How to develop an outreach activity using the sexual and reproductive health and rights guide

Each outreach guide will focus on a particular theme. A theme can be described as a subject, topic or main idea.
Outreach is a powerful means to unpack and discover more about issues in real time and face to face. There are few youth-led forums in communities but they are a potent force that drive conversations driving conversations. Outreach activities create opportunities for dialogue, debates and conversations that may not otherwise happen. This outreach guide will help you put together an outreach activity, taking you through each step.

**Aims of this chapter**

- South African law protects the rights of children and youth to live freely, equally and with the same dignity as adults *(Sexual Rights IPPF Declaration)*
- Sexual rights are universal human rights *(Sexual Rights IPPF Declaration)*
- “Everyone is entitled to human rights simply for being human” *(Exclaim! IPPF)*
- “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)*
- “Everyone has the right to live and be free from harm” *(Exclaim! IPPF)*
- A multi-country survey reveals that the prevalence of forced first sex among adolescent girls younger than 15 years ranges between 11% and 48% globally. *(Together for girls)*
- 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

**Statistics on Teen Sexual Behaviour**

- Cape Town University’s Department of Psychiatry and Mental Health found that by age 14, nearly 24% of South African boys and 5.5% of girls were sexually active
- By age 19, research reveals 72% of South African boys and 58% of girls are sexually active
- LoveLife officials state that peer pressure, low self-esteem, coercion, sex for money, lack of communication with parents and pessimism play a big part in decisions to have sex at a young age.

**Definitions**

- Sexuality: sexual habits and desires of a person
- Coercion: to make (someone) do something by using force, threats or pressure
- Pessimism: a feeling that bad things will happen in the future; a feeling or belief that what you hope for will not happen
- Consent: to agree to do or allow something; to give permission for something to happen or be done

*(Merriam-Webster Learner’s Dictionary)*
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.

As a young person, you are entitled to sexual and reproductive rights. These rights support all people to freely explore, fulfill and express their sexuality in safe, informed and pleasurable ways. 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)

“Sexual pleasure is much more than physical stimulation or orgasm. It refers to diverse forms of emotional, psychological and social fulfilment. Sexual pleasure for some people can be sharing an intimate moment lying next to a partner. For others, if can be a feeling of acceptance and affirmation of one’s sexual identity.” (Exclaim! IPPF)

“Remember! It’s your body. You choose what you do, when you do it, how and with whom. Only do what you feel comfortable doing, and tell your partner straight away if you feel uncomfortable” (Happy, Healthy and Hot: A Young Person’s Guide to their Rights)

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

Click on to the below links to read and watch:

- 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