



## SEXUAL RIGHTS AND OBLIGATIONS

to have sexual health

## **RIGHTS**



Know your body



Receive information, help and guidance about sexuality.



Enjoy your body as you decide. It's your body!



Get a good deal from other people.

Don't let them control you!



Intimacy and privacy



Express your sexuality.
The rest of the people have to accept you as you are.



Make your own decisions

## **OBLIGATIONS**



Respect the rights of other people.



Make responsible decisions knowing the risks.



If you see that your rights or those of other people are not respected. Ask for help.

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