



REPRODUCTIVE & FAMILY HEALTH ASSOCIATION OF FIJI (RFHAF)

SEXUAL & REPRODUCTIVE HEALTH MESSAGES

1. Every young person, regardless of their age, has the right to enjoy the highest attainable standard of physical and mental health and well-being, including sexual and reproductive health.
2. Sexuality is an important aspect of all young people's lives, whether or not they are sexually active.
3. It is important to respect your body and the bodies of others.
4. Puberty and menstruation are biological processes that may occur at different times for different young people.
5. Reproduction is just one aspect of sexuality – many expressions of sexuality are not aimed at reproduction.
6. All young people must have access to a range of effective contraceptive methods and must be able to choose which method is best for them.
7. Condoms are not just about safety, but are also about pleasure. Safer sex is pleasurable sex.
8. All young people are sexual beings and are entitled to sexual and reproductive rights.
9. Masturbation is natural and healthy



