

# Women's Rights BOOKLET

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Gobierno de  
**México**

**Mujeres**

Secretaría de las Mujeres



# Women's Rights BOOKLET



**Mujeres**  
Secretaría de las Mujeres



**Ministry of Women**

PERMANENT CAMPAIGN FOR EQUALITY  
AND AGAINST VIOLENCE TOWARDS WOMEN

## **Women's Rights Booklet**

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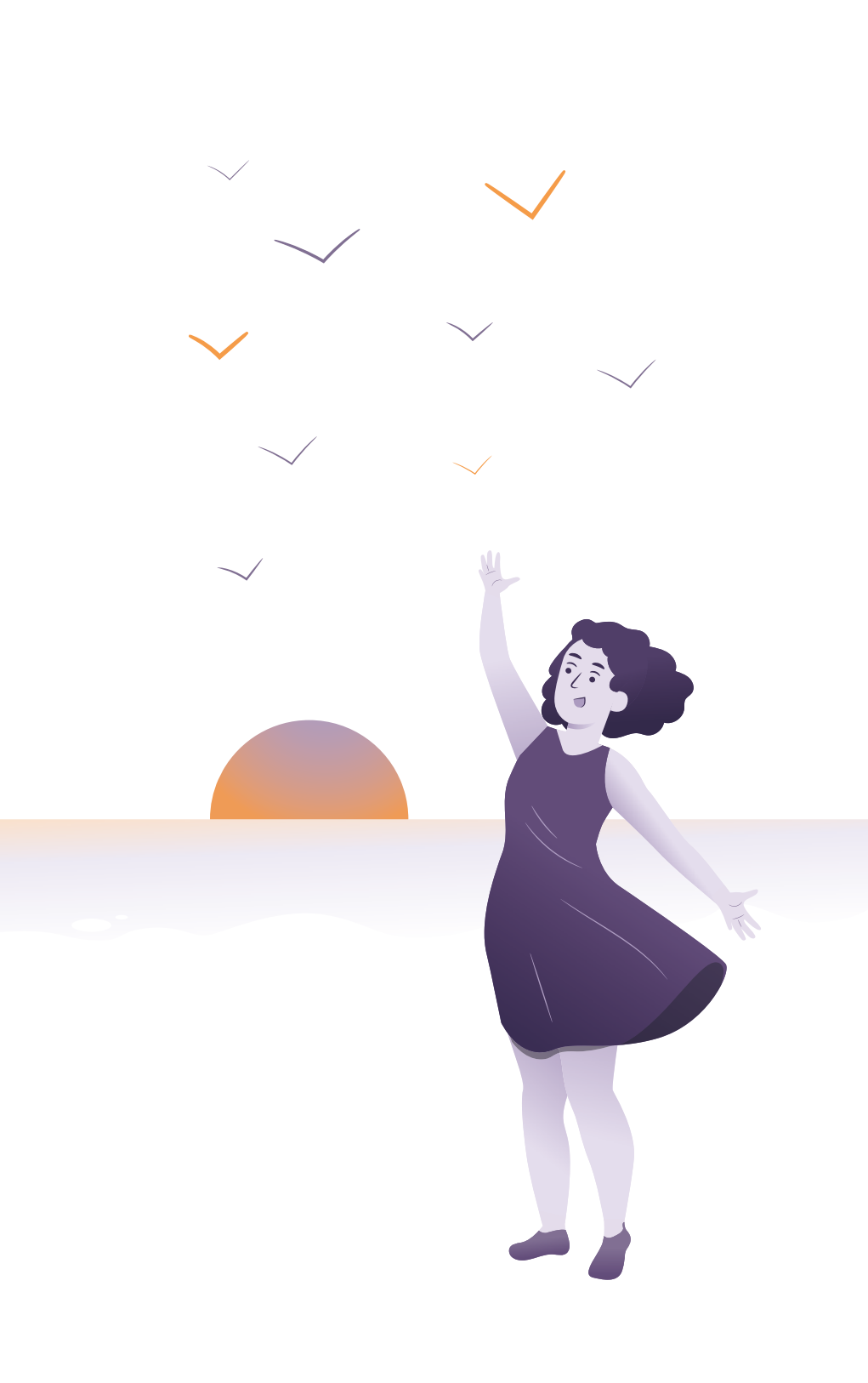
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*Today, I want to recognize not only the heroines of our nation—whom we will continue to honor—but also all the anonymous heroines; the invisible ones whom we now make visible through these words. Those who fought for their dreams and achieved them, and those who fought but did not succeed. Here come those who were able to raise their voices, and those who did not; here comes those who had to remain silent and later cried out alone, here come the Indigenous women, the domestic workers who leave their villages to support all the rest of us; here come the great-grandmothers who never learned to read and write because school was not for girls; here come our aunts who found in their solitude a way to be strong. To the anonymous women, the anonymous heroines who, from their homes, the streets, or their workplaces, fought to see this moment. Here come our mothers, who gave us life and then gave us everything all over again; our sisters, who, through their own struggles, managed to rise above their circumstances and break free; here come our friends and comrades arrive; here come our beautiful and brave daughters, and here come our granddaughters; they arrive, those who dreamed of the possibility that one day it wouldn't matter if we were born as women or men, when we could fulfill our dreams and desires without our determining our destiny.*

***They arrive—all of them—who  
imagined us free and happy.***



**Claudia Sheinbaum Pardo**  
**PRESIDENT OF MEXICO**

*October 1, 2024.*

*Inaugural Address as Constitutional President  
of the United Mexican States.*



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## Introduction

### *It is women's time.*

This phrase makes many of us women feel proud and excited because sometimes we are not listened to or taken seriously as we would like – or, in fact, as we deserve.

Some other women, and men in general, may wonder what it means and how they can be part of it.

It turns out that our grandmothers or our mothers had dreams that went unfulfilled, and we want our sisters, our daughters, our nieces, our granddaughters, and ourselves, to have a much better, much fairer, and more loving reality; that being a woman does not mean being more, but also not less. That is why we are thrilled to think that finally our time has finally come.

**Can you believe it? It is the first time in all of history that we have elected a woman as President of the Republic.**

When we think about it, it is hard not to wonder why it took so long for this to happen. But this is a good time to reflect on what has been and what is the role of women has been in our society and also a great opportunity to learn about and exercise our rights as women.

We want girls to grow up and develop in full freedom with the awareness that ***it is their right to become the people they want to be and to have the opportunities to do so.***



We also want to tell men that, in order to achieve this goal it is very important that they know women's rights; this will help all of us to build a better society.

If a woman chooses to take care of her home, so be it; but if she wants to be a **police officer, a firefighter, a businesswoman, an athlete, an artist, a scientist, an astronaut, a farmer, a teacher, an engineer, a doctor, an architect, a congresswoman, a senator, or President**, she should know that she can be whatever she wants!

*All women in Mexico must know that they **have the right to fulfill their dreams**, and that authorities are obligated to ensure the conditions for this to happen.*



It has taken many years for our society to come to understand that men and women have the same abilities and the same rights.

***Today is the time for us to see each other as equals and work together to build a better society.***

***Of course it is possible!***

Although there is still much to be done, the struggles of other women throughout time have borne fruit.

**Today we see more and more women in all spaces and responsibilities. Little by little, the idea that certain activities that are only for men and others that are only for women is changing.**

It was once believed that a woman's sole purpose in life was to marry, have children, and take care for them. Although this is valuable life-sustaining work, for centuries women's roles in society and history were made overlooked.

The reality is that women have always been present in our community and in our country's struggles: we have mobilized for the abolition of slavery, for the defense of land and labor rights, for the right to vote and to be voted for, for our freedoms, and, among other actions, we are undoubtedly part of the process of building democracy.

***We have raised our voices when doors have been closed to us succeeded in having our role recognized in history and in the life of the nation.***

Today we see women in sports, in the arts, in businesses, going to the moon, governing, married, single, divorced, with children and without children.

# We all have rights



Women make up more than half of the population in Mexico and around in the world. It is becoming increasingly clear that men and women can work together under equal conditions to foster change and transformation.

As the first woman President, Dr. Claudia Sheinbaum Pardo enshrined **substantive equality in various laws. For the first time, women are enshrined in the Constitution.**

**Rights are for all people, no matter where you were born, how much money you have, the color of your skin, the language you speak, what you look like, or where you live.**

This means that all Mexican authorities, - including government officials, legislators, judges, and public servants,- must ensure equal treatment for men and women, as well as guarantee the same rights, without discrimination.

***Women deserve to live with well-being, in peace, and without violence!***

All people have the right to live well, putting our dignity and well-being at the center.

It is also important to share with you that our rights are interconnected; they are woven together. **For example, it is difficult for a woman to exercise her right to study if her health is not guaranteed, if she does not have access to good nutrition, or if she has no way to get to school;** that is, if other rights are not guaranteed.

## *Authorities must* **guarantee your rights**

It is essential that women know their rights in order to exercise them, defend them, and demand their fulfillment.

This is how the **Women's Rights Booklet** is born: as a practical and useful reference tool for the different spaces of everyday life.

Human rights are protected by the Constitution and various laws. Governments, legislators, judges, and ministers, all branches of power, have the primary responsibility to guarantee the respect of our social, economic, political, cultural, and environmental rights.

This includes making laws, implementing them, and ensuring that they work. In addition, they are responsible for monitoring their enforcement.

# In this booklet you will find some of the **basic rights that we women have.**

In the following pages, you can learn about  
some rights that must be guaranteed.  
Although there may be others, these are  
some that we consider as a starting point.



# KNOW **YOUR** rights



# 1. The right to be free and happy

## The spaces we inhabit

*You have the right to have a home where you live happily, to go to school from a young age, to say what you think, to walk safely wherever you want and at any time; to live without fear, to dream and fulfill your dreams, to have a job, a house, and if you want, to build a family. You also have the right not to establish a family if you do not wish to.*

*You have the right to decide about your body and not be forced into anything; to say 'no' if someone forces you to do something you do not want, and to be attended to in any health clinic when you are sick.*

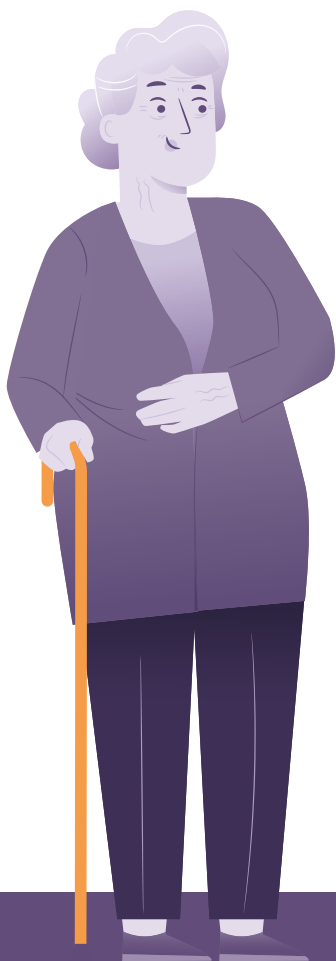
**Do not forget that in this country all older adults have the right to a pension granted by the Government of Mexico when they turn 65 years old, regardless of the pension you receive for the work you have done.**

We want to share an important piece of news with you that significantly impacts the lives of women: President Claudia Sheinbaum has instructed that you can access the older adults' pension starting at 60 years old as a recognition of the care work that women have historically carried out and that accompanies the lives of families and the communities they live in.

Lawmakers approved it and today it is a right. It is important for you to know that in 2025 a pension will be granted to women who turn 64 years old, and year by year the age will be reduced so that you can receive it.

**Meaning, a woman has rights from the moment she is born until she ages, throughout her entire life cycle. It is about living well and happily, treating each other with respect.**

Women are different and diverse. We are present in many spaces: at home, at work, in health centers, or in schools. But also in the community, politics, or in the family.



Sometimes in many of these spaces our needs are not taken into account or there is no discussion about what we think. **In each of these spaces, your voice, knowledge, participation, and experience are important.**

You deserve to inhabit all spaces with respect and dignity, regardless of your age, skin color, economic situation, level of education, whether you are a migrant, or if you live with a disability.

## 2. The right to live in a family, in peace and with well-being

### Our homes and families

*Did you know that the families in Mexico are diverse and that in most cases it is the women who take care of and sustain this space?*

All families are different and are formed in various ways. There is not just one type of family, but we must find in all of them a safe, loving space, an environment of respect where we can develop freely.

*In the family, we have the right to live free from violence, to have access to healthy food with sufficient, quality, and appropriate food; to meet our basic needs, to a healthy life with physical, mental, and social well-being; to a clean environment, to dignified housing, and to identity.*

In Mexico, women devote a lot of time in taking care of others. Whether it is household chores, caring for girls and boys, as well as other activities that meet the basic needs of our families. Until now, that work has not been recognized.

Sharing these responsibilities with all members of the family is the first step in recognizing valuable work that sustains life and at the same time allows us to continue exercising other rights.

Unfortunately, sometimes in the circles closest to us, there is the possibility of being affected by violence, which manifests in different ways. You have the right to live free from all forms of violence and to report it so that it stops.

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**Attention:** If you or your family are suffering any type of physical, psychological, economic, patrimonial, or sexual violence, remember that public prosecutors and specialized offices must assist and help you. These institutions are responsible for ensuring your safety. If you go to one of them and are denied access for any reason, you can report the institution.

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### 3. The right to education

#### Women and Our Right to Go to School

*Did you know that everyone has the right to an education based on equality and respect?*

Education is a right for which women have historically raised their voices to demand that it be guaranteed, since all people must have the opportunity to develop their abilities and capacities, as well as to recognize our rights and freedoms.

You have the right to go to school, ***and no one can deny it to you.***

The education we are entitled to begins with early childhood, preschool, lower school, middle school, and continues throughout high school and higher education.



Our Constitution establishes that education must be free, secular, and scientific, while respecting religious freedom. **If you belong to an Indigenous or Afro-Mexican community, education must be provided in your language.** No matter your age, because there is also education for adults.



**We have the right to be beneficiaries of the scholarship system financed by the State, such as the Benito Juárez Scholarships, aimed at students in basic, middle, and higher education. Likewise, the Rita Cetina Scholarship will now be implemented, a program promoted by President Claudia Sheinbaum, which will benefit all preschool, lower school, and middle school students in public schools, with priority given to families living in poverty**

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**Important:** The authority that guarantees the right to education is the Ministry of Public Education, responsible for overseeing schools, teachers, and administration, as well as preparing free textbooks, setting the school calendar, vacation periods, appointing teachers, among other important matters. In addition, Republic States, that is, each state government, has its own educational authority.

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## 4. The right to health

### Women and Our Right to Health

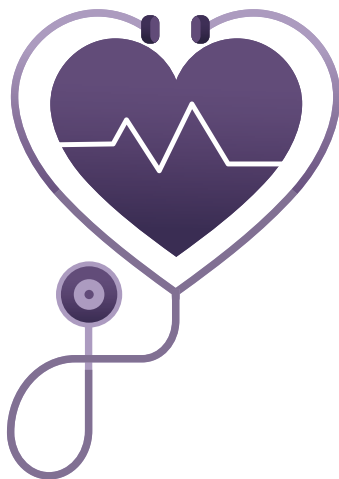
*Did you know that you have the right to receive quality, comprehensive, and free medical care, regardless of your age, economic situation, place of residence, gender identity, or any other condition?*

This includes access to physical, mental, sexual, and reproductive health services.

According to our Constitution, the public health system must guarantee access to health services in a safe environment and must provide quality care. Traditional medical practices, such as midwifery, must also be recognized and integrated..

You have the right to be cared for when you are ill, **but you also have the right to attend medical consultations, to access medicines and treatments in public clinics and hospitals,** and to receive clear and timely information about how to take care of ourselves.

Medical care must adapt to the social, cultural, or geographic context; if you speak an Indigenous language, you have the right to an interpreter or translator in your language.



Medical personnel must establish communication that makes you feel comfortable, safe, and respected, avoiding any stigma or discrimination—especially if you are an Indigenous woman, Afro-descendant, part of the LGBTIQ+ community, migrant, person with disabilities, or in a situation of vulnerability.

Something that is extremely important in the full exercise of **our right to health is that we also have the right to receive information that helps prevent and treat diseases that affect women**, such as breast or uterine cancer, urinary infections, human papillomavirus, ovarian cysts, among others.

*Although there are still many stigmas about our bodies and our intimacy, remember that you also have the right to receive information and care at all stages of your sexual and reproductive life: menstrual health and health during pregnancy.*

You have the right to receive information about the various contraceptive methods that exist and to use the one of your preference according to the needs of your body and your life.

Finally, all of your medical information must be handled confidentially, respecting your right to privacy.

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**Important:** The institutions responsible for guaranteeing your right to health are the Ministry of Health, IMSS, ISSSTE, IMSS Bienestar, state health services, national health institutes, and DIF. Remember that if any of these institutions deny you access or discriminate against you, they can be report them to the competent authorities

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# 5. The right to housing

## The Place We Live In

For a long time, women have faced obstacles in accessing adequate housing, whether due to violence, discrimination, lack of access to credit, inheritance claims, cultural barriers, or many other reasons that historically prevented us from being property owners.

**Women have the right to a suitable roof we can afford, according to our needs, with access to services, schools, and jobs. We also have the right to security of tenure in our homes without the threat of eviction or expulsion from our houses or lands.**

Our Constitution recognizes the living conditions of Indigenous peoples and communities, their spaces for coexistence and recreation, through actions that guarantee access to financing for the construction and improvement of housing, as well as the expansion of coverage of basic social services in harmony with their natural and cultural environment, their knowledge, and traditional technologies.

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**Important: If you have not been able to exercise this right, you can turn to the Secretariat of Agrarian, Territorial and Urban Development (SEDATU), the National Workers' Housing Fund Institute (INFONAVIT), and the National Housing Commission, which have programs to regularize land tenure and provide subsidies**

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# 6. Community rights

## Our Communities

*Did you know that community is one of the oldest forms of organization, where women and men live together and collaborate to achieve common goals?*

Whether you live in a city or in a rural area, you have the right to access public services that allow you, your family, and your community to enjoy a dignified life (for example, electricity, drinking water, and proper waste management)..

When these rights are not fulfilled, women are the most affected, since they are almost always the ones responsible for sustaining daily life—that is, caring for others.

**Municipalities and local governments, and in some cases the communities themselves, are responsible for managing these services.**

For many Indigenous and Afro-Mexican peoples, the community is the center of their social and cultural life. It allows life to be reproduced and problems to be solved collectively.

Within a community, there are both individual and collective rights—that is, those exercised as a people.

If you are part of an Indigenous or Afro-Mexican community, as a woman, you have the right to actively participate in its social life, to be heard, and to take part in the decisions made by the assembly.

Territory and the environment are important elements that sustain life, well-being, culture, and the community's and planet's survival.

Historically, women in the territories have had an active and vital role in caring for the land: we have worked it and defended it.

However, some of our rights—such as access to land and natural resources—have been limited. That is why our President has proposed a program to grant land ownership titles.



## 7. The right to an identity and to have autonomy

### Our body

*Did you know that women have the right to freely decide about our bodies, how to care for them and how to protect them?*

From birth, we have the right to an identity, meaning that all the traits that characterize you as a person must be respected. **This includes free access to a birth certificate and, throughout our lives, access to other documents.**

We have the right to make decisions about important aspects of our lives without interference from anyone else **that is, the free development of personality.**

This means we have the freedom to choose whom to love, how to dress and express ourselves without being silenced or limited, the lifestyle we want to lead, the type of sport we want to practice, and even the type of education or profession we want to pursue.

This right promotes your autonomy and freedom, respect for diversity, equality, and non-discrimination.

*The only limit is that your decisions and actions must not affect the rights of others.*

Despite the fact that there are sometimes rumors around us or prejudices toward other people, **tall women have the right to live and express our sexuality in a free, autonomous, and informed way, without anyone being able to access our bodies without consent.**



Consent is an extremely valuable element for our bodies and our lives, since it is the verbal or non-verbal acceptance that we freely grant out of the feeling or will to want to participate in a relationship or sexual act. **This means that no person, regardless of the relationship or family ties, can force you to participate in a relationship or sexual act, as this constitutes a crime.**

You also have the right to decide **the number of children you wish to have, when to have them, or, if you prefer, not to have them at all.**

Women many times carry out double and triple work and caregiving shifts (within the family, the community, caring for backyard animals, the garden, among others), **but remember that we also have the right to rest, to have fun, and to have moments to do things we enjoy.**

You have the right to be cared for when you are ill, and to have the time and tools necessary **to care for yourself and for others**, under dignified conditions and in a way that does not affect your other rights.

## **Women and their right to motherhood**

***Did you know that women have the right to free and voluntary motherhood?***

Dignified motherhood is essential for a society that recognizes and respects the rights of women who decide to become mothers. The struggle for this recognition has not only been a necessity, but is also key to advancing toward equality and justice.

**Women have the right to receive comprehensive care before, during, and after pregnancy. Likewise, they have the right to receive dignified, inclusive, confidential, and respectful treatment during medical care throughout this process.**

You have the right to receive sufficient, appropriate, truthful, and understandable information in order to freely decide and give consent regarding the care you are receiving and the recommendations made to you throughout the process.

Our Constitution establishes that ***we have the right to access spaces equipped with what is necessary for pregnancy, childbirth, and the postpartum period (that is, the period of time in which a woman's body returns to normal after childbirth).*** We also have the right to receive clear and timely information about our state of health and that of the newborn, as well as information about newborn care, breastfeeding, and the vaccination schedule.



If you are not properly attended, you have the right to express your complaint to the authorities of the medical unit, or to the Human Rights Commission of your state, or to the National Human Rights Commission.

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## 8. The right to culture

### Our culture

The culture of communities and peoples encompasses all the shared traits that identify their members: language, the arts, history, traditions and ways of life, and land tenure.

All of us share cultural elements; we reproduce and generate culture, habits, ways of living, and ways of being and seeing the world.

***Everyone has the right to express and develop their culture.***



There are cultural institutions at the national, state, and municipal levels that help ensure these rights are upheld. Women from Indigenous and Afro-Mexican communities also have the right to preserve, protect, and develop their cultural heritage.



## 9. The right to free expression and freedom of movement

### Women in Public Spaces

*Did you know that women have the right to freely and safely use streets, buildings, parks, roads, public transportation, schools, workplaces, and any other place?*

Public space is a place of collective use and enjoyment, with free access for everyone, where we can gather as individuals or in groups.

In these spaces, **our right to comprehensive safety must be guaranteed, with respect for differences and diversity.**

This means that you can walk freely and dress however you choose, without that resulting in discrimination, disrespect, harassment, or violence.

If a girl can walk, play, and feel safe in public space, then anyone should be able to feel that way. **Families, communities, and authorities must respect these rights.**

Using public space also means that you can express yourself freely, speak up, and demand your rights without fear.



Peaceful protest is also an effective way to act in the face of injustice **it is a way to exercise your rights to freedom of assembly, expression, and participation in public affairs.**

You and everyone else can express our complaints and aspirations publicly.

All women **have the right to organize collectively** to defend and demand the fulfillment of our rights, whether through labor unions, civil society organizations, or grassroots collectives.

History has shown that when women unite, we can improve our living conditions and bring about major transformations for our communities, our families, and for ourselves.

# 10. Access right to justice

## Women and Our Right to Access Justice

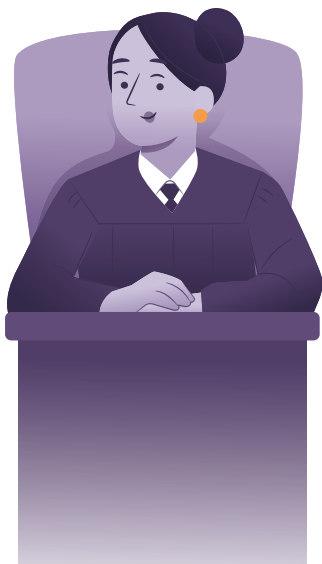
*Did you know that women have the right to access justice with a gender perspective, that is, with consideration given to our specific needs and lived experiences?*

Justice means that authorities must fulfill with the obligations established by law so that women can access justice under equality conditions.

The services provided by authorities must always be free of charge, safe, easy to find, located close to your home, and the procedures to access your rights must be simple and fast.

The authorities who provide services to help you access justice must be trained to assist you, be knowledgeable about the applicable laws, and seek at all times to ensure that your rights are upheld. We want to remind you that it is important for you to feel respected at all times and that you are not made to feel uncomfortable, blamed, or vulnerable.

Access to justice is a right that must be guaranteed when we are victims of a crime, **but it is also the mechanism through which all of our rights are ensured.**





For example, if you were a victim of a crime, the police and public prosecutors must act promptly, provide you with protection, treat you respectfully and under dignified conditions; ensure that your report is investigated by the authorities, and that the person or persons responsible are brought

before the courts, so that the judges can guarantee your access to justice.

The objective of a criminal process is for you to access the truth, justice, and full reparation for the harm suffered.

If you are accused of a crime, you also **have the right to be presumed innocent until proven otherwise, to have free legal representation that defends your interests, and to receive a fair and prompt trial under conditions of equality.** Police forces, prosecutors' offices, and criminal courts must guarantee these rights.

Legal representation for women must be guaranteed through the Executive Commission for Victim Support, or through public defenders' offices in cases where you are accused.

Some issues related to justice and women include:

1.- **Family matters:** when it involves the dissolution of marriage, child support, custody and guardianship of sons and daughters, as well as inheritance matters, among others. In these cases, family court judges must guarantee access to justice, and public defenders' offices must provide you with legal support and guidance.

2.- **In the event that our rights are not guaranteed by the authorities** or the principle of equality is not respected, we have the option of filing a writ of amparo. This means that the supreme rule is what is established in the Constitution, and that when an authority fails to respect these standards, you can raise the issue before a competent authority so that your rights are upheld.

To file a writ of amparo, you must be represented free of charge by public defenders' offices or by the Executive Commissions for Victim Support.

Access to justice in amparo proceedings falls under the responsibility of judges, as well as magistrates, of the Federal Judiciary. Remember that we also now have the right to choose our judges and judicial authorities. June 1, 2025, will be the first time we are able to exercise this right.

Authorities responsible for matters such as health, social security, employment, housing, social support programs, scholarships, compensation, migration, or asylum **must take equality between women and men into account in everything they do.**

This means that they must attend to us without discrimination, respond promptly to our needs, and use clear and accessible procedures that respect our rights..

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**Important** To sanction the non-consensual sharing of intimate images, you can file a complaint with the Public Prosecutor's Offices (Ministerios Públicos) in your locality or with the Cyber Police of the National Security Commission by calling 088.  
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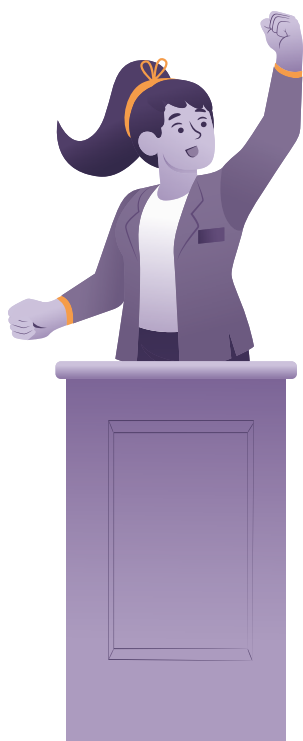


# 11. The right to political participation engagement

## Women and Political Engagement

*Did you know that women have the right to participate in different political spaces when we vote, organize, and express our opinions?*

The diversity of women in our country has paved the way for our increasing presence in decision-making spaces, including public decision-making.



Political participation includes any action we carry out, individually or collectively, to influence the affairs of our country, states, municipalities, or communities. In other words, you do not only exercise your right to political participation when you vote; you also do so when you take part in a neighborhood meeting.

You have the right to vote freely and by secret ballot for the person you believe is the best option to represent you. In this way, the popular will is expressed and collective decisions are made.

At the same time, **you also have the right to run for office and to be elected, to hold public office, and to participate in government.** We know that women often do not compete under equal conditions with men, which is why strategies such as gender parity have been implemented, so that you can have more opportunities to participate.

Getting involved in politics is not limited to participating in elections; we have other important political rights for our active involvement. For example, **the right to meet and organize in order to influence public life in favor of your interests and the exercise of your rights—whether by taking part in artistic or social projects, a labor union, or a peaceful demonstration.**

**You have the right to have your ideas and proposals heard and taken into account** Remember that your voice in decision-making is important, because it is how you express your ideas, demands, and needs.

There is no full democracy without your participation and that of all women.



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## 12. Digital Rights

### Women in the Digital Space

Did you know that you have the right to access the Internet?

In our country, 63% of women do not use the internet because they lack the necessary knowledge to do so.

The digital space is a virtual meeting point where people interact through platforms or applications. However, to access this space it is necessary to have technological devices, quality connectivity, interaction skills, and other tools, which can create exclusion from the digital space. This is known as the digital divide.

Being connected and knowing how to use digital tools safely allows you to access information and stay in touch with people who help you build support networks for your life.

**We have the right to navigate digital spaces without experiencing violence and to express ourselves without fear or censorship** to receive protection if we experience digital harassment, extortion, threats involving the sharing of your images, or the use of those images without your consent.

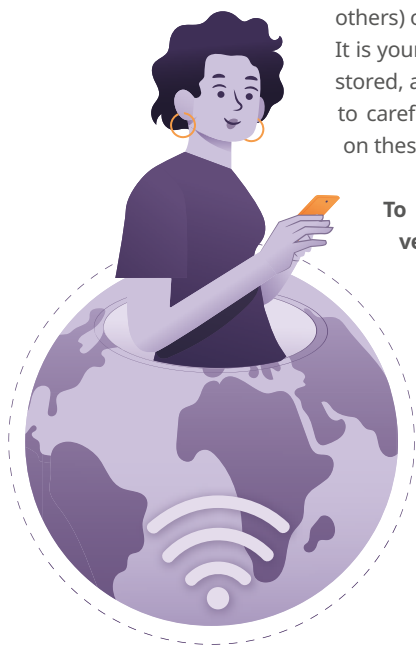
Both social media platforms and government authorities have the obligation to provide accessible reporting mechanisms in case you experience digital violence.

You have the right to privacy on the internet and to have your private communications respected and not disclosed publicly. You also have the right for your personal data to be protected by any platform you use, such as social media networks (Facebook, Instagram, X, TikTok, among others) or online shopping portals.

It is your right to control how your data is collected, stored, and used online, which is why it is important to carefully read the terms before accepting them on these platforms.

**To ensure access to free internet, governments have the obligation to create the necessary infrastructure in public spaces such as town squares, parks, or schools.**

Digital violence is recognized under the General Law on Women's Access to a Life Free of Violence, Article 20 Quáter, and under the Ley Olimpia, which is in force in the Criminal Codes of all states in the country and recognizes and sanctions any form of violence carried out in the digital space.





## 13. The rights of girls and adolescents

*Did you know that, in addition to all other rights, girls and adolescents are also explicitly recognized in our Constitution?*

Regardless of your age, if you are a girl or an adolescent, you have all the rights included in this booklet, and they must be guaranteed as a priority. **You have the right to go to school; to rest and enjoy leisure time; to hold your own religious or cultural beliefs; to gather and organize, to march or express your ideas freely, and to be taken into account.** Remember that you are the owner of your life and your body, and that you can always decide what you like and what you do not. If you are a girl, never lose your right to imagine and to dream.

# 14. The Right to Decent Work and Equal Pay

## The place where we work

*Did you know that, for a long time, women were assigned certain jobs simply for being women, without considering our dreams, our preferences, or our abilities?*

*In addition, it became normalized for women to be paid less for performing the same work as men.*

This situation has been changing, as society increasingly recognizes that women can work in any field; **it is our right to choose the work we like and that fits our interests and needs.**

The working shift must last a maximum of eight hours, and if you work longer, you must be paid overtime.

All people have the right to 12 days of paid vacation, which increase according to length of service —and which you may take whenever you choose— as well as the right to payment for vacation days you were unable to take during the corresponding period, social security, compensation, and other employment benefits.

**If you are pregnant, you have the right to keep your job, to receive maternity leave of at least three months during which you must receive your full salary, and to have two additional days of special leave**



**in order to exercise your right to breastfeeding.** You also have the right not to perform work that requires an effort beyond what you are able to carry out or that poses a risk to your health.

Upon taking office, President Claudia Sheinbaum proposed modifying the Constitution so that there are no differences in wages between women and men who perform the same work; therefore, such wage differences are prohibited. Meaning, **equal pay for equal work.**

Remember that, in recognition of the work they have carried out throughout their lives, all women and men in Mexico now have the right to a pension established in the Constitution starting at age 65, and for women starting at age 60. In 2025, this will begin with women aged 64 and 63.

## Domestic Work

If you engage in domestic work, you are performing work that is recognized under the Federal Labor Law; **therefore, you have the right to carry it out under safe and dignified working conditions.** This means that the employer must guarantee you a stable employment contract and all legally dictated benefits, as with any other job, as well as your enrollment in the Social Security system.

The institutions responsible for guaranteeing this right are the Ministry of Labor and Social Welfare, the Federal Prosecutor's Office for the Defense of Labor, and the Ministry of Economy. If you do not receive the assistance to



which you are entitled, you may file a complaint with the National Human Rights Commission or with the state human rights commissions.

## 15. The Right to a Life Free from Violence

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*The right to  
live in peace  
and free from  
violence in all  
the spaces  
we inhabit*

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Did you know that women have the right for no one to cause us psychological, physical, property-related, economic, or sexual harm, or death, in any of the spaces we inhabit (our families, the community, schools, institutions, the digital space, or politics)?

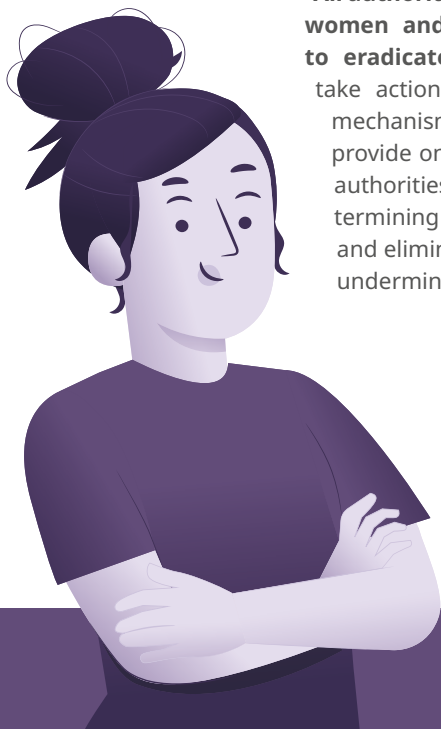
Women have the right for all members of our families, society, our employers, companies, the media, and of course the authorities to respect and recognize our rights. The Mexican State as a whole has the obligation to guarantee them.

*The right to live free from violence means that, in addition to enjoying and exercising our human rights **we must receive treatment and education free from customs, beliefs, or practices that discriminate against us, limit our rights, humiliate us, or make us feel inferior.***

Therefore, our lives, our decisions, and our physical and emotional health must be respected, and we must always be treated as equals and with respect in all places.

Since Mexico now has a woman President, **the right to a life free from violence and to substantive equality is guaranteed no more and no less than in the Constitution itself**, specifically in Article 4, which states the following:

**“All authorities must condemn violence against women and apply all appropriate measures to eradicate it.** Authorities have the duty to take actions to: **prevent violence;** establish mechanisms to address reports of violence; provide ongoing training and evaluation of the authorities responsible for assisting and determining whether we are victims of violence; and eliminate any rule or legal instrument that undermines our rights and freedoms.”





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**All institutions of the Mexican State have the obligation** to guarantee our rights, and in particular, the Ministry and the Institutes for Women must oversee the actions of Mexican government entities.

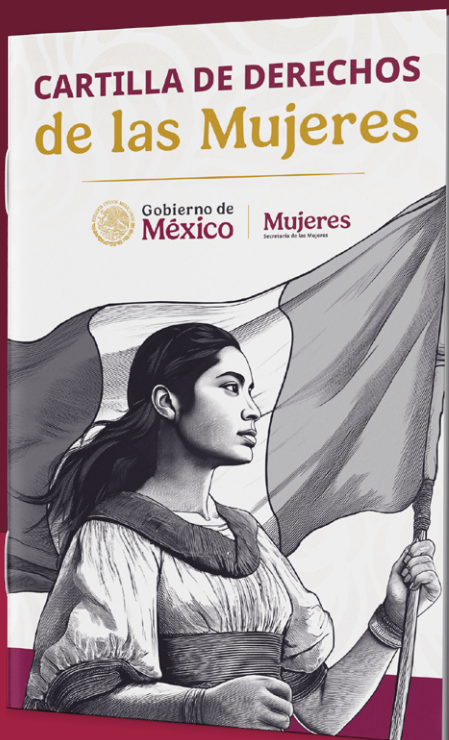
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Protection includes not only us, but also our families and our daughters and sons. **You are not alone!**

When we experience any form of violence and wish to report it, authorities must provide us with comprehensive assistance, which includes access to free legal counsel that represents our interests in order to obtain justice and full reparation for the harm suffered; clear and accessible explanations of our rights, the stages of the process, and the mechanisms available to challenge authorities' decisions; as well as psychological support and, when necessary, economic support to continue our pursuit of justice.

In Mexico, women continue to be victims of multiple forms of violence, discrimination, and social stigmas. To confront this reality, **we need more women to embrace and defend our rights; it is also necessary for both women and men to identify behaviors that may seem normal but that contribute to treating us as unequal.**

Through this, we will achieve a cultural transformation that allows everyone to live a life free from violence.



*This Booklet represents **the beginning of a new stage of transformation in the lives of the women who live in this country.***

We have included in this Booklet relevant information aimed at ensuring that women's lives become increasingly dignified and free from violence.

For this reason, we invite you to keep this Booklet with you, read it, and preserve it for consultation; you may also share it and discuss it with the women around you—friends, colleagues, and allies.



**Mujeres**  
Secretaría de las Mujeres

***"We will transform the lives of women together;  
we need your action and your voice to achieve it.***

*As you can see, rights are present in all aspects of everyday life.*

*We are the owners of our own lives and decisions; under  
the Mexican Constitution, everyone must respect them,  
and authorities must guarantee greater and better  
opportunities to achieve the long awaited EQUALITY.*

*Together, we can ensure that our rights are known,  
respected, and that their fulfillment is demanded.*

*An egalitarian society is the responsibility of everyone. This  
Booklet marks the beginning of a series of actions that will  
promote equality, because it is time to recognize that women  
have been discriminated against and excluded for a long time—  
and above all, to understand that this reality is changing.*

*All of us can help make our country a place where  
women and men can live together in better ways.*

*We will soon have additional booklets addressing specific  
rights in the various spaces where we live together.*

*Remember that **YOU ARE NOT ALONE** and that you have  
**the right to live happily, freely, and in peace."***

**Citlalli Hernández Mora**  
**SECRETARÍA DE LAS MUJERES**

Ministry of Women

PERMANENT CAMPAIGN FOR EQUALITY  
AND AGAINST VIOLENCE TOWARDS WOMEN



Gobierno de  
**México**

**Mujeres**

Secretaría de las Mujeres