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**GLOBAL SEXUAL REPRODUCTIVE HEALTH**

 **AND RIGHTS**

ATLANTIC INTERNATIONAL UNIVERSITY

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# **CHAPTER ONE**

## INTRODUCTION

Sexual and reproductive health and rights refers to:

The right to be in charge of and make decisions about sexuality, including sexual and reproductive health, without fear of intimidation, and discrimination or violence. People with reproductive health have the capacity to have a pleasant and safe sex life, as well as the ability to reproduce and the freedom to choose if, when, and how frequently to do so.

The right of men and women to be educated about and have access to safe, effective, inexpensive, and acceptable methods of family planning, as well as other techniques of fertility management, is implicit in this last criteria.

The right of all couples and people to choose the number, spacing, and timing of their children freely and responsibly, and know how to practice it, as well as the right to achieve the greatest quality of sexual and reproductive health. It also encompasses, as stated in human rights agreements, their freedom to make reproductive decisions free of discrimination, coercion, and violence. The right step to human sexuality and the aims of sexual health management should be about improving one’s life and individual relationship and not just about reproduction and sexually transmitted diseases. (UNFPA 2022).

The universal right to the greatest achievable quality of physical and mental health, as indicated in the Universal Declaration or treaties of human rights, and consensus agreements, includes sexual reproductive health (SRH). Both men and women have sexual and reproductive health requirements that must be fulfilled. States must respect, safeguard the right to sexual and reproductive health under international human rights standards, and they must also guarantee that persons have the chance to be actively involved in the formation of health care policy and individual care decisions. - This includes deciding the period to have children, as well as safeguarding others' rights to sexual and reproductive health, such as through avoiding violence in relationships and households, and obtaining knowledge, education, and care for one's children. (Amnesty international USA)

In all things connected to the reproductive system, proper sexual and reproductive health involves total physical, mental, and social well-being. It highlights that people may have a fulfilling and safe sexual life, as well as the ability to reproduce and the freedom to choose if, when, and how frequently they do so. People need accurate information and the safe, reliable, economical, and accepted contraceptive method of their choosing to preserve their sexual and reproductive health.

They need to be informed and encouraged in order to protect themselves from sexually transmitted illnesses. Women also need access to qualified health care professionals and resources when they decide to bear children so as to have a good pregnancy, delivery, and newborn. Every person has the freedom to select their own sexual and reproductive health decisions. (UNFPA, 2022)

# **CHAPTER TWO**

## REPRODUCTIVE HEALTH AND DEVELOPMENT

The ICPD establishes a strong link between reproductive health, human rights, and long-term development. Individuals are denied of the right to make essential decisions about their own bodies and futures when sexual and reproductive health requirements are not satisfied, with a cascading effect on their families' welfare and future generations. Because women produce children and are generally responsible for their upbringing, sexual and reproductive health and rights are inevitably linked to gender equality. The violation of these rights, taken together, exacerbates poverty and gender inequality.

Sexual and reproductive health disorders are a primary cause of illness and mortality among women and girls of childbearing age in underdeveloped nations. Unintended pregnancies, unsafe abortions, maternal mortality, sexually transmitted infections (STIs) and other issues associated to pregnancy and childbirth affect impoverished women disproportionately.

Young people are especially particularly susceptible, with access to sexual and reproductive health knowledge and treatment frequently being hampered. For example, HIV affects young people disproportionately, and millions of girls experience unwanted pregnancies each year, exposing them to dangers during delivery or criminal abortions, and interfering with their ability to attend school. (UNFPA 2022).

# **CHAPTER THREE**

## PRINCIPLES OF HUMAN RIGHTS

The obligation to sexual and reproductive health, like the right to health, includes both freedoms and entitlements. Individuals have the right to make free and responsible judgments and choices about their bodies, as well as their sexual and reproductive health. Unrestricted access to a variety of health facilities, commodities, services, and information that enable persons to exercise their right to sexual and reproductive health are among the entitlements.

Because of limited capacity and cost, states may be required to advance toward complete realization of the right to health gradually ("progressive realization"), whereas liberty and self-autonomy are civil rights that states must recognize and respect.(Starrs and colleagues, 2018)

# **CHAPTER FOUR**

## COMPONENTS OF REPRODUCTIVE HEALTH

### SEXUAL HEALTH

"It is not only the absence of sickness, malfunction, or infirmity in regard to sexuality. “Sexual health necessitates a positive and respectful attitude toward sexuality and sexual relationships, and the ability to have joyful and safe sexual encounters devoid of compulsion, prejudice, and violence. All people's sexual rights must be recognized, safeguarded, and fulfilled in order to achieve and sustain sexual health."

Access to sexual health implies that every individual is able to obtain:

* counselling and related care,
* gender orientation, and sexual connections
* HIV/AIDS prevention and treatment
* Sexual dysfunction and disorder therapy and psychosexual counseling
* Malignancies of the reproductive system: prevention and treatment

### SEXUAL RIGHTS

Sexual rights are human rights; they encompass everyone's right to:

* achieve the best possible quality of sexual health, involves easy reach to sexual and reproductive health services, without discrimination, coercion, or violence; and
* seek, receive, and transmit sexuality knowledge;
* get comprehensive, evidence-based sexuality education; and
* have their physical integrity respected choose their sexual partner
* choose whether or not to be sexually active
* engage in consensual sexual relations
* select whether, when, and with whom to marry
* go into marriage with complete free and with approval and the liberty to end a marriage
* Seek for a comfortable, safe, and enjoyable sexual life free of stigmatization

### REPRODUCTIVE HEALTH

"In all aspects connected to the reproduction and its processes or activities, it is a state of total physical, mental, and social well-being, not merely the absence of sickness or infirmity."

Reproductive health means that everyone is capable of:

* receiving reliable information about the reproductive system and the facilities necessary to keep reproductive health
* maintain menstrual periods in a hygienic, private, and honorable way
* Availability number of co services to protect and react to all forms of violence.
* Availability of appropriate health-care services to make sure safe and successful pregnancy and childbirth, and healthy infants
* available and effective services for abortion and care after abortion
* available services for infertility management

### REPRODUCTIVE RIGHTS

Reproductive rights based on the acknowledgement of the human rights of all couples and people to decide freely and ethically the amount, duration, and timing of children, to gain the knowledge and the right to realize the highest standard of reproductive health. They also consist of:

* the right to make reproductive decisions free of bias, compulsion, and aggression
* the right to privacy, confidence, dignity, and informed consent
* the right to sexual relations that are mutually fair and equal (Starrs et al., 2018)

# **CHAPTER FIVE**

## APPROACHES TO SEXUAL REPRODUCTIVE HEALTH

From infancy to old age, sexual and reproductive health is a concern for both men and women. Evidence suggests that reproductive health at any of these times of life has a significant impact on one's health later down the line. Appropriate reproductive health education, family planning, pre-conception care, maternal care, services to minimize infections transmitted sexually (such as HIV), and services providing proper assessment, prompt problem identification, and management of all illnesses such as breast and cervical cancer are among the programs supported.

Services from health, including the health professionals, to education systems, and even transportation systems, which are essential to ensure health care is reachable, must all be enhanced to boost sexual and reproductive health in life. All efforts to support the delivery of sexual and reproductive health services based on adequately trained health care givers who can render up to date, high-standard, trustful care that is also cheap and available, as well as functional health institutions, combined with other services, and access to Contraceptives, life-saving drugs, and basic medical equipment are all necessary health supplies (UNFPA 2022).

# **CHAPTER SIX**

## WHAT EXACTLY ARE SEXUAL AND REPRODUCTIVE RIGHTS?

Availability of sexual and reproductive health care and education, as well as freedom in making sexual and reproductive decisions, are all fundamental rights that are universal, indivisible, and unalienable. Other rights, like health, right to be free from racism, to privacy, the right not to be bullied or ill-­treated, the right to choose the amount and spacing of one's children, and to be free from sexual harassment, are all rooted in such rights.

The most complete definition of sexual and reproductive rights (SRR) may be found in the (ICPD), conducted in Cairo, Egypt. The following are some of the features of comprehensive SRR specified in the Programme of Action: Voluntary, informed, and affordable family planning services;

* maternal health services, supported birthing by a skilled attendant (such as a physician or midwife), and complete newborn health care; and
* STI prevention and treatment
* Violence against women and girls, including torture, prevention and treatment
* Safe and easily available post-abortion care and safe abortion.
* Sexual health - related information, counseling to improve personal relationships and standard of living.

SRR presumes that everybody has the right to a healthy, secure, amicable, and pleasurable sex life; the right to dictate their bodies and get enough reliable information to use in deciding and seeking healthy habits; and the right to cost effective, available services that can make them healthy not only while pregnancy occurs but before becoming pregnant.

What steps must be taken to guarantee reproductive health rights are upheld?

* Additionally, to identifying critical components of SRH, the ICPD Programme ensure that these rights are met, such as:
* Freedom from discrimination;
* Universal access to education; full Control of one's reproduction, such as the preference of whether and when to start a family or have children, and safety from forced sterilization;
* Family structure protection, with the notion that there is a wide range of family setups that all require humane treatment;
* Recognizing the ties for both sexual and reproductive health, development, and the environment in policies and practices;
* Full funding at the state level
* Engagement of men and boys; and
* Respect for all people's sexual orientation and gender identity.

# **CHAPTER SEVEN**

## ADOLESCENT SEXUAL AND REPRODUCTIVE HEALTH

It is a critical topic that requires distinct treatment than adult sexual and reproductive health (SRH). The major reason for this is that adolescents are more vulnerable to the risks associated with sex and the potential negative repercussions.

Despite the fact that most teenagers today have access to a wealth of information on sex, including how to protect themselves against sexually transmitted illnesses and unintended pregnancies, many do not apply the concepts (Schutt-Aine & Maddaleno 35).

A large percentage of teenagers continue to participate in unprotected sex, sex outside of marriage, and intercourse with strangers, putting them at increased danger. Furthermore, it has been discovered that teenagers pay less attention to reproductive health education, HIV/AIDS transmission routes, and protection.

Furthermore, many young people have incorrect beliefs about pregnancy and diseases that are sexually transmitted (Schutt-Aine & Maddaleno 35). As a result, the number of young people having unsafe abortions has increased, as have other consequences such as complications during pregnancy or childbirth. All of this is due to the lack of reproductive health knowledge. These may causes a higher number of casualties among adolescents.

The vulnerabilities that exists in young people as a result of not being ready for pregnancy, not having access to contraception, and the danger of getting STI as a result of unprotected sex has a detrimental influence on their wellbeing. The conditions are getting worse by the fact that ASRH is not a government priority in terms of healthcare policy.

Adolescents have insufficient sexual education as a result of their inattention, and they do not know where to seek help or are afraid to do so since they are underage (Schutt-Aine & Maddaleno 37). They face the repercussions of STIs, dropping out of school, hasty marriages, some risky abortions, and, most importantly, pressure and psychological anguish.(World Health Organization, 2011)

# **CONCLUSION**

The right of all couples and people to choose the number, spacing, and timing of their children freely and responsibly, and know how to practice it, as well as the right to achieve the greatest quality of sexual and reproductive health. It also encompasses, as stated in human rights agreements, their freedom to make reproductive decisions free of discrimination, coercion, and violence. The right step to human sexuality and the aims of sexual health management should be about improving one’s life and individual relationship and not just about reproduction and sexually transmitted diseases. (UNFPA 2022).

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# **APPRNDIX**

Abbreviation and meanings:

UNFPA- United Nations Population Funds

ICPD- International Conference on Population and Development

SRR- Sexual and Reproductive Rights

SRH Sexual Reproductive Health