

Rutgers' general vision on contraception

General vision

Rutgers embraces the vision that people should be free in making reproductive choices. Rutgers would like to contribute to a world in which all people, regardless of age, sex, social economical condition, ethnicity, religion, cultural background and legal status, can make fully informed choices in pregnancy, contraception and family planning (this means women and men can decide themselves if, how many and when to have children) and are able to protect themselves against unwanted pregnancies. Therefore women and men, including young people, must have access to comprehensive, evidence based and honest information c.q. education on reproduction and contraception (including all related subjects such as gender and power dynamics, must have access to a broad range of quality, effective and reliable contraceptive methods, and must have access to quality family planning and/or reproductive health services. In general contraception has to be available, affordable, acceptable and accessible for everyone responding to the reasons for unmet needs. In Rutgers view contraception and family planning is not only the responsibility for women. It has to be a shared responsibility for both women and men. Due to the fact that early and unwanted pregnancies are strongly connected with and influenced by structural social economic factors like poverty, gender inequality, lack of education, restrictive norms on sexuality, taboos and weak health and educational systems, Rutgers invests in sensitisation of community stakeholders and in optimising the societal and community conditions. Professionals are able to support women and men with reliable evidence based information and tools, so men and women can make well informed choices. Special attention is needed for youth, vulnerable, disadvantaged and hard to reach groups.

Role of Rutgers

- Collect, validate and share relevant data on contraception, reproductive health and unmet needs (including stigma and taboos), to improve contraceptive use and prevent unintended pregnancies.
- Support young people, women (and men up to 35 years) with reliable, relevant and appropriate (online/offline) reproductive information and (sexuality) education and supportive (e-health) tools to enable them to make their own reproductive health choices.
- Strengthen and improve the quality of the reproductive health services and support NGO's, health providers and other professionals with appropriate tools, training and education with specific attention to youth and more vulnerable groups.
- Advocate for sexual reproductive health, access to education and contraception for everyone on the international and national level, addressing underlying harmful norms and taboos around gender and sexuality, pledge for shared m/f responsibility and strengthen the health and educational system.
- Monitoring and evaluation of education programs and interventions, measuring impact, quality and fidelity.