

Imagine yourself being 13 years old, waking up at 3 o' clock in the morning, being hungry but knowing you have nothing to eat, grabbing the corn you collected before so you can grind it and cook tortillas so you can sell them and have money for your family, instead of going to school and learning how to read and write; coming home after working with not enough money and being beaten up for this, trying to sleep in a house made of scraps and waste, with the fear that someone might enter and hurt you, and having done this since you were 8.

This is one of the harsh realities Honduran women and girls go through, not being able to finish school, being poor, working at a young age, being abused by a family member or family friend and being pregnant at a young age, losing your childhood and youth. These situations can happen regardless of one' s economic status. Now, how do we manage to know all of this, to collect all of this context and use it to reach to help these young women?

For the past 160 years, the YWCA has provided Safe Spaces to women and girls in the heart of local communities. Through YWCAs in more than 120 countries, the World YWCA is striving to provide safe, inclusive, non-judgmental and confidential spaces for women and girls to discuss their issues such as Sexual and Reproductive Health and Rights (SRHR), HIV, and cases of violence.

Wider and global movements and initiatives like the Young Women' s Leadership Academy, which is currently being developed by the World YWCA, have aims to strengthen Young Women and Girls Transformative Leadership. For this Academy a young women' s Task Force has been selected to contribute with expertise, ideas, experience and advice, as well as an Intergenerational Expert Group in women' s rights, education and leadership. The Young Women are representatives from all 8 regions.

We believe that training one girl or woman means opening the door to an entire community.

Through this global movement and initiatives, we connect with our Y sisters, we can identify ourselves through our organizations or as individuals with other members of the Y around the globe, either because we share the same difficulties or because we have the same goal, which is to empower young women, against all odds.

We must remember that every single person has a role in society. And we need every single one of them to accomplish balance, equality, development, security, and above all peace.