

Hello everyone! I'm Jeremy Brezden and I'm a sociologist. Today, I'd like to start my presentation by sharing presenting some statistics. According to global data, over 700 million people still live in extreme poverty, surviving on less than \$2.15 a day. These numbers made me reflect on how deeply inequality can influence entire communities, and how imperative it is to figure out solutions that truly matter. For that reason, I want to share with you the importance of understanding poverty not just as a statistic, but as a complex issue that requires empathy, action, and sustainable solutions. I will also address three key aspects we need to consider to understand poverty and promote long-term fulfillment for individuals and communities: the strengths that individuals and communities have, the opportunities and access to resources available to them, and the support they receive to move forward. So first, when it comes to the strengths that individuals and communities have, I want you to ask yourself, "What strengths already exist in individuals and communities?" Take a moment to reflect on what people are good at, even in difficult circumstances. Many individuals living in poverty have major talents, whether in craftsmanship, caregiving, or entrepreneurship, that often go unnoticed. In terms of development, how can we support these strengths so they can pay off in the long term? To illustrate, access to education and training programs can help people enroll in opportunities that improve their employment and income. If we truly want to reduce poverty, we need to figure out how to shape systems that recognize ability, not just disadvantage, and provide supportive environments where people can move up. Regarding opportunity and access, think about the role of resources, such as education, healthcare, and financial assistance, in shaping someone's future. Not everyone starts from the same background, and inequality can strongly influence who has access to these opportunities. For instance, without proper support or access to quality schools, it becomes much harder to pursue stable employment. So, we must ask: how can we create more equality in access to resources? Addressing these barriers is a major step toward improving overall well-being and ensuring that opportunities are not limited to a few, but available to everyone. Finally, in terms of long-term fulfillment and well-being, ask yourself, "What kind of support systems truly help people thrive?" It's not just about short-term assistance, but about building sustainable systems that matter in people's lives. Consider what helps individuals feel fulfilled, whether it's meaningful work, a supportive community, or a safe environment. Research shows that when people feel supported, they are more likely to pursue their goals and improve their income and stability over time. By focusing on long-term development and human fulfillment, we can create solutions that truly make a difference. In conclusion, today we explored the deeper meaning of poverty by reflecting on three essential questions: what strengths individuals and communities already possess, how access to opportunities shapes people's futures, and what kinds of support systems truly help individuals thrive. By examining these aspects, we were able to see poverty not just as a lack of income, but as a complex social issue that requires a more human-centered approach. My purpose in sharing this with you was to highlight the importance of understanding poverty beyond statistics, and to encourage a perspective rooted in empathy, awareness, and action. It is only by recognizing people's abilities, improving access to resources, and creating sustainable support systems that we can begin to make meaningful and lasting change. But here's something to really think about: if over 700 million people are still living in extreme poverty today, imagine the impact we could have if even a fraction of us committed to creating fairer opportunities and stronger communities. Real change doesn't come from numbers alone; it comes from people who choose to act. Thank you all for your time and attention.

1. **True or False:** Jeremy Brezden is a medical doctor.
2. **True or False :** Fewer than 100 million people live in extreme poverty worldwide.
3. **True or False :** The speaker emphasizes that poverty is a complex issue requiring empathy and action.
4. **True or False :** The presentation focuses only on financial income as a way to understand poverty.
5. **True or False :** People living in poverty generally lack talents or abilities.
6. **True or False :** Education and training programs can help improve employment opportunities.
7. **True or False :** Inequality affects access to resources like education and healthcare.
8. **True or False :** Short-term assistance alone is enough to ensure long-term well-being.
9. **True or False :** Support systems can help individuals pursue goals and improve stability.
10. **True or False :** Real change comes from people taking action, not just analyzing numbers.