Card 1  Your right to health protection: protect yourself from HIV and STIs

START

Does your spouse/partner have other sexual partners that you know about?

Yes → Have you tried to suggest using condoms?

Yes → You may be at risk of infection with HIV or other STIs without your knowledge. Remember to protect your right to health.

No → Is it possible that they have other sexual partners but that you do not know about them?

No → You have good communication in your relationship and your spouse/partner is respecting your right to be free from STIs, including HIV.

Yes → If you are now using condoms, this means you are closer to accessing your right to be protected from STIs and HIV.

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No → Did you experience physical violence or emotional abuse when you suggested using condoms?

Yes → This violates your right to be free from violence, and your right to be protected from HIV and STI’s.
Card 2  Your right to decide whether and when to have children

Do you use any form of contraception or family planning?

No

Did you use condoms as well as another form of contraception?

No

If you want to use contraception but have been prevented from doing this by your spouse, partner or family, you are not accessing your right to decide whether or when to have a child.

Yes

You and your spouse/partner are both accessing ‘dual protection’. This means you are accessing your right to choose when to have children, and your right to protect yourself from HIV infection.

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Did you use condoms as well as another form of contraception?

Yes

By avoiding an unwanted pregnancy, you are both accessing your right to decide when to have children.

No

Did you and your spouse/partner discuss and agree on using contraception and/or condoms to avoid unwanted pregnancy and HIV infection?

Yes

If you are using another form of contraception, but not condoms, and there is a chance that your spouse/partner has other partners and you are not accessing ‘dual protection’ which protects your right to decide when to have a child, and your right to be protected from HIV and STIs.

No

Did your spouse/partner agree with you that you were going to use contraception?

No
Card 3 Your right to information and education on Sexual Reproductive Health Rights

Have you visited a sexual and reproductive health service centre in the past 6 months?

- No
- Yes

Did the service provider give you information on all your options for family planning (e.g. pills, injection, condoms) including any newly available methods in your area?

- No
- Yes

Did the service provider give you information on using condoms to prevent STIs and HIV?

- No
- Yes

Did the service provider refer you to Voluntary Counselling and Testing services for HIV?

- No
- Yes

By gaining information on family planning, preventing STIs and HIV, and knowing your HIV status, you are accessing your right to information.

Did you want to go, but were prevented from going by your partner or family, or were you unable to go because of financial or transport issues?

- No
- Yes

You have the right to services that give you complete information about family planning and ‘dual protection’ to prevent unwanted pregnancy and infection with STIs and HIV.

You have the right to information that will enable you to protect yourself from STIs, including HIV.

Knowing your HIV status and being able to access HIV treatment is part of your right to health.

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**Card 4 Your right to equality and to be free from discrimination as young people**

**START**

Is it easy for young women in your community to access Sexual and Reproductive Health (SRH) services?

- **Yes**
  - The last time you went to SRH service, did the provider make you feel comfortable?
    - **Yes**
      - Did the service provider have a positive attitude with you and approve of you being sexually active?
        - **Yes, Continue**
          - Did the service provider say they could provide you with condoms or contraception without your parent’s consent?
            - **Yes**
              - Did the service provider share any of your private information with your parents or anyone else?
                - **Yes**
                  - You have the right to a supportive SRH service where you can access information on family planning and preventing STIs and HIV. Service providers should not disclose your personal information to anyone.

- **No**
  - Is it easy for young men in your community to access SRH services?
    - **Yes**
      - All young people have the right to access SRH services without discrimination from service providers, family and their communities.
    - **No**
      - You are accessing your right to a open and supportive SRH services.

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Card 5  Your right to be free from ill-treatment

Has your spouse/partner ever tried to convince you to have sex when you did not want to?

Respecting your partner's desire not to have sex is important for them to access their Sexual and Reproductive Health Rights.

Did your spouse/partner respect your wishes when you told them you did not want to have sex at that time?

Communication about sexual matters can improve relationships and allow both partners to have a safe and satisfying sex life.

Did they threaten you with violence or verbally abuse you?

Even within marriage, or intimate relationships, each partner has the right to say no to sex, the right to decide when they want to have sex.

Did they force you to have sex with them, and did not use a condom?

Forced sex within marriage is a violation of your right to be free from ill-treatment.

Do you consider this to be rape? Did you tell anyone or report it?

During forced sex where a condom is not used, it is a violation of your right to protection from HIV infection.

You have the right to be free from violence. There are laws that protect this right, and organisations that can support you if you have experienced this in an intimate relationship.

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Remember you have the right to choose a suitable form of contraception and to decide whether and when to have a child.