

Empowering Indian Millennials

Meeting Youth Sexual and Reproductive Health Needs



India's **future growth and prosperity** relies on the healthy and productive contributions of the nation's **vibrant youth**.

732 million

More than half of the current Indian population is under the age of 30.¹



Youth **lack awareness** of sexual and reproductive health and **face barriers** when they try to access sexual and reproductive health information and services:

1

Stigma

2

Provider judgment

3

Lack of privacy and confidentiality

4

Moral policing

Meeting youth's sexual and reproductive health needs can **preserve their health and boost our economy**.

Economic productivity in India would increase by more than

INR 508.2 trillion

if young girls could wait until their early twenties to begin having children.²



Youth desire **sexual and reproductive health** information and services.



20% of young married women desire to limit or space pregnancy but are not using contraception.³



Only **20% of sexually active young women** are currently using a modern contraceptive method.



10% of young people report having a sexually transmitted infection.

National policies **prioritize youth's health needs.**

The National Youth Policy 2014 sets an objective to: "Develop a strong and healthy generation equipped to take on future challenges."

The National Health Policy 2017 recognizes the importance of health in schools by: "Incorporating health education as part of the curriculum, promoting hygiene and safe health practices within the school environs, and by acting as a site of primary health care."

What can you do?

1

Teach youth about sexual and reproductive health and rights, menstrual hygiene, and gender equality, and provide safe spaces for discussion.

2

Ensure sexual and reproductive health services are **youth-friendly**:

Train service providers to offer counseling and services to youth with dignity and respect, and provide appropriate information.

Mandate that services are **confidential and ensure privacy.**

Make available a wide range of appropriate options, including long-acting reversible contraceptive methods.

3

Create a referral system that connects youth with sexual and reproductive health services in health care facilities.

Sources

¹ United Nations Population Division (UNPD), *World Population Prospects: The 2017 Revision* (New York: UNPD, 2017).

² Ellen Starbird, Maureen Norton, and Rachel Marcus, "Investing in Family Planning: Key to Achieving the Sustainable Development Goals," *Global Health: Science and Practice* 4, no. 2 (2016): 191-210.

³ International Institute for Population Sciences (IIPS) and ICF International, *National Family Health Survey, India (NFHS-4), 2015-16* (Mumbai, India: IIPS and ICF, 2017).



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