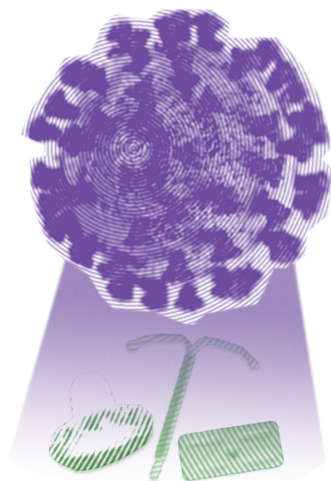


# Unlocking the Future: Paving the Way for Youth Sexual and Reproductive Health and Rights in Post-Pandemic Kathmandu

31% of surveyed pregnant women in Nepal reported their pregnancies as **unintended**, with a majority attributing the **pandemic's impact** on their ability to delay or avoid pregnancy. (Brunie et al., 2022).



The number of women accessing safe abortion services during the lockdown was 47.1% lower than after the lockdown was eased. (Aryal et al., 2021).



A lack of reliable information about Covid-19 transmission, and the **perception that family planning is less important compared to other health concerns**, increased caregiving responsibilities and transportation barriers made it difficult for women to visit healthcare facilities for family planning services.



## Our research shows:

\* Transgender encountered negative experiences with healthcare providers who misgendered them and provided services with a lack of sensitivity during the COVID-19 pandemic.

\* Young people relied on alternative sources due to inadequate information from medical fields, leading to misinformation and confusion.

\* Access to healthcare was a large challenge for people with disabilities.

\* Young people experienced irregular periods and increased cramp severity related to stress.

\* Youth relied on information desks and online platforms for SRHR information and mental health support.

\* LGBTQIA+ youth were particularly vulnerable as they were likely to be cast out of their houses due to their sexuality.

## Recommendations:

### 1. Strengthen SRHR Legal Frameworks:

- Ensure inclusive SRHR laws with measures to enhance transportation services, especially during emergencies, to prevent unwanted pregnancies.

### 2. Introduce Inclusive Gender Terminology:

- Revise laws to remove binary gender terminology and promote trans-inclusive language to protect trans individuals' rights to health.

### 3. Provide Safe Digital Spaces for Sexual Activities:

- Collaborate among policymakers, technologists, civil society, and private actors to create safe digital spaces for sexual activities, addressing privacy concerns and online safety.

### 4. Ensure Access to SRHR Services:

- Establish secure and confidential telehealth services for SRH, with comprehensive training on trans-inclusive care.
- Create SRH care navigation information desks to increase accessibility and promote credible SRH information sources.
- Ensure inclusive services for diverse groups based on factors like disability, age, and socio-economic status.

### 5. Expand Access to Menstrual Health:

- Conduct awareness programs to break menstruation stigma and promote open discus-

sions.

- Eliminate taxes on menstrual products to enhance affordability and accessibility.
- Allocate funds for research on sustainable menstrual products and waste management.

### 6. Uphold Contraception and Safe Abortion Access:

- Provide sensitization training to policymakers and healthcare professionals for adolescent-friendly and safe SRHR services.
- Disseminate information about contraception and safe abortion services to reduce stigma and empower young people with knowledge.
- Organise educational workshops on contraception to dispel misconceptions and encourage responsible practices.

### 7. Promote SRHR Information:

- Develop comprehensive sexuality education (CSE) curricula that are pleasure-oriented, rights-based, and inclusive.
- Increase avenues for SRHR discussions and equip young people with accurate information to make informed decisions.
- Sensitize law enforcement officials to address SGBV and establish mechanisms to report tech abuse effectively.