



**Sexual
health is
your right**

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Sexual health is a state of physical, emotional, mental and social well-being related to your sexuality. It has to do with aspects like feeling free to express your desires, feeling comfortable with your partner, discovering how your genitals and reproductive organs work, feeling pleasure and not pain, being able to decide whether to use contraception, being able to prevent sexually transmitted infections and feeling free from violence, pressure and discrimination whoever you are, however you are and wherever you live.



There are times and situations in life when certain problems and difficulties might make us think that sexual health isn't important. However, feeling well, planning a pregnancy, avoiding relationships that cause problems and distress, dedicating a bit of time to yourself, feeling accepted, getting information, having safe relationships without infections, and expressing and sharing your feelings and needs **are all ways to improve your sexual health, general well-being and quality of life.**

In Spain, you have the right to:

- Be respected for your sexuality, regardless of whether you're lesbian, heterosexual, gay, bisexual...
- Decide whether or not you want to have children, how many and when.
- Use the method of contraception that best suits your needs.
- Voluntarily stop a pregnancy and gain access to the morning-after pill (post-coital contraception)
- Say "no" to sex at any time and to anyone (partner, boyfriend/girlfriend, lover, "one-night stand") if there's something you don't like, you're not in the mood or it makes you feel bad, even if you thought, said or seemed like you wanted to before.
- Receive information and support about sexuality, sexual health and reproductive health.
- Decide whether or not you want to marry, how and when, and to report any pressure or obligation to do so.
- Receive care throughout the entire pregnancy, childbirth and post-partum process.

Some keys to understanding sexual health

- Don't do anything you don't want to do. You have the right to say you DON'T want to, you DON'T like it or you're NOT in the mood, and the other person MUST respect your decision.
- Accept, enjoy and take care of your body with all its peculiarities, limitations and potential.
- Avoid relationships that make you feel bad and seek those in which you're equal, treated well and feel important, loved and respected.
- Our entire body – including our brain – and all our senses can make us feel pleasure. Penetration isn't the only or most important part, nor the objective of sex.
- Use measures to prevent pregnancy and sexually transmitted infections.



Our sexual and reproductive rights protect our sexual health and defend us against social mandates, laws and opinions that threaten people's freedom

**Reflect on what
you've learned
about your
sexuality, body
and anatomy, and
find information to
learn new things**



**If you need
information,
training and/or
care, you can
get in touch
with:**

- **Health centres:** You can visit your primary care physician, gynaecologist or midwife to ask for information, clear up any doubts and receive healthcare.
- **Social services** offer information and support in legal, professional, educational, medical and health matters. These services are run by your local council.
- **Associations and NGOs** specialised in sexual health or any other topic that may be of interest to you. Look for organisations that interest you in your local area. You can ask for information and support, and participate in various activities.

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