CHANGE !

ALTO PERÚ

Alto Perú is a neighborhood with high rates of violence, crime, drug use, and a lack of opportunities for children and young people living in the neighborhood. Growing up in this context represents a real challenge for the entire community, and the lack of public and private spaces means that many children cannot recreate healthily and end up making bad decisions for their lives.

But, with YOUR help, more than 89 children and adolescents between the ages of 8 and 14 have benefited. The Surf Therapy program offers each of the participants a safe space where they learn tools to develop socio-emotional skills that allow them to improve their mental health, promote physical activity and above all, increase their resilience. Our methodology is evidence-based.

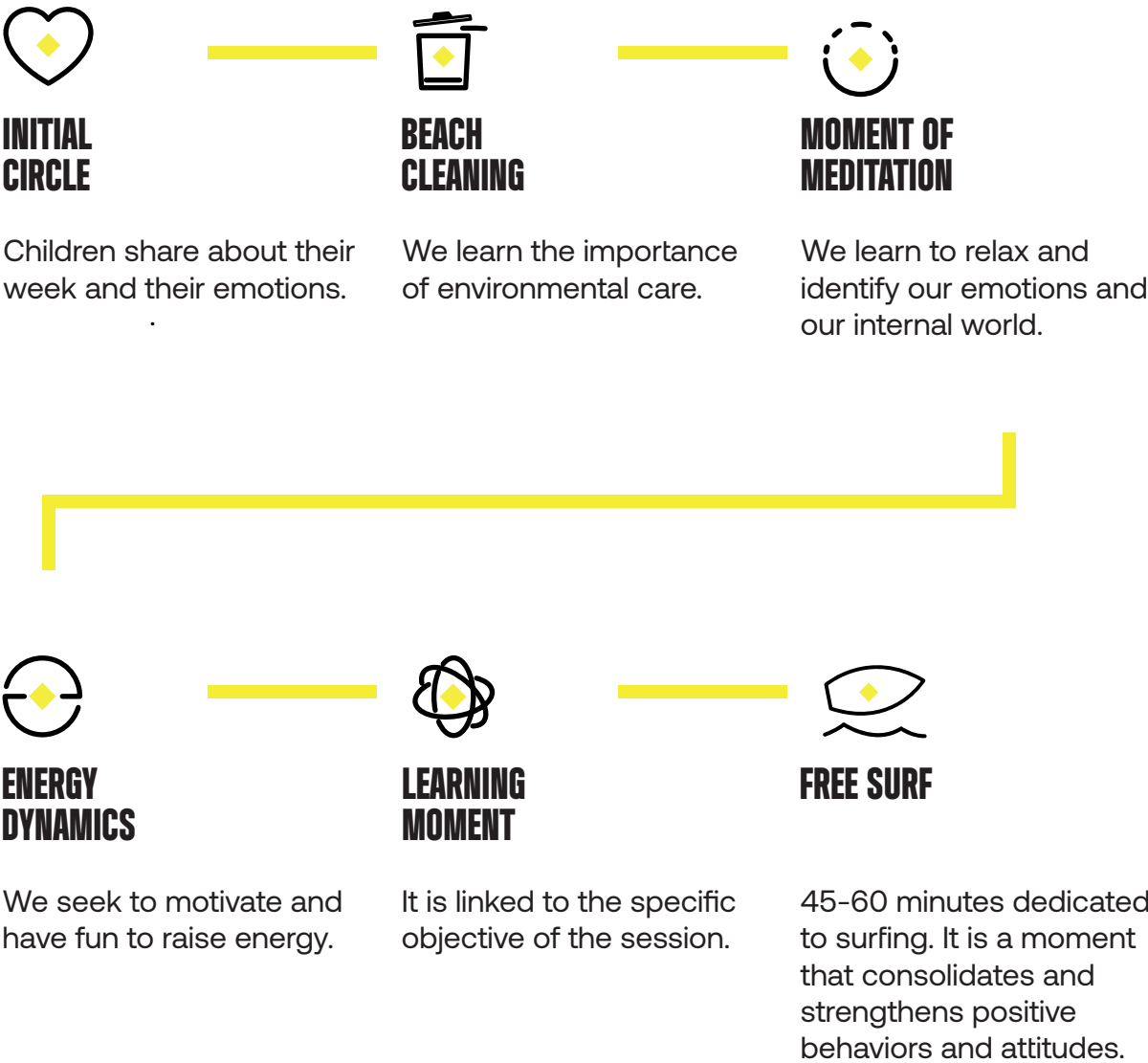
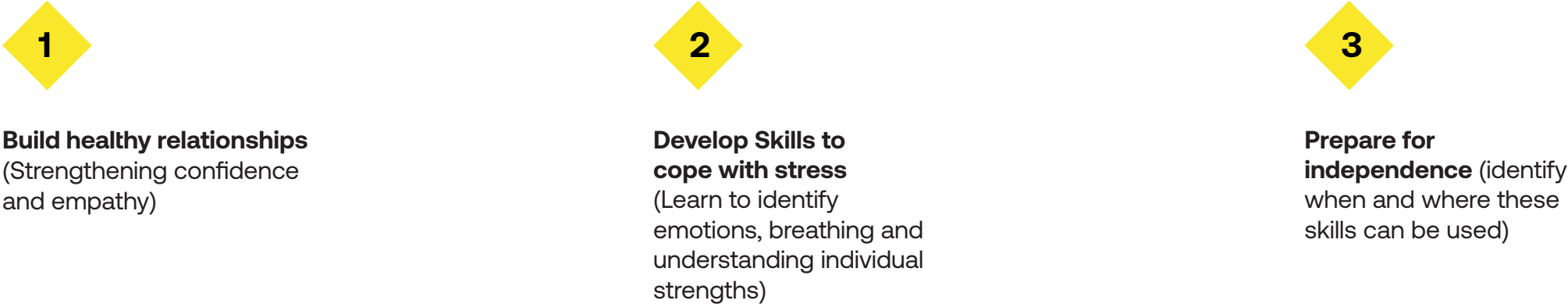


Surf Therapy :

The methodology that we use

In ALTO, this intervention can last from 2 months onwards. Each session focuses on a specific objective that belongs to the structure of the program.

Designed in 3 stages



Program participants



The program had to be stopped due to the **COVID-19** health crisis. However, we were able to work for 7 months.



89 boys, girls and adolescents, between **8 and 14** years old.



66% of our participants have ever seen someone attacked, stabbed or shot.



From Chorrillos District : **San Genaro, Pacífico, Alto Perú.**



A large majority of our participants are in a situation of **social risk, exposed to contexts of violence, crime, drugs** and few opportunities.



46% of the children who attended the program have gone to the doctor, hospital or post for family violence reasons.

Program perception

This is a test developed by the Wave 4 Change alliance to identify how the participants perceive and feel the Surf Therapy space.

Associated words with Surf Therapy

Before the program

Waves
Boards
Swim
Boat

After the program

Relaxation
Being happy
Learning
Fun
Happiness
Mental wellness



**WE HOPE TO KEEP !
COUNTING ON YOU !**



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