

GUATEMALA SUSTAINABILITY CASE STUDY



Taekwondo for Me

The program has strengthened self-esteem and personal security among participants by offering Taekwondo training as a form of empowerment. Through self-defense techniques, participants gain confidence in their ability to protect themselves while also developing a sense of belonging in a supportive community. The initiative has also raised awareness about gender-based violence through community outreach, fostering dialogue and cultural change. In addition, it has helped establish solidarity networks where participants support each other emotionally and socially.

FOCUS AREA

Diversity, Equity & Inclusion (DEI) and Community

KEY WORDS

- Gender-based violence
- Self-defense
- Community support
- Human rights
- Social inclusion

FACTS & FIGURES

- Free Taekwondo training is provided to victims of gender-based violence.
- The initiative specifically targets women, children, and adolescents affected by violence.
- Community events and workshops are organized to raise awareness.
- Structured follow-up is conducted to measure long-term impact and effectiveness.

IMPACTS

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Resources

 [Promotional video of the program](#)