



ADVANCING SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS THROUGH SELF-CARE

COMMITMENT BY THE SELF-CARE TRAILBLAZER GROUP FOR THE GENERATION EQUALITY FORUM

The Generation Equality Forum Action Coalitions are the world's roadmap for gender equality. These innovative, multi-stakeholder partnerships are focused on the most critical areas in gender equality to achieve concrete change for women and girls worldwide.

The Self-Care Trailblazer Group (SCTG) is a proud Commitment Maker for the Bodily Autonomy and Sexual and Reproductive Health and Rights Action Coalition.

The SCTG is a global coalition dedicated to expanding the safe and effective practice of self-care so that individuals can better manage their own health, health outcomes are improved, and health systems are better equipped to achieve universal health coverage. We envision a world where self-care advances the rights of women and leads to more inclusive, equitable, and people-centered healthcare.

Over the next five years, the Self-Care Trailblazer Group commits to:

- Leveraging the coalition to ensure women have access to their choice of voluntary contraception by generating evidence, coordinating advocacy efforts, and growing champions, so that at least five (5) countries adopt national self-care sexual and reproductive health and rights (SRHR) guidelines, policies, and financing, including, but not limited to:
 - adopting the WHO Consolidated Guideline on Self-Care Interventions for Health: Sexual Reproductive Health and Rights;
 - inclusion of client-controlled SRHR products and approaches that advance self-care and individuals' autonomy over health in universal health coverage (UHC) programming and health financing plans;
 - inclusion of self-care as a part of comprehensive sexuality education;
 - policies in support of digital health and telemedicine;
 - support of over-the-counter status of drugs and devices used in self-managed care.
- Growing the number of champions by 10% annually who advocate as part of the coalition for self-care SRHR products and approaches to be integrated into primary healthcare packages and UHC and included in regional and global resolutions, guidelines, and health financing priorities to ensure a more inclusive, equitable, and people-centered approach to SRHR services.

Additionally, we are committed to having diversity in its members and Steering Committee. We commit to having at least 30% of our members and Steering Committee coming from traditionally underrepresented groups including feminist movements, women's organizations, and youth groups and at least 50% of members from the Global South.

