

Let's work!

Guiding Actions for Sexual and Reproductive Health.

Now that we have learned about sexual and reproductive health, let us use think on how we can identify and take the next steps for accessing sexual and reproductive health in your Quality of Life journey:

1. Identify the supporting and limiting factors for sexual and reproductive health (SRH).

What are supporting factors?

Supporting factors are conditions, resources, or circumstances that positively contribute to an individual's quality of life. These factors provide support and opportunities, enhancing an individual's ability to lead a fulfilling and satisfying life.

What are limiting factors?

Limiting factors are conditions or barriers that negatively impact an individual's quality of life, creating challenges that hinder their well-being and life satisfaction.

Use the table below to list the supporting and limiting factors that impact young people's access to sexual and reproductive health as per your knowledge and experience:

Supporting Factors	Limiting Factors

2. Identify stakeholders for sexual and reproductive health:

Identifying and understanding the individuals, groups, or organisations that have an interest or influence in a particular cause or issue affecting young people. It helps create a comprehensive picture of key players, their perspectives, and their potential impact on the advocacy efforts.

For example: In Priya's story, one of the stakeholders for Priya is her aunt Babita who directly influences her access to sexual and reproductive health.

Other stakeholders can be: Friends, Parents, Siblings, community members, ASHA workers/community health workers, teachers, health service provider, Panchayat, local Police, etc.

You can identify stakeholders based on the scale of the problem that needs to be addressed. They can be at local, regional, national and even international level.

Use the space below to list stakeholders who have an interest in and influence over a young person's access to sexual and reproductive health in the space below:



3. Use the worksheet attached at the end of the Quality of Life resource kit under *Joining the Dots* to learn how to draft an advocacy plan for sexual and reproductive health.