

Social Investment Project: Comprehensive Sexual Education for All

Designed by La Casa de la Sal, A.C.

About La Casa de la Sal, A.C.

La Casa de la Sal, A.C. is a Mexican non-profit organization that has existed for 39 years and has served more than 500,000 people. Our mission is to rescue human beings' fundamental values and give hope and transcendence to the lives of children, adolescents, and adults who have been diagnosed with HIV or AIDS.

Our work contributes to achieving goal 3.3 of SDG3, which involves ending the AIDS epidemic and joining the commitment to guarantee universal access to sexual and reproductive health services through information and education. All this is achieved through comprehensive care focused on mental health, education, and prevention for the general population and those living with the diagnosis, contributing favorably to the reduction of the rate of transmission of the virus and preventing those living with the diagnosis from reaching the stage of AIDS.

HIV in the country

In Mexico, 375,296 people live with HIV, of which 18% are women. In the last year, a growing rate of infection has been detected among young people aged 25 to 29 years. Therefore, providing access to educational services and mental health care makes it easier for them to live an informed life free of violence and stigma.

According to Censida, the health authority that monitors the evolution of the pandemic in Mexico, in 2024, 15,587 new cases of HIV were detected and reported, of which 6,405 correspond to young people aged 10 to 29 years. The states with the most reported cases with the highest number of HIV infections are Mexico City, the State of Mexico, and Veracruz.

Justification

Sexuality is part of the human being from birth and evolves throughout life, in the bio-psychosocial areas of the individual. However, it is not information that is taught in school programs, young people relate sexuality with sex, so when sexual life begins, many questions arise about self-knowledge, biological changes, diversity or sexual orientation, etc. However, generally, no support network generates the confidence to resolve these questions with scientific and truthful information.

Therefore, what the methodological proposals of the House of Salt propose in the subject of Comprehensive Sexual Education (ESI) is to encompass sexuality through a holistic model, being more than a teaching-learning process, it seeks to provide knowledge, skills, and tools, involving cognitive, emotional, physical and social aspects under a human rights, gender, and intercultural approach, which generate critical thinking that influences inter and intrapersonal relationships, to impact the emotional and sexual health of the individual.

The experience within the area of Education and Prevention confirms that there is still misinformation due to the prejudices that revolve around the subject and the customs and habits of each community, which leads adolescents and young people to get information on internet sites that do not have scientific or reliable research that do not allow correct answers to their doubts in their entirety because the school system and the internet do not adapt the information according to the stages of development; pornography being a source of consultation to acquire erroneous knowledge about sexuality.

The project of La Casa de la Sal, A.C. related to Comprehensive Sexual Education, involves providing information on self-care, self-knowledge, sexual diversity, attention to emotional and sexual health, as well as education and prevention of STIs, specifically HIV, through the response to the questions, concerns and worries that adolescents and young people have about their sexuality, breaking down barriers associated with stigma, discrimination, and prejudices that surround sexuality.

General Objective:

To provide children in primary, high school, adolescents, and young people with psycho-pedagogical tools in Comprehensive Sexual Education that contribute to the prevention of HIV under a holistic vision.

Target Population

Children, adolescents, and young people from 10 to 29 years old who are in vulnerable areas of Mexico City and 5 states of the Mexican Republic: Chiapas, State of Mexico, Morelos, Puebla, and Quintana Roo where the risk of becoming infected with the HIV is high due to misinformation, lack of access to Comprehensive Sexual Education and knowledge of barrier methods associated with the conditions of gender violence that occur in their communities of origin.

Methodology

The contents of this project will be carried out under the psycho-pedagogical model that governs Comprehensive Sexual Education, not taught as a formal and static model but as a process that focuses on the stages of human development, where biological, psychological, emotional and social aspects are considered, in addition to relational communication, reproduction, affective relationships and pleasure, thus impacting emotional and sexual health.

The participatory methodology included within the context of psych pedagogy is active, reflective, critical, and playful, which is why it is considered appropriate for multicultural contexts in which it will have an impact, with the main focus being on students acquiring significant learning by knowing Comprehensive Sexual Education and experiences that allow them to replicate, interact, exchange and share with their peers, within a safe, trusting, empathetic and inclusive environment using clear and simple language according to the age group and stage of development of the students.

Experiential circumstances will be used to allow the restructuring of pre-established cognitive patterns, promoting education and prevention of sexual and emotional health, and contributing to the reduction of expressions or attitudes associated with HIV stigma and discrimination.

Quantitative Indicators.

- Number of children, adolescents and young people aged 10 to 19 who have information related to sexual health and human rights.
- Number of schools at all educational levels where the program was implemented.
- Number of communities reached by the program.

Qualitative Indicators

- Changes in the perspective on Comprehensive Sexual Education of the beneficiaries of the project
- Decrease in the rates of violence against women in impacted communities
- Behavioral changes in children, adolescents, and young people impacted by the program
- Development of capacities for the identification of gender violence.
- The beneficiaries of the program know about their inherent human rights and their right to decide about their sexuality.

Sustainability:

By the promotion of the participation of the target population, cascading learning and peer learning are promoted, which allows knowledge to permeate all members of the community.

By establishing strategic alliances with different actors such as civil society organizations, companies, educational institutions, and local governments, we will be able to continue implementing the program in different communities.

Conclusion

Empowering young people through Comprehensive Sexual Education to make informed and responsible decisions about their sexual health and interpersonal relationships.

Young people who receive comprehensive sexual education become community leaders capable of replicating knowledge and preventing gender violence in their places of origin.

Implementation Time: 1 year.

Social Impacts: we expect around 1000-1500 children, teenagers and young people.

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