



# Boys' Circles.... Empowering boys effectively

Costa Rica, 2024

[www.cepiacostarica.org](http://www.cepiacostarica.org)

## MISION

CEPIA (Culture, Education and Psychology for Infants and Adolescents) is a Costa Rican based non-profit and non-governmental organization, which seeks to improve the quality of life of children and teenagers and their families from poor backgrounds in Guanacaste by promoting cultural development, educational and labor opportunities, physical and mental health, social cohesion and participation. Since 2005.

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## The core of the project

During 10 months a male psychologist offers a weekly 2-hour workshop to 20 boys, aged 8-13 in rural communities, about human rights, gender violence, the importance of education, personal safety, financial management, emotional intelligence, new masculinity, mindfulness, etc. in order to improve their wellbeing, protect them from sexual abuse, give them a safe place to talk about difficult life situations, make sure they do not become teen parents, use violence or drop out of school.

In each group at least 70% of boys are selected because their situation of poverty or vulnerability. The aim is to break the cycle of poverty and violence by supporting the boys in their personal development. The goal is that they believe in their own strengths, reject violence, prioritize education, free themselves from abuse.

1 club (1 village) for 1 year = **2860 USD**

**COST** Includes the male mentor, craft and sport materials, office supplies, mentor travels, home visits to boys not showing up, logistics to provide secure space to the boys, weekly phone calls to boys not showing up, supervision of the program and final reporting. *See detailed budget below.*

## WHY?

Unfortunately in 2020, it is estimated that poverty reached 22% of all households, of which 6% live in extreme poverty. Furthermore, boys are receiving many negative and confusing messages in their communities, on social media and music, in schools, at home: anger is the only 'acceptable' way to express difficult emotions, men need to have power and control over women to be seen as a strong man, boys should not cry or show weakness, sexual abuse makes you gay, men are not good caregivers, and so on. Many adult men report having suffered from sexual abuse or violence during childhood, but almost no boys speak about it when it happens or when they are at risk. Men are not taking easily responsibility in pregnancy of women. 40 % of youth don't finish high school education.

# Budget:

activity	detail of expense	cuantity	measurment	unity cost	TOTAL
Human resources	psychologist offers a weekly 2-hour workshop during 40 weeks.	10	months	80	800
	research of high risk boys in the community and community members and parents' meeting (4 weeks)	8	hours	5	40
	home visits to boys not showing up	10	hours	10	100
	weekly taxi for the psychologist to travel to remote community	10	months	60	600
	supervision & logistics costs	10	month	10	100
workshops	art materials for manual activities for each boy	20	art package	10	200
	weekly snack for the group	40	week	20	800
services	Mentor's phone costs	10	month	10	100
communication costs	posters about gender equality and no violence (design& print) to be exposed in the community and also published on facebook and website	10	poster	2	20
field trip	graduation field trip	1	year	100	100
<b>TOTAL</b>					<b>2860</b>