

TITLE: SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS AND CONTRACEPTION



INTRODUCTION

Sexual and reproductive health and rights (SRHR) is the right of all people to make decisions about their sexual and reproductive health, free from discrimination, coercion, and violence.

ADULT, TEENAGE AND TRANSGENDER PREGNANCY

Adult Pregnancy

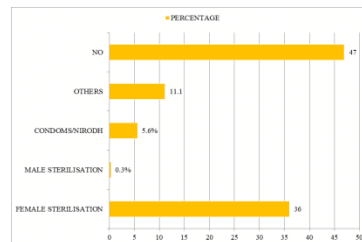
- Overview:** While culturally common, outcomes depend on access to healthcare and education. Maternal Mortality Ratio (MMR) reduced to 97/100,000 live births in 2023, though disparities remain.
- Barriers:** Rural and disadvantaged communities face limited antenatal care, skilled birth attendance, and postpartum support.

Teenage Pregnancy

- Epidemiology:** 6.8% of women (15–19 years) have begun childbearing (NFHS-5, 2019-21), with higher prevalence in rural areas due to early marriages and poor contraception awareness.
- Risks:** Maternal complications (e.g., anemia), poor neonatal outcomes, and socioeconomic consequences like poverty and disrupted education.
- Solutions:** Delay marriage, improve access to sexual education, and increase contraception use.

Transgender Pregnancy

- Challenges:** Discrimination, lack of inclusive healthcare, and barriers to sexual and reproductive health services (SRHR). Hormone therapy requires careful adjustment for pregnancy.
- Data Gaps:** Limited data on transgender pregnancies in India calls for inclusive research and policies.
- Policy Needs:** Trans-inclusive healthcare with stigma-free prenatal care, contraception, and mental health support.



METHODS OF CONTRACEPTION

AGE	2023	2024
12	0	2
13	0	6
14	1	1
15	3	15
16	11	32
17	14	41
18	133	241
19	443	653
20	1071	1069

REPORTED CASES OF TEENAGE & ADOLESCENT PREGNANCY

CONTRACEPTION IN INDIA

- Trends:** 66.7% of married women use contraception, with female sterilization (37.9%) most common. Male involvement is minimal (<1% vasectomy use).
- Challenges:** Unmet need for family planning (9.4%), social stigma, gender inequality, and lack of awareness among adolescents.
- Recommendations:** Promote long-acting reversible contraception (LARC). Strengthen school-based sex education. Encourage male participation in family planning.

INDIA RECORDS 15.6 MILLION ABORTIONS ANNUALLY, WITH 78% OUTSIDE HEALTHCARE. THE MTP ACT (1971) & ITS 2021 AMENDMENT EXPANDED ACCESS, BUT CHALLENGES LIKE STIGMA & LIMITED RURAL SERVICES PERSIST.

CONCLUSION

- To improve sexual and reproductive health comprehensively,
- Expand SRHR education for all genders, focusing on teenagers and transgender needs.
 - Strengthen healthcare infrastructure for contraception, maternal care, and abortion services.
 - Promote inclusivity, gender equity, and reduce stigma through awareness campaigns and policies for marginalized groups.