

well-Being

Let's talk pleasure

Sexual Health

OCTOBER 2022

3rd Edition

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The Editor:

Ms. Anastacia Ramroop
Health Promotion Officer (Ag.)

SEXUAL HEALTH AND WELL-BEING

The theme of this year's **World Sexual Health Day** is "Let's Talk Pleasure", which recognizes the role of sexual pleasure in the sexual health and well-being of people. The articles in this edition of Well-Being will focus on various aspects of sexual health as well as an exclusive interview with a Voluntary Counseling Testing Trainer.

Sexual health is fundamental to the overall health and well-being of everyone and to the social and economic development of communities and countries. Sexual health, when viewed affirmatively, requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.



Sexual Rights

Sexual Rights are described as “the application of existing human rights to sexuality and sexual health.” These sexual rights protect all peoples’ rights to fulfil and express their sexuality and enjoy sexual health, with due regard for the rights of others and within a framework of protection against discrimination. It is only natural that people should have rights associated with their sexual health and wellbeing as it is a human right to respect the rights of others.


The following rights critical to the realization of sexual health include:

- the right to equality and non-discrimination
- the right to be free from torture or cruel, inhumane or degrading treatment or punishment
- the right to privacy
- the right to the highest attainable standard of health (including sexual health) and social security
- the right to marry and enter into marriage with the free and full consent of the intending spouses, and to equality in and at the dissolution of marriage
- the right to decide the number and spacing of one’s children
- the right to information, as well as education
- the right to freedom of opinion and expression, and
- the right to an effective remedy for violations of fundamental rights.

“World Health Organisation, Sexual Health” accessed August 2022

https://www.who.int/health-topics/sexual-health#tab=tab_2

Sexual rights embrace certain human rights that are already recognized internationally and regionally. The fulfilment of sexual health is the right of every human being and should be respected, protected and fulfilled.



**KNOW YOUR
STATUS
GET TESTED!**

CONTACT US TODAY

For further information



625-1295 ext. 1215



health.services@nwrha.gov.tt

Interview Corner

Ms. Shaveh Dupigny

Voluntary Counseling Testing Trainer (VCT)
Health Policy, Research and Planning Department

What advice would you give to someone who has tested positive for a Sexually Transmitted Disease (STD) or Sexually Transmitted Infection (STI)?

Shaveh: I would advise the client that despite the results there are interventions and treatments available that will help to alleviate the symptoms of a contracted STD or STI. This is not a death sentence and they can continue to live a normal life.

What questions are you most frequently asked as a VCT Counselor?

Shaveh: Some questions I usually get asked are “How do you feel when telling someone that they have tested positive?”, “How do other people react to getting a positive result?” and “How accurate is the test?”

Even though I empathize with the client, I would ensure to create an environment that is reassuring and comfortable while maintaining professionalism. This would allow the client to feel safe and talking more about what they would be experiencing at that time.

What do you like most about being an ambassador for safe sexual health?

Shaveh: As a Voluntary Counseling Testing Trainer I am often able to learn about various perspectives and behaviors towards sexual health through my clients’ encounters and experiences. I have developed an appreciation for encouraging my clients to maintain safe and healthy sexual health practices as well.

NOTE: All counseling and testing are done in private and confidential in accordance with the recommended guidelines of the Ministry of Health.

Foods That Contribute To Good Sexual Health & Well-being

WATERMELON

A rich source of lycopene, which is an antioxidant that plays a role in maintaining healthy heart and blood vessels, thereby increasing the blood flow to the genital organs.



SALMON

Are known for their heart healthy omega 3 fatty acids which reduce the risk of coronary heart disease.

Alternatives:

Sardine, Fresh Tuna & Mackerel



DARK GREEN LEAFY VEGETABLES

Contain folate which contributes to healthy blood cells.

Alternatives:

Patchoi, Spinach (bhagi), Watercress and Lettuce



CITRUS

Are rich in a compound called Quercetin which is another antioxidant that helps in maintaining a good blood pressure.

Alternatives:

Cherries



NUTS & SEEDS

Are rich in Omega 3, Folate and Selenium, which all contribute towards good sexual health.

Alternatives:

Walnuts, Pecans and Sunflower Seeds



BEETS

Are rich in antioxidants, vitamins and dietary nitrates which expand the blood vessels and contribute to better managing your blood pressure & sexual performance.



DARK CHOCOLATE

Releases endorphins into your body which result in the increased sex drive, reduced fatigue and stress.



Food suggestions recommended by the Nutrition and Dietetics Department

Contraceptive Options

Birth Control is the use of various devices, drugs, agents, sexual practices, or surgical procedures to prevent conception or pregnancy and is available to both men and women.



CONDOMS



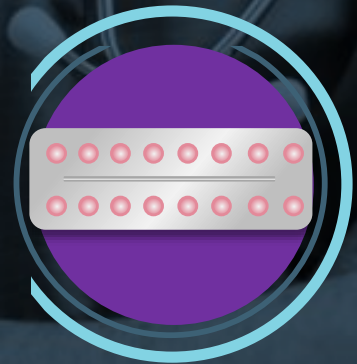
THE
INTRAUTERINE DEVICE (IUD)



DIAPHRAGM



CONTRACEPTIVE
INJECTION




THE PILL

For more information you can visit:
<https://www.cdc.gov/reproductivehealth/contraception/index.htm>


A MOTIVATION MOMENT

“Go easy on yourself Whatever you do today
Let it be enough”

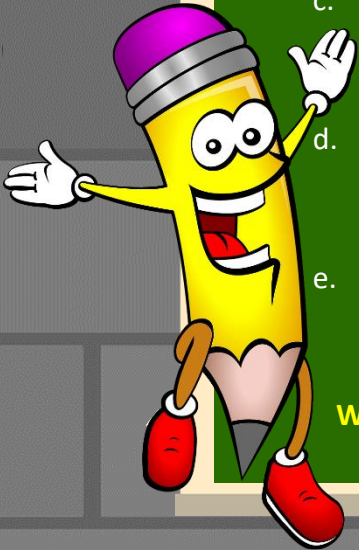
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Vision Screening is important **GET MOVING!**



What's The Word?

- 
- a. _____ are an effective method of birth control if used correctly.
 - b. The "pill" is a popular form of _____.
 - c. _____ is a state of physical, emotional, mental and social well-being related to sexuality, and not merely the absence of disease, dysfunction or infirmity.
 - d. _____ contains an antioxidant that plays a role in maintaining a healthy heart and blood vessels.
 - e. Rights critical to the realization of sexual health include the rights to _____ and _____.

Watermelon, Contraception, Sexual health, Condoms, Equality and Non-discrimination

"BE WARY"

Protect yourself and your family
Covid-19 is serious business





wELL-Being

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Acknowledgements:

- Health Policy Research and Planning Department
- Nutrition and Dietetics Department

References:

- **World Health Organisation:**
https://www.who.int/health-topics/sexual-health#tab=tab_1
<https://www.who.int/teams/sexual-and-reproductive-health-and-research/key-areas-of-work/sexual-health/defining-sexual-health>
- **CDC:**
<https://www.cdc.gov/reproductivehealth/contraception/index.htm>

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What's The Word? | Page 5

Answers:

- Condoms** are an effective method of birth control if used correctly.
- The pill is a popular form of **contraception**.
- Sexual health** is a state of physical, emotional, mental and social well-being related to sexuality, and not merely the absence of disease, dysfunction or infirmity.
- Watermelon** contains an antioxidant that plays a role in maintaining a healthy heart and blood vessels.
- Rights critical to the realization of sexual health include the rights to **equality and non-discrimination**.

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