

UNDERSTANDING SEXUAL REPRODUCTIVE HEALTH

What is Reproductive Health and why is it important?

Reproductive Health is a state of complete physical, mental and social well-being and not merely the absence of reproductive disease or infirmity.

It deals with reproductive processes, functions and systems at all stages of life. It includes sexual health, the enhancement of life and personal relations, counseling and care related to reproduction and sexually transmitted diseases.

What are SRH rights?

Reproductive health rights embrace certain human rights that are already recognized in national laws and international human rights documents. These include:

- The right of all couples and individuals to decide freely and responsibly the number, spacing and timing of their children;
- The right to information and means to make the decisions as stated above;
- The right to attain the highest standard of sexual and reproductive health;
- The right to make decisions concerning reproduction, free of discrimination, coercion and violence.

Importance of SRH

SRH is the gateway to human life and survival. Without good SRH the human race would be doomed. The following are some of the reasons why SRH is important;

1. Reproductive Health especially of the woman in a home determines the quality of life of individuals and families.
2. Sexually Transmitted Diseases including HIV/AIDS are transmitted in the realm of SRH.
3. Lives of most adolescents have been negatively affected or even prematurely ended due to lack of age specific and adolescent friendly SRH information, services and interventions.
4. Unsafe abortions and avoidable deaths of pregnant mothers are all a result of poor handling of SRH.

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Global and National Reproductive Health Statistics

Seek for information about current global statistics on key SRH indicators. This will provide you with the global picture of the SRH challenge. Include but do not limit yourself to the following;

<ul style="list-style-type: none"> • Number of unintended pregnancies • Number unsafe abortions • Delivery with qualified assistance • Contraceptive Prevalence Rate 	<ul style="list-style-type: none"> • Maternal Mortality Rate • Infant Mortality Rate • HIV/AIDS and other STIs Prevalence rate • Mother to child transmission
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Seek to understand national RH indicator statistics. Some of the issues to consider include;

<ul style="list-style-type: none"> • Contraceptive Prevalence Rate • Unmet need for FP • Teenage Pregnancy rates • Infant & Maternal Mortality Rate • Total Fertility Rate 	<ul style="list-style-type: none"> • Gender Based Violence • HIV/AIDS prevalence Rate • Pediatric HIV/AIDS Prevalence • Regional Performance on major RH Indicators • Assisted Deliveries
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Biblical Reflections

Hosea 1:8	"When she had weaned Lo-ruhamah, she conceived and gave birth to a son".
Genesis 21:8	"The child grew and was weaned, and Abraham made a great feast on the day that Isaac was weaned".
1 Samuel 1:24	After he was weaned, she took the boy with her, young as he was, along with a three-year-old bull, an ephah of flour and a skin of wine, and brought him to the house of the Lord at Shiloh

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Women and Reproductive Health, Points for Consideration, Peter K. Munene, Faith to Action Network, during the AACC Women Pre-Assembly meeting in Kigali Rwanda - 02/07/2018

1 Samuel 2:5, 21	She who was barren has borne seven children,.....
Genesis 38:9	Then Judah said to Onan, “Sleep with your brother’s wife. Perform your duty as her brother-in-law and raise up offspring for your brother.” 9But Onan knew that the offspring would not belong to him; so whenever he would sleep with his brother’s wife, he would spill his seed on the ground so that he would not produce offspring for his brother.
1 Timothy 5:8	“But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever”.
Luke 14:28	“... which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it?”
Genesis 1:28	“God blessed them and said to them, ‘Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground’.
2 Maccabees 7:27	“Leaning over her son, she fooled the cruel tyrant by saying in her native language, my son, have pity on me. Remember that I carried you in my womb for nine months and nursed you for three years. I have taken care of you and looked after all your needs up to the present day”.

“ Women (and children) are not dying because of diseases we cannot treat . . . they are dying because societies have yet to make the decision that their lives are worth saving ”. . . . Prof. Mahmoud Fathalla, FIGO Past President 1994-1997 - The International Federation of Gynecology and Obstetrics (Fédération Internationale de Gynécologie et d'Obstétrique - FIGO) was established in Geneva in 1954

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Officer

Reflect and document your thoughts on these verses

“When she had weaned Lo-ruhamah, she conceived and gave birth to a son”. Hosea 1:8

“but if anyone does not provide for his own, that

