

# Sexual Health Basics



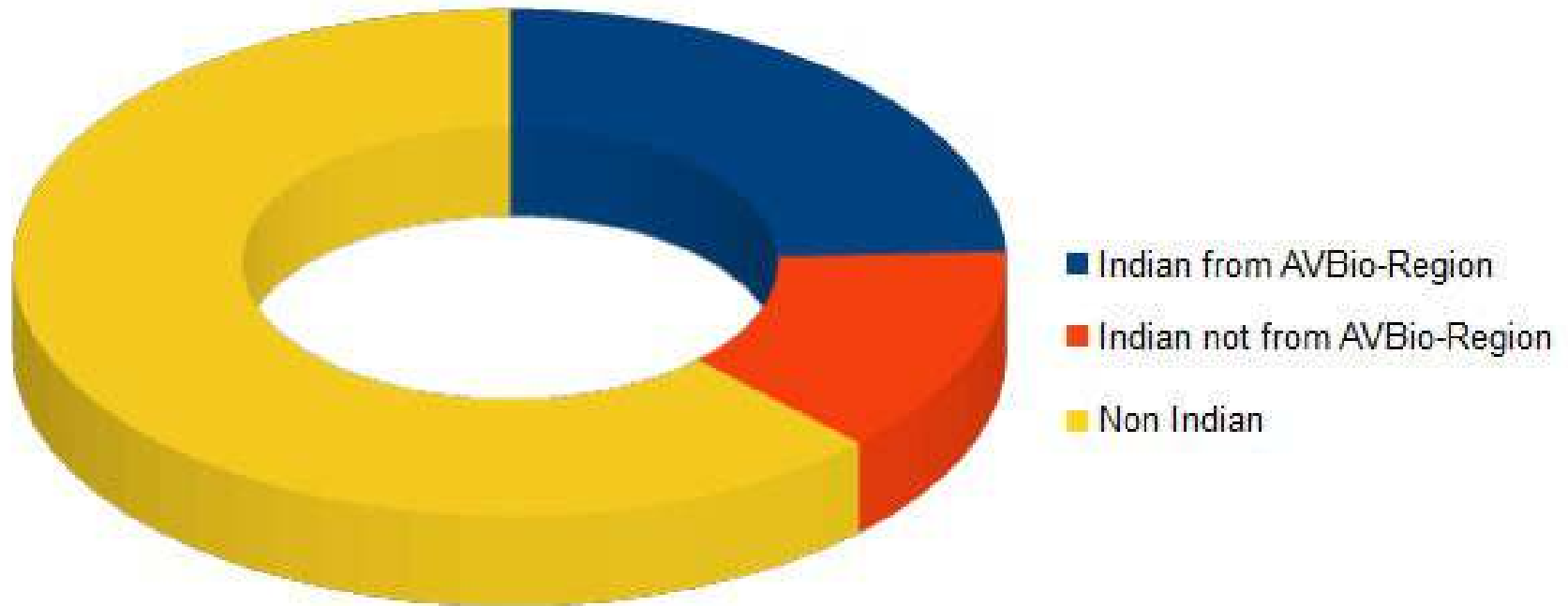
# World Health Organization

## Sexual Health

- Sexual health is a state of physical, mental and social well being in relation to sexuality.
- It includes a positive and respectful approach to sexuality and sexual relationships.
- It includes the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.
- For sexual health to be attained and maintained, the sexual rights of all persons must be respected and protected.

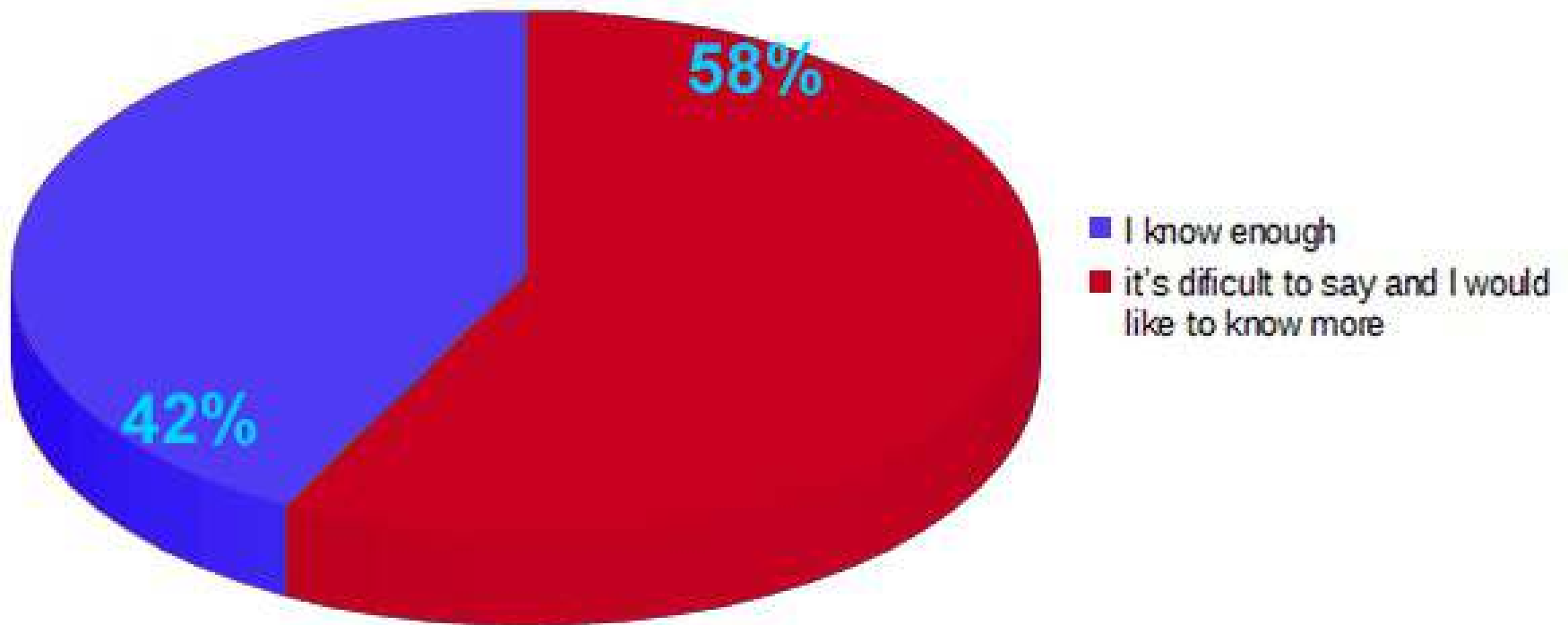
# Group Studied

## Aurovillian Women



# Sexual Health

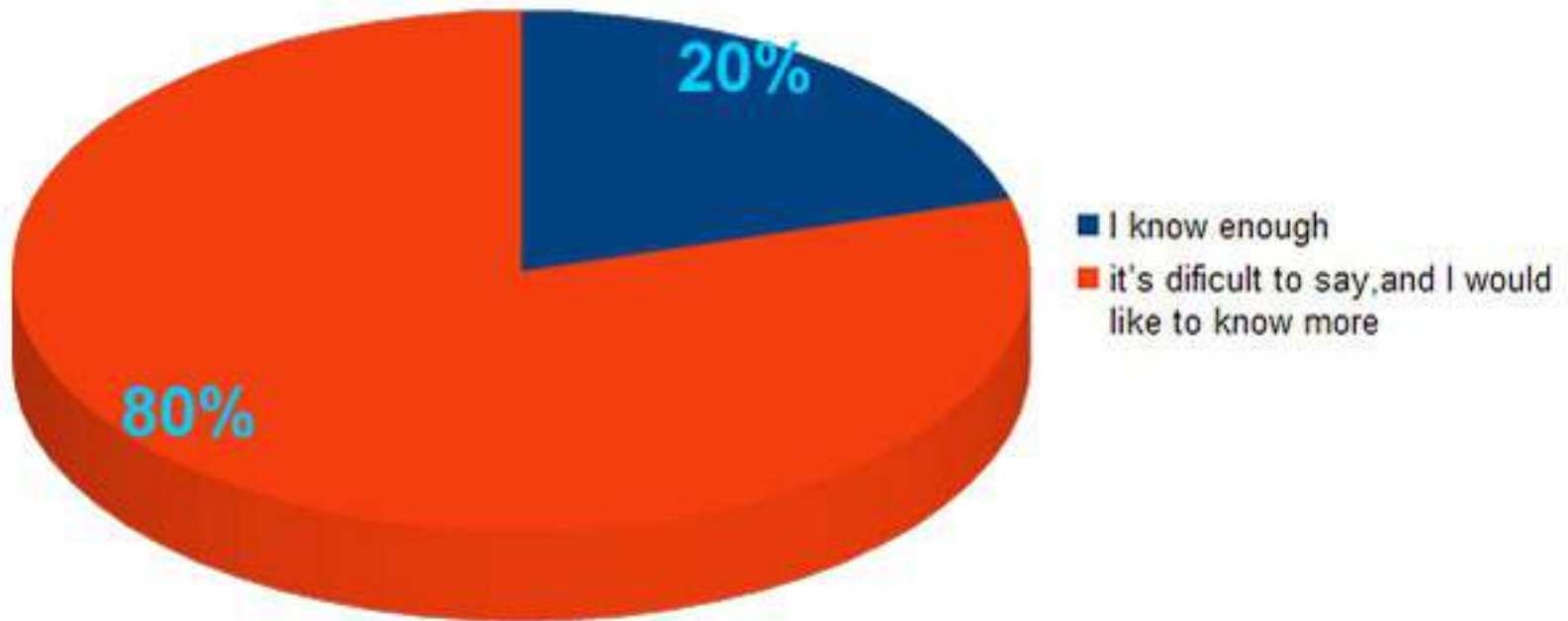
Are you OK with what you know about sex?



**Women from the AV bio region**

# Sexual Health

Are you OK with what you know about sex?

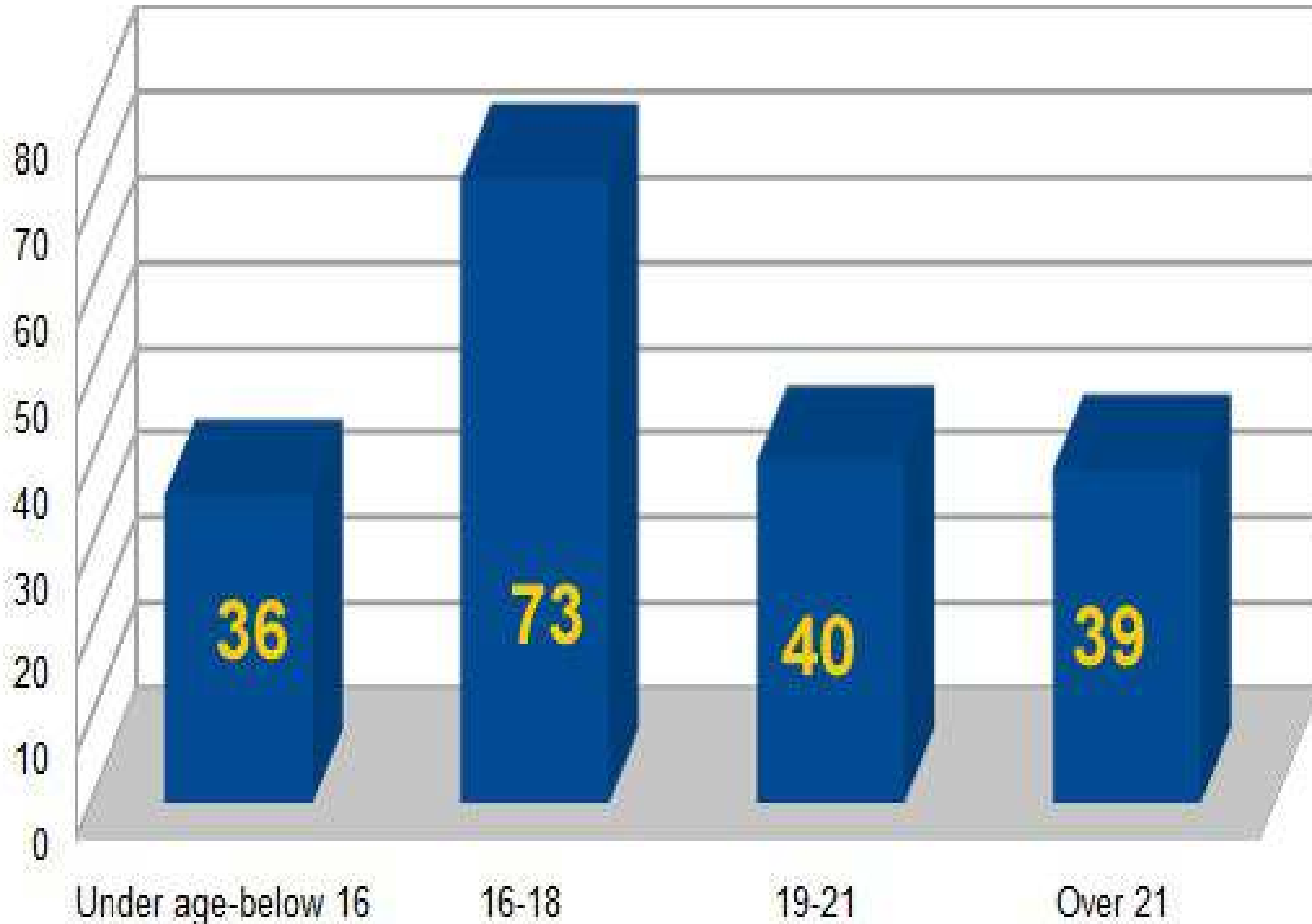


**Women not from the AV bio region**



# Sexual Health

At what age did you have sex for the first time?



# Sexual Health

18 women had underage initiation of sex.

– In this group:

**12 had an unplanned pregnancy,**

**11 were beaten,**

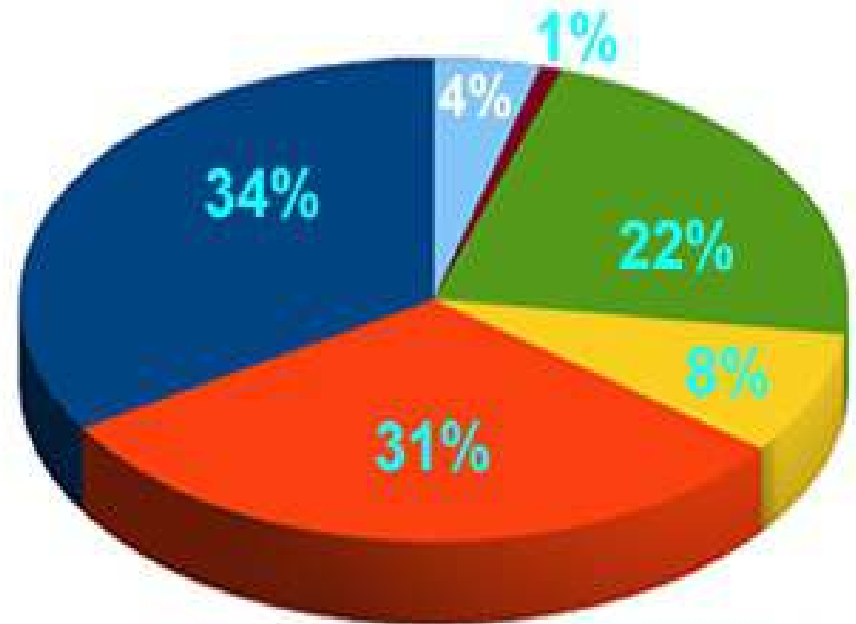
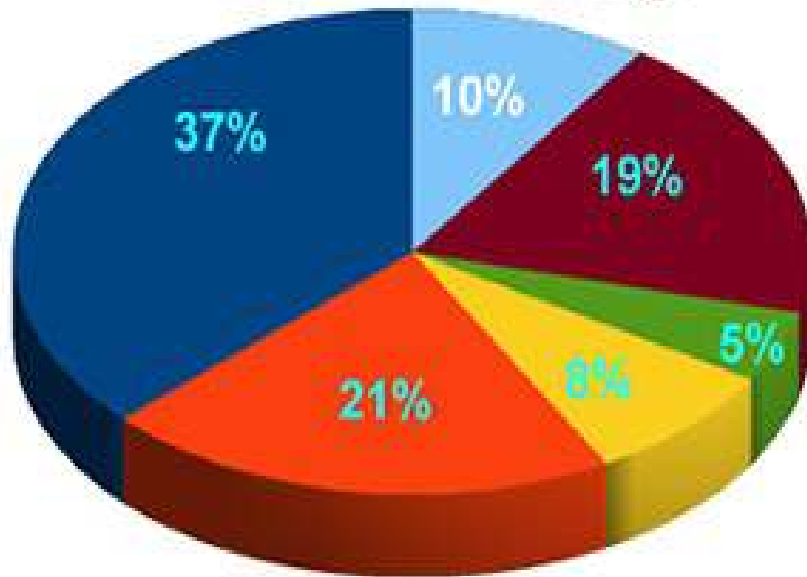
**9 felt raped**

**4 experienced all of these events.**



# Thinking of the first time you had sex, what applied to you?

Women from AV bioregion

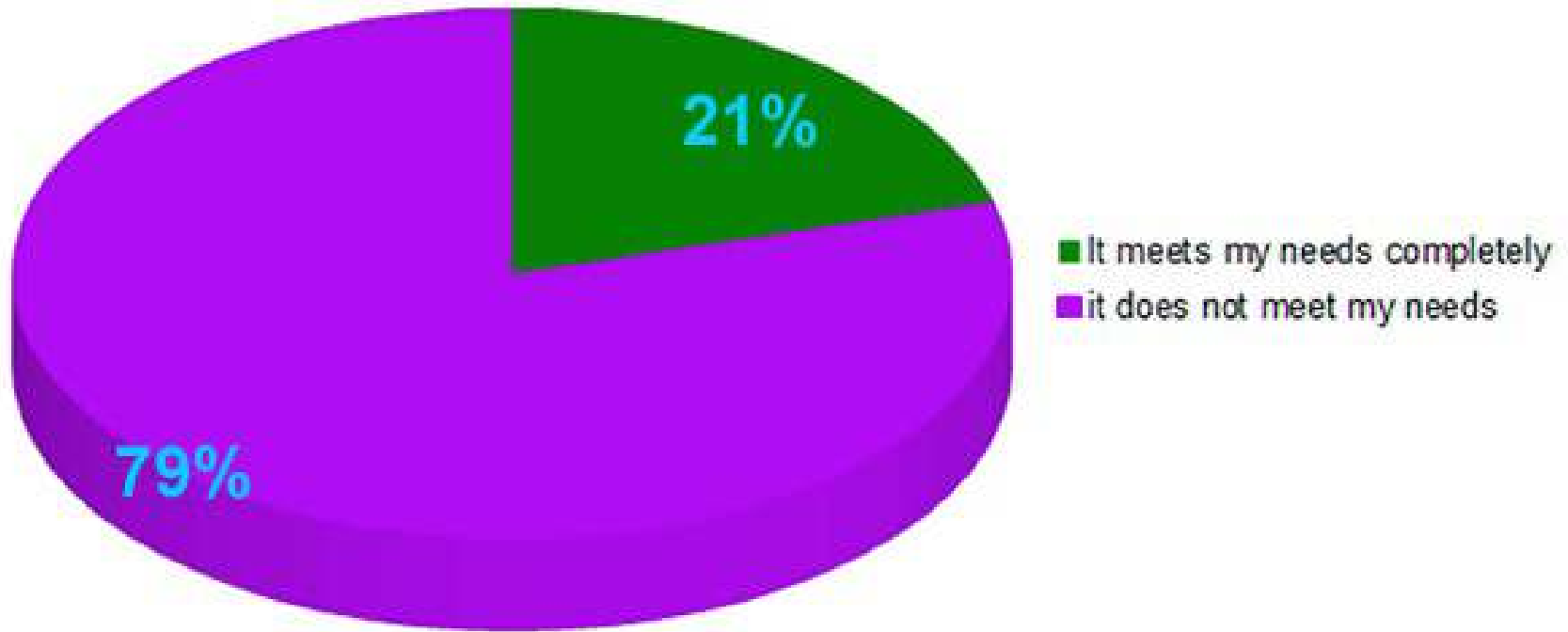


Women not from AV bioregion

- I was confident in my decision
- I gave consent
- I used birth control other than a condom
- I used a condom
- I wanted to get pregnant
- Did not answer question

# Sexual Health

How would you rate sexual health care in Auroville ?



**All Surveyed Women**

# How can I have a healthy sex life?

- Know yourself: sexual orientation, know what you do and don't want to do sexually
- Communicate clearly to partner, respect boundaries
- Be a healthy person: take care of yourself stay fit, don't smoke or abuse drugs and alcohol
- Practice safer sex: be abstinent (don't have sex) or use condoms every time
- Be smart: Know how to use condoms properly and where to get tested for STDs
- Prevent unintended pregnancy

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