

ChildFund Mexico defined, as an accompaniment strategy for working with young people over 15 years old, the dissemination of messages and activities through the creation of WhatsApp groups, SMS, calls, telephone and radio messages, canvas printing... all of this done with the support of our Local Partners who did a previous analysis of the best ways to communicate in order to reach out for most population, according to the conditions in their working area (i.e. cell phone coverage or not, access to internet, local use of radio or speakerphone announcements, etc.).

In order to work with young people in WhatsApp groups, the first step was to determine the rules of operation (Guidelines for Online Communications with Youth) and an infographic was designed to disseminate the rules of coexistence and information exchange in groups (see below + attached guidelines in english).



These groups work on different topics: emotional intelligence, life plan, sanitary measures, among others. The activities and messages are developed by the Program team in Country Office and are adapted in infographics to facilitate the dissemination and development of the activities – it is also more attractive for the users and can easily be resent or even printed.

Young participants share their activities in the same group discussions. Those strategies have allowed us to keep in touch with them and to understand better how they feel and how the current situation impacts on them.

Te proponemos las siguientes estrategias para afrontar el COVID-19

Lo que estamos viviendo hoy en México con tu familia en tu comunidad, necesita de tu apoyo y colaboración.

Muchas personas son más vulnerables que tú, como los adultos mayores, niños y niñas menores de 5 años, pueden enfermarse gravemente con COVID 19

Por ellos las autoridades están recomendando las siguientes medidas:

- Lávate las manos con agua y jabón frecuentemente o realiza higiene de manos con alcohol gel al 70%.
- Practica el estornudo de etiqueta, es decir, al toser o estornudar, cubre la boca y la nariz con la parte superior de la flexión del codo.
- Practica la sana distancia, manten al menos metro y medio entre las demás personas.

Esto te puede generar mucho estrés o ansiedad. Reconoce que es normal sentir ansiedad, miedo o tristeza. Si estás preocupado porque crees que tienes síntomas de COVID-19, es importante que se lo cuentes a tu mamá, papá o cuidador.

Pléate en lo que puedes hacer para distraerte. Colaborar en las actividades domésticas, ver una película o meterse en la cama a leer una novela, pueden ayudarte encontrar un equilibrio.

Sé creativo y propón nuevas formas de conectarte con tus amistades. Si quieres pasar tiempo con varios al mismo tiempo, las redes sociales son un excelente modo de mantenerte en contacto, pero no es buena idea pasarse todo el tiempo delante una pantalla.

¡Entre todas y todos lo logaremos!

ChildFund México

Actividad para hacer con mi familia (Adolescentes y jóvenes)

Recuerda también tú puedes ser propositivo y hacer equipo con tu familia.

Puedes sugerir que en familia, realicen la actividad "Sueños Compartidos"

No olviden lavar las manos con agua y jabón y limpiar los lugares donde jugarán!

Para esta actividad deben contar con hojas y colores o plumones.

Cada miembro de la familia tendrá una hoja e irá dibujando sus sueños. Los padres dibujarán lo que soñaban hacer de jóvenes y las hijas e hijos, dibujarán lo que sueñan ser o hacer en sus vidas como adultos.

Una vez terminado, deben pegar sus dibujos en alguna pared de la casa.

Los padres deberán contar si lograron su sueño o no y por qué se realizó o no.

Las y los jóvenes deberán decir que necesitan para lograr su sueño y como sus padres los apoyarán para lograr ese sueño.

El objetivo es identificar metas comunes e intercambiar experiencias

Compártenos una foto de lo que hicieron en familia

ChildFund México

Actividades en casa para hacer con mi familia

Recuerda que niños y niñas tienen Derecho a la Identidad y a la libertad de expresión

Aquí te presentamos una actividad para conocer más sobre nosotros y nosotros mismos.

Vamos a pensar que es momento de buscar trabajo. Estás en una entrevista y te preguntan:

¿Cuáles son tus talentos y habilidades?

Deja la modestia a un lado y piensa en las cosas increíbles que sabes hacer y que más te gustan.

Toma una hoja y un bolígrafo y comienza a enlistar todas las cosas que sabes hacer y que disfrutas, por ejemplo:

cantar, bailar danzas tradicionales, tocar un instrumento, leer novelas, hacer comics, enlistar también las materias que más te gustaban y que te iba muy bien ¡ninguna actividad es insignificante!

Después, enlistar actividades o cosas nuevas que quieras aprender.

Intercambien y exploren habilidades y talentos comunes. No olvides que a las personas nos gusta ser competentes (hacer las cosas bien), ser autónomos (tomar nuestras propias decisiones) y relacionarnos con los demás.

Comparte con tu familia los resultados. Ellas y ellos también deben participar enlistando sus talentos, habilidades y lo que quisieran aprender.

Esta actividad te permitirá explorar y conocer tus fortalezas, explorar nuevas oportunidades y cosas por aprender.

¿Qué fue lo que más disfrutaron de la actividad?

Compártenos tu historia

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Below, we are sharing the general observations of the groups that are currently operating on WhatsApp. It is important to mention that in the general comments section, we will later add youth participation data, expressed individually in the groups.

STATE	LOCAL PARTNER	# WHATSAPP GROUPS	# PARTICIPANTS	GENERAL COMMENTS (activities, emotions...)	PROPOSALS
Oaxaca	CONFIO (Saucitlán)	1	14		Participants have made videos to spread with other groups (caregivers, teachers, public officials, etc.) on issues such as discrimination.
Oaxaca	CONFIO (Oaxaca)	1	10	<ul style="list-style-type: none"> The traditional basketball games in the afternoons have been suspended as the authorities decided to close the court, the local market has also been closed. This has made them feel bored, fed up and sad in some cases, and for several it makes them reevaluate the importance of their friends. The change in coexistence and traditional relationships with other members of the community, like greeting by shaking hands especially with older adults in the family and especially with godmothers and godparents, is something that is held as a sign of respect. Failing to do so at first felt like disrespect for others. At the same time, this has made most people reflect on the importance of health care and caring for vulnerable people such as children and older adults. 	<ul style="list-style-type: none"> Provide guidance to people so that they do not become alarmed or fall into panic. Orient people on how to make a daily routine plan so that they do not get bored, as well as remembering them to take care of their health.

				<ul style="list-style-type: none"> • " I think about where it will stop and how this situation will end." 	
Oaxaca	Niños de Magdalena Teitipac A.C.	2	20	<ul style="list-style-type: none"> • Mainly a bit tedious, because we are not used to isolation, it is already boring because despite doing new activities after a while it becomes boring. • This situation seems very dangerous to me because today there are already many deaths, which is something we are not used to. I don't like that family violence increases with this contingency. 	<ul style="list-style-type: none"> • They have sent the staff (of local authorities) to check on the population, and spread information about the means of protection that we must apply, and verify the correct use of facemasks, and keep us at home.
Puebla	Yohualichan A.C.			<ul style="list-style-type: none"> • "This time of social isolation ... has made me value some personal things and above all to be supportive and tolerant." • "We cannot go to school and we cannot work either, because many jobs depend on tourism". • "Many face great disappointments such as cancellations or postponements of graduations, dances, sports seasons, visits to universities... teenagers will feel sad, depressed, desperate, nervous or angry during the pandemic and may need more help" • "We are facing this situation in a very hard way since there is no income to the house and only one member of my family is going out to work." 	<ul style="list-style-type: none"> • Follow recommendations such as not leaving the house, and if necessary, use face masks and keep a "healthy distance". • Strengthen family ties
Puebla	Proyecto para los niños Acatecos A.C.	2	20	<ul style="list-style-type: none"> • Young people have understood the importance of staying home and following preventive measures and have developed empathy for older adults. • It causes them various feelings and emotions to spend time at home with the 	<ul style="list-style-type: none"> • Young people ask for a better health care, they also want people to take seriously the recommendations to stay at home, and ask for more information (in

				<p>family, however, they have endured it and have been solving what is presented to them.</p> <ul style="list-style-type: none"> • Most of the participants mention that they miss their friends and their teachers. • All mention that they are very busy with their virtual homework • They are worried because they feel they are falling behind in their studies, and several regret that the graduations ceremonies were canceled. • They feel strange about spending so much time at home, but they realize that they have learned and collaborated on household chores. • • Those want to apply to college have taken online courses and are waiting to carry out the procedure for their admission. • As preventive measures, most of them simply follow the instructions of the authorities, stay at home and keep a healthy distance. 	<p>digital media) to help during the contingency time.</p> <ul style="list-style-type: none"> • Young people share prevention information and activities once a week in a WhatsApp group in their community. • They have participated in the design of a sketch to paint a mural when the days of shelter pass, as well as chosen the phrase to be placed on the mural. • The facilitator have collaboratively painted canvas with the message "we will hug again soon" and placed it in 4 spots in the communities
Veracruz	La casa de los niños de Tezonapa A.C.			<ul style="list-style-type: none"> • "Being at home has helped us to share and do many things: reading, cooking and sewing with my mom." • "Due to the world problem, it has brought about a change in our life system". 	<ul style="list-style-type: none"> • Carry out sanitization and cleaning in different places.
Estado de México	Niños de Bobashi I.A.P	1	17	<ul style="list-style-type: none"> • It is a different experience for society and for us, but we have the opportunity to live more as a family allowing us to learn new things within the family dynamic, we miss our friends (even if we are communicated by social networks) and we are also 	<ul style="list-style-type: none"> • We propose that, through social networks, actions be strengthened to tell people to not leave their home and take care of themselves. There could also be videoconferences held to share

				<p>concerned the fact that our parents don't have a job.</p> <ul style="list-style-type: none"> • It must be a time when all of us must take a break to analyze and realize what we are doing wrong. • This contingency is serving the environment since some animals have emerged from the danger of extinction and the rivers are less polluted. • It has allowed us to carry out different activities such as participating in videoconferences on various topics, reading books of interest without forgetting and leaving aside school assignments, where we invest most of our time since we were not prepared to continue our education from home. 	<p>recommendations through trained and experienced speakers on the subject.</p> <ul style="list-style-type: none"> • Creating activities that help everyone to be develop their better self (meditation, reading, games, etc.), and activities in which all girls, boys and adolescents could express their opinions and doubts about the current situation.
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In Mexico, forums have been held with authorities where young people can participate and express doubts about the health contingency. Part of the CO's Advocacy actions has been to integrate ourselves into these spaces, adding young people who participate in our programs. On Friday, May 8th, a forum was held via Zoom, which was attended by one of our participants, Jade, who represented the youth of ChildFund Mexico communities. For the selection of the young people, they were invited to send a video or letter with the explanatory statement of the reasons for participating in this forum (we attach video). Jade is a participant in the #MiVozExige (CFA) project.

Finally, we are currently conducting a survey amongst participants of Whatsapp groups, to gather more information about youth feelings and concerns during the emergency derived by the pandemic.

DIÁLOGO INTERGENERACIONAL

LAS ADOLESCENCIAS HABLAN.
Nuestra protección integral en tiempos del COVID-19

VIERNES 8 DE MAYO/16:00 hrs. (CDMX)
vía Zoom

Inscríbete <https://bit.ly/dialogo-intergeneracional>
#FacebookLive <https://www.facebook.com/SIPINNAMX/>

GOBERNACIÓN SIPINNA

gob.mx/sipinna



<https://www.facebook.com/SIPINNAMX/videos/239479133789205/>

Conclusions and recommendations:

- Offer psychosocial care and support for young people living in vulnerable communities and experiencing situations of domestic violence
- Emotional recovery materials for adolescents and young people (guides, videos, audios, etc.)
- Financial support for adolescents and young people to cover family and school expenses.
- Key messages in preparation to the return to activities: care, actions, etc.
- Training in technologies management.
- Organize virtual regional forums (Zoom, Teams, Meet) with young people representing the communities where ChildFund has a presence, to generate exchanges of experiences and organize a youth network that promotes the rights of young people in the framework of the COVID19 pandemic.
- Promote access to a public internet service and media, for vulnerable communities.

Testimonies from the Whatsapp groups >

