

#2 NEWSLETTER

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Om Swastyastu

There are changes from year to year, and those changes do not always come in the form of grand policies or massive programs. Sometimes, they appear in the form of a young person who, for the first time, dares to name what they feel. In the hands of a mother opening a set of cards with her child in a warm corner of the room. In the voice of a woman with a disability who, little by little, begins to realize that her body, her life, and her rights are worth fighting for.

This is where PKBI Bali stands. Not on a stage, but in the midst of real life.

The Newsletter now before you is the second in our journey, and the first in 2026. We present it not merely as a report, but as an invitation: to see Bali as we believe it can be. An island that is not only beautiful on the outside, but just within. Healthy for all. Equal for all. Without exception.

Throughout the beginning of this year, PKBI Bali's work has expanded both in scope and depth. We engage in the arts space because we believe that sexual violence and diversity of identities cannot merely be discussed

they need to be felt, seen, and openly addressed by a wider public. We are present in youth communities because mental health is an inseparable part of dignified growth and development. We work alongside women with disabilities who have long been absent from conversations about their own reproductive rights. And we are present in family spaces because the relationship between parents and adolescents is the most fertile ground for lasting change.

We do not have all the answers. But we believe in the process—in honest dialogue, in safe spaces, in people who, when given trust, will grow beyond expectations. That is what continues to move us forward.

Happy reading. May each story in this Newsletter not only reach your mind, but also touch something within you—and move it.

Om Shanti, Shanti, Shanti Om

Warm regards,
The PKBI Bali Team



From Exhibition to Citywide Conversation: PKBI Bali Exhibition Series Titled MANUSIA 4.0: Diver(city)



Conversations around sexual violence and gender identity diversity have long been considered taboo. These topics are often confined to closed spaces and, not rarely, avoided altogether. In response to this reality, Kisara PKBI Bali, through the Indonesia Healthy Cities with PRIDE (IHCP) program, has taken the initiative to bring these conversations into the public sphere. Through exhibitions, issues often seen as sensitive are presented in various visual and interactive forms—inviting broader dialogue within the community.

The MANUSIA 4.0: Diver(city) exhibition was held on January 16–18, 2026, at Berbagi Ruang & Kopi, Denpasar. A space that is usually a casual gathering spot for young people was transformed into a vibrant space for reflection. Visual installations, infographics, and interactive games filled every corner, inviting visitors to reimagine how a city can become healthier, more inclusive, and free from stigma.

Continuing the previous MANUSIA exhibition series, this fourth edition raises the issue of the intersectionality of HIV and sexual violence amid diverse identities. In its creative process, PKBI Bali collaborated with Gurat Institute, a Bali-based collective of artists focused on research and the development of visual culture through cross-artist collaboration. The result is an exhibition that not only presents artworks, but also serves as a medium for understanding social realities in a way that feels closer and more accessible.

Why is this issue urgent to discuss?

Sexual violence and HIV are still often confined to limited spaces of conversation. Stigma surrounding certain identities discourages many people from seeking help or accessing healthcare services. In reality, the vulnerabilities individuals face are often layered—shaped by factors such as gender, age, disability, sexual orientation, and socioeconomic status.

Through MANUSIA 4.0: Diver(city), issues often considered sensitive are presented through visual approaches and interactive experiences, making them more accessible to the public. The exhibition serves as an alternative space to open dialogue on the importance of diversity in building a healthy and inclusive city.



From Program to Public Space

Most of the works exhibited are a dissemination of the journey of the Indonesia Healthy Cities with PRIDE (IHCP) program, which ran from 2023 to 2025. The program focuses on promoting more inclusive cities in fulfilling Sexual and Reproductive Health and Rights (SRHR), particularly for groups that often face stigma and discrimination.

Ni Kadek Sintya Angreni, IHCP Program Manager, explained that the exhibition serves as a way to ensure that the knowledge generated throughout the program can continue to be used sustainably. From this reflection, the theme Diver(city) emerged—emphasizing that diversity of identities is an essential part of building a healthy city.

Who was involved?

The IHCP journey has involved a wide range of stakeholders—from young people and communities to policymakers. In this exhibition, that involvement is reflected through photovoice works, featuring 12 photographs accompanied by narratives from program participants about their efforts to build more just and healthy cities within their communities.

The exhibition was also made more interactive through a board game that illustrates the referral system for survivors of sexual violence on campus. Through this experience, visitors can better understand how access to healthcare services works, for both survivors and people living with HIV.

Over the three days of the exhibition, it was widely attended by the public, who came not only to view the artworks but also to participate in various side events such as Ruang Dialektika, a public discussion space that opened up conversations among diverse groups. A cultural approach was also incorporated through a wayang performance, serving as a medium of public communication to convey messages about health, diversity, and social justice in a way that feels more relatable and rooted in the community.

As part of strengthening evidence-based advocacy, the IHCP program also developed two key publications: “Healthy Cities, Inclusive Cities: An Intersectionality Lens in Fulfilling Sexual and Reproductive Health and Rights” and “Regulation and Reality: Fulfilling the Rights of People Living with HIV and Survivors of Sexual Violence.” Both publications were presented in public discussions involving advocacy organizations, community groups, academics, government representatives, and the media—aimed at strengthening policy recommendations that are more responsive and grounded in human rights.



A Step Toward a More Inclusive City

The MANUSIA 4.0: Diver(city) exhibition shows that opening conversations around issues long considered taboo can be done in ways that are more relatable, creative, and inclusive. Through art, data, and public dialogue, the exhibition serves as a reminder that a healthy city is not only about healthcare facilities, but also about creating safe spaces where everyone can live free from stigma and discrimination. Ultimately, a healthy city is one that embraces diversity, protects its people, and creates space for collective conversations that lead to meaningful change.





PKBI Bali at the 4th Global Mental Health Advocacy Forum and Being Asia & LATAM Regional Gathering

In the first week of February 2026, the city of Iloilo in the Philippines became the beating heart of the global mental health community. PKBI Bali had the privilege of being part of this moment — joining innovators, advocates, researchers, and policymakers from across Asia, Latin America, and beyond at two back-to-back events: the 4th Global Mental Health Advocacy Forum (GMHAN), held from February 2–4, and the Being Asia & LATAM Regional Gathering, held from February 5–6 at the Icon Conference Centre.

For our team, this was not simply a conference trip. It was a reaffirmation that the work we do in Bali, protecting young people from bullying and violence and building safer schools, is part of a much larger, urgently needed movement.

Iloilo City was a fitting host for this gathering. A city known for its warmth, culture, and community resilience, it welcomed delegates from every corner of the globe to tackle one of the defining public health challenges of our time: youth mental health.

The GMHAN Forum brought together global advocates, policymakers, UN agencies, and young leaders for three intense days of keynote sessions, workshops, and open discussions. The agenda ranged from financing mental health within Universal Health Coverage frameworks, to deinstitutionalization, to the urgent intersection between climate change and youth wellbeing.



A particular highlight was the session "From Youth Engagement to Youth-Leadership," which reframed young people not as passive recipients of care but as "active interpreters of their environments, architects of new languages of wellbeing, and key drivers of cultural and systemic change." This framing resonated strongly with our own experience in Bali, where we have seen time and again that meaningful change happens when young people are empowered as agents — not just objects — of intervention.

The Forum also held space for honest, difficult conversations. Sessions on stigma and discrimination, on rebuilding mental health financing around people rather than donors, and on the ongoing struggle to translate UN high-level declarations into real-world reforms reminded us that advocacy is a long game and that solidarity across organizations and geographies is not optional, but essential.

Sekolah AMAN: Bringing Bali to the Global Table

At the Being Regional Gathering, PKBI Bali presented our Sekolah AMAN (Safe School) initiative, and we were proud to see it stand alongside innovations from Vietnam, India, Pakistan, Colombia, Ecuador, and Indonesia.

Sekolah AMAN is our response to a troubling reality documented by the Global Early Adolescent Study (GEAS): in Bali, more than half of adolescents aged 10–14 in Denpasar reported experiencing verbal bullying, while 18% experienced physical violence. Perhaps most telling, only about half felt comfortable discussing problems with their parents.

Our approach combines two evidence-based frameworks: UNICEF's ROOTS program, which empowers students as anti-bullying agents, and GET 4 Youth, which uses human-centered design to create mental health-supportive school environments. Together, these are being implemented across 12 junior high schools across Bali, engaging teachers, health providers, families, and government stakeholders over 18 months. In total, 3,600 adolescents will be educated on gender-equitable attitudes and bullying prevention, with 90 young people taking on the role of change agents in their own schools and communities.

What makes Sekolah AMAN distinctive is its recognition that safety is not just physical but relational, emotional, and systemic. We work not only with students, but with the adults who surround them, because sustainable change in school culture requires everyone in that ecosystem to shift together.



The Being Gathering was structured to maximize peer learning, and it delivered. Through peer learning circles, scaling workshops, country-level discussions, and parallel workshops on youth co-design and sustainable financing, our team came away with rich new perspectives and concrete tools.

The advocacy sessions by United for Global Mental Health gave us practical tools in storytelling, stakeholder mapping, and media engagement, skills we are already applying to influence mental health policy in Bali. The financing workshop featuring AVPN, British Asian Trust, and the Mental Health Innovation Network Asia challenged us to think differently about sustainability and view funders as partners in change.

Beyond the sessions and workshops, some of the most meaningful moments happened in the corridors and over meals — an informal conversation with an organization working on mindfulness for adolescents, a shared recognition with colleagues of how stigma and parenting styles shape youth help-seeking behavior in similarly powerful ways, and the humbling realization that the challenges we face in Bali echo across every country represented in that room.

We also had the chance to connect with Ecosystem Catalyst Grantee working at the national level in Indonesia, deepening our understanding of how Sekolah AMAN fits within — and can contribute to — a broader national agenda for youth mental health. Iloilo 2026 reminded us that this vision is shared across languages, cultures, and contexts by hundreds of people who refuse to accept that poor mental health is simply the price young people must pay for growing up in a difficult world.

We returned to Bali inspired, connected, and more committed than ever to building schools where every young person is truly, safely, at home.



Nurturing Safe Spaces, Strengthening Voices



For many women with disabilities, understanding sexual and reproductive health is not easy. Information is often not available in accessible formats, healthcare services are not yet fully disability-inclusive, and social stigma continues to limit their space to speak about their bodies and lived experiences. As a result, many women with disabilities grow up without comprehensive knowledge of reproductive health, healthy relationships, or protection from violence. Yet, sexual and reproductive health is a fundamental human right that should be accessible to everyone—without exception.

Responding to this reality, PKBI Bali initiated the program “Voice & Sense: Building Reproductive Justice for Women with Disabilities.” This program creates a safe, inclusive, and reflective learning space for women with disabilities to understand their sexual and reproductive health rights, share lived experiences, and strengthen leadership within their communities. Through a Human-Centered Design (HCD) approach, the program places the experiences, needs, and aspirations of women with disabilities at the core of every learning and development process. In this way, each step taken is grounded in their everyday realities.

The journey of this program began with two initial steps: strengthening the internal capacity of the PKBI Bali team through capacity-building activities, and opening inclusive learning spaces for women with disabilities through the Inclusive Peer Facilitator Training.





Building the Foundation from Within

Before engaging with the community, PKBI Bali first strengthened its internal foundation. Through a Capacity Strengthening initiative, the internal team was invited to deepen their understanding of reproductive justice, disability perspectives, and the Human-Centered Design approach in developing more inclusive programs.

Held at the PKBI Bali office on December 11 and 15, 2025, this activity became a shared space for reflection. The discussions went beyond theory, encouraging participants to critically examine how stigma and discrimination continue to affect women with disabilities in accessing reproductive health information and services.

Through this process, the PKBI Bali team built a shared understanding and set of values around the importance of empathy, inclusivity, and a human rights-based approach in every initiative. This capacity strengthening became a crucial foundation to ensure that the Voice & Sense program is implemented collaboratively and truly grounded in the real needs of women with disabilities.

When a Learning Space Becomes a Space for Sharing

The next step was to create a learning space for women with disabilities through the Inclusive Peer Facilitator Training, held on February 24–25, 2026, in Denpasar. A total of 20 women with diverse types of disabilities came together to learn, discuss, and share their experiences.

Over the course of two days, participants explored various important topics—from the concept of reproductive justice and ethical interaction with persons with disabilities, to participatory facilitation techniques for leading safe and inclusive discussions. However, what made this space truly meaningful was not only the knowledge shared, but also the stories that emerged within it.

Participants spoke about the many barriers they face in their daily lives, from limited access to reproductive health information to experiences of exclusion from social spaces. The learning space gradually transformed into a space for sharing—where every story was heard and valued.



A Story from Bu Ning

For Bu Ning, a Community Organizer in the Voice & Sense program and a person with a disability herself, accessibility is not merely about additional support. In her experience, many public spaces and services are still not fully inclusive for persons with disabilities. "Access is often seen as an extra support, when in fact, for us, it is a necessity to participate equally," she shared.

According to her, truly inclusive spaces can only be realized when persons with disabilities are involved from the very beginning—especially in planning and decision-making processes. This is the approach embraced by the Voice & Sense program, where women with disabilities are not only beneficiaries, but also active contributors in shaping change together.

Change Begins with Conversation

Through this training, participants are prepared to become peer facilitators within their respective communities. They are expected to open up discussions on sexual and reproductive health, support fellow women with disabilities, and strengthen awareness of bodily autonomy and health rights. Becoming a peer facilitator does not mean being the one who knows everything.

Instead, this role is about holding safe spaces, listening to the experiences of others, and ensuring that every voice has a place to be heard.

From this small learning space, new hopes begin to grow. Participants not only learn for themselves, but also carry that knowledge and courage back to their communities. Because often, meaningful change begins with small conversations—conversations that create space for each person to understand their body, express their needs, and make decisions about their own lives.

Through the Voice & Sense program, PKBI Bali believes that an inclusive society can only be realized when every voice is valued and every body is treated with equal dignity.

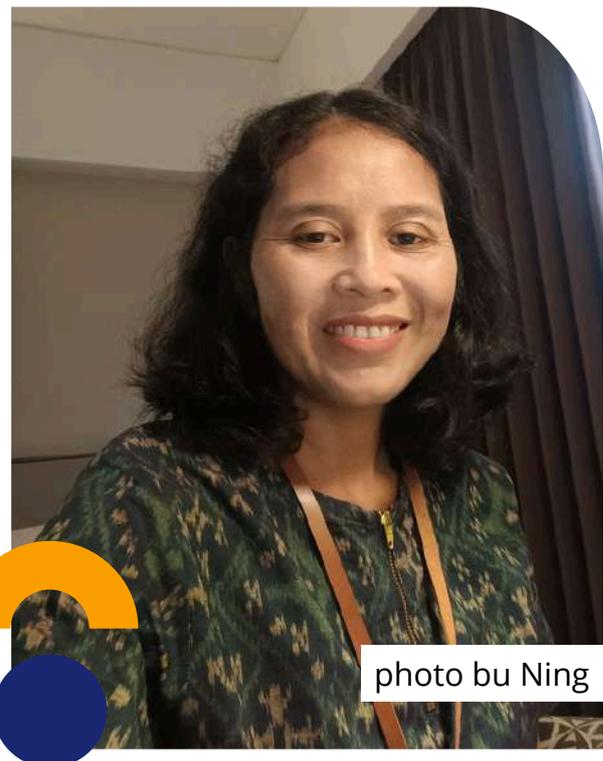


photo bu Ning





Family Space and a Reflection

Family is often seen as the safest and most comforting place to return to after a long journey. This idea feels reassuring, giving us the belief that family is where we are most protected. But is that always true? Can a family, at times, become the opposite? The first place where we feel fear. The first place where we learn that the outside world is dangerous. The first place where we are taught that having a voice is something to be restrained. We learn to become distant, convincing ourselves that all we truly have is our own self. Why does it sometimes turn out this way? Is there something within the way we understand family that needs to be reexamined, beyond the romanticized stories we often tell?

This is a reality many families experience, yet rarely dare to speak about.

“I want to be close to my child, but I do not know how anymore.”

This was said by a mother during one of the Family Space sessions. And her tears spoke far more than her words.

As a child enters adolescence, their body changes rapidly. Hormones surge, emotions intensify, and the social world suddenly becomes far more complex. The child who once ran into their parents’ arms may now seem distant, closing their bedroom door or disappearing into the glow of a phone screen.

Parents often interpret this as rebellion. But for the child, it is a very real confusion. They do not fully understand what is happening within themselves. They only know that the world around them feels unfamiliar, sometimes even their own home.

This is where a critical moment emerges. When adolescents do not find a safe space to ask questions and share their thoughts, they will look for it elsewhere, from peers, from the internet, from sources that may not provide accurate or healthy support. Emotional loneliness within one’s own home can become a gateway to depression, bullying, and risky behaviors.



Let us be honest with ourselves. No parent is born knowing exactly how to raise a teenager. We are all learning along the way, carrying wounds and patterns from our own childhood, while also facing the pressures of work, life, and expectations that are often too heavy to carry alone.

Sometimes, communication is reduced to instructions and checklists. "Have you eaten?" "Is your homework done?" "Do not come home late." Not because there is no love, but because we do not have enough energy or understanding to go beyond that. Slowly, the atmosphere at home becomes distant. The gap grows wider, and we may not even realize when it all began.

What is more painful is when these patterns repeat without awareness. A sharp tone of voice, unspoken expectations, or prolonged silence filled with emotion. All of these leave deep marks on our children.

Teenagers do not need perfect parents. They need present ones. Parents who are willing to listen without immediately judging, and who can become someone to talk to when the world feels overwhelming. What they need is assertive communication, not reactive responses. Curiosity, not assumptions. A shared space for reflection, not a space for self defense. And all of this takes practice. It takes time. It requires a safe space to grow together.

PKBI Bali initiated a program called Family Space, a space held every weekend where parents and adolescents come not to be lectured, but to feel, play, talk, and learn together in a warm and pressure-free environment.

Various tools are used to bring the space to life, one of which is the Empathy Cards. Through these cards, parents and adolescents take turns answering deep questions that they may have never had the chance to ask before. Parents begin to understand the changes their children are going through. Teenagers begin to see that their parents are also struggling in their own ways. And slowly, both begin to rediscover a shared language.



One session invited them to write a Complimentary Letter, a simple note that carried so many unspoken feelings. Many parents finally found the words to say to their children, “Forgive me... I did not know a better way before.” The embrace that followed became proof that those feelings had always been there, simply waiting for a way to be expressed.

Nothing Is Wrong. We Are All Learning.

A child is experiencing their age for the first time. A parent is also, for the first time, raising a child in that very phase. Every stage is new for everyone, and no one should be blamed for not knowing. What matters is the willingness to keep learning and the courage to change.

Parenting is not about perfection. It is about presence. It is about pausing, even for a moment, in the midst of busyness and asking, “What are you really feeling?” It is about having the courage to admit, “I may not fully understand yet, but I want to understand it with you.”

Because in the end, family is the first foundation in a young person’s life. It is where they learn about safety, about being heard, and about becoming themselves. Strengthening family capacity, understanding the diversity of dynamics within it, and creating healthy spaces for dialogue are no longer optional, but essential.

How can we expect to nurture empowered young people if the space closest to them feels unfamiliar? Families may not always be perfect, but they can always learn. And through that learning process, we open the possibility of creating spaces that are safe, warm, and supportive, places where young people can grow without fear, without stigma, and without violence.



The Changemakers, for the Homeland



Edy is one of many young people who began his journey from something simple, curiosity. It started with seeing youth activities that looked exciting on social media, and that interest slowly grew. Eventually, an invitation from Putu Arya Nugraha, Head of PKBI Buleleng Branch, opened the path for Edy to join PKBI Bali, particularly in Buleleng.

At first, there was no grand ambition. Just a desire to try and get involved. But over time, those small steps led Edy deeper into various activities, from reproductive health outreach in schools, radio programs, to directly providing health services to the community. This journey did not only take place in formal spaces but also through people's homes, from the city center to the remote areas of Buleleng.

In every step, Edy and the other volunteers were not merely present to give information. They were there to listen, understand, and build closeness with the community. "We come not just to provide information, but to truly listen." This phrase reflects an approach centered on sharing and growing together, rather than simply delivering knowledge.

Edy's movement did not stand alone. In collaboration with PKBI Buleleng, partnerships were built with various parties, including the government, youth organizations, and social foundations. The approach was not limited to health alone, but also touched on education and socioeconomic aspects, aiming to create a more comprehensive impact for the community.

Amid this process, change did not only happen externally, but also within Edy himself. He learned to manage his time better, improved his skills in health, and sharpened his sensitivity in interacting with the community. His hands-on experience also inspired him to encourage more young people to get involved. "If one person can take action, then others can too. It's just a matter of who wants to start first."



In 2024, Edy was entrusted with the role of Vice Chair I of PKBI Buleleng. For him, this is not about the position, but about the responsibility to keep the spirit that has grown alive and reaching more people.

His commitment remains simple: to make a meaningful impact for his homeland, Buleleng Regency, and to help the community improve access to health services and education, from the city to the villages.

Looking ahead, that hope continues to be nurtured. So that every activity is not just routine, but truly a solution to the challenges faced by the community. So that volunteers remain united, keep moving, and never stop advocating for the common good.

Edy is one story among many. A story of how change does not always start from something grand, but from the courage to try, persevere, and keep moving forward, slowly but surely. Edy is one of the changemakers whose journey continues to grow in PKBI.



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Thank You for Taking Action with Us

We believe that change cannot be achieved alone. It grows from collaboration, care, and the active involvement of communities and partners like you. If you feel inspired by our stories and activities, there are many ways you can support:

- Share information and education on sexual and reproductive health in your community
- Join our activities as a volunteer or community partner
- Contribute donations to sustain our programs



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See you in the next edition!

#PKBIBali #EqualHealthForAll
#RightToHealth #HealthAndEqualityForAll
#EveryoneDeservesHealth

