

## 10

## SEXUALITY AND HIV

### Key points:

1. Sexuality is part of human identity.
2. Sexuality is shaped by our biology and the culture and society we live in.
3. Sexuality shapes your sexual decisions.
4. Different kinds of sex can put you at greater or less risk of HIV infection.

Sexuality is part of our identity and is shaped by our biology, as well as the society and culture we live in. Sexuality influences many parts of our lives, such as our relationships, our work and how we live. Sexual orientation decides who we have sexual relationships with. Gender roles are also part of sexuality and can decide who has power and control in your relationship. Sexuality can also influence whether or

not you use a condom every time you have sex or if you have more than 1 partner. All these things can put you at lesser or greater risk of being infected with HIV. Understanding how sexuality can influence your decisions and impact on your health is very important for both HIV negative and HIV positive people.



# Terms

In this chapter, we may use terms you have not heard before. Please look in the Glossary for a full definition of any words you do not understand when using this manual. Please see the table below for a list of terms translated into different languages used throughout South Africa. You can also write down everyday language that you commonly use to describe these terms.

TERMS	ISIXHOSA	ISIZULU	SESOTHO	SLANG
Sexuality	<i>Isini</i>	<i>Izindlela zondle zokwenza uncansi</i>	<i>Botona le botshehadi</i>	
Identity	<i>Isazisi</i>	<i>Ubuwena</i>	<i>Boitsebiso</i>	
Biology/ biological		<i>Ngondalo</i>	<i>Tlhaho</i>	
Gender identity	<i>Ukwazi isini</i>	<i>Indlela ozibona ngayo ubulili bakho</i>	<i>Boitsebiso ba bong</i>	
Sexual orientation	<i>Ebume ngokwesini</i>	<i>Lowo ohoheke kuye ngezothando</i>	<i>Boemo ba bong</i>	
Heterosexual	<i>uThandana nabasini sahlukileyo kwesakho</i>	<i>Umuntu othandana nobulili obungafani nobakhe</i>	<i>Kamano pakeng tsa batho ba bong bo fapaneng</i>	
Homosexual	<i>uthandana nabasini sinye nesakho</i>	<i>Umuntu othandana nobulili obufana nobakhe</i>	<i>Kamano pakeng tsa batho ba bong bo le bong</i>	
Bisexual	<i>uthandana nabazini zonke</i>	<i>Owosilisa othandana nabantu besifazane aphinde athandane nabesilisa</i>	<i>Kamano ho bong bohle</i>	
Transsexual	<i>Ukutshintsa isini sakho</i>		<i>Ho fetola bong ba hao</i>	
Puberty	<i>Ukufikisa</i>	<i>Ukuthomba</i>	<i>Ho hola</i>	
Society	<i>Uluntu</i>	<i>Umphakathi</i>	<i>Sechaba</i>	
Masturbation	<i>Ukuzinceda ngokwesondo</i>	<i>Indlwabu</i>	<i>Ho ithusa ka letsoho</i>	
Thigh sex	<i>Isondo lwamathanga</i>	<i>Ukusoma noma ukwenza uncansi emathangeni</i>	<i>Thobalano ya dirope</i>	
Oral sex	<i>Isondo lomlomo</i>	<i>Uncansi olwenziwa Emlonyeni</i>	<i>Ho momona ditho tsa bong</i>	
Anal sex	<i>Isondo lweempundu</i>	<i>Uncansi olwenziwa ezinqani</i>	<i>Thobalano ya ka morao</i>	
Vaginal sex	<i>Isondo</i>	<i>Uncansi lwasezi emozini</i>	<i>Thobalano ya botshehadi</i>	
Sexual abuse	<i>Ukuhlukinyezwa ngokwesondo</i>	<i>Ukuhlukunyezwa ngokocansi</i>	<i>Tlhekafetso ya motabo</i>	
Rape	<i>Ukudlwengulwa</i>	<i>Ukudlwengulwa</i>	<i>Peto</i>	
Paedophilia		<i>Umdlenguli wabantwana</i>	<i>Ya betang bana</i>	



Sexuality is part of our identity

## ABOUT THIS CHAPTER

The chapter aims to show the importance of sexuality and how it relates to HIV.

In this chapter we are going to talk about:

- What is sexuality?
- Different kinds of sex
- Sexual and reproductive health
- Relationships and intimacy
- Sexual rights and responsibilities



**Welcome to Chapter 10** of the Health Literacy Manual. In this chapter we are going to talk about human sexuality. This is not something that we often talk about, but it's an important part of understanding our relationships and looking after our health. Let's learn more.

## What is sexuality?

The definition of sexuality is complex and is made up of different things, such as biological sex, gender identity and sexual orientation. Human sexuality is how people experience and express themselves as sexual beings. A person's experience of their sexuality is influenced by their biology, as well as the society they live in. When it comes to someone's sexuality, there is often a debate of 'nature' versus 'nurture'. In this debate, people have tried to decide whether people's sexual identity is a result of 'nature' (genetics, how they are born) or 'nurture' (their environment, family, culture or society where they grew up). Human sexuality is most probably a result of all these things. Let's look a bit more closely at these different parts of human sexuality.

## DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

### 1. What is sexuality made up of?

Sexuality is made up of different things, like biological sex, gender identity and sexual orientation. It is also about the culture and society that a person grows up in.

### 2. Apart from a person's biological sex, what else can influence their sexuality?

The society and culture that people grow up in can influence their sexuality.

## Biological sex

A person's biological sex is based on their sexual organs. We have already talked about human sexual organs when we learnt about the female and male reproductive systems. Sexual organs have also been discussed when we learnt about STIs. Most people are born with male or female genitals – a penis or a vagina. When humans reach puberty, their biological sex is further developed by hormones. Both boys and girls experience physical changes in their body. Boys start to grow pubic hair, hair under their arms and on their chest. A boy's voice starts to 'break' when it becomes lower. Girls also grow pubic hair, hair under their arms and their breasts and hips develop. Girls will also start to menstruate. Many cultures and societies mark these physical changes with a ceremony to show the passage from childhood to adulthood.

For many people, their biological sex also matches how they see themselves sexually. So for example, a girl born with female genitalia will understand her identity as feminine and as she grows up will relate to her identity as a woman. She will be attracted to men and will expect to fulfill the social role of women in her society, such as having children and being a mother. In this case, the biological sex matches the social and cultural identity of the person. When someone is attracted to the opposite sex, they are called heterosexual.

But for some people, their biological sex does not match how they understand their sexuality. So for example, a boy child born with male genitalia will not feel masculine or he will not fit into the role of men in his society. He will not be attracted to women and instead will be sexually attracted to men. Now in this example, it does not mean that the man wants to be a woman. It just means that his biological sex does not match the social and cultural male identity and he is not sexually attracted to women. Women can also be attracted to other women. People who are attracted to the same sex are called homosexual.

So we can see that biological sex does not always match how a person understands their sexual identity. Apart from heterosexual and homosexual sexual identities, there are also other forms of sexual identity that are not related to biological sex. For example, there are transgendered people, who are either men or women who dress and behave as the opposite sex. Some of these people may physically have a mix of male and female biology, while others remain biologically one sex but identify with a different sex. Some people are asexual, which means that they are attracted to neither men nor women. Other people may be bisexual and be attracted to both men and women regardless of their biological sexual identity.



*Symbols used to stand for women (left) and men (right).*



*Some cultures have special ceremonies to show the passage from boyhood to manhood. Here we see Xhosa initiates.*



*The reed dance is performed by Swazi girls as part of the ceremony to mark their passage into womanhood.*



*People who are attracted to the same sex are called homosexual or gay.*





Many people use the word gender as if it is the same as 'sex' (i.e. male or female). Other times gender is used to talk about sexual identity in relation to lesbian, gay, bisexual and transgendered (LGBT) identity. The 'sexual revolution' of the 1960s helped change the way most societies view sex. Many young people in the world (particularly America and Europe) defied sexual norms and controls, such as only having sex after marriage. This was helped with the invention of the contraceptive pill which allowed women to have more control over their reproductive health. They rebelled against gender roles and society's rules about what was acceptable and promoted the ideas of 'free love' and free sexual expression. It was also a time when other kinds of sexual identities (gay, lesbian, bisexual etc) entered mainstream society in a more open way.

But throughout history there have always been different sexual identities. For example, in India, the Hijra are a caste (group) of men who dress as women and who perform special social roles, like singing and dancing. They are also present at births where it is believed they can bless the newborn child. So we can see that different kinds of sexual identities have always existed, but only more recently have they been accepted and openly talked about. Most cultures and societies have accepted non heterosexual identities.



*Gender roles can also influence the kind of work women and men do. It is unusual to see a woman working in a mine, or with heavy machinery like in this photograph .*



*A photograph of a Hijra in India.*



### WORKBOOK NOTES

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# Sexual orientation

Sexual orientation describes different sexual identities based on sexual attraction and also biological sex. We have already spoken about homosexual and heterosexual orientations. We have also talked about the fact that some people are born with or develop a mixture of male and female genitals or characteristics (voice, facial hair etc). Sexual orientation is also the way a person understands their social and personal sexual identity based on who they find sexually attractive and the kinds of sexual behaviour they enjoy. Most common categories are:

- Heterosexual (attracted to opposite sex)
- Homosexual (attracted to same sex)
- Bisexual (attracted to both sexes)
- Transsexual (having had a sex change and undergoing hormone replacement)

But many people agree that sexual orientation is along a continuum (scale) from being 100% heterosexual to being 100% homosexual. In between these 2 points there are many different kinds of sexual orientation.

Coming to terms with one's sexual orientation can be a confusing and stressful time. In South Africa, many people of a different sexual orientation are assaulted, raped, and bullied making them feel unsafe where they live. These are known as hate crimes. Hate crimes are based on ignorant discrimination against race, nationality, ethnicity, gender, sexual orientation or HIV status. We need to speak out against these crimes. We also need to educate people and develop more accepting and tolerant communities.



A heterosexual couple kiss.



## Personal Story

**Nhlakanipho Magula:** "It all started one morning when they started calling me names. One of them had been calling me names every time he saw me in the streets, but I would just ignore him. On the day they attacked me, they came to my house, cursing and calling me all these things and shouting that I'm gay. They came inside the house and starting beating me. I went to the police station and I opened an assault case. I came home and that night 2 of them were arrested. Then I went to the investigating officer to fetch some forms that had to be filled out by a doctor. The doctor filled them out and I took them back to the investigator. I waited and after a while the 2 that had been arrested were released. The investigator never contacted me about the progress of my case. I think he didn't take any interest in my case because I'm gay. I'm thinking of re-opening the case. Maybe I'll get another investigator, better than the one I had before... At home they don't have a problem with me. My grandma, my mother and brother are very supportive. They don't have a problem and they also accept my friends. In the community some people don't talk to me. Some people feel sorry for me and do talk to me. I am scared. I can't walk around freely at night. I used to visit friends and watch movies and come home late at night. Now I can't because of the people that won't talk to me. They might just attack me in the dark."

**We need to speak out against hate crimes**

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# Different kinds of sex

Sex is about many things. Sex can be about having children and a family. It can be about the physical feeling or sensual experience. Sensuality is how our bodies give and receive pleasure. Sex can be about lust and desire. It can be about wanting intimacy and the need to feel close to someone. Sex can also be about power. Or sex can be about having fun and sharing affection and love with your partner. Whatever sex means to you, it is related to different kinds of sexual behaviour.

There are many different ways that people can have sex. Different people find different things sexually pleasurable. This will depend on their sexual identity and their sexual orientation. It is important that you are able to tell your partner if you are uncomfortable with some kinds of sex. It is just as important that you tell your partner what you do like! Here are some examples of different kinds of sex:

- Oral sex
- Anal sex
- Vaginal sex
- Telephone sex
- Thigh sex
- Masturbation
- Sex between the breasts

Depending on your sexual orientation and the society you live in, some kinds of sex may be seen as ‘normal’ and others may be seen as ‘abnormal’ or wrong. The important thing is that you feel comfortable and happy with the kinds of sex you have. No-one can force you to do something you don’t want to do. Rather than having opinions on what is right or wrong, it is probably more useful to know what works for you. We have already spoken about sexual identity and how this is a mixture of biological sex and the culture and society we come from. Sexual identity also influences the kind of sex we enjoy and feel comfortable with.

It is also important to know the risk of HIV infection related to each kind of sex. Most kinds of sexual behaviour put you at some risk of HIV infection if you do not practice safer sex and use a condom. Sex usually happens between 2 people, but can include more than 2 people. As long as there is physical contact and especially if there are bodily fluids, there is a risk of passing on or getting infected with HIV.



## Personal Story

**Funeka Soldaat:** “When things became clear to me in terms of my sexuality, things became difficult. I got stabbed by some guys and I was admitted to hospital for a few months. Later, another incident took place whilst I was walking from a friend’s house in Khayelitsha. I walked past some guys and as they passed me, I heard them talking about me, and when I turned around they came straight at me and overpowered me. They did their thing and raped me. When they were done, I went straight to the police station. At the police station, a policeman came and asked me what happened. They attended to me very late that Friday afternoon at Site B police station. I tried explaining myself and instead of assisting me, the policeman went back inside and another policeman came through. I knew exactly what was going on so I left the police station... I think the reason I was stabbed and raped was to change who I am and I was never going to do that. ... It never made me doubt my sexuality, but the rape is something that will trouble me forever. Three things happened that humiliated me. They undressed me in a public place. Secondly, they took something that was mine, my dignity, because for me it was more than them taking my vagina. Their main aim was to humiliate me to show me they had power over me.”

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Telephone sex is just about the only kind of sex that is risk free because there is no physical contact between the people involved. If a person is masturbating alone there is also no risk of HIV infection. Sex between the thighs is also low risk because the semen is not entering the other person's body. Unprotected sex between a woman's breasts is also low risk because no bodily fluids are being exchanged.

Unprotected oral sex is low risk unless the person giving oral pleasure has cuts or sores in their mouth. If the person receiving oral sex ejaculates in the other person's mouth, there is increased risk. It is better to use a condom. If oral sex is being performed on a woman there is limited HIV risk, but using a dental dam or putting a piece of cling wrap over the labia area can make it safer.

Unprotected vaginal and anal sex are the most risky kinds of sex because sexual fluids can be passed from 1 body to another. Using a condom every time you have sex protects you from HIV infection, as well as other kinds of STIs. We talked a lot about how to use male condoms and female condom (femidoms) in the chapter on prevention. You might want to read through that chapter again.



Male condoms (left) and female condoms (right) help protect you against HIV infection and STIs.

Use a condom every time you have sex to protect yourself from HIV & STIs

## DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

**1. What can affect the different kinds of sex we enjoy?**

Our sexual orientation and the society and culture we come from can affect the different kinds of sex we enjoy.

**2. Why is there no risk of HIV infection if you have telephone sex?**

Telephone sex has no risk of HIV infection because there is no physical contact between the two people having sex.

**3. What kinds of sex are the most risky for HIV transmission?**

Vaginal and anal sex are the most risky for HIV transmission.

## WORKBOOK NOTES

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# Sexual and reproductive health

Sexual health is about our sexual relationships and how this relates to our reproductive systems and sexual organs. The WHO defines health as a state of complete physical, mental and social well-being and not only the absence of disease. Sexual health then is also about looking after ourselves and making sure we are practicing safer sex and are having satisfying and positive sexual relationships. People should have the freedom to decide if, when and how often they want to have sex. Very importantly people should also be able to decide if they want to have sex with a condom. No-one should force you to have sex without a condom. Safer sex is about looking after your sexual and reproductive health.



*Both women and men have the right to sexual and reproductive health, which means taking care of your health, as well as your children.*



*Here we can see TAC activists campaigning for PMTCT.*

Men and women have the right to be informed of and have access to safe, effective and affordable ways of controlling if and when they want to have children. People often think that it is the woman's responsibility to prevent pregnancy. Having sex involves 2 people and so should the decision to practice safer sex and prevent unwanted pregnancies. In the time of HIV, this is even more important because apart from unplanned pregnancies and protecting yourself from STIs, you also need to protect yourself from HIV. If you are sexually active, male condoms and female condoms can reduce the risk of HIV transmission.

Sexual and reproductive health also includes knowing about PMTCT (Prevention of Mother To Child Transmission) and being able to protect your child from HIV infection. If you are pregnant, it is important to know your HIV status. If you are HIV positive, ask about PMTCT early on in your pregnancy so you have time to make the right decisions for you and your baby. We will talk about this in more detail in Chapter 14 on PMTCT.

## DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

### 1. What is sexual and reproductive health?

Sexual and reproductive health is about making sure that you have safe and healthy sexual relationships that are good for you mentally, emotionally and physically. It is also about having healthy children.

### 2. What sexual and reproductive rights do you have?

I have the right to decide when, how and with whom I have sex. I also have the right to decide when and if I want children.

### 3. What does safer sex protect you from?

Safer sex protects me from HIV, STIs and unplanned pregnancies.

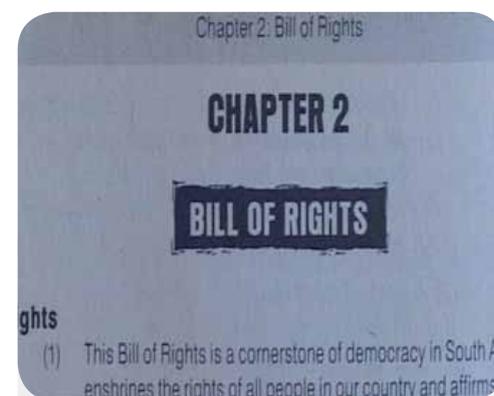
# Sexual abuse

Sexual abuse is a criminal offence. Sexual abuse is when a person (or group of people) uses sex to control or violate another person (or group of people). Sexual abuse includes rape of both men and women and children. Any unwanted sexual attention or touching can also be a sexual offence. For example, touching someone on sexual parts of their body (genitals, breasts, buttocks) or touching them in a sexual way is a sexual offence. It can also include verbal abuse where offensive and sexual things are said to someone to intimidate, humiliate or scare them.

Sexual abuse is often about power and humiliation. Sexual abuse can happen at the workplace, in public or inside people’s homes. Rape is probably the most common kind of sexual abuse. We will talk more about rape and what to do if you have been raped in Chapter 13 on Women and HIV. In the chapter on Human Rights and HIV, we also look at the Sexual Offences Bill. This bill is important because it gives a legal framework for protecting people from sexual abuse.



Here we can see TAC activists campaigning for women’s rights.



The Bill of Rights includes the Sexual Offences Bill which protects us from sexual abuse.

**Report rape as sexual abuse is a crime**

## DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

**1. What is sexual abuse?**

Sexual abuse is when a person (or group of people) uses sex to control or violate another person (or group of people). Sexual abuse is rape, sexual assault and unwanted sexual attention and touching.

**2. Is touching someone sexual abuse?**

Any unwanted sexual attention including touching, verbal abuse and any other form of using sex to intimidate or humiliate another person is sexual abuse.

**3. What law protects us from sexual abuse?**

The Sexual Offences Bill protects us from sexual abuse.

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# Sexual disorders

A sexual disorder is when someone uses sex in an anti-social or criminal way. By this we mean that they do something sexual which is unacceptable because it violates another person's rights or is indecent. For example, masturbating in public forces people to see offensive things they do not want to see. A sexual disorder is often related to a mental disorder or instability. Some sexual disorders, such as paedophilia (sex with children) are criminal and are punishable offences.

Other disorders are:

- Zoophilia - having sex with animals
- Paedophilia - sex with children
- Exhibitionist - indecent exposure i.e. flashing while masturbating or naked or having sex in public places
- Peeping tom - voyeurism, spying or peeping on people while they are naked (bathing or taking a shower)



## DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

### 1. What is a sexual disorder?

A sexual disorder is when someone uses sex in an anti-social, indecent or criminal way.

### 2. What are sexual disorders often related to?

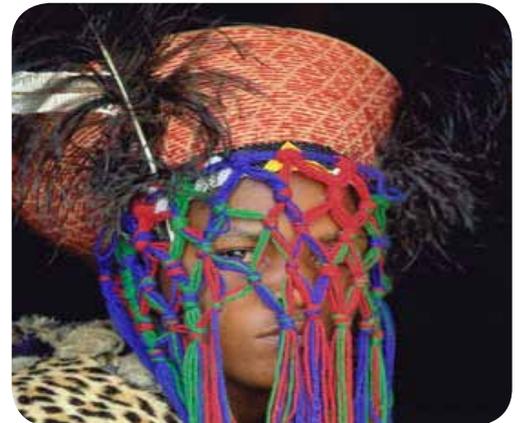
Many people who have sexual disorders also have mental disorders.

# Relationships and intimacy

Our relationships are shaped by our sexuality, as well as our ability to love, trust and care for others. Everyone needs intimacy and has sexual needs. How you decide to have your needs met depends on you as a person, but also the society you live in. Some cultures believe sex is only allowed to happen within marriage and therefore encourage people to marry at an early age. These cultures are often religious and can have a narrow view of sexuality, with heterosexuality being the only kind of sexuality that is accepted.

Other societies are more open and it is also more and more common for people not to marry. Marriage is also linked to economics and cultural identity. More than 50% of South Africans under the age of 40 say that they are single – not married or co-habiting. This means that most people are having sex before they are married. Because of economics many people cannot afford to get married in the traditional way and to pay 'lobola'.

For a long time marriage was believed to be only for heterosexual relationships. This was often because of the religious belief that only a union between a man and a woman is right. But now more and more countries allow marriage between same-sex couples and so more homosexual people are also choosing to get married. In South Africa, same-sex marriage has been legal since 2006. South Africa became the fifth country, and the first in Africa, to legalise same-sex marriage.



*Most cultures celebrate marriage in a special ceremony. Here we see photos of a Middle Eastern bride (bottom) and Zulu bride (top).*

## Sexual rights and responsibilities

In the chapter on Human Rights and HIV we talk about the Sexual Offences Bill. You can read that chapter for more detail. It doesn't matter what your sexual orientation is – if you are gay or straight – it is important that everyone knows their sexual rights and also their responsibilities. Most rights come with responsibilities. Part of gender equality is having equal rights and responsibilities when it comes to sex. For example, everyone has the right to say 'no' to sex. It is your responsibility to respect your partner's decision. Everyone has the right to:

- Say no to sex
- Initiate sex with a willing partner
- Information about sexual health
- Become pregnant
- Adopt
- Health care services

Everyone has the right to choose who they have sex with, where they have sex and when and how they have sex. This means that no one can force you to have sex with them. They also cannot force you to have sex in a place where you don't feel safe or where you don't want to have sex. No one force you to do sexual things to them and force you to have kinds of sex you are not comfortable or happy with.

It is your responsibility to express your feelings and what you are comfortable or uncomfortable with. Often people are shy to talk about sex with their partner, but it is very important that you say what you are thinking and feeling. If you don't tell your sexual partner that you don't like something, how will they know and stop? If you don't tell your partner that you find something pleasurable, how will they know how to give you pleasure? If you are unhappy in your relationship you must be able to talk to your partner about it. If you can't talk to the person you get naked with, how can you be intimate with them and care for each other?

Sex is also about taking responsibility for your health and happiness. Both you and your partner need to care for each other. Here are some steps to being a better lover:

- Know your HIV status
- Treat all STIs
- Use a condom every time you have sex
- Be honest in your relationships
- Give and receive pleasure equally
- Disclose your HIV status to your partner
- Protect yourself. Protect others



### DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

#### 1. What are some of your sexual rights?

I have the right to say 'no' to sex and to decide when, where and who I have sex with. I also have the right to sexual health information and health care services. I have the right to adopt and also abort (terminate) a pregnancy. I have the right to fall pregnant.

#### 2. What are some of the steps to taking care of yourself and your partner?

It is important to know my HIV status, treat all STIs, use a condom every time I have sex and to protect myself, as well as my partner.





## MULTIPLE CHOICE QUESTIONS

Name : .....

Circle the correct answer for each question. You can only choose 1 answer for each question.

**1. A person's biological sex is based on their:**

- a) Name.
- b) Sexual organs.
- c) Behaviour.
- d) Sexual orientation.

**2. Heterosexual people are attracted to:**

- a) The same sex.
- b) Both sexes.
- c) The opposite sex.
- d) Only men.

**3. Which statement is true?:**

- a) Biological sex and gender are the same thing.
- b) Men always like to fight and want to be the one earning money.
- c) Women always like to stay at home and look after the children.
- d) Gender is how people feel about their biological sex.

**4. Bisexual means:**

- a) You don't have sex.
- b) You are attracted to men.
- c) You are attracted to women.
- d) You are attracted to men and women.

**5. The feminist movement fought for:**

- a) Racial equality.
- b) Gender equality.
- c) Ethnic equality.
- d) National equality.

**6. Which statement is not true?**

- a) Gender roles are always good because they tell people what to do.
- b) Gender roles can control the way men and women dress.
- c) Gender roles can control the kind of work people do.
- d) In some societies gender roles are very strict.

**7. Which statement is true?**

- a) No one can force you to have sex without a condom.
- b) You do not have the right to insist on condom use.
- c) Your partner can refuse to use a condom.
- d) Condoms spread STIs and HIV.

**8. Which kind of sex has no risk of HIV transmission?**

- a) Unprotected anal sex.
- b) Unprotected vaginal sex.
- c) Oral sex.
- d) Telephone sex.

**9. Which kind of sex is high risk for HIV transmission?**

- a) Protected vaginal sex.
- b) Oral sex.
- c) Masturbation.
- d) Unprotected vaginal sex.

**10. Which statement is not true?**

- a) Everyone has the right to say 'no' to sex.
- b) Everyone has the right to force someone to have sex.
- c) Everyone has the right to adopt.
- d) Everyone has the right to fall pregnant.



## WORKBOOK NOTES

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