



Engaging advocates to protect and defend reproductive health care access in Louisiana

What do we mean by reproductive health?

Good sexual and **reproductive health** is a state of complete physical, mental and social well-being in all matters relating to the **reproductive** system. It implies that people are able to have a satisfying and safe sex life, the capability to reproduce, and the freedom to decide if, when, and how often to do so.

To maintain one's sexual and reproductive health, people need:

- Access to accurate information and the safe, effective, affordable and acceptable contraception method of their choice.
- Access to accurate information and the ability to protect themselves from sexually transmitted infections.
- Access to affordable treatment for sexually transmitted infections.
- Access to services that can help women, who decide to have children, have a fit pregnancy, safe delivery and healthy baby.

Every individual has the right to make their own choices about their sexual and reproductive health.

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