



World Sexual Health Day 2013
September 4th
To achieve sexual health, picture yourself
owning your sexual rights!



World Sexual Health Day 2013 will focus on sexual rights!

Why? The history behind WSHD

In 2010, the World Association for Sexual Health (WAS) called all their organizations to celebrate, on each September 4th, World Sexual Health Day in an effort to promote a greater social awareness on sexual health across the globe.

The first World Sexual Health Day was celebrated with the slogan “Let’s talk about it!” to start breaking fears and taboos surrounding sexuality. The topic of WSHD 2010 was addressed in different forums, many of which were intergenerational discussions.

World Sexual Health Day 2011 focused on youth sexual health with the slogan “Youth’s sexual health: Shared rights and responsibilities”. The topic of WSHD was a consequence of the creation of the WAS Youth Initiative and in the context of the International Year of Youth proclaimed by United Nations. Within WAS, the different members of the Advisory Committee and the Youth Initiative Committee celebrated the day by organizing a wide range of activities in their home countries, from Round Tables of Discussion to Conferences and Art Exhibitions.

The focus of World Sexual Health Day 2012 was diversity and minorities, with the slogan “In a diverse world, sexual health for all!” Around the world, activities to commemorate WSHD 2012 made visible the realities of population groups such as: elders, transgender people, people living with disabilities, immigrants.

This year’s slogan for WSHD “*To achieve sexual health, picture yourself owning your sexual rights*” aims to constitute a reminder on the fundamental importance that sexual rights have in order to achieve sexual health. **We invite everyone to imagine, to picture themselves owning their sexual rights!**

In this sense it is important to remember the WAS/WHO working definition of sexual health (2002):

*Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. **For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.***

The WAS/WHO definition states that sexual health is attained through sexual rights, and in 1999 the WAS proclaimed **eleven sexual rights** in its **Universal Declaration of Sexual Rights**: <http://www.worldsexology.org/content/sexual-rights-0>.

Read the Sexual Rights Declaration and picture yourself owning your sexual rights!

How many countries have been involved in WSHD?

World Sexual Health Day is a relatively new global celebration that functions on a volunteer basis. To date, we have reports that more than 35 countries have participated, including:

- Italy
- Sweden
- Brazil
- Venezuela
- Chile
- Cuba
- Japan
- Lebanon
- Croatia
- Australia
- Mexico
- Austria

- Colombia
- Puerto Rico
- Spain
- Argentina
- Turkey...

Country organizers have taken WSHD activities to schools, media, hospitals, libraries, universities, public squares, art halls, theatre groups, etc. WSHD aims to expand to many different social contexts throughout the imagination of its organizers! WAS wants to ensure that sexual health issues are widely discussed everywhere!

What can I do to celebrate World Sexual Health Day 2013?

As World Sexual Health Day is a global and volunteer celebration, the possibilities are limitless. You can use the theme of this year's WSHD and take it to wherever you find suitable, and in the ways that are easier for you. You can organize workshops, a conference, a press conference, a round table of discussion, a media appearance, or an activity like the one that is proposed below...

Picture yourself owning your sexual rights! An activity proposal for WSHD 2013

In the following paragraphs you will find the description of a more specific, playful, dynamic and educational activity that could work well to celebrate WSHD 2013. Read it and give it a thought!

1. First of all, you have to select the place where you want to develop the activity. We recommend a public space within your community/city that has visibility (such as a public landmark), but you can also select a school, an office or your own house!
2. Print all the sexual rights in banners. On the top of the front side of the banner you can add the phrase "My sexual health includes..." followed by the name of the sexual right in a bigger size, so people can understand that sexual health encompasses sexual rights. On the backside of the banner you can add the definition of the sexual right. This is an example of a banner...

Front side:

My sexual health includes....

MY RIGHT TO SEXUAL FREEDOM

World Sexual Health Day 2013

Backside:

Sexual freedom encompasses the possibility for individuals to express their full sexual potential. However, this excludes all forms of sexual coercion, exploitation and abuse at any time and situations in life.

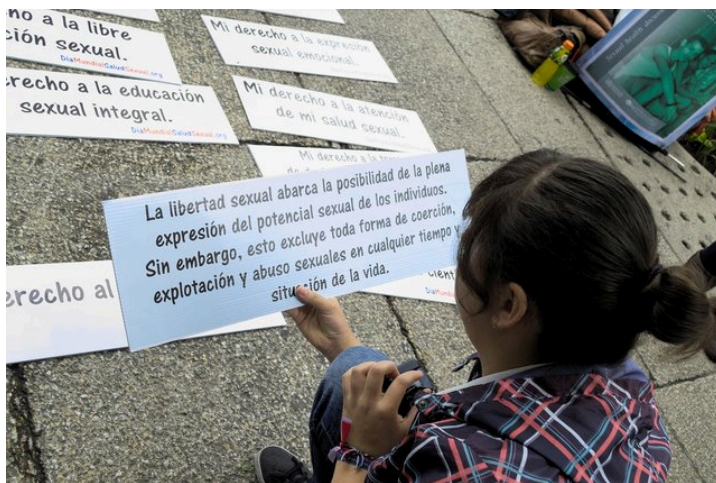
You also have to print one poster containing the definition of sexual health, other one containing the definition of sexuality, and another poster containing the slogan of WSHD 2013. We recommend to print these posters in a larger size.

3. Place all the banners on the selected location, so that people can grab them, read them, discuss them, understand them, and take a picture with the ones they select, having as a visible background the location of the event. See the following pictures...

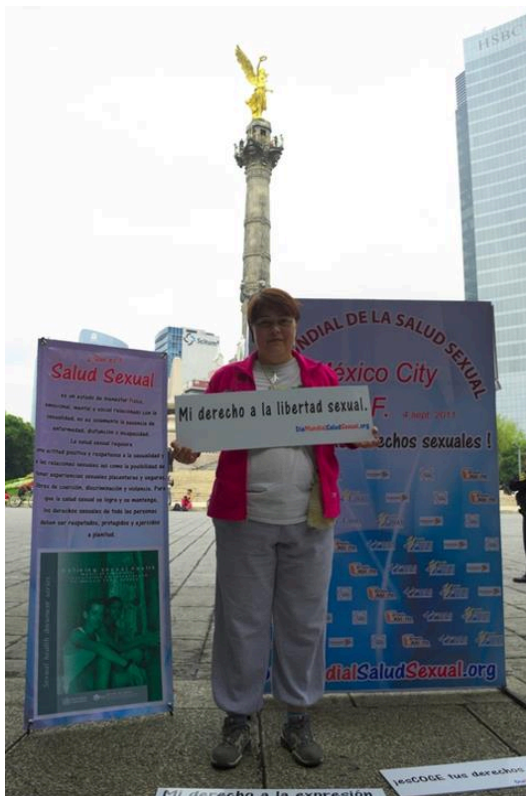
All the sexual right banners are placed on the ground:



A woman grabs one of the sexual right banners to read it:



4. Then you take the picture with your sexual right, having as a background the selected location and the poster containing the slogan of WSHD 2013. Look at this Mexican woman who took a picture with “**her right to sexual freedom**”, having the famous Angel of Independence in the background. The setting is more elaborated, as the banners containing the sexual health definition and the slogan of the activity were printed in plastic and stood alone with support:



4. Explain to the people who participated, that all the pictures will be uploaded to the official WAS Global Facebook page of World Sexual Health Day (<https://www.facebook.com/4sept>). Each country organizing committee can send the best picture that they have for an exhibition in the 21st World Congress for Sexual Health.

Always remember: This is just an alternative...

This activity is only a proposal... Possibilities to celebrate WSHD are limitless!

The activity we suggest does not have to take place in public spaces necessarily. You can promote the idea in more private spaces, such as an office or a classroom. You can think of different ways to take a picture with the sexual right you choose. For example, if you are going to do the activity in a classroom, you can write the sexual rights in the blackboard and take a picture with them.

Through social networks, WAS will encourage people to take an individual picture of them with a sexual right (and the phrase “My sexual health includes...”), in order to put them as their profile picture in Facebook and to upload them to the Global Facebook page of WSHD.

If you have more and different ideas, please let us know! WSHD activities rely on everyone’s creativity!

Timeline for your consideration.

***By June 15th, please inform the organizers of WSHD 2013 if you are willing to undertake the role of National WSHD Coordinator in your country. Our e-mail is: worldsexualhealthday@gmail.com**

| Month | Activities |
|-----------------------|---|
| May-June 2013 | -Plan the activity that you would like to carry out in accordance to your cultural needs, translating all the information you’ll need to spread the idea (such as a press release). |
| May-June 2013 | -Select the location(s) to carry out your activity to celebrate WSHD 2013. |
| June 2013-August 2013 | -Contact all the possible media (magazines-TV-newspapers) in order to start spreading the idea. |
| July 2013-August 2013 | -Prepare all the materials and human resources that you’ll need (such as |

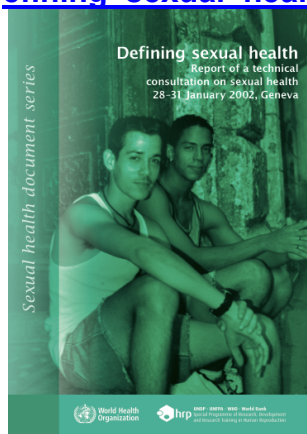
| | |
|--------------------------------------|--|
| | <p>the banners and posters of the suggested activity or the photographer who would be willing to take the pictures). Be sure to include the logo and information of WAS everywhere you can, as well as the slogan of WSHD.</p> |
| <p>September 4th 2013</p> | <p>-Take all the pictures that you can to document your activity. Upload them to the WSHD Global Facebook Page, as well as the articles that are published about the activity in local media.</p> |

***By September 10th, National WSHD Coordinators should send their country reports to the global Organizers, in order to integrate a Global Report for the 21st World Congress for Sexual Health in Porto Alegre, Brazil.**

Our e-mail is: worldsexualhealthday@gmail.com

Finally, remember...

- **KISS (KEEP IT SMART AND SIMPLE)!** Whatever you decide to do, it does not have to implicate big expenses, it can easily be arranged with a very small amount of money.
- If you plan to carry out the suggested activity, be sure that all the letters that you print on the banners have a good size in order to be readable when you look at the taken picture.
- **Use the WHO/WAS definitions of sexual health and sexuality in the to guide everything you decide to do and in all the materials you decide to use! You can download the document through this link: http://www.who.int/reproductivehealth/publications/sexual_health/defining_sexual_health.pdf**



- **Access to the WAS Declaration of Sexual Rights to obtain the name and definitions of all sexual rights:**
<http://www.worldsexology.org/content/sexual-rights-0>
- If you feel that the wording of the WAS Declaration of Sexual Rights may not be suitable for local sensibilities, you can also use the sexual rights proclaimed by WHO in the same document:
http://www.who.int/reproductivehealth/publications/sexual_health/defining_sexual_health.pdf
- Promote that people from ALL ages can get engaged in the activity you organize. Children, teenagers, adults, seniors, we want all of them to *picture themselves owning their sexual rights!*
- A good strategy of promotion is to try to involve celebrities, government officials and politicians in the activity that you organize.
- If you wish to see other pictures of the Mexican activity that inspired the suggested activity, go to: <https://www.facebook.com/pages/Dia-Mundial-de-la-Salud-Sexual/147505115262006>
- Be sure to accurately translate the name and definition of the sexual rights, as well as the WHO/WAS working definitions of sexuality and sexual health into your own native language.
- **The core idea behind WSHD is that people have to understand and inform themselves about sexual rights!** If you carry out the suggested activity, you will see that by reading a sexual right, manipulating it and proudly taking a picture with it, people can own it. Whatever you decide to do: **Let's own our sexual rights!**
- **And... Don't forget to LIKE and SHARE the official Global WSHD Facebook page:**
www.facebook.com/4sept

Upload all the pictures you take to our Facebook page!

BEST REGARDS,

World Sexual Health Day 2013 Organizers

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