

ADOLESCENT GIRLS EDUCATING AND EMPOWERING GIRLS AND BOY ON MENTAL AND PHYSICAL HEALTH, AND GENDER STEREOTYPES

Children engaging and supporting their peers,
including reaching the most vulnerable

Latin America and the Caribbean: Mexico

In Mexico, an adolescent- girls led network is advocating for equal opportunities for boys and girls. They have focused on gender based violence, health, and eradication of child labor, by educating and empowering girls currently in school from a very young age. They have taken forward training programs for girls and boys, focusing on health and well-being. One example is 'Health is Life" program which aims to empower adolescents on mental, sexual and reproductive health, addressing gender stereotypes. As stated by a leading adolescent girl from the organization: "We received around 40 types of resources to learn together with professionals about sexual health, gender, and mental health, given that as future leaders we must take into account children's future development beyond physical health. We are aware that the pandemic has affected various groups in society, but children and adolescents have stopped playing sports or being in motion, which generates not having 100% what is considered good health and well-being". By educating and empowering girls, 'Tremendas Mexico ' - in coordination with girls throughout the region - are contributing to the solutions of many problems faced by girls.

Tremendas Mexico

