

Morgan Behrens

July Report

My time here in Costa Rica with Abriendo Mentas and Costa Rica has been flying by. We're now in July and we've been progressing in programs and community development. Personally, I've seen a large amount of growth and improvement within the women in our women's group and children in the community. Within the last few months, more than ever, I've realized how passionate I am about working with at risk individuals whether it is social risk or health risks. Since April, I've taken on more projects and have been more mobile in the community, and it has been such a rewarding past few months.

Throughout my time here in Costa Rica, one of the most alarming things I've noticed personally is the lack of sexual education. There are many youth who live in compromising situations, and are at risk for undesirable social outcomes. Therefore, in the beginning of April, I began collaborating with Casa Brasilito's Lead Youth English Teacher and Brasilito School. We have been delivering Sexuality and Sex Education workshops for children in grades 5 and 6. It has been eye-opening and very rewarding sharing a safe and respectful environment for these students to learn about an important social aspect.

Additionally, I began delivering health and nutrition workshops again for women in the community, but specifically for the women who are a part of our women's group. This has also been a very rewarding experience, and the relationships I've been able to build and nurture have become very dear to me. When I initially started, we focused a great amount on nutrition for children, and then we evolved the topic into nutrition for adults, and women. Besides nutrition, we've delved into topics such as self-esteem, empowerment, and common illnesses among Latin American women. Furthermore, we've had a little shortage on staff/volunteers, so I've been more involved in the Youth English classes. Daily, I have the opportunity to spend time with children from Kindergarten to 6th grade in various activities, and it has also been a very rewarding experience. I'm looking forward to what will the next few months will bring, and I'm sure they will be equally as rewarding and adventurous.