



MANIFESTO OF THE WORLDWIDE DAY OF CONTRACEPTION 2009

“WITH YOUR OWN VOICE”

In its third year of celebration, the Worldwide Day of Contraception has adopted the motto “With your own voice”, inviting everybody to speak up and maintain a conversation on contraception and sexuality. An absolutely necessity.

There is a need to raise this subject in the relationship with parents and/or children, to transmit the values and knowledge of affection, sexuality, a very human aspect, and the way to develop it in freely chosen way without any risk. With our own voice.

There is a need of dialog between educators and disciples, for the knowledge, from the requirements of each age and situation, moved away from hypocrisy, from those characteristics of sexuality that help their approach.

There is a need to talk about the subject between the health service and the recipients of their service, in order to offer and obtain truthful information and from the scientific rigor of the contraceptive methods, their characteristics and their effectiveness and their potential inconveniences.

In addition, there is a need of dialog on contraception and sexuality with the Administration, responsible for the suitable policies and investments, so that the contraception reaches the whole population in the same way, accessible to everybody, independent of age, geographic origin or economic conditions. However, there are still things to do. There will be things left to do while there are unwanted pregnancies and infections of sexual transmission.

There is a need of dialog on the subject from mass media, with rigor, considering criteria of general interest, more than pressure groups of any nature, in order to amplify the experts' voice and the company's worries.

There is a need of international dialog, so as not to forget the many places in the world where these sexual rights and contraception are pure entelechy, with the cost of lots of lives and freedom.

Finally, there is the need to move it to the normal sphere of our life, because sexuality is part of our life, because the consequences of obscurantism are unwanted pregnancies, infections of sexual transmission and abortions, because we are people and we have our own voice, because we deserve a sincere and calm conversation on contraception and sexuality.

Spanish foundation of Contraception

We want to express it with our own voice; we wish to be heard, to live our sexuality, decided freely and free of unnecessary risks.