

How Culture Shapes Our First Decisions About Reproductive Health

For many young people, reproductive health understanding begins long before any formal lesson. Culture quietly sets the rules — what is spoken about, what is avoided, and what is considered *'appropriate'*.



HOW CULTURE SHAPES OUR FIRST DECISIONS ABOUT REPRODUCTIVE HEALTH



Family norms that decide what can be asked



Silence around bodies, sexuality, and autonomy



Early messages that shape shame, secrecy, or curiosity



Lessons learned indirectly — through behaviour, not words



**WHAT SHAPED
YOUR EARLIEST
UNDERSTANDING?**
