

# Holding up Half the Sky: Girls and Women's Health and Sustainable Development

A Mental Health Perspective

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# Challenges for Girls

- Peer pressure
- Tension with parents
- Food insecurity
- Exposure to violence
- Early pregnancy

*“Qn: is there any issue that make you have worries or concerns about your safety and livelihood? R: “It’s just this one of pregnancy. I usually just think how it will be. How will I raise the child?”*

# Challenges for Women

- Exposure to violence
- Culture - inequitable gender norms
- Low SES

# Strategies to improve

- Encourage more education
- Encourage discussion about gender balance
- Positive parenting
- Better options for teen mothers