

TÚ DILO PROJECT



Who we are?

We are a group of volunteers from Pichincha and Loja that was formed during a **virtual BOOTCAMP in 2021** organized by the National Youth Program at a national level. This space allowed the formation of multidisciplinary teams from different provinces for the generation of innovative projects.

Jennifer Bárcenas: Volunteer of JP Loja.

Ana Gabriela Mejía: Volunteer of the Pichincha JP.

Emily Arcos: Volunteer of the Pichincha JP.

Jefferson Lara: Volunteer of the JPP- JC Pedro Vicente Maldonado.



How did we started? The problem



- Mental health problems are a silent and the Covid-19 pandemic highlight the necessity to consider this dimension.



- According to a UNICEF report, 1 in 2 adolescents do not feel motivated for their daily activities and 31% of boys and 47% of girls feel pessimistic about the future.



- The long-term effects of the Covid-19 pandemic have yet to be investigated

- It is important to work on mental health promotion approaches that promote well-being, empowerment and mitigate the aftermath of the pandemic.

How did we started? The problem

The Covid-19 pandemic has left emotional, behavioral and social consequences in adolescents between 13 and 17 years of age in the urban areas of Pichincha and Loja.


- We believe in the capacity of young people as agents of change within their communities.
- Creating safe spaces to talk about mental health, normalize this matter and contribute to the improvement of wellbeing.
- Information is a powerful tool that empowers and helps to overcome the challenges that arise.



Limitless Innovation Academy



 Project application to the global innovation challenge

 First phase, along with 500 projects globally



 Mentoring and project prototyping

 Second phase
Top 60 globally



 Presentation of the project at the Movement's General Assembly in Switzerland

 Top 3 globally

What is Tú Dilo?



The initiative consists of a box with challenges and games that promote participation, learning, cooperation and peer support in a safe space.

- The methodology uses **gamification** (use of game elements and designs in non-playful contexts) allowing learning to be dynamic, fun and oriented towards the promotion of mental health care.
- An immersive experience to "**MUNDO TÚ DILO**" where the adolescent creates, customizes his/her own avatar and modifies it with accessories as he/she progresses through the game. Each level has elements such as rewards, skills and accessories.



What it consist of?



TD Box



Coins



Map



Cards



Avatar



Accesories



Tú Dilo's Map



Tú Dilo's topics



Self-knowledge



**Emotional
recognition**



Coping skills

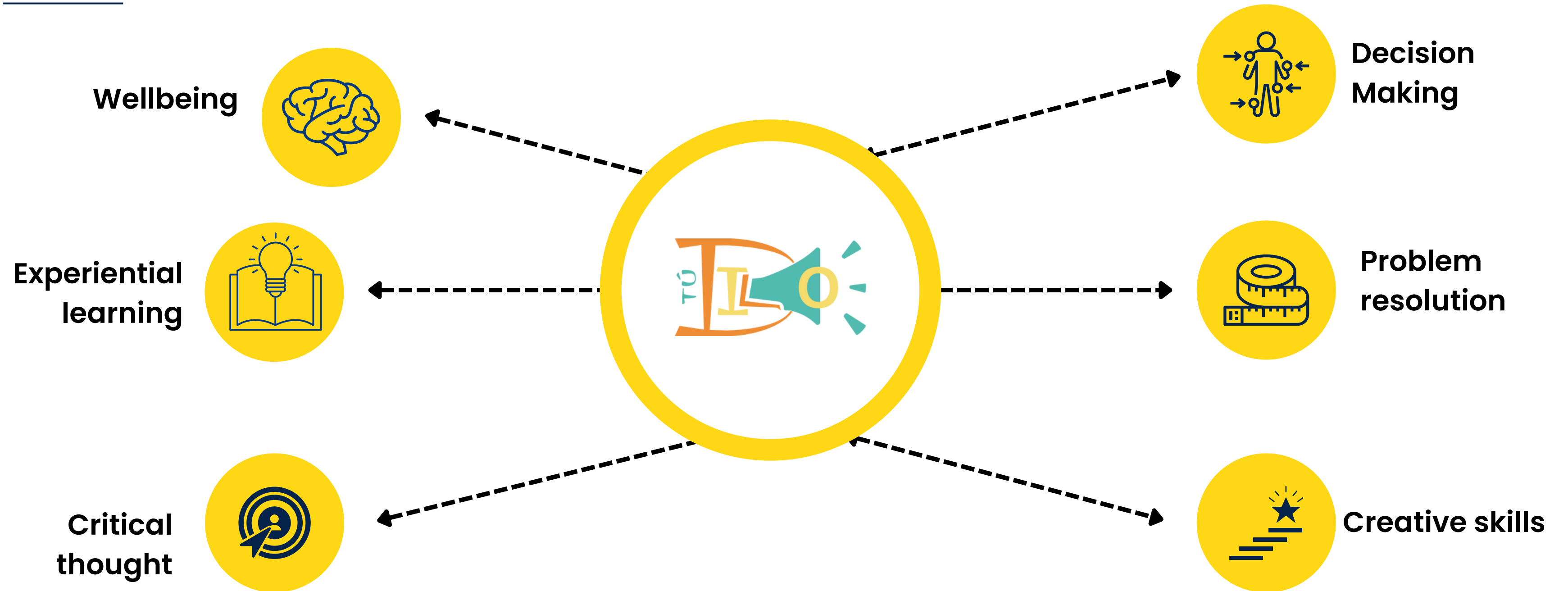


How does it works?



- The methodology is focused to be applied in **4 sessions** with a duration of approximately **1h30 minutes** each.
- During the 3 sessions, the following topics will be addressed: self-knowledge, emotional regulation and coping.
- In the fourth session there will be a closing and exchange of experiences and learning among the participants of the whole process.

Benefits



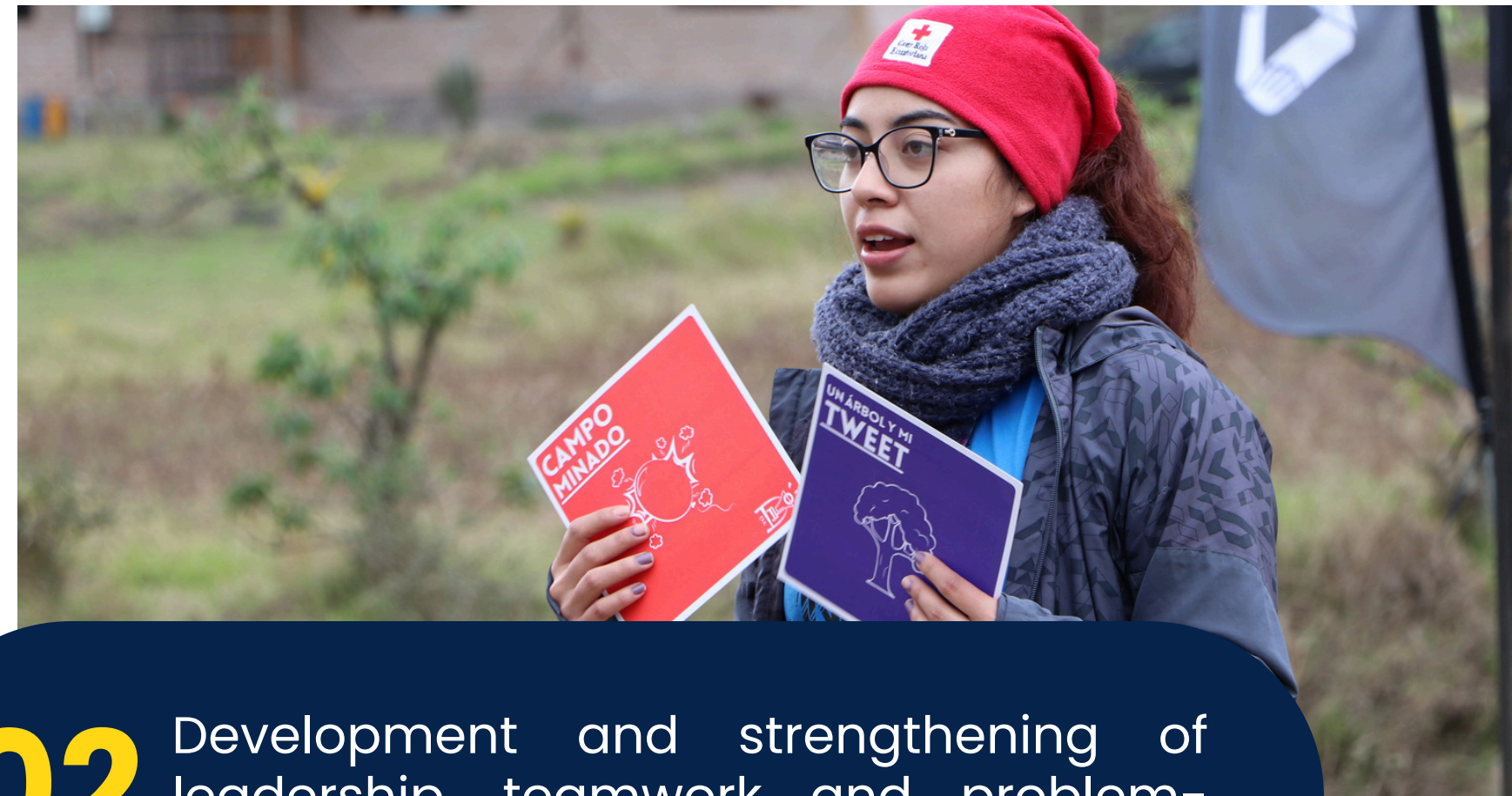
Impact



01

To break down stigmas and remove barriers that mental health is not important, to start talking about mental health in an open, easy and fun way.

Impact



02 Development and strengthening of leadership, teamwork and problem-solving skills of the project team.



Impact



03 Implementations on the provinces of Pichincha and Loja



Impact



04 Stablishment of the National Team of Tú Dilo



Impact

05

Collaboration in the design of activities cards for the Teen Prep Kit of the Global Disaster Preparedness Center from the American Red Cross

PrepareCenter.org
Prepare.Innovate.Learn.Together.



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About GDPC Topics Resources Stories Initiatives Toolkits

Practitioner Community



Teen Activities

Life is full of stressors, and learning about disasters can be overwhelming.

Learn ways to cope, develop self-care techniques, and build support systems to enhance your resiliency:

- Calm Breathing
- Yoga Breathing
- Tu Dilo: Mind Field*
- Tu Dilo: Finding Ourselves*
- Tu Dilo: A Hero's Journey*

Thank you!

Contact us



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