

MY SECURITY MATTERS



A QUEST TO
MAKE
COMMUNITIES
AND CITIES SAFER
FOR YOUNG
PEOPLE



MY SECURITY MATTERS: A QUEST TO MAKE COMMUNITIES AND CITIES SAFER FOR YOUNG PEOPLE WAS DEVELOPED BY:

PAVEL VALLEJO & ALEXANDRA ABELLO COLAK

WITH SPECIAL ACKNOWLEDGEMENTS TO: NICOLE HERNÁNDEZ, VALERIA PÉREZ, ARTURO BARRERA Y VALERIA THOMASSINY.

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WE ALL HAVE THE RIGHT TO LIVE WELL, IN PEACE
AND HARMONY WITH OTHERS AND WITH THE
ENVIRONMENT, **FREE FROM FEAR** AND IN
COMMUNITIES WHERE WE HAVE THE **OPPORTUNITY**
TO ACHIEVE THE LIFE WE ASPIRE TO.

HOWEVER THERE ARE SO MANY PROBLEMS THAT CAN MAKE IT HARD FOR US TO LIVE THAT WAY AND CAN MAKE US FEEL ANXIOUS AND IN DANGER

FOR EXAMPLE, CRIME, FIGHTS AND MURDERS, BUT ALSO BULLYING, DISEASES, POLLUTION, POVERTY, DISCRIMINATION, FLOODS AND OTHER DISASTERS CAN PUT OUR LIVES AND DIGNITY IN DANGER MAKING US FEEL UNSAFE.

WHAT MAKES YOU FEEL UNSAFE?





SOCIAL MEDIA
HARRASMENT



VIOLENCE



ECONOMIC
HARDSHIP



LACK OF SPACES
FOR YOUNG PEOPLE



ISOLATION



EPIDEMICS

PROBLEMS AFFECT US ALL IN
DIFFERENT WAYS DEPENDING ON OUR
AGE, GENDER, IDENTITY, THE PLACE
WE LIVE IN, OUR ECONOMIC
CONDITIONS, ETC...

FOR EXAMPLE, THE COVID-19 PANDEMIC AFFECTED OUR LIVES DIFFERENTLY:

"DURING THE PANDEMIC, I HAD TO WORK FROM HOME WHILE TAKING CARE OF MY KIDS AND HANDLING HOUSEHOLD CHORES. MY PARTNER LOST HIS JOB, AND THE TENSION AT HOME INCREASED. I FELT EXHAUSTED AND UNSUPPORTED."



"I REALLY MISSED GOING TO SCHOOL AND PLAYING WITH MY FRIENDS. ONLINE CLASSES WERE BORING AND I DIDN'T UNDERSTAND EVERYTHING. ALSO, I COULDN'T GO OUT TO PLAY IN THE PARK, WHICH MADE ME SAD."



"THE LOCKDOWN MADE ME FEEL DISCONNECTED FROM EVERYTHING. I MISSED OUT ON IMPORTANT MILESTONES LIKE GRADUATION AND FROM THE CONSTANT UNCERTAINTY ABOUT THE FUTURE MADE IT HARD TO STAY MOTIVATED."



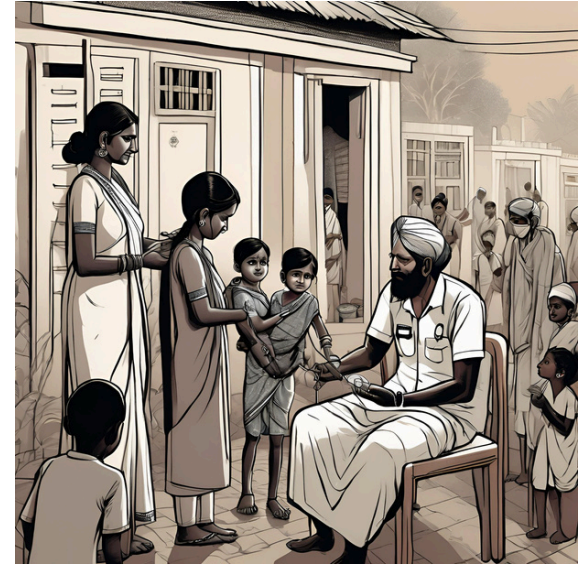
"I LOST MY JOB BECAUSE OF THE PANDEMIC AND STRUGGLED TO GET MONEY TO FEED MY FAMILY. WE LIVE IN A SMALL HOUSE. IT WAS IMPOSSIBLE TO MAINTAIN SOCIAL DISTANCING. THE FEAR OF CATCHING THE VIRUS AND ECONOMIC UNCERTAINTY AFFECTED US GREATLY."



"I FELT VERY LONELY. MY CHILDREN AND GRANDCHILDREN COULDN'T VISIT ME, AND I WAS AFRAID TO GO OUT BECAUSE OF THE RISK OF GETTING ILL. MEDICAL APPOINTMENTS BECAME DIFFICULT, AND I WORRIED ABOUT MY HEALTH."

"THE PANDEMIC FORCED US TO SPEND MORE TIME AT HOME, WHERE WE DON'T FEEL ACCEPTED. OUR FAMILY DOES NOT APPROVE WHO WE ARE AND WHO WE LOVE. WITHOUT ACCESS TO OUR SUPPORT NETWORK WE FELT VERY ANXIOUS AND SAD."

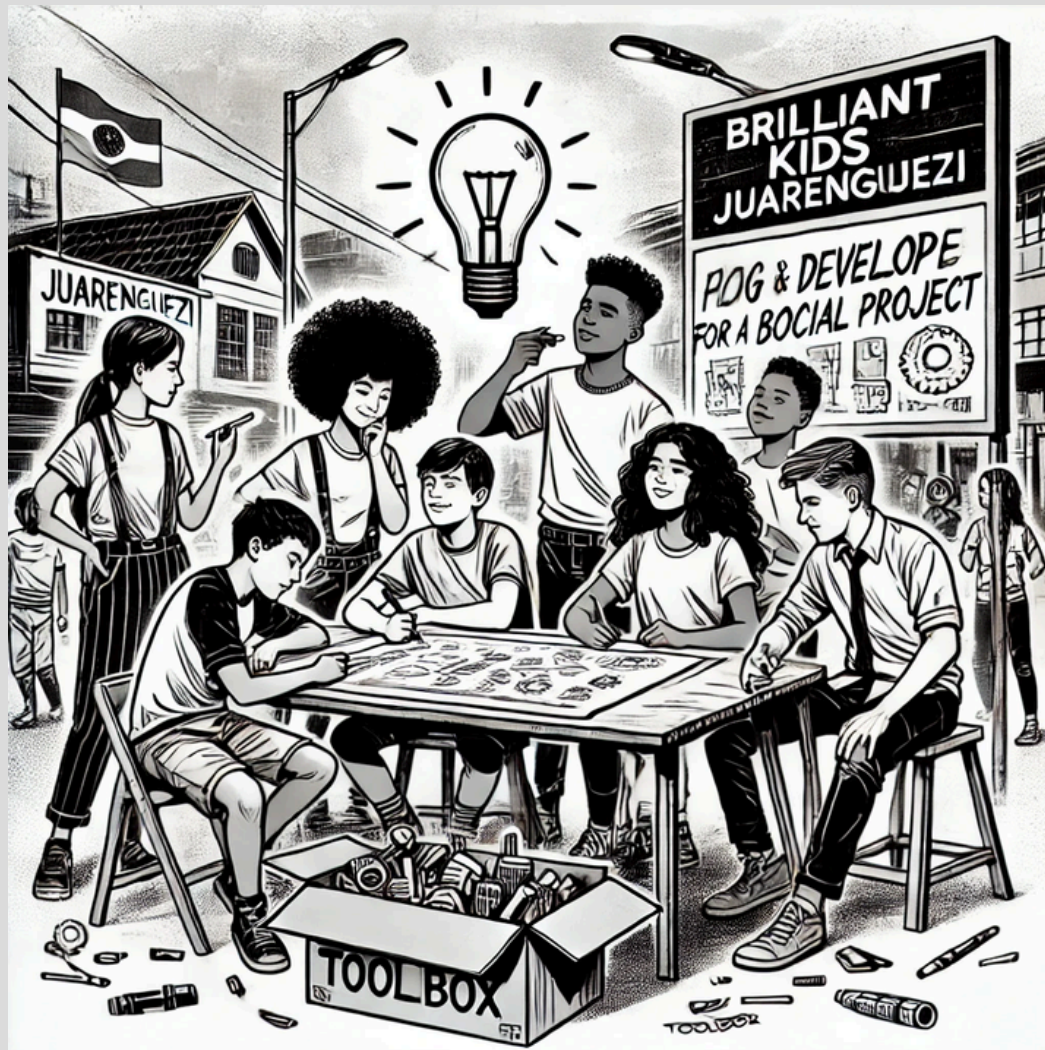




PUBLIC INSTITUTIONS AND GOVERNMENTS ARE RESPONSIBLE FOR ENSURING WE ARE SAFE, BUT
WE ALL HAVE A ROLE TO PLAY

TO HELP MAKE YOUR COMMUNITY SAFER FOR YOUNG PEOPLE, JOIN THIS QUEST FOR **HUMAN SECURITY**

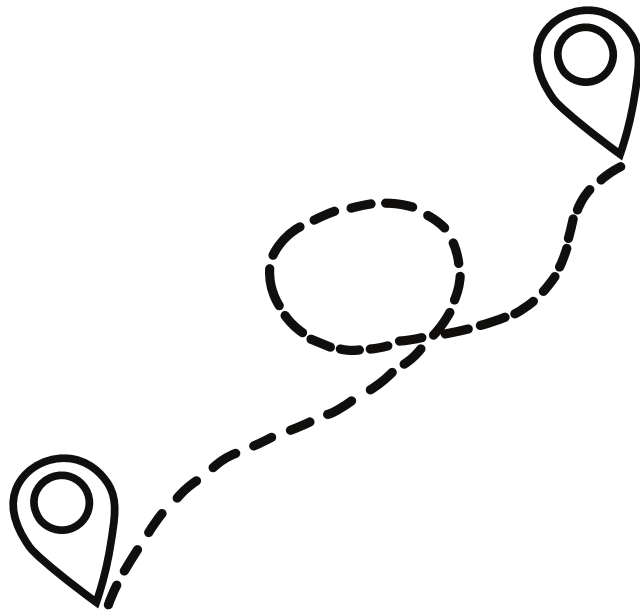
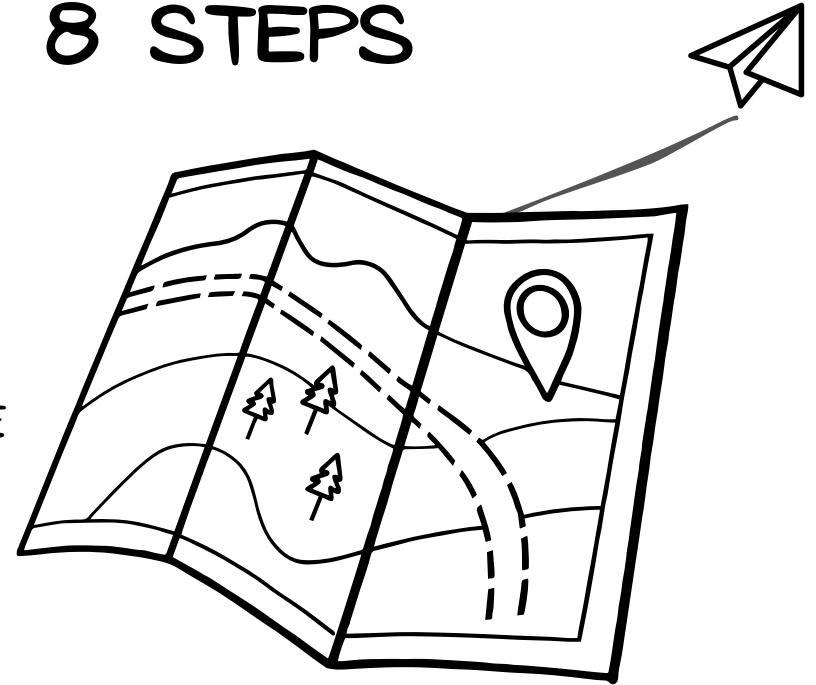




THIS QUEST WILL HELP YOU THINK **WHAT DOES IT MEAN TO REALLY BE SAFE**. IT HELPS YOU IDENTIFY THE THINGS THAT MAKE IT HARD FOR YOUNG PEOPLE TO EXERCISE THEIR RIGHTS AND WHAT CAN BE DONE TO BETTER PROTECT THEM WHILE BUILDING COMMUNITIES WHERE THEY CAN ACHIEVE THEIR FULL POTENTIAL.

THIS QUEST FOR YOUNG PEOPLE'S SECURITY HAS 8 STEPS

IN EACH STEP WE WILL EXPLORE ONE AREA OR DIMENSION OF OUR LIFE WHERE WE NEED TO FEEL SAFE



WE WILL ALSO THINK WHAT IS STOPPING US FROM FEELING SAFE IN THAT AREA OF OUR LIFE AND WHAT CAN WE DO ABOUT IT..

LETS BEGIN...



**EXISTENCIAL
SECURITY**

**What does it look like when young people's
rights, voices and dreams matter?**

STEP 1

EXISTENTIAL SECURITY



REPEAT AFTER ME:

I MATTER
WE MATTER.



WE ARE AN IMPORTANT PART
OF OUR COMMUNITY
WE CAN MAKE A DIFFERENCE
IN THE LIVES OF OTHERS

FEELING THAT WE MATTER IN THE WORLD WE LIVE IN GIVE US A SENSE OF **EXISTENTIAL SECURITY**, BUT THERE ARE MANY SITUATIONS THAT CAN MAKE US FEEL THAT WE DON'T MATTER: (INEQUALITY, GENTRIFICATION, SOCIAL MEDIA, SOCIAL MARGINALISATION, POLICE HARASSMENT...)



DO YOUNG
PEOPLE IN YOUR
COMMUNITY FEEL
THEY MATTER?
WHY?

FIRST QUEST

I. EXISTENCIAL SECURITY



GO TO SOMEONE **YOU TRUST** AND
ASK THIS PERSON TO WRITE BELOW
WHAT IMPACT YOU HAVE HAD ON THEM AND
WHAT GIFTS HAVE YOU BROUGHT TO THEIR LIFE



COMMUNITY SECURITY

What does it look like when everyone is respected and supported by the community?

STEP 2

COMMUNITY SECURITY

HAVE YOU HEARD THE WORD **UBUNTU**?

IT DESCRIBES THE WAY IN WHICH WE AS INDIVIDUALS ARE CONNECTED TO THOSE AROUND US AND THE RESPONSIBILITY WE HAVE TO OUR FELLOW HUMANS.

TO FEEL SAFE WE NEED TO BE PART OF **COMMUNITIES** THAT SUPPORT AND RESPECT EVERYONE AND CAN MANAGE THEIR CONFLICTS PEACEFULLY



DO PEOPLE SUPPORT EACH OTHER IN YOUR COMMUNITY? ARE THERE ANY GROUPS WHO ARE ISOLATED OR DISCRIMINATED? WHY?

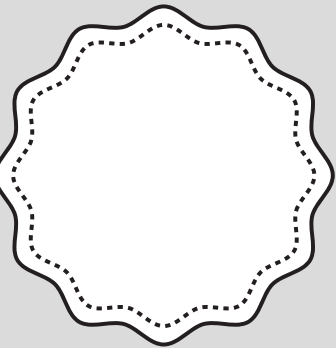
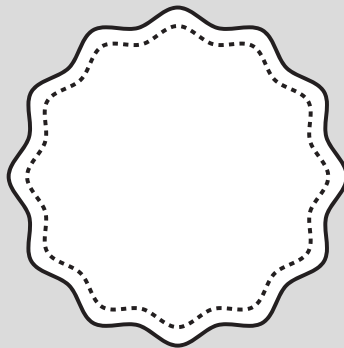
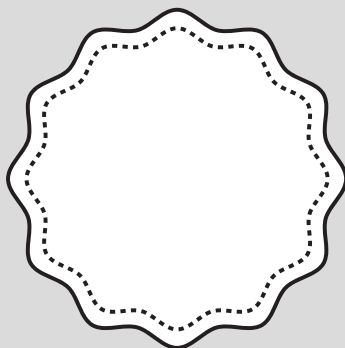
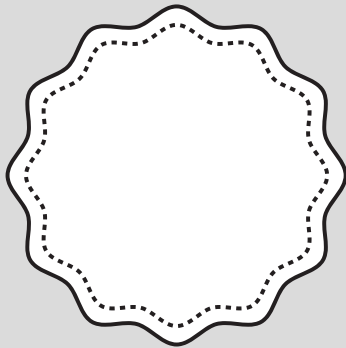
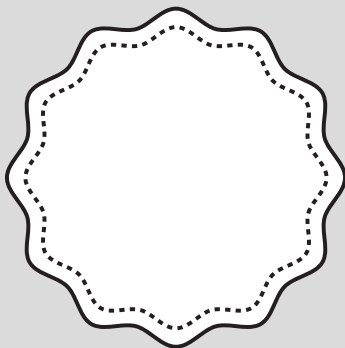


2ND
QUEST



READ THE STATEMENTS BELOW AND
WRITE IN THE EMPTY BADGES THE NAME
OF THE PERSON IN **YOUR COMMUNITY**
THAT IS BEST DESCRIBED

2. COMMUNITY
SECURITY



THIS PERSON
HELPS SOLVE
CONFLICTS
PEACEFULLY
IN OUR
COMMUNITY

THIS PERSON
MAKES ME
FEEL I
BELONG

THIS PERSON
IS ALWAYS
READY TO
HELP THOSE
IN NEED

THIS PERSON
HELPS
PROTECT
OUR
COMMUNITY

THIS PERSON
HELPS US GET
INVOLVED AND
VOICE OUR
NEEDS



CUT OUT THESE BADGES
AND GIVE THEM TO THE
PEOPLE YOU IDENTIFIED IN
THE PREVIOUS STEP



THANK YOU FOR
MAKING MY COMMUNITY
SAFER

THANK YOU FOR
MAKING MY COMMUNITY
SAFER

THANK YOU FOR
MAKING MY COMMUNITY
SAFER

THANK YOU FOR
MAKING MY COMMUNITY
SAFER

THANK YOU FOR
MAKING MY COMMUNITY
SAFER



PERSONAL SECURITY

What does it look like when we live free from fear?

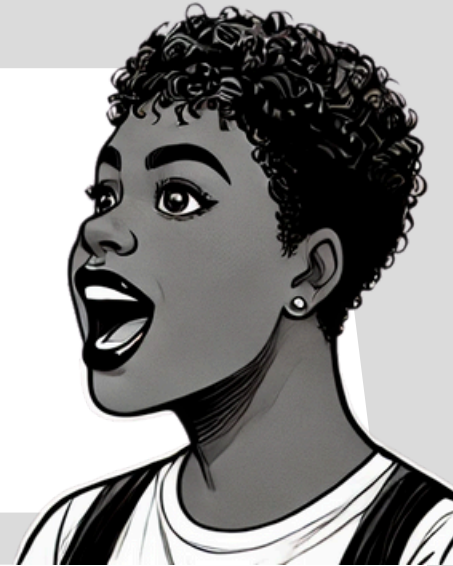
STEP 3

PERSONAL SECURITY

WE ARE NOT SAFE UNLESS WE ARE
PROTECTED FROM ANY FORM OF
VIOLENCE, ABUSE OR EXPLOITATION



WE ARE SAFE WHEN WE LIVE **FREE**
FROM FEAR IN OUR HOMES, SCHOOLS,
STREETS, AND COMMUNITY.



WHERE ARE YOUNG PEOPLE MOST AFFECTED
BY VIOLENCE? WHY?

HOW DO VIOLENCES AFFECT YOU?



LET'S HAVE A LOOK AT THE SPACES YOU LIVE IN.

HOW SAFE DO YOU FEEL AT...



• • HOME



SCHOOL



PUBLIC SPACES



WHY?

WHY?

WHY?

3RD
QUEST

WRITE IN THE SPACES
BELOW WHAT WOULD YOU
CHANGE TO MAKE THESE
SAFER?

THINGS TO
CHANGE AT
HOME



THINGS TO
CHANGE AT
SCHOOL



THINGS TO
CHANGE IN
PUBLIC SPACES





CAN YOU IDENTIFY WHO IS RESPONSIBLE FOR PROTECTING YOU
IF YOU FEEL THREATENED IN THESE SPACES?

NAME:
POSITION:
PHONE:
EMAIL:



HEALTH SECURITY

**What does it look like when we are physically, mentally
and emotionally healthy?**

STEP 4

HEALTH SECURITY

BEING SAFE MEANS THAT WE ARE NOT EXPOSED TO DISEASES AND THAT WE HAVE ACCESS TO **QUALITY HEALTH SERVICES** WHEN WE NEED THEM



SECURITY ALSO MEANS THE PROTECTION OF OUR **PHYSICAL** AND **MENTAL** HEALTH AND ACCESS TO SEXUAL AND REPRODUCTIVE HEALTH INFORMATION

WHAT IS AFFECTING YOUNG PEOPLE'S HEALTH IN YOUR COMMUNITY? WHY?



MY EMOTIONAL FIRST AID KIT

THIS KIT WILL HELP YOU THINK OF YOUR MENTAL AND EMOTIONAL WELLBEING AND THINGS YOU CAN DO TO LOOK AFTER YOURSELF.

WRITE IN EACH SPACE THINGS YOU CAN DO TO HELP YOURSELF WHEN YOU FEEL STRESSED, UPSET OR ANGRY.



THINGS YOU DO FOR YOUR PHYSICAL HEALTH ARE ALSO GOOD FOR YOUR MENTAL HEALTH!





FOOD SECURITY

What does it look like when everyone can eat healthy and nutritious food everyday?

STEP 5

FOOD SECURITY

WE ALL NEED RELIABLE ACCESS TO
NUTRITIOUS FOOD TO LIVE AN ACTIVE
AND HEALTHY LIFE



SOCIAL OR ECONOMIC FACTORS CAN MAKE IT HARD
FOR US TO HAVE **ACCESS ALL THE TIME** TO SUFFICIENT
NUTRITIOUS FOOD THAT MEETS OUR NEEDS AND
PREFERENCES

WHAT MAKES IT HARD FOR YOUNG PEOPLE TO EAT HEALTHY
IN YOUR COMMUNITY?



4RT QUEST



HEALTHY OILS



WATER

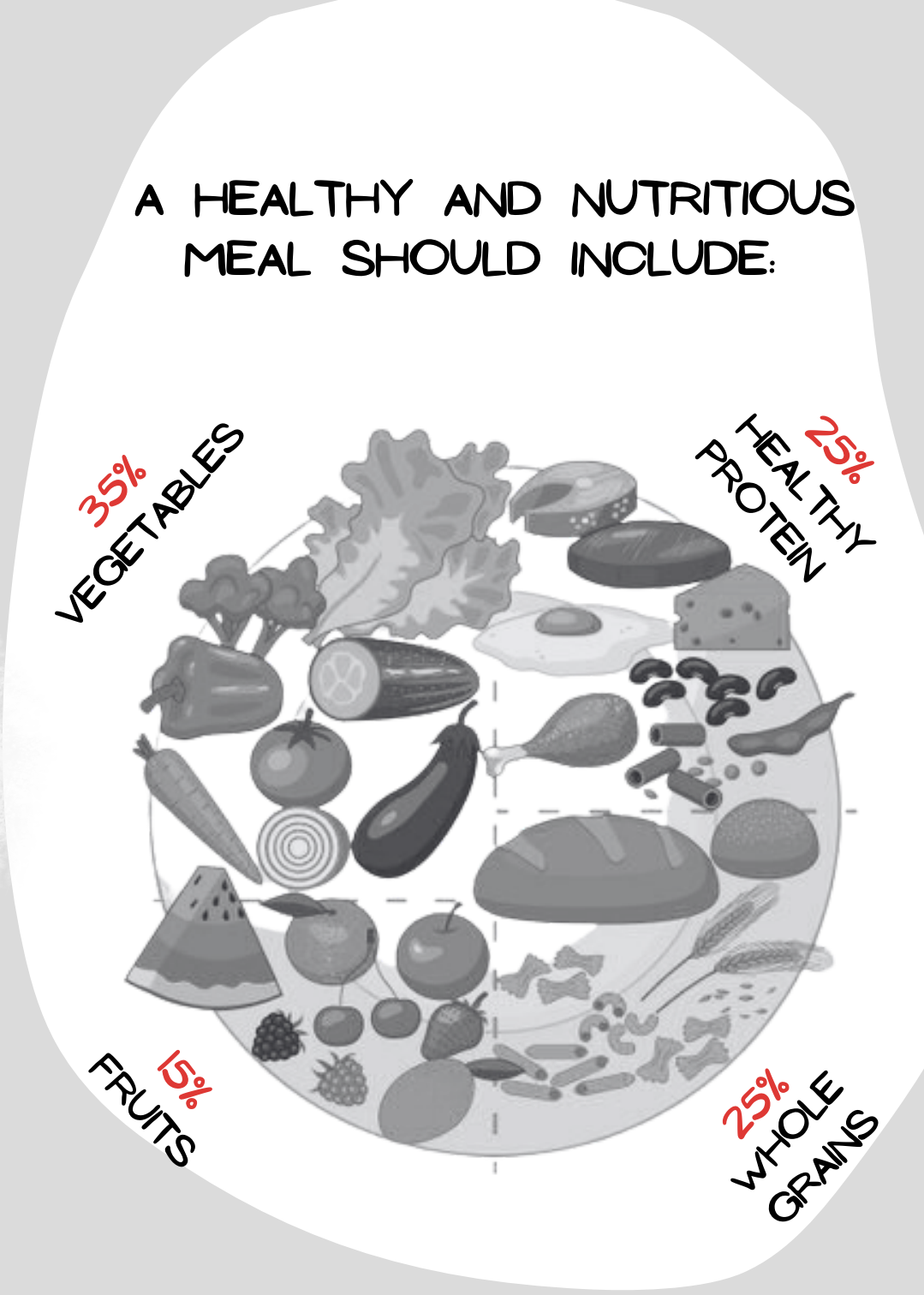
A HEALTHY AND NUTRITIOUS MEAL SHOULD INCLUDE:

35%
VEGETABLES

25%
HEALTHY
PROTEIN

15%
FRUITS

25%
WHOLE
GRAINS





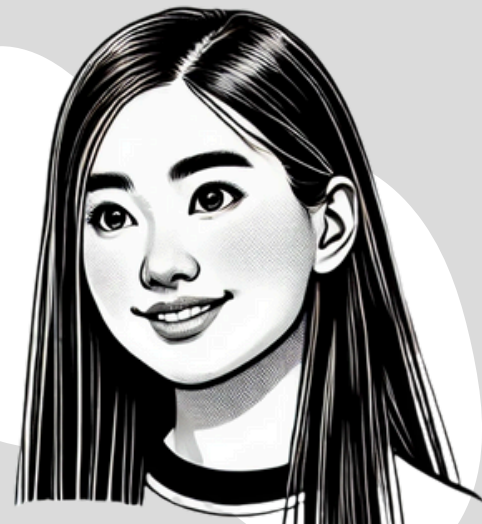
WHAT IS THE HEALTHIEST AND TASTIEST DISH FROM YOUR COMMUNITY?



NOW THINK OF THE INGREDIENTS:

- ARE THEY SIMILAR TO THE HEALTHY MEAL DESCRIBED BEFORE?
- HOW WOULD YOU MAKE IT EVEN MORE NUTRITIOUS ?

WHY NOT TRYING TO PREPARE IT WITH YOUR FRIENDS OR FAMILY THIS WEEK!



An illustration of a Black woman with her hair in a bun, wearing a white t-shirt and a headband. She is smiling and looking towards the right. She is holding a small basket of produce in her left hand and a larger basket of produce in her right hand. She is standing in a grocery store aisle with shelves of produce on either side. The background shows a window with a sign that says "BATTER".

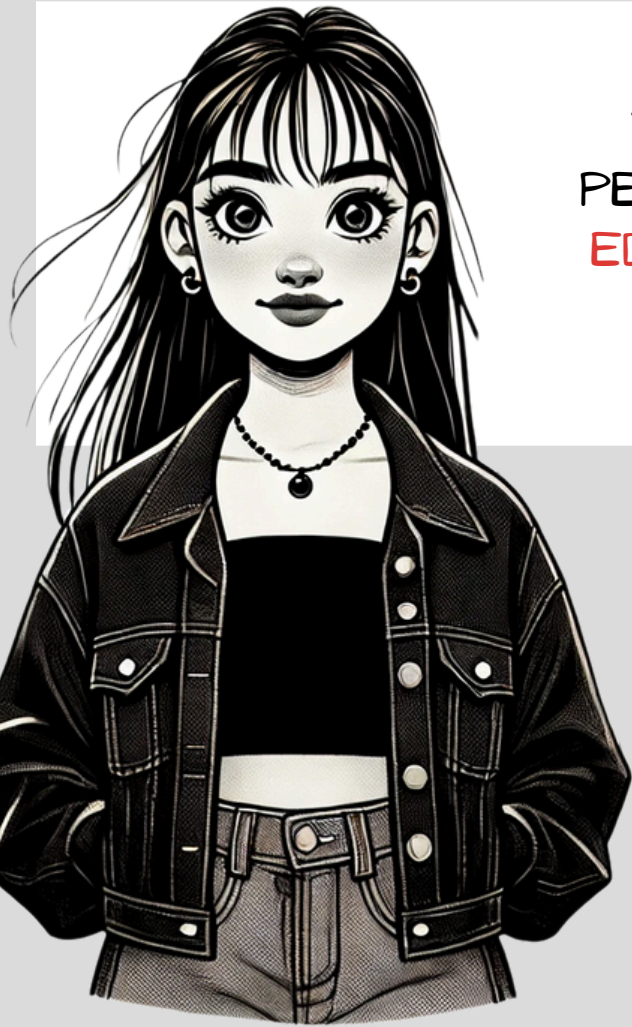
ECONOMIC Security

**What does it look like when we can afford
everything we need to live well?**

STEP 6

ECONOMIC SECURITY

WE ALL NEED TO HAVE THE MEANS TO COVER OUR **BASIC NEEDS** SUCH AS FOOD, SHELTER, CLOTHING, TRANSPORT, EDUCATION, INTERNET ACCESS AND ANYTHING ELSE REQUIRED TO **LIVE WITH DIGNITY**



TO ENJOY ECONOMIC SECURITY YOUNG PEOPLE NEED ACCESS TO A GOOD QUALITY **EDUCATION** AND OPPORTUNITIES FOR THEIR PERSONAL AND PROFESSIONAL DEVELOPMENT

WHAT IS YOUR DREAM JOB?



LETS IMAGINE THE PERFECT SCHOOL CURRICULUM FOR YOU TO GET THAT JOB IN THE FUTURE

WRITE THE SUBJECTS YOU WOULD NEED:

WHAT OTHER SKILLS WOULD YOU NEED?





ENVIRONMENTAL SECURITY

**What would it look like if we lived in sustainable natural
and built environments?**

STEP 7

ENVIRONMENTAL SECURITY

TO BE SAFE WE NEED TO LIVE IN
SUSTAINABLE ENVIRONMENTS WHERE WE
ARE NOT EXPOSED TO DISASTERS,
HAZARDS OR CONFLICTS CAUSED BY
ENVIRONMENTAL DEGRADATION



PROBLEMS ASSOCIATED TO **CLIMATE
CHANGE** BUT ALSO TO THE **BUILT
ENVIRONMENT** CAN GENERATE THREATS TO
OUR LIVES AND WELL BEING (FOR EXAMPLE
NEGLECTED INFRASTRUCTURE, POOR
HOUSING, AND POOR WASTE MANAGEMENT,
WATER AND SEWAGE SYSTEMS)



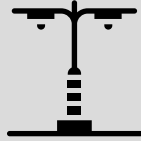


LET'S BUILD A MAP OF ENVIRONMENTAL SECURITY IN OUR COMMUNITY.

- DRAW THE OUTLINE OF YOUR COMMUNITY (ROADS, RIVERS, STREETS, PARKS, YOUR HOUSE, ETC)
- THEN, LOCATE SITES WHERE THERE ARE ENVIRONMENTAL HAZARDS



SOURCES OF POLLUTION



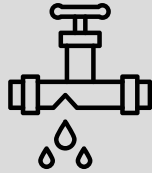
LACK OF STREETLIGHTS



CONTAMINATED AREAS



POTHoles AND UNPAVED PATHS



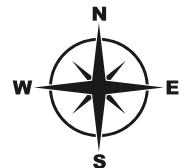
LEAKING PIPES



INACCESSIBLE PATHS



NOISE POLLUTION



POLITICAL SECURITY



What would it look like if we could influence the decisions that affect our lives and be heard?

STEP 8

POLITICAL SECURITY

TO BE SAFE MEANS TO LIVE IN SOCIETIES WHERE OUR **FREEDOMS ARE PROTECTED** AND WE CAN PARTICIPATE IN THE CIVIL AND POLITICAL LIFE OF SOCIETY WITHOUT FEAR OF DISCRIMINATION OR REPRESSION



WE ARE SAFE IF WE CAN **EXPRESS OUR OPINIONS** WITHOUT FEAR AND IF DECISIONS AFFECTING US AND OUR COMMUNITIES ARE NOT TAKEN WITHOUT TAKING INTO ACCOUNT OUR OPINION



TAKE ACTION ON THE ISSUES THAT MATTER TO YOU!

8TH
QUEST

LETS PLAN SOME CONCRETE ACTIONS TO HELP ADDRESS THE ISSUE THAT YOU ARE MORE CONCERNED ABOUT:

- 1 IDENTIFY AN **ISSUE** YOU WANT TO ADDRESS
- 2 SET YOUR **GOAL** AND **OBJECTIVES!**
- 3 WHO ARE YOU GOING TO **ENGAGE?**
- 4 WHAT **MESSAGE** YOU WANT TO COMMUNICATE?
- 5 LETS PLAN SOME **ACTIONS!**

DISCUSS THESE
WITH YOUR
FRIENDS





8TH
QUEST

PROBLEM WE
WANT TO ADDRESS:

Four horizontal lines for writing the problem to be addressed.

GOAL & OBJECTIVES:

TARGET AUDIENCE:

A single horizontal line for writing the target audience.

ACTIONS:

- 1
- 2
- 3
- 4
- 5

YOUR MESSAGE HERE:



CONGRATULATIONS

YOU HAVE COMPLETED THE HUMAN
SECURITY QUEST!



WHETHER YOU'VE LEARNT SOMETHING NEW OR GOTTEN
IDEAS ON HOW TO MAKE YOURSELF AND YOUR
COMMUNITY SAFER, THIS MOMENT IS YOURS TO
CELEBRATE!

DON'T FORGET:

WE ALL EXPERIENCE INSECURITY IN DIFFERENT
WAYS BUT TO BE SAFER WE ALL NEED:

PERSONAL SECURITY
COMMUNITY SECURITY
ECONOMIC AND FOOD SECURITY
HEALTH SECURITY
ENVIRONMENTAL SECURITY
POLITICAL SECURITY
EXISTENTIAL SECURITY





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