

What You Should Know About ...

Reproductive & Sexual Rights

See Glossary section for definitions of underlined words.

What are my Reproductive and Sexual Rights?

In Canada, you have the right to make decisions about your body. You have the right to:

- Decide whether or not to have children, when to have children, and how many children to have
- Choose a birth control method that is right for you
- Receive sexual and reproductive health care services
- Receive information about sexual and reproductive health
- Choose your partner
- Agree whether or not to have sexual relations
- Decide when to have sex or not
- Choose whether or not to marry
- Protect yourself and your partner from sexually transmitted infections/HIV
- Choose your own doctor.

What are my rights when seeing a doctor?

It's important to feel comfortable with your doctor. You have the right to:

- Spend enough time to talk about your health care needs
- Be treated with respect
- Ask questions and get answers that you understand. Write your questions down on a piece of paper and take it with you.
- Have someone with you for the whole appointment, including the physical exam
- Make decisions about your health care without anyone else knowing about it
- Change doctors.

What can I do if I don't want to have children (get pregnant) now?

If you decide not to have children:

- You can decide not to have sex
- You can decide to have sex and use birth control.

Where can I get more information?

- From your health care provider, community health clinic, or public health nurse.
- From the Facts of Life On-Line: e-mail your questions to thefactsoflife@serc.mb.ca.
- From SERC's website: www.serc.mb.ca.

Glossary:

Birth Control – The different ways of preventing pregnancy.