

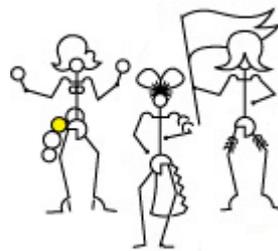
Training Session Plan

Sexual Health and Human Rights

A triplet game with special focus on LGBT persons and sex workers



7. Sexual health and freedom of assembly and association



Human Rights Violation:

A gay pride parade is banned by city authorities

Human Rights Standard:

ICCPR 21 The right of peaceful assembly shall be recognized.

Precedents and Interpretations:

Various mechanisms: have noted denial of LGBT rights to public assembly and marching as well as related violations to their security and safety.

Developed by: *Rosalinda Terhorst*
Maxim Anmeghichean

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.

For more information visit our website: www.ifhhro.org

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Cover: triplet game card



Learning Objectives

- To become familiar with sexual health with a special focus on lesbian, gay, bisexual and transgender (LGBT) persons and sex workers
- To realize in what way sexual health can be a human rights issue for LGBT persons and sex workers
- To gain basic knowledge about the most relevant international and regional human rights standards related to sexual health rights of LGTB persons and sex workers



Target Group

Individuals who have little knowledge on how human rights are relevant to sexual health. Basic understanding of the rights-based approach is assumed.



Duration

90 minutes



Materials

- Two pieces of paper
- Marker
- One complete set of triplet cards for each group
- *Health and Human Rights – A Resource Guide*, OSI and Equitas, available online at: www.equalpartners.info



Training Aids

1. Definition cards
2. Triplet game rules
3. Triplet card game: Sexual Health Rights

Note for the trainer

It is strongly advised to spend two 90 minute sessions on this subject if participants are not familiar with sexual health in general or sexual health related to LGBT person and sex workers specifically. Take the first two steps as the first session. This will give you more time to clearly discuss the concept of sexual health, explaining that it is broader than presented in the triplet game where the focus is on LGBT persons and sex workers. Use more statements and add new ones relevant to your target group and discuss them in more detail. Also add more definitions from chapter 5 of the Health and Human Rights – A Resource Guide. During the second session play the triplet game and discuss all sets in detail.



Session Plan

Preparation

Create two signs on a piece of paper. One saying 'agree' and one saying 'disagree'.

Print or photocopy Training Aid 1: definition cards once.

Photocopy the pages of Training Aid 3 and cut them into separate cards. Make a full set (11x3=33 cards) for each group (4-6 persons). Make sure that you don't mix up the sets.

Step 1 Statements (15 minutes)

Ask participants what they think when they hear the term sexual health. After two or three answers briefly explain what sexual health means using the definition card from training Aid 1, without going into detail. Hang up the card where everyone can see it clearly.

Ask all participants to stand up. Explain to them that there is a line on the floor, which runs from complete agreement to complete disagreement. Mark both ends of the line using the prepared signs keeping at least five metres between both ends. Next, explain that you will read aloud different statements and that the participants have to take their position along the line according to their personal opinion.

After participants have taken their position, interview one or two persons: Why did they choose this position? Respect different opinions and facilitate discussion. Move to the following statement quite quickly.

When you are doing this session as an introduction to the subject you can spend more time for discussion. Also use more statements; of course you can add statements of your own.

Start with an easy statement to check if everyone understands the exercise. For instance: Today is Tuesday.

Choose 4 of the following statements to continue:

- Homosexuality is a sin
- Homosexuality is a choice
- Sexual Rights include the right to freedom of assembly
- Sex work is a vocation
- Prostitution leads to trafficking
- Lesbian and gay couples should be allowed to adopt children
- Sexuality is a private matter which should not be exposed in public

Step 2 Definitions (15 minutes)

After a few statements ask all participants to sit down again and discuss the game briefly by paying attention to the definitions given in Training Aid 1: Definition Cards. Ask the participants how they would define:

- LGBT
- sexual orientation
- homosexuality
- gender identity
- sex work
- sexual rights

Provide the proper definitions as given in Training Aid 1: Definitions Cards. Put the cards next to the definition of sexual health.

When you use this session as introduction to the topic it is advised to select a few more definitions from chapter 5: Sexual Health and Human Rights of Health and Human Rights – A Resource Guide. See for details in Training Aid 1.

Step 3 Triplet Game (20 minutes)

Explain that they will learn more about sexual health rights and how they are protected by international and regional human rights standards by playing a triplet game.

Divide the group into small groups of 4-6 persons. Explain the triplet game rules as provided in training aid 2. Hand out a full set of cards to each group and ask them to play the game for maximum 3 rounds or about 15 minutes.

Step 4 Discussion (40 minutes)

Ask whether they enjoyed the game and invite a few volunteers to share their feelings and experiences with the game. Briefly discuss all sets. Suggestions for guiding questions during the discussion:

- Do these violations occur in your county?
- Are there other violations on this human right that exist in your country?
- Are they familiar with the human rights standard mentioned on the card?
- Do they know other human rights standards related to the topic of the card?
- Are they familiar with their national laws related to the topic of the card?

Conclude with the main points of the discussion.

Training Aid 1 – Definitions Cards Sexual Health¹

Photocopy the following pages with definitions once.

The definition about sexual health is used in the first step of the session. The other definitions are needed under step 2.

All definitions are taken from chapter 5: Sexual Health and Human Rights of *Health and Human Rights – A Resource Guide*, March 2009. This resource guide was prepared by the Open Society Institute and Equitas - International Centre for Human Rights Education. This resource guide is available in several languages and online at: www.equalpartners.info

¹ From: *Health and Human Rights – A Resource Guide*, March 2009, Equitas, International Centre for Human Rights Education and Open Society Institute, pg. 5-44 till 5-49, available online at: www.equalpartners.info

Sexual health

A state of physical, emotional, mental, and social well-being in relation to sexuality. Like health generally, it is not merely the absence of disease, but encompasses positive and complex experiences of sexuality as well as freedom to determine sexual relationships, as well as the possibility of having pleasurable sexual experiences, free of coercion, discrimination and violence.

Sexual rights

Human rights that are already recognized in national laws, international human rights documents and other consensus statements. Important sexual rights include the right to sexual and reproductive health services, sexuality education, respect for bodily integrity, rights of privacy and non-discrimination and expression that encompass the choice of sexual partner, consensual sexual relations, and consensual marriage without discrimination and the means to effect these decisions. *For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected, and fulfilled.*

LGBT

An acronym that groups together sexual orientation-based identities (lesbian, gay, bisexual) with a non-sexual orientation created category (transgender or transsexual).

Homosexual

Refers to an emotional, affective and sexual attraction to a person of the same sex/gender.

Sexual orientation

One of the components of sexuality distinguished by an enduring emotional, romantic, sexual or affectional attraction to individuals of a particular gender. Sexual orientation is different from sexual behavior because it refers to feelings and self-concept. Persons may or may not express their sexual orientation in their behaviors. The main terms used to describe sexual orientation are **homosexual, gay, lesbian, straight, and bisexual.**

Gender identity

A personal identity each persons create from their deeply felt sense of being a man, a woman, or an identity spanning both or aspects of each, which may not correspond to their body. *Gender identity is distinct from sexual orientation.*

Sex work

Refers to varied forms of sexual commerce engaged in by adults. Some forms of sex work are more informal and occasional; others are more regular and organized. Many who work in sexual commerce resist the term “prostitute” because of the stigma associated with it. This is especially true for those who are engaged in forms of sex work, such as telephone sex and stripping, which are not covered by legal prohibitions against prostitution. LGBT as well as conventional heterosexual persons can all engage in sex work.

Training Aid 2 - Triplet game rules

Aim

The aim of the game is to collect as many sets of 3 cards (triplet) as possible. The player with the most sets wins the game.

The Game

The game has 11 sets of 3 cards, so the total number of cards is 33. Each set can be recognized by its title. For each set there are three cards that refer to three items related to the title. These items are the same for all sets and consist of:

- An example of human rights violation in relation to the topic
- An example of a human rights standards in relation to the violation
- A precedent or interpretation of the HR standard in relation to the violation

In the square you find a picture of the subject of that specific card. Under the squares the 3 items are described and the item of that specific card is printed **bold**.

Starting the game

One player shuffles the cards and divides them under the players. In the case you play with 4 persons, 3 persons get 8 cards and one person 9 cards. When you play with 5 persons, two persons get 6 cards and three persons 7 cards. The person sitting to the left of the person who shuffled starts by asking for a specific card from one of the other players. When the person who is asked for a certain card does not have the respected card, the turn goes to that person, and so on.

How to collect sets

You collect cards by asking a person:” Do you have, of the set ‘Sexual health and the right to privacy’ the card with ICCPR article 7 No one shall be subjected to arbitrary or interference with its privacy etc....”

If the person has the card, s/he should give it to you. When the person does not have the card it is his or her turn to ask other cards from the players until somebody does not have the card which is asked for, and so on. The whole game is about remembering who asks what and who collects what. When a complete set is collected the player should put it on the table and show the full set to the other players.

Important rules

- You are not allowed to lie: when you have a card a person asks for, you have to give it.
- You can only ask for cards from a set of which you already have a card.
- When a player is out of cards s/he is out of the game and has to wait until the others are ready.

Training Aid 3 - Triplet card game: Sexual Health Rights

Guidelines:

- Print or photocopy the following pages, and cut them into separate cards. Also include the single card on this page.
- It is strongly advised to use a bit thicker paper, 120 or 160 grams, especially if you want to use the game more than once.
- Make a full set for each group.
- Make sure to keep the sets separate for each group.



11. Sexual health and right to the highest attainable standard of health



Human Rights Violation:

A national health system fails to provide anti-retroviral treatment to LGBT people or sex workers, while making it accessible to others.

Human Rights Standard:

ICESCR 12(1) The States Parties to the present Covenant recognize the right of everyone to the enjoyment of the highest attainable standard of physical and mental health.

Precedents and Interpretations:

CESCR: has urged governments to protect sex workers' right to health as part of overall public health {Dominican Republic, 1997}.



1. Sexual Health and the Right to Life



Human Rights Violation:

Sex workers or LGBT communities are denied access to services to prevent HIV, a fatal disease.

Human Rights Standard:

ICCPR 6(1) Every human being has the inherent right to life. This right shall be protected by law. No one shall be arbitrarily deprived of his life.

Precedents and Interpretations:

CEDAW Committee has repeatedly called for protection of sex workers' rights to life through access to reproductive health services.



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2. Sexual Health and freedom from torture and cruel, inhuman and degrading treatment



Human Rights Violation:

A gay man in prison is denied a bed and repeatedly assaulted and raped by cell mates, with the complicity or inaction of prison guards and correctional officials.

Human Rights Standard:

ICCPR 7 No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment. In particular, no one shall be subjected without his free consent to medical or scientific experimentation.

Precedents and Interpretations:

HRC, CAT: have condemned the torture and ill-treatment of persons in detention based on their sexual orientation or gender identity.



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3. Sexual health and freedom from slavery and servitude



Human Rights Violation:

A man or woman is tricked into forced prostitution by the promise of work abroad.

Human Rights Standard:

ICCPR 8 (1) No one shall be held in slavery; slavery and the slave-trade in all their forms shall be prohibited.
(2) No one shall be held in servitude.

Precedents and Interpretations:

HRC: has emphasized governments' duty to prosecute procurers of forced prostitution {**Lithuania**, 1997}.



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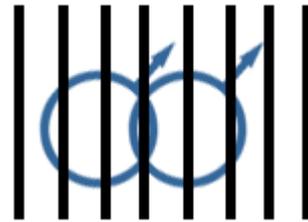
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4. Sexual health and freedom from arbitrary arrest and detention



Human Rights Violation:

A gay man is arrested without charge by undercover police officers in a "cruising" area.

Human Rights Standard:

ACHPR 6 Every individual shall have the right to liberty and to the security of his person. No one may be deprived of his freedom except for reasons and conditions previously laid down by law. In particular, no one may be arbitrarily arrested or detained.

Precedents and Interpretations:

ACHPR: asked **Cameroon** in 2006 about the arrest and detention of men for their alleged homosexuality.



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5. Sexual health and the right to privacy



Human Rights Violation:

A penal code punishes non-marital sex or non-reproductive sex, such as any form of anal or oral sex, same-sex sexual behavior, commercial sex, sex with a condom, masturbation.

Human Rights Standard:

ICCPR 17(1) No one shall be subjected to arbitrary or unlawful interference with his privacy, family, home or correspondence, nor to unlawful attacks on his honour and reputation.

Precedents and Interpretations:

HRC: established for the first time under an international treaty that the penalization of same sex behaviour is a violation of privacy and non-discrimination under ICCPR articles 2 and 17 {Toonen v. **Australia**, 1994}.



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6. Sexual health and freedom of expression and information



Human Rights Violation:

Young people are denied information about HIV and AIDS, safer sex, and condoms, as well as about sexual behaviors such as homosexuality.

Human Rights Standard:

ICCPR 19(2) Everyone shall have the right to freedom of expression; this right shall include freedom to seek, receive and impart information and ideas of all kinds, regardless of frontiers, either orally, in writing or in print, in the form of art, or through any other media of his choice.

Precedents and Interpretations:

CRIC: concluded that adolescent's right to information about HIV and AIDS is part of the right to information {General Comment 3, Paragraph 4, 2003}.



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8. Sexual health and the right to marry and found a family



Human Rights Violation:

A lesbian woman is denied the right to artificial insemination services

Human Rights Standard:

ICCPR 23(2) The right of men and women of marriageable age to marry and to found a family shall be recognized.

Precedents and Interpretations:

ECtHR: decided that the state cannot justify discrimination of unmarried same-sex couples by “protection of traditional family”, thus saying that the state should give same rights to same-sex and different-sex unmarried couples (*Karner v. Austria*, 2003)



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9. Sexual health and right to bodily integrity



Human Rights Violation:

Police fail to investigate the rape of a sex worker, claiming she "asked for it".

Human Rights Standard:

ACHPR 4 Human beings are inviolable. Every human being shall be entitled to respect for his life and the integrity of his person. No one may be arbitrarily deprived of this right.

Precedents and Interpretations:

CEDAW Committee: has noted that sex workers "are at increased risk of violence and need equal protection of laws against rape and other forms of violence." {General Recommendation 19}



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10. Sexual health and the right to non-discrimination



Human Rights Violation:

A person is denied a job, housing, health care, education, or access to goods and services because of sexual orientation, gender identity or expression, or being a sex worker.

Human Rights Standard:

ICCPR 26 All persons are equal before the law and are entitled without any discrimination to the equal protection of the law. In this respect, the law shall prohibit any discrimination and guarantee to all persons equal and effective protection against discrimination on any ground such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.

Precedents and Interpretations:

HRC: has recognized the right to non-discrimination on the basis of sexual orientation in relation to privacy and access to benefits



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11. Sexual health and right to the highest attainable standard of health



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A national health system fails to provide anti-retroviral treatment to LGBT people or sex workers, while making it accessible to others.

Human Rights Standard:

ICESCR 12(1) The States Parties to the present Covenant recognize the right of everyone to the enjoyment of the highest attainable standard of physical and mental health.

Precedents and Interpretations:

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