

# REPRODUCTIVE HEALTH

May 2019

RA 10354 (An Act Providing for a National Policy on Responsible Parenthood and Reproductive Health) defines reproductive Health (RH) as the state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes.

This implies that people are able to have a responsible, safe, consensual, and satisfying sex life, that they have the capability to reproduce, and the freedom to decide if, when, and how often to do so. This further implies that women and men attain equal relationships in matters related to sexual relations and reproduction.

## Reproductive Health Care Includes:

- Family planning information and services, which shall include as a first priority making women of reproductive age fully aware of their respective cycles to make them aware of when fertilization is highly probable, as well as highly improbable;
- Maternal, infant, and child health and nutrition, including breastfeeding;
- Proscription of abortion and management of abortion complications;
- Adolescent and youth RH guidance and counseling;
- Prevention, treatment, and management of reproductive tract infections (RTIs), HIV and AIDS, and other sexually transmittable infections (STIs);
- Elimination of violence against women and children, and other forms of sexual and gender-based violence;
- Education and counseling on sexuality and RH;
- Treatment of breast and reproductive tract cancers and other gynecological conditions and disorders;
- Male responsibility and involvement and men's RH;
- Prevention, treatment, and management of infertility and sexual dysfunction;
- RH education for the adolescents; and
- Mental health aspect of RH care.



## Reproductive Health Rights

RH rights refer to the rights of individuals and couples to:

- Decide freely and responsibly whether or not to have children; the number, spacing, and timing of their children;
- Make other decisions concerning reproduction, free of discrimination, coercion, and violence;
- Have the information and means to do so; and
- Attain the highest standard of sexual health and RH provided, however, that RH rights do not include abortion, and access to abortifacients.