



SRHR TOOLKIT

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FOR RHN

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01

Introduction and Overview

Education can be transformative and life changing. It allows learners to access the necessary resources and interventions to lead empowered lives and to make informed decisions. This SRHR toolkit is aimed at providing information and resources to assist learners in understanding their bodies and their sexual and reproductive health and rights with the hope of creating a generation of adolescents, parents and teachers who feel comfortable and confident in their bodies and to engage in healthy discussions. Comprehensive Sexuality Education is the intersection of health, education, youth and gender equality. It is a thread that runs through each of the United Nations Sustainable Development Goals. Recognising its impact, helps to shift the power and strengthen the existence of young people.

Introduction and Overview

The COVID-19 Pandemic has shown us the gaps that exist because of the lack of comprehensive sexuality education. These gaps run deep, contributing to issues like period poverty, lack of contraception and the withholding of bodily autonomy from young people, and the basic knowledge of consent and safe sexual relations. CSE helps youth to navigate a world where gender-based violence, sexually transmitted infections and diseases and gender inequality are rampant and threaten their sexual health. CSE applies a learner-centered approach to sexuality education, by providing age-appropriate education on sexual and reproductive rights, and provides a sex-positive approach that prioritises respect, inclusion and autonomy.

- **Contraception:** Access to modern contraceptives is essential for sexual and reproductive health. The Namibian government provides free contraception services at all public health facilities. The most common, albeit stockouts are often. CSO's such as RJN provide these for free as well. methods include condoms, oral contraceptives, injectable contraceptives, and intrauterine devices (IUDs).

- STI PREVENTION AND TREATMENT: SEXUALLY TRANSMITTED INFECTIONS (STIS) ARE COMMON IN NAMIBIA. THE BEST WAY TO PREVENT STIS IS BY PRACTICING SAFE SEX AND GETTING REGULAR CHECKUPS. THE MINISTRY OF HEALTH AND SOCIAL SERVICES PROVIDES FREE TESTING AND TREATMENT FOR STIS.

- HIV/AIDS PREVENTION AND TREATMENT: NAMIBIA HAS ONE OF THE HIGHEST HIV/AIDS PREVALENCE RATES IN THE WORLD. TO PREVENT HIV/AIDS, IT IS IMPORTANT TO PRACTICE SAFE SEX AND GET TESTED REGULARLY.

- MATERNAL HEALTH:
PREGNANT WOMEN
SHOULD RECEIVE
REGULAR CHECKUPS
THROUGHOUT THEIR
PREGNANCY TO ENSURE
A SAFE AND HEALTHY
DELIVERY. THE
MINISTRY OF HEALTH
AND SOCIAL SERVICES
PROVIDES FREE
ANTENATAL CARE
SERVICES TO ALL
PREGNANT WOMEN.

- SAFE ABORTION: ABORTION IS LEGAL IN NAMIBIA UNDER CERTAIN CIRCUMSTANCES. THE MINISTRY OF HEALTH AND SOCIAL SERVICES PROVIDES SAFE AND LEGAL ABORTION SERVICES AT DESIGNATED PUBLIC HEALTH FACILITIES. THIS LAW IS UNDOUBTEDLY RESTRICTIVE AND NEEDS TO BE REFORMED, MANY ARE UNABLE TO ACCESS SAFE ABORTION.

- **GENDER-BASED VIOLENCE: GENDER-BASED VIOLENCE IS A SERIOUS PROBLEM IN NAMIBIA. THE MINISTRY OF GENDER EQUALITY AND CHILD WELFARE IS MANDATED TO PROVIDED SERVICES FOR SURVIVORS OF GENDER-BASED VIOLENCE, INCLUDING COUNSELING AND LEGAL ASSISTANCE.**

- YOUTH-FRIENDLY SERVICES: YOUNG PEOPLE HAVE UNIQUE SEXUAL AND REPRODUCTIVE HEALTH NEEDS. THE MINISTRY OF HEALTH AND SOCIAL SERVICES PROVIDES YOUTH-FRIENDLY SERVICES AT SELECT HEALTH FACILITIES TO PROVIDE CONFIDENTIAL AND NON-JUDGMENTAL CARE. THIS MANDATE HAS BEEN TAKEN UP BY OTHER CSO'S DUE TO THE STATE FACILITIES BEING UNDERSTAFFED AND LACKING THE CAPABILITY TO BE YOUTH FRIENDLY

- **ADVOCACY AND EDUCATION: ADVOCACY AND EDUCATION ARE CRUCIAL FOR PROMOTING SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS IN NAMIBIA. NON-GOVERNMENTAL ORGANIZATIONS LIKE RJN AND SISTER NAMIBIA PROVIDE EDUCATION AND ADVOCACY ON SRHR ISSUES.**

C H A P T E R

02

- GENDER VS. SEX?
- SEXUALITY IS NOT GENDER! THOUGH INTERCHANGEABLE, EACH PHRASE MEANS SOMETHING DISTINCT. EXAMPLE: GENDERBREAD PERSON.
- SAM KILLERMANN, A SOCIAL JUSTICE COMEDIAN, ADAPTED THIS ESSAY FROM ITSPRONOUNCEDMETROSEXUAL.COM. GENDERBREAD.ORG HAS THE WHOLE GUIDE.
- SELF-PERCEPTION DETERMINES GENDER IDENTIFICATION. HOW YOU INTERNALIZE YOUR CHEMISTRY (E.G., HORMONE LEVELS) IS IMPORTANT. DO YOU IDENTIFY MORE WITH "WOMAN" OR "MAN"? DO YOU IDENTIFY WITH BOTH? DOES YOUR GENDER DEFY GENDER NORMS? ANSWER: GENDER IDENTITY.

GENDER EXPRESSION—WHETHER INTENTIONAL OR NOT—IS HOW YOU ACT, DRESS, BEHAVE, AND INTERACT. OTHERS INTERPRET GENDER EXPRESSION ACCORDING TO GENDER NORMS (E.G., MEN WEAR PANTS, WOMEN WEAR DRESSES). DAY-TO-DAY, OUTFIT-TO-OUTFIT, AND EVENT-TO-EVENT GENDER EXPRESSION FLUCTUATES. IT'S ABOUT HOW YOUR EXPRESSION ALIGNS OR DOESN'T WITH GENDERED EXPRESSION, WHICH MIGHT BE DRIVEN BY YOUR GENDER IDENTIFICATION, SEXUALITY, OR SOMETHING ELSE (E.G., FUN, PERFORMANCE). THIS IS FLEXIBLE LIKE GENDER IDENTITY. YOUR GENDER EXPRESSION PROBABLY CHANGES WITHOUT YOUR AWARENESS.

**BIOLOGICAL SEX IS MEASURED
BY ORGANS, HORMONES, AND
CHROMOSOMES. SOCIETAL
BIOLOGICAL SEX: BEING FEMALE
MEANS HAVING A VAGINA,
OVARIES, TWO X
CHROMOSOMES, PREDOMINANT
ESTROGEN, AND THE ABILITY TO
GROW A BABY IN YOUR
ABDOMEN; BEING MALE MEANS
HAVING TESTES, A PENIS, AN XY
CHROMOSOME CONFIGURATION,
TESTOSTERONE, AND THE
ABILITY TO IMPREGNATE A
FEMALE; AND BEING INTERSEX
CAN BE ANY COMBINATION OF
THESE.**

C H A P T E R

03

**ENSURING SAFETY DURING
SEXUAL ACTIVITIES IS
ESSENTIAL TO PROTECT
YOURSELF AND YOUR
PARTNER(S) FROM SEXUALLY
TRANSMITTED INFECTIONS
(STIS) AND UNINTENDED
PREGNANCIES. HERE ARE SOME
TIPS FOR PRACTICING SAFE SEX**

- **USE PROTECTION :
USE CONDOMS OR
DENTAL DAMS TO
REDUCE THE RISK
OF STIS AND HIV .
CONDOMS ARE
EFFECTIVE IN
PREVENTING THE
TRANSMISSION OF
MOST STIS ,
INCLUDING HIV ,
GONORRHEA , AND
CHLAMYDIA . DENTAL
DAMS ARE THIN
SHEETS OF LATEX
THAT CAN BE
PLACED OVER THE
VULVA OR ANUS
DURING ORAL SEX
TO REDUCE THE
RISK OF STIS .**

- **GET TESTED: GET TESTED FOR STIS REGULARLY, ESPECIALLY IF YOU HAVE MULTIPLE PARTNERS. TESTING CAN HELP YOU IDENTIFY ANY INFECTIONS EARLY ON AND SEEK APPROPRIATE TREATMENT.**

- **COMMUNICATE :
COMMUNICATE
OPENLY WITH YOUR
PARTNER(S) ABOUT
YOUR SEXUAL
HEALTH HISTORY
AND ANY CONCERNS
YOU MAY HAVE.
THIS CAN HELP YOU
MAKE INFORMED
DECISIONS ABOUT
SEXUAL ACTIVITIES
AND REDUCE THE
RISK OF STIS AND
UNINTENDED
PREGNANCIES .**

- PRACTICE SAFE ORAL SEX: USE CONDOMS OR DENTAL DAMS DURING ORAL SEX TO REDUCE THE RISK OF STIS.

- PRACTICE SAFE ORAL SEX: USE CONDOMS OR DENTAL DAMS DURING ORAL SEX TO REDUCE THE RISK OF STIS.

- **USE LUBRICATION:
USE WATER-BASED
LUBRICANTS TO
REDUCE THE RISK
OF INJURY OR
TEARING DURING
VAGINAL OR ANAL
SEX.**

- **BE MINDFUL OF ALCOHOL AND DRUGS: AVOID ENGAGING IN SEXUAL ACTIVITIES WHEN UNDER THE INFLUENCE OF ALCOHOL OR DRUGS, AS IT CAN IMPAIR JUDGMENT AND INCREASE THE RISK OF UNPROTECTED SEX.**

REMEMBER,
PRACTICING SAFE SEX
IS IMPORTANT FOR
PROTECTING YOUR
HEALTH AND THE
HEALTH OF YOUR
PARTNER(S).

C H A P T E R

04

THE LEGAL AGE OF
CONSENT FOR SEXUAL
ACTIVITIES IS 16 YEARS
OLD. SEXUAL ACTIVITY
WITH A PERSON UNDER
16 YEARS OLD IS
CONSIDERED STATUTORY
RAPE, REGARDLESS OF
WHETHER OR NOT THE
PERSON CONSENTS.

SAME-SEX SEXUAL
ACTIVITY IS ILLEGAL
AND CAN BE PUNISHED
WITH UP TO SEVEN
YEARS IN PRISON.

PROSTITUTION IS
ILLEGAL, AND THE
BUYING OR SELLING OF
SEX CAN RESULT IN
FINES AND
IMPRISONMENT. SEXUAL
HARASSMENT IS ALSO
CONSIDERED A CRIMINAL
OFFENSE AND CAN BE
PUNISHED WITH FINES
AND IMPRISONMENT.

DISCUSSION

- COMBATING OF RAPE
ACT
- CONSENT
- GROOMING

C H A P T E R

05

REDUCING INEQUALITIES
IN SEXUAL AND
REPRODUCTIVE HEALTH
AND RIGHTS (SRHR)
REQUIRES ADDRESSING
THE UNDERLYING
SOCIAL, ECONOMIC, AND
POLITICAL FACTORS
THAT CONTRIBUTE TO
THESE DISPARITIES.
HERE ARE SOME
STRATEGIES THAT CAN
HELP:

- **EDUCATION AND AWARENESS : EDUCATION AND AWARENESS - RAISING CAMPAIGNS CAN HELP TO PROMOTE AWARENESS AND UNDERSTANDING OF SRHR ISSUES , REDUCING STIGMA AND DISCRIMINATION AND EMPOWERING INDIVIDUALS TO MAKE INFORMED DECISIONS ABOUT THEIR SEXUAL AND REPRODUCTIVE HEALTH .**

A C C E S S T O H E A L T H C A R E :
I M P R O V I N G A C C E S S T O
H E A L T H C A R E S E R V I C E S
C A N H E L P T O R E D U C E
I N E Q U A L I T I E S I N S R H R .
T H I S C A N I N C L U D E
E N S U R I N G T H A T
H E A L T H C A R E S E R V I C E S
A R E A F F O R D A B L E ,
A C C E S S I B L E , A N D O F
H I G H Q U A L I T Y , A S W E L L
A S P R O V I D I N G
S P E C I A L I Z E D S E R V I C E S
F O R M A R G I N A L I Z E D
G R O U P S S U C H A S W O M E N ,
L G B T Q + I N D I V I D U A L S ,
A N D P E O P L E L I V I N G
W I T H D I S A B I L I T I E S .

A D V O C A C Y A N D P O L I C Y :
A D V O C A T I N G F O R
P O L I C I E S A N D L A W S
T H A T P R O M O T E S R H R A N D
A D D R E S S I N E Q U A L I T I E S
C A N H E L P T O E N S U R E
T H A T T H E N E E D S O F A L L
I N D I V I D U A L S A R E M E T .
T H I S C A N I N C L U D E
A D V O C A T I N G F O R
P O L I C I E S T H A T A D D R E S S
G E N D E R I N E Q U A L I T Y ,
P R O V I D E C O M P R E H E N S I V E
S E X U A L I T Y E D U C A T I O N ,
A N D E N S U R E A C C E S S T O
R E P R O D U C T I V E
H E A L T H C A R E S E R V I C E S .

ADDRESSING SOCIETAL
NORMS: ADDRESSING
SOCIETAL NORMS AND
ATTITUDES TOWARDS
SRHR CAN HELP TO
REDUCE INEQUALITIES.
THIS CAN INVOLVE
CHALLENGING HARMFUL
CULTURAL PRACTICES
SUCH AS FEMALE
GENITAL MUTILATION,
AND CHILD MARRIAGE,
PROMOTING GENDER
EQUALITY, AND
REDUCING STIGMA AND
DISCRIMINATION
TOWARDS MARGINALIZED
GROUPS.

STRENGTHENING
COMMUNITY NETWORKS :
COMMUNITY NETWORKS
CAN PROVIDE A
VALUABLE SOURCE OF
SUPPORT AND
INFORMATION FOR
INDIVIDUALS AND CAN
HELP TO REDUCE
INEQUALITIES IN SRHR .
THIS CAN INVOLVE
STRENGTHENING
EXISTING COMMUNITY
NETWORKS , PROVIDING
TRAINING AND
RESOURCES TO
COMMUNITY HEALTH
WORKERS , AND
PROMOTING COMMUNITY -
BASED INITIATIVES THAT
ADDRESS SRHR .

- ANY QUESTIONS
- CONTACT DETAILS
- SUPPORT

THANK YOU