

## THERE ARE PEOPLE WHO CAN HELP YOU, SEXUALITY IS NO SECRET

- Speak with the people who are nearest to you about the subject, as they can give you suggestions which could be useful to make you happier.
- Ask someone you are confident with. No one knows it all.
- Try to find out the available resources on sexual and reproductive health in your community or area. Use them whenever you need them, and not only in moments of “emergency” or when there is a rush for a solution.

Your sexuality belongs to you and you can do a lot to live it in a full and satisfactory manner. Additionally, there are resources and professionals who can help you achieve this.



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DECLARED OF PUBLIC INTEREST



## YOUR SEXUALITY IS IMPORTANT TOO



**Do not stay with the doubt!**  
Find out at our courses  
and workshops

## WHO WE ARE

UNAF (Union of Family Associations) is a national, non governmental organization. Created in 1988, it is integrated by different federations and associations which offer services for families in different fields of work. It is an advocate for the defence and protection of the diverse models of families which exist in our society, on the base that every person has the right to choose his or her own way of living together. In 1995 it was declared of public interest and in 2005 it received Special Consultative Status in the UN Economic and Social Council (ECOSOC).

### UNAF is member of the following national organizations:

- National Council of NGOs of Social Action
- National Council of Families
- Third Sector Platform
- NGOs of Social Action Network
- Platform of Spanish Voluntaries

### At an internacional level it belongs to:

- World Family Organisation
- Confederation of Family Organizations in the European Union
- European Coordination for Foreigners' Right to Family Life

There are many important things in life. And without a doubt, your sexuality is one of them. Living with satisfaction all that is related with sexuality helps to increase your wellbeing and quality of life.



## LOOKING AFTER SEXUAL AND REPRODUCTIVE HEALTH MEANS...

- Learning to know more about your body, your wishes and your feelings.
- Learning to like yourself and to feel well with yourself, knowing you are unique and different from others. In sexuality each person is different. No one is better or worse.
- Learning to establish good relationships. Equal relationships where you feel important for another person, looked after and loved.
- Learning to enjoy intimate contact, erotic relationships -caresses, kisses, intercourse...- anything which can make you feel well.

## YOU HAVE THE RIGHT:

- To take your own decisions about your erotic life, taking into account your desires.
- To have your criteria respected in the same way you are capable of respecting those who have different ways of thinking -all within human rights and the sexual rights of all persons-.
- To plan reproduction in the best way for you for your partner and for your future sons or daughters.
- To look after and protect yourself from potential risks of some erotic relationships (infections or illnesses of genital transmission).
- To live your sexuality with or without a partner, to live your sexual orientation with freedom: homosexual, heterosexual or bisexual. To be free.

