

# SEXUAL FREEDOM SEPTEMBER

**SheDecides.**

**22nd September – 29th September**

Calling the SheDecides movement!  
**Stand Up and Speak Out for Sexual Freedom** as human right this September.

From 22–29 September, join us and raise your voice to demand your right to sexual freedom. Share your story of taking action for sexual freedom in your community. Inspire others to take action too where they are.

## What is Sexual Freedom September?

From 22–29 September the SheDecides movement will mark Sexual Freedom September. It's a week-long campaign to celebrate sexuality, to demand access to contraceptives and action to end unsafe abortion.

We are launching a brand new card deck for Sexual Freedom September. It:

- Breaks down stigmas that exist around sexual freedom
- Features activists telling their own stories / journeys of activism
- Provides tools to inspire others to organise for sexual freedom in their community

WE NEED TO

TALK ABOUT...

SEXUALITY,  
CONTRACEPTION  
AND ABORTION.

#SexualFreedomSeptember

SheDecides.

**Why September?** Because this week marks three international awareness days linked to restrictions placed on women and girls' sexual freedom:

1. **Bisexual Visibility Day**  
23 September
2. **World Contraception Day**  
26 September
3. **International Safe Abortion Day**  
28 September



## Edit the cards yourself!

The card deck will be central to the campaign to spread awareness, and inspire action via social media @shedecidesgfi.

But sexual freedom means different things in different communities. Within our three main themes: contraception, abortion and sexuality, the stigmas and restrictions placed on women and girls differ around the world.

We invite you to edit the cards to focus on the sexual freedom topics important to your work and context. Update them with your own story and journey of activism.

Update them with your own story of activism. Share them on social media!

### Get involved here

#### Editing the cards

1. Click on the link to [canva.com](https://www.canva.com)
2. Create a free account using your email address
3. Edit the cards and download as PNG or JPG
4. Share them on social media

## Spread the word!

Feel free to use these draft posts for social media along with your edited cards!

### Post 1

I DEMAND the right for women and girls to be free to express themselves sexually 📣✊

For @shedecidesgfi #SexualFreedomSeptember we share how we take action for sexual freedom. I Stand Up and Speak Out for sexual freedom by...  
[INSERT SENTENCE ON WHAT YOU DO]

What about you?

### Post 2

📣 CALLING ALL FEMINISTS 📣

Join me this #SexualFreedomSeptember by sharing how you take action for sexual freedom ✊

Edit your own @shedecidesgfi card and Stand Up and Speak Out for sexual freedom! [shedecides.com/sexual-freedom-september](https://shedecides.com/sexual-freedom-september)