



SRHR 101



RIGHT HERE
RIGHT NOW

NGLHRC NATIONAL
GAY & LESBIAN
HUMAN RIGHTS
COMMISSION

DIGNITY

EQUALITY

FREEDOM

SRHR - Legal Framework & SRHR Generally

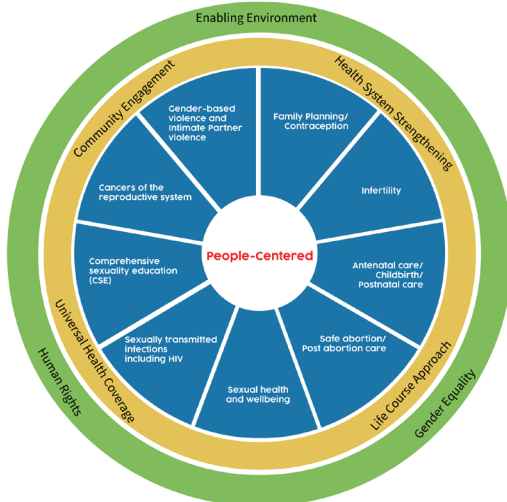
SRHR (Sexual and Reproductive Health and Rights) refers to a comprehensive framework that encompasses both health and rights related to sexual and reproductive matters. It includes access to information, services, and education, as well as the right to make informed decisions regarding one's own body and reproductive choices.

2010 saw the promulgation of a new Constitution in Kenya, ushering in a new era. It's highly regarded due to its progressive nature, it's Chapter 4 contains the Bill of Rights that highlights comprehensive rights and freedoms to be enjoyed by everyone. .

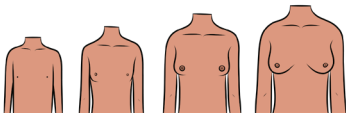
Numerous important provisions are stipulated under the Bill of Rights, amongst them the right to equality and freedom from discrimination in article 27, and the right to the highest attainable standard of health, which includes the right to health care services, including reproductive health care.

The African Charter on Human and Peoples Rights (ACPHR) and the Universal Declaration of Human Rights (UDHR) are amongst the international sources of law ratified by Kenya equally providing for access to quality healthcare.

In accordance with these international laws and national laws everyone is entitled to access to quality healthcare including reproductive health care.

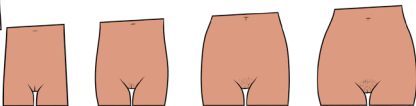


PUBERTY

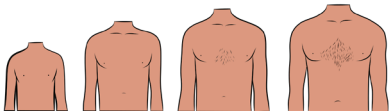


During puberty, your body will change in different ways. First, you will grow in height and your body shape may change - you might develop rounder hips, or a bigger chest

You will start growing different types of body hair like hair under the arms, legs, and genitals. It is completely up to you to decide if you want to keep or remove your body hair. Overall, everyone will grow at their own pace.

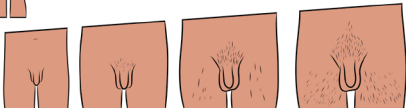


You might start noticing a white or clear vaginal discharge. This keeps your vagina clean and is part of your development process. You might also get your first period. This is also a time where you might start to feel a lot of things such as sexual desires. You might have sexual fantasies or start masturbating, and you might experience orgasms or sexual arousal while you sleep, and it is all healthy and normal.



During puberty, your body will change in different ways. First, you will grow in height and your body shape will change- you may grow more muscles and your shoulders might broaden. You will start growing different types of body hair - hair under the arms, on your genitals, and eventually your face and chest.

It is completely up to you to decide if you want to keep or remove your body hair. Overall, everyone will grow at their own pace.



Your penis and testicles will grow, and you might start to feel all sorts of things such as sexual desires. You might have wet dreams, and have more frequent erections. Wet dreams are when you release sperm (called ejaculation) during your sleep usually following a sexual dream of some sort; often, you will not even remember the dream but will wake up with a sticky spot on your sheets or underpants.

During puberty, your voice will also deepen and you will start having a stronger body odour when you sweat. This is all health and normal.

Puberty in intersex individuals can vary widely based on the specific intersex condition and its impact on hormone levels, chromosomes, and physical development. Here are some general aspects.

Hormonal Changes: The hormonal changes during puberty may be atypical due to intersex conditions. Some intersex individuals may have hormone imbalances that affect the typical development of secondary sex characteristics.

Secondary Sex Characteristics: The development of secondary sex characteristics, such as breast growth, body hair, and voice changes, may be influenced by the intersex condition. These changes can be more varied or may not align with typical male or female patterns.

Genital Development: Intersex conditions can lead to diverse genital development. Genitalia may have a combination of male and female characteristics, or they may not clearly align with either male or female anatomy.

Bone Growth: The rate and pattern of bone growth during puberty can be affected by hormonal imbalances associated with intersex conditions, potentially impacting height and skeletal structure.

Fertility and Reproductive System: Depending on the intersex condition, individuals may have unique fertility considerations. Some intersex variations may impact the development or function of reproductive organs.

Emotional and Psychological Changes: Puberty is a time of emotional and psychological development for all individuals. Intersex individuals may face additional challenges related to their physical development and identity during this period.

MENSTRUATION

Fallopian tube

Eggs are stored inside each of the two ovaries and when one reaches maturity, it pops out into the fallopian tube.

ovary

If a fertilized egg implants into the uterine lining, it will nourish itself in it and continue to grow, potentially developing until it's ready to be born as a baby!

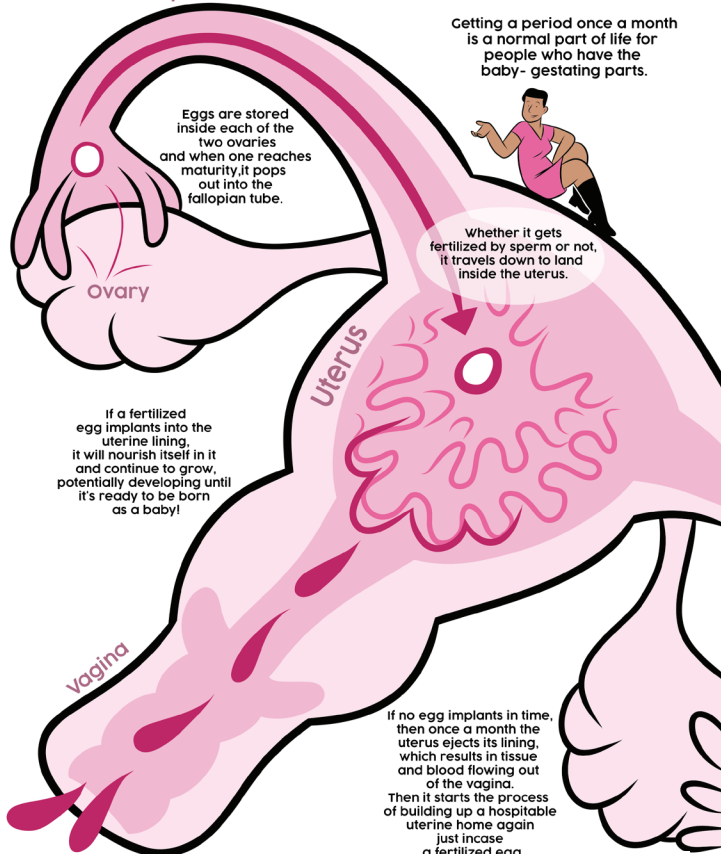
uterus

vagina

Getting a period once a month is a normal part of life for people who have the baby-gestating parts.

Whether it gets fertilized by sperm or not, it travels down to land inside the uterus.

If no egg implants in time, then once a month the uterus ejects its lining, which results in tissue and blood flowing out of the vagina. Then it starts the process of building up a hospitable uterine home again just in case a fertilized egg come its way next month.



HYGIENE-MENSTRUATION

Disposable Pads

These single-use pads have an adhesive backing that sticks down into the crotch of your underwear for support. They can only be used once and should be properly disposed of after use.

It is advised to use unscented pads as fragrances may irritate or react differently hence causing irritation and/or upset the vaginal PH balance.



Washable Reusable Pads

These cotton pads snap around the crotch of one's undies and once used, they're washed and re-used.



Some are fitted with padding pockets so one can fill them up with additional absorbing material on heavier flow days.



Period Underwear

Just like the re-usable pads, these are fully formed underwears, often preferred to avoid leakage.

It is advisable to wash them after every use.



Menstrual Cups

These flexible, non-porous, silicone or latex cups collect your flow until you remove them and empty their contents down the sink or toilet.

Give it a rinse, slip it back in, and you're good to go. It's a bit more troublesome to insert than a tampon but gets easier with practice. Just pinch fold it in half vertically and push it in.



Tampons

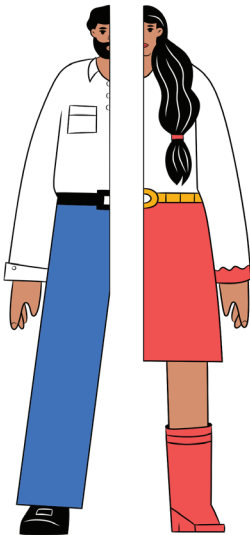
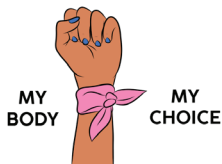
This is a tube of chemically treated cotton that is worn inside the vagina and absorbs your menstrual fluids before they exit your body. You pull it out by the dangling string and throw it away.



Body Autonomy

Bodily autonomy means my body is for me; my body is my own. It's about power, and it's about agency. It's about choice, and it's about dignity.

Bodily autonomy is the foundation for gender equality, and above all, it's a fundamental right.



There is an importance of both emotions and rational thinking when making choices about one's body.



There should be solidarity and mutual respect in upholding each other's body autonomy.



It is important to respect patients' autonomy when it comes to medical decisions.

Coming into sexuality



3. Identity Formation



4. Acceptance and Embracement



5. Connection and Empowerment



6. Growth or Advocacy



COMING OUT

Coming out refers to the process where one makes the decision to speak about their sexuality and/or gender identity, and the act of sharing that information with others.

Things to keep in mind when you're thinking of coming out:

Trust Your Gut

Don't feel forced to come out by friends or situations.

Coming out is a process.

Different people are ready for it at different times in their lives.

Weigh all the Possibilities

Ask yourself these questions:

"How might coming out make my life more difficult?"

How could it make things easier? Is it worth it?"

Have a Support System

If you can't talk openly about your identity,

or if you're trying to figure out

if you should come out, it can help to speak to a counselor or call an anonymous helpline.

Let Go of Expectations

People you come out to might not react the way

you expect. You will probably find that some

relationships take time to settle back to what

they were. Some might change permanently.

Friends and family members – even the most

supportive parents – may need time to get used to your news.

Identify Peer Pressure

Coming out is your decision and your decision alone.

Even if other people you know have come out

or if you've come out to some but not others,

no one has a say in when, how,

or who you come out to.

Think About Privacy

You might have friends who are mature enough

to respect personal, private information

and keep it to themselves. But whenever you

share information, there's a risk it could

leak to people you might not want to know.

It's a Lifelong Process

Coming out is a lifelong process.

If you choose to come out, that's important

to remember – and not be discouraged by.

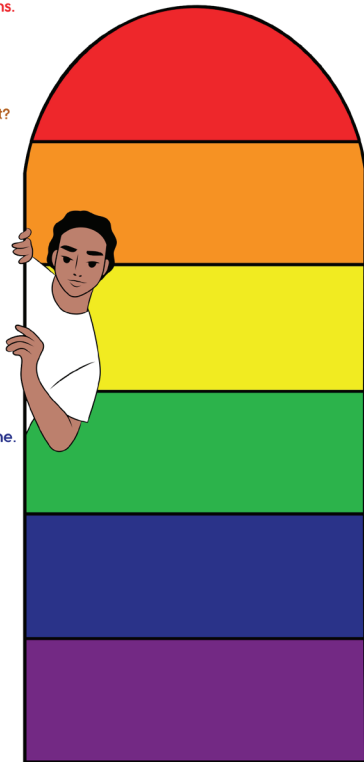
You will make new friends, family,

meet new partners,

and join new companies throughout your life.

If you choose to come out,

then you will have to do it countless times.



There's no one right way to come out.

It can feel better to be open and honest about your sexual orientation than to hide it

Transitioning

The process where one expresses their gender to align with how they view gender identity. The process has no particular timeline and isn't always linear. These changes can include changing your name or getting gender-affirming medical care.

The different areas of transition, or ways to affirm your gender vary could include and are not limited to :

- Psychologically
- Socially
- Legally
- Physically (medical and non-medical)



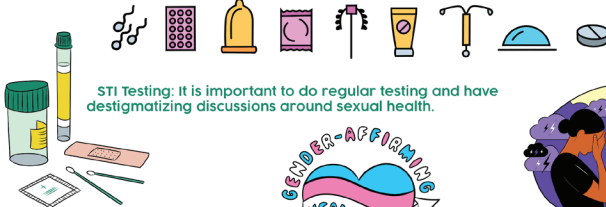
Demystifying Myths and misconceptions on safe and enjoyable sex

MYTHS	FACTS
Same-sex/ gender couples can't transmit STIs.	STIs can be transmitted by anyone through skin-to-skin contact, sharing sex toys, or contact with bodily fluids.
All queer persons are promiscuous and engage in risky sexual behavior.	Sexual behavior varies widely among individuals and regardless of one's sexual preference, practicing safe sex is essential.
Queer persons don't need to practice safe sex.	Safe sex is important for everyone, regardless of sexual orientation, to protect against sexually transmitted infections (STIs) and unwanted pregnancies.
Only sex between persons of the opposite sex are at risk of contracting/ infecting STIs.	Anyone can contract STIs through various sexual activities. Safe sex practices are crucial for everyone, regardless of one's sexual orientations and or gender identity.
Queer individuals don't need regular STI testing.	Regular testing is important for everyone, regardless of sexual orientation. It helps detect and treat STIs early, preventing complications and further transmission.
PrEP (Pre-Exposure Prophylaxis) is a substitute for safe sex.	PrEP can reduce the risk of HIV transmission, but it doesn't protect against other STIs. Combining PrEP with condoms and regular testing is the safest approach.

SRHR Needs and Challenges for Young LGBTQIA+ Persons

There are various SRHR needs for young LGBTQIA+ persons. They include:

Contraceptives: It is vital to have access to safe and reliable birth control options for LGBTQIA+ individuals.



STI Testing: It is important to do regular testing and have destigmatizing discussions around sexual health.



Gender-Affirming Care



Mental Health Support

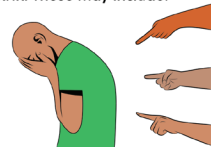


Education: There needs to be an inclusive and comprehensive sexual education that addresses LGBTQIA+ issues.

There are various challenges faced by LGBTQIA+ youth related to SRHR. These may include:



Information Gap: There is a need for accessible and LGBTQIA+ -friendly educational materials.



Stigma: Many LGBTQIA+ individuals encounter this while accessing healthcare or discussing their SRHR needs.



Lack of Support: Lack of family or community support faced by some LGBTQIA+ youth, can impact their SRHR decisions and well-being.

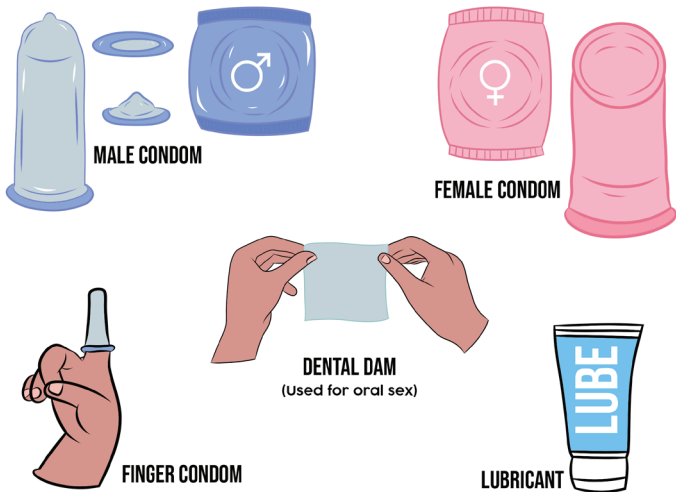


Health Disparities: There is a need for equity and inclusivity in healthcare systems.



Legal Barriers: Legal barriers or restrictions may limit access to certain services.

Safe and Enjoyable sex



Risk and Prevention; HIV & AIDS, STIS

Condoms come in external and internal formats, in latex, or in nitrile, in different sizes, shapes, tastes or colors and when worn properly, it'll protect you from bodily fluids that might possibly transmit HIV or other STDs!

PREP, short for Pre-Exposure Prophylaxis, is a treatment plan of antiretroviral drugs that a person who is at a higher risk of exposure can regularly take to prevent them from contracting the virus.

PEP (or post-exposure prophylaxis) is taken very soon (not more than 72hrs) after a possible exposure to HIV.

PEP is effective in preventing HIV infection when taken correctly, but it's not 100% effective.

The sooner you start PEP after a possible HIV infection, the better.

HYGIENE- ANAL SEX



Eat a fibre rich meal.



Eat normally on the day of. The fresh food will be too far up your intestines to be in the way that soon!

Make sure to visit the toilet early in the day!



A couple of hours before sex, take out and use the store bought enema!

Lay down on a towel on your back or front or side with your knees drawn up to your chest.



Lube up your enema noozle and push it into your butt!



Slowly squeeze that warm water into your bowels. Do not use soapy water!



Once all that water is inside you, pop out the enema, clench your butt hole tight and wait it out a few minutes.

Once it feels like you should visit the toilet, sit on the toilet and release it.

Do this a few times until the water coming out is clear!

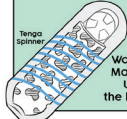
It is advisable not to do this process frequently as it may interrupt your body's natural balances.



HYGIENE- SEX TOYS

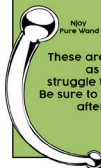
All Other Soft Non-Silicone Toys

These toys are not built to last. If you notice mold, weird smells or anything out of the ordinary you have to dispose them.



Wash these with mild soap and hot water. Make sure to get them as dry as possible! Use a clean towel to dry it out so that the bacteria doesn't have a chance to grow.

Glass & Steel



These are easy to clean as bacteria struggle to stick to them. Be sure to wash thoroughly after each use.

Wood

Wooden toys are typically sealed, however, it's not always a guarantee.

Gently wipe with mild soap and a warm wet cloth.

noblesse
Bompa 2.0



Latex

Latex is a natural material that will naturally degrade.

Hand wash and soak in warm soapy water and put to dry. Hang in the closet.

Wash after each use, and apply latex conditioner to it to bring back the luster!



Silicone

Wash these with mild soap and rinse, before adding to a bucket of boiling water. Drain, dry and store in a safe clean place.

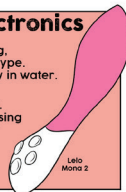
Note all silicones are made the same. Some are higher quality than others, and all of them degrade in the sunlight!



Vibrators & Toys with Electronics

These need extra care when cleaning, especially if they aren't the waterproof type. Check the toy's information before putting any in water.

First, remove any batteries if possible. Wash with mild unscented soap, before using hot water on a cloth to wipe soap off while avoiding any electronics.



Leather

Wash with mild soap and wipe down with warm damp cloth. Leave to air dry completely in a shaded place. After it's dry, massage conditioner into leather to prevent cracking.

IT
Signature Collection
Ward Cutl

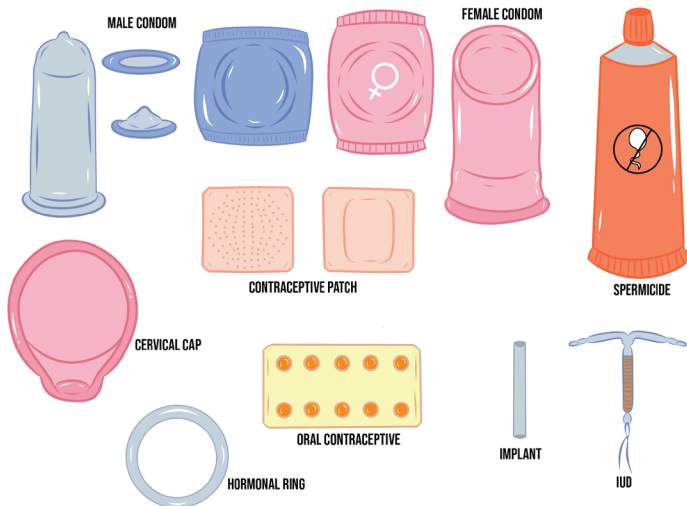


Nylon

Remove toys from harness. Run on normal wash with like colors. Air dry and store them.



Contraceptives



Demystifying myths and misconceptions

Myth: Contraceptives are only for heterosexual couples.

Fact: Contraceptives are important for anyone engaging in sexual activity, regardless of sexual orientation or gender identity.

Myth: Queer individuals don't need contraceptives because they can't get pregnant.

Fact: Queer individuals may still need contraceptives to prevent unintended pregnancies, especially if engaging in sexual activities that involve the potential for pregnancy.

Myth: Contraceptives are primarily about preventing pregnancy.

Fact: Condoms, as contraceptives, also play a crucial role in preventing sexually transmitted infections (STIs) among all sexually active individuals, including those in the queer community.

Myth: All contraceptives work the same way for everyone.

Fact: Different contraceptives have varying effectiveness and may suit individuals differently based on their health, preferences, and relationship dynamics.

Myth: Contraceptives are readily accessible and affordable for everyone.

Fact: Accessibility and affordability of contraceptives can be challenges for many individuals within the queer community due to healthcare disparities and financial barriers.

Queer Parenting

According to the Human Rights Campaign Foundation, at least 30% of foster youth identify as LGBTQ, highlighting a need for queer parents.

Parenthood can mean many things to different people, depending on who you ask.

For queer folks, not only can parenthood look different, but the journey to get there is often full of legal, logistical, and biological obstacles.

Due to biological barriers, around 40% of queer folks seek alternative ways to become parents, and many face stigma and discrimination in the process.



Common challenges of queer family expansion include:

- Financial resources and cost
- Institutionalized heterosexism and cissexism
- Lack of accessible LGBTQ+ services and supports



WHERE TO SEEK QUEER-FRIENDLY SRH SERVICES IN KISUMU, MOMBASA AND NAIROBI COUNTY

For Psycho- Social support:

- NGLHRC
- GALCK+
- Wacha Health

Kisumu County

- Maaygo (Men Against Aids Youth Group)
- LARWHER (Lake Region Womxn Health and Equal Rights)
- Transsupport Organization
- TransAlliance Organization
- Anza mapema
- Maseno Mission Hospital
- Kisumu District Hospital
- Lumumba Hospital
- KASH

Mombasa County

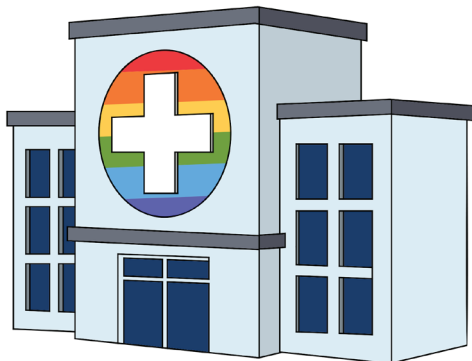
- International Centre of Reproductive Health: Kisauni & Likoni Dias
- Bomu Clinic
- Bamburi Dispensary
- Pema Kenya
- KEMRI
- Wacha Health
- Casablanca
- Coswa
- Railway Clinic
- HAPA Kenya
- Tamba Pwani
- Muamko Mpya

Nairobi County

- ISHTAR
- Hoymas
- NCKK
- FHOK
- LEHA
- MPEK
- RHNK

Online

- Auntie Jane
- Nurse Lisa
- Start Talking Kenya
- 1190
- GBV Toll Free
- Sauti ya Wamama
- Zuri
- Mydawa
- Nenanabinti



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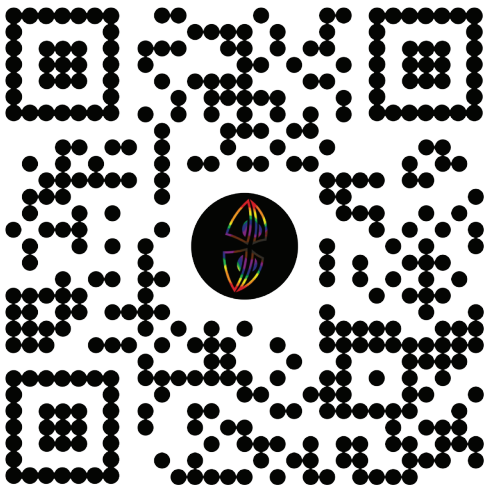
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GIVE US FEEDBACK**



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