



Sexual & Reproductive Health & Rights For Humans

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“Reproductive health is a state of complete physical, mental, social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes.

Reproductive health therefore implies that people are able to have a satisfying and safe sex life and that they have the capability to reproduce and freedom to decide if, when, and how often to do so.”

*The 1994 International Conference on Population & Development
Programme of Action*

Unpack terms or words

∞ Health

∞ Rights

∞ Reproductive / Reproduction

∞ Sexual / Sex

Health

- ∞ “not only the absence of disease or sickness” - negative
- ∞ “physical, mental, social well-being” - positive
- ∞ access to health care and medicines
- ∞ access to ***nutrition***
- ∞ access to clean water, housing, employment:
- ∞ **WHOLE (holistic) WELL-BEING**
- ∞ Individual-community-individual: *ubuntu*
- ∞ I am because I belong to a community; my humanity is deeply connected to your humanity; my happiness & well-being can't be separated from yours and vice versa.

Rights

- ∞ Human Rights to... health, housing, water.
- ∞ Based on “I am a **human**, we are all **humans**”: ubuntu: I can't be happy while you suffer; I can't eat while you're hungry.
- ∞ Freedom from...violence, hunger, suffering.
- ∞ *Obligation* (responsibility) to...society, community, family, self.

Reproduction

- ∞ “to reproduce and freedom to decide if, when, and how often to do so”
- ∞ God (Allah, Buddha, Jehovah, Krishna, Isis) creates life in God’s own image.
- ∞ Most women can create life (babies) from our bodies, our wombs, in our own image.
- ∞ Creating life is *sacred*.
- ∞ Women’s capacity to create life is sacred.
- ∞ Women are sacred.

Reproduction

- ∞ “to reproduce and freedom to decide if, when, and how often to do so”
- ∞ IF: Do I want a child or children? Why? Can I afford it? Do I have support?
- ∞ WHEN: Can I afford it? *Planning* important.
- ∞ HOW OFTEN: Can I afford it? Do I have support? *Planning* important.
- ∞ Infertility: cannot have babies – compassion.
- ∞ Overpopulation & Orphans (AIDS) – adopt, foster?
- ∞ I am a whole human being; I have a brain & heart, not only a womb. My entire life is important; not only my fertile years.

Reproduction

- ∞ Access to contraception – if, when & how often.
- ∞ Access to nutrition, clean water, housing.
- ∞ Access to health care, for mother & child, incl. medicines. Can't support child without the mother – child needs mother.
- ∞ Infant mortality: children who die from causes that are *easily preventable*.
- ∞ Maternal mortality: women who die while giving birth, *from easily preventable causes*.

Sexual * Sex * Sexuality

- ∞ 😊 How many times a week?
- ∞ Do I get paid to have sex: sex work?
- ∞ Am I forced to have sex: rape?
- ∞ Do I enjoy sex: satisfaction?
- ∞ What kind of sex? Position position positions (kama sutra).
- ∞ Why sex (reproduction / pleasure / income)?
- ∞ Sex is a noun (a thing), *and* a verb (an action).
Word, neutral. Humans give words meaning.
- ∞ Sex ↔ sexual ↔ sexuality.

* Sex * Sexuality * Gender

- ∞ Sex is biology: male or female.
 - Intersex: both male & female.
- ∞ Continuum (ruler):
 - male \leftrightarrow inter \leftrightarrow female
- ∞ Gender is social (human made):
 - masculine (man-like) or feminine (woman-like).
 - Masculine \leftrightarrow Feminine.
- ∞ Dynamic – changes all the time; related to place & space (prisons, mines).

Sexual * Sex * Sexuality

- ∞ Sexuality is the expression of my sex (woman), gender (female) & being sexual.
- ∞ Sexual preference: who prefer to have sex with?
- ∞ Sexual & gender identity: Am I a woman? Straight? Lesbian? Bisexual? Trans?
- ∞ Sexual desires & practices: dream about women but sleep with men; dream about men but sleep with women.
- ∞ Always already constructed in and through particular social location and moment in time
 - Geography/community of origin
 - Race/ethnicity
 - Class
 - Education level
 - Physical ability/attributes

Sexuality - Heteronormativity

- ∞ Hetero : opposite
- ∞ Heterosex: opposite sex. Homosex: same sex. Bisex: both sex. Omnisex: all sex.
- ∞ Norm: rule – can be good (ubuntu) or bad (force or violence).
- ∞ Examples of a ‘bad’ norm:
 - Forced marriage (are men ever forced to get married?);
 - Witch burning (what is a witch?);
 - Trafficking in women & children (humans become objects: non-human);
 - Virginity testing (are boys tested?);
 - Termination of pregnancy (abortion) – the right to choose;
 - Rape of lesbians as a cure. Rape of women to make them ‘behave’.

Ubuntu * Compassion * Humankind

- ∞ Ubuntu: I am because I belong; I am happy because you are happy.
- ∞ Com-passion: feeling with / for (*mee gevoel*).
- ∞ Related to *being human*.
- ∞ Related to having a *right to* (nutrition), *freedom from* (violence), *obligation to* (each other).
- ∞ Related to *caring for each other*, ensuring we *do not harm each other*. physically, emotionally, financially, spiritually...

sacred

- ∞ Sex can create babies, new life.
 - Sex is sacred.
- ∞ Women can create babies, new life.
 - Women are sacred.
- ∞ God created humans in God's own image.
 - All humans are sacred.
 - I am human; I am sacred.
 - *Stabane*, lesbian, *moffie* → sacred too.
 - We all deserve love: to love ourselves & to be loved by others.

Revolutionaries on Compassion ~ Love

Karl Marx: Liberation is “the complete *emancipation* of all the human qualities and senses,” which include “not only the five senses, but the so-called spiritual senses, the practical senses (desiring, loving)”.

Frantz Fanon: May “it be possible for me to discover and to love man, wherever he may be”.

Che Guevara: “the great revolutions are those revolutions guided by the basic principles of love”.

Angela Y Davis: “tenderness as the essence of the [pre-capitalist indigenous] relation”, “love alone is impotent, yet without it, no revolutionary process could ever be truly authentic”

Audre Lorde: “we cannot separate the struggles for liberation because it is, eventually, all human liberation”.

Pregs Govender: “Politics of Love & Courage”.