



# 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:


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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, SCARED 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."



"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."



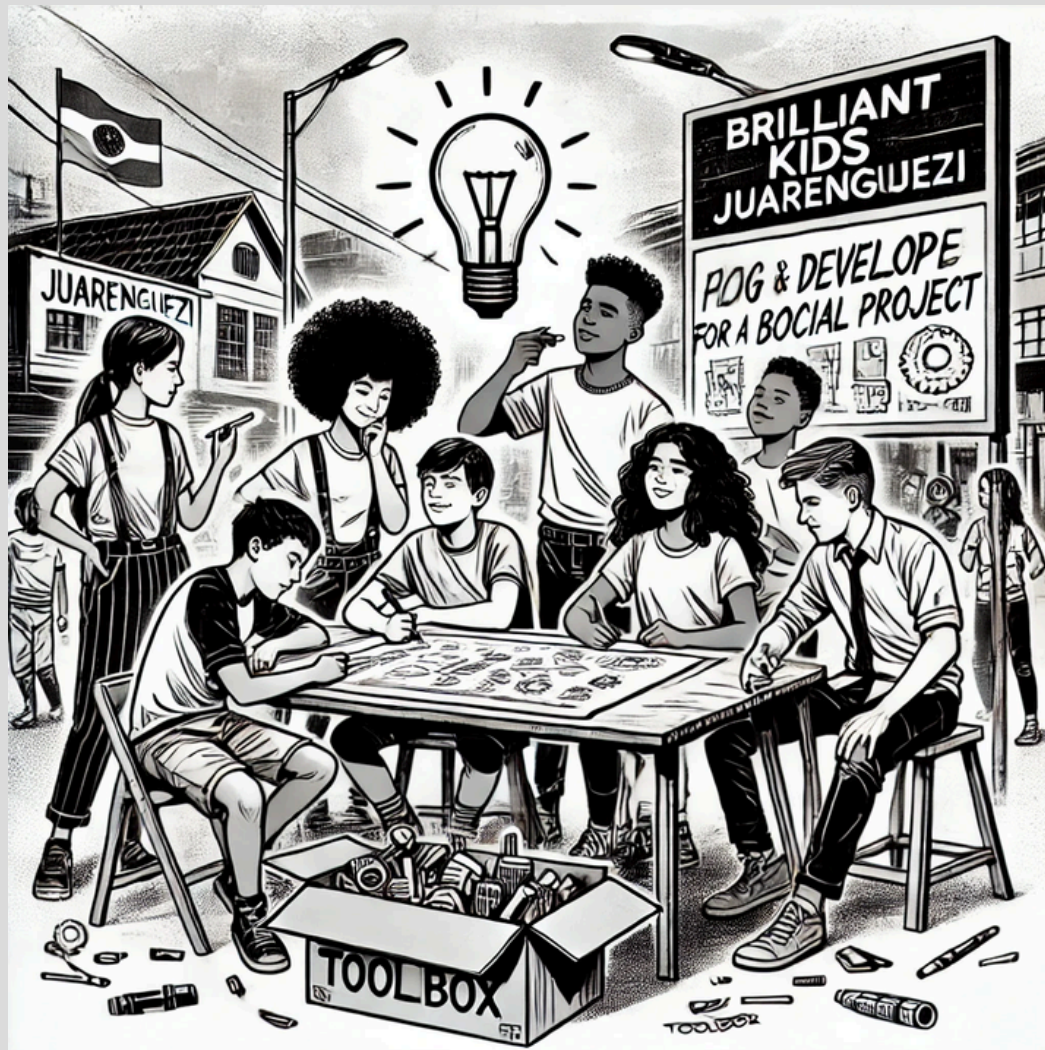
"I FELT VERY LONELY. MY CHILDREN AND GRANDCHILDREN COULDN'T VISIT ME, AND I WAS AFRAID TO GO OUT BECAUSE OF THE RISK OF GETTING ILL. MEDICAL APPOINTMENTS BECAME DIFFICULT, AND I WORRIED ABOUT MY HEALTH."





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**

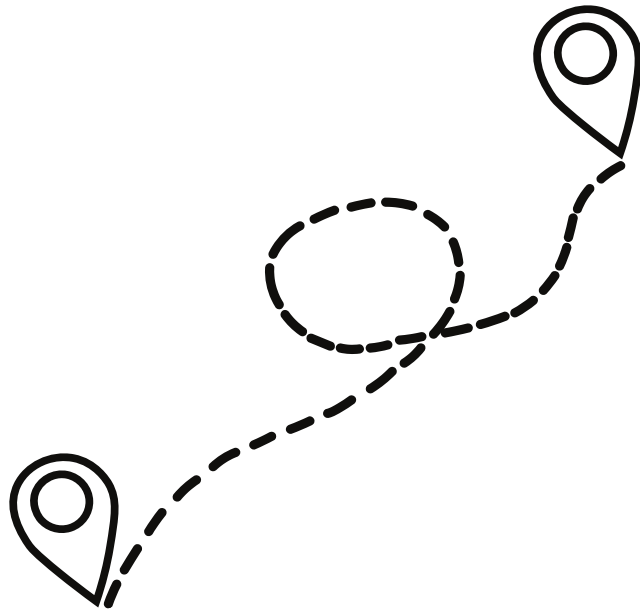
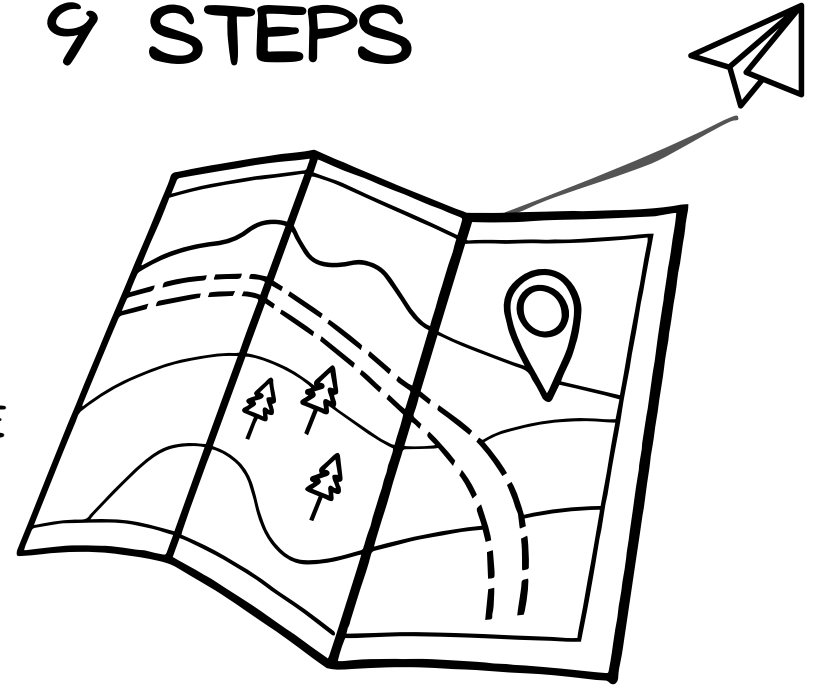


THIS QUEST WILL HELP YOU THINK **WHAT DOES IT MEAN TO BE SAFE.** IT HELPS YOU IDENTIFY THE THINGS THAT MAKE IT HARD FOR YOUNG PEOPLE TO EXERCISE THEIR RIGHTS AND WHAT CAN BE DONE TO BETTER PROTECT THEM WHILE BUILDING COMMUNITIES WHERE THEY CAN ACHIEVE THEIR FULL POTENTIAL.



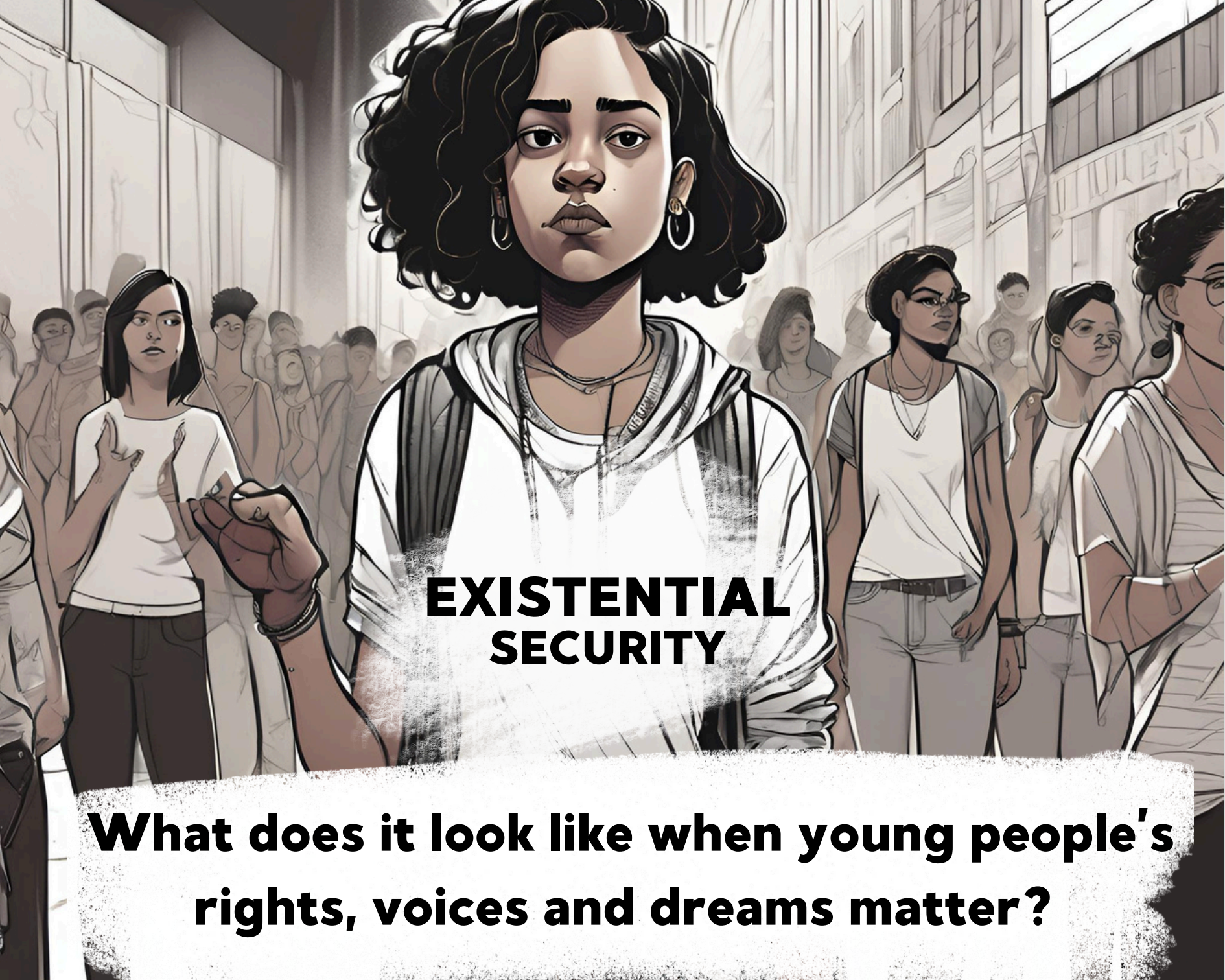
# THIS QUEST FOR YOUNG PEOPLE'S SECURITY HAS 9 STEPS

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..

**LET'S BEGIN...**



**EXISTENTIAL  
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

BEING TREATED WITH DIGNITY AND 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, FOR EXAMPLE:

- WHEN WE ARE TREATED DIFFERENTLY BECAUSE OF THE WAY WE LOOK OR WHERE WE LIVE.
- WHEN WE DON'T SEEM TO HAVE THE SAME OPPORTUNITIES AND PRIVILEGES THAT OTHERS HAVE.
- WHEN TOURISTS ARE GIVEN PRIORITY AND WE END UP EXCLUDED OR DISPLACED FROM OUR OWN NEIGHBORHOODS.
- WHEN NO ONE SEEMS TO BE INTERESTED IN OUR OPINION.



\*IT'S THE SLOGAN OF THE ANTI-RACIST MOVEMENT IN THE USA, WHICH STARTED IN 2012 AS A RESPONSE TO THE ACQUITTAL OF TRAYVON MARTIN'S KILLER, A 17-YEAR-OLD BLACK TEENAGER



# FIRST QUEST

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

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# 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?

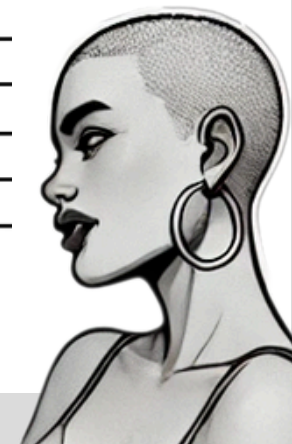
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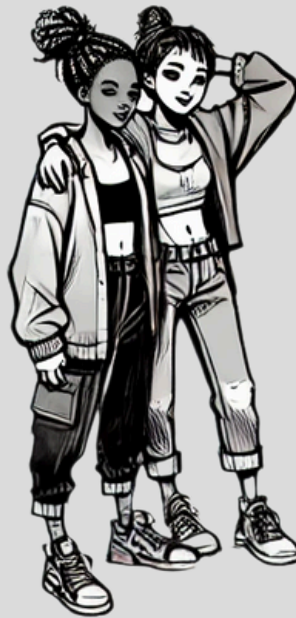
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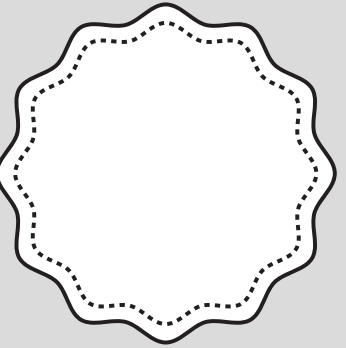
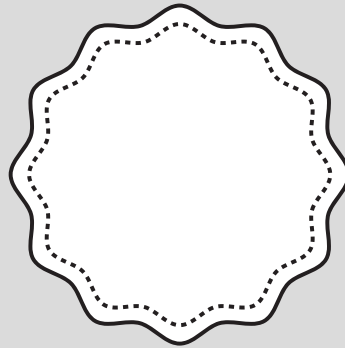
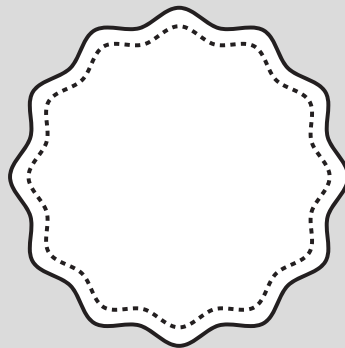
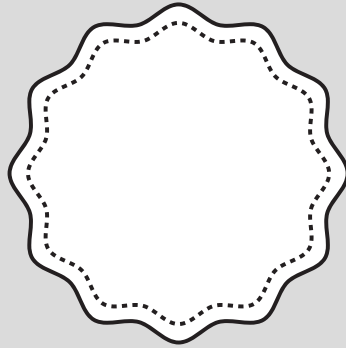
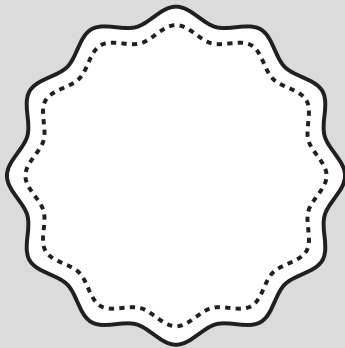


2ND  
QUEST



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

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





# **PERSONAL SECURITY**

A stylized illustration of a diverse group of young people walking through a city street. The central figure is a young woman with voluminous, curly dark hair, wearing large hoop earrings and a white top, laughing joyfully with her eyes closed. To her left, a young woman with dark hair pulled back and a headband smiles warmly. Further left, another young woman with long dark hair also smiles. To the right, a young man with short dark hair and a backpack smiles. The background shows a street with buildings and other people, rendered in a sketchy, line-art style with a warm, golden-brown color palette.

**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?

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HOW DO VIOLENCES AFFECT YOU?

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

HOW SAFE DO YOU FEEL AT...



• • HOME



SCHOOL



PUBLIC SPACES



WHY?

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WHY?

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WHY?

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3RD  
QUEST

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

THINGS TO  
CHANGE AT  
HOME



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THINGS TO  
CHANGE AT  
SCHOOL



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THINGS TO  
CHANGE IN  
PUBLIC SPACES



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CAN YOU IDENTIFY WHO IS RESPONSIBLE FOR PROTECTING YOU  
IF YOU FEEL THREATEN 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?

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# 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?

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4RT  
QUEST



HEALTHY OILS



WATER

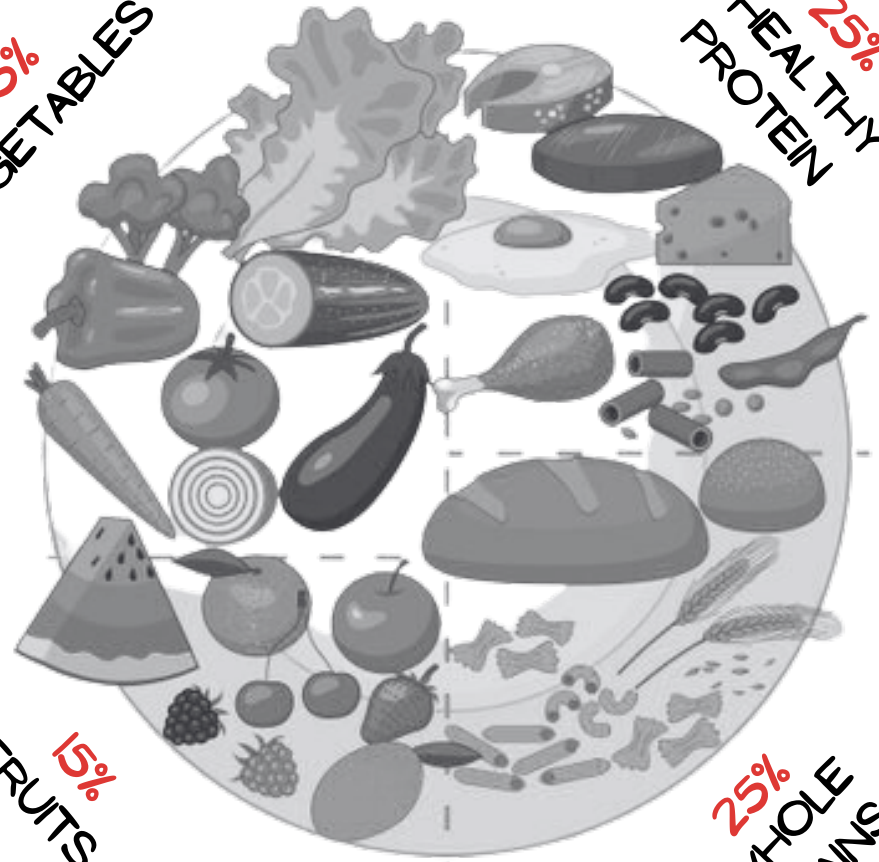
A HEALTHY AND NUTRITIOUS MEAL SHOULD INCLUDE:

35%  
VEGETABLES

25%  
HEALTHY  
PROTEIN

15%  
FRUITS

25%  
WHOLE  
GRAINS





WHAT IS THE HEALTHIEST AND TASTIEST DISH FROM YOUR COMMUNITY?

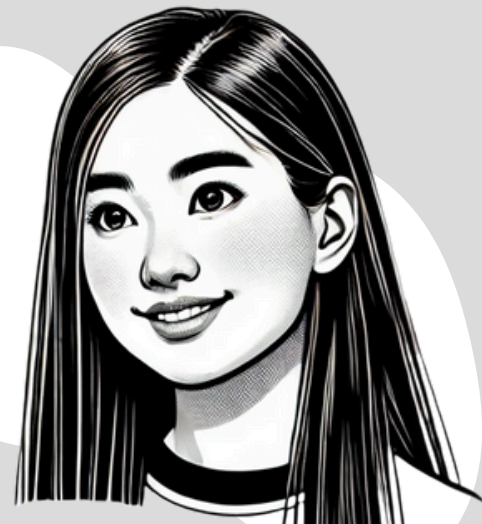
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NOW THINK OF THE INGREDIENTS:

- 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?**

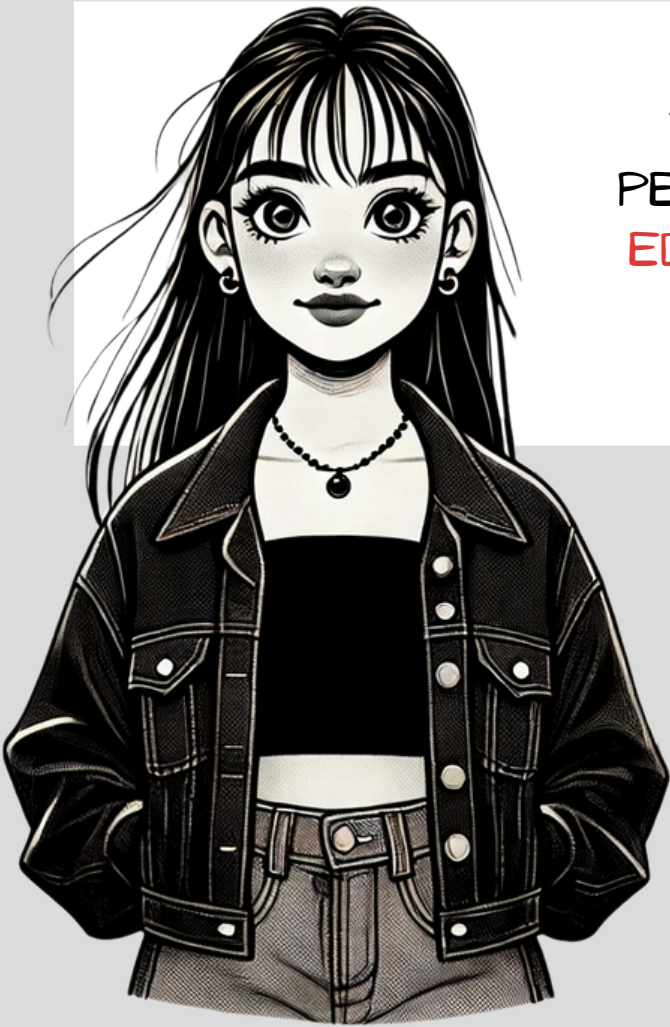
# STEP 6

## 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?

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

WRITE THE SUBJECTS YOU WOULD NEED:

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WHAT OTHER SKILLS WOULD YOU NEED?

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# **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.

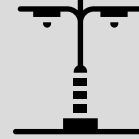
- DRAW THE OUTLINE OF YOUR COMMUNITY (ROADS, RIVERS, STREETS, PARKS, YOUR HOUSE, ETC)
- THEN, LOCATE SITES WHERE THERE ARE ENVIRONMENTAL HAZARDS



INADEQUATE HOUSING



SOURCES OF POLLUTION



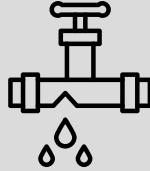
LACK OF STREETLIGHTS



CONTAMINATED AREAS



POTHoles AND UNPAVED PATHS



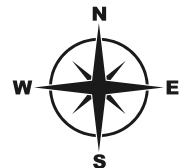
LEAKING PIPES



INACCESSIBLE PATHS



NOISE POLLUTION



A black and white illustration of a man with dark, wavy hair, wearing a light-colored shirt and a dark tie, speaking to a large crowd of people. He is gesturing with his right hand, palm up. The crowd consists of many people of various ages and ethnicities, all looking towards the speaker. The setting appears to be a large, open hall or auditorium with high ceilings and windows in the background. The style is a detailed, shaded drawing with strong lines and cross-hatching for shading.

# **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 CONSIDERING 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





PROBLEM WE WANT TO ADDRESS:

GOAL & OBJECTIVES:

Four horizontal lines for writing, contained within a white rounded rectangular box.

TARGET AUDIENCE:

A single horizontal line for writing.

ACTIONS:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

YOUR MESSAGE HERE:



# TECH SECURITY



**What does it look like when everyone has access to the benefits of technology and is aware of and protected from its risks?**

# STEP 9

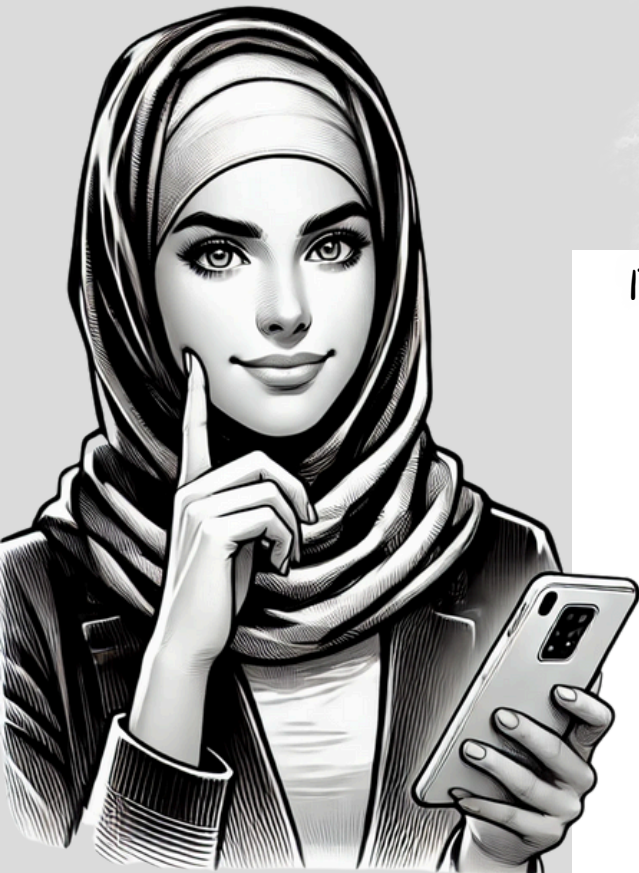
## TECH SECURITY

TO BE SAFE WE NEED TO ENSURE THAT WE HAVE ACCESS TO TECHNOLOGY THAT IMPROVES OUR LIVES AND ARE PROTECTED FROM THE POTENTIAL HARMS OF DIGITALIZATION, AUTOMATIZATION, SURVEILLANCE & OTHER TECHNOLOGIES .

TECHNOLOGY AFFECTS MANY ASPECTS OF OUR LIVES, FOR EXAMPLE HOW WE COMMUNICATE, LEARN, WORK AND ENTERTAIN OURSELVES, SO WHAT DOES TECH SECURITY MEAN?

IT MEANS THAT:

- YOU HAVE ACCESS TO INTERNET AND ALSO THE KNOWLEDGE & SKILLS TO USE IT IN A WAY THAT IMPROVES YOUR LIFE.
- OTHERS ARE NOT USING TECHNOLOGY IN A WAY THAT HARMS OR DISCRIMINATES AGAINST YOU.
- YOU ARE PROTECTED FROM ONLINE DANGERS LIKE HACKING, MISINFORMATION OR VIOLENT CONTENT.
- NEW TOOLS, LIKE ARTIFICIAL INTELLIGENCE, ARE REGULATED TO ENSURE THAT ARE USED IN A WAY THAT DOES NOT THREATEN YOUR RIGHTS.



# LET'S BUILD A PLAN TO STAY SAFE ONLINE

THIS PLAN WILL BE YOUR OWN STRATEGY TO PROTECT YOURSELF FROM ONLINE THREATS & ENSURE THAT YOUR EXPERIENCE WITH TECHNOLOGY IS SAFE AND POSITIVE.

9TH  
QUEST

ANSWER THE FOLLOWING QUESTIONS WITH THE HELP OF YOUR FRIENDS AND FAMILY:

- **SECTION 1: PROTECTING MY PRIVACY**

WHAT PERSONAL INFORMATION WILL I NEVER SHARE ON SOCIAL MEDIA OR DIGITAL PLATFORMS?

(EXAMPLE: ADDRESS, PHONE NUMBER, SENSITIVE PHOTOS)

WHAT RULES WILL I FOLLOW TO CREATE SECURE PASSWORDS?

(EXAMPLE: USE LETTERS, NUMBERS, SYMBOLS, AVOID COMMON WORDS)

- **SECTION 2: STAYING SAFE & HEALTHY ON SOCIAL MEDIA**

WHAT PRECAUTIONS WILL I TAKE WHEN FOLLOWING ACCOUNTS I DON'T KNOW?

HOW WILL I MAKE SURE I AM NOT SPENDING EXCESSIVE TIME ONLINE?

(EXAMPLE: MAKE A LIST OF OFFLINE ACTIVITIES I DO AND ENSURE THERE IS A BALANCE WITH MY TIME ONLINE, SET TIME LIMITS ON MY DEVICE)

HOW WILL I PREVENT UPSETTING OR HARMFUL CONTENT FROM POPPING-UP?

(EXAMPLES: BLOCK & REPORT ACCOUNTS THAT SHARE HARMFUL CONTENT, UNFOLLOW AND MUTE ACCOUNTS THAT SHOW CONTENT THAT UPSETS ME)

- **SECTION 3: CYBERBULLYING**

WHAT WILL I DO IF I SOMEONE IS BULLYING ME ONLINE OR IF I SEE SOMEONE ELSE BEING HARASSED?

(EXAMPLE: REPORT TO THE PLATFORM, BLOCK COMMUNICATION WITH CYBERBULLIES, DELETE MESSAGES WITHOUT READING THEM, TALK TO A TRUSTED ADULT)





# 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 TO  
CONSIDER OUR:

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





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