

Program of Alliances for Reconciliation

DecidoSer

Social change program

DecidoSer (I Decide To Be) is a psychosocial support tool that promotes reconciliation and social change by promoting greater **trust, dialogue, empowerment, and respect** within families and communities. It is a tool that helps to change narratives for conflict-affected communities and is rooted in the philosophy that the change we want to see, starts with ourselves. DecidoSer empowers participants to be **agents of change** and catalysts for real transformation in our own lives and communities. As the backbone of the six-year, \$74.9-million Program of Alliances for Reconciliation (PAR)—a joint initiative of the United States Agency for International Development (USAID) and ACDI/VOCA—DecidoSer is a crosscutting methodology that was incorporated into nearly all of PAR's projects.

39,195

total participants in **28 municipalities**

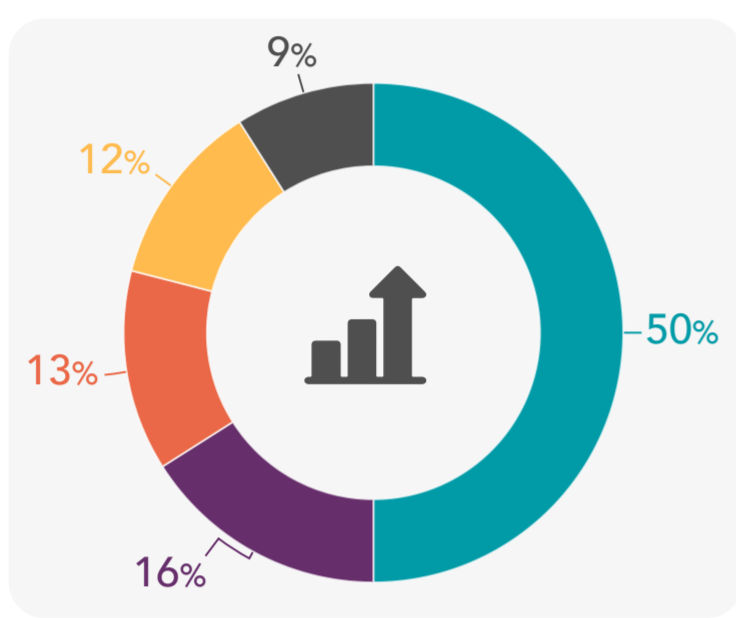
79%

of participants strengthened capacities for empathy and dialogue

“ Through DecidoSer, I started to learn about my emotions and how to express them. This is key for reconciliation—to manage our emotions and recognize the emotional states of other people. ”

– PAR participant, Ciénaga.

Main areas of growth through DecidoSer



- Mental health and psychosocial wellbeing
- Improved communication and respect for differences
- Learning and personal development
- Strengthening networks, teamwork and organizational skills
- Other

DecidoSer contributed to rebuilding damaged social fabric

14,417



Participants improved relations with their neighbors

23,069



Participants reported a better family life

“ I had a lot of problems with my mother before. I got carried away with rage and I was aggressive. Now I am assertive, but I can resolve the conflict through dialogue, without shouting, without hurting. ”

– PAR participant, Cartagena.

PAR participants were compelled to ACT and LEAD

6,685



Participants started engaging with new community groups and organizations

22,862



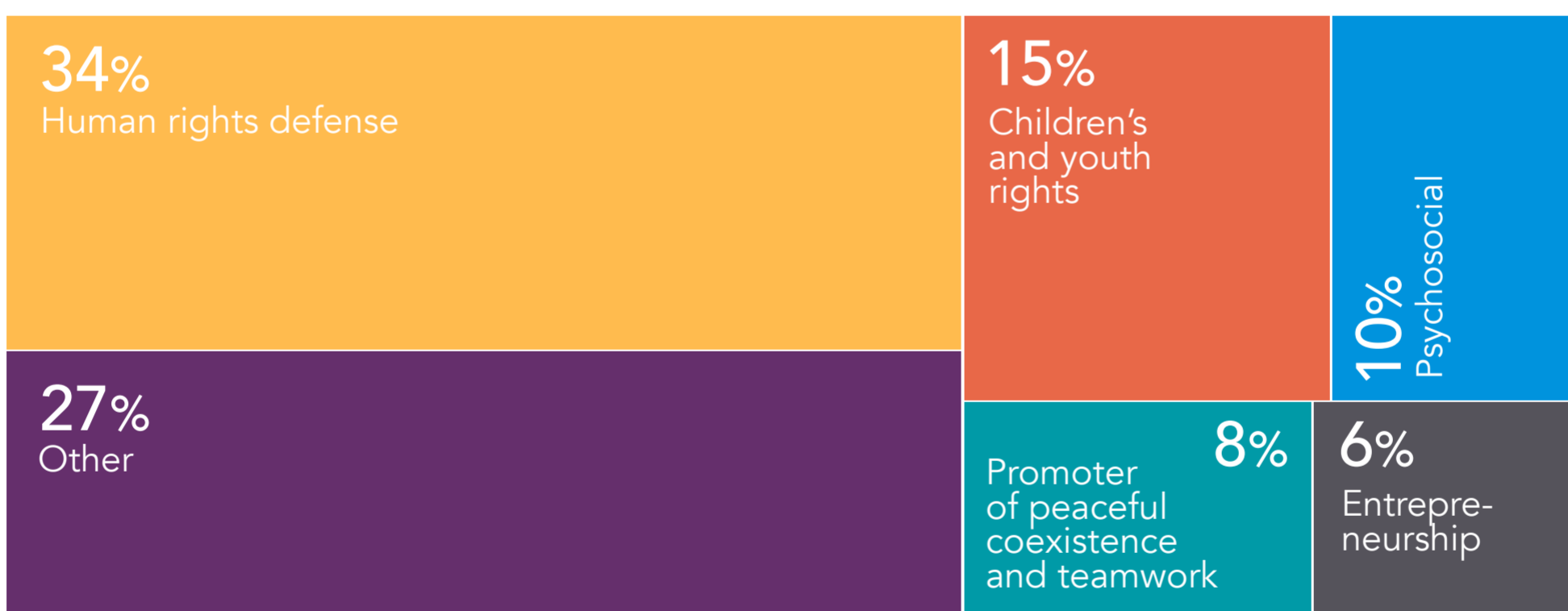
Participants have greater sense of responsibility to community-building initiatives

19,760



Participants have stronger leadership capacities

TYPES OF LEADERSHIP SKILLS STRENGTHENED:



DecidoSer contributes to greater social inclusion of marginalized groups



87%

of participants reported greater acceptance of people from different identity groups.

“ DecidoSer helped me to accept the frustration, the detachment that we are no longer in our country, that our life is no longer in Venezuela... to live in the present and move forward. ”

– PAR participant, Arauca.

Ensuring greater local capacity to implement a psychosocial approach

347



partner organizations will continue replicating a psychosocial approach in their projects through DecidoSer

“ Beyond the financing, the project left us with a methodology that we will continue replicating in our centers. We all need to learn to respect others and contribute to reconciliation. ”

– PAR participant, Cali.

Information from this document was taken from two data sources: 1) PAR Monitoring & Evaluation records; 2) Final Evaluation of Program results carried out by Ecoanalítica in September 2021.