



# **SfD in prisons and centres for socio-educational measures: Working for less violence inside and outside**

**Examples from Colombia**

**Sector Programme Sport for Development**

## The Method: Sport with Principles

- We are implementing Trainings since 2015 on the Method Sport with Principles (SwP) in Colombia

<https://www.sport-for-development.com/imglib/downloads/Manuale/giz2019-es-manual-deporte-con-principios-colombia.pdf>

- Violence prevention is the most important focus of our work on the Country. Some of the 1700 trained coaches work on prisons and centres for socio-educational measures.



Prison Spaces/ "NGO Crecer en Familia", Los Patios, Norte de Santander.  
@Marcos Silva Sandoval, Instructor SwP

## Norte de Santander

- In this region topics like migration, illegal groups, guerrilla, drugs and a high level of unemployment are usual and prisons and centres of socio-educational measures are receiving more people than their capacity.
- 7 Coaches are working in those spaces in this region with the method SwP.



Prison Spaces/ "NGO Crecer en Familia", Los Patios, Norte de Santander.

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## Norte de Santander

Prison Spaces/ Norte de Santander. @PABLO ANDRES COPETE BENAVIDEZ @JUAN ANDRÉS DIAZ Instructores SwP

Mainly message of the coaches: the rules are the main element for all aspects of the game, competition and life



# Lessons learned from the experience of the coaches

SfD works positively on the organisational climate with all stakeholders (staff, administrative staff, family, others).

The use of Sport for Development in prisons serves to promote values and mitigate negative effects that occur when working with individuals and communities from unstable environments.

Cooperation and engagement with leagues/centres/federations in sports of interest for joint activities and possible future links (strengthens internal leadership and promotes links when outside the centre).

Planning according to the needs/situation of the centre and timing is key to proper development (Incorporate sport, recreation and culture in annual planning). Concentrate the intention.

There is a lack of impact assessment, in addition to the psychosocial and physical level.

The intervention with Sport for Development in prisons offers a space for learning and mutual understanding among adolescent offenders. It is a vehicle to strengthen reintegration into society.

Conventional sport is practised competitively in prisons. Sport for Development promotes social integration for persons deprived of their liberty and is used as a pedagogical and educational element.

Other sports: Rugby (anger and stress management), baseball (concentration), yoga (helps manage anxiety and stress of prison confinement).

Sport in closed places for juvenile offenders contributes to the re-establishment of their rights and, as an ultimate goal, to their social inclusion.

The role of the Sport for Development trainer in the re-socialisation process with young offenders should always be a role model and an agent of change who impacts people positively. Observer of the social context.

Sport-based programmes in socio-educational closed spaces help adolescent offenders to move away from violent behaviour and offer a way to achieve specific social goals and personal development. It also promotes a healthy life, in physical, intellectual and emotional balance.

# Methodological Recommendations from the experience

Inclusion of the family nucleus in the re-socialisation process and in Sport for Development activities.

area of more work with adolescents: strengthening bonds. Psychosocial, sporting and cultural articulation.

The SfD experience solidifies concepts practised in the prison environment and offers new alternatives for socio-educational intervention. Key working values: Discipline, Fair Play, Justice, Empathy, Honesty, Solidarity, Tolerance, Trust, Respect.

Sport activities implemented with awareness-raising and reflection are a hook for young offenders, they allow behavioural changes and reduce conflicts inside the penal houses

Shared responsibility: task the young person to carry out an activity during the session.

Recognition and importance of linking new factors such as spirituality and religious beliefs.

The implementation of the strategies of sports meetings, tournaments, bingo, dance therapy and institutional meetings inside and outside the institution are key in the process of reintegration.

Communication between the SwP instructor and the prison administration strengthens the processes with the adolescent offender and the adult population.

Strengthen networks and associations that promote sport, recreation and culture in prisons, to increase knowledge and opportunities for skills development.

