



CSIH CANADIAN SOCIETY FOR
INTERNATIONAL HEALTH
SCSI LA SOCIÉTÉ CANADIENNE
DE SANTÉ INTERNATIONALE

MentorNet Module
Sexual and Reproductive Health and Rights (SRHR)

Overview:

This module aims to provide an introduction to the field of SRHR and its many relevant sub-topics in a global health context. Moreover, the module presents strategies for achieving the SDGs.

1. **Part 1** introduces the broad field of SRHR by situating it within the lens of the Sustainable Development Goals (SDGs), namely goals 3, 5 and 10, and by providing context about the gaps in SRHR around the world. Click [here](#) for more information on the SDGs.
2. **Part 2** covers key issues in Reproductive Health, such as abortion care, family planning and menstrual health.
3. **Part 3** covers important concepts in Sexual Health, such as sexually transmitted infections (STIs) and sex- and gender-based violence.

Objectives:

- To provide an overview of the current issues in the field of SRHR.
- To understand the importance of SRHR public health programs for attaining health equity, social justice and the SDGs.
- To stimulate discussion on controversial, surprising and interesting issues in SRHR.

Prior to meeting with your mentor (Resources):

1. **Part 1: What is SRHR and the state of SRHR (Guttmacher-Lancet Commission on SRHR)**
 - a. Executive Summary: <https://www.guttmacher.org/guttmacher-lancet-commission/accelerate-progress-executive-summary>
 - i. Read sections “What’s at stake: Gaps in sexual and reproductive health and rights worldwide” and “A new definition”
 - b. Read the Lancet article “Addressing the unfinished agenda on sexual and reproductive health and rights in the SDG era”:
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)30890-0/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)30890-0/fulltext)

2. Part 2: Reproductive health and rights

a. Abortion care

- i. State of abortion laws in the world. Observe the different types of legislations on abortion around the world.

<https://reproductiverights.org/worldabortionlaws>

b. Family planning and contraception

- i. The use of family planning and met needs for family planning in the world. Read p.1 and observe the graphs on p.2-3.

https://www.un.org/en/development/desa/population/publications/pdf/family/familyPlanning_DataBooklet_2019.pdf

c. Menstrual health

- i. Infographic on menstrual hygiene management (MHM) and the SDGs. Reflect on the links between the SDGs and MHM:

<https://menstrualhygieneday.org/project/infographic-mhm-and-sdgs/>

3. Part 3: Sexual health and rights

a. Sexually transmitted infections (STIs)

- i. Reflect on the key linkages between HIV and SRHR (p.3):

<http://toolkit.srhivlinkages.org/content/cat1/navigating-work-in-progress-2016.pdf#page=3>

- ii. Read the WHO factsheet on HPV and cervical cancer.

[https://www.who.int/news-room/fact-sheets/detail/human-papillomavirus-\(hpv\)-and-cervical-cancer](https://www.who.int/news-room/fact-sheets/detail/human-papillomavirus-(hpv)-and-cervical-cancer)

b. Sex- & gender-based violence

- i. Read the WHO Factsheet on FGM. <https://www.who.int/news-room/fact-sheets/detail/female-genital-mutilation>

- ii. Experiment with the FGM Cost Calculator: <https://srhr.org/fgmcost/>

Discussion Questions:

1. Which facts surprised you the most and why?
2. Pick one of the above topics for in-depth discussion.
3. In the context of SDGs, how would a global health practitioner prioritize addressing the above challenges in SRHR?
4. How does a lack of equitable and optimum reproductive and sexual healthcare infringe on fundamental human rights?
5. What role does stigma play in addressing Sexual and Reproductive Health? What are the ways to overcome this?

Further resources:

To read full report of the Guttmacher-Lancet Commission on SRHR:

<https://www.thelancet.com/commissions/sexual-and-reproductive-health-and-rights>

Bill Gates's Heroes in the Field: Dr. Denis Mukwege:

https://www.youtube.com/watch?v=yE8i_xMeU-c

UNFPA, The UN's agency for sexual and reproductive health:

<https://www.unfpa.org>

The WHO Reproductive Health Library (RHL):

<https://extranet.who.int/rhl/>

Sexual and Reproductive Health Matters Journal:

<http://www.srhm.org>