

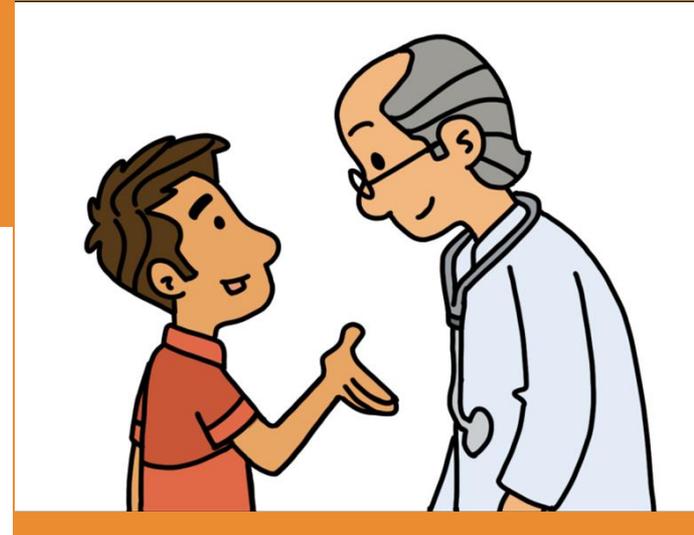


CREATING SAFE SPACES



Common sexual health issues

discussing stigma, seeking support early



Establish class values



- We will be talking about sexuality, gender, pleasure, abuse and safety in these sessions. What will make this class a safe space for everyone to share, express their views and discuss freely?
- How do we want others to behave?
- How will we behave?

Group Activity



A-Z of sexual and reproductive health issues

20 minutes:

- Participants break into groups of 4-6
Each group lists as many sexual and reproductive health issues as they can think of.

40 minutes:

- First group calls out the issues on their list. Other groups cross out the issues that are common. Groups take turns to call out the remaining issues on their list.

Questions to participants:

- What beliefs exist among people, around these issues?
- Do the beliefs change with the age and gender of the person having these issues?
- How do these beliefs affect how a person with these issues feels?
- How might this affect when a person seeks help for the issue faced by them?

WHO defines sexual health as “ ***a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity***”

Requires

- A positive and respectful approach to sexuality and sexual relationships
- The possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence

Encompasses:

- Sexual orientation and gender identity
- Sexual expression
- Relationships
- Pleasure
- Negative consequences or conditions such as:
 - infections and its consequences (cancer, infertility)
 - unintended pregnancy and abortion
 - sexual dysfunction
 - sexual violence and
 - harmful practices such as female genital mutilation (FGM)

Depends on :

- Access to comprehensive, accurate and updated information about sex and sexuality
- Knowledge about the risks one may face and their vulnerability to adverse consequences of unprotected sexual activity
- Access to sexual health care
- Living in an environment that affirms and promotes sexual health

Sexually transmitted infections (STIs)



- Infections that spread from one person to another predominantly through sexual contact (exchange of body fluids/blood)
- 30 different bacteria, viruses, fungi and parasites
- 8 most common infections
 - Curable- Syphilis, Gonorrhoea, Chlamydia and Trichomoniasis
 - Incurable- HIV, Hepatitis B, Herpes(HSV) and Human Papilloma virus(HPV); can be reduced/managed via treatment.
 - All are **preventable**

Who could get an STI?



- **Anyone who is sexually active**
- High-risk behaviour and groups
- All sexual behaviours that involve contact with/exchange of bodily fluids are considered to carry some risk of STIs
- **Symptoms:**
 - Ulcers, sores, spots on genitals
 - Discharge from urethra and vagina
 - Irritation/burning / itching in the genitals
 - Fever, skin rash, joint pains
 - **Asymptomatic : upto 80%**

- Curable and manageable- Effective treatment options available- antibiotics , antiretroviral (HIV), antiviral and antifungals.
- Stigma and shame - acts as a barrier in seeking help
- **Prevention is the key!**
 - Safe sex practices (use of condoms), CSE and Counselling
 - HIV- PreP, PEP
 - Hep B and HPV- Vaccination

HIV Can Be Transmitted By



Sexual Contact



Sharing Needles
to Inject Drugs



Mother to Baby
during pregnancy, birth,
or breastfeeding

HIV Is **NOT** Transmitted By



Air or Water



Saliva, Sweat, Tears, or
Closed-Mouth Kissing



Insects or Pets



Sharing Toilets,
Food, or Drinks

CONDOMS



PrEP



HIV TESTING



TREATMENT



Images Source: CDC, 2018

Contraception methods



Condom



Female condom



Oral contraception



Hormonal ring



UID



Contraceptive injection



Surgical sterilization



Implant



Coitus interruptus



Calendar rhythm method



Vaginal douche



Contraceptive patch



Diaphragm / cap

Image source: iStock

HIV and AIDS Act 2017



- Governs the right of HIV positive persons
- Informed consent to be taken before administering any HIV test/treatment - to safeguard person's autonomy and privacy
- Entitled free ART treatment at Government hospitals
- Protects HIV positive persons from forced disclosure of their HIV status.
- Empowers them to report any discrimination, access to public or private place due to their positive status.

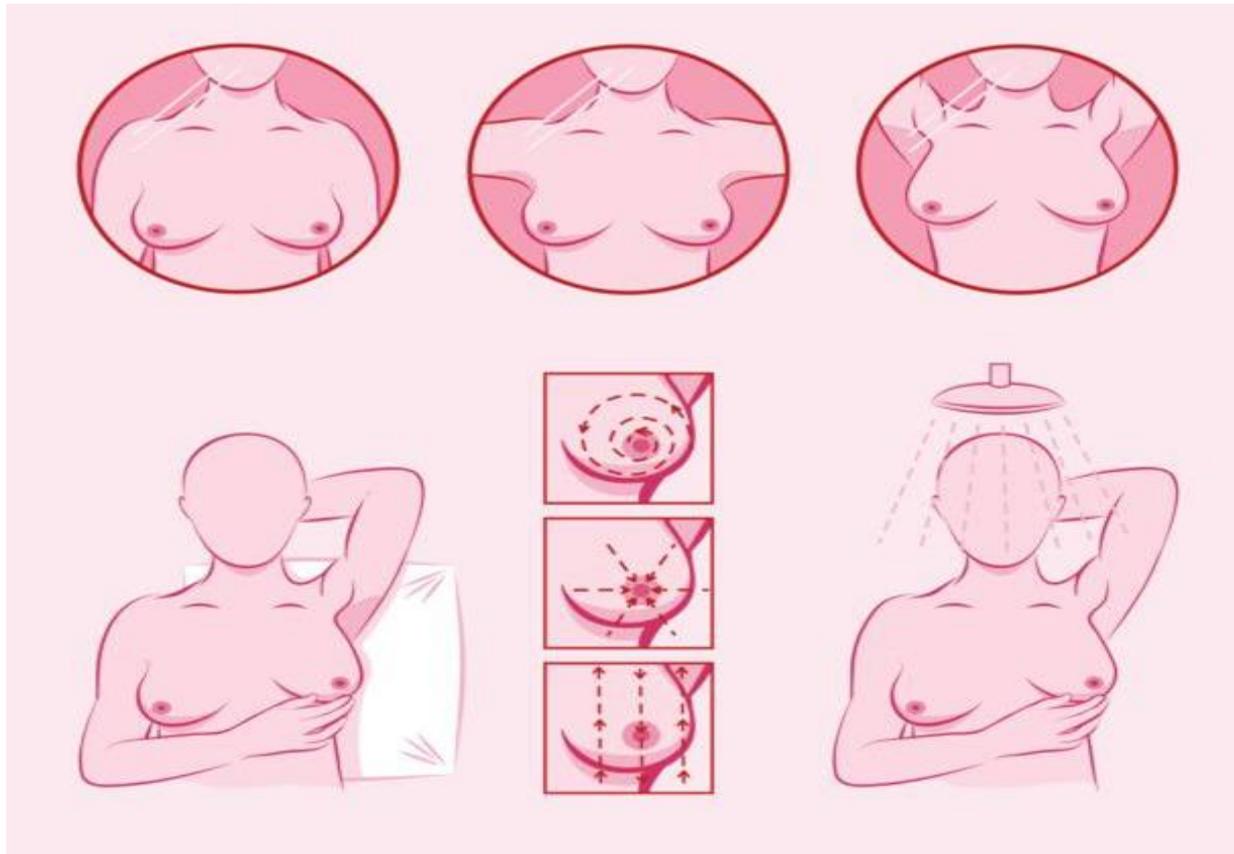
Sexual Dysfunction



1. Vaginismus: Difficulty in peno-vaginal sex due to involuntary contraction of the muscles present at the vaginal opening.
2. Erectile Dysfunction (impotence): inability to achieve and sustain an erection suitable for sexual intercourse. It is recognised by law as potential grounds for divorce.

1. **Infertility:** defined as not being able to get pregnant (conceive) after one year (or longer) of unprotected sex. Reasons behind infertility could be related to the man, the woman or both. Assisted Reproductive Techniques like IVF are used by infertile couples if they want to have a biological child.
2. **Polycystic Ovarian Syndrome:** Diagnostic criteria is the presence of two of the following - irregular periods, polycystic ovaries and excess androgen

Breast self examination



Source

Reference slides by Enfold Trust on Sexual Health Issues.

This PowerPoint is part of a project to prevent gender-based violence. This project is supported by Ford Foundation.



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Thank You!

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SURAKSHITH APP

Information, stories on personal safety for children.



BAL SURAKSHA APP

Information on answering children's questions,
managing child sexual abuse.



STRI SURAKSHA APP

On crimes against women, laws, interventions and
healing techniques.

All Apps in 10 languages, free on android Developed with UNICEF and MeitY (CDAC Hyderabad)

Gender and mental health

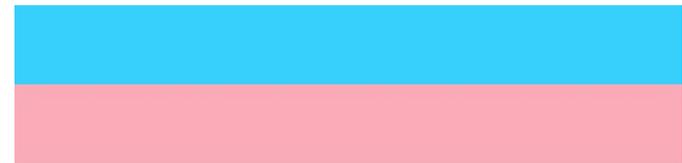


- Mental health (like physical health) is gendered
- Everyone is affected
- Men - substance abuse, aggression- abusive behaviour, suicide
- Women - depression, anxiety, eating disorders, PTSD, impact of gender-based violence
- LGBTQIA+ - High prevalence and vulnerability
- Depression, anxiety, social phobia, substance abuse, self harm and suicide

Health needs of transgender persons



- Primary care and preventive services
- Mental health care
- Gender affirmation /gender transition care
 - Pubertal suppression
 - Cross sex hormone therapy
 - Surgical interventions



[Source](#)

Health of persons with intersex variations



- 20th century 'treatment' of intersexuality rested on assumptions that individuals are psychosexually neutral at birth; and healthy psychosexual development is dependent on the appearance of 'normal' (meaning binary) genitals (Diamond and Sigmundson, 1997).
- April 2019 - Madras High Court banned intersex surgeries on minors, except where such variations may pose a life-threatening risk to child.
- Jan 2021 - Delhi Commission for Protection of Child Rights recommended same
- Later in life the person may opt for gender affirming surgery if they choose to
- Attention has to be paid to managing puberty in adolescents, managing transition if desired, maintaining health into adulthood and elder years.