

MANIFEST - WORLD-WIDE DAY OF CONTRACEPTION 2017

Unplanned pregnancies together with sexual transmission infections continue being a huge public health problem all over the world, especially among young people, affecting not only their health in the broader sense, but also their future well-being, or mentioned in another way, their quality of life.

The solution to this situation should come from the possibility to use secure and efficient contraceptive methods which adjust to the characteristics and needs of the users.

As every September 26th, from the year 2007 on, the “World Day of Contraception” is celebrated, event addressed especially to the new generations, to make them conscious on the importance to take decisions which allow them to enjoy a secure sexual activity, without any risks, avoiding infections coming from sexual transmissions and unplanned pregnancies.

The slogan chosen for this year has been “*It is your life, it is your responsibility*” and with this we wish to make young people aware that avoiding unplanned pregnancies and sexual transmission infections depends on their decisions, but necessarily this requires that they are conscious of the risks and make use of the available security measures to avoid these. And the future, their future will depend on the actions carried out at the present time.

But for young people to be able to carry out this responsibility, they need to have been foreseen of the necessary means. Starting with an education in sexual and reproductive health, which does not only take into consideration biological aspects and the knowledge on contraceptive methods, but also an education that considers sexuality as an integral part of their upbringing. A sexual education based on the development of affectivity, respect and equality between the members of a couple and all this integrated into the school curriculum.

On this matter, our legislation is one of the most advanced in our environment, and each of these aspects are considered in it, but unfortunately its complete articles have not been fully developed, and this after more than seven years after the declaration of the Law of Sexual and Reproductive Health, and which specifically mentions the promotion of responsible sexuality.

It is also necessary to provide access to contraceptive methods, establish the needed contraceptive service locations and eliminate economic barriers by means of contraceptive method financing. The administrative peculiarities in our country have led to a situation of inequality among the different autonomic communities, as while in some of them the financing reaches a greater part of the contraceptive methods, in others it is a lot more restricted.

In view of all this, we issue an appeal to join our ceremony and share the celebrations of the World Day of Contraception.

The Spanish Foundation of Contraception
Madrid, September 29th, 2017.