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BPW Argentina  
South America  
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BPW International  
Health and Wellbeing  
Taskforce  
Chair Luisa Monini

Ensure healthy  
lives and promote  
well-being for all  
at all ages  
(SDG N.3)



BPW INTERNATIONAL  
INTERNATIONAL FEDERATION OF  
BUSINESS AND PROFESSIONAL WOMAN



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## FROM A HAPPY CHILDHOOD TO A HEALTHY ADULTHOOD (2018-2020)

The HEALTH COMMITTEE of BPW Buenos Aires has considered the possibility to carry out the program for children sexual abuse prevention and drugs prevention in these emergency rooms.

A group of co-workers was created. It is formed by Psychiatrist Emma Suarez, Cardiologist Viviana Contrucci and Business manager Mabel Tablado.

For this program we might carry out a survey that may help their parents to take care of their children by changing eating habits, doing open air activities and raising awareness.

In order to put this into practice we should carry out meetings for parents and teachers of children from 9 to 13 years old in schools, clubs and meetings centres

**Objectives:** Lessen heart diseases, obesity and addictions of all types in the future as well as sexual abuse cases. In this way, a change might be fostered in childhood, so life quality of population would be improved.

**Actions:** Encourage healthy food, outdoor activities and different sports, and sexual education specific for each age group.

Interviews with teachers, parents and relatives for children among 9 and 13 years old, encouraging awareness of their responsibility and participation in this task.



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## **GROUP ACTIVITIES COULD CHANGE THE FUTURE OF CHILDREN**

Give advice to teachers so that they keep up-dated with groupal problems as the children tend to identify with the other ones, for example: to go camping or to work in groups.

Monitor BPW during 2019 and 2020 in order to evaluate the results achieved, and, carry out new meetings in case it is necessary.

Regarding school **drop out** due to economic crisis, there are higher percentages of drop outs connected to drug addiction and child sexual abuse and also young migrants.

**Objectives:** to change attitudes:

- enhance teenage dialogue in 7th form, between 12 and 13 year old. Also in 1st year of secondary school between 13 and 14 year old ;
- Manage to change WHAT IT IS NOT SAID due to shyness or lack of self confidence. This can end in depression;
- Manage to change eating habits to avoid obesity or diabetes or heart diseases;
- Manage to encourage open air activities, games, in parks or squares;
- Prevent being abuse victims or pregnancy interruption by means of educational talks.