

CAREYES FOUNDATION



July 2022

SEXUAL EDUCATION WORKSHOP

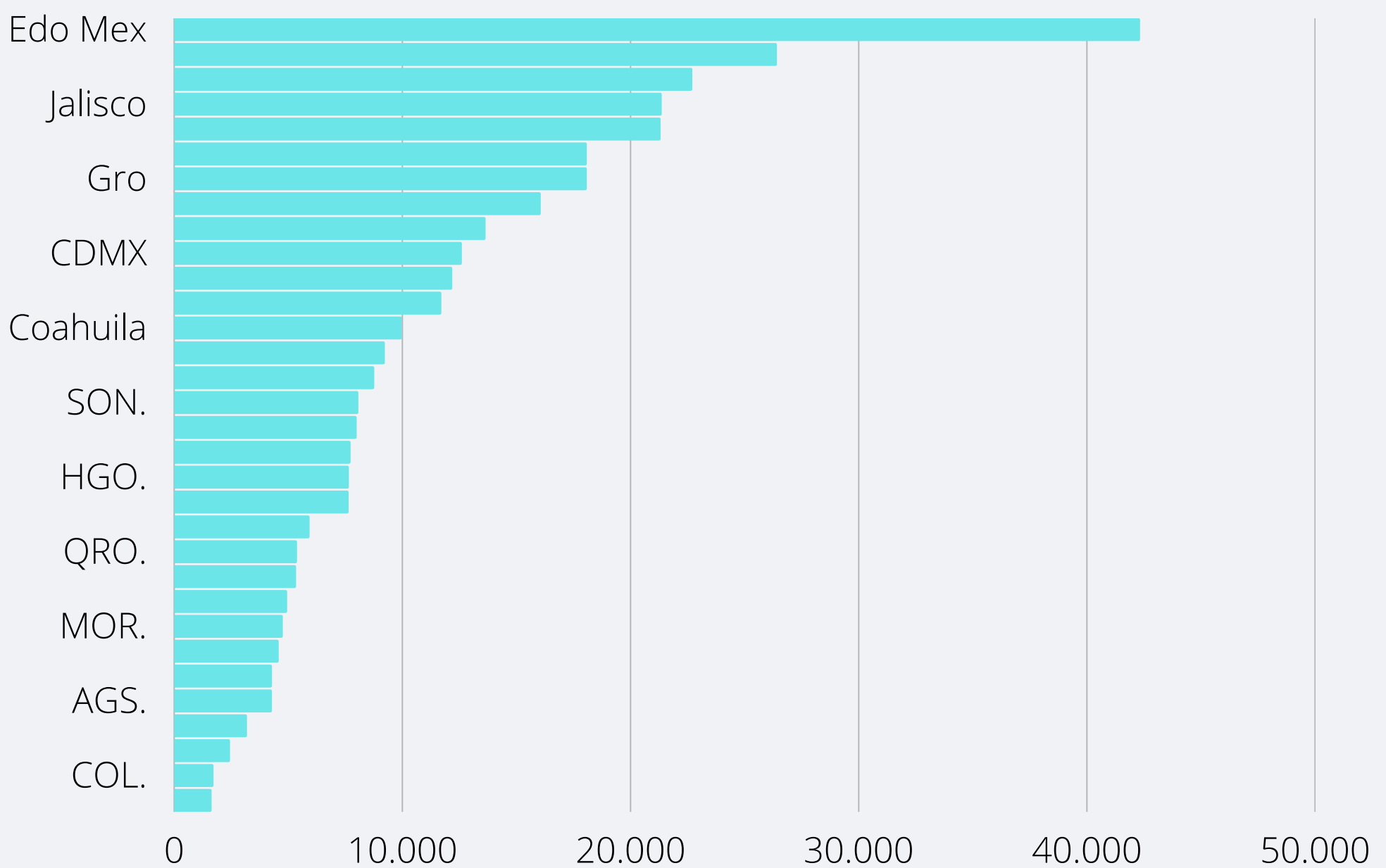
For teenagers in rural coastal villages of Jalisco, MX



MEXICO HAS ONE OF THE HIGHEST RATES OF TEEN PREGNANCY IN LATIN AMERICA

Source: National Council for the Evaluation of Social Development Policy

TEENAGE PREGNANCY IN MEXICO BY STATE



OUR STATE OF JALISCO HAS THE FOURTH HIGHEST RATE OF TEENAGE PREGNANCY IN MEXICO (INEGI*, 2019)

*INSTITUTO NACIONAL DE ESTADÍSTICA Y GEOGRAFÍA
(NATIONAL INSTITUTE OF STATISTICS AND GEOGRAPHY)



IN 2021, IN OUR STATE OF JALISCO:

**17,470
BIRTHS**

**TO MOTHERS
UNDER 20
YEARS OLD**

**491
(2.8%)
PREGNANCIES IN
GIRLS AGED 9-14
YEARS OLD**

**16,979
(97.2%)
PREGNANCIES IN
GIRLS AGED 15-19
YEARS OLD**



**ADOLESCENT PREGNANCIES MOST
OFTEN OCCUR IN POORER AND
MARGINALIZED COMMUNITIES.**

**TEENAGE PREGNANCY INCREASES WHEN
GIRLS LACK INFORMATION ABOUT SEXUAL
AND REPRODUCTIVE HEALTH AND RIGHTS.**

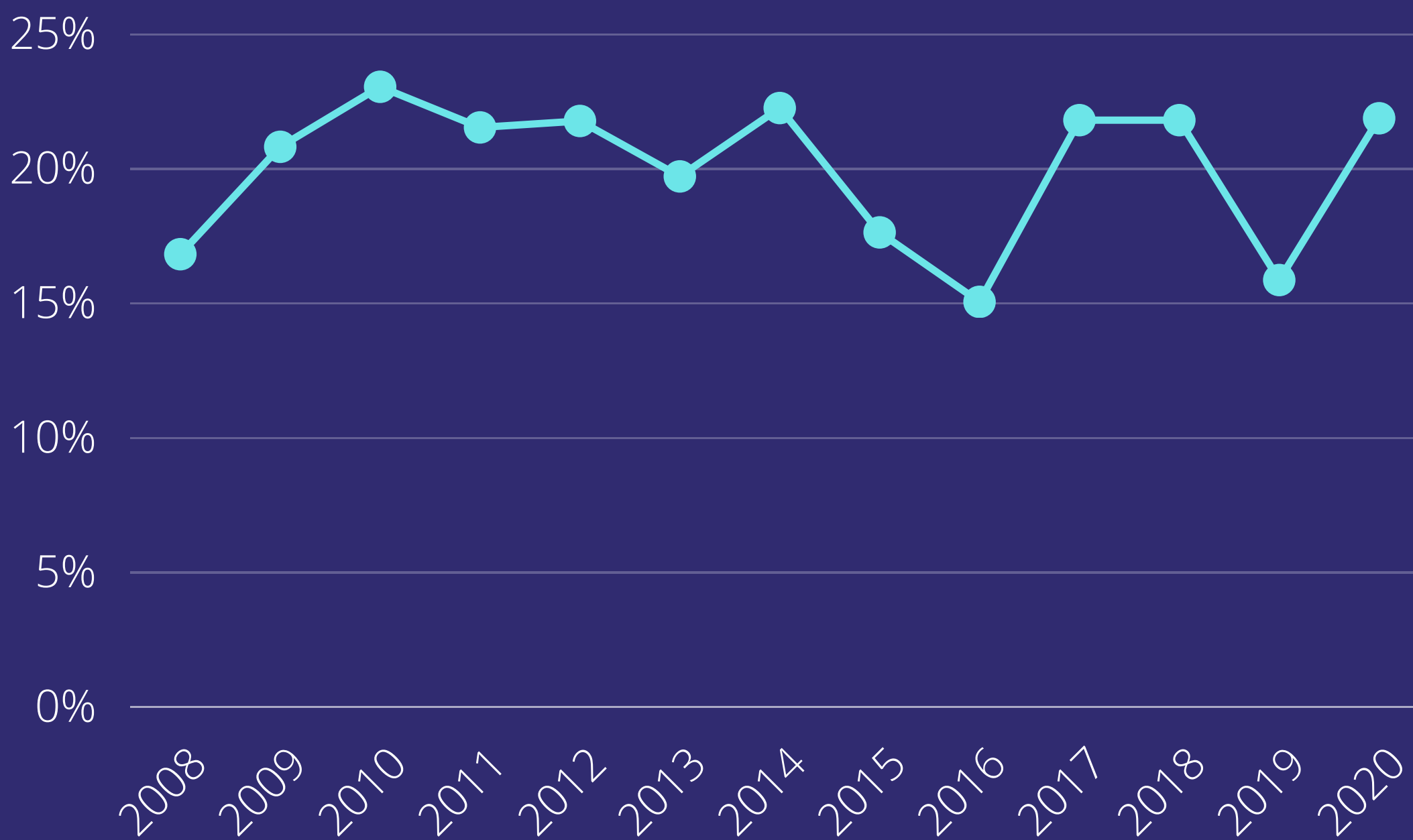
PLAN INTERNATIONAL

**SOURCE: INSTITUTO DE INFORMACIÓN Y GEOGRAFÍA
DE JALISCO (IIEG, 2021)**



ANNUAL PERCENTAGE OF BABIES BORN TO MOTHERS AGED 10-19 YEARS OLD

IN THE MUNICIPALITY OF LA HUERTA,
WHERE THE CAREYES FOUNDATION OPERATES



**DURING 2020, 21.88% OF BABIES
BORN IN LA HUERTA WERE BORN
TO MOTHERS BETWEEN THE AGES
OF 10 & 19, AN INCREASE OF 5.39%
FROM THE PREVIOUS YEAR.**



SOME PROBLEMS FACED BY PREGNANT TEENAGERS

**PHYSICAL
COMPLICATIONS OF
EARLY CHILDBEARING**

**PSYCHOSOCIAL
CHALLENGES**

PHYSICAL & EMOTIONAL IMBALANCE

**PREGNANT GIRLS OFTEN
DROP OUT OF SCHOOL,
LIMITING OPPORTUNITIES
FOR FUTURE EMPLOYMENT
AND PERPETUATING THE
CYCLE OF POVERTY.**

**THE BEHAVIOR OF YOUNG
MOTHERS IS ASSOCIATED WITH
FEELINGS OF REJECTION,
ABANDONMENT AND
LONELINESS**

DISCRIMINATION

**ADOLESCENT MOTHERHOOD IS
CONSTRUCTED WITHIN A SOCIAL CLASS
DOMAIN THAT IS SUBJECTED TO THE
LABELS OF 'GOOD' AND 'BAD' MOTHER.**

**DISCOURSES ON THE "GOOD MOTHER" VERSUS THE "BAD MOTHER"
ARE SHAPED BY THE WOMAN'S AGE AS WELL AS HER EDUCATIONAL,
EMPLOYMENT, AND MARITAL STATUS; SOCIAL ASSISTANCE, HEALTH & WELL-
BEING, AND COGNITIVE AND BEHAVIORAL PROBLEMS OF HER CHILDREN.**



RESULTS

**FIVE WORKSHOPS
WERE HELD IN THE
VILLAGES OF:**

- **EMILIANO ZAPATA**
- **MIGUEL HIDALGO
NUEVO**
- **AGUA CALIENTE
NUEVA**



**OBJECTIVE: PROVIDE
ACCESS TO INCLUSIVE
SEXUAL HEALTH
EDUCATION AND
REDUCE RATES OF
TEENAGE PREGNANCY**

**ONLY 22% OF
PARTICIPANTS HAD
PREVIOUSLY
RECEIVED SEXUAL
EDUCATION**



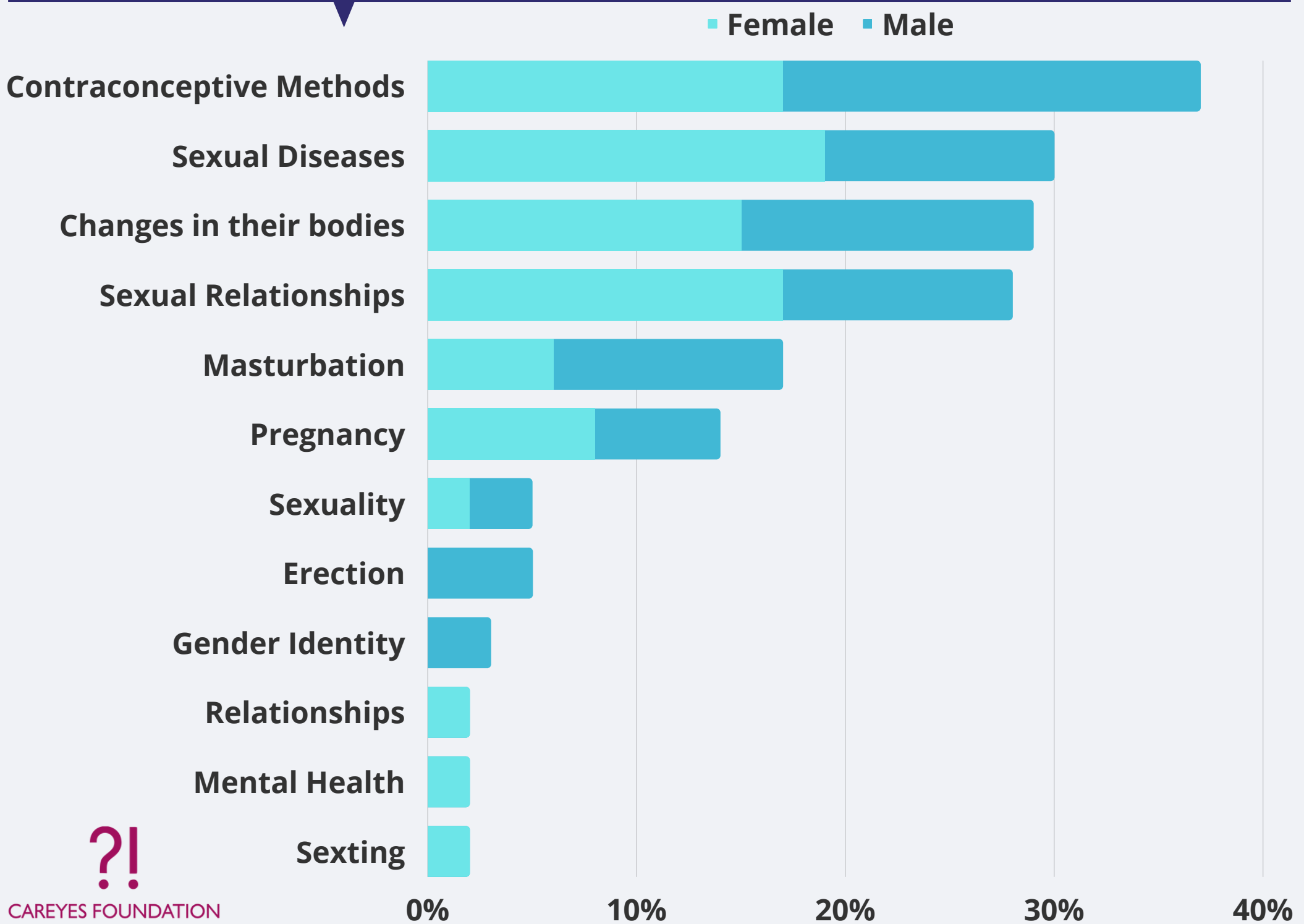
DELIVERED TO

154

teenagers
(11-17 years old)



TOPICS OF ANNONYMOUS QUESTIONS POSED BY PARTICIPANTS



TEENAGERS' MOST COMMON QUESTION TOPICS

37%

CONTRACEPTIVE
METHODS

30%

SEXUALLY
TRANSMITTED
INFECTIONS

28%

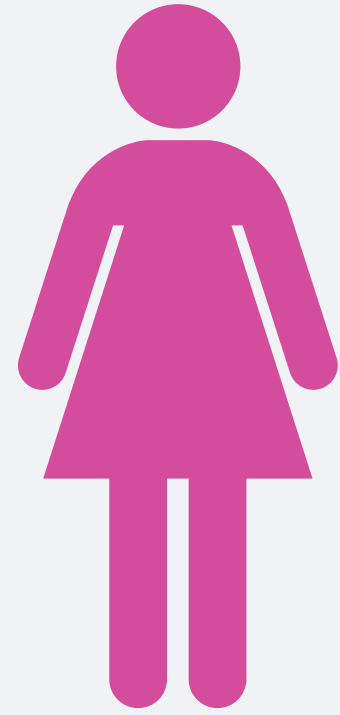
CHANGES IN
THEIR BODIES

*38% OF PARTICIPANTS ARE
CURRENTLY GOING
THROUGH PUBERTY*



QUESTION TOPICS BY STUDENT GENDER

- Mental Health
- Pregnancy
- Sexting



"Why can't some women have children?"

"How do you know if you have a mental illness?"



- Erections
- Gender Identity

"If I am trans, am I a boy or a girl?"

Each person has their own subjective experience of living with others in society, which is why it is important to talk about themes of gender and mental health, as it is an important element of healthy sexuality in relation to the people who surround us.



Some questions were related to moral implications of masturbation and common myths

"If I masturbate a lot, can I lose my memory?"

"Is it bad to masturbate?"

Religions still impact sexual identity and activity, which is often seen as taboo or prohibited. Because of these beliefs, adolescents may feel ashamed or afraid to go to their parents or to a health center to start using a family planning method. "It is a barrier that should be removed to improve the options and tools that they should have, and that are part of sexual rights" (García, 2021).

Source: [ANUES](#)

SEXUAL HEALTH EDUCATION MUST BE ADAPTED TO THE UNDERSTANDING OF THE TARGET POPULATION

The workshop served to answer many of the teens' questions, but it is evident that we must continue to work and provide education regarding these topics to reduce teen pregnancy.





CAREYES FOUNDATION

THIS PILOT PROJECT
WAS MADE POSSIBLE
BY SUPPORT FROM



Sonic Sunset



MÉXICOVIVO[®]
FUNDACIÓN

and the Careyes community



WHAT'S NEXT....

We will continue to address this topic so as to prevent teenage pregnancy and thus decrease the gender gap.

In 2023, we have planned an entire month dedicated to sexual education in the 12 rural villages that we serve.

During this period, we will work with specialists to deliver workshops in elementary, middle, and high schools, as well as open talks for adults and parents in each community.

We aim to increase possibilities for local teenagers to expand, pursue, and accomplish their life goals.



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important
initiative**



CAREYES FOUNDATION

**BROADENING HORIZONS
FOR BRIGHTER FUTURES**