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I am a young woman from a lower-income neighborhood in Cali, Colombia, where I live with my parents. I attend the Horizons school, and it was here that I first learned about AIDS, other sexually transmitted diseases and how to prevent pregnancy, when a group of professors from the Universidad del Valle invited us to participate in a project on sexual health and prevention of HIV. At first, it seemed like an opportunity to do something different at school and I didn't take it too seriously. But after participating in the first few workshops, I felt that the project was something very important; I identified with what I was learning and reflected upon other things in my life. I then decided to participate fully in the project and it has been wonderful.

We currently continue working with our teachers, showing other young people what we learned during this project. I am also part of a youth group in my neighborhood health center run by a sports team. There, we also participate in the health festivals organized for people in the neighborhood.

One of the activities we carried out was "How to have a Healthy Sex Life." We used flyers, posters and signs concerning the transmission and prevention of HIV/AIDS and other STIs, and the effects of pregnancy in adolescents to raise awareness among our schoolmates of the importance of using contraceptive methods in order to have a healthy sex life.

We have the support of the professors at Horizons and of the Universidad del Valle.