



FCT



Reunião *Dream Teens*

01 Novembro de 2015 | Lisboa, Portugal





The national meeting of the Dream Teens project on November 1st, 2015 was a great opportunity to learn about the important work done in this project by the research group *Aventura Social*, led by Professor Margarida Gaspar de Matos (*Faculdade de Motricidade Humana, Universidade de Lisboa*), in collaboration with the *Fundação Calouste Gulbenkian* and the *Sociedade Portuguesa de Psicologia da Saúde*, in which more than 100 adolescent boys and girls from different areas of Portugal participate.

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The aim of *Dream Teens* is to get adolescents to voice their ideas, considering them to be important assets of their society. In fact, the adolescents are contributing to create a better society, as we could see through presentations on the work done in each of the six groups in which they were organized. These six groups addressed interesting topics relevant to adolescence : personal resources and wellbeing, mental health and quality of life; social capital, violence, interpersonal relationships, friendships, family; love and sexuality, parenting and pregnancy; dependency relationships, consumption, accidents; lifestyle and health, leisure time, physical activity and body image; citizenship, responsibility, social participation, future, school, society.

Specifically, the groups' work has been not only to disseminate the project in their schools, but also to research and provide information about relevant issues relating to the different topic areas mentioned (some groups have even contributed to drafting chapters in the book "*Adolescentes: navegação segura por águas desconhecidas*" coordinated by Margarida Gaspar de Matos) and to initiate strategies for action and intervention with a high degree of social commitment (such as fundraising for associations working on bullying prevention and intervention, donating their hair to associations that make wigs for people affected by cancer or participating in food collection to be donated to entities that distributed among the homeless).



Undoubtedly, the research and intervention skills that these adolescents develop, as well as the place they begin to hold in reflection and decision making processes, surprised all adults who had the opportunity to attend the meeting. Consequently, we are convinced that the Dream Teens project is an asset for the development of these adolescents, encouraging them to acquire important skills and abilities that help them become better people and citizens.

Therefore, we believe that this project should be transferred and implemented in other countries using the members of Dream Teens as reference models.

The Spanish HBSC team





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