

Bridging Movements

SEXUAL/REPRODUCTIVE JUSTICE AS VIOLENCE/ABUSE PREVENTION

From comprehensive sexuality education to affordable and accessible healthcare and resources, sexual and reproductive justice makes individuals and our communities healthier and safer. Access to information and resources protects against abuse and violence.

- Knowledge about what inclusive healthy sexuality and relationships look like and how to have them offers individuals the ability to not only make informed consensual decisions, but helps **build a culture in Oregon that values respect, empathy, health, and safety**. This can contribute to reductions in violence, abuse, suicide, bullying, mental health challenges, and more. Without these knowledge and skills, it becomes significantly harder for individuals to advocate for their own health and safety, as well as others, and harder to ensure we are not harming others.
- We cannot help kids identify and communicate abuse if we are not teaching them how to talk about their bodies and that they get to say what happens to their bodies. This is one example of **sexuality education**. Without sexuality education, we cannot address the root causes of violence and abuse. By focusing on healthy sexuality we are trying to change unhealthy attitudes and behaviors that lead to violence/abuse.
- **Access to bathrooms, menstrual products, and other basic hygiene** resources in public and community spaces is a powerful strategy to help alleviate economic strain and experiences of stigma, shame and potential violence (which can often be barriers to health for people who menstruate.) These strategies help increase comfort with these topics and can create space for conversations and community building. This also makes spaces safer for people disproportionately impacted by violence and abuse (ex. youth, people of color, people experiencing disabilities, people experiencing poverty, transgender, intersex, nonbinary, two-spirit people, and more).
- Affordable, medically-accurate, inclusive, non-stigmatizing **sexual and reproductive healthcare**, including abortion access, can help interrupt cycles of abuse, control, and intergenerational trauma, can connect people to resources, and can ensure people are empowered to make healthy and safe decisions for their own bodies and lives.