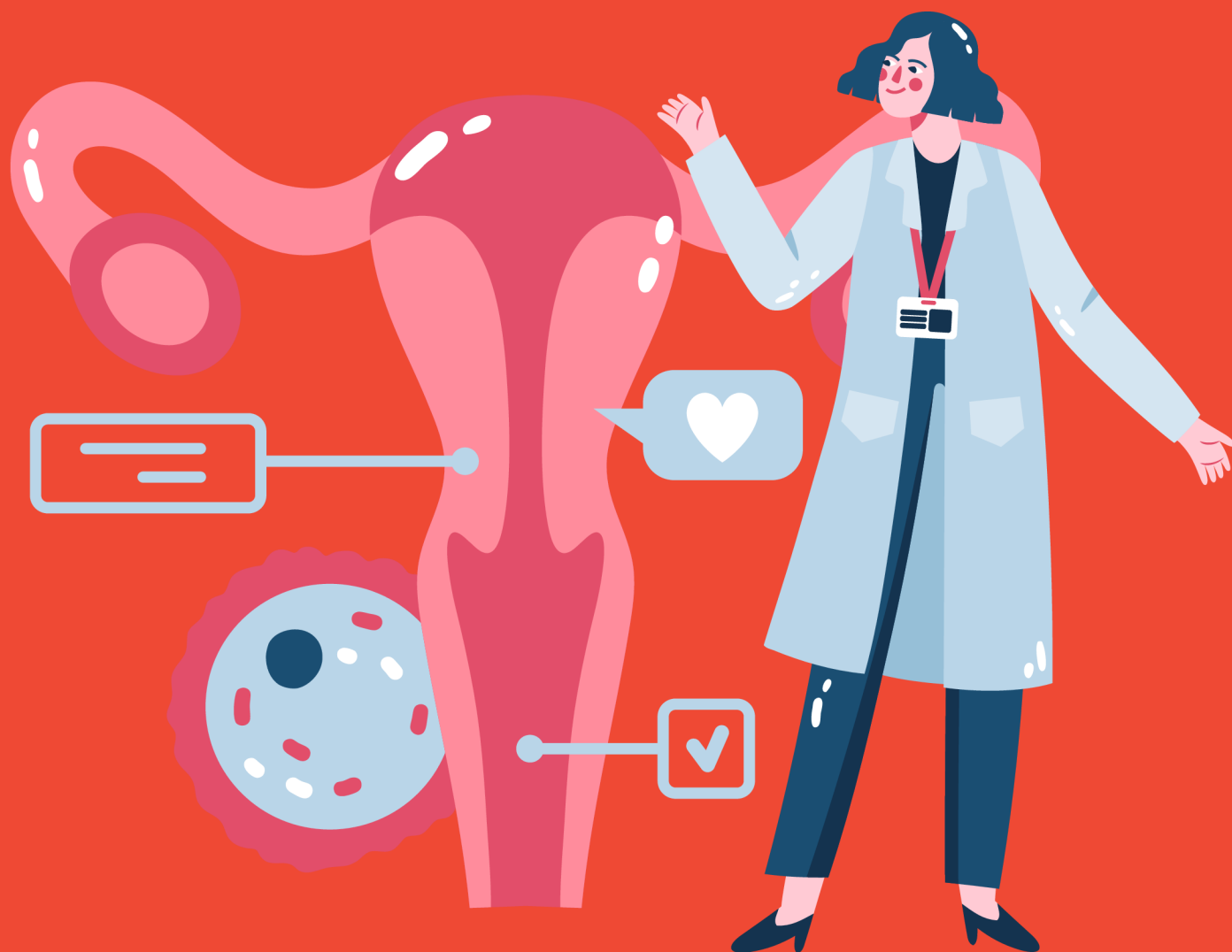


MODULE 4:

SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS



Overview

This teaching module provides a detailed guide for delivering the Sexual and Reproductive Health and Rights (SRHR) presentation. Designed for educators and facilitators, it includes objectives, session breakdowns, activities, materials, and assessment tools. The module ensures interactive and impactful learning while fostering a safe and inclusive environment for discussing sensitive topics.



Objectives

Educator Objectives

- Develop the skills to communicate SRHR concepts effectively.
- Guide discussions on sensitive topics while maintaining inclusivity.
- Use interactive strategies to engage participants and reinforce learning.

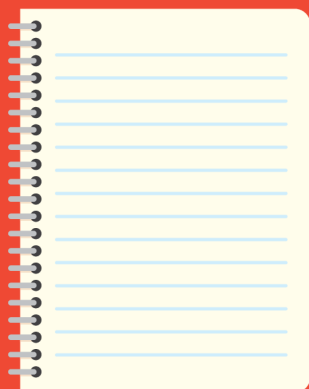
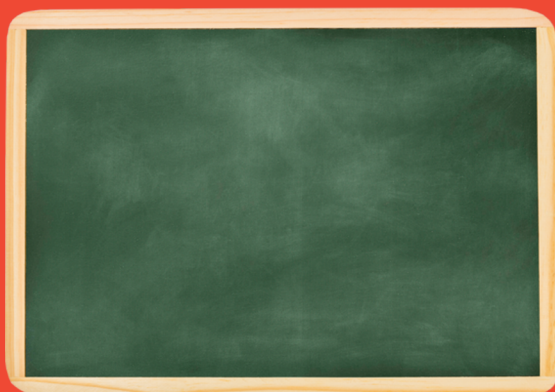
Learner Objectives

- Understand the components and significance of SRHR.
- Recognize societal, cultural, and systemic barriers to SRHR.
- Learn strategies to advocate for SRHR and adopt safe practices.





RESOURCES REQUIRED



Essential Materials

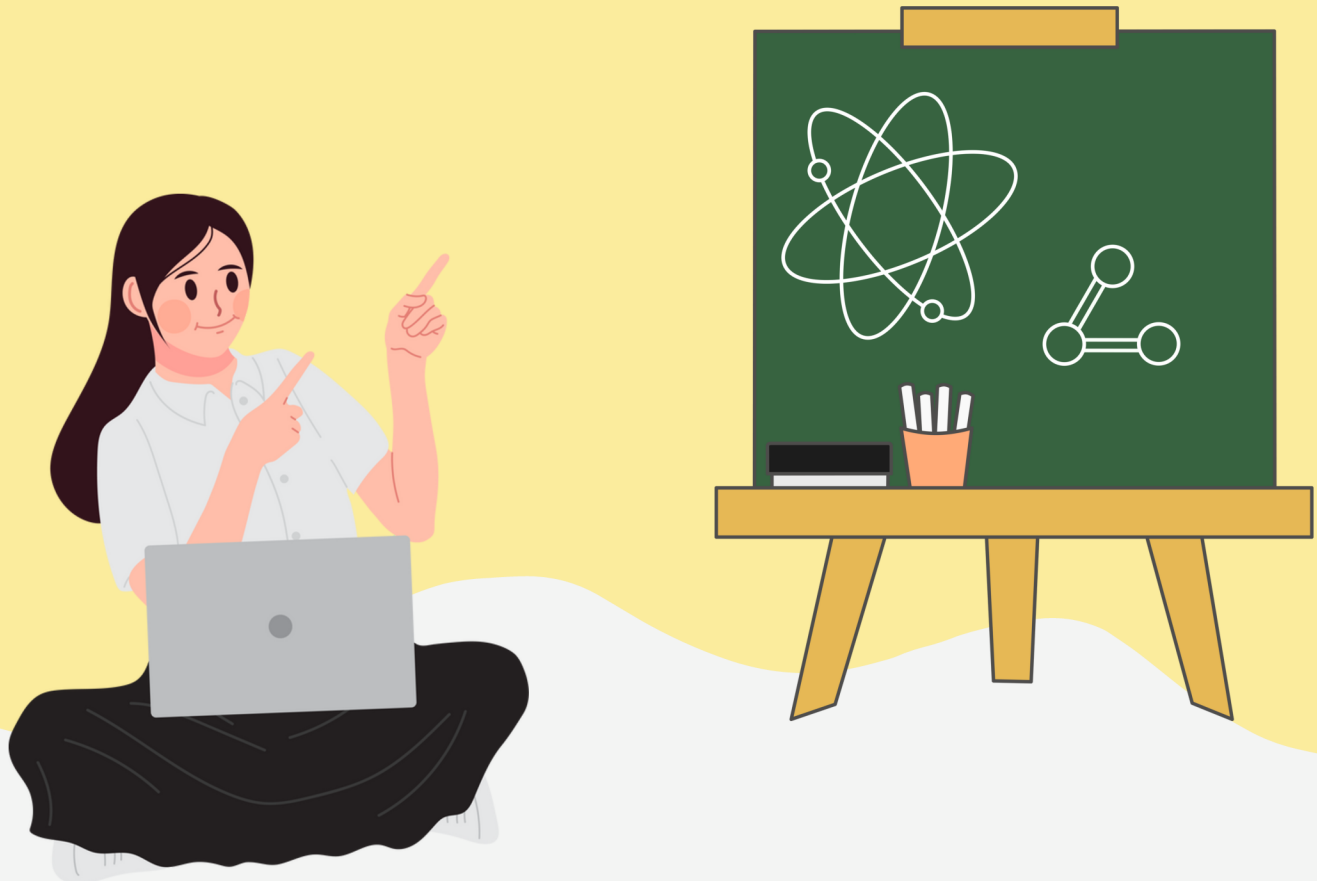
- Multimedia setup: Laptop, projector, and screen for the presentation.
- Copies of handouts summarizing SRHR key points.
- Printed role-play cue cards for interactive exercises.
- Writing tools: Chart paper, markers, sticky notes.

Digital Tools

- Access to an SRHR online resource portal for extended learning.
- Interactive quiz software (e.g., Kahoot or Mentimeter) for knowledge checks.

Setup Requirements

- Arrange seating in a U-shape for group interaction.
- Ensure privacy and comfort, especially for sensitive discussions.



Session 1: Introduction to SRHR

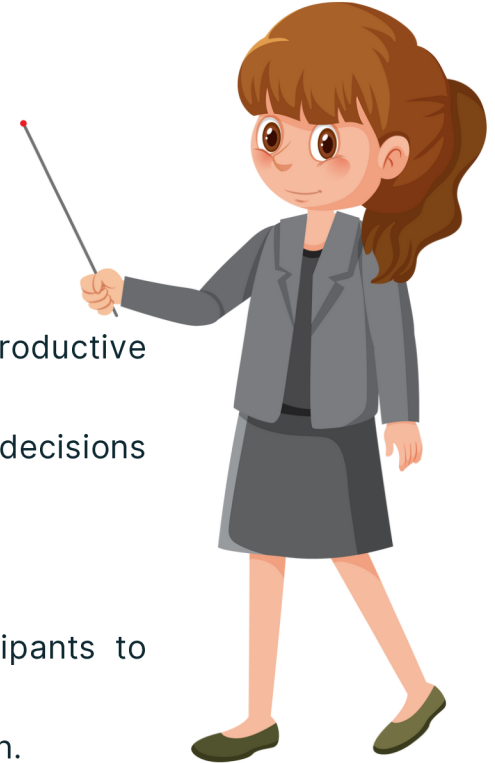
Duration: 20 minutes

Key Points:

- Definition: SRHR is a state of well-being concerning reproductive health.
- Importance: Empowering individuals to make informed decisions about their bodies.

Activities:

- Icebreaker: "What does SRHR mean to you?" Invite participants to share their thoughts.
- Mini-Lecture: Use real-life examples to illustrate the definition.



The facilitator to explain:

Session 2: Challenges in Achieving SRHR

Duration: 30 minutes

Key Points:

- Societal stigma and cultural taboos.
- Legal and systemic barriers to access.
- Discrimination based on gender or economic status.

Activities:

- Group Discussion: Identify challenges in the local context.
- Interactive Mapping: Participants map societal and systemic barriers using sticky notes on a wall chart.



Session 3:

Importance of SRHR

Duration: 20 minutes

Key Points:

- Reducing maternal and infant mortality.
- Promoting gender equality and improving health outcomes.

Activities:

- Case Study Analysis: Participants analyze stories of communities benefiting from SRHR initiatives.
- Reflection Question: How improvement of knowledge on SRHR in your community will impact you and your peers?



Session 4: Strategies

to Promote SRHR

Duration: 40 minutes

Key Points:

- Community engagement and awareness raising.
- Advocacy for policy changes.
- Youth leadership in SRHR campaigns.

Activities:

- Role-Play: Teams act out scenarios like community advocacy meetings.
- Campaign Brainstorming: Groups design a mini-awareness campaign.



Session 5: Recognizing Barriers and Warning Signs

Duration: 30 minutes

Key Points:

- Behavioral, social, and emotional indicators of challenges in accessing SRHR.
- Importance of early identification and intervention.

Activities:

- Scenario Practice: Participants discuss hypothetical cases to identify warning signs.
- Reflection: Encourage journaling about personal observations of barriers.



Session 6: Challenges in SRHR Advocacy

Duration: 30 minutes

Key Points:

- Understanding cultural and societal norms that impact advocacy.
- Identifying legal barriers and restrictions within communities.
- Recognizing and addressing stigma and discrimination.

Activities:

- Role-Playing Exercise: Participants act out situations involving stigma or discrimination to explore effective responses.
- Open Forum: Share personal experiences and discuss strategies to overcome societal and legal obstacles.



Key Messages

- SRHR is a universal human right.
- Empowering individuals through SRHR knowledge transforms communities.
- Advocacy must balance safety, inclusivity, and cultural sensitivity.



Activities and Engagement

Interactive Role-Play Scenarios

- Scenario 1: Addressing stigma in a school setting.
- Scenario 2: Advocating for reproductive health services in a community meeting.
- Scenario 3: Guiding youth leaders to engage in SRHR discussions.



Quizzes and Knowledge Checks

- Use digital platforms for quizzes on SRHR concepts.
- Incorporate reflective questions to deepen understanding.



Group Challenges

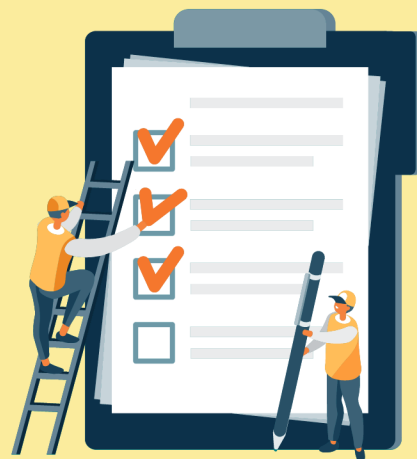
- Teams brainstorm solutions to real-world SRHR issues and present them.



Assessment and Feedback

Practical Knowledge Application

- Conduct mock awareness raising campaigns led by participants.
- Evaluate participants' understanding through scenario-based questions.



Feedback Mechanisms

- Collect anonymous feedback using digital forms or written notes.
- Host a reflection session where participants share their learning experiences.

Additional Resources

- Links to SRHR-focused organisations and helplines.
- Glossary of terms for participants unfamiliar with SRHR concepts.
- Booklets on gender equality, reproductive health, and advocacy tools.



Conclusion:

This detailed teaching module equips educators with everything needed to deliver an impactful SRHR session. Integrating interactive methods, real-world applications, and comprehensive resources ensures participants leave with a deep understanding of SRHR and the confidence to advocate for their rights and those of their communities.



About DtZ SUFASEC

Sexual exploitation of children (SEC) is a grave violation of children's rights and affects millions of children and youth annually, regardless of gender. No region, country or child is immune. However, girls, boys and children with other gender identities face differing levels of risk to different manifestations of SEC depending on their intersectional vulnerability factors. It impacts heavily and long-lasting on their physical, emotional and mental well-being. It deprives children and youth of establishing healthy (sexual) relationships and from developing to the best of their potential. The DtZ SUFASEC programme is designed to combat SEC. It will work in 12 countries in Latin America and Southeast Asia: Bangladesh, Bolivia, Brazil, Colombia, Dominican Republic, Guatemala, India, Indonesia, Laos, Nepal, Philippines and Thailand.

About Children of India Foundation

Children of India Foundation, an affiliate of Terre des Hommes Netherlands in India, is a non-profit organisation which empowers children and families from socio-economically vulnerable communities. We address child labour, child marriage and child sexual exploitation, ensuring access to education, health care, livelihood and child protection.

