

Lesson Outline

Introduction

Start by introducing the topic. When you introduce new information it is important to link it to existing knowledge the students already have. This can be done by:

- Referring to previous lessons when this topic builds on what was discussed in those lessons.
- Introducing the lesson by asking the opinion of the students. Does everyone have sexual and reproductive rights? Are these an important aspect of life?
- Using the videos that are on the platform. Share a story from one of the videos and ask the students to some reflective questions like: do you recognise this situation, can you relate to the person in the story?
- Using the quote to start the lesson and ask the students what they feel it means and if they agree.

Quote: "Sexual rights are human rights!"

Warm-up

A warm-up is important to introduce students to a certain topic and make them feel comfortable with each other and the topic they are going to discuss. For this warm-up activity ask students to discover what meaningful youth participation means for them by starting a short discussion

Information

Let the students read through the lesson content on their own, give them some time to form their own opinion and ask them if they have any questions. Share the information from the platform with the students.

- If they have access to the platform you can ask them to read it on their own.
- You can create a Power point presentation where you create slides with images and the most important information
- You can present the information to the whole group. Use keywords for yourself and if possible also write the keywords on a board as reminders for the listeners.
- You could make handouts with the key information.

Make sure that you take enough time to present everything clearly and that you build in moments where the students can reflect on the information and ask questions. The information has already been written in paragraphs – after each paragraph you can ask a reflective question.

You can use these questions to engage the group:

- What are examples of SRHR rights?
- Sexual and reproductive rights, are human rights related to sexuality and reproduction. These rights allow you to make informed and meaningful decisions about your own sexual wellbeing,

INTRODUCTION TO SEXUAL AND REPRODUCTIVE HEALTH RIGHTS

such as your sexual orientation, relationships, sexual activity, family planning or your body. Knowing your rights is important to have a good sexual and reproductive health.

- *Sexual and reproductive rights are in particular important to young people because it is your right to have access to the correct information and quality services to positively influence your sexual health and future lives.*
- *Check out your Sexual and Reproductive Health Rights:*

<i>1. Right to equality</i>	<i>6. The right to think and express oneself freely</i>
<i>2. Right to participation</i>	<i>7. The right to health</i>
<i>3. The right to life and to be free from harm</i>	<i>8. The right to know and learn</i>
<i>4. The right to privacy</i>	<i>9. The right to choose whether or not to marry or have children</i>
<i>5. The right to personal autonomy and to be recognized as an individual before the law</i>	<i>10. The right to have your rights upheld</i>

- *For more information on your sexual rights, click here:
http://www.ippf.org/sites/default/files/ippf_exclaim_lores.pdf*
- *Sexual and reproductive health rights are human rights. Human rights are rights that every single person on earth is born with, for example the right to education, the right to health services or the right to choose your partner.... The basic values and international standards of human rights are written in the Universal Declaration of Human Rights.*
- *Follow the courses you see above to understand this theme better and explore all the topics that are related to Sexual Reproductive Health. Each lesson has information, stories and tips and tricks on how to use the information in your own life.*