

# ADOLESCENT GIRLS ADDRESSING THEIR PEERS' MENTAL HEALTH NEEDS

Children engaging and supporting their peers,  
including reaching the most vulnerable

Latin America and the Caribbean: Chile

In Chile "Ponte la medalla (Put your medal on) is a program ideated and implemented by adolescents girls, looking to support their peers, through a regional network called "Tremendas" (Tremendous). The program looks to improve the self-esteem, confidence and empowerment of girls, women and young people. Girls themselves conduct different workshops that address topics such as sisterhood, vulnerability and recognition of emotions. Although Tremendas themselves deliver these sessions, they develop them with the advice of professionals (child and adolescent psychologists with a gender perspective), given the strong mental health component. A close and safe environment is generated so participants feel safe and free to express themselves regarding their wellbeing.

