

ENGAGEMENT REPORT



SPANISH PORTFOLIO 2022-2026

Report content in English

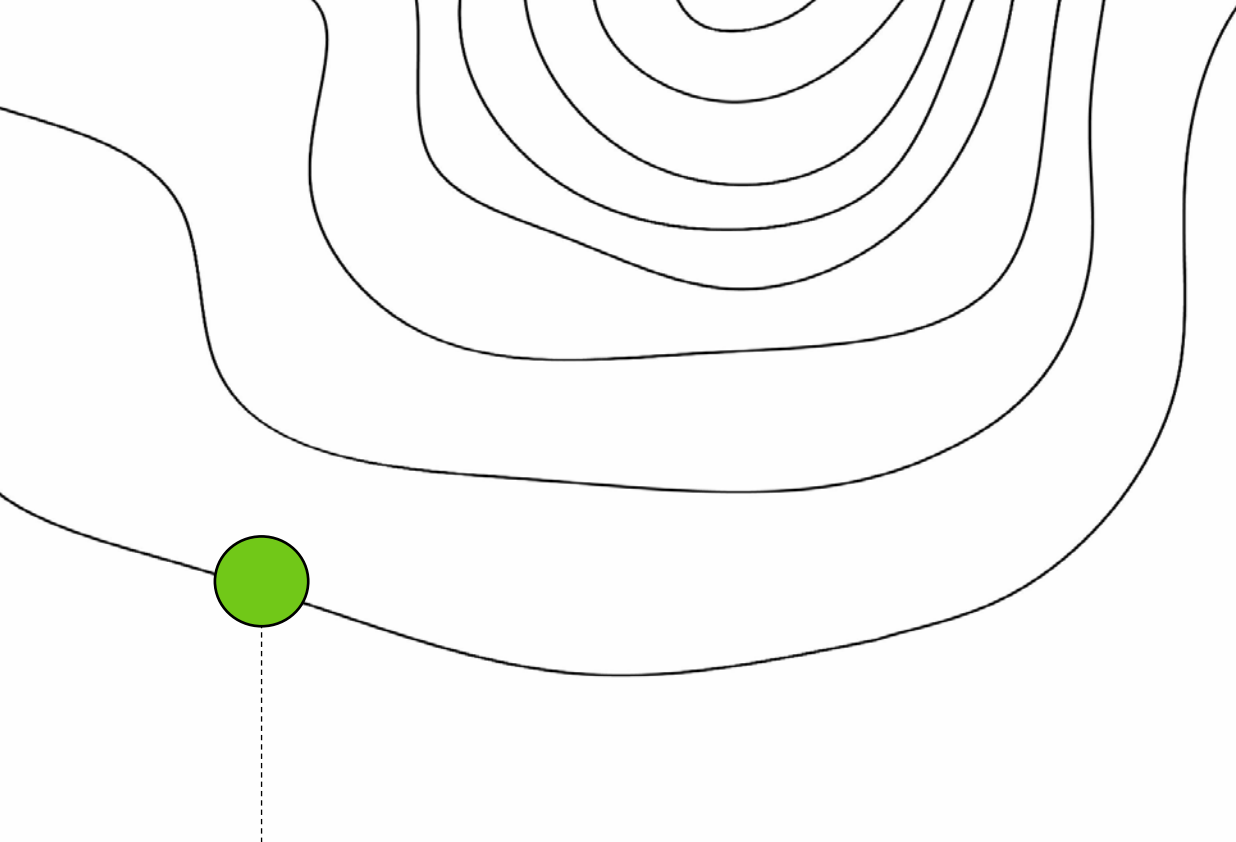


Introduction and context

The development of the Insight Exchange Spanish portfolio commenced in 2021/2022.

Content:

- When the Spanish portfolio began and why? [P3](#)
- The silent and silenced [P4](#)
- Content development (Spanish) [P5-P8](#)
- Listening Lab (Spanish) [P9-P10](#)
- Creating Possibilities & Creating Conversations [P11-12](#)



In 2021/22, in response to an invitation, in a voluntary capacity, some of the Insight Exchange Team were working with responders based in Mexico to develop a version of the ***Follow My Lead* (booklet) translated in-language into Spanish - [Sígueme a Mí](#) (Español).**



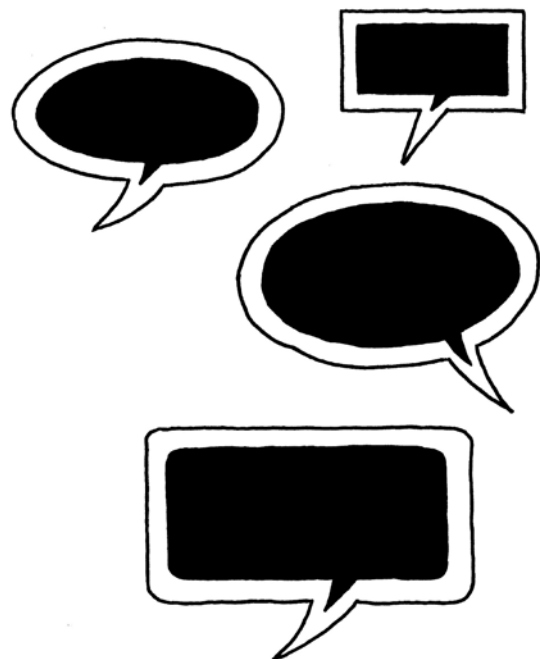
Mexico Context

“The INEGI (National Statistics Institute), in the National Survey about Relationships in Homes Dynamics, indicates that **49.7 percent of Mexican women have been subjected to sexualised violence since the age of 15. And 70 percent, have experienced violence in some of its forms in partner, family, school, workplace (formal and informal), community and digital spaces.**

UN Women highlights that **violence against women occurs in the home, in public spaces and also in the workplace.** With **50%** women in the workforce, workplace responses cannot be underestimated.

UN Women highlights that **"Gender inequalities have concentrated women at the bottom of the global value chain — in the lowest paid jobs, in piece-rate, subcontracted work, and insecure forms of self-employment, with little or no access to decent work and social protection."**

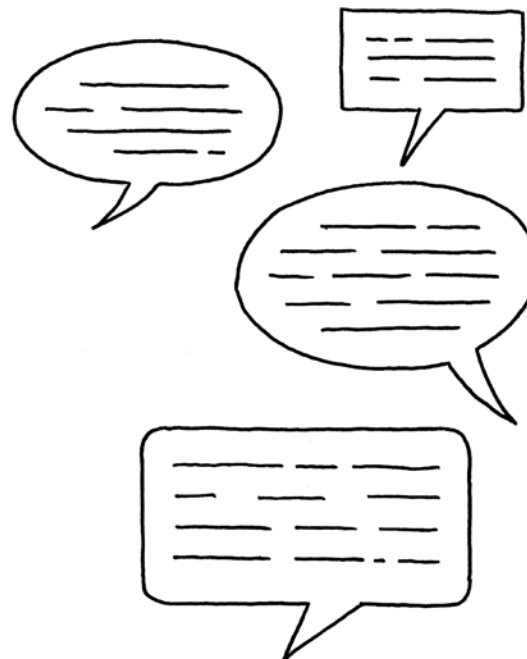
[Excerpt from [Construyendo Posibilidades](#) (8mins) (Español)]



SILENCE

“78.3 percent of women who experience violence from their partners do not seek seek help of any sort”.

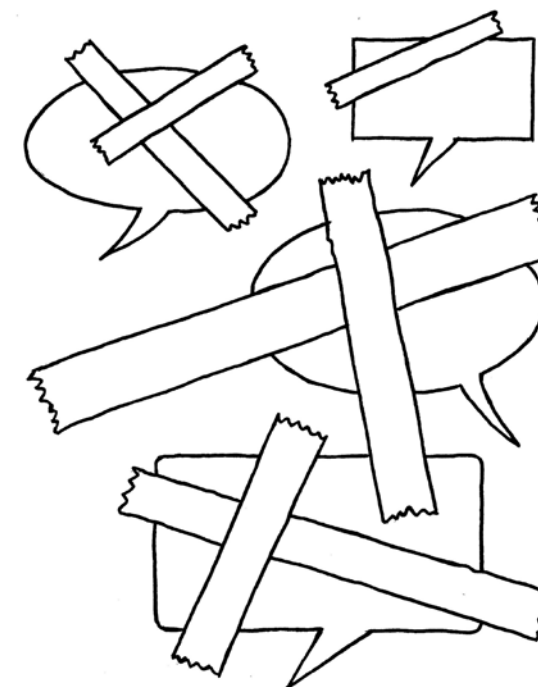
[National Survey on the Dynamics of Household Relationships (ENDIREH) 2021 – The national Institute of Statistics and Geography (INEGI)]



TALK

“In the majority of countries with available data on this issue, among women who do seek help, most look to family (80% in México) and friends (40%) and very few look to formal institutions, such as police and health services. Fewer than 10 per cent of those seeking help reported to the police. In México only 13 percent of women who were subjected to violence from their current partner contacted the police.”.

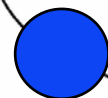
[National Survey on the Dynamics of Household Relationships (ENDIREH) 2021 – The national Institute of Statistics and Geography (INEGI)]



SILENCING

Many victim-survivors are silenced by the violence and abuse used against them and by unhelpful and harmful responses in society, services and systems.

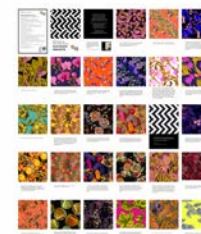
When we create materials and support responses, we centre the likely possibility that readers and viewers may be victim-survivors who are silent about our silenced by violence and abuse. Our materials, and the way we share these, carefully avoids assumptions about the safety to ‘talk’ or the pressure to ‘talk’.



In FY22/23 & FY23/24, through the support of the silent donor, Insight Exchange resourced responders based in Mexico to be involved in the work of Insight Exchange - working in developing Insight Exchange materials in **English** and **Spanish**.

We invite you to explore the materials (content in Spanish) on the dedicated [Español](https://www.insightexchange.net/espanol) landing page.

www.insightexchange.net/espanol



In Nov 2024, the Insight Exchange **Responders Lab Session** was facilitated in Mexico City with a cross-sector group of participants.

In 2024/5, the Insight Exchange **Responders Lab materials** were developed and produced in-language into Spanish.

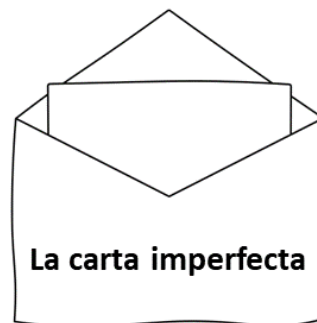
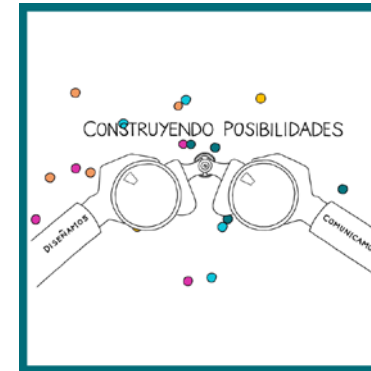


We invite you to open the Responders Lab (Spanish) content and responses from participants via the [Respond](https://www.insightexchange.net/espanol-responde) landing page.

www.insightexchange.net/espanol-responde



Examples of published materials (Spanish)



Coming Up

In addition to the 3 modules in Spanish that are live, the following materials (animation, Module, Lightboxes) are being developed in Spanish in 2026

Animations

The significance
of siblings

Lightboxes

The significance
of siblings

Talk and Silence

Language Lab

Our Actions:
Close Gaps

Our Actions:
Eliminate Excuses

Our Actions:
Widen Support
Options

Our Actions:
Increase choice
and control

Modules



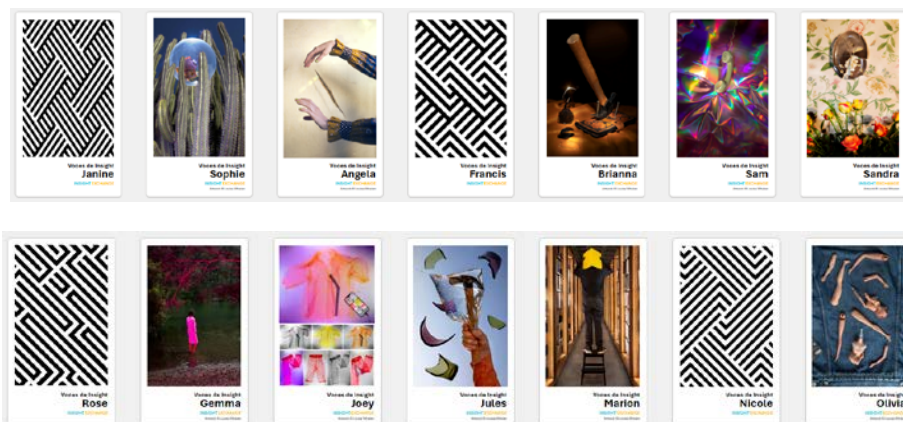
The significance
of siblings

INSIGHT EXCHANGE



In FY24/25 To broaden the base of Insights available in Spanish the Voices of Insight Collection has been published in a lightbox on the website and a mobile gallery printed to share in Mexico.

In FY25/26 to broaden the base of insights available in Spanish the Voices of Insight lived experience descriptions have been translated in-language into Spanish and published on the Insight Exchange website.



In FY24/25 to broaden the way we share materials in Spanish we commenced the donated landing card 'print to share' initiative.



In FY24/25 we donated **13,650** landing cards (Spanish) to Responders Lab participants and/or their organisation/community.

In FY25/26 to broaden the way we share materials in Spanish we commenced the Listening Lab (Spanish) described in the following pages. In FY25/26 we shared Insight Exchange materials through sessions with **736 participants in Mexico & Guatemala (711 in-person and 25 online).**



Listening Lab (Spanish)

Purpose:

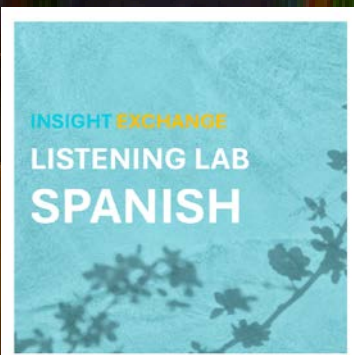
The purpose of the Listening Lab (Spanish) is to:

- (1) Share Insight Exchange insights and materials with individuals, communities and organisations, drawing from local and contextual expertise.
- (2) Continue listening to build on our understanding of lived expertise of interpersonal, family and sexualised violence.

Scope:

The peers in the Listening Lab (Spanish) support local sharing of Insight Exchange materials (Listening, Exploring, Responding, Learning, Participating) in a range of formats:

- a) Electronic invitations to virtually explore the materials through self-service or a walk-through virtual meeting/conversation
- b) Voices of Insight Collection mobile galleries in small and large size format
- c) Virtual Sessions
- d) In-Person Sessions



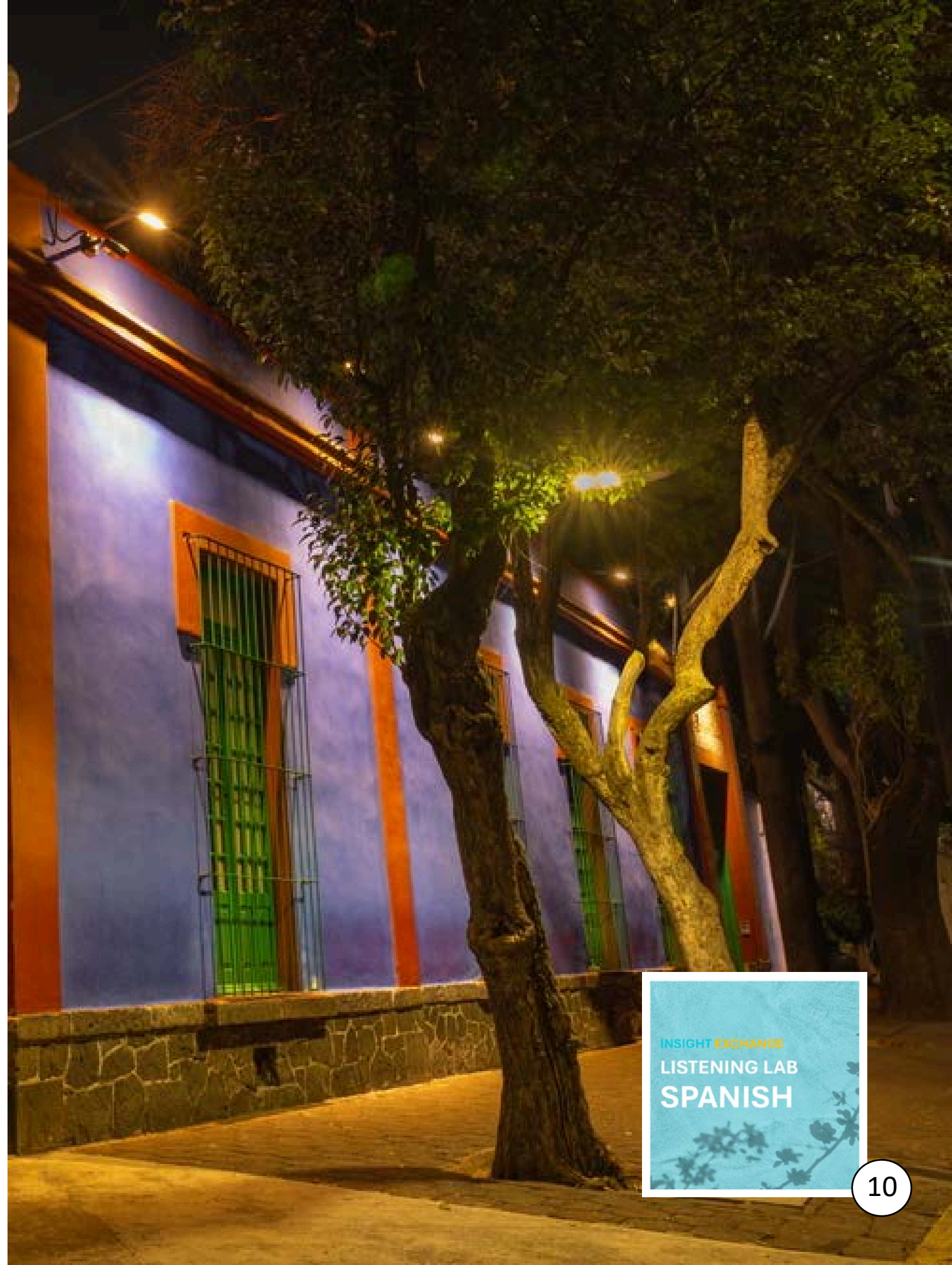
In focus

The focus areas for the Listening Lab (LL) peers align to the five areas used to organise the insights and materials in the Insight Exchange website – Listening, Exploring, Responding, Learning, Participating.

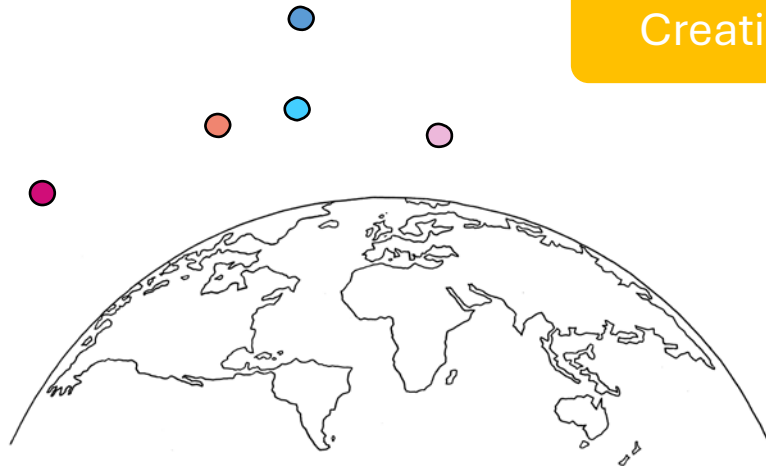
Questions we ask ourselves

1. Are we listening to, talking about, revealing/sharing insights from peoples lived experiences of violence and abuse?
2. Have we made more room for talk and silences about violence and abuse in ways that follow the victim-survivor's lead and meaning?
3. Who have we shared insights and materials with?
4. In what ways are we intentionally...
 - Building on and valuing the **depth of trust** between people
 - Prioritising the **quality of listening** we practice
 - Sharing **power**
 - Refining and using our ability to **adapt together in real time**

(Ref: Katsamangos, 2025)



Creating Possibilities & Creating Conversations



Expansive and flexible locations

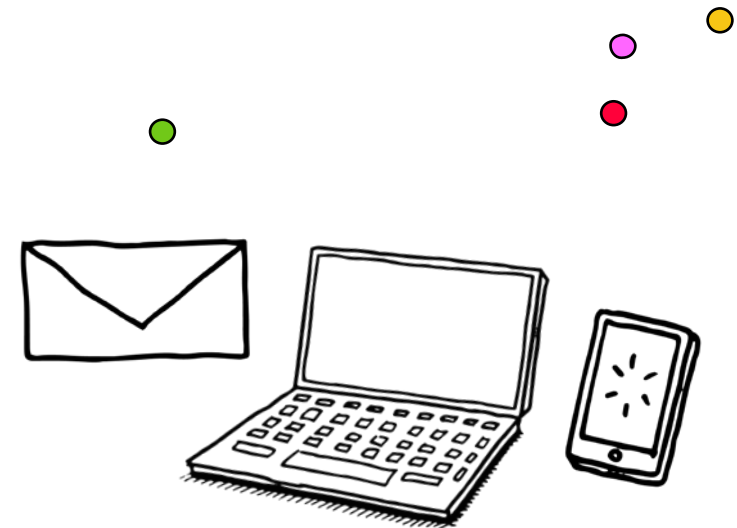
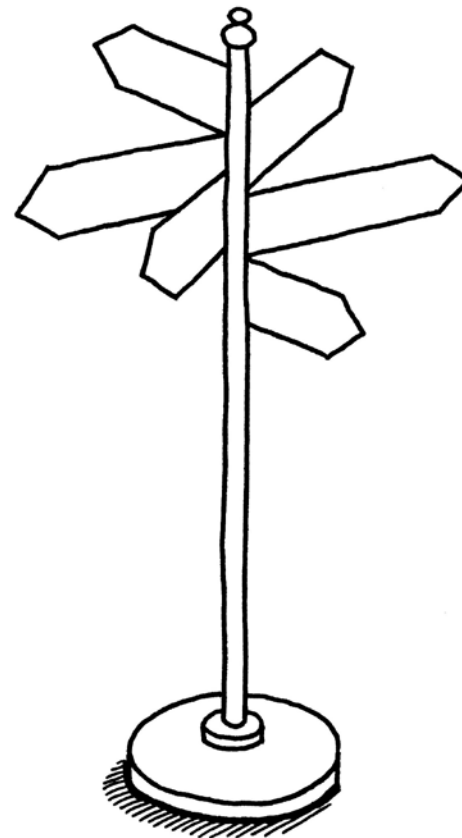
The Listening Lab (Spanish) peer participants live and work in Mexico however the interpersonal invites and connections they explore for sharing insights and materials are not contained to Mexico only.

Being Invitational

Through interpersonal conversational invitations we gently open the door to offering visibility of Insight Exchange as an invitation.

We are also responsive to invitations where organisations, communities and individuals ask us to share insights and materials to a specific group or in a specific area.

Organisations and communities decide which insights and materials will be welcomed and useful.



Supporting safety

We keep the session information details (date/time/location etc) discreet for invited participants only.

We don't use social media for invitation information.



Voices of Insight Collection

The **Voices of Insight Collection** (original artworks inspired by the Insight Exchange Voices of Insight) is printed in large scale (85cm by 85cm) format with accompanying collapsible easels. The collections are shared as pop-up galleries at an agreed place/site over a fixed period. We include accompanying donated landing cards.

At times, the Insight Exchange team may be invited to accompany the collection to support conversations.

The Voices of Insight collection is also exhibited at in-person sessions.



In-Person Sessions

In-person sessions are facilitated by the Insight Exchange team and supported by the Listening Lab (Spanish) peers.

Some considerations include:

- Some people may not have the safety or privacy to participate virtually.
- Access to the internet is not available to the whole population. An in-person session may be the only way the insights and materials can be introduced.
- Insight Exchange landing cards may be particularly useful for people with internet access only on phones.

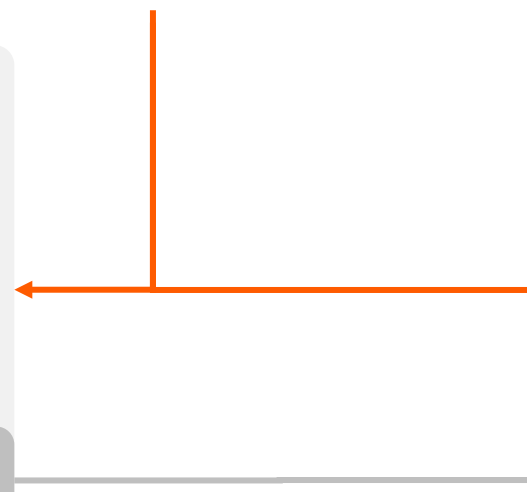
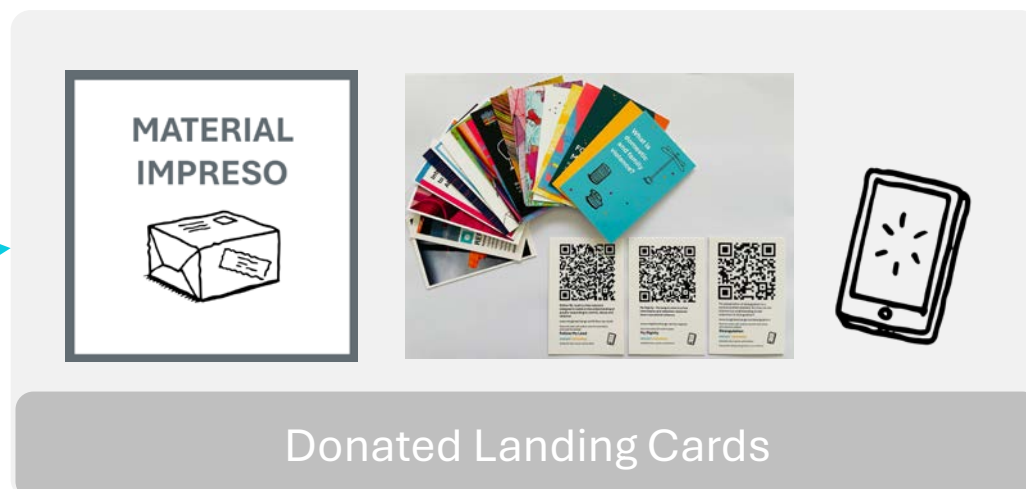


Virtual Sessions

Virtual sessions are facilitated by the Insight Exchange team and supported by the Listening Lab (Spanish) peers.

Some considerations include:

- Some people may not have the safety or privacy to participate in-person.
- Some people may not have the resources, time or transport access to participate in-person.





Digital Engagement

In 2022-2026, the Insight Exchange website has been browsed by people in 11 different Spanish speaking countries. 5.55K videos (in Spanish) were viewed on the Insight Exchange video channel (Vimeo). In Mexico 1.52K people have viewed a combined total of 4.62K videos (292hours of content).

Content:

- Website: Regional User Examples [P14](#)
- Vimeo: Views of content in Spanish [P15](#)
- Vimeo: Vimeo users in Mexico [P15](#)

Regional User Examples

In the period of 1st July 2022 – 30th June 2026 examples of unique website users in the following Spanish speaking regions have browsed and/or downloaded materials from the Insight Exchange website.

**1,814**

Mexico

**160**

Spain

**49**

Guatemala

**44**

Argentina

**38**

Colombia

**38**

Chile

**35**

Paraguay

**21**

Peru

**17**

Ecuador

**13**

Venezuela

**13**

Honduras

Note: The first content in Spanish was not published on the website until 6 months into the 3.5 year analysis period presented on this page. Insights and materials were published incrementally.



Vimeo views - Content in Spanish

In the period of 1st July 2022 – 30th June 2026 **5,555** videos (in Spanish) were viewed on the Insight Exchange video channel (Vimeo).

The combined total time of viewing by users viewing videos in Spanish is **325hours** of content.

Note: Viewers of the content in Spanish are from varied locations, not one specific country. This data may include some of the Mexico user data (adjacent).



Vimeo Users – Mexico

In the period of 1st July 2022 – 30th June 2026 **4,625 videos were viewed** on the Insight Exchange video channel (Vimeo) from **1,520 unique users in Mexico**.

The combined total time of viewing by Mexico Users is **292hours** of content.

Note: Views by Mexico Users might be a combination of Spanish, English and/or Arabic content.



Note: The first content in Spanish was not published on Vimeo until 6months into the 3.5year analysis period presented on this page. Videos on Vimeo were published incrementally.



Voices of Insight Collection

In FY25/26 the Voices of Insight collection has been exhibited in the **26 places**, with a possible **32** bookings being coordinated for FY26/27.

Content:

- Outline of where the Voices of Insight Collection has been shared in FY25/26 [P17-18](#)
- Photographic examples of the Voices of Insight Collection being viewed in Mexico and Guatemala [P19-32](#)
- Coming Up: Intentions for sharing the Voices of Insight Collection in FY26/27 [P33-35](#)

INSIGHT EXCHANGE

Voices of Insight Collection

The **Voices of Insight Collection** is a series of original artworks inspired by the Insight Exchange Voices of Insight. The initiative is designed to illuminate visual metaphors and symbols used by Insight Exchange participants as part of how they describe their lived experiences of domestic, family and sexualised violence to inform social, service and systemic responses. Each of these artworks was developed by collaborating Artist Louise Whelan and is informed by the participants who shared their voices of insight.

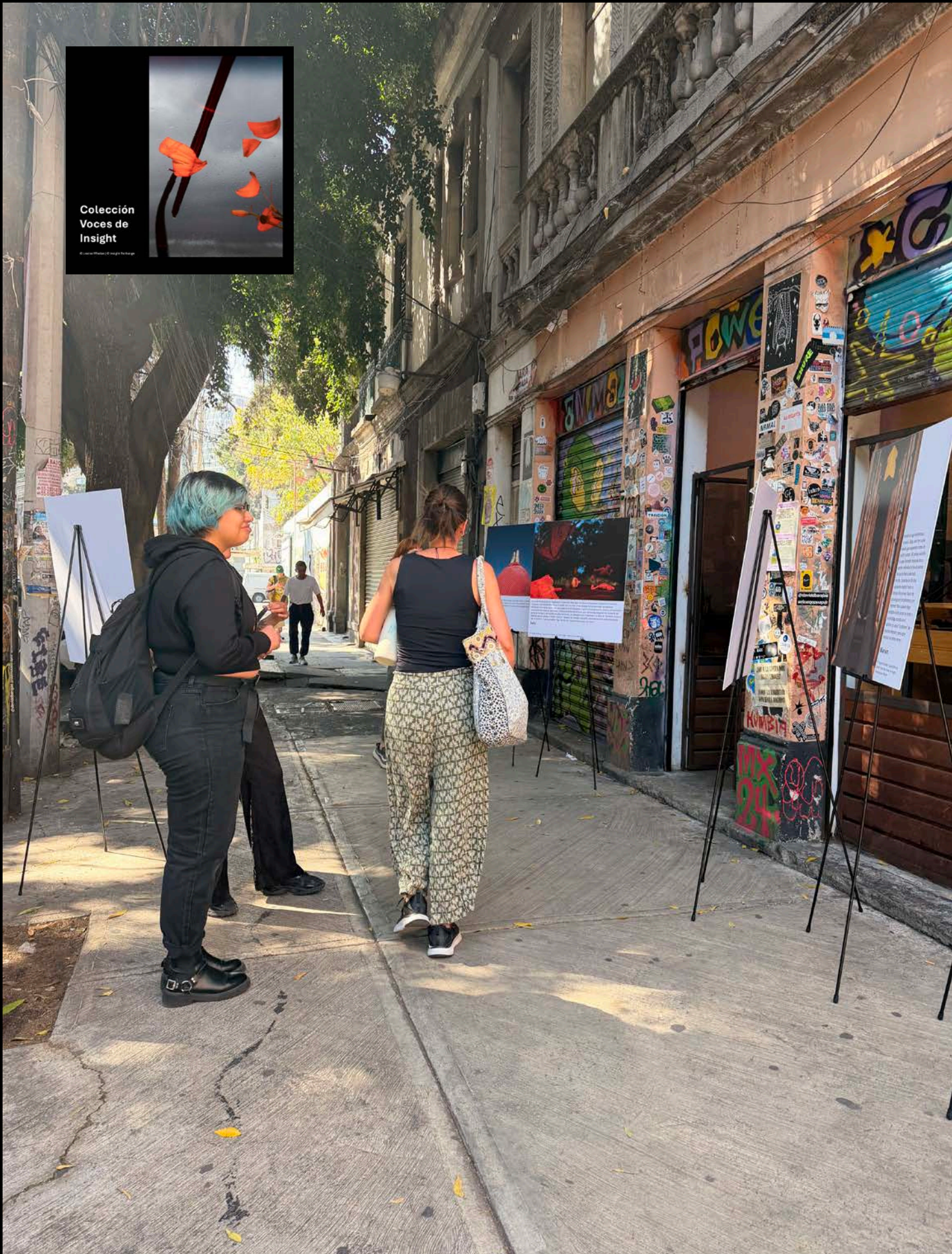
There are two copies of the Voices of Insight Collection in print used as mobile pop-up galleries. In FY25/26 the collections have been exhibited in the **26 places**, with more bookings being coordinated for FY26/27 (See [p33-35](#) of this report). Insight Exchange landing cards have been shared at these spaces to accompany the *Voices of Insight Collection*. This includes either the full set of landing cards or a combinaiton of *Follow My Lead*, *My Safety Kit*, *Family & Friends* & *I am I can*.

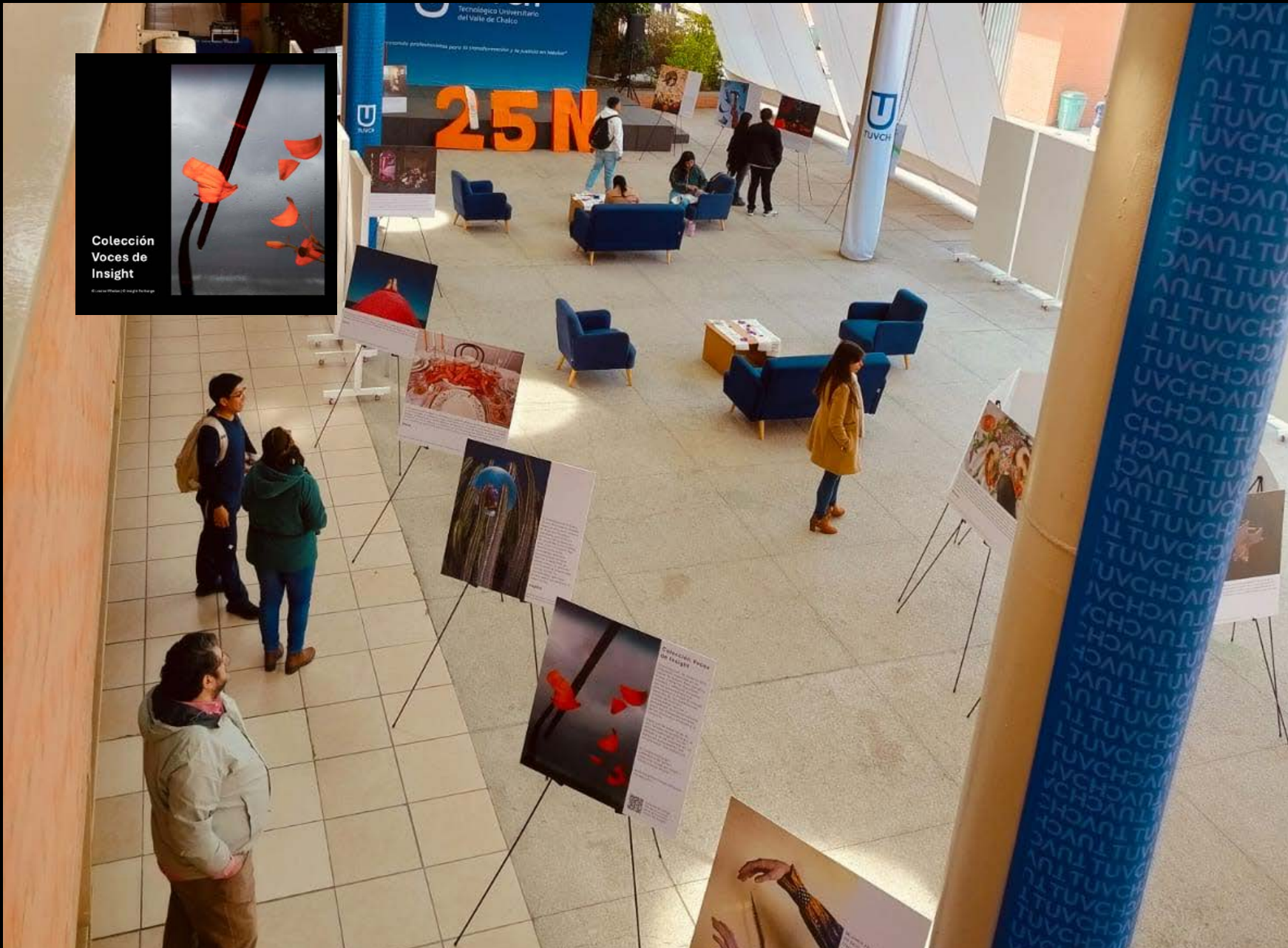
2025

#	Context		Dates of Exhibition
1	University	Universidad TUVCH	Sep 20 th - Dec 4 th
2	Papalotla	Public square Papalotla	Nov 10 th - 20 th
3	Tepetlaoxtoc	Town Hall Tepetlaoxtoc	Nov 25 th - 30 th
4	Ixtapaluca Kiosk	Ixtapaluca Municipality, State of Mexico	Dec 12 th - 16 th
5	Chalco Kiosk	Chalco Municipality, State of Mexico	Dec 20 th - 22 nd
6	Chalco Center	Chalco Municipality, State of Mexico	Dec 23 rd
7	Chapel of Our Lady of Guadalupe in Ixtapaluca	Ixtapaluca Municipality, State of Mexico	Dec 25 th – 27 th
8	Chapel of the Sacred Heart in Valle de Chalco	Valle de Chalco Ixtapaluca Municipality, State of Mexico	Dec 30 th – 31 st

#	Context		Dates of Exhibition
9	Amecameca Center/Kiosk	State of Mexico	Jan 6 th
10	Gabriela Mistral middle school in Ixtapaluca	Ixtapaluca Municipality, State of Mexico	Jan 25 th
11	Celestin Freinet High School in Ixtapaluca	Ixtapaluca Municipality, State of Mexico	Jan 29 th
12	High School 122	State of Mexico	Feb 2 nd – 10 th
13	Parish Day of Saint Ignatius of Loyola	State of Mexico	Feb 14 th – 15 th
14	Ixtapaluca	State of Mexico	Mar 2 nd – 5 th
15	Guatemala City	La Casa de las Italianas	Mar 21 st – 22 nd
16	Xela, Guatemala	Cueva Gráfica	Mar 23 rd - 24 th
17	Panajachel, Guatemala	Little GIANTS Foundation	Mar 25 th
18	Municipal Library Tepoztlán (Morelos, México)	Aniceto Villamar Municipal Library	Apr 14 th
19	Community Centre Acolman, State of México	Casa de la Cultura Aculmaitl	Apr 16 th
20	Community Centre Puebla	Terraformar Centro Cultural	Apr 17 th – 18 th
21	Community Centre Mexico City	We are tod*s	Apr 19 th
21	Ixtapaluca, State of México	IMISI: Ixtapaluca Institute for Women's Substantive Equality	Apr 20 th
22	Tepetlaoxtoc, State of México	Tepetlaoxtoc public library	Apr 20 th
21	Children's Psychiatric Hospital, Mexico City	Children's Psychiatric Hospital Juan N. Navarro	Apr 21 st
22	Toluca, State of México	Secretariat for Women, Government of the State of Mexico	Apr 21 st
23	Tecamac, State of Mexico	M.I.E.L. Center in Tecamac	Apr 22 nd
24	Los Reyes Acaquilpan, State of Mexico	Community Centre La Paz	Apr 23 rd
25	Ixtapaluca, State of Mexico	TESI - Institute of Higher Education	May 11 th
26	Chalco Centro Estado de México.	HGZ No. 71 IMSS Hospital – Emergency room	May 18 th – 19 th

The following pages ([p19-32](#)) show examples in Mexico and Guatemala of the ***Voices of Insight Collection*** being shared indoors and outdoors, in institutional, community and faith-based spaces.







Colección
Voces de
Insight

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En mi caso, mi ex pareja, Jed,
padecía un trastorno por estrés
posttraumático complejo
(TEPT-C). Yo sabía de todos los
traumas que había sufrido
siendo un niño que vivía con
violencia. Este puede
ser un problema a mí o a
ella. Sin embargo, la policía,
los médicos y los
padres de Jed lo que
se necesita es
ayuda. Las
familias
debemos
trabajar
juntos
para
ayudar
a mi
hijo a
ser una
buena
persona.



Antes recibía sus flores. Fue
un regalo de su primo y luego
me di cuenta de que me las
daba sólo por culpa. Pensaba
que era un niño, pero me
daba todas las flores y los
y ahora me trae flores y los
yo hubiera preferido sólo
verlos a ellos y que él me
diera 'la señal', pero nunca
recibía eso, sólo un regalo. El
se dedicaba a dar regalos para
ocultar su propia conciencia.

Sandra

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© Insight Exchange / Anjali y Sushila



Si tuviera que tomar el valor
monetario de las cosas que he
perdido, superaría los 100,000
dólares en daños
materiales. Yo traté de
tomar fotos para documentar
todo. Tengo alrededor de
15,000 fotos en mi teléfono que
muestran todo lo que he
perdido. Si él sale a fumar un
cigarrillo, yo rápidamente sacaba
mi teléfono y tomaba una foto
de lo que había hecho. Tengo
un montón de fotos de todos
los momentos que complico. Tomé
fotos de mi misma usando las
cosas que él había destruido.
No sé, sólo pare tenerlas y
recordarme a mí misma el
daño que realmente es. En
cuanto a mis hijos, mis hijos
y los temas de la custodia
siento que siempre tengo que
estar un paso adelante de él. Si
pueden quitarme a los niños y
tenerlos a tiempo completo, le
haría. Así que intenté reunir
todas las pruebas que pude
para defenderme.

Joey

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© Insight Exchange / Anjali y Sushila



Parece que iba a
mañana cuando
desde la distancia
ellos podían sentir
pude sentir que

Laura

© Insight Exchange



Estando embarazada
empezó a ser
Recuerdo que
a los asuntos
atrás de la casa
algunos de sus
por el dinero.

Sally

© Insight Exchange



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Insight

© Insight Exchange / Arts Lab / Colección Voces de Insight / Arista Louise Whelan



Mexico

24



Mexico



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Mexico

26

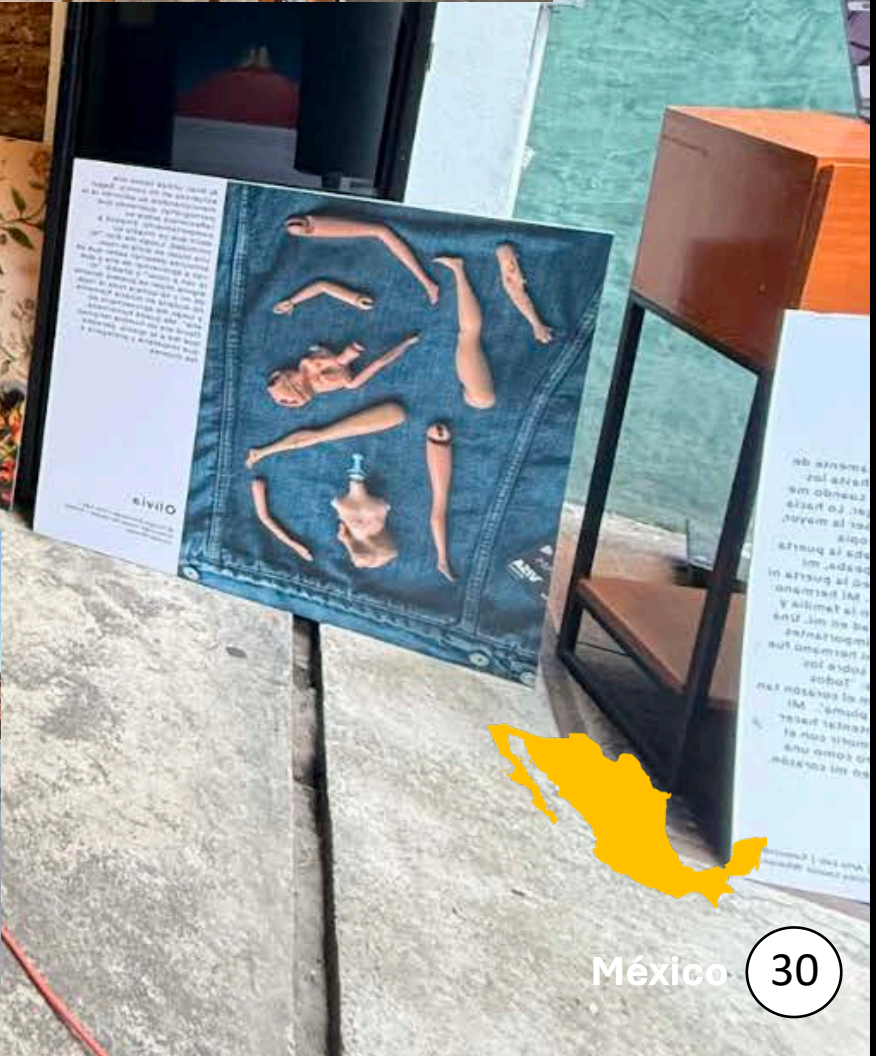
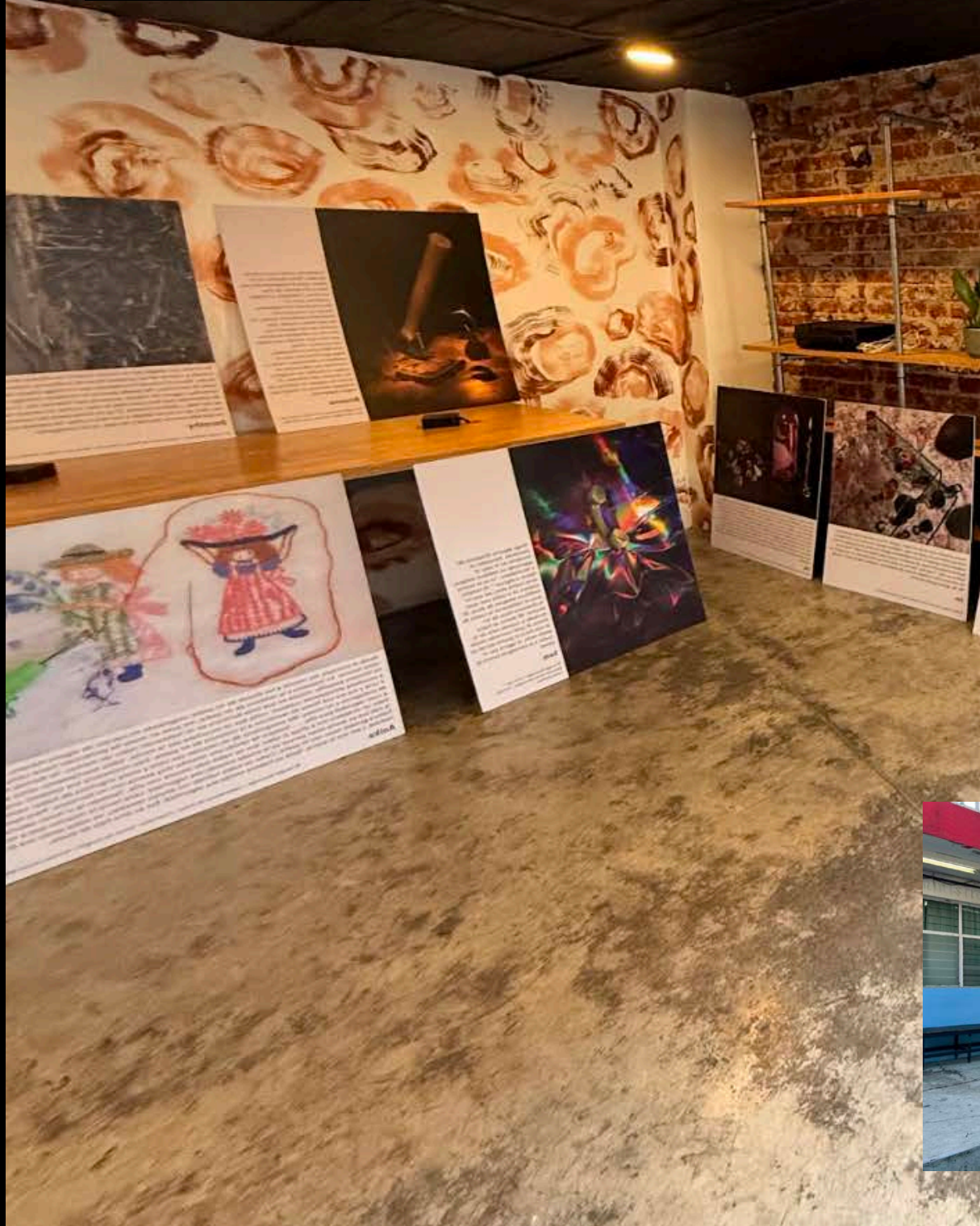


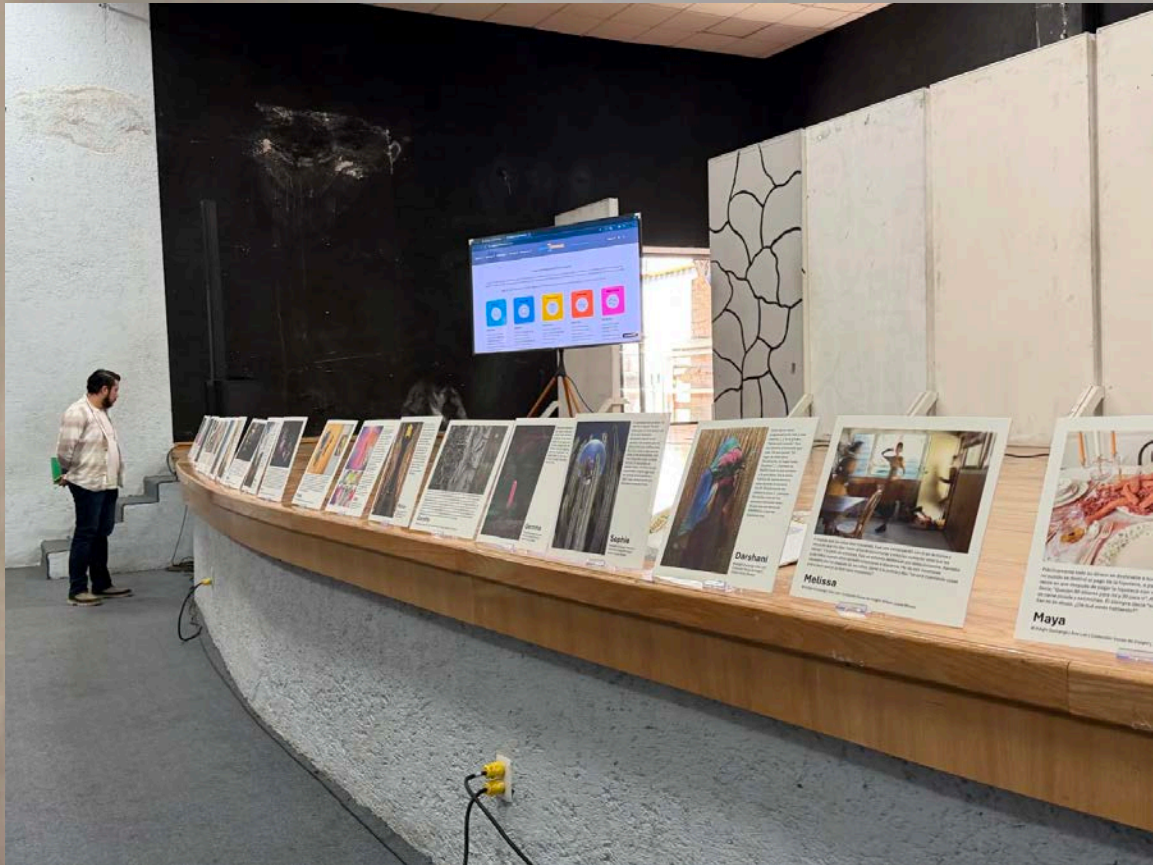


Colección
Voces de
Insight

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Colección
Voces de
Insight



TERRAFORMAR

Donde los sueños florecen



Colección Voces de
Insight

Una colección de obras de arte originales inspiradas en las Voces de Insight. Esta iniciativa busca ilustrar las mejores prácticas y símbolos utilizados por las participantes que se unieron a Insight Exchange.

Cada una de las obras de arte ha sido desarrollada por una artista colaboradora Louise Whelan y se ha inspirado en las personas participantes que compartieron sus reflexiones.

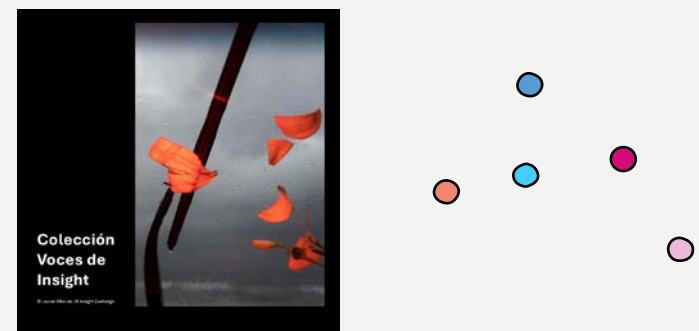
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Laboratorio de Aires |
Colección Voces de Insight |
Artista Louise Whelan

México

32

Coming up

Voices of Insight Collection



FY26/27

There are two copies of the *Voices of Insight Collection* in print used as mobile pop-up galleries. In FY26/27, subject to capacity, the *Voices of Insight Collection* will be shared with the following list of **32 places**.

#	Context	
27	Santa Martha Acatitla Women’s - Social Rehabilitation Center	Santa Martha Acatitla, State of Mexico
28	Chalco Penitentiary and Social Reintegration Center for Women	Chalco, State of Mexico
29	Museum of Xico	Xico, State of Mexico
30	Community Center Ecatepec	Ecatepec, State of Mexico
31	Franz Mayer Museum	Mexico City
32	Palace of Medicine Museum	Mexico City
33	Autonomous Metropolitan University (UAM) – Xochimilco	Mexico City
34	Temamatla Kiosk	State of Mexico
35	Ameca Ameca Kiosk	State of Mexico
36	Yecaplixtla Kiosk	State of Mexico
37	Tenango del Aire Kiosk	State of Mexico
38	Cocotitlan Kiosk	State of Mexico

Context

39	Pedagogical and Cultural Unit, Ixtapaluca	State of Mexico
40	Chalco Municipal Palace	State of Mexico
41	UAEM Valle de Chalco	State of Mexico
42	Milpalta Public square	Mexico City
43	Technological Studies of the State of Mexico	State of Mexico
44	Community Centre - Alfredo del Mazo	State of Mexico
45	Community Centre - Santa Barbara	State of Mexico
46	Tlapala Kiosk	State of Mexico
47	Miraflores Kiosk	State of Mexico
48	Tlalmanalco Kiosk	State of Mexico



#	Context	
49	Ozumba Kiosk	State of Mexico
50	San Rafael Kiosk	State of Mexico
51	Juchitepec Kiosk	State of Mexico
52	Mixquic Public square	State of Mexico
53	Tlahuac Public square	State of Mexico
54	Tecomitl Public square	State of Mexico
55	Hospital (Ante-natal Ward)	Instituto Mexicano del Seguro Social (IMMS), Mexico City
56	Museum of Xico	Xico
57	Autonomous University of the Valley of Chalco	Centro Comunitario Ecatepec
58	Museum of Medicine	Mexico City



Be a Participant (Spanish)

In late 2026 we are designing the *Be a Participant* process for Spanish speakers and invitations to *Be a Participant* in Spanish will open early 2027.



Voices of Insight Collection

The *Voices of Insight Collection* evolves in size with new artworks added as participants consent to their published *Voices of Insight* being affiliated with an original artwork.



In-Person Sessions - Mexico

In FY25/26 we shared Insight Exchange materials through **9 in-person sessions** with a combined total of **228** participants in Mexico.

Content:

- Cross-Sector Puebla (Mexico) [P37-38](#)
- Cross-Sector Mexico City [P39-40](#)
- Papalotla (State of Mexico) [P41-42](#)
- PepsiCo [P43-45](#)
- DIF (System for Integral Family Development) Mexico Government Department [P46-47](#)
- Tlalnepantla Xochimilco (State of Mexico) [P48-49](#)
- National Women's Institute [P50-51](#)
- Mujeres de la Tierra [P52-53](#)
- UAEM (Autonomous University of the State of Mexico) [P54-55](#)





In-Person Sessions: **Puebla**

Date: October 2025

Invitees: Cross-Sector

Place: Puebla (State in Mexico)

Not all participants live in the state but work & study in area)

Participation possibilities are often centralised in Mexico City, therefore the opportunity, means or time to travel excludes some people. We intentionally shared the materials regionally in Puebla to widen access.

Materials in focus: Responders Lab Content & Donated Landing Cards



Valuing trust between people

The lead host uses an interpersonal approach to the invitations and explores what people might need to be able to participate. They coordinate a discreet invitee list (non-circulated) and stay in touch pre-session for any information needs.

Post-session we are led by participants if they want to stay in touch. We are only in contact responsively.

Sharing power

We are careful to choose a venue that doesn't feel too exclusive, overwhelming, or daunting for participants.

In the selection of a venue, we have tried to align the ethics of the space/place (venue) with the intent of the session content and experience. For example: **Library**

We have used locally sourced food/catering for the session.

Participants roles may be formal, or informal e.g. neighbour, family etc.

People can participate in one or more roles at their lead, and some may choose not to disclose their role.

22 Participants

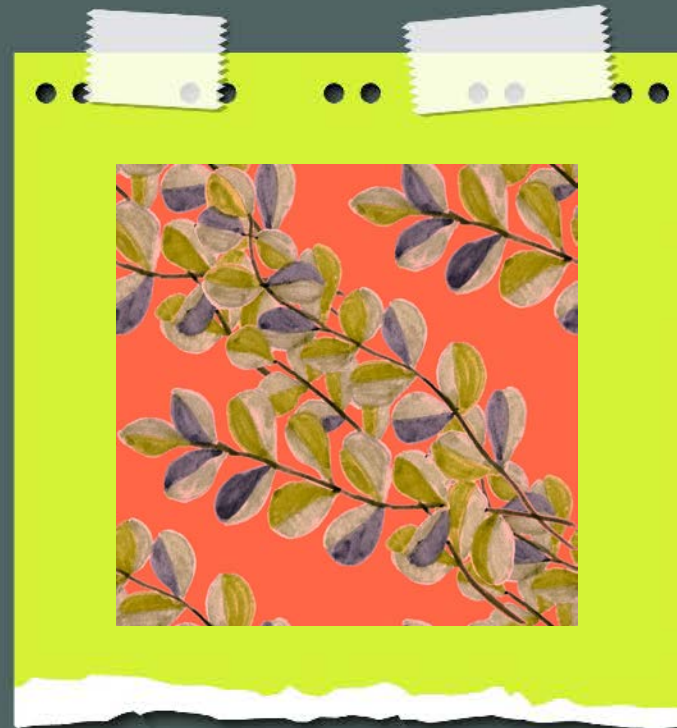
Examples of roles:

Emotional Cartographies – Safer cities
 Youth Services - Coordinator
 BUAP - Distinguished Autonomous University of Puebla (2)
 Communitarian Geographies (2)
 Human Quality – HR Recruitment
 Independent Therapeutic Support
 Zänä – Indigenous community support
 Ibero Puebla University - Professor
 Master's Degree in Gender and Feminist Studies
 Bridging Borders (2) – Forced migration
 CAFIS A.C (Center for Analysis, Training, and Social Initiative) - Director
 Caracola Integral Psychology (2)
 Network of Girls and Dissidents on Bikes (3)
 Pronatura Mexico - Sales

Examples of reflections



“There are also extractivist processes of interviewing victims or learning their stories. We think that our listening is indispensable or that they necessarily need us to resolve issues.”



“What would change if we assumed that the spaces we share are not necessarily safe for everyone, if we assumed that violence is not an exception?”



“It makes me think about the families I accompany and how they see my/their/our interactions in the space where we learn a language/culture that they have not yet fully mastered. It is important to note that everyone has different experiences and ways of living where silence becomes something and sound does not always need to be explained. Seeing the ways in which each person can feel, perceive, and respond to a given situation makes me rethink the processes where “help” ends up overlapping with violence.”



In-Person Sessions: Mexico City

Date: October 2025

Invitees: Cross-Sector

Place: Mexico City

Participants roles may be formal, or informal e.g. neighbour, family etc.

People can participate in one or more roles at their lead, and some may choose not to disclose their role.

Materials in focus: Responders Lab Content & Donated Landing Cards



Valuing trust between people

The lead host uses an interpersonal approach to the invitations and explores what people might need to be able to participate. They coordinate a discreet invitee list (non-circulated) and stay in touch pre-session for any information needs.

Post-session we are led by participants if they want to stay in touch. We are only in contact responsively.

Sharing power

We are careful to choose a venue that doesn't feel too exclusive, overwhelming, or daunting for participants.

In the selection of a venue, we have tried to align the ethics of the space/place (venue) with the intent of the session content and experience. For example: **Cultural space for artists, authors etc**

We have used locally sourced food/catering for the session.

23 Participants

Examples of roles:

Professional Hair Stylist

Professional Mani – Pedi

Afromon – Afroindigenous activist and cooker

Michis aborteros - support during abortion procedures

Nahuala Indómita – Social communication (2)

Doula – supporting people in transit

Cerezo Comitte – Popular educator

Traditional healer

IT support systems

Morras socioterritoriales – Justice for planning cities (3)

CIDE - Center for Economic Research and Teaching

National Commission on Mental Health and Addiction | Government

Órbita Lunar – Astrologist

Integral Psychology- Psychologist

UCA El Salvador/ Iberoamericana University CDMX – PhD researcher

National Autonomous University of Mexico (UNAM)- Helpline (2)

Netflix - Photographer

Examples of reflections



“Whether things make sense to me or fit into my logic is not what should be the focus.”



“I notice that we are never as alone as we might seem, regardless of whatever role we may have at the time, and it also makes me think that there is always an invisible part to what we do.”



“I was left thinking about how adults expect things from children that are extremely complex, such as talking to us about abuse or their experiences without considering their fears, concerns, and who they are trying to protect.”



In-Person Sessions: Papalotla

Date: November 2025

Place: Papalotla (State of Mexico)

We were invited by the community. A participant from the Responders Lab in-person session (Nov 2024) and virtual session (2025) asked if we could go to a local community: Indigenous Communities land and water protection against mining exploitation

Materials in focus: Responders Lab Content & Donated Landing Cards



Valuing trust between people

The lead booking host led the invitations with our support.

Sharing power

We are careful to make sure that the local community chose the venue and locally sourced food/catering for the session.

Adapting together in real time

We are always working to along the way we work with what the work is about, this involves following participants lead and what is important to them. For example; We adapted the session structure for the spiritual welcoming ceremony initiated and led by the Indigenous local participants. The ceremony featured a welcoming of people and the materials.

Participants roles may be formal, or informal e.g. neighbour, family etc.

People can participate in one or more roles at their lead, and some may choose not to disclose their role.

23 Participants

Examples of roles:

Embroidery Group (3)

Family

Homemaker (2)

Town Hall Representative Tepetlaoxtoc

Collective We are historical (4)

High school teacher

Professor postgraduate college

Farmer

DIF Papalotla

Bee House – Honey production

High school teacher campus

Texcoco

Artisan

Council of Elders and Apprentices of Papalotla

Avon saleswoman

Grandfather

Examples of reflections



“Ecosystems are made up of different elements in Indigenous communities. Sometimes they are said to be ritual practices or a lack of real knowledge, but they are valid practices and responses from other ways of living life.”



“I used to think that there was no violence in my community because I didn't see it. Now I know that of course there is, and a lot of it. There is a problematic relationship between visibility and generating support and even believing the victim.”



“Dignity is an intimate concept that means something different to everyone. A friend who was experiencing violence told me that she felt peace when she woke up and saw the hills and trees (on the other side, the mine has destroyed all the greenery). I would have thought that anything else would be more important than that... I was wrong.”



In-Person Sessions: PepsiCo

Date: 2 x 1 day - November 2025

Invitees: PepsiCo Team – Human Resources (HR) and Finance

Place: PepsiCo Offices, Mexico

A participant from the Responders Lab in-person session (Nov 2024) approached us to facilitate the in-person session.

The booking contact led the invitations to participants with PepsiCo.

25 Participants

12 x Human Resources

13 x Finance

Materials in focus:

The in-person session with PepsiCo teams (Human Resources and Finance) included a walk through of the following:



Follow My Lead



Seeing Possibilities



Our Actions



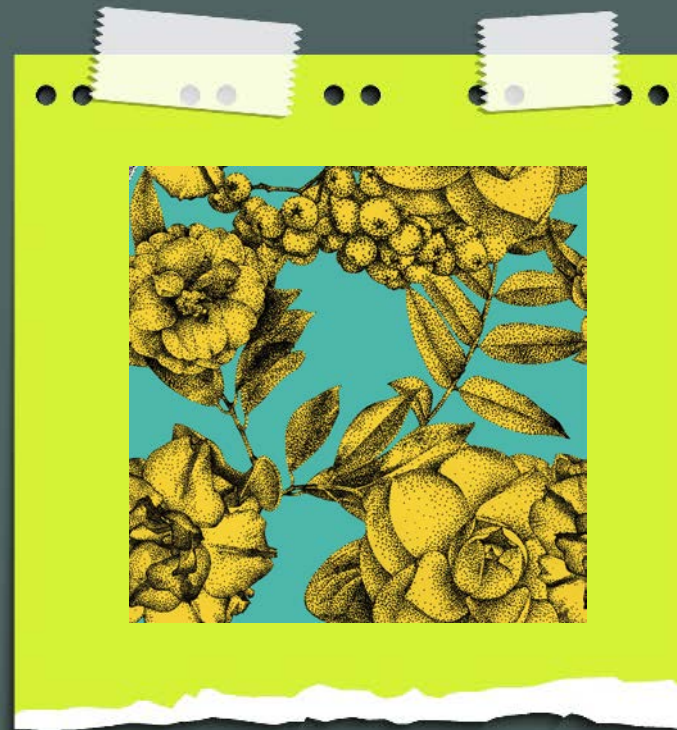
**My Support Options
(Workplace Responses)**



Workplace Responses Guide

Examples of reflections

PepsiCo participants
working in Human
Resources and Finance



“It makes me think that part of the prejudice against victims is how it affects their abilities (if they were more capable or intelligent, they wouldn't be there). So, if you reveal something at work, what will they think of your abilities to keep performing well on the job?”

[Human Resources]



“I was very struck by the idea of gaps and excuses. The focus on these issues are often on the victim - survivors, but I had never thought that by closing the gaps and rejecting excuses, we are directly contributing to address the problem, even when no one is disclosing.”

[Human Resources/Finance]

Examples of reflections

PepsiCo participants
working in Finance



“As a senior manager, I believe that respecting the privacy of the employees who report to me is crucial. Today I learned something extremely valuable: creating options and control over those options is key to being a leader who responds to potential victims in your team, without invading their privacy but also without standing idly by.”

[Finance]



“I had never thought of my response as something valuable to other people in my work. It's like letting go of thinking of violence as incidents and trying to create safety and dignity every day.”

[Finance]



In-Person Sessions: Mexico City

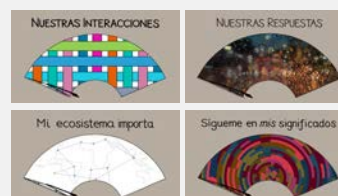
Date: 3 x 1day - November 2025

Invitees: DIF (DIF System for Integral Family Development) Mexico Government Department

DIF is a public institution in Mexico responsible for promoting social welfare and social assistance, especially for vulnerable groups such as children, adolescents, older adults, and people with disabilities. It operates at the national level as well as in the country's states and municipalities, providing various support programs.

Place: DIF Offices

Materials in focus:
Responders Lab Content &
Donated Landing Cards



30 (10 x 3) Participants

10 participants (DIF Team) per group per day over the three days.

Context:

Victim-survivors of domestic, family and sexualised violence access DIF.

DIF provide a wide range of public services for example information and access to services (signposting and referrals), materials (equipment).

The DIF team are conventionally considered to be 'generalist' responders not 'specialist' responders.

Many DIF staff have underestimated the significance and value of their responses to victim-survivors of domestic, family and sexualised violence – this has been the focus of the invitation for these sessions i.e. to support the responses of all DIF responders in any role.



Emerging Invitation

These were our first three local sessions and DIF have signalled an interest in widening access to the same sessions federally to 300 offices. We are exploring this invitation in 2026.

Examples of reflections



“We don't have to be perfect responders; sometimes we don't know how, but we do need to know that our responses always matter and be as careful as we can.”



“It really opened my eyes. I never thought that what I do could help a victim. I truly believed that only professionals in the field should provide support. Now, not only do I see that my response its important, but I can also see the things I have already been doing and the areas where I can improve my response.”



In-Person Sessions: Tlalnepantla Xochimilco

Date: December 2025

Place: Tlalnepantla Xochimilco (State of Mexico)

We were invited by the community. A participant from the Responders Lab in-person session (Mexico City 2025) asked if we could go to her local community.

Materials in focus: Responders Lab Content & Donated Landing Cards



Valuing trust between people, and sharing power

The lead booking host, led the invitations with our support. This includes following their lead to contribute to safety and discretion to broaden possibilities for attendance. In this session, the venue was at the house of one of the participants.

Adapting together in real time

We are always working to align the way we work with what the work is about. This involves following participants lead and what is important to them. For example; we adapted the session structure as we were invited to have breakfast before the Lab (made by the lead booking host) with the members of community who participated.

Participants roles may be formal, or informal e.g. neighbour, family etc.

People can participate in one or more roles at their lead, and some may choose not to disclose their role.

40 Participants

Examples of roles:

Homemaker'/Mother (15)

Street Vendor/ 'Homemaker' (5)

Student (9)

Rural/Land Workers (2)

Seamstress (2)

Cosmetologist (1)

Househelp / Domestic cleaner (2)

Mother/Student (1)

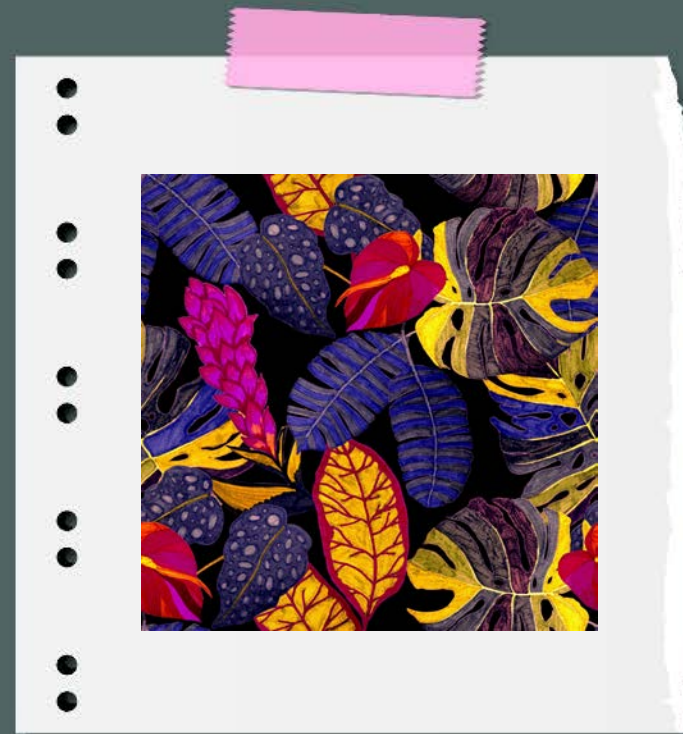
Father/Student (1)

Traditional Healer (2)

Examples of reflections



“In my childhood home, certain questions were forbidden, but now I do things differently with my daughter. Now I am the adult I needed as a child.”



“The *violentometer* (*theoretical scale of severity*) is not a useful tool in the sense that it places more weight (risk) on certain types of violence, which can minimise other actions that sustain the continuous systemic violence... Its so unfair to decide what is more harmful for someone... Some silences hurt as much or more than a beating.”



“I made my decision and that was that. I was young, I got married at 14 and left him when I was 26. At home, I had to hide the knives and forks. He hit me and made me kneel, cut my body and beat me with his baton, he was a police officer. I never reported him because, as he was a police officer, they would have protected him and let him go without any consequences, and things would get worse for me. The justice system never did anything for me. I learned to defend and take care of myself.”



In-Person Sessions: National Women's Institute

Date: February 2026

Place: Community of Tepetlaoxtoc,
(State of Mexico)

We were invited by the community.
A participant from the Responders Lab
in-person session (Papalotla, 2025)
asked whether we could visit her local
community.

Materials in focus: Responders Lab & Donated Landing Cards



Valuing trust between people, and sharing power

The lead booking host, led the
invitations with our support. This
includes following their lead to
contribute to safety and discretion
to broaden possibilities for
attendance.

Participants roles may be formal, or
informal e.g. neighbour, family etc.

People can participate in one or more
roles at their lead, and some may
choose not to disclose their role.

15 Participants

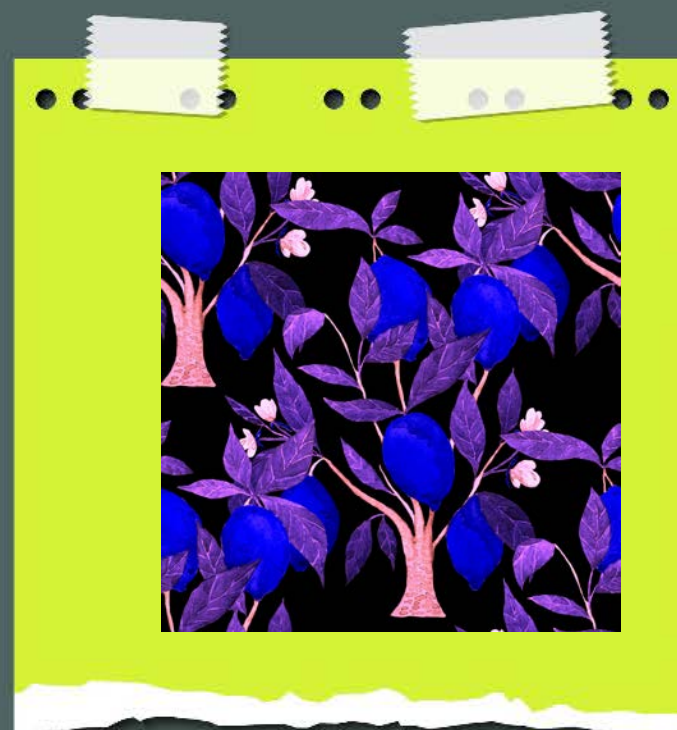
Examples of roles:

- Interns (3)
- Lawyer (2)
- Social worker (2)
- Secretary (2)
- Police liaison (2)
- Unknown (4)

Examples of reflections



“It makes me reflect that truly accompanying someone requires learning to listen before speaking. Too often, we arrive with answers or solutions, when what the other person needs is someone who can hold space for their experience and allow them to name what's important to them.”



“It makes me think that many people seeking support are required to tell their experience repeatedly to different professionals and institutions. Over time, people begin to shorten their stories. They leave out details because repeating them becomes too painful, or it's not attended with sufficient seriousness. This is not a lack of cooperation; it is a form of self-protection.”



“For a long time, I haven't understood why some women did not report the violence or leave abusive relationships. Today, I understand that fear can be paralyzing. Victims have many reasons to be afraid. Sometimes we judge their decisions without understanding the risks they face. Distance does not always mean safety; in some situations, staying may be safer than leaving.”



In-Person Sessions: Mujeres de la Tierra

Date: March 2026

Place: Milpa Alta, Mexico City

A peer from the Listening Lab contacted the community leaders to share the session.



Valuing trust between people, and sharing power

The lead booking host, led the invitations with our support. This includes following their lead to contribute to safety and discretion, broadening possibilities for attendance. For safety and confidentiality reasons the session took place at the cooperative's production workshop.

Participants roles may be formal, or informal e.g. neighbour, family etc.

People can participate in one or more roles at their lead, and some may choose not to disclose their role.

15 Participants

Examples of roles:

- Women working the land
- Vendor

Materials in focus: FML, IAIC, F&F, MSK & Donated Landing Cards



Adapting together in real time

We are always working to align the way we work with what the work is about. This involves following participants lead and what is important to them. After the session, the collective prepared food with the ingredients they cultivate in their land.

Examples of reflections



“Many Indigenous women must travel increasingly long distances to collect water, cope with declining harvests, or carry the responsibility of supporting their families as natural resources become scarcer. We often discuss climate change through numbers, reports, and statistics, but behind every figure are people whose daily lives are being reshaped by environmental violence.”



“I came to understand that environmental justice is also about asking who bears the consequences of decisions they often had little role in making. The effects of climate change are not experienced equally by everyone.”



“When a community loses a river, a forest, or access to water, it does not only lose a natural space. It also loses stories, knowledge, and ways of relating to the world that have been passed down through generations. This made me reflect on how often we talk about conservation without listening to the people who have cared for these territories for centuries. Perhaps we need to learn from them before trying to teach them how to protect what they have already protected for so long.”



In-Person Sessions:
UAEM (Autonomous University of the State of Mexico)

Date: March 2026

Place: Acolman (State of Mexico)

We were invited by the community.
A participant from the Responders Lab in-person session (Tepetlaoxtoc, 2026) asked whether we could visit her local community.

Materials in focus: Responders Lab Content & Donated Landing Cards



Valuing trust between people, and sharing power

The lead booking host, led the invitations with our support. This includes following their lead to contribute to safety and discretion to broaden possibilities for attendance.

Participants roles may be formal, or informal e.g. neighbour, family etc.

People can participate in one or more roles at their lead, and some may choose not to disclose their role.

35 Participants

Examples of roles:

- Undergraduate students (30)
- Government employee National Women's Institute (3)
- Government employee (2)

Examples of reflections



“One of the most important lessons I am taking away is that schools do not have to solve every problem in order to make a difference. There are situations that exceed our role, our expertise, or our authority. Yet acknowledging those limits does not mean doing nothing. A thoughtful conversation, a referral, a follow-up check-in, or helping a student connect with additional support can have a significant impact. Sometimes knowing that one adult noticed, cared, and took their experience seriously can change how a young person experiences a difficult situation.”



“What stood out to me is that we should be careful not to reduce students to their behavior. Every action has a context, and every student carries experiences that may not be visible in the classroom.”



“This workshop made me reflect on how easily we can interpret withdrawal, aggression, lack of concentration, or absenteeism as disciplinary issues. Yet these behaviours can also be responses to violence, fear, instability, or trauma.”

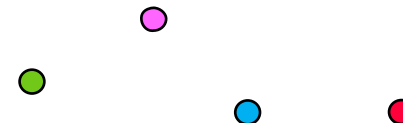


In-Person Sessions - Guatemala

In FY25/26 we shared Insight Exchange materials through **5 in-person sessions** with a combined total of **145** participants in Guatemala.

Content:

1. Summary of Sessions [P57-58](#)
 - Casa de las Italianas (Guatemala City) x 2
 - Cueva Gráfica (Xela Guatemala) x 2
 - LittleGIANTS (Panajachel Guatemala)
2. Participation Reflections in Sessions [P59-62](#)





In-Person Sessions: **Guatemala**

Date: March 2026

We shared five in-person sessions to a combined total of 145 participants:

1. Casa de las Italianas (Guatemala City)
2. Casa de las Italianas (Guatemala City)
3. Cueva Gráfica (Xela Guatemala)
4. Cueva Gráfica (Xela Guatemala)
5. LittleGIANTS (Panajachel Guatemala)

The following pages outline the number of sessions shared in **Guatemala** and the roles of participants. These pages are followed by examples of participant responses to the insights and materials.

Materials in focus: Responders Lab
Content & Donated Landing Cards



Casa de las Italianas (Guatemala City)

Date: March 2026

Participants: 30

- Employed at a company
- Researcher
- Entrepreneur
- Mother and consultant for household organic gardens
- Researcher - Industrial Design
- Holistic therapist and support provider for survivors of violence
- Support for Indigenous communities
- Social Worker
- Film
- Dubbing studio Independent professional midwife
- Spiritual community support with a focus on gender, race, and class
- Student
- Support
- Organizational process management
- Program Coordinator
- Web design
- Doula
- Performing artist
- Teacher, artist, and cultural manager
- Environmental and forestry services technician
- Artist, photographer, and designer
- Psychologist (3)
- Midwife (2)



Guatemala

Casa de las Italianas (Guatemala City)

Date: March 2026

Participants: 30

- Government employee (2)
- Researcher (2)
- Vendor (2)
- Community support for children
- Researcher (2)
- Psychologist
- Doula (2)
- Mother (3)
- Professor
- Student
- Accountant
- Program Coordinator
- Web design
- Doula
- Architect
- Business owner
- Environmental consultant

Cueva Gráfica (Xela Guatemala)

Date: March 2026

Participants: 25

- Doula (8)
- Midwife (Comadrona) (10)
- Midwife (Partera) (7)

Cueva Gráfica (Xela Guatemala)

Date: March 2026

Participants: 20

- Student/artist
- Entrepreneur
- Writer
- Student
- Professional midwife
- Midwife
- Promoter for the DMM (Municipal Directorate for Women)
- Graphic designer
- Restaurant owner
- Teacher
- Maternity
- Director of Angels in White Coats
- Therapist for women
- Workshop facilitator and housewife
- Psychologist and organizational director
- Housewife
- Traditional healer

LittleGIANTS (Panajachel Guatemala)

Date: March 2026

Participants: 40

No roles were disclosed.



Examples of reflections



“I have also learned the importance of recognising small acts of support. It is easy to think that either we solve a problem completely or do nothing at all, when in reality, there are many meaningful forms of help in between.”



“Our country has faced years of genocide. In countries shaped by armed conflict and historical violence, individual experiences are also influenced by collective histories; years of internal conflict have left deep marks: fear of speaking out, reporting harm, taking action, or even talking about violence.”



“I have also come to understand that, at times, people sacrifice aspects of their dignity in order to preserve their safety. This reality is complex and requires sensitivity to fully appreciate.”



Examples of reflections



“Many women experience obstetric violence without knowing there is a term for what happened to them. What initially seems like poor service or a routine medical practice may, in fact, be a violation of their rights. Some women undergo procedures without informed consent or experience dehumanising treatment during pregnancy and childbirth. Violence may also be present long before birth itself, in situations where women did not freely choose pregnancy or where institutions reproduce harmful practices.”



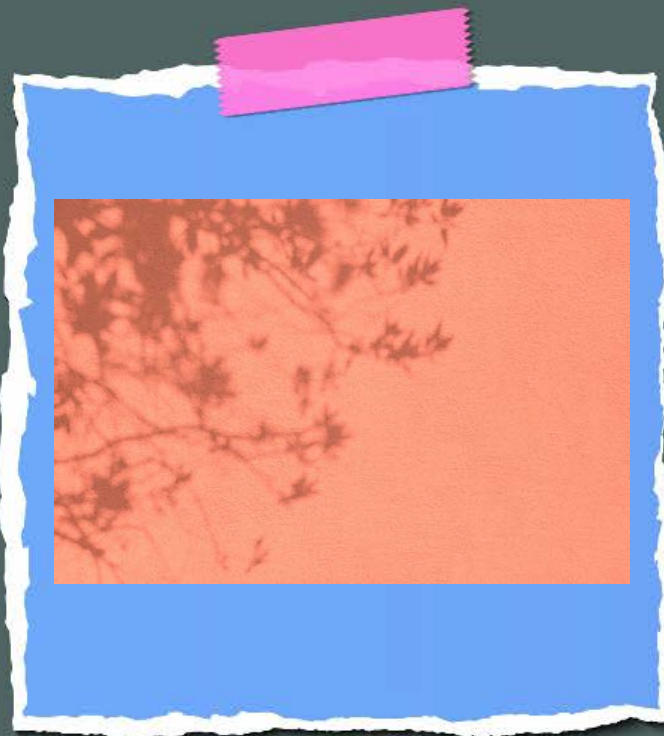
“Many women know that if they report and institutions fail to act, they may be left in greater danger. The person who harmed them will know a report was made and may escalate threats or violence. Economic, professional, and family realities further complicate these decisions. Some women depend financially on their partners or fear losing the ability to support their children. These circumstances profoundly shape the choices available to them.”



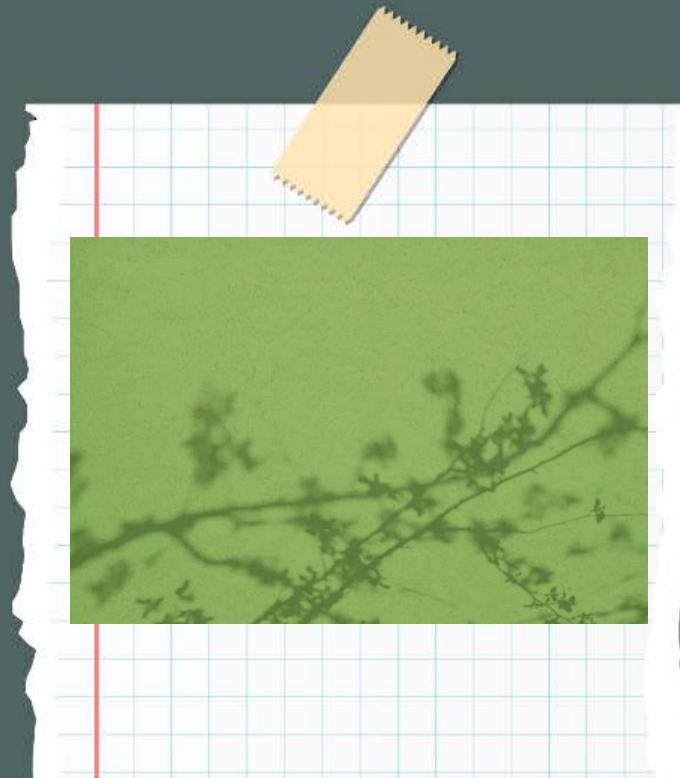
“Responding is not the same as solving. Responding means walking alongside someone who is experiencing violence. It means recognising our limits and saying: “This is as far as I can help, I won't waste your time, let's look together at other options.”



Examples of reflections



“Some of the deepest forms of violence come from those closest to us. Recognising that a parent or loved one chose to use violence can be a long and painful process. There are stories of mothers who justify harmful practices in the name of love, families that teach sons to harm their sisters, and environments where violence becomes normalised as part of upbringing. Accepting these realities often means confronting profoundly difficult truths.”



“Knowledge does not come solely from professional training. It also comes from what people teach us when they share their experiences. Every encounter is an opportunity to learn. Every experience reminds us not to simplify the worlds of others or assume we already know their answers: it means listening with humility, recognising our limits, and building pathways together that honour their dignity, their timing, and their choices.”



“One of the greatest barriers to reporting violence is uncertainty about what will happen afterwards.”



Examples of reflections



“Many forms of violence remain invisible because we do not have the language to identify them or because the language we use does not match definitions of violence.”



“Most of the prevention work focuses on victims; no prevention will be effective if we do not focus on the perpetrator's choice to use violence.”



“As public servants and professionals, there is a risk of believing we already know a person's story because we have heard similar ones before. Yet simplifying someone else's experience is a way of failing to see its full complexity.”



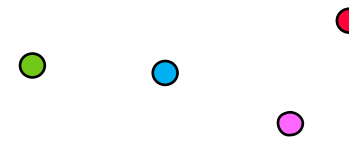


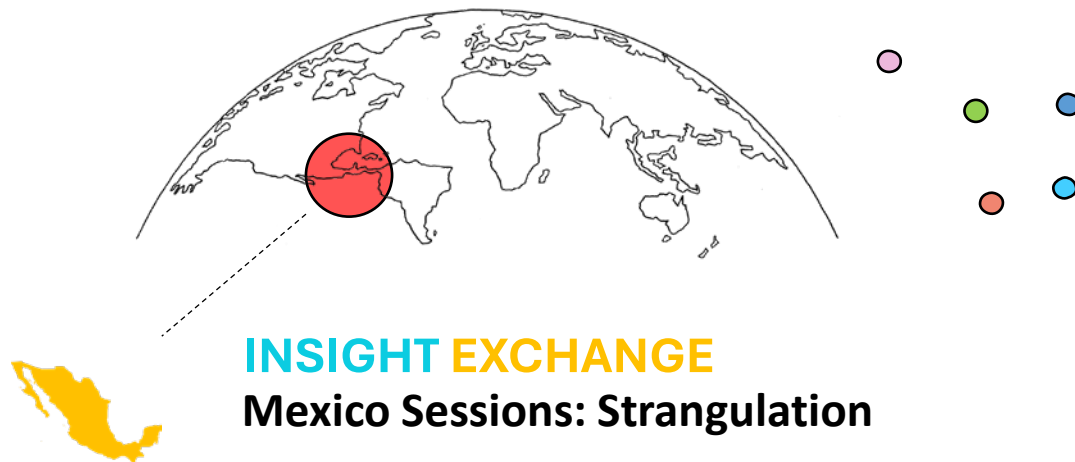
Sessions re Strangulation (Mexico)

In FY25/26 we shared Insight Exchange materials through **12 in-person sessions in Mexico focused on understanding and responding to strangulation**. Participation included a combined total of **338** participants.

Content:

- Outline of 12 sessions shared in Mexico [P64-66](#)
- Context in Mexico re Strangulation [P67-68](#)
- Participation Reflections in Sessions [P69-72](#)





In **April 2026** a series of **12** in-person sessions (**338** participants) featuring the strangulation module (Spanish) were shared with Q&A. The sessions were supported by the Insight Exchange Team and invites and support by the Listening Lab (Spanish) peers through localised invitations.



The sessions were supported with donated landing cards to introduce a broader base of free (donated) materials available to participants and to share forward.



Some sessions also included the large-scale or small-scale Voices of Insight Collection (Spanish).

12 Sessions

The following pages outline the number of sessions shared in **Mexico** and the roles of participants. These pages are followed by examples of participant responses to the insights and materials.

Municipal Library – Cross-sector Tepoztlán (Morelos, Mexico)

Participants: 28

Examples of roles:

- Police
- Municipal workers
- Lawyer
- Psychologist

Community Centre Acolman - (State of México)

Participants: 42

Examples of roles:

- Acolman Women's Office
- Temascalapa Women's Institute
- Gender Police Unit
- Internal Monitoring Body of the State of Mexico Police
- Women's Services, Municipality of San Martín
- Research Division
- Crime Prevention, D.S.P.M.
- Internal Affairs Unit
- Police Analysis and Development Unit

**Community Centre Terraformar – Cross-sector
Puebla**

Participants at Session 1: 15

Participants at Session 2: 7

Examples of roles:

- Student
- Teachers
- Psychologists
- School Coordinator
- Recruiter
- Entrepreneur
- Therapists
- Activist

**Community Centre We are tod*s – Cross-sector
Mexico City**

Participants: 12

No roles were disclosed

**IMISI: Ixtapaluca Institute for Women's Substantive
Equality - (State of Mexico)**

Participants: 40

Examples of roles:

- Public safety unit
- Crime prevention
- Gender police unit
- IMISI staff
- Staff of the Secretariat for Women

Tepetlaoxtoc – (State of Mexico)

Participants: 27

Examples of roles:

- First female council member
- Representative of the Secretariat for Women, Texcoco region (accompanied by her three assistants)
- Deputy Director of Government, Texcoco region
- Director of the San Andrés Chiautla Women's Office (Accompanied by three social service students)
- Community merchants
- Gender police officers from Tepetlaoxtoc
- Coordinator of the Open High School, Tepetlaoxtoc region



**Children's Psychiatric Hospital Juan N. Navarro –
(Mexico City)**

Participants: 15

Examples of roles:

- Doctors
- Social Workers
- Nurse
- Administrative staff

**Secretariat for Women, Government of the State of
Mexico - (Toluca, Mexico)**

Participants: 29

No roles were disclosed

M.I.E.L. Refuge for women in Tecamac (State of Mexico)

Participants: 62

Examples of roles:

- Tecamac Representative
- Tecamac Gender Police
- Tecamac National Guard
- DIF Tecamac Staff
- MIEL Center Staff
- Tecamac Psychologists

Los Reyes Acaquilpan Municipality (State of Mexico)

Participants: 53

Examples of roles:

- Gender Affairs Unit
- Psychology Coordination Unit
- Legal Coordination Unit
- Social Work Coordination Unit
- Community Outreach

Supreme Court (Mexico City)

Participants: 8

Examples of roles:

- Supreme Court of Justice Unit for the Prevention and Response to Violence





In Mexico, 13 women are murdered every day.

According to preliminary homicide records, 73% of these murders were committed by **strangulation** and firearms.

[Executive Secretariat of the National Public Security System]



- According to the *National Survey on the Dynamics of Household Relationships (ENDIREH, 2021)*, various types of violence (physical, psychological, sexual) are frequent, although they are **not specifically disaggregated by type of act, such as strangulation**, in open public statistics.
- The Mexican Federal Criminal Code **does not classify strangulation as an autonomous or specific crime**, it divides violent behavior into categories such as assault, homicide, femicide, and domestic violence.
- Domestic violence can encompass various abusive behaviors (physical or psychological) within romantic or family relationships, but it **does not explicitly mention strangulation as a separate criminal offense in the federal code**.
- There is also **no separate federal criminal offense that defines “strangulation”** as such.
- Femicide as a related crime. The violent death of a woman for gender-related reasons is already classified as femicide in the Federal Criminal Code and in most state codes, with penalties that can exceed 40 years in prison. However, **femicide refers to death; it does not address non-fatal strangulation as a separate crime**.



- Because there is no specific provision in the Federal Criminal Code, **acts of strangulation are often classified under other criminal offenses**, for example:
 - Injury or aggravated injury when they do not result in death.
 - Homicide or femicide if the conduct causes the death of the victim.
 - Domestic violence as part of a pattern of aggression within the home.
- The lack of a separate category for strangulation in official Mexican statistics limits the availability of specific quantitative data on how many incidents of strangulation are **reported, investigated, or prosecuted**.
- In violence surveys (such as ENDIREH or prosecutor's office statistics), behaviors are grouped into broader categories (injuries, physical violence, serious assaults), **without detailing specific methods, for instance, pressure on the neck or choking**.

Sources:

INEGI — ENDIREH 2021. Violencia contra las mujeres en México.

INEGI — Boletín: Defunciones por homicidio, enero-diciembre 2023.

Secretariado Ejecutivo del Sistema Nacional de Seguridad Pública — Informes y datos de incidencia delictiva y violencia de género.

Justia / Código Penal Federal — disposiciones sobre lesiones y homicidio (contexto jurídico de tipificación).

UNODC / ONU Mujeres — informes regionales y globales sobre feminicidios y violencia de género.

Human Rights Watch — análisis sobre impunidad y desafíos en investigación de homicidios en México.

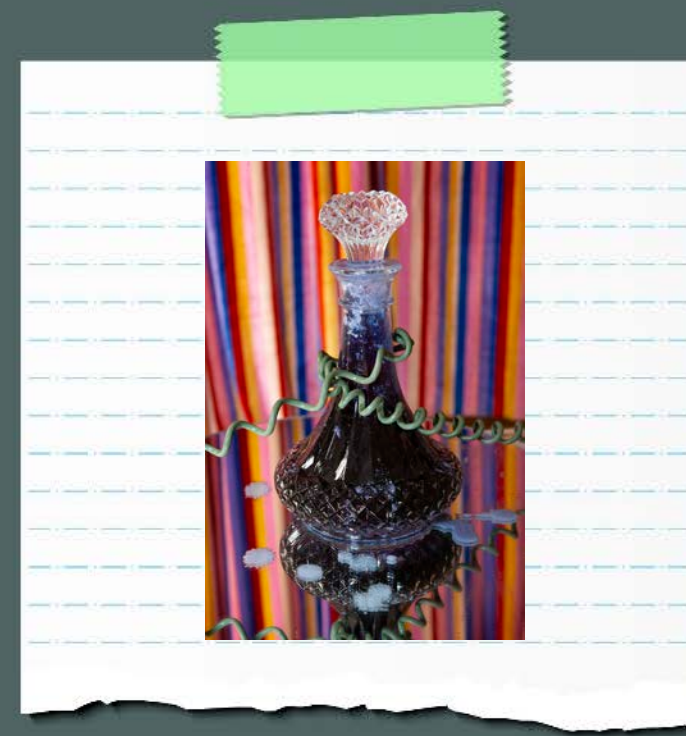
Examples of reflections



“It is striking that institutional responses still often rely on waiting. Waiting 48 hours. Waiting for more information. Waiting for evidence. Waiting, in many cases, until it is too late.”



“It is not always necessary to know everything or ask every question. What matters most is not what we want to hear, but what the person wants to share, following the pace of the person experiencing violence, rather than imposing our own.”



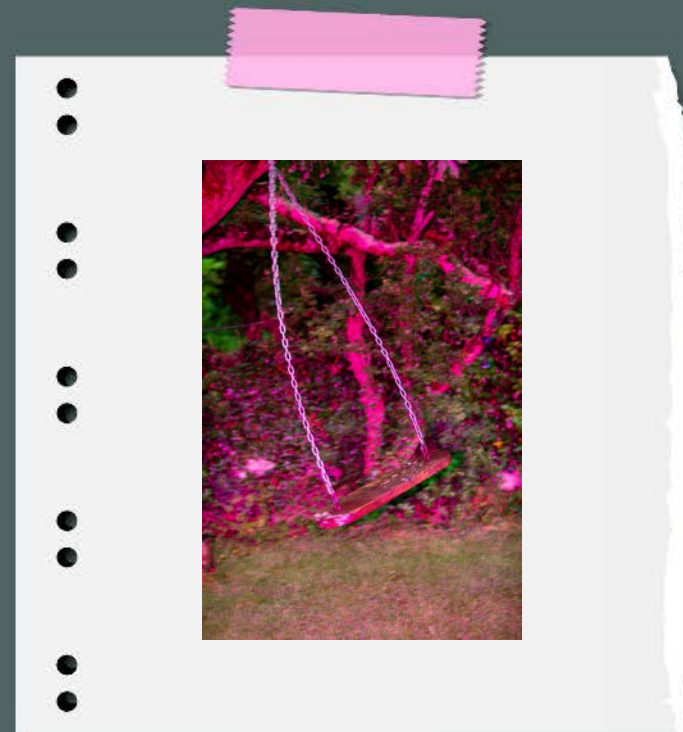
“When accompanying someone, we must understand that their decisions are shaped not only by their current circumstances but also by the broad picture of their lives, including their future.”



Examples of reflections



“I am concerned that strangulation is still treated merely as a physical injury. It seems that something is wrong when a form of violence that carries such a high risk of death is not adequately recognised within legal frameworks.”



“While conducting research on femicide, I found that 73% of the cases showed evidence of strangulation. At the time, I did not fully understand the significance of that finding. Today, I recognise that we are facing an extremely serious form of violence that continues to be overlooked.”



“As a police officer, I have learned that the first step is not always encouraging someone to file a report. Often, the first step is to offer presence, listen, and provide support. What many women need is a safe space.”



Examples of reflections



“Protocols are designed to help, but they are often insufficient. They are general by nature and do not always account for the specific realities of individual cases. Every situation is unique. Even when experiences appear similar, there are always elements that make each one distinct. For that reason, we should avoid reducing people’s lives to a checklist or a manual.”



“People who use violence often do not acknowledge their actions. They may present themselves as victims before institutions and construct narratives that omit critical parts of the story. Many are charismatic, attentive, and socially respected, which can make the violence they perpetrate harder to recognise.”



“After this session, I remembered a person who was likely a victim of strangulation. Looking back, I wonder whether I had the tools necessary to support her in the way she needed.”



Examples of reflections



“Strangulation is a subject that is rarely discussed. It is a form of violence that remains hidden, often unnamed, and largely absent from public and institutional conversations.”



“As I watched the information about the signs and characteristics of strangulation, I thought about how many women change their clothes before reporting or even speaking about what happened to them. Not because they wish to hide it, but because they are trying to regain a sense of control, dignity, or safety.”



“I also think about how many femicides may have involved strangulation without being properly studied, identified, or understood. It is deeply painful to reflect on the act of taking away another person’s final breath.”



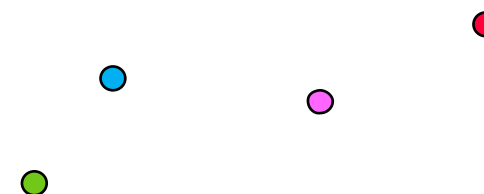


Virtual Sessions

In FY25/26 we shared Insight Exchange materials through a virtual session of **25** participants in Mexico & Guatemala.

Content:

- Open Call (Mexico & Guatemala) [P74](#)
- Participation Reflections in Sessions [P75](#)





Virtual Sessions

Date: October 2025

Invitees: Open Call (Mexico & Guatemala)

Participants roles may be formal, or informal e.g. neighbour, family etc.

People can participate in one or more roles at their lead, and some may choose not to disclose their role.

Materials in focus: Responders Lab
Content & Donated Landing Cards



Valuing trust between people

The lead host uses an interpersonal approach to the invitations and explores what people might need to be able to participate. They coordinate a discreet invitee list (non-circulated) and stay in touch pre-session for any information needs.

Post-session we are led by participants if they want to stay in touch and we are only in contact responsively.

25 Participants

Examples of roles:

Independent (4)

Interior Designer

Graduate Student

Secretariat for Substantive Equality between Women and Men Jalisco and CAD

A.C. AIPEN (Support in sociocultural research with a narrative approach)

Sorece (Feminist Association for the Attention of Victim Survivors (2)

Psychologist/psychotherapist (2)

Staff (secretary)

Sand, Sea, and Defense

Binni Dau. Self-Directed Learning Center

Tlali Well-being and Conservation

Judicial Branch of the State of Guerrero

Executive Secretariat

Prosecutor's Office (2)

Beehives Jalisco

Technological University of the Costa Grande de Guerrero

Human Rights Commission of the State of Guerrero (2)

Doulas Network of Guatemala

Examples of reflections

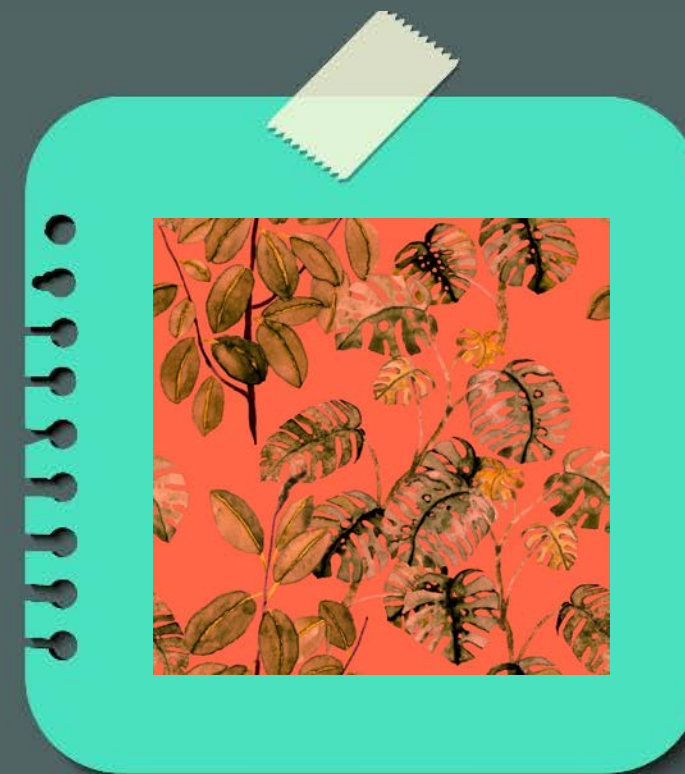


“It makes me think about how dangerous it is to put yourself at the center; of course you have a place of enunciation, but we never know everything nor can we understand everything. It is important to embrace uncertainty and ambiguity.”



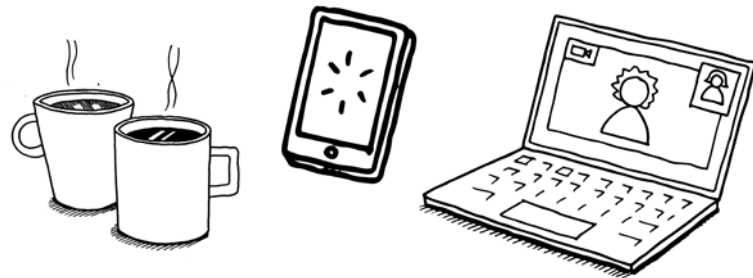
“Actions that can be taken collectively. How care comes from many sides and it can be with very small details that we contribute, in which the dotted lines remain because no one knows each other, no one knows everything, but they have a little bit of information and how a small action can change the whole dynamic.

For example, the lady at the store who lets you buy on credit, the lady who lets you pay later for using nixtamal (corn), the neighbor who does have a phone and lets you make calls or can store your documents.”



“We think of violence as a problem between couples and individuals, but what would happen if the responsibility for supporting Nora were to be shared by the whole community?”

Coming up



In-Person & Virtual Sessions

FY 26/27

Subject to capacity, sessions will be shared with the following list of 45 places. In-Person sessions will be prioritised where there is limited access or no access to the internet. Other sessions will be shared virtually.

- **Netflix**
- **Open to the public** Community-based advocacy Indigenous people
- **Open to the public** Journalists, activists
- **Women producers** Indigenous women from Yucatán, traditional healers
- **Latinas in Europe** Latina migrant women in Europe
- **Mundanas** Therapeutic Center
- **National Bar of Lawyers** Handle divorce cases
- **Lunas SEMUJERES** Government: Refuge centers for women experiencing violence
- **Autonomous Metropolitan University – Xochimilco** Faculty of Psychology
- **CIDI – UNAM (University)** Faculty of Design - Design and Gender Class
- **Center (University)** Faculty of Design - Design and Gender Class
- **Ibero (University)** Faculty of Design - Design and Gender Class
- **Tec de Monterrey (University)** Faculty of Design - Design and Gender Class
- **Open to the public** Radio Savia - connection with multiple indigenous organizations in **Colombia**

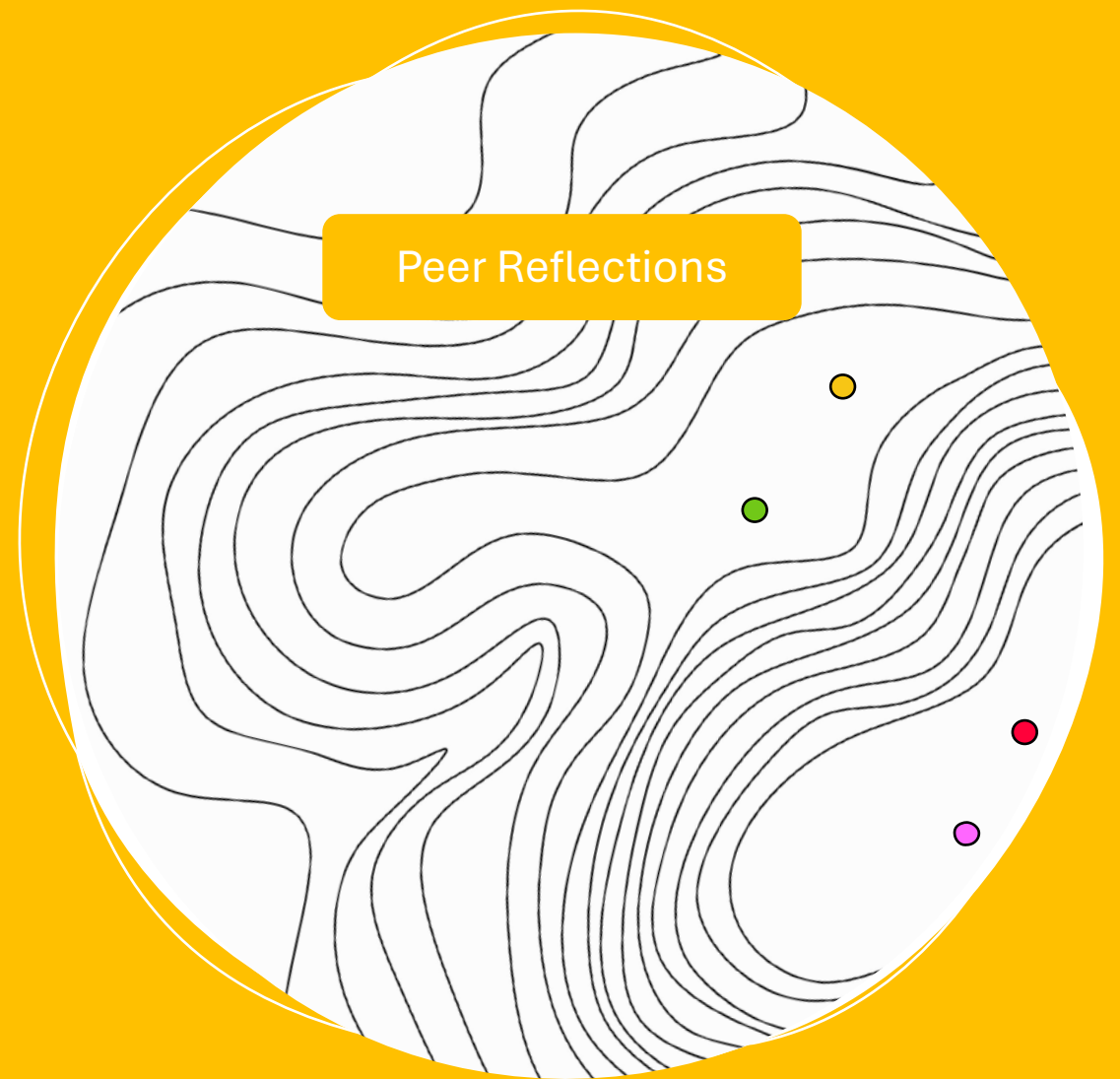
- **Fondo Semillas** Organization that provides financing and support to people from diverse populations: women, trans women, indigenous women, etc.
- **Sandía Digital** Feminist organization for collaborative audiovisual production, training, and strategic communication
- **Elementa DDHH** Socio-legal and political approach to contribute to the strengthening of human rights
- **Tlali ByC - Afro-Mexican communities** Organization that works with Afro-Mexican communities in Costa of Guerrero
- **PNUD - UN** International organization - Support for women from Indigenous and Afro-Mexican communities, economic development projects that address gender violence.
- **UN Women** International organization - Support for women from indigenous and Afro-Mexican communities
- **UNICEF** UN international organization - Support for children
- **OXFAM** International organization - Support for women from indigenous and Afro-Mexican communities
- **SORECE AC** Association of Feminist Psychologists working with victim – survivors
- **Moxviquil** Postgraduate studies in Humanistic Sexology with a community focus in indigenous communities in Chiapas, México.
- **Comando Colibrí** Feminist self-defense collective
- **Bartenders** Members of the bartenders' guild in Mexico City
- **Fathers' group** Group aimed at fathers, open to the public, but there is a call for an organized group of fathers
- **Community of Xoxocotla** Traditional healers from an indigenous community in the state of Morelos
- **Hairdressers** Guild of hairdressers and barbers in Mexico City
- **Toni Collective** Collective of Otomi indigenous youth defending their territory in the Marquesa area
- **Waldorf** Waldorf school for teachers and parents
- **Carmen Sánchez Foundation** Civil association for the defense, promotion, and protection of women's rights
- **Oblate Sisters** Work with women (trafficking of women)
- **Tamazulápam del Espíritu Santo** Mixe community in Oaxaca
- **CIAS for Peace** Society of Jesus accompanying processes of social and institutional reconstruction, inspired by ecological and community spirituality, through the pedagogy of “good coexistence” to promote a culture of peace
- **CEMEPI (6 locations) Victoria, Lindavista, Guadalupe, Reforma, Insurgentes, Iztacalco, Atizapán** Mexican Center for Integrative Psychology

- **Colectivo Mariposa** Collective created and made up of families searching for their disappeared.
- **Buscandote con amor (Searching for you with love)** Group of family members and activists searching for their disappeared
- **Madres de las Merced:** Nuns caring for children victims of femicide
- **Colectiva Feminista Ehécatl (Ehécatl Feminist Collective)** Multidisciplinary group fighting against the injustices of a system that neglects women victims of femicide. (Especially in Ecatepec de Morelos, State of Mexico)
- **Centro Prodh (Prodh Center)** Association that accompanies individuals and groups in processes involving human rights violations
- **Católicas por el Derecho a Decidir, A.C. (Catholics for the Right to Choose)** A movement of Catholic feminists committed to defending human rights, particularly those related to sexuality and human reproduction, and to a life free of gender violence and discrimination. They accompany Catholic women who wish to have an abortion
- **Las vanders** Feminist organization focused on accompaniment, artistic actions, and political advocacy in contexts of mobility and violence
- **Tapalkali** Accompaniment processes for children, adolescents, and adults
- **Luna** School of Feminist Thought
- **Impetu Center for Studies** Feminist women's organization focused on accompaniment and education
- **Tehuantepec** Indigenous Muxe community





Peer Reflections



Listening Lab (Spanish)



Mid-Year reflections from peer participants

Peer 1 of 3



“My own ways of responding have changed significantly since I started participating in the IE. It's been challenging and deeply rewarding to notice my own responses and transform them, not only through the materials themselves but through everything I've been able to hear from the people I've met.”

“Since I started participating, I’ve found countless opportunities to share the materials because I believe every space matters when it comes to responding to violence. From people who hear experiences of violence in their everyday work like hairdressers, teachers, healthcare workers, to universities, civil society organisations, local communities, businesses, banks, law firms, community organising spaces, and government institutions that can improve their responses.”

“Learning to listen alongside Insight Exchange materials has been deeply rewarding. Sharing and reflecting makes me realise that even our own responses can inspire others. I've learned that when we pay attention to how people around us respond, we can replicate responses that are helpful and more caring.”

Peer 2 of 3



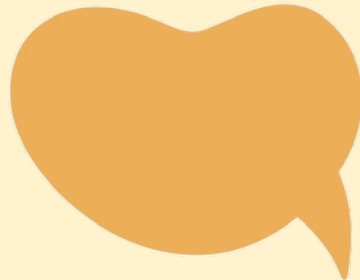
“Bringing, setting up, and presenting the VOI photo gallery in different areas of the eastern outskirts of the State of Mexico has been profoundly moving. Watching people’s faces, their expressions and gestures—and witnessing them sigh or cry—has made me think that reading these texts and testimonies mattered to them. It is possible that they recognise themselves in these experiences”.

“Being invited to participate came at a moment when I was experiencing workplace violence within an educational institution. That invitation—extended without awareness of what it would come to mean to me—brought something deeply important to my life. Today, it has given me a sense of safety, purpose, and relief.”

“All of the Insight Exchange materials resonate deeply with me. Sharing them fills me with joy and a strong sense of connection to the project, because placing people’s knowledge and lived experiences at the center is, for me, the very heart of what responses should be”.

“I feel a deep excitement and responsibility in bringing the VOI exhibition into spaces that are so often forgotten or overlooked, so that *my people* and territories can encounter these descriptions, which may offer recognition, understanding, and possibilitites”.

Peer 3 of 3



“I’m really happy to be part of the team. It has given me hope and motivation :). Insight Exchange is something to be grateful for.”

“I am so happy Insight Exchange exists. I have been sharing the materials also with a friend who is leaving an abusive relationship, and they have been extremely helpful for her, particularly at night when she is alone and needs support.”

“Insight Exchange has impacted my life in many ways. Having worked internationally with survivors of trauma and violence for 26 years, I always dreamed of materials that could expand the reach of our work. I was amazed by how unique these materials are; they not only centre survivors but also address the systems that perpetuate sexual and domestic violence in a transformative way.”

“As a survivor of complex trauma myself, I have found Insight Exchange to be a safe space to heal and redefine my journey. They remind us that we deserve beauty, that we matter, and that we are not alone. These are not just wonderful materials—they are lived experiences that fill our bodies with hope. I am grateful to be part of this team. Gracias por existir.”



Insight Exchange Team

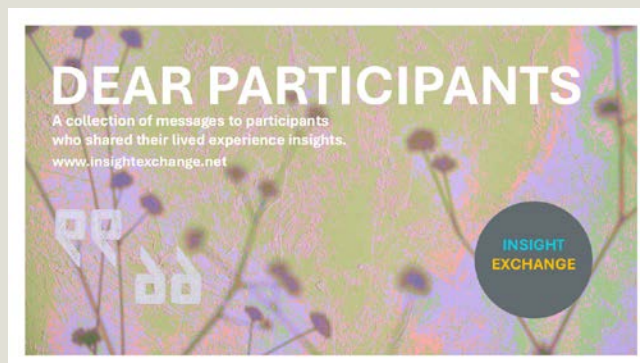
The Insight Exchange team consists of people living and working in urban and regional Australia, Mexico and the UK.

The [team](#) includes people who work with Insight Exchange and or collaborate with or supply services to Insight Exchange.

Our enduring thanks

Insight Exchange would not be what it is today without the engagement, support and expertise of many people directly and indirectly involved.

The work is enriched by all who generously participate in sharing lived experience insights and responses to the evolving materials, as well as former and new team colleagues, Associates, collaborators, in-kind supporters, individual contributors, board members and donors.



Add your de-identified responses by completing the 'Dear Participants', 'My Responses' and/or the 'Dear Donors' form on the **Share Responses** page: www.insightexchange.net/share-responses

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INSIGHT EXCHANGE

www.insightexchange.net

Insight Exchange centres lived expertise of domestic, family and sexualised violence. It is designed to inform and strengthen social, service and system responses to violence and abuse.

Insight Exchange provides free (donated) information, insights and reflection materials to people in any community, service or system. Our thanks to every person who contributed insights for the benefit of many.

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We invite you to explore the Insight Exchange insights and materials in English and in Spanish. Scan the static QR code to open the content. (Website has a quick-exit button)

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