



# SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS ARE HUMAN RIGHTS

EVERY INDIVIDUAL, MALE OR FEMALE, ADULT OR ADOLESCENT, SINGLE OR NOT – WITH THE ABSOLUTE FREEDOM TO MAKE INFORMED CHOICES, HAS THE RIGHT TO ACCESS SEXUAL HEALTH AND REPRODUCTIVE SERVICES

If you need help on:

- Proper information on natural and artificial family planning methods, skilled birth attendance, child nutrition and breast feeding
- Or advice on prenatal and post natal care; adolescent health, reproductive and fertility awareness

There are Barangay Health Workers, Midwives, and Community Health Teams in every Barangay Health Stations. They can help you with any questions regarding your reproductive health and counsel you on responsible parenthood.

Ask how you can access health products like:

- Natural family planning charts
- Digital thermometers
- Standard Days Method beads
- Condoms
- Injectable and oral contraceptive pills
- Immunization
- Micronutrient supplements

If these services and products are not available in your local Barangay Health Center, Barangay Health workers should give you referrals to other facilities within the health service delivery network which as provided for under the Kalusugang Pangkalahatan (Universal Health Care) Project of the Department of Health.

KNOW THAT YOUR SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS ARE FULFILLED BY THE GOVERNMENT THROUGH THE FOLLOWING AGENCIES AND SERVICE PROVIDERS:



If you're a victim of gender based violence, report such cases to the volunteers at the barangay health stations for proper identification, documentation, reporting and referral.

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Amnesty International Philippines Group here:



Get copies of The Adventures of Karapatana Comics and learn more about Amnesty International's My Body My Rights Campaign

## Who is Karapatana?

She is a super heroine who has dedicated her life in defending human rights. Her power emanates from the aspirations set by the Universal Declaration on Human Rights. She draws strength and inspiration from upholding the rights of other people. She gives voice to the voiceless and stands with those without power And she is as human as everybody else...