

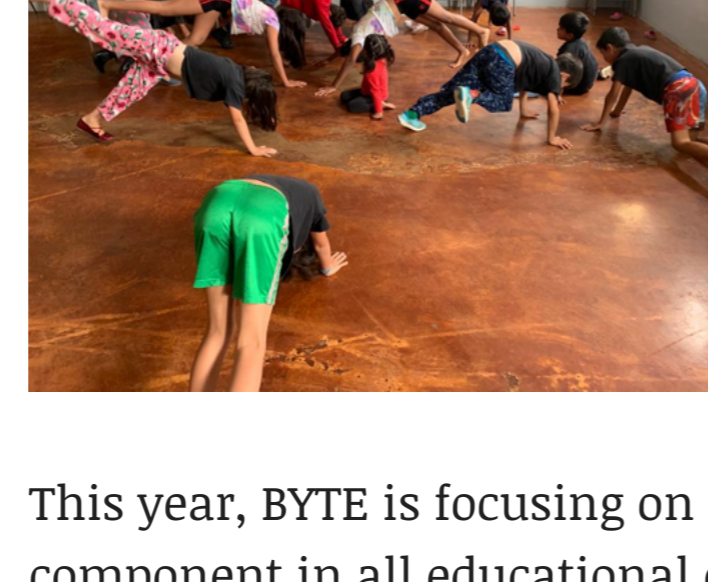


BYTE January Newsletter

Happy New Year, BYTE supporters! This month, we're sharing some exciting new developments, including the kick-off of BYTE trauma-informed dance therapy and psychosocial education, Circles of Peace Teen Mental Health First-Aid Training, and the development of a new cinematography course. We are also highlighting and saying goodbye to our principal teacher, Angel, as he moves on to a new chapter to work on his editorial. You will be missed, Angel!

Our work wouldn't be possible without individuals like you. Thank you for your ongoing support of children and communities on the US/Mexico border!

Trauma-informed Dance Therapy

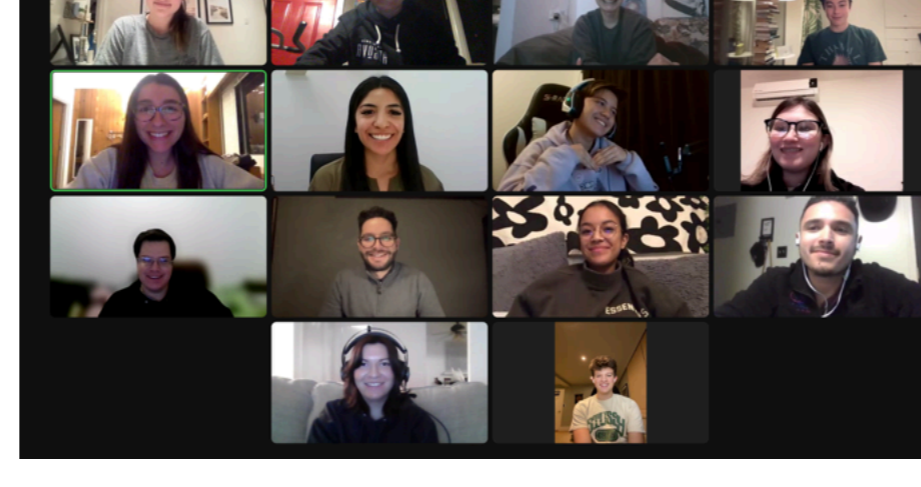


This year, BYTE is focusing on including a trauma-informed component in all educational courses. From the creation of safe spaces within our sites, access to food as part of all programs, and the availability of first-aid kits and training. We also have made sure to use psychosocial-emotional education as a resource for participant youth.

In alignment with that goal, we are offering a course consisting of Trauma Support and Expressive Arts across different shelters in Nogales, Mexico. A major component of this course is dance therapy. Psychological trauma can change the way youth experience life and affect multiple spheres of their well-being and health. Dance therapy has been shown to provide preventive and reparative qualities for trauma. The course aims to build personal development, self-confidence, and social interaction for the adolescents through dance.

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Circles of Peace: Teen Mental Health Training



BYTE collaborated with Nogales AZ NGO, [Circles of Peace](#), to provide an eight-hour Mental Health First Aid workshop for its Youth-Force Development teens. The adolescents received Mental Health First-Aid certifications and the sessions were run both virtually and in-person, on both sides of the border. Workshops focused on teaching skills to initiate meaningful and supportive conversations with peers, as well as ways to receive help from a responsible and trusted adult.

The aim of the training was to expand youth's general mental health literacy, to create autonomy over one's own mental health, and to enhance the ability to identify mental health needs in others.

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New Course Highlight: Cinematography



BYTE is excited to announce the launch of a new cinematography course and workshop. A main conceptual and structural characteristic of this workshop is to prioritize expression of vulnerability experienced as shelter residents. Course components include:

1. Specify the mastery and application of basic cinematographic language.
2. Develop an aesthetic appreciation and promote a critical vision through cinema and audiovisual productions.
3. Create a foundation for one's perspective of the world through the appropriation and creation of one's own speech.
4. Utilize the application of cinematographic and audiovisual art as a mode for reflection and contemplation.
5. Create a space absent from adult centrism where art can become a tool to express ideas, opinions, moods, and feelings.

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Saying Goodbye to Angel



Angel is a BYTE principal instructor with 20 years of experience teaching youth ranging from middle school to university. Angel graduated from the University of Sonora with a degree in Hispanic Literature and is driven by a passion for independent art, counterculture, and fanzines. His talents include writing, teaching, illustration, photography, and filmmaking.

Angel has published several books and poems in literary and humanities magazines in Mexico, Venezuela, and Spain. He teaches cinematography by drawing on this experience, as well as his work as the founder of Rizoma Records, an independent publishing and record label.

We are excited for Angel as he moves to Hermosillo, Sonora to focus on his editorial "Rizoma Ediciones". As we say goodbye to Angel, he shares this poem.

Infinitivo
 Ensalada sin cebolla,
 viernes,
 sábado,
 una tarde solitaria en La Farola Café,
 el verbo dominguear:
 Infinitivo descarado impositivo.

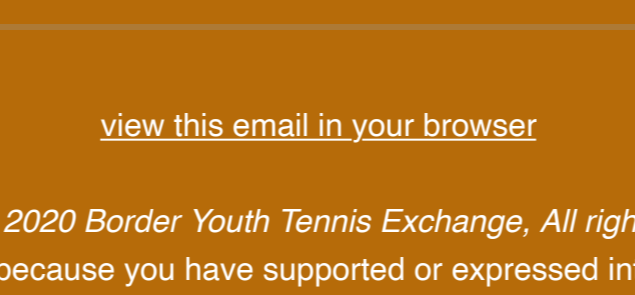
Carlos me dijo la noche que murió su madre:
 Háblame de tus problemas
 en tres meses y ya veremos.

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