



## What is SRHR?

SRHR stands for **Sexual Reproductive Health and Rights**. This refers to your right to comprehensive sexuality education, to access family planning, STI prevention and treatment, to delay marriage and to be free from sexual abuse and exploitation.



## What are SGBV and STI

SGBV stands for **Sexual and Gender Based Violence**. It refers to violence against women and can consist of either sexual and/or physical abuse. If you experience SGBV, or know of anyone that has experienced it, you must seek health care as soon as possible in order to prevent pregnancy, STI and HIV transmission.

STI stands for **Sexually Transmitted Infection**. HIV, Chlamydia, Syphilis and Gonorrhea are all examples of STIs. STIs are important to diagnose and treat as they can affect your health and quality of life, lead to more spread of HIV infection and in some cases infertility.

### Think you might have an STI? Watch out for these signs and symptoms;

- ▶ vaginal/penile discharge,
- ▶ painful urination,
- ▶ lower abdominal pain

But STIs can come completely without symptoms. That's why it's so important to also treat the sexual partner even if they don't have any symptoms.

## Sexual and Reproductive Health and Rights



### PUBERTY

As girls enter puberty, they will develop breasts and hair in the genital area and in the armpits. This will be accompanied by monthly bleeding after about 2 years. As soon as a girl starts to bleed, she is fertile and can get pregnant. Girls usually start entering puberty when they are around eight years old. These bodily changes may be accompanied by increased interest in boys.

As boys enter puberty, their penis and testicles will increase in size and they will develop hair in the genital area and in the armpits. The body will grow and become more muscular. The voice becomes lower. Boys usually start entering puberty when they are around nine years old. These bodily changes may be accompanied by increased interest in girls and wet dreams.

### Preventing HIV

You can prevent the spread of HIV by **condoms, male circumcision, post exposure prophylaxis and pre-exposure prophylaxis**.

### So how does PrEP work?

Pre Exposure Prophylaxis consists of ARVS which are taken **before** exposure to HIV, by someone who is at high risk of coming in to contact with HIV

### How does PEP work?

Post Exposure Prophylaxis (PeP) consists of ARVs which are taken **after** exposure to HIV. PEP can prevent HIV infection if taken **within three days** of being exposed to HIV e.g. unprotected sex or a needle stick injury.



### Did You Know

If a man is circumcised, the risk of acquiring HIV is decreased by 60%. However, circumcision has no added medical benefit in terms of HIV prevention for a man who has already acquired HIV.



### Remember

Condoms and contraception are both good ways to prevent pregnancies, although it depends on correct usage. A condom can only be used once. It is not safe to use a condom after the best before date has passed. It has to be an intact package, otherwise we don't know if anyone has tampered with the condom. The male or female should hold the condom while pulling out to prevent that it remains in the vagina.

Other contraceptives are available in terms of pills, injections, rods to be put into the female genital tract and implants that are put into the skin. Contraceptives are safe, but don't protect against HIV and other STIs.

