

▸ Promote reproductive health and rights



Why it matters

The right to sexual and reproductive health means people make decisions about their own bodies, have accurate information, and have access to services like contraception, pregnancy options, and pregnancy and post-partum support. Reproductive health and rights are important to preventing adverse childhood experiences because they support individuals to be healthy and prepared for pregnancy and parenthood, as well as make informed choices when unintended pregnancies occur.

As a community, we can offer programs for expectant and new parents to reduce their stress and provide accurate information about child development.

As a society, we can reduce stigma around sexual and mental health and intimate partner violence so that people feel comfortable asking for help when they need it.

What this could look like

Schools

- Offering comprehensive sexual health education for K-12 students
- Building healthy relationship skills through curricular content

Health and social services

- Delivering culturally safe and inclusive sexual and reproductive health care
- Offering enhanced prenatal services for families who need it most

Local government

- Creating chestfeeding friendly spaces
- Supporting youth led and community organizations with 2SLGBTQ+ programming

Community

- Normalizing the experience of mental health challenges during pregnancy and early parenthood
- Valuing Indigenous perspectives and self-determination of women, girls and gender diverse people

