

# SRHR Components

Know the basics. 

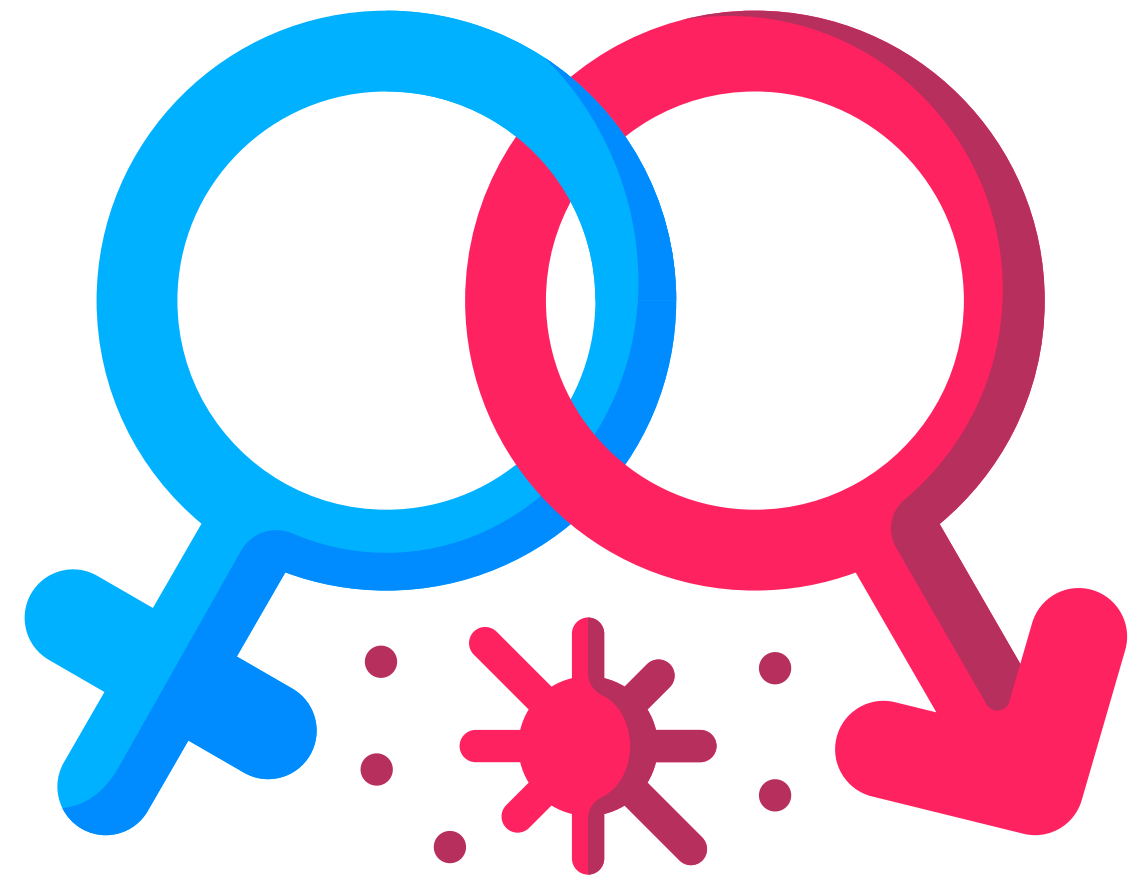


# SRHR Components

# What is SRHR?

**SRHR stands for Sexual and Reproductive Health and Rights. It refers to the right of all individuals to make informed decisions about their sexual and reproductive lives free from discrimination, coercion, and violence.**

Defined by WHO/UNFPA, Sexual and Reproductive Health and Rights (SRHR) encompasses several key components:



# Family Planning

Family planning encompasses the choices individuals and couples make regarding the number and spacing of their children, as well as the use of contraception and treatment for infertility.



## Benefits

**Improved Health:** It reduces unintended pregnancies, lowering rates of maternal mortality and morbidity from pregnancy complications and unsafe abortions.

Family planning is a fundamental right and a critical component of reproductive health. It empowers individuals and couples to make informed choices about their reproductive lives, leading to healthier outcomes for individuals, families, and entire societies.

# Maternal Health

Maternal health refers to the health of women during pregnancy, childbirth, and the postpartum period. It encompasses various aspects, including physical, mental, emotional, and social well-being.



# Benefits

- **Prevents Deaths and Illnesses:** Reduces maternal mortality and severe maternal morbidity (health conditions with significant health consequences).
- **Promotes Healthy Mothers and Babies:** Contributes to the overall health of the mother and reduces risks for infant mortality and morbidity.
- **Enhances Quality of Life:** Ensures a positive and fulfilling experience for women during pregnancy and childbirth, not just survival.

# Sexuality Education

Sexuality education, also known as sex education or sexual education, encompasses instruction on human sexuality, including anatomy, sexual activity, relationships, and reproductive health.



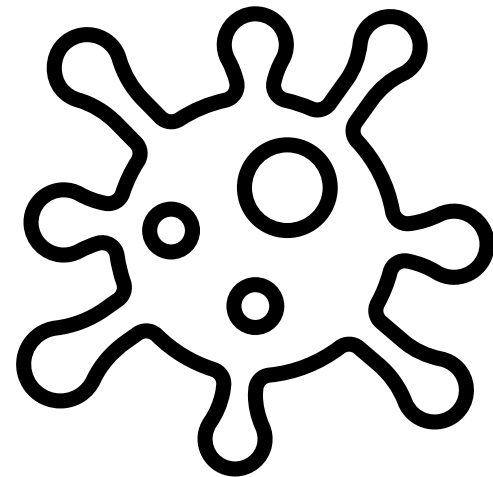
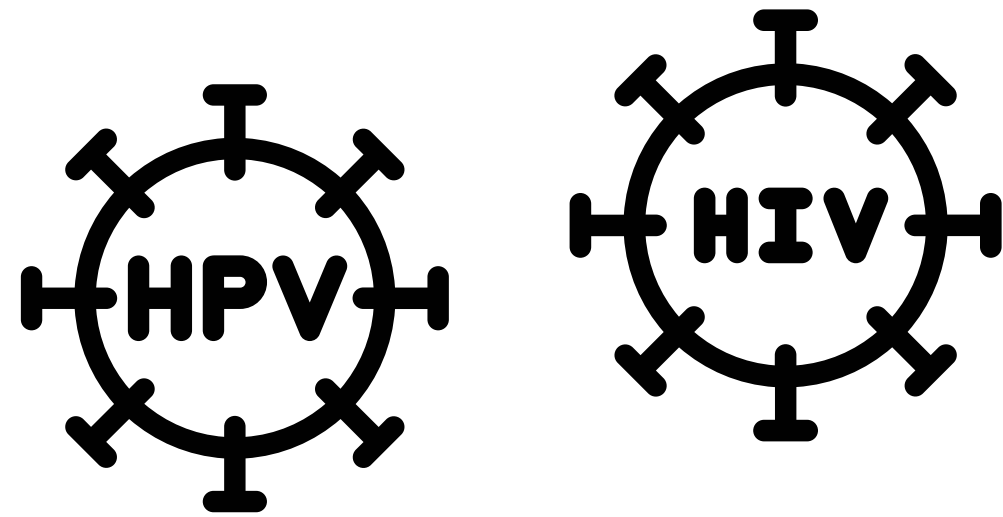
# Benefits

- **Health and Safety:** Helps reduce rates of STIs and unintended pregnancies.
- **Informed Decisions:** Empowers individuals to make conscious and satisfying choices about their sexuality and relationships.
- **Healthy Relationships:** Fosters respect, dignity, and communication skills within relationships.
- **Protection:** Equips young people with the knowledge to protect themselves from violence, exploitation, and abuse.
- **Resilience:** Prepares individuals to critically evaluate misleading and harmful information, especially from online sources.



## Protection from GBV.

GBV, including sexual violence, significantly impacts individuals' physical, emotional, and mental well-being, thus affecting their overall SRHR. Addressing GBV is essential for achieving comprehensive SRHR, as GBV can lead to various reproductive health problems and limit individuals' autonomy and decision-making power in sexual and reproductive matters.



# **Prevention and Treatment of STIs and Reproductive Cancers:**

Services for preventing, detecting, and treating sexually transmitted infections (STIs), including HIV, as well as other reproductive tract infections and cancers.



# Safe Abortion Access

Safe abortion access refers to the availability and accessibility of safe, legal, and high-quality abortion services for women who need them. This includes access to trained providers, appropriate medical techniques, and a supportive legal and policy framework.



## Post abortion care

Post-abortion care is comprehensive support including medical treatment, emotional counseling, and family planning to ensure a woman's recovery and prevent future unintended pregnancies. It involves managing physical symptoms like bleeding and pain, resuming normal activities when comfortable, and addressing emotional needs such as sadness or guilt.

# SRHR is your right

These components are interconnected and aim to empower you with the knowledge, services, and rights to make informed decisions about your sexual and reproductive health, free from coercion or discrimination.

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?**

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information and educational videos