



Regional Vicepresidency for Latin
America
FUTURES STUDIES PROJECT AS
PART OF REINTEGRATION TO
SOCIETY OF YOUNG ADULT
WOMEN IN IMPRISONMENT.
MEXICO CITY

UNESCO Participation Programme
Support for LEALA 2014-2015



✧ Project presented to Lic. Aarón Sánchez Castañeda, Executive Director of Sistema Penitenciario. Subsecretaría de Sistema Penitenciario de la Secretaría de Gobierno (SEGOB) del Distrito Federal, Mexico City.

✧ Responsibles of the project:

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Young women in imprisonment who have reached jail mostly due to external unfavorable circumstances , product of the social context, poverty and situations born from necessity or bad companies on the peak of their lifes and just in time to rebuild their personal life project are afraid of going back to the same dramatic situation they lived in, to the “nothing”, to the “black whirlwind”.



Emotionally disappointed, they use to think that there is no future for them. They need a prospective vision which can offer them more paths to find a different future rather than the one that made them commit crime. Even more if we are talking about women, who have more disadvantages in relation to men.



A mixture of prospective techniques ending into Forward Theater could help them to meet new ways of facing several possible futures.

With this project, there is the possibility of looking at several alternatives and with this, their social reinsertion could be positive or at least, offer a variety of options to confront their previous state (before entering to prison).



UN is highly concerned about supporting women's conditions who have suffered from violence and social disdain. That is the reason why is it planned to work with imprisoned young women in imprisonment and give a hand mainly to the big problem of social reinsertion when getting back to their environment.

OBJECTIVE



☞ To provide elements for the women which are about to end up their prison sentence so that they can improve their emotional situation and quality of life making inclusion to society easier.



❧ **Duration:** from february to june 2015

❧ **Target:**

30 inmates with misdemeanors (offence against public health, property offence...) among 18 and 29 years old with more than six months to leave confinement.



CHARACTERISTICS



Inside the Penitentiary System there is a Training Area with three stages.

This project suits very well onto the Emotional intelligence and human development stage and complements the others: cognitive abilities and industrial training.



PROCEDURE



1. To review investigation files
2. Interviews with authorities
3. Interviews with teachers of sport and artistic activities
4. Experts consult: María Sierra, investigator from the National Institute of Penal Sciences, will help to define the procedure to follow within the interviews and prospective techniques
5. To elaborate life histories
6. “Building your return” course. In this term will the several stages be applied throughout 50 hours, two days per week, two hours per session
7. Elaboration of products to share in the LEALA database as part of UNESCO project of integrating a wiki community of open resources (OER) for teaching
8. Final report

TRAINING AREA ACTIVITY

Course: “Building your return”



Phases:

1. Exercises for changing attitudes and ways of thinking
2. Emotional intelligence workshop and corporal exercises
3. Forward Theater. Presenting possible futures scenarios played by themselves



PRODUCTS FOR LEALA

- ❧ Paper Reentry into society for young women in imprisonment
- ❧ Paper Forward Theater Methodology
- ❧ Recordings of the final plays and some excercises seen during the term
- ❧ Final report

LEALA World Futures Learning Lab



EXPECTED RESULTS



- ❧ To build an emotional infrastructure which allows not to be so vulnerable at what they must face and be able to build possible futures to find solutions to their problems
- ❧ Better quality of life and the elaboration of transformative proposals for their social reinsertion
- ❧ In front of reality, their attitude and way of thinking will be different and could take better decisions for herself and the others
- ❧ Levels of recurrence could reduce
- ❧ Possibilities of training people who can continue with the experience

PEOPLE IN CHARGE OF THE PROJECT

Ph.D. Guillermina Baena Paz WFSF Executive Board Member and Vicepresident of the Iberoamerican Region of WFSF.

Academic leader who has organized several events to promote Prospective . Baena has her professional training on Latin America, where she has been invited to give many workshops , lectures and courses. Is an international professor of Universidad Externado de Colombia (Bogotá, Colombia).

She coordinates the Permanent Seminary of Prospective Studies (UNAM) since 2003 and has directed a variety of publications and series of Working Papers, Papers and Cuadernos de Pensamiento prospectivo Iberoamericano, besides coordinating and written texts uploaded on <http://investigacion.politicas.unam.mx/semprospectiva>

PEOPLE IN CHARGE OF THE PROJECT

Alethia Berenice Montero is member of the Youth Council WFSF. She has a grade on Psychology and a variety of studies on arts. She works as Psychofuturartist and has developed the Psychoprospective Theory along with the Colombian psychologist Martha Jaramillo. Here, arts is handle as another source of knowledge.

From here, Forward Theater is born and it has been applied on Colombia, Romania, Guatemala and Mexico. She has been working with Ph.D. Baena for five years and work the methodology together. Also Personal futures being the translators of Verne Wheelwright's books *It's Your Future, Make It a Good One!* and *Personal Futures Workbook*.



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For more info about FT check this video out:

https://www.youtube.com/watch?v=PZwKL_REWBM