



**SEXUAL
HEALTH
ADVOCACY**

**PRESENTED BY BRUINS
PUBLIC HEALTH**

Ways to Advocate Sexual Health:

- Educate yourself and others
- Do your research and communicate your questions and concerns with a doctor/trained medical professional that treats your concerns with sincerity
- Keep a record of your medical history, as it provides you with a better overview of your medical history



What is comprehensive sex-ed?

- Comprehensive sex-ed (CSE) goes beyond regular sex-ed and teaches in-depth information regarding: human development, reproductive health, contraception, childbirth, and STDs. It enables people to make more educated decisions regarding their sexual health.

How to advocate for comprehensive sex-ed within your communities?

Comprehensive sex-ed allows individuals to make better-informed decisions and therefore, advocate better regarding their sexual health.

Planned Parenthood has the following suggestions to support comprehensive sex-ed in your communities:

- Find your representatives and senators, and encourage them to support comprehensive sex-ed and equal access to comprehensive sex-ed for all young people, regardless of socioeconomic status.
- Determine the laws surrounding sex-ed in your community. If the law supports comprehensive sex-ed, contact the local school districts and make sure they are engaging in CSE. If the law does not require CSE contact your local officials and advocate for change.
- Work with local school boards to ensure the best possible sex education policies and programs within the respective school district
- Contact Planned Parenthood sex educators for more guidance as to how to advocate for comprehensive sex-ed.



References/Additional Information found below:

<https://www.healthcentral.com/article/how-to-advocate-for-your-sexual-health-at-the-doctor>

<https://www.plannedparenthoodaction.org/issues/sex-education/advocating-sex-education-your-community>

<https://www.unfpa.org/comprehensive-sexuality-education>

