

WHERE MOST YOUTH LEARN REPRODUCTIVE HEALTH FIRST POP CULTURE

Before any formal lesson, many young people pick up their earliest reproductive health cues from films, series, and online shows.

Characters navigating relationships with secrecy

Dramatic portrayals of health decisions



Messages absorbed through humour, chaos, or peer influence

How Reproductive Health Is Often Handled Poorly in Media

Some portrayals reinforce confusion, stigma, or fear — shaping how young people understand risk and confidentiality

Never Have I Ever' and similar shows depict cultural silence and restricted conversations

Bollywood narratives lean on secrecy, shame, or 'hidden mistakes' tropes

High-drama plots turn RH decisions into moral judgement rather than health choices



Examples of Better, Supportive Portrayals

Not all portrayals are misleading. Some shows offer more nuanced, youth-friendly depictions of learning, vulnerability, and support.

'Sex Education' shows confusion but normalises asking questions and seeking reliable information

'Four More Shots Please' portrays autonomy, choice, and supportive friendships

Storylines that depict healthcare as accessible rather than fear-driven



Why Media Matters for Youth RH Understanding

When media becomes a primary teacher, it shapes expectations long before young people seek real help.



Influences trust, shame, and fear

Shapes ideas of what “normal” RH decisions look like

Impacts whether youth feel safe asking for information