

# Angels Refugee Support Foundation

## Understanding your Sexual and Reproductive Health Rights

### ABOUT USWHAT ARE SEXUAL AND REPRODUCTIVE HEALTH RIGHTS (SRHR)?

Sexual and Reproductive Health Rights (SRHR) are fundamental human rights that allow individuals to make autonomous decisions about their bodies and sexuality, free from coercion, discrimination, and violence. They encompass access to information and services essential for health and well-being.

### KEY SEXUAL AND REPRODUCTIVE HEALTH RIGHTS

- The right to decide freely and responsibly on reproduction and family size
- The right to access comprehensive health services (maternal care, family planning, treatment of infections)
- The right to accurate information about sexual and reproductive health
- The right to bodily integrity and control
- The right to equality and non-discrimination regardless of sex, age, gender, or other statuses
- The right to privacy and confidentiality



- The right to be free from violence, coercion, and harmful practices like forced marriage and female genital mutilation
- The right to consensual and safe sexual activity
- The right to choose a partner and marry freely

### WHY IS SRHR IMPORTANT?

- Empowers individuals with informed decision-making
- Improves health outcomes for individuals and families
- Promotes gender equality and empowerment of women and girls
- Contributes to social and economic development

### AVAILABLE SERVICES

Available services include:

- Family planning and contraception
- Maternal healthcare (antenatal, skilled birth, postnatal care)
- Post-abortion care
- STI prevention, testing, and treatment, including HIV services
- Screening for reproductive cancers (cervical, breast)
- Youth-friendly sexual and reproductive health services
- Education on sexuality and responsible parenthood
- Support for survivors of sexual and gender-based violence

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