INTERNATIONAL FEDERATION OF HEALTH AND HUMAN RIGHTS ORGANISATIONS

IFHHRO

Training Session Plan

Everyday Stories
An introduction to sexual and reproductive health rights

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The International Federation of Health and Human Rights Organisations (IFHHRO)

IFHHRO forms a unique network of active organisations committed to the protection and promotion of health related human rights. Members and observers are human rights groups which address health-related rights violations, medical associations involved in human rights work, and organisations that have been created specifically to mobilize health workers for human rights protection.

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Version 2

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Cover: poster made during the IFHHRO Global Training of Trainers, September 2009

Learning Objectives

- To be able to identify sexual and reproductive rights issues
- To link sexual and reproductive rights issues to everyday work

Target Group

Health workers with basic knowledge about human rights.

Duration

90 minutes

Materials

- 4 sheets of flipchart paper
- 4 blank sheets of A4 paper
- Markers

Training Aids

1. Four picture stories on sexual and reproductive rights issues
2. Pictures and titles for the stories: 20 pictures (4 for each story) and 4 titles
3. Key words and phrases

Session Plan

Preparation

Make one copy of each of the pictures and titles from Training Aid 2.
Make four copies of Training Aid 3 and cut the key words and phrases into separate strips. (Do not shuffle the strips of paper but keep each separate set together with a paper clip.)
Hang up the four sheets of flip chart paper, each in a different corner of the room.

Step 1 Introduction & Objectives (5 minutes)

Introduce the participants to the topic and objectives of the session.

Step 2 Sexual and Reproductive Rights Stories (20 minutes)

Shuffle the pictures, titles (Training Aid 2), and the four blank sheets of paper. Provide each participant with either a picture or a title from Training Aid 2 or a blank sheet of paper. If there are less than 24 participants stick the titles onto the flipchart sheets and/or leave one empty sheet of paper next to each flipchart sheet. If there are more than 24 participants have some participants form pairs to share a picture.

Explain to the participants that each picture and title is part of a story about sexual and reproductive rights, and that there are four stories in total.

Ask the four participants with the titles and the four participants with the blank sheets of paper to each stand next to an empty sheet of flipchart paper in a corner of the room. The participants with the titles can stick the titles onto their flipchart sheet so that everyone can see them. Ask the other participants to walk around to find the other pictures and the title that belong to the same story as their picture.

When all participants have found their corresponding pictures ask them to put these into the correct order to form a story that fits with the title. Also ask them to draw a fifth picture on the blank sheet of paper to complete the story. It does not matter if the pictures end up in the wrong order or combination. What matters is that each group ends up with a story about sexual and reproductive rights that consists of five pictures and a title.

Step 3 Key words and phrases (10 minutes)
Provide each group with a set of key words and phrases from Training Aid 3. Tell the participants that these words and phrases consist of essential elements of a human rights approach to sexual and reproductive health. Ask them to select the words and phrases that are applicable to their story and to stick the strips of paper on the sheet of flipchart paper.

Step 4 Storytelling (20 minutes)
Grant each group 5 minutes to present their picture story to the rest of the group. Also request the participants to briefly describe the links between their story and the words and phrases they have selected.

Step 5 Discussion (30 minutes)
Hang the flipchart sheets with the stories together where everyone can see them.
First provide 10 minutes for open questions and discussion about the stories.

Next discuss the picture stories using the following guiding questions:
- What is the main sexual and reproductive health issue in each story?
- Are these issues recognizable?
- Can anyone share similar incidents from their own experience?
- How can the selected words and phrases be used to identify important human rights issues in each story?
- Can some of these words and phrases be used to give each story a positive turn?

Step 6 Conclusion (5 minutes)
Conclude the session by summarizing the main points.

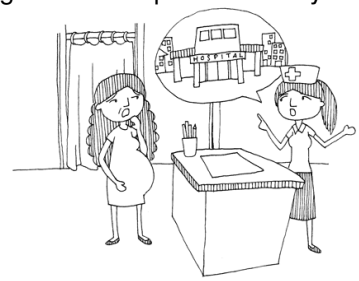
Training Aid 1 – Picture stories on sexual and reproductive rights issues

Story 1: A Hospital Far Away

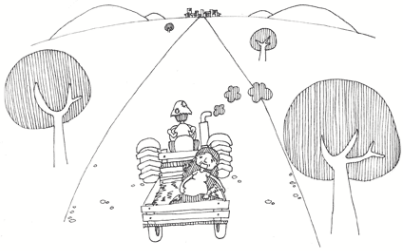
Picture 1: A heavily pregnant women in a rural village is having severe pains.

Picture 2: She goes to the nearby health post

Picture 3: At the health post a nurse tells her she needs to go to the hospital in the city.



Picture 4: The woman takes a lift to the city in the back of a farmer's truck. She is in a lot of pain.

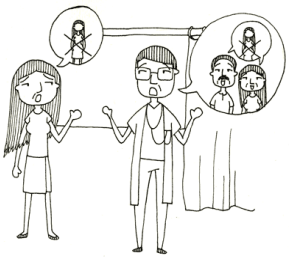


Story 2: A Large Family?

Picture 1: A women is at home with her three very young daughters, she looks tired.

Picture 2: Her husband dreams of having a big family with sons. The woman is very tired and does not want any more children at this moment.

Picture 3: The woman goes to her doctor to ask for advice, but the doctor tells her he cannot give her information without permission from her husband.



Picture 4: The woman is pregnant with her fourth child.

Story 3: No One Will Help

Picture 1: A woman becomes victim to sexual assault by an armed man.

Picture 2: She visits the doctor and tells her story, crying. The doctor says she needs to go to the police, before he can give her medical attention.

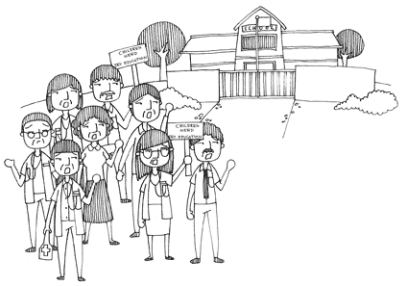
Picture 3: The woman goes to the police station. The police tell her she first needs to go to the doctor for evidence that she is telling the truth.

Picture 4: The woman goes home because she is afraid to return to the doctor.

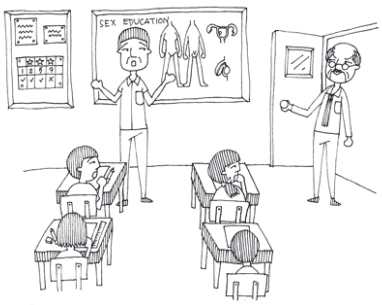
Story 4: We Want Sex Education!

Picture 1: The board of education decides to prohibit sex education in schools.

Picture 2: A group of teachers and health workers protests publicly against this decision.



Picture 3: One teacher continues to provide her pupils with sex education. The school headmaster looks angrily through the classroom door.



Picture 4: The teacher is fired by the headmaster.

Other Stories

The stories provided address general issues about sexual and reproductive health rights that can be relevant across borders. Where necessary these can be replaced with other stories that deal with country-specific issues. Examples include:

- A woman who wants to have an abortion, which is legal in her situation, but the law is not implemented adequately
- A couple has to prove they are married in order to receive contraception
- A woman loses her job because she has become pregnant

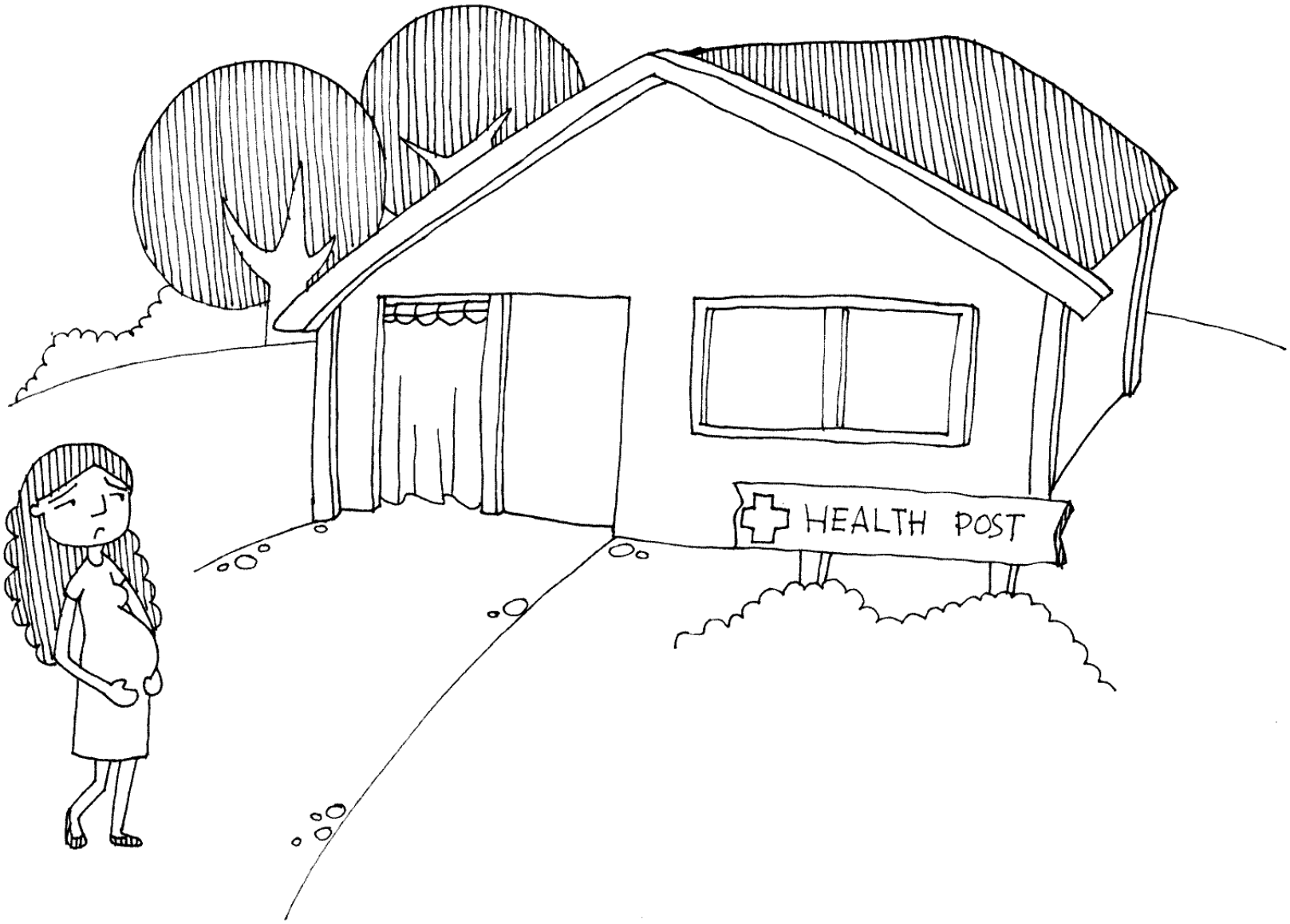
Training Aid 2 – Pictures and titles for the stories

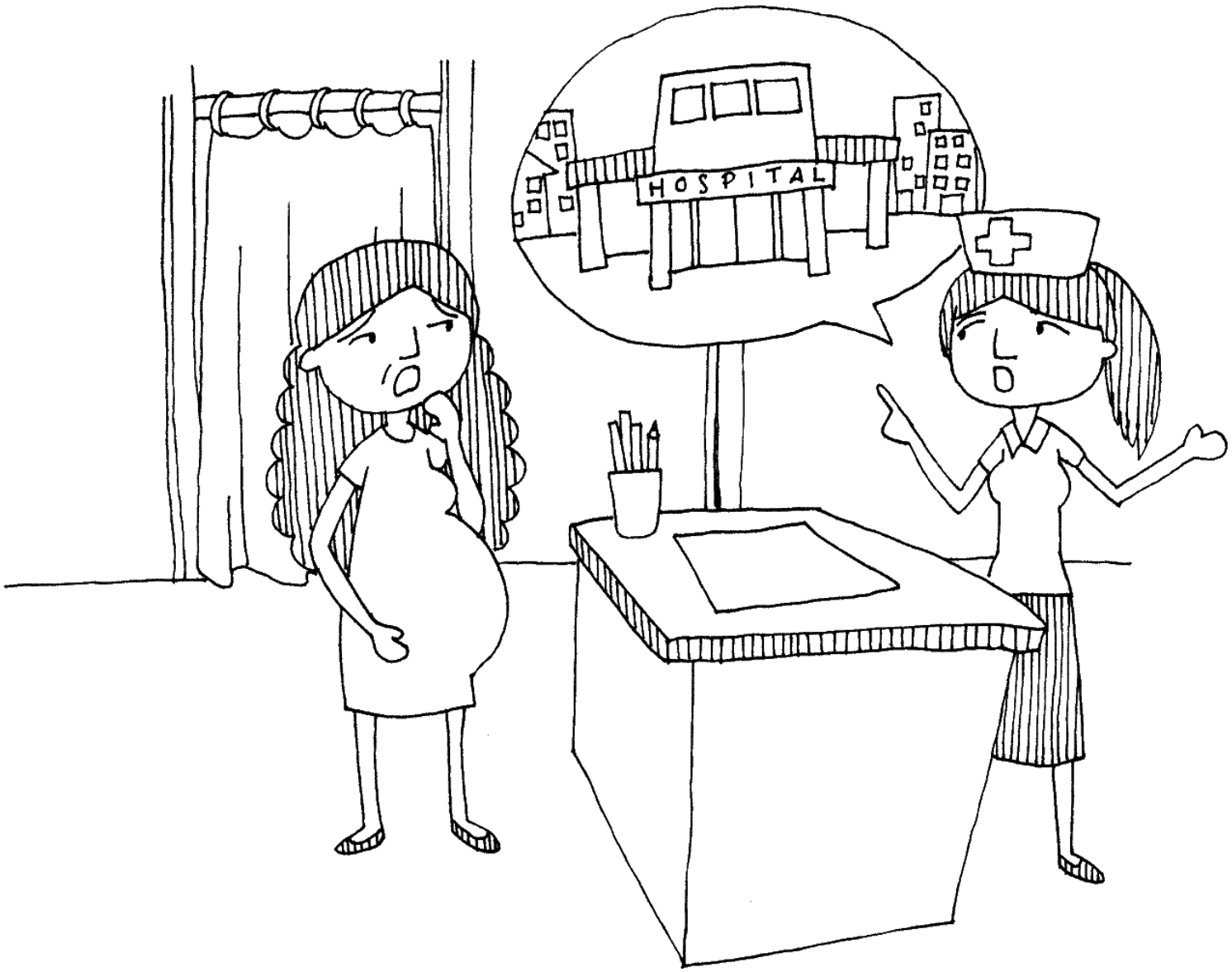
A Hospital Far Away

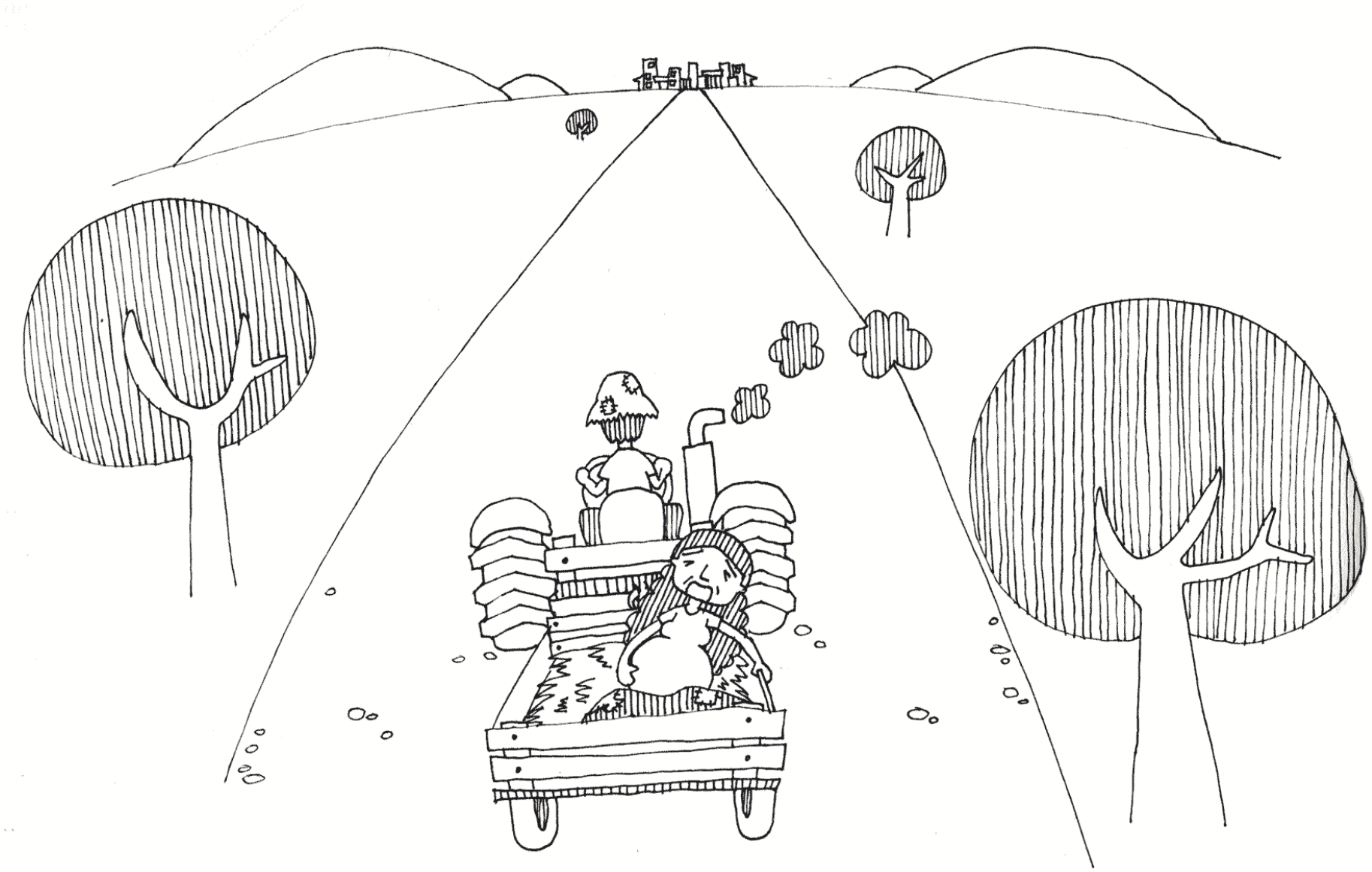
A Large Family?

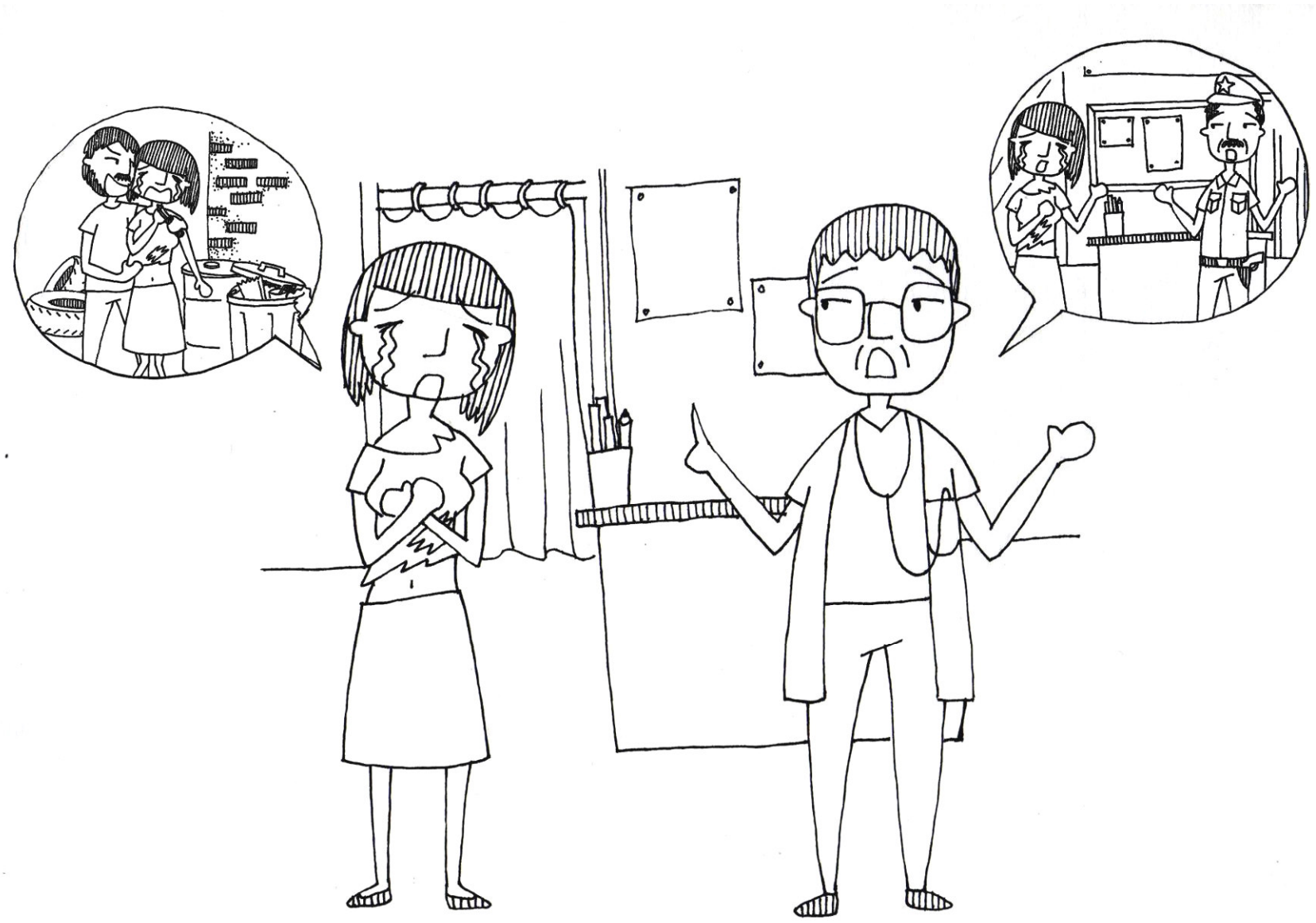
No One Will Help

We Want Sex Education!

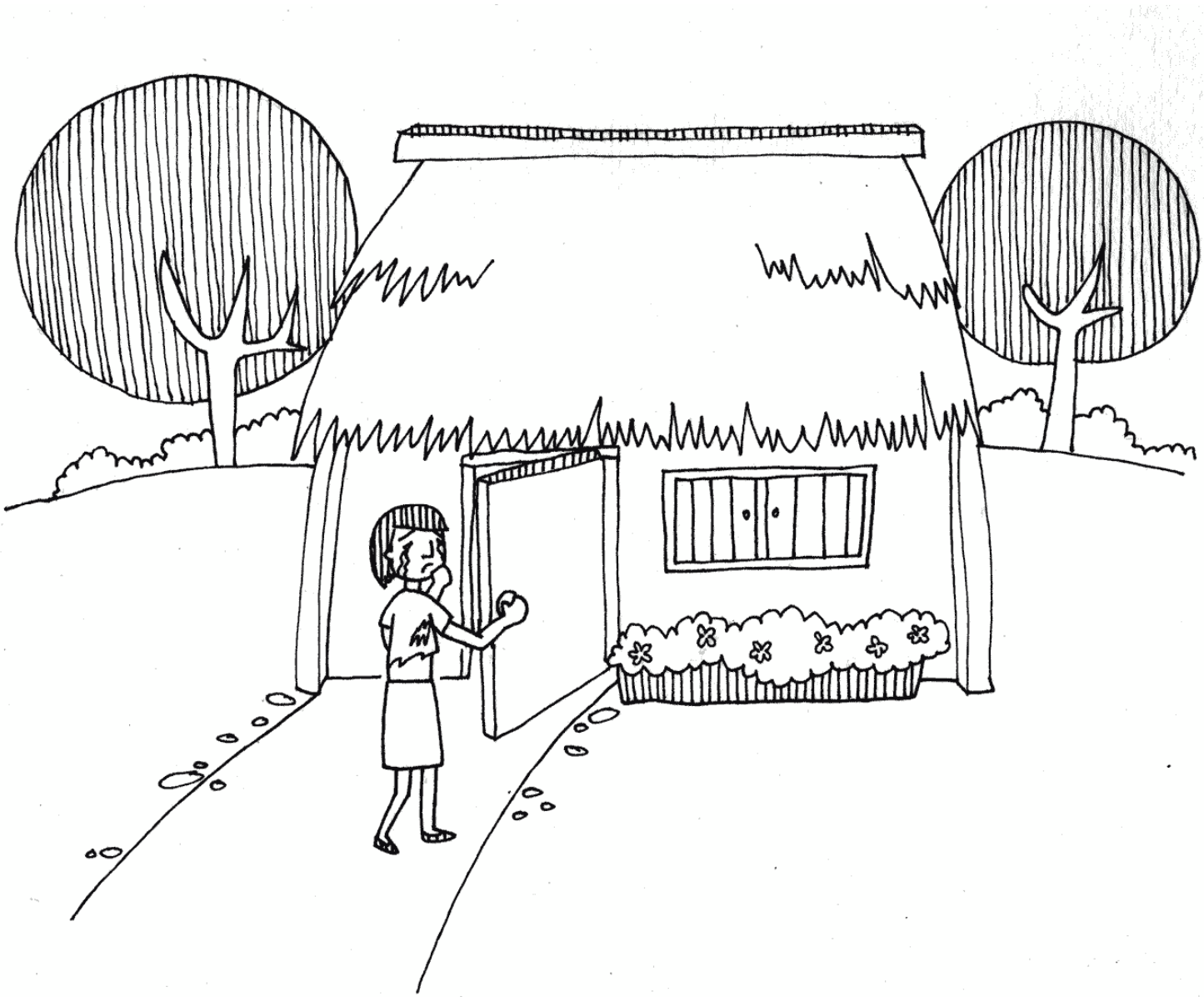

HEALTH POST

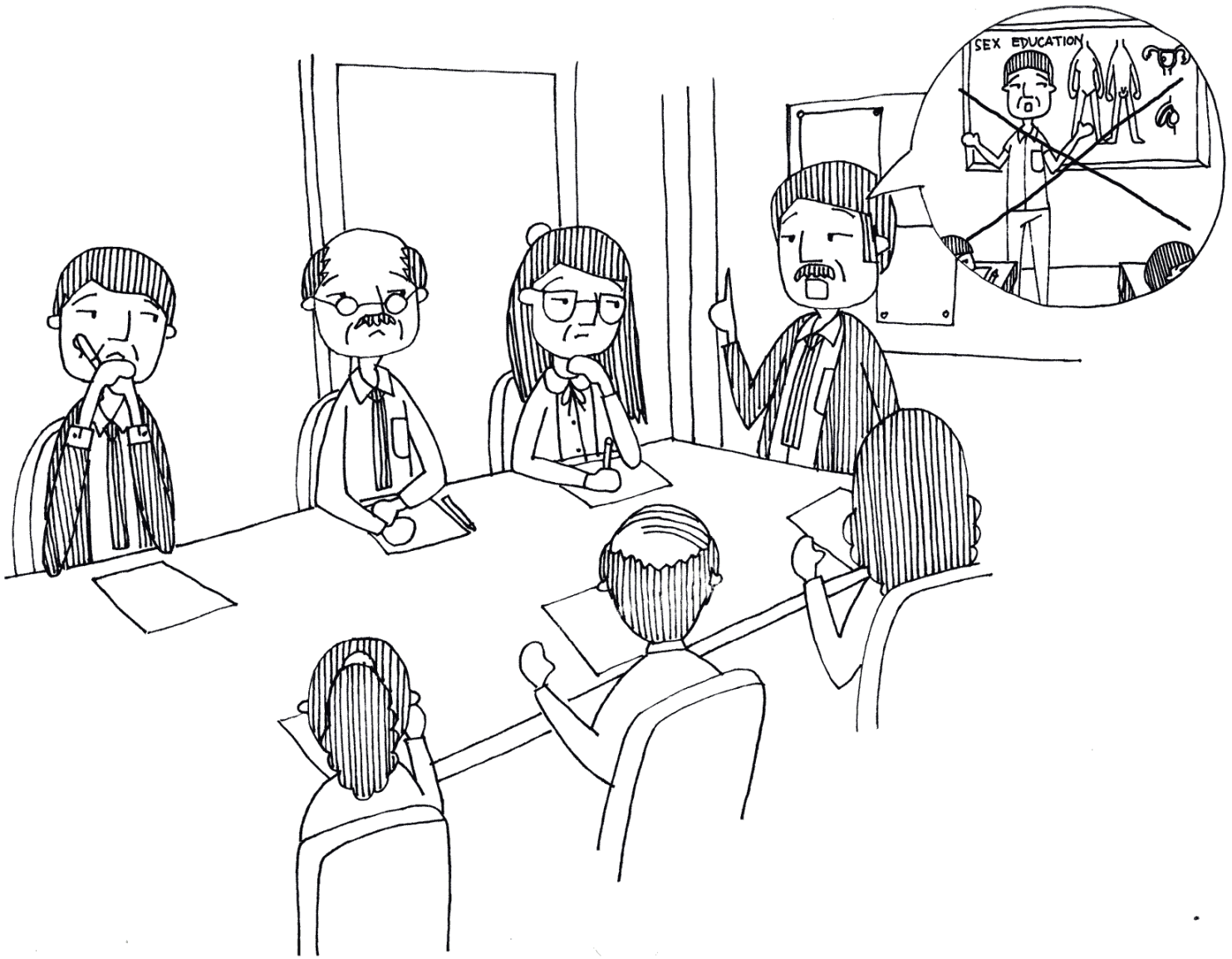

HOSPITAL

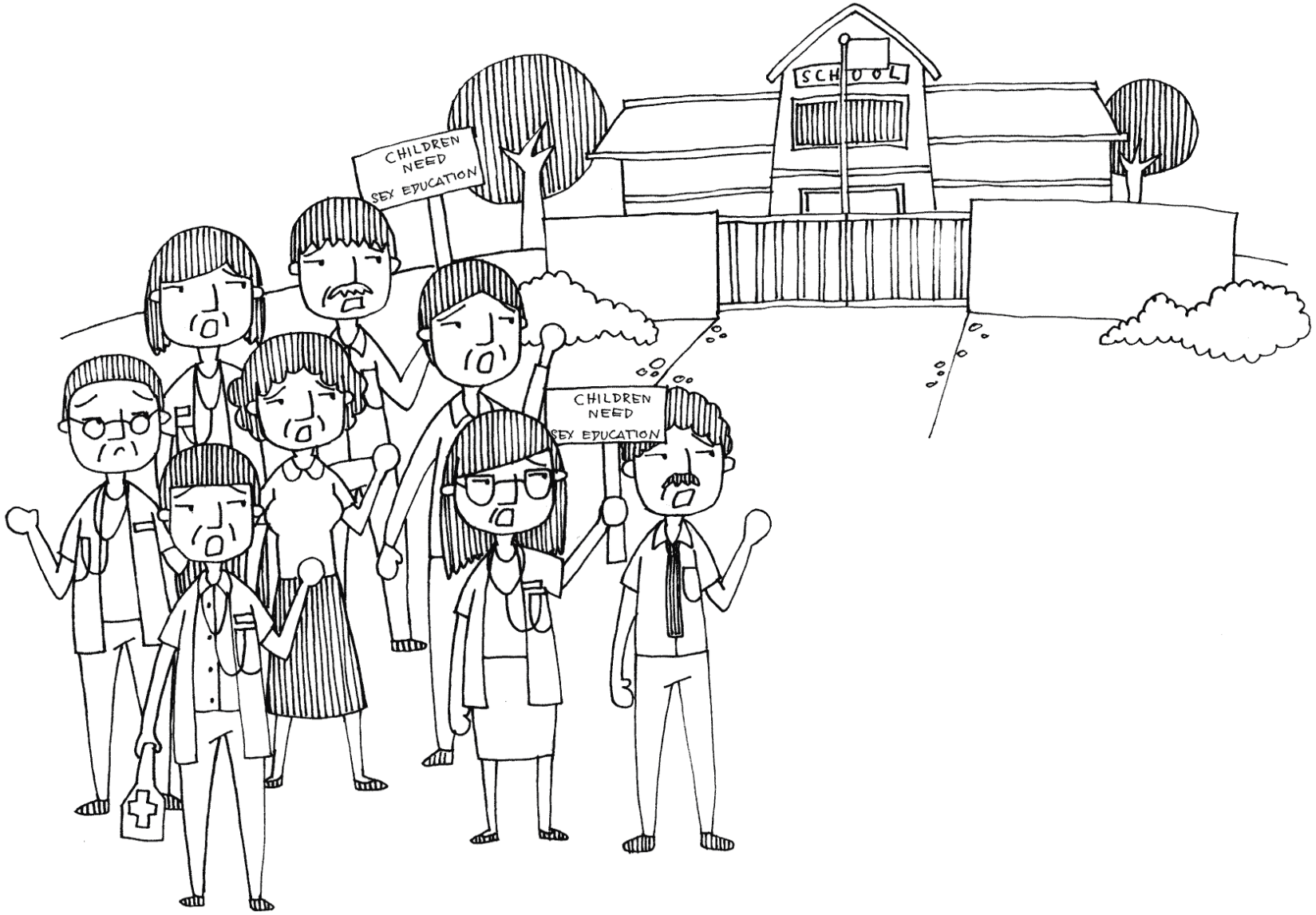


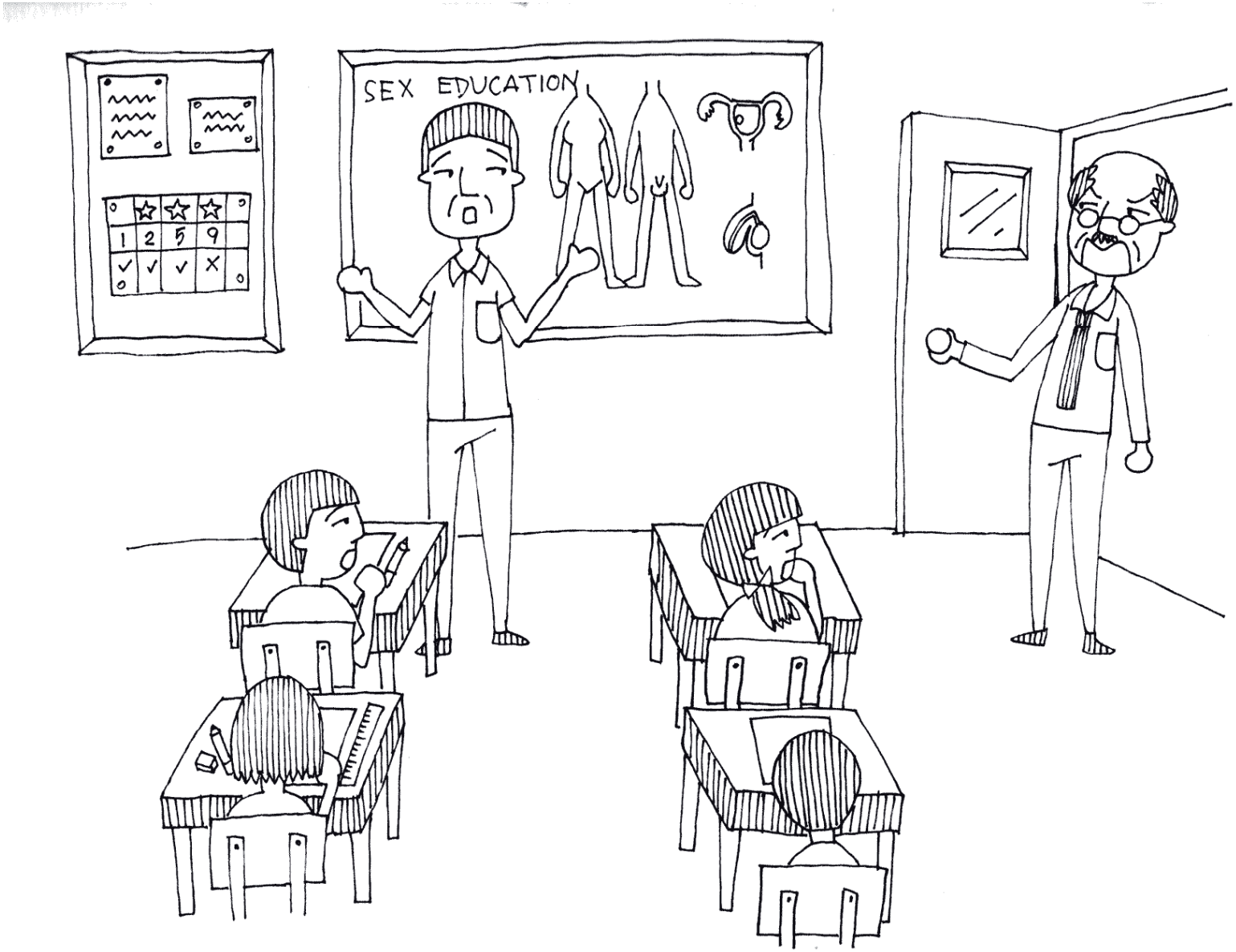


POLICE STATION




SEX EDUCATION


SCHOOL
CHILDREN NEED SEX EDUCATION
CHILDREN NEED SEX EDUCATION


SEX EDUCATION
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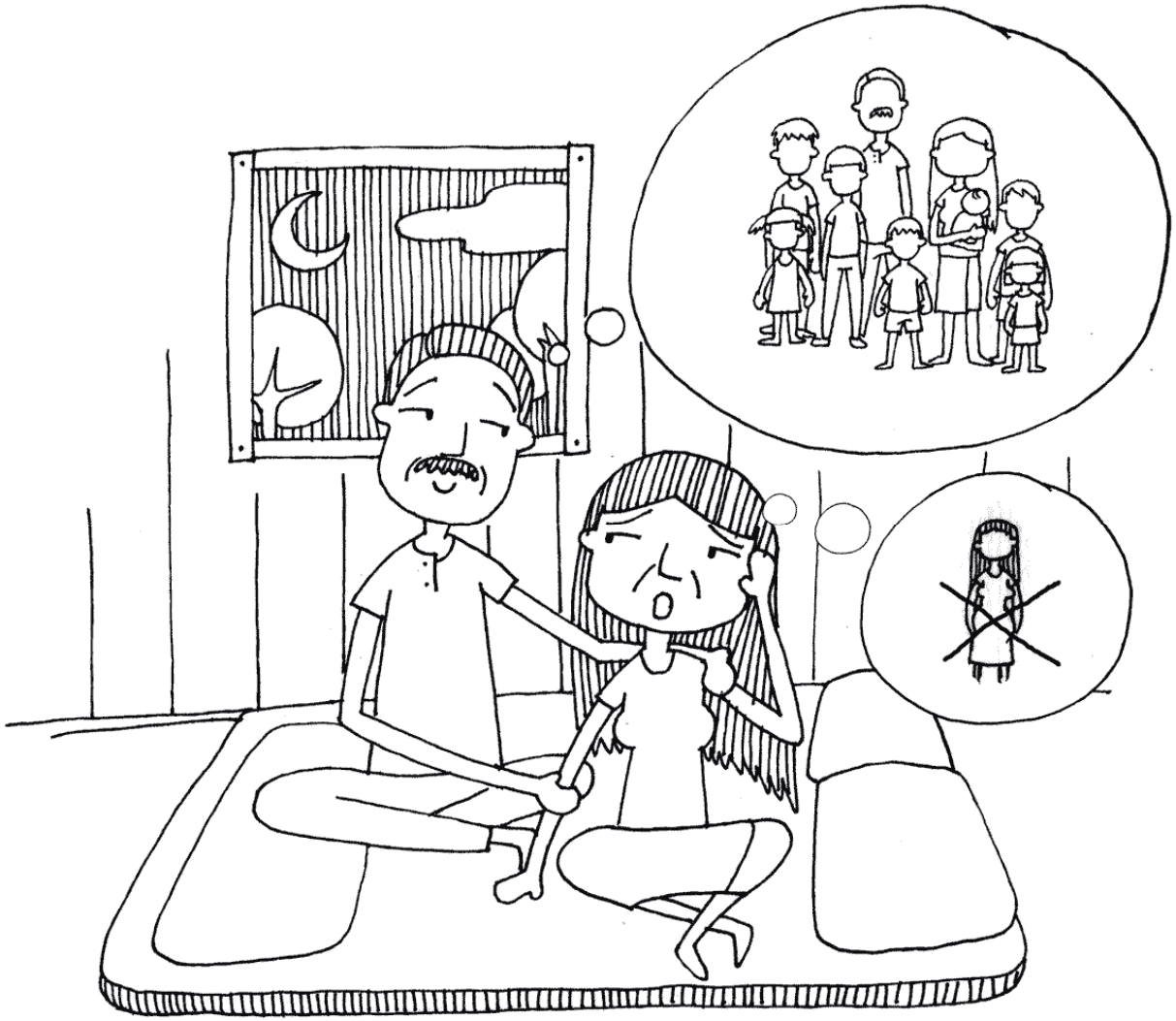
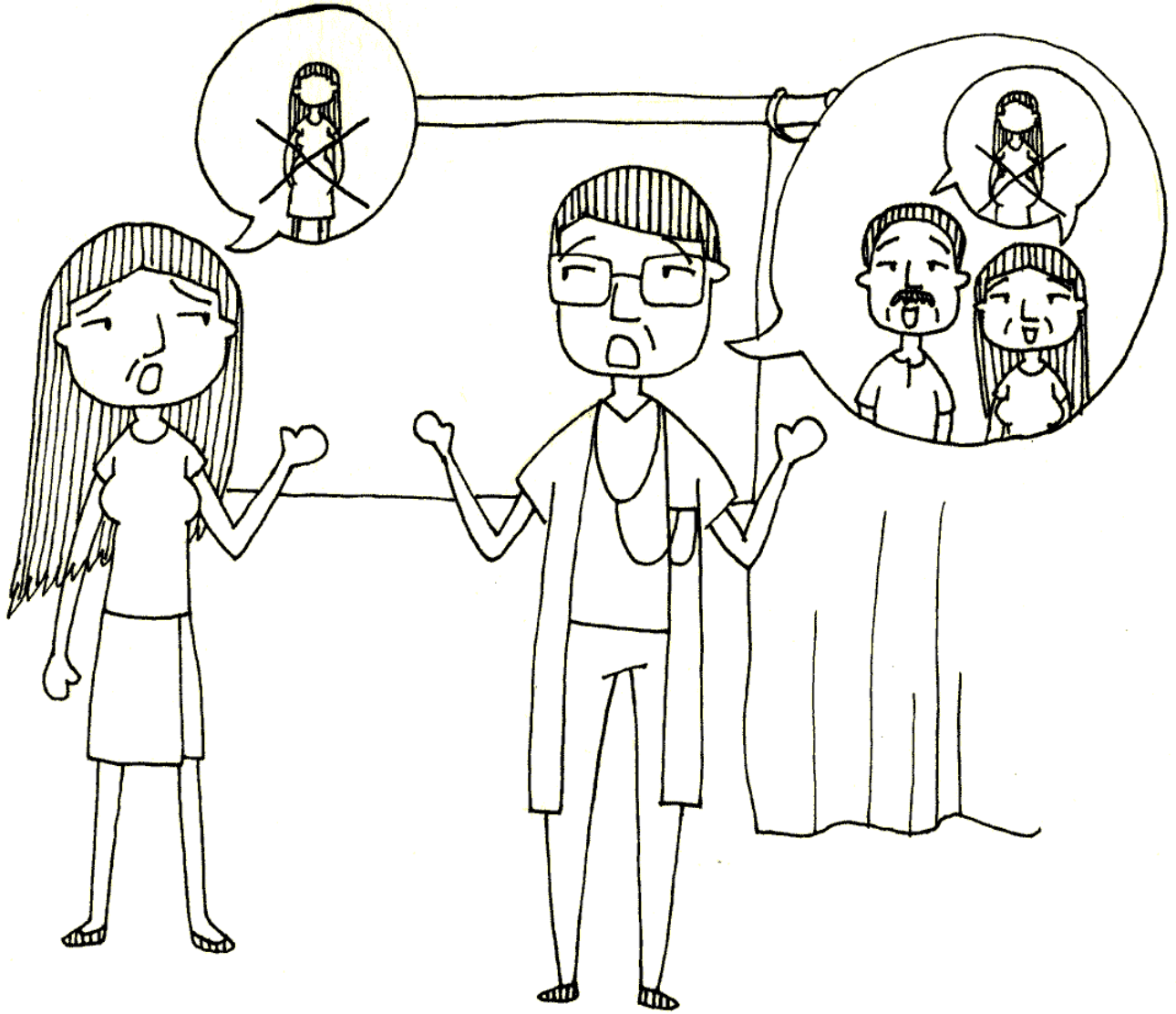
SCH





Training Aid 3 - Key words and phrases

Make four copies and cut the key words and phrases into separate strips. (Do not shuffle the strips of paper but keep each separate set together with a paper clip.)

The right to decide whether or when to have children

Freedom from violence

Safe motherhood

Access to contraception

The right to privacy

Informed decision-making

Access to information

Maternal mortality

Dignity

Available health services

Acceptability

Autonomy

Bodily integrity

Participation

Planned parenthood

Right to education