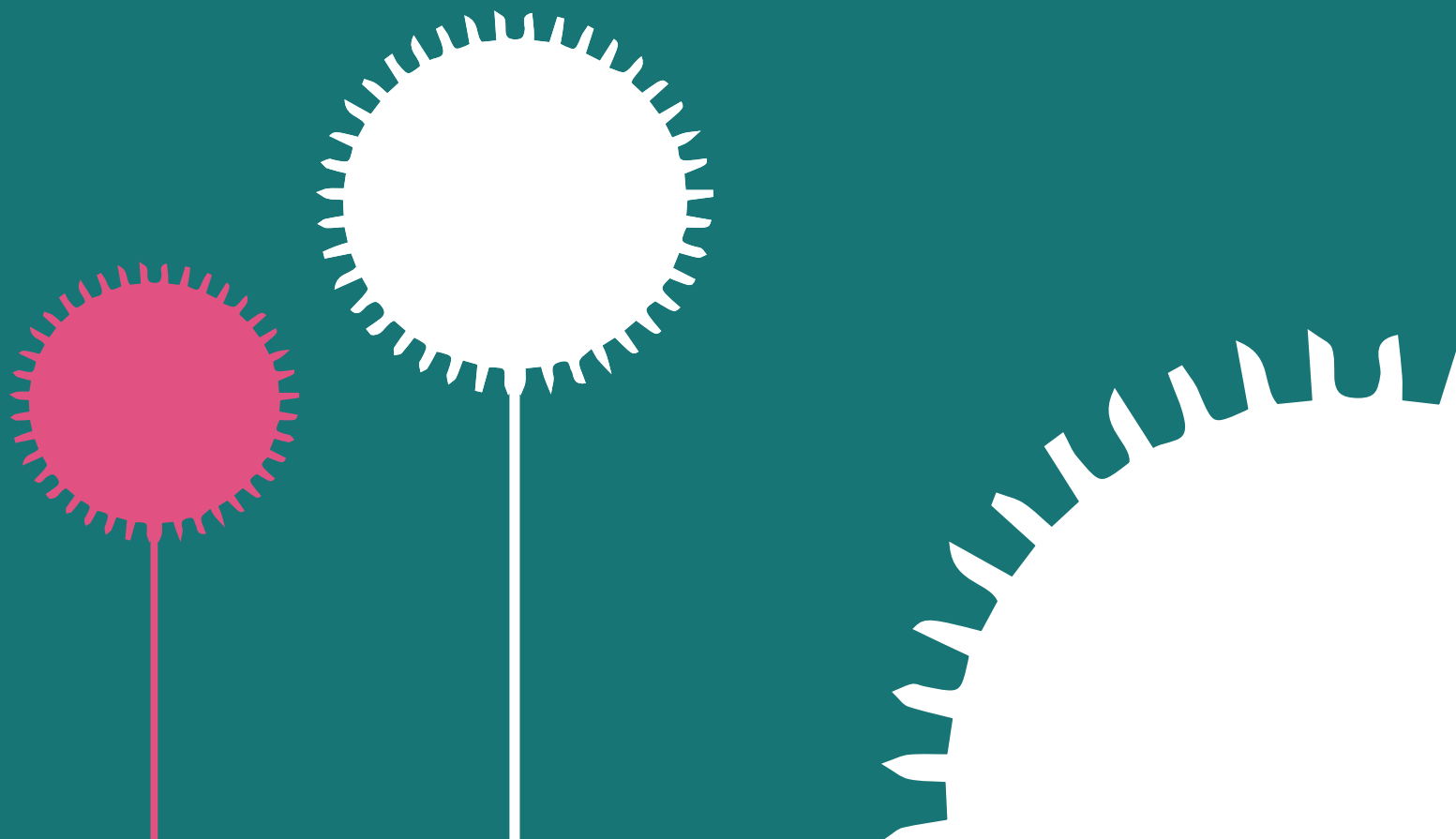


# SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS



## Fact Sheet

- ★ South African law protects the rights of children and youth to live with the same dignity as adults (Sexual Rights IPPF Declaration)
- ★ Sexual rights are universal human rights (Sexual Rights IPPF Declaration)
- ★ “Human rights cannot be taken away from anyone regardless of age, gender, ethnicity, race, religion, nationality, sexual orientation, socio-economic status, disability, HIV-status or health status” (Exclaim! IPPF)
- ★ In some countries, up to 48% of young women’s first sexual experiences were forced (IPPF)
- ★ Your body is yours to control and yours alone
- ★ You have a right to privacy: no one can force you to talk about your sexuality or sexual health
- ★ You have the freedom to seek, receive and share information concerning sexual health and sexuality
- ★ No one can ever own another person’s sexuality (RSFU Sweden)

## Statistics on Teen Sexual Behaviour

- ★ By age 14, nearly 24% of boys and 5.5% of girls are sexually active (University of Cape Town)
- ★ By age 19, research reveals 72% of boys and 58% of girls are sexually active (University of Cape Town)
- ★ Peer pressure, low self-esteem, coercion, sex for money, lack of communication with parents and hopelessness play a big part in decisions to have sex at a young age (loveLife)

## Helpful Definitions

- ★ Sexuality: sexual habits and desires of a person
- ★ Coercion: to make (someone) do something by using force, threats or pressure
- ★ Consent: to agree to do or allow something; to give permission for something to happen or be done

(Merriam-Webster Learner’s Dictionary)

## What are sexual and reproductive rights?

Sexual rights are human rights that relate to sexuality. Reproductive rights relate to a person's fertility, ability to reproduce, reproductive health and family planning.

These rights support you and all people to freely explore and express their sexuality in safe, informed and pleasurable ways.

For example, the Child Act in South Africa allows youth from 12 years old to get contraception, HIV treatment and have an abortion without parents knowing.

Your sexual rights include:

- ★ The right to equality
- ★ The right to participation in decision-making
- ★ The right to life and to be free from harm
- ★ The right to privacy
- ★ The right to personal freedom and to be recognized as an individual before the law
- ★ The right to think and express oneself freely
- ★ The right to health
- ★ The right to know and learn
- ★ The right to choose whether or not to marry or have children
- ★ The right to have your rights upheld

(Exclaim! IPPF)

## Did you know?

- ★ Sexuality is a natural and healthy part of being human for young people
- ★ Whatever your sexuality is you have sexual rights

"Sexual pleasure is much more than physical stimulation. For some people it can be sharing an intimate moment lying next to a partner. For others, it can be a feeling of acceptance of one's sexual identity." (Exclaim! IPPF)

"Remember! It's your body. You choose what you do, when, how and with whom. Only do what makes you feel comfortable. Tell your partner straight away if you're not." (Happy, Healthy and Hot: A Young Person's Guide to their Rights)

## Preparing for the show

### Some ideas for talking about young people's sexual and reproductive rights

- ★ The importance of sexual and reproductive rights for young people.
- ★ The consequences of not respecting young people's sexual and reproductive rights.
- ★ Do boys and girls have equal say in exercising their sexual rights?
- ★ How discrimination, stigma, violence and fear threaten people's sexual rights.
- ★ Practicing sexual and reproductive rights creates healthy relationships.

### It's your body, know your rights! Educate yourself more on the topic

#### Research the links below:

- ★ [My Body My Rights Manifesto](#)
- ★ [My Body My Rights Campaign](#)
- ★ [Umlilo: On being young, black and queer](#)
- ★ [Sexual and Reproductive Health and Rights: Deconstructing the Myths Youth for Human Rights](#)
- ★ [Children's Charter of South Africa](#)  
Search keywords: [your country], sexual and reproductive rights and child's act

### Choose an angle



### Different ways to talk about: The importance of sexual and reproductive rights for young people

- ★ What do people assume when they think about youth exploring sex and sexuality?
- ★ Are young people in charge of their own bodies?
- ★ What do young people need to feel supported in their sexual development?
- ★ When youth have questions about sex, sexuality, and sexual health, who do they ask and why?

Bring out multiple points of view and stay out of the morality of this topic. You know you're dealing with morality when you hear the words "good" "bad" "shameful" "disgusting"

Each young person develops sexually at their own pace



## Formats

### Vox Pop

**Vox Pop aim:** to get many opinions on one topic.

**Who do you talk to:** Anybody from the community

**Question:** What do you think sexual and reproductive rights mean?

### Audio commentary

**Audio commentary aim:** to get people's opinion about a topic

**Who do you talk to:** A local health official who can talk about family planning for youth or a young person with experience.

### Audio profile

**Audio profile aim:** To get a first person account of someone's experience, passion and journey. Audio profiles often aim to inspire.

**Who do you talk to:** a young LGBTI person.

★ What are sexual rights?

★ Why is it important to consider young people's sexual rights?

★ Have you ever encountered a form of oppression, discrimination or exclusion because of your age, gender identity, or sexual orientation?

★ What are some social beliefs and behaviours that don't support all people's rights?

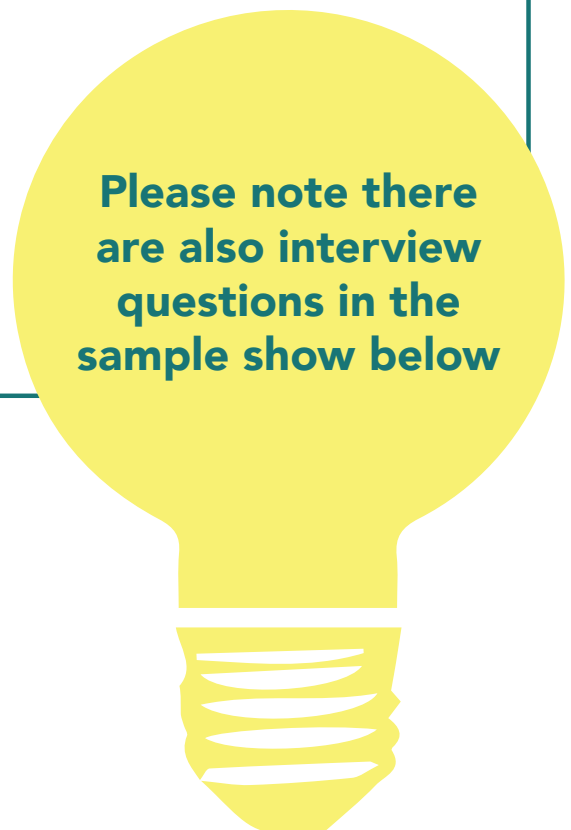
★ What would you say to a young person who feels uncomfortable talking to their parents about sex?

**Please note there are also interview questions in the sample show below**

### PSA

**The aim of a PSA:** to create a public awareness message

Respecting all young people's right to freely and safely fulfill their personal journey that includes sex and sexuality



Show outline

General Intro
Intro Vox Pop
Vox Pop
Outro Vox Pop
Music transition
Intro audio commentary
Audio commentary:
Outro commentary:
Music transition & jingle:
Intro interview (or Intro audio-profile)
Interview ( or Audio-Profile)
Outro interview (or (Outro audio profile)
Music transition & Jingle
PSA
General outro
Music end

### Ethics and consent

This is a sensitive topic, so make sure you inform your interviewees properly and get their full consent.



You must always introduce your show and radio features. Then once you've played your features have a concluding statement for each one. Don't forget a final conclusion for the very end of the show.

Use links (facts, tips, did you know, music) to glue it all together.



Now write your radio script



## How to present your show

Use your produced radio features, your research, and the suggested script and questions to write your own script.

### Suggested questions for your interview with someone who knows about sexual and reproductive health and rights (activist, social worker, local doctors and nurses)

- ★ Can you explain what sexual and reproductive rights are?
- ★ Why are they important for young people in particular?
- ★ What does our constitution and laws say about sexual and reproductive rights for children and youth?
- ★ What happens to young people when adults don't recognize their sexual rights?
- ★ Is it normal for young people to be curious about sex?
- ★ What are the challenges that youth face when seeking information about sex and sexuality?
- ★ What advice would you give a young person who is uncomfortable talking to their parents/guardians or doctors about sex and sexuality?

[INTRO:]  
 Host 1: It's just gone [TIME] and you're just in time for the [NAME OF SHOW] on [RADIO STATION]. My name is [NAME]...

Host 2: And my name is [NAME], and today's show is all about sexual and reproductive rights of young people! Yes, I said sex. Yes, I said, young people. Let's move right along...

Host 1: We'll be talking about how knowing our sexual rights supports us in making healthy choices our bodies and sex.

Host 2: Let's face it - young people are sexual. We have sexual needs, desires, fantasies and dreams. We also have a lot of questions and uncertainty about sex and sexuality. We're going to talk about how sexual rights support young people to be more healthy and happy.

Host 1 [PRESENT WHO IS BEING INTERVIEWED]  
 [PLAY THE INTERVIEW]

[OUTRO:]  
 Host 1: We must've said "sex" about 100 times on the show. It feels liberating, I must say!

Host 2: Yes, it's been an eye-opener to learn that sex is a natural and healthy part of a young person's life and we have the rights to make decisions about our own bodies. Deep!

Host 1: Next week on [DAY] at [TIME] we'll be talking all about [NEXT WEEK'S SHOW TOPIC]. Until then, it's bye from us!

Once you've finalised your script, produced your radio features, finalised your show clock it's time to go live on air!  
 [Refer to icon]

Prepare to present your show

