

SWP FREHA



YEARS IN SERVICE  
1953 - 2023



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# OUR RIGHTS, OUR VOICE

The pathway to reproductive freedom

## TO MAKE AN INFORMED CHOICE

The right to have complete knowledge on their reproductive health and family planning, along with the freedom to make a choice without pressure or false information.

## COMPREHENSIVE SRH EDUCATION

The right to have basic education about sexual and reproductive health- how the body works and changes over time. It includes relationship consent and safety.

This type of holistic education helps people better understand themselves and how to make better decisions that impact others.

## ACCESS TO BIRTH CONTROL

Access to contraceptives should be made universal, come at affordable prices and easily available in public and private healthcare settings. Individuals also have the freedom of choice to select a method that best suits their needs and lifestyle, ensuring their reproductive health well-being.





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## PRIVACY AND CONFIDENTIALITY

The choice to use contraceptives for family planning is a personal decision.

Healthcare providers are required by law to keep medical records private as to enable clients to seek total care without fear or judgement.

Thus enables proper family planning and supports better health outcomes.

## GENDER EQUALITY

Both genders have equal access to reproductive health benefits.

For women, birth control empowers them to pursue educational opportunities and career development to build a livelihood and have financial stability.

For men, they're entitled to paternal rights including pregnancy-related and parenting decisions such as paternal leave to support wives during pregnancy.

## SUMMARY

Our Rights, Our Voice is a profound statement of fundamental human rights that is essential for our wellbeing.

Safe and legal access to reproductive health services is a must for all. No one should be left behind in this initiative for a better society.

Our rights, our future, right now.



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The path to sexual reproductive health and rights. Access to reproductive health services is the cornerstone of human rights, yet millions across the globe do not have the privilege of access. In turn, this compromises their health and create cycles of poverty and inequality in communities of various backgrounds.

Did you know that every individual, regardless of race, ethnicity, religion, gender and income, has basic reproductive health rights? Check them out in the post above.

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