

THIRD EDITION 2026

#4 NEWSLETTER

LITTLE BY LITTLE, WE WILL KEEP MOVING FORWARD.

PKBI PERKUMPULAN KELUARGA BERENCANA INDONESIA
DAERAH BALI



www.pkbibali.or.id

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Om Swastyastu

Welcome to the Third Edition of the 2026 PKBI Bali Newsletter

In every step we take, there is one belief that continues to guide us: meaningful change never comes from one party alone. It grows through collective efforts, active community involvement, and by giving young people the space to express their voices and take part in shaping decisions. This belief forms the foundation of all the work we do at PKBI Bali.

In this edition, we share stories of how schools, teachers, families, communities, and government work hand in hand through Safe School Training to prevent violence and child marriage. We also highlight collaborative efforts with healthcare professionals through the BISINDO Sign Language Workshop, aimed at making healthcare services more equitable and responsive to the needs of persons with disabilities. These experiences remind us that creating safe and inclusive environments requires more than policies and services. It also calls for a shift in perspectives and the systems that support every individual.

We are also increasingly convinced that young people are not merely the leaders of tomorrow, but active partners who deserve to be involved in decision-making today. This spirit was reflected in Youth Forum Bali 2026, the International Youth Day celebration, and our mental health campaign, where young people shared their experiences, voiced their aspirations, and encouraged us all to listen to one another.

We recognize that this journey is far from over, and there is still much for us to learn along the way. Change does not have to wait for perfection; it can begin with the willingness to listen, build empathy, and take meaningful steps together towards lasting progress.

We extend our sincere gratitude to all our partners, communities, and young people who have been part of this journey.

Happy reading! May the stories in this edition inspire you to take part, no matter how small your contribution may seem, because every step we take together brings us closer to a safer, more equitable, and empowered Bali.

Om Shanti, Shanti, Shanti Om

Warm regards,
PKBI Bali



Group Photo with Teachers at the Safe School Training in Denpasar

A Safe School Is Not Built Alone

Safe School Training — Program Tantri PKBI Daerah Bali

What makes a school truly safe for children? Is it enough to have rules that prohibit violence, or do we also need to examine the habits, relationships, and values that have long been considered normal in the environments where children grow up?

Violence and child marriage do not occur in isolation. Both can be linked to social norms, gender biases, power relations, family circumstances, and limited opportunities for children to express their opinions and make their own choices. Therefore, efforts to prevent them should go beyond responding to cases when they occur. We also need to understand the environments that allow these problems to continue.

With this understanding, the Bali Branch of the Indonesian Planned Parenthood Association (PKBI Bali), through the Tantri Program, organized Safe School Training in Karangasem, Buleleng, and Denpasar. Schools were chosen as strategic spaces because children do not only learn academic knowledge there. They also develop values, learn how to build relationships with others, and understand how they should be treated.

Over three days in each area, teachers took part in a learning process involving various scenarios and reflections on violence and the factors that contribute to it. The sessions explored not only how to recognize violence, but also how schools can understand potential risks, identify existing strengths and resources, and develop systems to prevent and respond to violence and child marriage.

One important insight emerged from this process: violence cannot be understood solely as an issue of individual behavior. It must also be examined through the social systems that shape it. In the context of child marriage, for example, decisions that appear to be family matters can be influenced by social pressure, economic circumstances, and beliefs about the roles of girls. If these factors are overlooked, protection efforts risk addressing only the surface of the problem.

This understanding invites us to reconsider the role of schools. Teachers play an important role, but they cannot do this work alone. Schools need support from families, communities, and the government to ensure that reporting mechanisms, assistance, and responses that prioritize children's best interests are available. Beyond that, children need to feel that their voices are heard and their experiences are taken seriously without being blamed.

Through the Tantri Program, the Bali Branch of the Indonesian Planned Parenthood Association (PKBI Bali) seeks to strengthen schools' capacity as part of a collective effort to end violence and child marriage. However, training is only one step. Change also depends on the willingness of all parties to evaluate existing practices and continuously improve protection systems.

Because a safe school is not just about teaching children to recognize violence. It is also about adults having the courage to question what has long been considered normal, improve what is not working, and ensure that every child has the space to grow up free from violence.



Teachers Engaging in a Discussion During the Safe School Training in Karangasem

You Don’t Have to Be Perfect to Get Closer to Perfection.



Young People Engaging in Discussion at Youth Forum Bali 2026

Youth Forum Bali 2026 — Young People as Changemakers and Voices of Their Peers

We often imagine change as something carefully planned, with clear ideas, measurable steps, and certain goals. But what if change begins with something imperfect?

For the Bali Branch of the Indonesian Planned Parenthood Association (PKBI Bali), recognizing young people as strategic actors is not a new idea. For a long time, young people have been seen as having the space to influence the direction, policies, and decisions made by the organization. This perspective is rooted in a simple belief: issues affecting young people need to be understood together with young people.

After all, the lives of young people continue to change. So do the challenges they face.
We often talk about young people as the generation of the future. It sounds good. But perhaps there is something we need to question: what about the lives they are living today?

The challenges young people face do not wait until they become adults to emerge. Mental health, relationships, violence, education, sexual and reproductive health, the environment, and social pressures are already part of their lives. And these challenges continue to evolve with the times.



Youth Forum Bali 2026 became a space for bringing together young people from diverse backgrounds across Bali's nine regencies and cities. The forum was designed to be open and accessible, allowing anyone to register, bring their own experiences, share ideas, and engage in discussions with others.

It might sound like an ordinary forum. But Youth Forum was not meant to be a place where conversations remained formal and rigid. Instead, it created room for more interaction, conversation, play, critical thinking, and reflection. Some ideas came across clearly, while others were still taking shape. Some opinions changed after hearing different perspectives. And some questions remained unanswered.

And that is okay. Not every voice needs to be perfect to matter. Participation is not about producing ideas that are always right. It is a process of trying, questioning, disagreeing, listening, and trying again. At Youth Forum Bali 2026, young people were invited to reflect on the realities they face while continuing to hold on to their dreams of the world they want to live in—a world that is safer, more inclusive, more equal, and offers young people the space to grow.

These dreams may sound utopian. But something ideal does not have to become reality all at once for us to start working toward it. It can begin with a small conversation, with concerns that have yet to find a clear pattern, or with ideas that may seem ordinary and imperfect. Yet this is what youth participation is truly about: inviting young people to take part in a process and experience it firsthand. Because getting closer to perfection does not mean waiting until everything is perfect.

Perhaps the opposite is true. We move forward with what we have, learn from what does not work, and give ideas room to grow. That is why Youth Forum is not merely a space for making decisions. It is a space for learning how to be part of the decision-making process itself. Young people do not need to have all the answers before they can be involved. They simply need to be trusted to take part in finding those answers.

And perhaps, in the end, a more ideal world is not built by people who are always right. It is built by those who are willing to keep learning, keep listening, and keep moving forward —even when things are not yet perfect.
It's time for young people to lead today.



Participants at the Sign Language Workshop for Healthcare Professionals

Learning to Understand Diverse Needs in Healthcare Services

We often talk about making healthcare services accessible to everyone. Community health centers are available, healthcare professionals are ready to provide care, and health information is shared with the public. But does the availability of services automatically mean that everyone can access them comfortably and equally?

For Deaf women with disabilities, for example, communication barriers can affect their experiences when consulting healthcare professionals. Explaining symptoms, understanding medical information, and accessing sexual and reproductive health information all require communication that both parties can understand. When these needs are not met, access to healthcare does not necessarily mean equal access to information or equal opportunities to make informed decisions.

This is one of the issues that needs attention in efforts to achieve inclusive healthcare. Based on an assessment of six community health centers (puskesmas) across four subdistricts in Denpasar City in July–August 2026, there is a need to strengthen healthcare professionals' capacity to provide services that are more accessible and responsive to patients' needs.

As part of this process, PKBI Bali, together with the Health Office and healthcare professionals from community health centers, participated in an Indonesian Sign Language (BISINDO) workshop. Facilitated by the Bali Branch of the Indonesian Sign Language Center (Pusbisindo), participants learned basic vocabulary, communication in healthcare settings, and ways to understand physical symptoms and emotional experiences through sign language.





This learning process was complemented by sessions on strengthening disability concepts led by the Bali Province chapter of the Indonesian Association of Women with Disabilities (HWDI), as well as an introduction to disability-inclusive healthcare services facilitated by the Organization of Persons with Disabilities (OPDis) in Denpasar City.

Through practical exercises and simulations, participants learned that communication in healthcare settings cannot always follow the approaches traditionally considered standard. It requires paying attention to facial expressions, maintaining visual contact, adapting how information is delivered, and ensuring that messages are genuinely understood. Learning alongside Deaf instructors also gave participants an opportunity to understand communication from the perspective of those who use sign language in their daily lives.

This experience invites us to reconsider how healthcare services are designed and delivered. Is the available information accessible to women with diverse needs? Does every patient have an equal opportunity to communicate their concerns, understand their care options, and make decisions about their health? These questions matter because barriers to access do not always arise from an individual's circumstances. They can also result from the way services are organized and delivered.

For PKBI Bali, this process is part of an ongoing effort to expand inclusive healthcare services, particularly in fulfilling sexual and reproductive health and rights. This requires more than simply making services available. It also calls for a willingness to recognize unmet needs, learn from the experiences of persons with disabilities, and build collaboration with healthcare professionals and organizations of persons with disabilities.

Learning BISINDO is one initial step. Other needs still require attention, from access to information and communication during medical examinations to the availability of reasonable accommodations. Inclusive healthcare must therefore be built through an ongoing process that involves those who have long faced barriers to accessing these services.

Because providing healthcare for everyone means more than simply opening the door to anyone who needs it. We must also ensure that everyone can enter, communicate, understand the available options, and receive care that responds to their needs. For PKBI Bali, expanding access means continuing to learn together so that healthcare services can reach more people, leaving no one behind.

Perhaps What Young People Need Is Not More Advice, but Space to Speak Up



Participants in the Debate Competition Celebrating International Youth Day 2026

International Youth Day (IYD) often comes as a celebration. There are stages, creative works, competitions,and young people gathering to commemorate this historic day. However, perhaps IYD should notstop there. Because celebrating young people also means creating spaces where they can speak,be heard, and be recognized as an essential part of change.

Driven by this spirit, Kisara PKBI Bali introduced an IYD celebration initiative that brought togetheradolescents from diverse backgrounds to participate. The goal was not merely to determine whowould win a competition, but to celebrate more broadly what it means to be an adolescent and whatit feels like to navigate adolescence today.

These spaces took shape through debate competitions, vertical film competitions, and the culminatingcelebration. Each took a different form, but they all shared one common thread: young people haveso much to say when they are given the space to express themselves.

In the debate competition, for instance, reproductive health issues were not discussed in black-and-whiteterms. Participants were encouraged to engage with different arguments, examine the positive and negativesides of a given situation, and reconsider perspectives that might previously have been taken for granted.

In the debate space, having different opinions does not mean having to tear each other down. Instead,it is where participants learn that understanding an issue requires a willingness to listen. It meansnot rushing to judgment, not simply looking for who is right, but trying to understand why someoneholds a particular perspective.

A different set of stories emerged from the vertical film competition. Through a simple screen, youngpeople brought forward issues that are closely connected to their lives. Some explored gender inequalityin Bali and how misinterpretations of culture can contribute to perpetuating inequality. Others addressedmental health, child grooming, and bullying—issues that have long been discussed but continue tosurface in the lives of adolescents today.

Perhaps that is what makes these works so meaningful. Young people do not always offer definitiveanswers. Instead, they show us that there are still questions that need to be discussed.

Because being an adolescent is not just about school, achievements, or becoming the “next generation.” Italso means navigating questions about identity, relationships, bodies, friendships, family, social pressures,mental health, and how young people want to be treated by the people and communities around them.

That is why celebrating IYD also means celebrating the diversity of adolescent experiences. Not alladolescents grow up under the same circumstances. They do not all have the same opportunities,challenges, needs, or ways of making their voices heard.



Participants in the Vertical Video Competition Celebrating International Youth Day 2026

Change does not always happen quickly.

Education takes time. Shifting perspectives takes a process. Addressing violence, equality, mentalhealth, and reproductive health cannot be done just once and then considered resolved. These issuesrequire spaces that remain open, conversations that continue, and the courage to re-examine whatwe have long taken for granted.

That is why the culmination of the IYD celebration is not the end of the activities. Instead, it serves asa moment to pause, reflect on what has been done, listen once again to the voices of young people,and then continue the journey.

Ultimately, International Youth Day is about more than celebrating young people.
It is a reminder that every adolescent has unique potential. That young people can make their voicesheard when the spaces provided truly center their needs and perspectives. And that adults, institutions,schools, and communities all have a role to play in ensuring these spaces remain safe and open.

Perhaps we have spent too much time trying to find ways to make adolescents listen to us. IYD invitesus to do the opposite: to make more room to listen to young people. Because young people are notjust learning to navigate the world as it exists today. They are also creating a new world—a world thatis safer, more welcoming, more equal, and free from violence.



Participants in the Debate Competition Celebrating International Youth Day 2026

The Changemakers: Mental Health and Humility in Understanding Generations



Dayu Sri Speaking at a Talk Show Commemorating World Mental Health Day

Amid growing public conversations about mental health, Dayu Sri invites us to reflect on a more fundamental issue: how teenagers are treated when they face difficulties, and whether everyone has equal opportunities to access support.

On Saturday, October 17, 2026, Dayu Sri, a teenager actively involved in Kisara PKBI Bali, participated as a youth representative in the talk show “Youth and Caregivers Speak: Hearing Realities, Driving Change,” organized by Monash University in Jakarta. The forum brought together young people with lived experiences of mental health challenges, caregivers and support persons, as well as psychiatrists, to commemorate World Mental Health Day.

During the forum, Dayu emphasized one key principle she is committed to advocating for: teenagers experiencing mental health challenges have the same right as anyone else to express their opinions, access opportunities, and live their lives without being constantly judged based on the challenges they face.

For Dayu, the issue is not simply about how society recognizes mental health challenges, but also about how individuals are treated once others become aware of their experiences. Labels can shape how people perceive someone. Experiences that should be met with understanding can instead become reasons to limit someone's social interactions, question their opinions, or treat them as different from other teenagers.

Dayu herself actively advocates for mental health awareness through initiatives involving schools, young people, and communities. In this process, personal experiences have become one way to open up conversations. However, sharing one's experiences is not simply about having the courage to speak out. It also carries the hope that these stories will change how people understand mental health challenges and treat those who experience them.

“Teenagers experiencing mental health challenges deserve to be treated like anyone else.” Dayu's message invites us to question something that is often overlooked: are we genuinely creating space for young people to participate, or are we merely inviting them to speak without taking their perspectives into account?

This question matters because conversations about mental health are becoming increasingly common, particularly on social media. Psychological terms circulate widely, personal experiences become content, and concern is often expressed through campaigns. All of this can help raise awareness. However, the growing popularity of an issue does not necessarily mean that our understanding of it is becoming deeper.

Mental health also risks becoming a commodity when people's experiences are used more to attract attention than to drive meaningful change. We can talk about the importance of seeking help while forgetting to ask whether that help is affordable and accessible. We can encourage someone to share their story without ensuring that a safe environment awaits them once they open up.

This is where social class must be taken into account. Not all teenagers have equal access to professional services, family support, time, and the resources needed to navigate difficult circumstances. Mental health, therefore, cannot be understood solely as an individual's ability to manage their own emotions and well-being. Economic conditions, social environments, and the availability of services also shape the choices available to each person.

The forum attended by Dayu also brought together young people's experiences with the perspectives of caregivers and psychiatrists. These three perspectives reveal that mental health involves more than one party. Young people have experiences that deserve to be understood, caregivers face challenges in providing support, and mental health professionals play a role in delivering care. Each brings a different set of insights and limitations to the conversation.



For Dayu, spaces like this are essential for fostering understanding without rushing to judgment. Each generation grows up in different circumstances. The challenges faced by teenagers today are not necessarily the same as those experienced by adults in the past. These differences call for an openness to learning, rather than comparisons about which generation is better equipped to cope with life's challenges.

Through this gathering, Dayu puts forward an idea: creating safe spaces where teenagers can express themselves freely, without being subjected to labels that may cause them to doubt themselves. Mental health deserves continued attention, alongside an ongoing commitment to understanding it more deeply. As times change, so do habits and the increasingly complex challenges that affect each individual's mental well-being. Empathy is therefore essential to understanding the differences in challenges faced by different generations.



Talk Show Participants at the World Mental Health Day Commemoration

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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

PKBI Daerah Bali | KISARA Bali | Klinik Catur Warga

www.pkbibali.or.id

Contact Us

Jl. Gatot Subroto IV No.6, Dangin Puri Kaja, Kec. Denpasar Utara, Kota Denpasar, Bali 80233

+62 361 430 214

pkbibali@pkbi.or.id



See you in the next edition!

#PKBIBali #EqualHealthForAll #RightToHealth #HealthAndEqualityForAll #EveryoneDeservesHealth