



Counselor Fact Sheet

Sexual Reproductive Health Rights

- Everyone has the right to have a satisfying, safe and pleasurable sex life.
- Everyone has the right and freedom to control their own sexual and reproductive lives.
- Everyone has the right to life, and this should not be put at risk by pregnancy and child birth.
- No one should be discriminated against because of their race, ethnicity, poverty, sex or sexual orientation, whether they are married or not, or because of religious or political opinions. Everyone has the right to access SRH services as and when they need them without fear of discrimination.
- Everyone has the right to privately and confidentially make their own decisions about their sexual and reproductive life, and to have these decisions respected.
- Everyone has the right to information and education on SRHR and this includes the right to know about the benefits and availability of sexual and reproductive health services.
- Everyone has the right to choose when and whether they want to marry or not.
- Each one has the right to decide on the number, timing and spacing of their children, if they choose to have children. This includes the right to choose contraception and whether or not to breastfeed.
- Everyone has the right to the best possible sexual health. This includes avoiding unwanted pregnancies, STIs, including HIV, and sexual violence.
- Everyone has the right to use new technologies that have the potential to improve their health.
- Any individual or organization has the right to advocate for SRHR issues.
- Everyone has the right to be treated with respect and consideration when accessing SRH services.

