

# GENDER, SEXUAL REPRODUCTIVE HEALTH RIGHTS (SRHR) & SEC

## Reproductive health

Reproductive health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes.



Unintended and unwanted pregnancies are on the rise with **121 million unintended pregnancies per year**

## Sexual health

Having pleasurable and safe sexual experiences, free of coercion, discrimination and violence regardless of gender and sex of the people involved.

1

People able to have a **satisfying, safe sex life** and have the capability to **reproduce**.

2

Right to have the freedom to decide **if, when and how** often to **reproduce**.

3

Access to safe, effective, affordable and acceptable methods of **family planning & regulation of fertility**.

4

The right of access to appropriate health care services that enables people to **carry safely through pregnancy and child birth** & best chances to have a healthy infant.



## Girls

- + More likely to be married early
- + **Unwilling first sexual debut or forced sexual debut**
- + More likely to have a negative norm of premarital sex (abstinence, virginity)
- + **Taboo SRHR topic** (e.g. menstruation, premarital sex) lead to low level of SRHR knowledge



Complications from **pregnancy and childbirth** are among the **leading causes of death for girls aged 15–19 years globally**.



## Boys

- + Higher access to contraceptives
- **Less exposure to reliable SRH information** (from social media and internet)
- **Less engaged in SRHR information** related to family planning, contraception
- Less exposure to SRH services



## LGBTQIA+ Youth

- + Rape and other forms of sexual and gender-based violence, coercive therapies and surgery without consent (e.g. Intersex children are often forced to undertake sex-normalizing procedures during their infancy and childhood)
- + Abuse at the hands of health system providers, and denial of essential healthcare and services, including sexual and reproductive health and gender-affirming services
- + Increased vulnerability to diseases such as HIV due to exclusionary health prevention and education programs
- + Deterred from seeking health services out of fear of being discriminated, arrested and prosecuted
- + Heightened risk of mental health problems typically linked to stigma, trauma and violence, such as depression, anxiety and suicidal ideation

## SRHR & Sexual Exploitation of Children (SEC)

Gender based violence and sexual exploitation of children can have **severe (sexual and reproductive) health consequences on the survivor**



Unintended pregnancy and pregnancy complications



Sexually transmitted infections (STIs), HIV

**Female genital mutilations (FGM)** can lead to sexual and reproductive complications



FGM can be a precursor to early marriage

**Early/forced marriage** increases risk of dropping out of school, low paid jobs, early/unintended pregnancies, STIs and ultimately SEC

In addition, sexually exploited children are at **increased risk for behavioural, physical and mental health problems**



High-risk sexual behaviours



Perpetrating or being a victim of violence

Depression, post-traumatic stress disorder

### Tips:

- Ensuring access to SRHR services for SEC victims (abortion and contraception incl.)
- Implementation of SRHR education that can help prevent SEC



SRHR services can help with early identification of SEC victims and refer to specialised services, recovery services (e.g. rape crisis centre).