

CHANGING THE NARRATIVES AROUND SRHR AND MENTAL HEALTH

#MYBODYMYMIND



WorldYWCA

CHANGING THE NARRATIVES AROUND SRHR AND MENTAL HEALTH

TELL YOUR STORIES, CHANGE THE NARRATIVES, ADVOCATE FOR YOUR RIGHTS!

Women's access to Sexual and Reproductive Health and Rights (SRHR) is a major concern affecting women, young women and girls across the globe. Many women don't know their rights and don't have access to adequate health services or the knowledge they need regarding their own bodies. In many cultures around the world, men or families have often been responsible for the decisions taken about the bodily rights of girls, young women and women - often without their consent. This has impacted women's health and rights and exacerbated gender inequalities.

COVID-19 is having an impact on women, young women and girls everywhere - during the pandemic, we know women carry an even heavier load, tending to the front lines of their homes, their jobs, their families and their communities, while tending to nicks and tears and fraying corners of their own superhero capes. However, a greater part of the impact of COVID-19 is going unseen, especially for women and girls in the most vulnerable parts of the world. For many women, young women and girls around the globe, it's even more frightening, dangerous and uncertain as they face the realities of child care, looking after sick family members, domestic violence, limited access to healthcare and extra financial strains as a result of a reduction in income and unexpected bills.

**NOW MORE THAN EVER WE NEED TO RAISE AWARENESS ON SRHR AND PUSH GOVERNMENTS TO TAKE
DRASTIC MEASURES TO PROTECT WOMEN'S RIGHTS.**

#MYBODYMYMIND

With the support from the Government of Finland, the World YWCA has developed this online campaign around Sexual and Reproductive Health and Rights (SRHR) and mental health called #MyBodyMyMind to change dominant narratives around Sexual and Health and Reproductive Rights and impacts on gender equality as a part of a larger initiative. All materials published are inspired by real incidents and were provided by YWCA leaders from Asia, Africa, Eastern Europe and the Pacific. These materials provide important information on SRHR and mental health issues that touch young women and women, and include information for young women to better know their rights and help them challenge dominant narratives. We want you to join the campaign! Tell your stories, change the narratives, advocate for your rights!

The campaign will not just provide innovative stories and materials on SRHR and mental health issues inspired from real incidents, it is aimed to provide engagement opportunities to women and young women around the world on the issue, through activities like twitter chats, virtual panels, art contests and more. The YWCA movement is working towards mobilising and investing in young women's and girls' empowerment, rights and leadership. The World YWCA through this project will contribute to the growing young women movement on SRHR and mental health around the world, thereby building a collective movement where young women co-design, co-create and co-decide for themselves. The outcomes and approaches of the projects are designed to align with and contribute to Goal 2035.

Watch, hear, and read the stories of leaders like Tiffany, Afia, Muskan, Meghna', Karmen.

**DECISIONS ABOUT YOUR BODIES AND MENTAL
HEALTH ARE YOURS TO MAKE! KNOW YOUR RIGHTS!
LET'S CHANGE THE NARRATIVE! #MYBODYMYMIND**



ACKNOWLEDGEMENTS

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- Tina Bouffet for all visual stories and blogs,
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- Jayne I. M. Cruickshank-Magistris and Daniela Zelaya for French and Spanish translations.

The SRHR and mental health toolkit was based on research by Catherine Nyambura and Genesis Luigi and created in collaboration with Feminism in India. The toolkit was translated in French by Dédé Attiogbe,

Voice over for the short videos was done by young women from The YWCA Movement :

- Roni Shakya, YWCA Nepal
- Pertee Jindanuch, YWCA Thailand
- Jill Anami, YWCA Kenya
- Kateule Valentina Kasonde, YWCA Zambia
- Anu Gurung, YWCA Nepal
- Alyona Pryvydentseva, YWCA Ukraine
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- Ridhi Negi, Creative Studio 2626

The French versions of ressources were translated by Jayne Cruickshank-Magistris and the Spanish versions were translated by Rafael Porlán-Moreno with the support of Daniela Zelaya Raudales.

Thank you to all the girls, young women, and women leaders who participated in this project and whose life stories inspired these resources.

This concept and campaign were created by Ceylan Tokgöz, Pauline Westerbarkey, Dr. Suchi Gaur and Talisa Avanthay from World YWCA. All materials shared are a product of World YWCA movement.

SRHS

Sexual and Reproductive Health and Rights (SRHR)

Sexual and reproductive health and rights are a fundamental part of life, and without them, nobody can lead an active, meaningful life in the present or define her future. When a person can freely decide when and with whom to have sex; if, when, and how often to have children; and how to protect themselves from unintended pregnancy and sexually transmitted infections such as HIV, and have access to the relevant services and information, then they are exercising their sexual and reproductive rights. We believe all women, young women, and girls should have the power, complete freedom, and rights to make decisions about their own bodies, as well as access to the comprehensive health care, information, and services they need to best exercise those decisions. All people should have the right to make sexuality and health decisions, free from discrimination, coercion, and violence.

Facts :

- Each year, adolescent women account for 16% of all births in Sub-Saharan Africa, 12% of those in South Central and Southeast Asia, and 18% of those in Latin America and the Caribbean.
- Every day, there are more than 1 million new cases of curable sexually transmitted infections (STIs) among people aged 15–49 years.

Your Sexual and Reproductive Rights :

- Reproductive decision-making, including the choice to marry and determine the number, timing and spacing of their children.
- Sexual and reproductive security, including freedom from sexual violence and coercion.
- Be informed and have access to safe, effective, affordable and acceptable methods of family planning of their choice. This includes other methods of their choosing for regulating their fertility which are not against the law.
- Have access to appropriate health-care services that will enable women to go safely through pregnancy and childbirth, and provide couples with the best chance of having a healthy infant.
- Information and the means needed to exercise these choices.

What do you do if you are facing these problems?

- Contact a local organisation focusing on women's health rights.
- Contact a health worker for more information and advice.
- Talk to someone you trust who will support you - peers, mentors, advisors...
- Remember you have the rights over your body.



Click on the language you want to download the video, comic or on the country on the instagram story.

RESOURCES

Below are different resources that will help you understand your SRHR rights.

A Better World, is Possible

Video

[ENG](#) - [FR](#) - [ESP](#)



Rise Up for Your Rights

Comic

[ENG](#) - [FR](#) - [ESP](#)



We Choose To Nurse Wherever We Want

Comic

[ENG](#) - [FR](#) - [ESP](#)



Meghna's Story Menstrual Rights

Video

[ENG](#) - [FR](#) - [ESP](#)



Period Poverty Menstrual Hygiene

Comic

[ENG](#) - [FR](#) - [ESP](#)



INSTAGRAM STORIES AFRICA

[Kenya](#)

[Zambia](#)

ASIA

[Thailand](#)

[Nepal](#)



Click on the language you want to download the video, comic or on the country on the instagram story.

RESOURCES

Download the SRHR and Mental Health Toolkit

ENGLISH



A YOUNG WOMAN'S TOOLKIT
FOR ADVOCACY ON SEXUAL &
REPRODUCTIVE HEALTH &
RIGHTS AND MENTAL HEALTH

FRANÇAIS



UN MANUEL DE PLAIDOYER POUR
LES JEUNES FEMMES SUR LA
SANTÉ ET LES DROITS SEXUELS
ET REPRODUCTIFS & LA SANTÉ
MENTALE

GBV

Gender Based Violence (GBV)

Refers to physical, emotional, psychological, economic and/or political violence levied against people based on their gender. Violence against women and girls is an act of gender discrimination against women and girls because they are female. This creates harm and suffering that may be physical or emotional, for example in reaction to threats of such acts, coercion or arbitrary deprivation of liberty. Violence can happen at home, work, school or in public places.

We believe all women, young women, and girls should have the right to be safe and live free from fear and violence in all its forms, and that addressing violence against women and girls must be a priority for all. We strive to mobilize women's transformative leadership to end violence against women and girls, once and for all, through local, national, regional, and international advocacy efforts, education programs, resilience work, and support services.

Facts :

- 35% of women worldwide have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence.
- 200 million women have experienced female genital mutilation/cutting.
- Global estimates show that 1 in 3 women will be subject to violence in her lifetime.
- General Recommendation 19 on VAW

Your Rights :

- States have undertaken legal obligations to prevent and eliminate violence against women.
- The Declaration on the Elimination of Violence against Women identifies three areas in which violence commonly takes place: in the family; within the general community; and perpetrated or condoned by the State and prohibit violence against women whether committed by public or private actors in different contexts - within the family, at the community and at the State level.
- The elimination of violence against women in public and private life is a human rights obligation and that this form of violence impedes the ability of women and girls to claim, realize and enjoy their human rights on an equal foot with men.
- The prohibition of gender-based violence against women has evolved into a principle of customary international law, binding all States.

What do you do if you are facing these problems?

- Contact a local organisation focusing on GBV issues.
- Contact local and national helplines (they often offer phone calls, text messages or online chats for services like legal support, shelters, etc.)
- Contact a Health worker for more information and advice.
- Talk to someone you trust that will support you and help you find a solution.
- Remember you have the rights over your body, you do not have to be ashamed to speak up about your issues.

Advocacy:

follow these important dates for advocating on GBV:

World YWCA Week without violence: 14 to 20 of October

International Women's Day: 8 March

International Day for the Elimination of Violence against Women: 25 November

16 Days of Activism: 25 November - 10 December

Human Rights Day: 10 December





Click on the language you want to download the video, comic or on the country on the instagram story.

RESOURCES

Muskan's Story

Child Marriage

Video

[ENG](#) - [FR](#) - [ESP](#)



Apinya's Story

Break the silence of domestic violence

Video

[ENG](#) - [FR](#) - [ESP](#)



Afia's Story

END FGM

Video

[ENG](#) - [FR](#) - [ESP](#)



Women, War & GBV

Infographic

[ENG](#) - [FR](#) - [ESP](#)



Engaging with Consent

Comic

[ENG](#) - [FR](#) - [ESP](#)



INSTAGRAM

STORIES

AFRICA

[Ethiopia](#)

[Ghana](#)

[Lesotho](#)

[Tanzania](#)

[Case study Teenage pregnancy in](#)

[Kenya](#)

EASTERN EUROPE

[Armenia](#)

LEADERSHIP

Advocacy/ Leadership

Empowering, collaborating with, inspiring or mentoring a group of individuals or organisation in order to create positive change. Within the World YWCA movement, leadership is shared, inclusive and transformative. When you invest in developing the leadership of young women and women, you can transform entire communities—and the world—for the better. The World YWCA is committed to progressive, community-based leadership, particularly through programming that is led by and for young women. When women rise to become leaders and change-makers in their lives and their communities, they can become an influential force coming up with solutions and championing social change far beyond their immediate surroundings.

“Advocacy consists of both strategy and action to achieve an objective. The objective of advocacy is the engagement of stakeholders in the decisions affecting them. The actions to achieve the objective, such as lobbying those stakeholders, typically occur over time, and incrementally.”

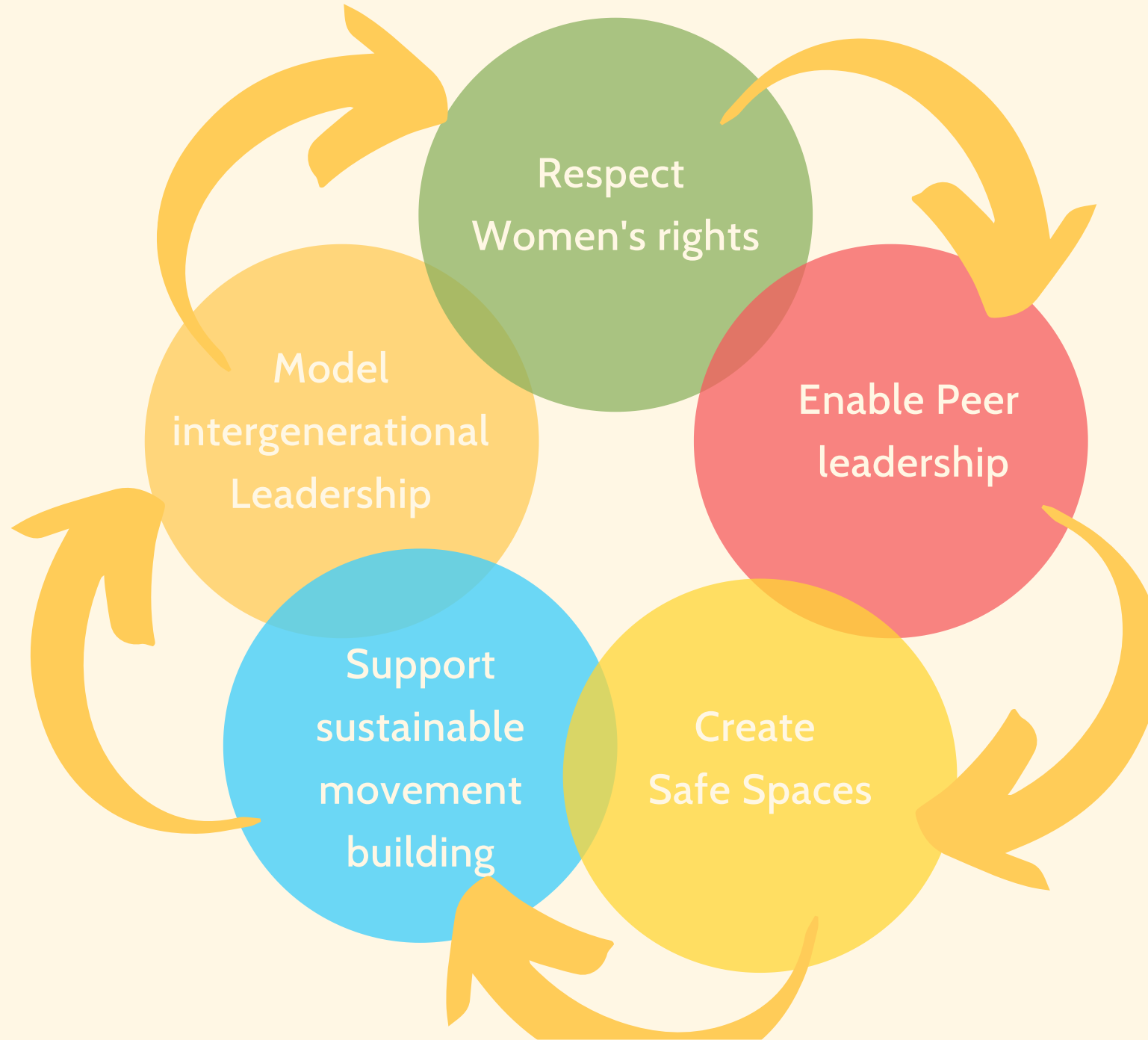
Glossary of the World YWCA

Facts :

- Globally, there are 27 States in which women account for less than 10 per cent of parliamentarians in single or lower houses, as of February 2019, including 3 chambers with no women at all.
- Largely because of these gender gaps, men end up holding 62 percent of manager positions, while women hold only 38 percent.
 - The time it will take to close the gender gap narrowed to 99.5 years in 2019



5 WAYS TO FOSTER YOUNG WOMEN



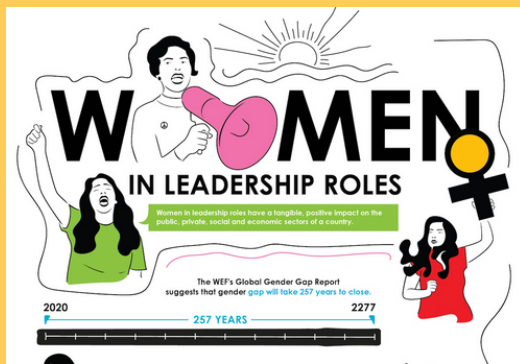


Click on the language you want to download the video, comic or on the country on the instagram story.

RESOURCES

Women in Leadership Roles

Infographic
[ENG](#) - [FR](#) - [ESP](#)



Tiffany's Story Journey of a Leader

Comic
[ENG](#) - [FR](#) - [ESP](#)



Karmen's Story Young Women in Leadership

Video
[ENG](#) - [FR](#) - [ESP](#)



Young Women Sporting Leaders

Infographic
[ENG](#) - [FR](#) - [ESP](#)



More Inclusivity. More Power to All

Comic
[ENG](#) - [FR](#) - [ESP](#)



Story of Six Young Women

Video
[ENG](#) - [FR](#) - [ESP](#)





Click on the language you want to download the video, comic or on the country on the instagram story.

RESOURCES

INSTAGRAM STORIES- AFRICA



[Lesotho](#)

[Rwanda](#)

[Republique Démocratique du Congo](#)

INSTAGRAM STORIES- ASIA



[Sri Lanka](#)

[Case study Nepal](#)

INSTAGRAM STORIES - EASTERN EUROPE



[Albania](#)

[Case study Poland: migration & SRHR leadership](#)



MENTAL HEALTH

Mental Health

According to the WHO, “Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. However, mental health remains a neglected part of global efforts to improve health.” Mental health is an integral and essential component of health. An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.¹

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Mental health conditions include mental, neurological and substance use disorders, suicide risk and associated psychosocial, cognitive and intellectual disabilities.

Cases of mental health² are under diagnosed and are not treated properly. It can be a direct impact of the stigma that surrounds mental illness and the shame women feel when they are facing mental issues.

Facts

(As stated in the WHO Special Initiative for Mental Health 2019-2023) :

- People with mental health conditions experience widespread human rights violations, discrimination and stigma.
- More than 80% of people experiencing mental health conditions are without any form of quality, affordable mental health care.
- It is well known that people living with mental health conditions are more likely to face other physical health problems (e.g. HIV, TB, Non-Communicable Diseases), causing early mortality of 10-20 years.
- Suicide mortality is high (close to 800 000 deaths per year), disproportionately affecting young people and elderly women in low- and middle-income countries.
- Mental health conditions are especially common for people affected by humanitarian crises and other forms of adversity (e.g. sexual violence).

Your Rights

(as stated in [Mental health, human rights & legislation](#))

- We are facing a global human rights emergency in mental health. All over the world people with mental disabilities experience a wide range of human rights violations.
- In many countries people do not have access to basic mental health care and treatment they require. In others, the absence of community based mental health care means the only care available is in psychiatric institutions which are associated with gross human rights violations including inhuman and degrading treatment and living conditions¹.
- Even outside the health care context, they are excluded from community life and denied basic rights such as shelter, food and clothing, and are discriminated against in the fields of employment, education and housing due to their mental disability. Many are denied the right to vote, marry and have children. As a consequence, many people with mental disabilities are living in extreme poverty which in turn, affects their ability to gain access to appropriate care, integrate into society and recover from their illness.

What do you do if you are facing these problems?

- Mental health is part of health and can be treated with the help of a health professional.
- Talk to someone you trust about the issues you are facing.
- Contact a professional health worker to seek treatment and support.
- Do not feel ashamed or guilty to reach out for help.
- Contact your local YWCA.
- Find a Helpline or organisation that focuses on mental health issues.





Click on the language you want to download the video, comic or on the country on the instagram story.

RESOURCES

Coping with Burnout activism

Comic

[ENG](#) - [FR](#) - [ESP](#)



Ruth's Story

Post Partem depression

Video

[ENG](#) - [FR](#) - [ESP](#)



INSTAGRAM STORIES AFRICA

[Cameroun](#)

INSTAGRAM STORIES ASIA

[Bangladesh](#)

INSTAGRAM STORIES EASTERN EUROPE

[Armenia](#)

SAFE SPACES

Safe Spaces

Online or offline places that seek to provide an environment where all people feel safe, comfortable, and can share their experiences, opinions, and views without fear or threat of political, economic or personal harm.

Virtual Safe Spaces

An online space/platform created to provide an environment that encourages all people present to share experiences, opinions, and views without fear or threat of political, economic or personal harm.

8 Defining Elements of a YWCA

Safe Spaces:



Accessible and
Safe Location



Leadership and
Participation



Accurate and
Reliable Information



Building Trust



Holistic Approaches



Intergenerational
Cooperation



Dignity and Respect



Partnership and
Accountability

What you can do:



Host your own online or offline safe space!



Click on the language you want to download the video, comic or on the country on the instagram story.

RESOURCES

Safe Spaces

Comic

[ENG](#) - [FR](#) - [ESP](#)



INSTAGRAM STORIES AFRICA

[Malawi](#)
[South Sudan](#)

INSTAGRAM STORIES ASIA

[Myanmar](#)



Download the World YWCA Virtual Safe Spaces Tool in:

[ENGLISH](#) - [ESPANOL](#) - [FRANÇAIS](#)

CSE

Comprehensive sexuality education (CSE)

Comprehensive sexuality education is a rights-based and gender-focused approach to sexuality education, whether in school or out of school. Ideally, it is taught over several years, providing age-appropriate information consistent with the evolving capacities of children and adolescents. CSE seeks to equip young people with the knowledge, skills, attitudes and values they need to determine and enjoy their sexuality—physically and emotionally, individually and in relationships. (Source: SRHR & mental health toolkit)

What Makes Sexuality Education 'Comprehensive'?

- Scientifically accurate
- Age- and developmentally-appropriate
- Curriculum based
- Comprehensive
- Rights-based
- Focus on gender equality
- Culturally relevant and context appropriate
- Transformative
- Able to develop life skills needed to support healthy choices

MYTH	MYTHS & FACTS ABOUT CSE	FACT
CSE encourages youth to have sex earlier and have more risky sex.		Providing young people with information and services related to SRH does NOT increase sexual activity. Instead, young people who have access to CSE report feeling more empowered about their sexuality, delay sexual initiation and use contraception at higher rates.
CSE disregards values and morals. It goes against faith, religion or tradition.		CSE teaches values such as respect, acceptance, tolerance, equality, empathy, and reciprocity. It also gives young people the opportunity to define individual values as well as those of their families and communities. Information on gender, relationships, sexuality and sexual health does not undermine people's relationship with their culture.
CSE teaches young children how to have sex.		CSE provides age and developmentally appropriate information and skills to help young people delay sexual initiation and to protect themselves when they do become sexually active.
CSE undermines parental/family authority.		The role of CSE is to support and complement the role of parents/family by providing a supportive learning environment and the tools to deliver good quality sexuality education. Not every parent feels equipped to dive into complex topics around relationships and sexuality.
CSE is not as important as school subjects like maths, science or history.		CSE is just as important, if not more as subjects that students study in their mainstream education. CSE provides the basis for living healthy lives and having healthy relationships.

Facts

(As stated in Why comprehensive sexuality education is important):

- only 34 % of young people around the world can demonstrate accurate knowledge of HIV prevention and transmission
- two out of three girls in some countries have no idea of what is happening to them when they begin menstruating
- Too many young people receive confusing and conflicting information about relationships and sex, as they make the transition from childhood to adulthood. This has led to an increasing demand from young people for reliable information, which prepares them for a safe, productive and fulfilling life.

Your Rights:

- **RIGHT TO EDUCATION.**
- You can contact local authorities, national instances and international human rights bodies as the right to education is a human right.





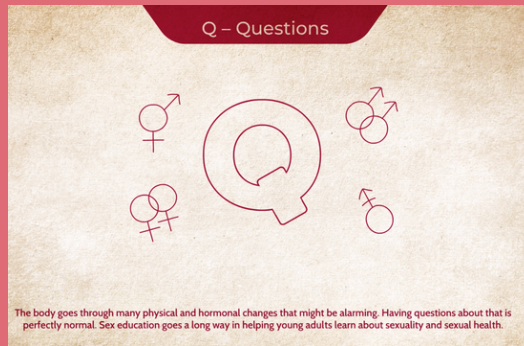
Click on the language you want to download the video, comic or on the country on the instagram story.

RESOURCES

ABC of CSE

Video
[ENG](#)

PDF
[ENG](#)



INSTAGRAM STORIES AFRICA

[Burundi](#)

INSTAGRAM STORIES ASIA

[Philippines](#)

INSTAGRAM STORIES EASTERN EUROPE

[Belarus](#)

#MYBODYMYMIND JUNE 22- JULY 3

CALENDAR OF ONLINE EVENTS

**MONDAY 22
JUNE**

Theme of the day
SRHR

Activity

Twitter
#SayftyChat with
Feminism In India

**TUESDAY
23 JUNE**

Theme of the day
SRHR
&GBV

Activity

Social Media Take
over by Naomi
Woyengu

**WEDNESDAY 24
JUNE**

Theme of the day
GBV and Sexual Harassment

Activity

Virtual online Panel at:
12:00 Geneva 11am London
6am New York 3:30pm Delhi
7pm Tokyo
8pm Sydney

Register here :
https://zoom.us/webinar/register/WN_lqOvQFgmTaiaySLh65mhzQ

**THURSDAY
25 JUNE**

Theme of the day
Mental Health

Activity

Instagram Live
with Kara Brown

**FRIDAY 26
JUNE**

Theme of the day
SRHR
& Mental Health

Activity

Social Media Take
over by Nirmala
Gurung

**MONDAY 29
JUNE**

Theme of the day
CSE

Activity

Instagram Stories
Q&A

**TUESDAY
30 JUNE**

Theme of the day
Safe Spaces

Activity

Social Media Take
over by Vera
Syrakvash

**WEDNESDAY 1
JULY**

Theme of the day
Advocacy

Activity

Social Media Take
over by Jill Anami

**THURSDAY
2 JULY**

Theme of the day
Leadership

Activity

Twitter Chat with
Dr. Michelle Frank
and Dr. Suchi
Gaur on
#MyHealthChat

**FRIDAY 3
JULY**

Theme of the day
Leadership

Activity

Share name of the
winner of the
contest #MySRHR

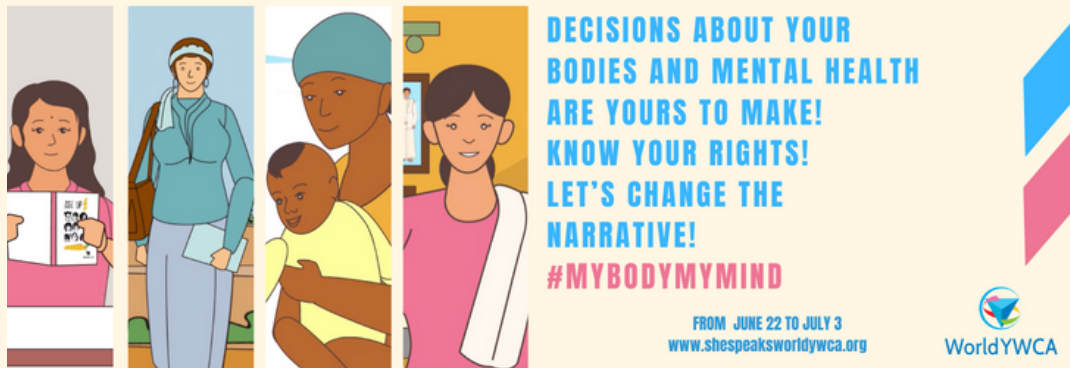
SOCIAL MEDIA TOOLS

Engage the local and national media in your network. Share the YWCA vision of young women **changing the narratives around SRHR and mental health.**

The toolkit is a resource to help guide and inform your posts on the topics in this toolkit. Here are some sample posts for you to share. You are free to edit the posts to fit your unique social media voice. We've also included social media banners you can download. Click on the images to download them.

Download the twitter banner :

Download the Facebook banner :



Follow the hashtags on social media channels for updates from YWCAs around the world: **#MyBodyMyMind** & to follow results of contest **#MySRHR** (take a look at page 26 for more information).

KEY MESSAGES TO SHARE ON SOCIAL MEDIA

TWITTER

It's time to empower #YoungWomen around the world to advocate for our SRHR Rights. Young women are the ones who can make decisions about our bodies, sexual & reproductive health & our mental. Let's change the narratives around SRHR & mental health! @worldywca #MyBodyMyMind

Want to advocate for your SRHR rights ? @worldywca has launched a campaign on SRHR and mental health. Check the resources and share & tag someone you know that might be concerned by these issues. We need to change the narratives around #SRHR & mental health NOW! #MyBodyMyMind <https://bit.ly/3fHxEFX>

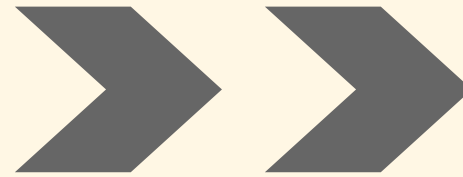
FACEBOOK & INSTAGRAM

Decisions about your bodies and mental health are yours to make! Know your rights!

Let's change the narrative! Reproductive rights are human rights. Take action NOW! Check out the campaign #MyBodyMyMind @worldywca ! Let us mobilise and campaign together to transform narratives around SRHR and mental health. <https://bit.ly/3fHxEFX>

Want to advocate for your SRHR rights ? @worldywca has launched a campaign on SRHR and mental health, inspired by true stories of girls, young women and women from the movement. Check the resources and share & tag someone you know that might be concerned by these issues. We need to change the narratives around #SRHR & mental health NOW! #MyBodyMyMind <https://bit.ly/3fHxEFX>

#MYSRHR Contest



We are launching a contest for the SRHR Campaign of World YWCA that will take place **from 22 June to 3 July !**

We call girls, young women and women to participate in this contest and share **what SRHR is for you !** You can share what are your SRHR rights, what are the issues that touches you, your hopes, how we can lead the change, what annoys you and whatever you want to create around the topics SRHR! Let your creativity SHINE!

You can participate by sharing different materials as video, pictures, drawings/ paintings, poetry and meme.

The only thing you have to do is :

- create your content.
- share it on social media (facebook, twitter, Instagram).
- **tag @worldywca** and use the hashtag **#MyBodyMyMind & #MYSRHR**.
- RT and share other projects shared.

Deadline : Please send your content or share it on social media by **Thursday 2 July**.

We will be sharing the name of the winner Friday 3 July on World YWCA social media.

Tips :

If you create a visual remember to make it in the size required by the social networks you will post on. Here are all the sizes required for the different social medias.

If you create a video, remember to film horizontally, and to check the size of the video to be sure it's not too heavy or too long (1 min max) for the social media on which you will post.

Have FUN ! Be Creative and **Speak up for young women's SRHR!**

For more information contact: worldoffice@worldywca.org



Tag us on Social Media

Click on the icons to visit our pages. When you participate in the campaign, dont forget to tag us



Twitter
[@worldywca](https://twitter.com/worldywca)



Instagram
[@worldywca](https://www.instagram.com/worldywca)



Facebook
[@worldywca](https://www.facebook.com/worldywca)



Website
worldywca.org
shespeaksworldywca.org

Hashtags

#MyBodyMyMind #MySRHR
#YoungWomenLeaders #YoungWomenLead

For more information contact: worldoffice@worldywca.org

DONATE

26



*Believe in the power of young women leaders? Want to contribute?
Join the movement and give to World YWCA to help young women lead the world towards
gender equality.*



WorldYWCA

Other Resources

- <https://vimeo.com/412715981>
- <https://www.ippfen.org/sites/ippfen/files/2020-04/Sexual%20and%20Reproductive%20Health%20during%20the%20COVID-19%20pandemic.pdf>
- <https://www.who.int/bulletin/volumes/94/5/16-173567.pdf>
- <https://www.guttmacher.org/sites/default/files/pdfs/pubs/FB-Adolescents-SRH.pdf>
- <https://www.care.org/our-impact/gender-practice/priority-areas/sexual-reproductive-health-rights/stats-and-facts> <http://srhr.org>
- <https://www.lilianefonds.org/uploads/media/5d91c46cd43c0/sexual-reproductive-health-rights.pdf?token=/uploads/media/5d91c46cd43c0/sexual-reproductive-health-rights.pdf>
- <https://yth.org/wp-content/uploads/YTH-TECHsex-2017-report.pdf>
- <https://blogs.worldbank.org/sustainablecities/five-facts-know-about-violence-against-women-and-girls-disabilities> <http://library.fes.de/pdf-files/bueros/mosambik/14983.pdf>
- [General Recommendation 19 on VAW](#)
- <https://www.sciencemag.org/careers/2013/09/leadership-tips-women>
- https://apps.who.int/iris/bitstream/handle/10665/66539/WHO_MSD_MDP_00.1.pdf;jsessionid=F17DE5629899D53CCF14FAEEEA68BFF0?sequence=1
- <https://www.healthline.com/health/mental-health/safe-spaces-college#2>
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