

# Sexual and reproductive health services, information and education for all

Bipana Shrestha, YUWA

# How can people enjoy their SRHR?

---

- When SRH services, information and Education are

1. Available
2. Affordable
3. Accessible
4. Acceptable



# Do you think everyone are enjoying SRH services?

---

- Queer community
- People with disability
- Indigineous group
- Rural population
- Young people

# Ensuring Inclusion

---

- Community engagement
- Youth friendly spaces
- Education and training
- Inclusive Education and infrastructure
- Advocacy and Awareness

# Gaps and emerging issues

---

- Lack of CSE
- Gender Inequality that leads to Gender based Violence
- Cultural taboos/harmful cultural practices( Eg. Chhaupadi pratha in Nepal)
- Uneven access
- Health Workforce Shortages
- COVID



- According to the United Nations, in 2019, the contraceptive prevalence rate in South Asia (which includes Nepal) was 46.3%, reflecting challenges in accessing contraception.
- The World Bank reported that in 2019, only about 50% of girls in low-income countries in the Asia-Pacific region completed their lower secondary education, which is linked to SRH education.
- The Demographic and Health Surveys (DHS) program found that in Nepal, as of 2016, only around 40% of women aged 15-49 had comprehensive knowledge of HIV/AIDS.
- The United Nations Economic and Social Commission for Asia and the Pacific (ESCAP) reported that around 38% of women in the Asia-Pacific region have experienced intimate partner violence.
- According to the Guttmacher Institute, in 2019, Nepal had an abortion rate of 43 per 1,000 women aged 15-49.

# Opportunities and Best practices

---

- Implement evidence-based CSE programs that are age-appropriate, inclusive, and promote gender equality.
- Create safe spaces for youth to participate in decision-making, program design, and advocacy.
- Leverage technology to expand access to SRH information and services.
- Utilize community health workers to bridge gaps in SRH service delivery, especially in remote areas.
- Legal and Policy advocacy
- Multisectoral Collaboration between health, Education and social sectors
- Train healthcare providers

# Lessons from COVID

---

- Telehealth and digital solutions
- Integrating SRH with primary health care
- Community Resilience
- Supply chain Resilience



# Recommendations

---

- **Comprehensive sexuality education**
- Recommendation: Integrate age-appropriate, gender-sensitive CSE into school curricula, emphasizing reproductive health, gender equality, and consent.
- Action: Collaborate with education authorities to develop standardized CSE modules and train teachers on effective delivery.

---

- **Youth-Friendly Services:**

- Recommendation: Establish youth-friendly clinics and platforms offering confidential SRH information, counseling, and services.
- Action: Design and implement designated spaces in healthcare facilities, equipped with trained staff and resources for young people.

---

- **Multisectoral Collaboration:**

- Recommendation: Foster collaboration between healthcare, education, social services, and civil society to provide holistic SRH programs.
- Action: Establish working groups comprising representatives from various sectors to develop and implement integrated SRH initiatives.



---

- **Technology for SRH Access:**

- Recommendation: Utilize digital platforms, apps, and telemedicine to provide SRH information, consultations, and appointment reminders.
- Action: Develop user-friendly mobile apps that offer accurate SRH information, virtual consultations, and service scheduling.

---

THANK YOU