

Month 4 content

MONTH 4			
Month 4 Week 1	1 - 7 September	4 Sept – World Sexual Health Day	
Month 4 Week 2	8 - 14 September	9–15 Sept – Sexual Health Week (UK/Global)	
Month 4 Week 3	15 - 21 September		
Month 4 Week 4	22 - 28 September	23 Sept – Bi Visibility Day (bisexual awareness) 26 Sept - World Contraception Day 28 Sept - International Safe Abortion Day	

Month 4 Theme: Know Your Rights

Focus: Awareness + Storytelling + Myth-Busting

Engagement Style: Quizzes, Q&As, personal stories, clinic experiences

Additional post: Key date: World Sexual Health Day - included below as well.

4 September

Facebook / LinkedIn:



Today is World Sexual Health Day



Theme: *Sexual Justice — What Can We Do?*

Sexual health isn't just about care — it's about rights, justice, and pleasure for all.

That means



Challenging stigma



Breaking the silence



Ensuring safe, respectful, inclusive care for everyone, everywhere.

Let's make sexual justice a reality across Africa and beyond.

Learn more: <https://menengageafrica.org/act-for-srhr/>

#WorldSexualHealthDay #SexualJustice #ActForSRHR #SRHR4All #HealthJustice

Twitter / X:



Today is World Sexual Health Day



Theme: *Sexual Justice — What Can We Do?*

Sexual health = rights, justice and pleasure for ALL.

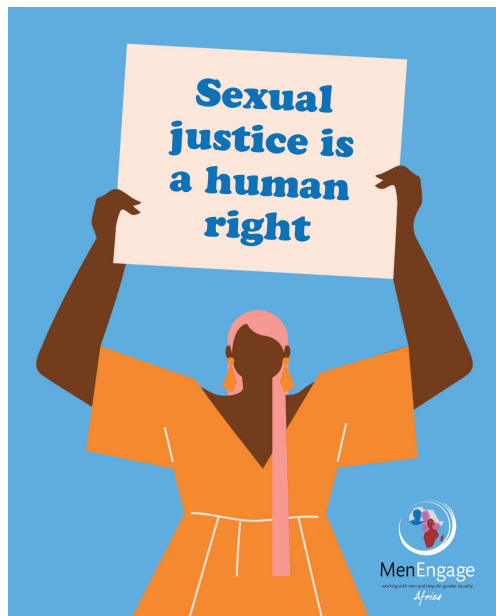
Let's break stigma and build access across Africa.

<https://menengageafrica.org/act-for-srhr/>

#SexualJustice #ActForSRHR #SRHR4All #HealthJustice

Week 1: 1–7 September – Reproductive Rights + Myth-Busting

Facebook



Post on Thursday 4 September:

🌐 Today is World Sexual Health Day
🗣️ Theme: *Sexual Justice — What can we do?*

Sexual health isn't just about care — it's about rights, justice, and pleasure for all.

That means

✊️ Challenging stigma

🗣️ Breaking the silence

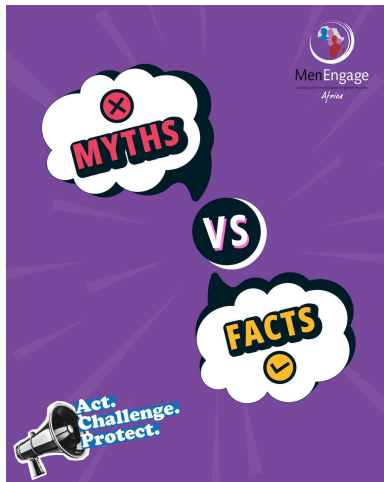
🏥 Ensuring safe, respectful, inclusive care for everyone, everywhere.

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#WorldSexualHealthDay #SexualJustice #ActForSRHR #SRHR4All #HealthJustice

Post 1 – Reproductive Rights: Myth or Fact?



✗ MYTH: “Only married women should get family planning.”

✓ TRUTH: Everyone has the right to decide if and when to have children, whether married or not and so access should be for all.

⚖ Reproductive justice is about shared dignity and equality.

Learn the truth: <https://menengageafrica.org/news-item/top-myths-about-srhr-in-africa/>

#ActForSRHR #SRHR4All #ReproJustice

Twitter

Post 1



Quiz time! Think you know SRHR facts?

Take our quiz: Myth or Fact? ♦ [QUIZ LINK]

#SRHR4All #LearnTheFacts

Post 2 - Post on Thursday 4 September



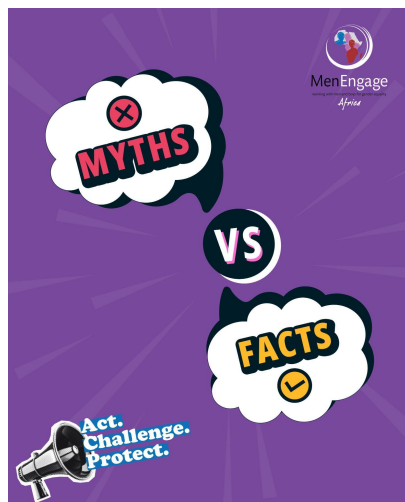
4 September is **World Sexual Health Day** 🌍

Sexual health = your right to safe, respectful and inclusive care.

Learn more about your rights: <https://menengageafrica.org/act-for-srhr/>

#WorldSexualHealthDay #ActForSRHR #SRHR4All

Instagram



Post – Myth Busting Graphic

✗ MYTH: “Only married women should get family planning.”

✓ TRUTH: Everyone deserves SRHR.

#ActForSRHR #MythBusting #SRHR4All

Story Slide (Poll + CTA)



Poll: Have you heard this myth? “Only married women should get family planning.”

☐ Yes ☐ No

Slide 2: Everyone deserves to choose when and if to have children; marriage is not a requirement for accessing Family Planning services.

#ActForSRHR #SRHR4All

Story Slide (World Sexual Health Day) - Post on Thursday 4 September

Reel and story



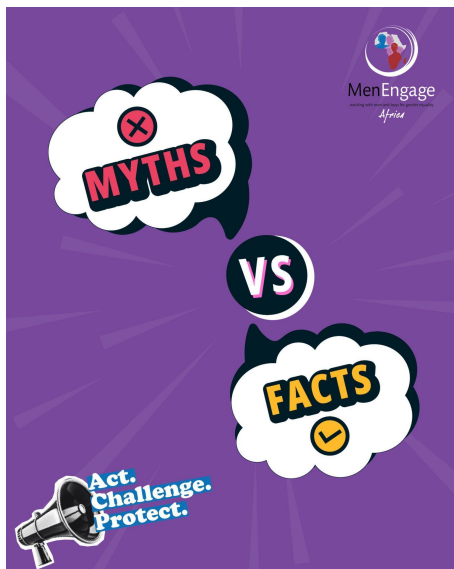
Slide 1: It's World Sexual Health Day! 🌍

Slide 2: What does sexual health mean to YOU?

Slide 3: Safe, inclusive care. Respect. Rights. Dignity.

Slide 4: Join the movement: <https://menengageafrica.org/act-for-srhr/>
#WorldSexualHealthDay #SRHR4All #ActForSRHR

LinkedIn



Post – Myth-Busting Reproductive Rights

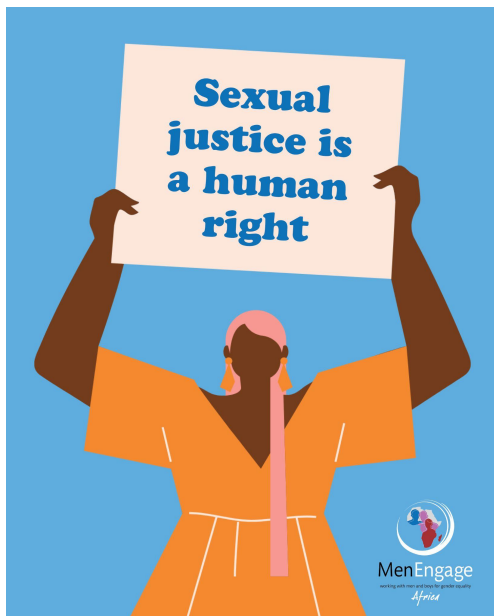
👎 Too often, SRHR is framed as only for married women, ignoring how it impacts all people.

💡 Let's reclaim SRHR as a collective right rooted in justice.

Read more: <https://menengageafrica.org/news-item/top-myths-about-srhr-in-africa/>

#HealthJustice #SRHR4All #ReproductiveRights

World Sexual Health Day Post - Post on Thursday 4 September



On World Sexual Health Day, we affirm that sexual health is not a luxury — it's a right. Let's centre dignity, access, and education in every country.

<https://menengageafrica.org/act-for-srhr/>
#WorldSexualHealthDay #HealthJustice #ActForSRHR

Week 2: 8–14 September – Reproductive Health Facebook

Post 2 – Adolescent Access



✗ MYTH: “Contraceptives make you infertile.”

✓ TRUTH: Birth control is safe and does not stop you from having children later.

Only 18.87% of adolescents in sub-Saharan Africa use contraception. Not by choice, but due to systemic failure.

📊 Fix the system, not the youth.

<https://menengageafrica.org/news-item/top-myths-about-srhr-in-africa/>

#ReproJustice #ActForAccess #SRHR4All #ActForSRHR

Form Promotion Post (all platforms)



Have you experienced discrimination or denial of care at a clinic?

✓ Share your story — anonymously or openly — and help us push for change.

 Every story makes a difference. Submit here:

https://docs.google.com/forms/d/e/1FAIpQLScSkd_vVefnqYjLgVyOCIfZ3u-ReF8aGKXDop2qtAoksQhZNA/viewform

#VoicesForSRHR #ActForSRHR

Twitter

Post 1



✗ MYTH: "Contraceptives make you infertile."

✓ TRUTH: Birth control is safe. You can choose when the time is right for you.

<https://menengageafrica.org/news-item/top-myths-about-srhr-in-africa/>

#YouthDeserveCare #ActForSRHR #SRHR4All

Form Promotion Post (all platforms)



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#VoicesForSRHR #ActForSRHR

Instagram

Post – Repro Health Access



✗ MYTH: "Contraceptives make you infertile."

✓ TRUTH: You can still have children later. Birth control helps you decide when.

#HealthForAll #ActForSRHR #SRHR4All

Story – Quick Myth Quiz



Slide 1: MYTH or FACT? "Contraceptives make you infertile."

Slide 2: MYTH! They're safe, and help you choose when to have children.

#MythBusting #ActForSRHR #SRHR4All

LinkedIn

Post – Adolescents and Repro Health



✗ MYTH: "Contraceptives make you infertile."

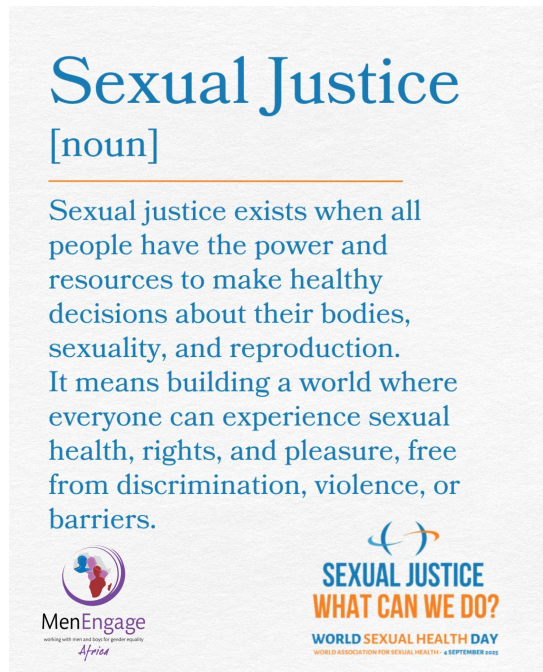
✓ TRUTH: They're safe and help people plan their futures.

We must remove stigma, train providers, and support youth access.

<https://menengageafrica.org/news-item/top-myths-about-srhr-in-africa/>

#ActForSRHR #YouthVoices #PolicyToPractice #SRHR4All

Sexual Health Week Post



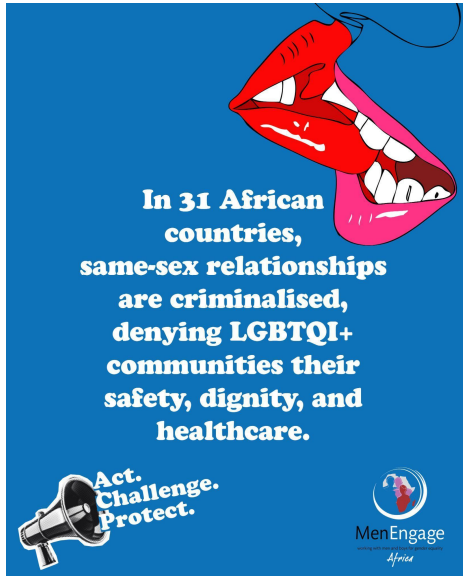
It's Global Sexual Health Week! Let's recommit to removing barriers and building systems that deliver health and dignity for all.

Read more: <https://menengageafrica.org/act-for-srhr/>
#SexualHealthWeek #GlobalHealth #ActForSRHR

Week 3: 15–21 September – Sexual Rights

Facebook

Post – Discrimination and Law



In 31 African countries, same-sex relationships are criminalised, denying LGBTQI+ communities their safety, dignity, and healthcare.

Sexual rights = the right to live, love, and access care without fear.

<https://menengageafrica.org/news-item/the-role-of-men-in-advancing-srhr-across-africa/>

#ProtectAllBodies #ActForSRHR #SRHR4All

Twitter

Post 1



Consent is non-negotiable. Sexual health should include safety, choice, and freedom.
#SexualRights #ActForSRHR #SRHR4All

Post 2



LGBTQI+ people deserve safe, inclusive care, not criminalisation. We must protect all bodies.
<https://menengageafrica.org/news-item/the-role-of-men-in-advancing-srhr-across-africa/>
#ActForSRHR #ProtectAllBodies #HealthJustice

Instagram

Post – Sexual Rights Message



Laws don't define your worth. Everyone deserves to live and love without fear.
#ActForSRHR #LGBTQHealth #SRHR4All

LinkedIn

Post – Advocacy in Law and Access



In many African countries, legal barriers reinforce discrimination and worsen healthcare access.

We need bold policy reform, intersectional advocacy, and protection of rights.

Learn more:

<https://menengageafrica.org/news-item/the-role-of-men-in-advancing-srhr-across-africa/>
#PolicyToPractice #ActForSRHR #SRHR4All

Form Promotion Post (all platforms)



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#VoicesForSRHR #ActForSRHR

Week 4: 22–30 September – Enabling Environments

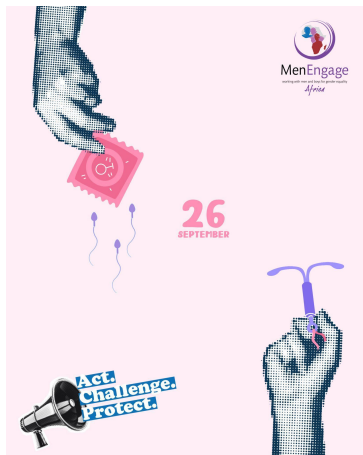
Additional posts:

World Contraception Day 26-Sep-25

International Safe Abortion Day 28-Sep-25

World Contraception Day:

Facebook / LinkedIn:



🌐 World Contraception Day – 26 September

Everyone deserves the power to choose if, when, and how to have children. 🧑🕒💭

Yet across Africa, too many people – especially youth – still lack access to accurate information and safe, affordable contraceptive options.

This #WorldContraceptionDay, let's 🦊 fight the stigma, 🔓 push for universal access, and 💰 demand investment in reproductive health services that work for everyone.

Learn more: <https://menengageafrica.org/act-for-srhr/>

#ActForSRHR #ContraceptionMatters #ReproductiveHealth #SRHR4All

Twitter / X:



Everyone deserves the right to choose if & when to have children. 🍪

This 🌍 #WorldContraceptionDay, we fight for access, choice & dignity.

➡ <https://menengageafrica.org/act-for-srhr/>

#ActForSRHR #ContraceptionMatters #SRHR4All #ReproductiveJustice

International Safe Abortion Day

28-Sep-25

Facebook / LinkedIn:



International Safe Abortion Day – 28 September

Theme: In Solidarity We Resist – Our Fight, Our Right!

Access to safe abortion is not just a health issue — it's about justice, dignity, and human rights. Across Africa, people continue to face stigma, legal barriers, and unsafe conditions when seeking abortion care.

This #InternationalSafeAbortionDay, we stand in solidarity with all who resist.

- 👊 We fight misinformation.
- 🧠 We demand legal reform.
- 🤝 We centre care, support, and bodily autonomy.

Learn more about why safe abortion is essential to reproductive justice:

<https://menengageafrica.org/act-for-srhr/>

#ActForSRHR #SafeAbortionDay #OurFightOurRight #SRHR4All

Twitter / X:



Abortion is healthcare.

It's dignity.

It's a right.

This #SafeAbortionDay, we rise in solidarity:



Against stigma



For law reform



For care without judgement

#OurFightOurRight

<https://menengageafrica.org/act-for-srhr/>

#ActForSRHR #SRHR4All #BodilyAutonomy

Facebook

Post – Bi Visibility Day (23 Sept)



Visibility is power. Bisexual people exist and deserve recognition, respect, and care. Celebrate Bi Visibility Day by listening, learning, and standing up against erasure.

<https://menengageafrica.org/act-for-srhr/>

#BiVisibilityDay #ActForSRHR #SRHR4All

Twitter

Post 1



Bi people are valid, visible, and deserving of full SRHR access.

#BiVisibilityDay #ActForSRHR #SRHR4All

Post 2



Ask your clinic, school, or policymaker: “Are YOU acting for SRHR?”

<https://menengageafrica.org/act-for-srhr/>

#VoicesForSRHR #SRHR4All #ActForSRHR

Instagram

Post – SRHR Is For Everybody



SRHR includes YOU — regardless of gender, orientation, income, or age.

#InclusiveCare #ActForSRHR #SRHR4All

Form Promotion Post (all platforms)



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 Every story makes a difference. Submit here:

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#VoicesForSRHR #ActForSRHR

LinkedIn

Post – Inclusive Systems



Enabling environments require inclusive policies, stigma-free spaces, and rights-based education.

Let's build systems that centre care, access, and equity.

<https://menengageafrica.org/act-for-srhr/>

#SRHR4All #InclusiveSystems #ActForSRHR