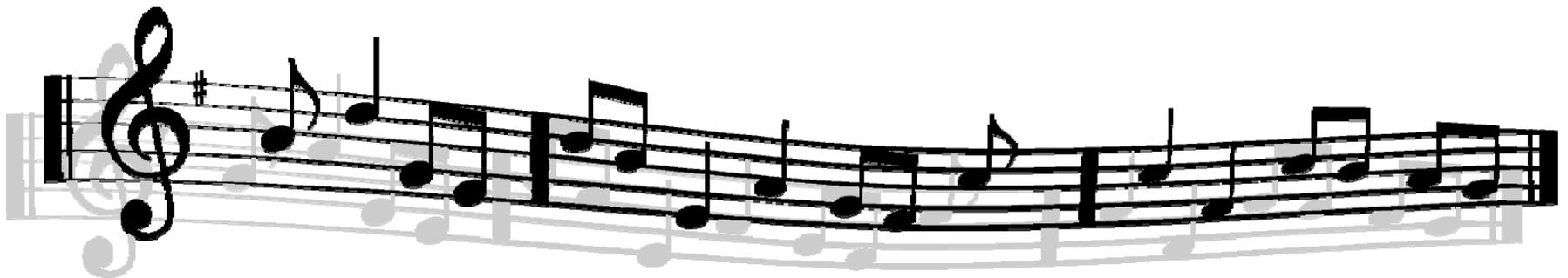




WORK PLAN

“MUSIC IN HUMAN DEVELOPMENT FOR A CULTURE FREE OF VIOLENCE”



Music in Human Development for a Culture Free of Violence

Ciudadanos comprometidos con la Paz, A.C.

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1. Executive Summary

The Music in Human Development for a Culture Free of Violence project will engage youth in music activities to encourage healthy choices. Music has been credited with enhancing self-esteem, fostering understanding among peers, alleviating stress and promoting family cohesion.

At the end of the present program “The Music in Human Development for a culture Free of violence” the students, will improve their achievements and develop life skills, reducing the likelihood of their involvement in criminal activity. This will have been accomplished along several objectives:

Objective 1: Musical skills and abilities of at-risk youth developed

Throughout this program Citizens Committed to Peace (Ciudadanos Comprometidos con la Paz, A.C - CCompaz), will recruit 150 middle school students from first and second grade of middle school between the ages of 11 to 14 years old, these students will be guided into several musical classes such as: violin, viola, cello, guitar, piano, metal, and percussion instruments. The students will receive two extensive hours of musical classes from Monday to Friday. The Musical daily classes will help the students to develop and enhance their musical abilities. As a result of this intensive musical training the students will present two grand concerts, the first one to be held at the end of the first school semester (December) and the second one at the end of the second school semester (June).

Objective 2: Improve nutrition for at risk youth

All the way through this program, the students will develop their eating habits for this reason each of the students will receive a daily balance meal, further more there will be physical activity classes to promote exercise and expand their healthy eating habits. As a consequence of this preparation each student will be able to maintain healthy eating principles eliminating overweight or underweight existing conditions.

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Objective 3: Increase academic achievement for at-risk youth

During the program, each student will receive 50 min of academic tutorials from Monday to Friday. Each student will be part of a group of an average 40 participants that will assess and develop different academic areas such as: Spanish, math, writing, grammar, science, geographic, history, etc. Each group will be able to develop and grow their academic skills at the end of every school semester due to these intensive personalized tutorials. Better grades and academic achievements will be the end results of the concentrated tutorials for each of the youth at risk students; moreover the students will be able to enhance their interpersonal skills with their classmates, by enhancing their interpersonal skills each student will nurture a family-friendly environment increasing the attendance rate for this program and reducing dispute among youth at risk.

Objective 4: Enhanced inter-personal relationships

Following the activities in place in the program like the tutorial classes, music classes and the implementation of a musical orchestra, the students will develop special abilities like managing their interpersonal relationships, socialization, and last but not least they will be able to manage situations of conflicts. These activities will keep the students out of violence situations and will develop the social skills necessary to work in a team, like the music orchestra, tutorial classes, physical exercise classes, etc. therefore a drastic reduction of physical encounters, creating a final result of increasing the personal self-esteem of the youth at risk.

Objective 5: A project implementation manual developed and best practices identified highlighting the specific ways that music and other project objectives contribute to preventing crime and violence.

2. Background

CCOMPAZ (Citizens Committed to Peace A.C.) is a non-profit organization founded in 1997 with the purpose of building, maintaining and supporting projects that promote a culture of peace. CCOMPAZ, born as a civil society organization in 1997, with the goal to address in a positive way the social risk sectors where violence is generated through promoting actions for a culture of peace.

The creation of music orchestras has been the starting point to prevent violence, now we have a community of promoters whose members were formed in programs like this. Likewise, we are working with families through workshops called Education for Peace, and we are forming Youth Councils in order to promote positive youth leadership. We have also been consolidated our work with elementary children in what we call the 6th Generation of the Symphony Orchestra, whose teachers were part of the 1st. Generation.

Also we started the 1st. Group of Latin music, now we have enrolled 950 children at primary level in 3 primary schools and community centers.

The Board of Directors monitors the overall performance of the institution and has several staff members with advanced degrees in music studies. Since this is the first time that CCOMPAZ received funding from USAID, an experience fiscal advisor has been hired to manage US federal funds specifically for this project.

As a result of the murders, Juárez has become a center for protest against sexual violence throughout Mexico.¹ Meanwhile, many continue working to maintain a positive image of Ciudad Juárez. Songs "Juarez" by the music artist Tori Amos and "Invalid Litter Dept." by At the Drive-In refer to Ciudad Juárez and its murdered women.

Secundaria Tecnica #90 is located in Rivera Del Bravo, a neighborhood in eastern Ciudad Juárez, Chihuahua, Mexico. One of the newer neighborhoods in the city, Riviera del Bravo has many schools and strip malls. A former state governor once described Riviera del Bravo as a model for future neighborhoods. Drug violence forced many people to flee the area. By 2010 rows of abandoned and vandalized houses, with graffiti and trash, were in Riviera

¹ Wright, Melissa. "Paradoxes, Protests, and the Mujeres de Negro of Northern Mexico." *Gender, Place, and Culture*, 12.3 (2005): 177–192.

del Bravo. Alfredo Corchado of The Dallas Morning News referred said that around Riviera del Bravo there were "stories abound of gunfights, headless corpses and men in SUVs peering through dark tinted windows."²

Music plays an important role in the development of youth and is recognized for enhancing interpersonal skills, contributing to improved self-esteem, and providing a much-needed outlet for youth to express creativity and release stress. Multiple academic studies have shown that youth involved in music activities tend to obtain higher academic results and demonstrate improved self-confidence. Music is one alternative for youth who might otherwise turn to criminal activity

3. Strategies and Methodology.

Recruitment

To achieve the objectives mentioned above we will call together students from Technical Middle School 90 in first and second grades. Registration process will be carryout by First come First serve method. To ensure student and family engagement commitment letters must be signed by the beneficiary and their parents. At the same time registration form will include, parent's name and home address to be able to conduct follow up visits. Also, to keep track on student's academic achievement school performance report card will be collected to annotate grades. At the end of the registration process a file will be created for each student for monitoring purposes. Moreover, meetings with parents will be held throughout the program period to coordinate activities and account of the student's achievements to their parents.

Music Workshop

Students will be divided according to the desired workshop according to musical instrument selection. As such, there will be two sets of strings workshop (violin and viola), one of wind instruments (flute and clarinet) each workshop will be held for one hour and forty minutes daily. There will also be workshops for guitar, bass,

² Corchado, Alfredo. "Families, businesses flee Juárez for U.S. pastures." The Dallas Morning News. Sunday March 7, 2010. Retrieved on March 10, 2010.

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percussion, keyboard and metals (saxophone, trombone and trumpet) with same schedule. During the implementation of these workshops, students will be able to develop and enhance their interpersonal relationships by the peer to peer interface conducted by the musical notes when playing music all together as members of the orchestra. Each student will develop values like confidence, security, loyalty, and friendship by participating in the musical orchestra.

Homework tutorials

Homework tutorials will be conducted by one employed teacher and other volunteers from other higher educational institutions that jointly will work with four groups of an average forty students for 50 minutes each day, in order to monitor the subjects that the students take in their morning classes and help them with any doubts they might have and their homework.

A work plan for the teachers will be develop in order to evaluate and implement the program to each of the students; this work plan will help each teacher to implement the program's objectives and activities.

Healthy habits

The program also includes healthy food meals to each of the students and physical activity classes to promote and enhance nutritional awareness and body exercise consequentially. This strategy aims to reduce problems like obesity or underweight issues in the youth population. A nutritionist will develop two balance lunch meal menus that the hired cooks will use to prepare the daily lunches. Some of the hired cooks and food runners will be the own parents of the 150 students, therefore the parents and students will increase the knowledge of healthy eating habits.

The activities developed during the Model will be classified as follows:

- Education.- Through homework support tutorials several skills will be improved such as reading, writing, Math, and Speech.

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- Physical Activity.- The practice of sports will oriented to promoting values of tolerance, respect, fairness and loyalty. Therefore peer to peer respect reduces physical altercations and improved interpersonal relationships.
- Nutrition.- Providing a healthy lunch every day will promote a positive change on eating habits. Weight will be monitoring every month in accordance with the following goals:
 - ✓ 100% Reach the average of ideal weight t for their age and sex in accordance with Mexican standards
 - ✓ Increase the size to achieve at least a 20% increase to approach the ideal average height for their age and sex in accordance with Mexican standards.
 - ✓ 100% students will recognize the importance of exercise for a healthy life.
 - ✓ 100% of students will recognize the importance of healthy food on their health.

4. Summary Table

OBJECTIVES	ACTIVITIES	METHODS AND MATERIALS	GOALS	Responsible	Time line
1.Musical skills and abilities of at-risk youth developed	1.1 Recruitment.	Handing out flyers, brochures directly to students every morning in their classrooms	1781 students at "Secundaria Tecnica Num. 90" will know about the project	Project Coordinator	September, 2012
	1.2. Students Enrollment.	Each student must submit: birth certificate, CURP, Parent ID, proof of address. A registration form need to be fill out, and commitment letters need to be signed by students and their parents. Also, school performance	150 students enrolled and registered.	Project Coordinator	September, 2012

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		report card, and a warranty note form for the materials and instruments borrowed.			
1.3 Groups selection	Each group will learn to play different instruments: Strings (viola and violin), cello, woodwinds (transverse flute and clarinet), guitar (electric and acoustic), electric bass, percussion, keyboard and brass (sax, trumpet and trombone)	8 groups: Strings with 40 students, Cello with 20 students, Woodwinds with 15 students, Guitar with 20 students, electric bass with 15 students , percussion with 15 students, keyboard with 10 students and brass with 15 students	Project Coordinator and Music Teachers	September, 2012	
1.4. Baseline Data Collection	Design and apply a questionnaire in order to set the base line of the profile of students in the project in 9 areas (see annex A)	150 students evaluated in 9 areas: Socio demographic data, family perception and support, Self esteem, Health, Nutrition, Violence, Capacity Building, Self-learning and Social Responsibility	Alianza para Colaboraciones Fronterizas and Project Coordinator	September, 2012	
1.5 Music classes	1hour and 40minutes of music class will be attended by each group daily from Monday to Friday. First 4 weeks of class will be dedicated to learn music theory (<i>solfeo</i>)	150 students demonstrate 50% proficiency in at least one musical instrument	Music teachers	September, 2012 to June, 2014	

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	1.6 Orchestra Concert / Contemporary Music Ensemble Event	<p>In order to prepare for each concert we need to:</p> <ol style="list-style-type: none"> 1. Preparation Meeting. Goal: Select dates and venue. Work Task and staff designation. 2. Leasing of Contract Signed. 3. Ticket distributor and Municipal permit process. 4. Event promotion campaign 5. Handout VIP Invitation and RSVP follow-up. 6. Transportation for program beneficiaries to concert. 	1 Orchestra Concert 1 Contemporary Music Ensemble Event	Orchestra Director, Music teachers and Project Coordinator	<p>December, 2012.</p> <p>July, 2013.</p> <p>December, 2013</p> <p>July, 2014.</p>
	1.8. Half term evaluation	<ul style="list-style-type: none"> • Review daily school attendance rate. • Review academic achievement. • Review reading and writing skills. • Review daily academic assistance 	Evaluation Report and Work Program (Year Two)	Alianza para Colaboraciones Fronterizas and Project Coordinator	June, 2013
	2.1 Weight and Height monitoring	Each of the 150 students will be weight and height measure monthly.	150 student records monitoring weight and height	Physics Teacher	September, 2012 to August, 2014

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2. Improved nutrition for at risk youth	2.2 Promote healthy eating habits.	Teach Students about nutrition, printed materials will be given to them about eating habits, but mainly by giving a healthy balance lunch meal from Monday to Friday.	150 students will increase the knowledge of healthy eating habits.	School coordinator and nutritionist	September, 2012 to June, 2014
	2.3 Promoting physical exercise	Every week during four hours, students will practice physical exercise where specialized teachers will help in: Agility drills, Balance exercises, Strength exercises, endurance exercises, Coordination exercises, and Speed exercise.	150 students will increase knowledge of the importance of exercising.	Physics Teacher.	September, 2012 to June, 2014.
	2.5 Evaluation of the development of healthy practices.	Compare results on height and weight during the beginning of the period through the end of the program.	25% Reduction of the prevalence of underweight and overweight in 150 students.	Alianza para Colaboraciones Fronterizas	June, 2014
	3.1 Promote parents and family engagement.	Monthly meeting with parents will be held to ensure family engagement. Home visits shall be conducted by teachers if student report more than 4	Improve 15% school assistance	Project coordinator	September, 2012 to June, 2014.

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3. Increased academic achievement for at-risk		absences by month. Parent-Child music workshop will be promoted.			
	3.2 Improve academic achievement.	Homework tutorials will be provided 4 hours per week.	Improve capacity and 10% grade enhancement in 150 students.	Project coordinator and teachers	September, 2012 to June, 2014.
	3.3 Improve the Reading and writing abilities.	Every week for 4 hours per week, a specialized teacher and volunteers will conduct reading and writing sessions as part of the homework tutorials. Specialized reading and writing sessions will take place where students will be asked to read and prepare essays with different levels of expertise to increase their writing and reading habits simultaneously.	Improve 10% Reading and writing skills in the 150 students.	Project coordinator and teachers	September, 2012 to June, 2014.
4. Enhanced inter-personal relationships.	4.1 Improve self-esteem of students.	Musical orchestra rehearsals and the recognition of the final concert at the end of every school semester will boost the students' self-esteem making them feel rewarded and special about their progress in the music field.	Improve self-esteem in 20% of the 150 students.	Project coordinator	September, 2012 to June, 2014.

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	4.2 Improve personal relations.	During the program students will participate in different workshops, tutorials classes, and orchestra rehearsals, these activities will enhance teamwork, socialization and interpersonal relations helping them how to succeed and be part of a group.	Improve 25% de personal relations among 150 students	Project coordinator and teachers.	September, 2012 to June, 2014.
5. A project implementation manual developed and best practices identified, highlighting the specific ways that music and other project Objectives	5..1 Bibliographic review	Review all the bibliographic references and organization data.	Bibliography completed	Alliance of Border Collaboratives. CCOMPAZ Project Coordinator	October 2012.
	5.2 Interview with key personnel related with the project	Conduct interviews with the president of the organization, program coordinator, and teachers of music	12 interviews	Alliance of Border Collaboratives. CCOMPAZ Project Coordinator	October 2012 to June 2014.
	5.3 Manual contents (first draft)	Description and purpose of the manual: Proposed index (background, main activities, resources, materials) Develop of Modules	1 st Manual Draft	Alliance of Border Collaboratives. CCOMPAZ Project Coordinator	June 2013.
	5.4 Writing the Intervention Model	The model used in the Project will be described	Validated model.	Alliance of Border	March to June 2014

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	description	based on observation and application during the project.		Collaboratives. CCOMPAZ Project Coordinator	
	5.5 Write a 2 nd draft including comments and new materials	Discuss 1st draft include new materials to have a 2 nd draft	2 nd draft of Manual.	Alliance of Border Collaboratives. CCOMPAZ Project Coordinator	June to October 2014
	5.6 Make the final version of Manual	Correct, Editing , Design of Manual 2 nd draft	Manual.	Alliance of Border Collaboratives. CCOMPAZ Project Coordinator	September and October 2014.