

FOSTERING SEXUAL AND REPRODUCTIVE RIGHTS: EVALUATION OF A BRIEF INTERVENTION

Ivy Fonseca de Araújo (vyy.araujo@gmail.com); Sheila Giardini Murta; Bruna Roberta Pereira dos Santos; Camila Perna Santos Martins; Brisa de Oliveira; João Luis Xavier Magalhães de Negreiros; Ticiana Barreto Esmeraldo Penatti; Eudes Diógenes Alves Cangussu; Andrea Caline Morais de Araujo & Ana Aparecida Vilela Miranda



University of Brasilia, Institute of Psychology, Brazil (www.unb.br)

INTRODUCTION

The teaching of sexual and reproductive rights must integrate dating violence preventive programs for adolescents, since the self-assignment of rights and the awareness about the risks associated with traditional gender roles may promote their empowerment.

The knowledge of these rights becomes a protective factor against sexually transmitted diseases and violence against women. Furthermore, the knowledge of these rights provides arguments for decision making and assertive communication.

The objective of this study is to describe and to evaluate a brief intervention conducted with adolescents from a Brazilian public school.

METHOD

Sixty three adolescents from a Brazilian public school, between 14 and 19 years-old, participated from a brief intervention, composed by one session that lasted four hours.

Themes approached during the intervention

- ❖ Respect towards differences
- ❖ Sexual and reproductive rights
- ❖ Life Projects
- ❖ Gender Roles

Tecnicas used in the intervention

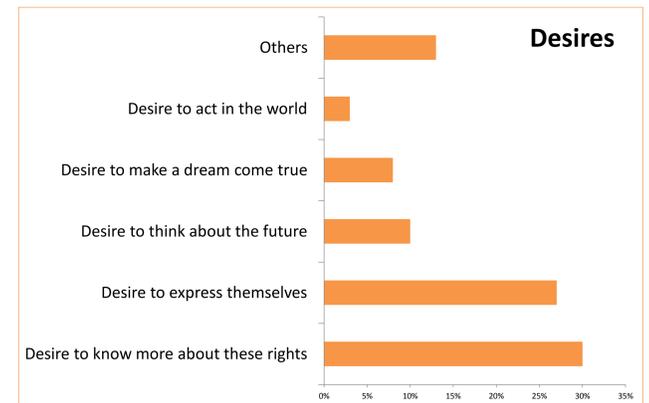
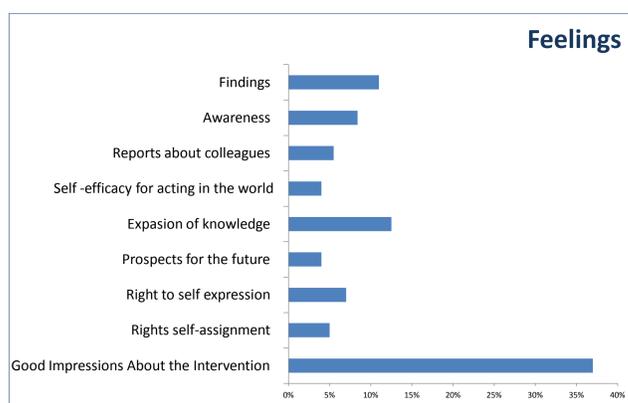
- ❖ Discussion of news about violation or respect for sexual and reproductive rights
- ❖ Role-play situations
- ❖ Construction of a life project based on respect of their rights

Evaluation

After the session, the participants were instructed to write feelings, thoughts and desires produced by the intervention. All the responses were analyzed by content analysis.

RESULTS

Thirty seven percent of the feelings reports and 38% of the thoughts reports expressed good impressions about the intervention. The reports also referred to an increase of knowledge about the topics discussed (12,5% of feelings and 14,5% of thoughts). Rights self-assignment was present in 5% of the reports. The desires reported were related to know more about this sort of rights (30%), to express themselves during the session (27%) and to think about the future (10%).



CONCLUSION

Participants seemed to enjoy the intervention due to the large number of positive reports about the procedure. They also seemed to learn about what rights they have, an issue not usually discussed between them. It is expected the participants to build healthier relationships with the knowledge of their rights.

REFERENCES

- Ministério da Saúde (2006). *Direitos sexuais, direitos reprodutivos e métodos anticoncepcionais*. Brasília: Ministério da Saúde, Secretaria de Atenção à Saúde, Departamento de Ações Programáticas Estratégicas.
- D'Oliveira, A. F. P. L.; Scharaiber, L. B.; França-Júnior, I.; Ludermir, A. B.; Portella, A. P.; Diniz, C. S.; Couto, M. T.; Valença, O. (2009) Fatores Associados à Violência por Parceiro Íntimo em Mulheres Brasileiras. *Revista Saúde Pública*. 43 (2), 299-311.