

A: Principles for Sexual Health in Fife

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1 Definition

1.1 Sexual Health is a capacity to enjoy and control sexual and reproductive behaviour in accordance with social and personal ethics. It includes freedom from fear, shame, guilt, belief, impairing sexual relationships, and freedom from organic disorders, diseases and deficiencies that interfere with sexual and reproductive functions. (WHO).

2 Purpose of setting principles for sexual health

2.1 These principles have been agreed to ensure that individuals' rights to sexual health are recognised Fife-wide. The principles should be applied subject to age and stage of development, and existing levels of understanding and experience.

Rights

- the right and freedom to form ongoing relationships of their choice;
- the right to be informed about sexuality and its place in human life;
- the right to have sexual health information which reflects differing cultural, ethnic and religious views;
- the right to have appropriate information about the changes which occur in their body before they occur;
- the right and freedom to enjoy adult sexual activity where both partners agree to the activity;
- the right to have sexual orientation respected;
- the right and freedom to access contraceptive advice and sexual health services;
- the right and freedom to choose or not to choose parenthood and to receive appropriate support;
- the right to be protected against inappropriate sexual behaviour and sexual abuse;
- the right to be taken seriously and have access to legal protection and justice.

