

Sexual and Reproductive Health and Rights (SRHR)



SRHR

101

SRHR 101

Welcome to Your Guide on Sexual and Reproductive Health and Rights (SRHR)

Designed just for you and anyone who wants to learn about their bodies, relationships, health, and rights in a simple, friendly, and non-judgmental way. No confusing medical terms here, just clear, honest, and helpful information!



HERE'S WHAT YOU WILL LEARN

Understanding Your Body

Healthy Relationships & Consent

Sexual Health & Safe Sex

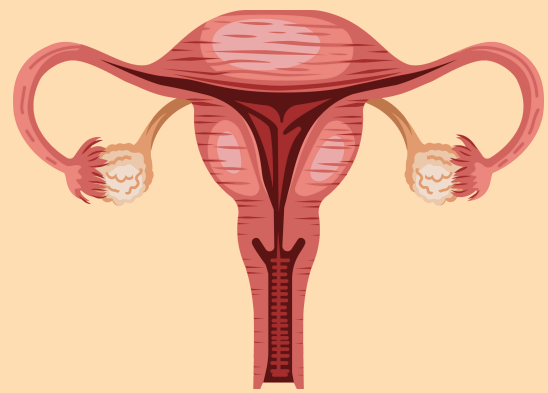
Gender & Sexuality

Mental Health & Emotional Well-being

Your Rights & Access to Services

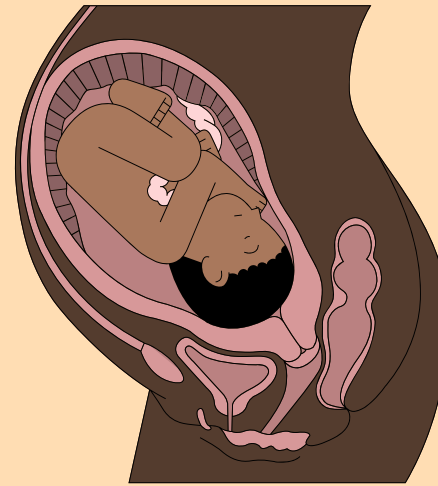


UNDERSTANDING YOUR BODY



OVARIES

Store and release eggs



UTERUS (WOMB)

Where a baby grows during pregnancy.

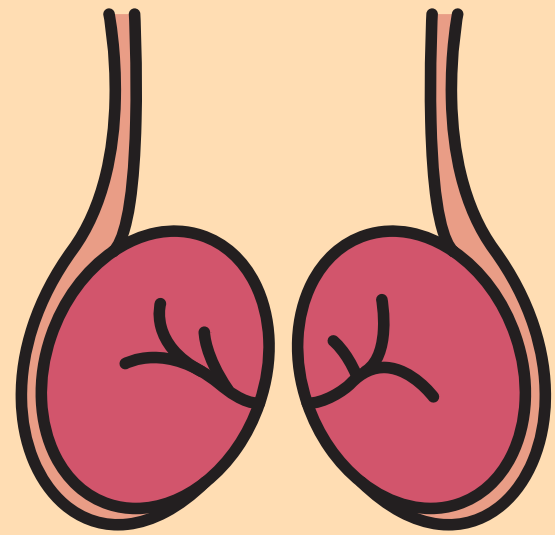


PERIODS (MENSTRUATION)

Monthly bleeding that shows the body is ready for pregnancy (if you choose).

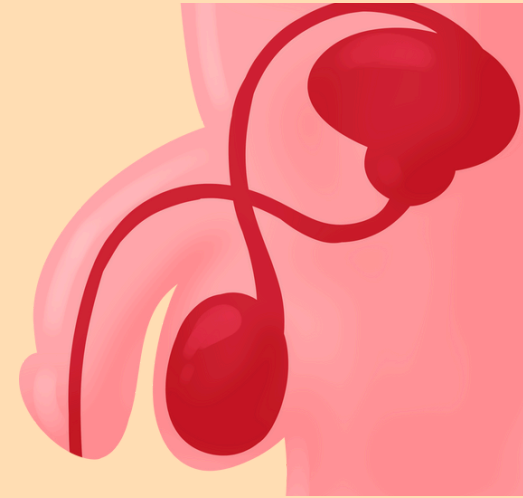
Female Reproductive System

UNDERSTANDING YOUR BODY



TESTES

Makes sperm and testosterone (hormone).



PENIS

Used for urination and sex.



**WET DREAMS &
ERECTIONS**

Normal and nothing to worry about!

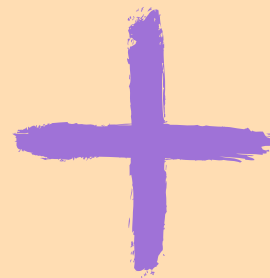
Male Reproductive System

UNDERSTANDING YOUR BODY



BOYS

Voice deepens, facial hair grows, muscles develop



BOTH

Mood swings, body odor, and new feelings (totally normal!)



GIRLS

Breasts grow, hips widen, periods start.

Puberty - What happens?

HEALTHY RELATIONSHIPS & CONSENT



WHAT MAKES A RELATIONSHIP HEALTHY?

- ✓ **Respect:** You both value each other's feelings.
- ✓ **Trust:** No secrets or lies.
- ✓ **Communication:** Talking openly without fear.
- ✗ **Red Flags:** Control, violence, pressure to do things you don't want.



CONSENT – WHAT DOES IT MEAN?

- **Freely Given:** No pressure or force.
- **Reversible:** You can change your mind anytime.
- **Enthusiastic:** A clear, happy "YES!" (not silence or fear).



DEALING WITH PRESSURE?

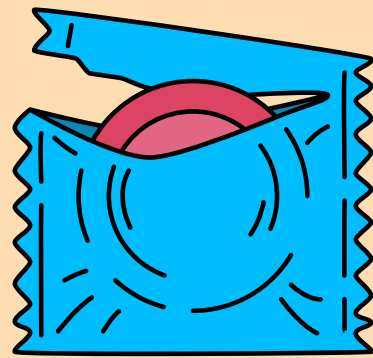
- Say NO firmly.
- Talk to a trusted adult or friend.
- Call a helpline if you feel unsafe.



SEXUAL HEALTH & SAFE SEX

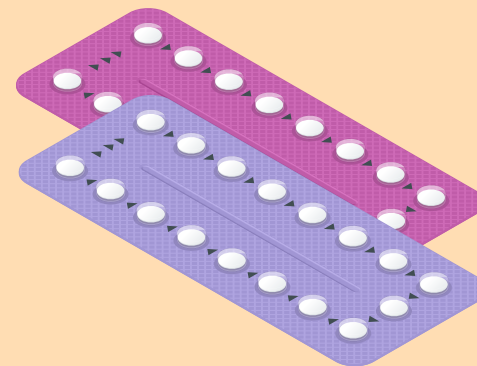
SEXUAL HEALTH & SAFE SEX

Protects you from unplanned pregnancy & infections. It includes condoms, birth control, and open talks with partners.



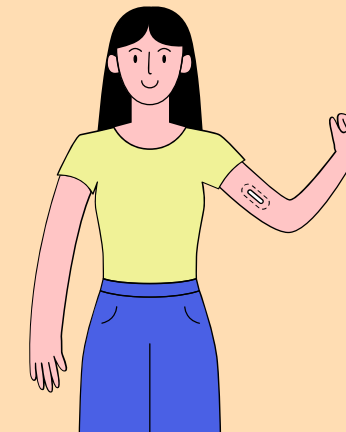
CONDOMS

Best for preventing STIs + pregnancy.



PILLS

Taken to prevent pregnancy (doesn't stop STIs).

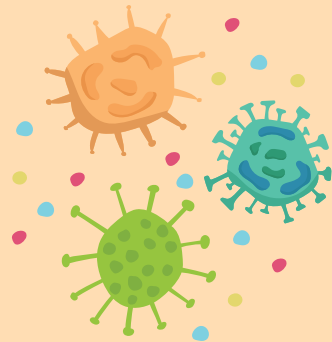


IMPLANTS/IUDS

Long-term protection (no daily pills needed).

STI (SEXUALLY TRANSMITTED INFECTIONS)

Infections that are spread through sexual contact, including vaginal, anal, and oral sex. They can be caused by bacteria, viruses, and parasites.



HIV, CHLAMYDIA,
HERPES

Spread through unprotected sex.



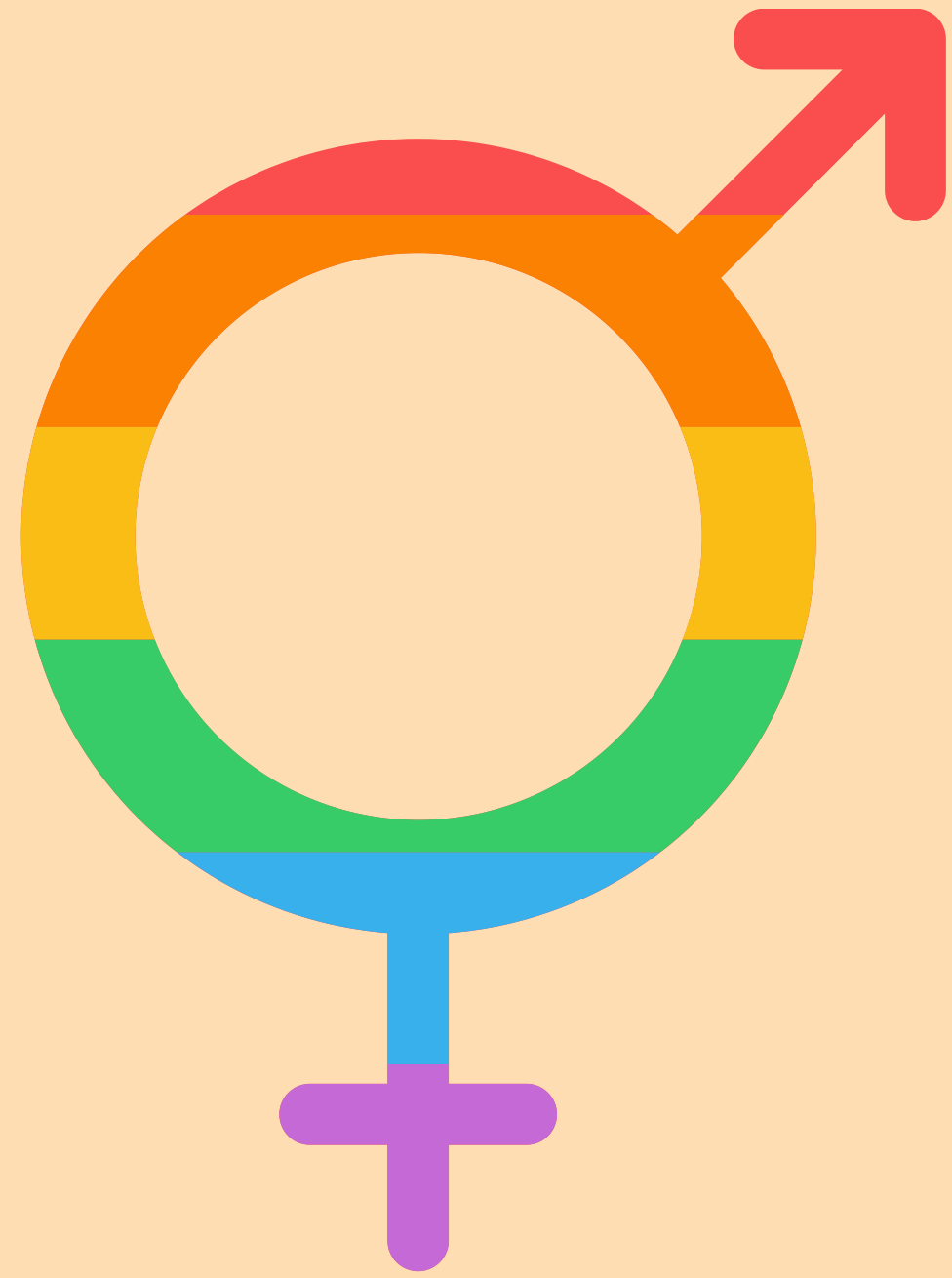
GET TESTED

Many STIs have no symptoms!



TREATMENT

Most STIs are curable or manageable.



GENDER & SEXUALITY

GENDER IDENTITY VS. BIOLOGICAL SEX

SEX: Body parts you are born with (male/female/intersex).

GENDER: How you feel inside (boy, girl, non-binary, etc.).

SEXUAL ORIENTATION

STRAIGHT

Attracted to the opposite gender.

GAY/LESBIAN

Attracted to the same gender.

BISEXUAL/PAN
SEXUAL

Attracted to multiple genders.

ASEXUAL

Little or no sexual attraction.



MENTAL HEALTH & EMOTIONAL WELL-BEING



DEALING WITH EMOTIONS



FEELING STRESSED?

Try deep breathing, talking to friends, or keeping a journal.
It's okay to ask for help

BODY IMAGE & SELF-ESTEEM

Social media isn't real life.
Love yourself as you are!
Your worth isn't based on
looks.

ASK FOR HELP

YOUR RIGHTS & ACCESS TO SERVICES



YOUR RIGHTS & ACCESS TO SERVICES

YOUR SRHR RIGHTS

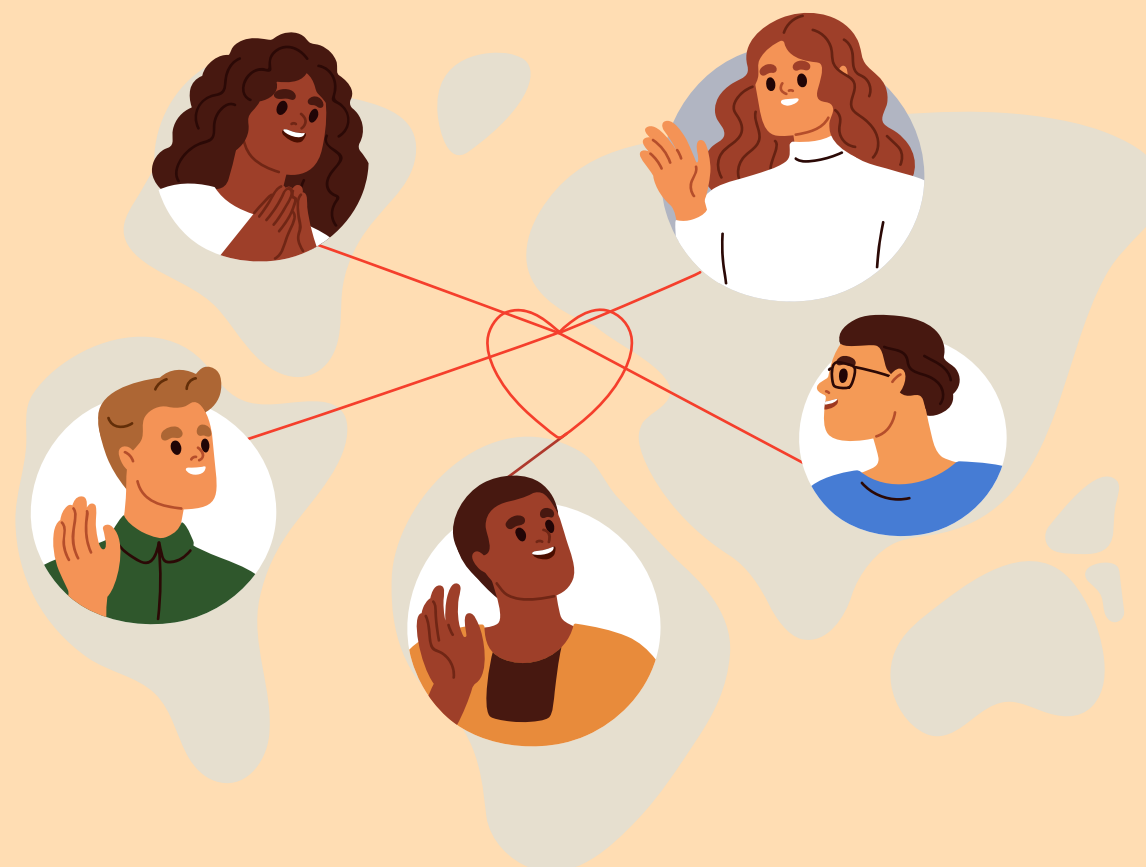
- ✓ Right to information.
- ✓ Right to say NO to sex.
- ✓ Right to access healthcare (including contraceptives).

NEED HELP?

- ✓ Youth-friendly clinics
- ✓ Hotlines like Diva hotline
- ✓ Trusted websites like this one

DEAR YOU,

There is **NO SHAME** in asking questions about your body.
You are not alone. Millions of people, boys and girls, have the same concerns. If you are reading this, it means you are seeking information in the right places. Well done.



**THIS IS YOUR BODY, YOUR HEALTH, AND
YOUR FUTURE. STAY INFORMED, MAKE
SAFE CHOICES, AND NEVER BE AFRAID
TO SEEK HELP. YOU'VE GOT THIS!**

NEED MORE INFO?

Explore our website for more information
and educational videos.

