

Sexual rights are human rights

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Diakonissa-
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Rohkeasti
ihmisarvon
puolesta

International sexual health day 4.9

“Sexual Health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity.

Sexual Health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

Sexual Health cannot be defined, understood or made operational without a broad understanding of sexuality. For Sexual Health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled (WHO, 2002).”





SEXUAL RIGHTS ARE HUMAN RIGHTS PERTAINING TO SEXUALITY

1. The right to equality and non-discrimination.
2. The right to life, liberty, and security of the person.
3. The right to autonomy and bodily integrity
4. The right to be free from torture and cruel, inhuman, or degrading treatment or punishment.
5. The right to be free from all forms of violence and coercion.
6. The right to privacy.
7. The right to the highest attainable standard of health, including sexual health; with the possibility of pleasurable, satisfying, and safe sexual experiences.
8. The right to enjoy the benefits of scientific progress and its application
9. The right to information.
10. The right to education and the right to comprehensive sexuality education.
11. The right to enter, form, and dissolve marriage and other similar types of relationships based on equality and full and free consent.
12. The right to decide whether to have children, the number and spacing of children, and to have the information and the means to do so.
13. The right to the freedom of thought, opinion, and expression.
14. The right to freedom of association and peaceful assembly.
15. The right to participation in public and political life.
16. The right to access to justice, remedies, and redress.

- **The right to equality and non-discrimination**
 - Discrimination because of gender and situation in life
- **The right to be free from all forms of violence and coercion**
 - Sexual abuse, prostitution
- **The right to privacy**
 - No home, no place to have pleasurable and safe sexual experiences
- **The right to information**
 - No proper sexual education or counselling



"I was never safe when I was homeless. As a transgender woman, I could not go to the shelter. It is not a safe place for me. I had to rely on the help of friends and strangers. It was so embarrassing.

I'm not homeless anymore but I still feel like I am a loser. Trans, unemployed, no education, suffering from post traumatic stress disorder. And what hurts me the most, is that I can't have kids anymore.

But I have more good days than bad days. Home gives me possibility to heal."

Tara, 39 years old, homeless for 5 years





**If we want to empower
women, we can't leave
anyone behind!**

Kiitos!

Thank you!

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