

**This week** brought together advocacy, partnerships, youth education, and global collaboration. From international discussions on community rights to local awareness programmes for young people, FPA Sri Lanka continues working to strengthen sexual and reproductive health and rights while building partnerships that support healthier communities.

**INTERVIEW | 5**

**CHILDREN'S STRUGGLES**

## Silenced voices in unsafe spaces

**FPASL ED Dr. Ruchitha Perera**

**Girls' reproductive rights and preventing unintended teen pregnancies**

**Recognising the unit of care as defined by people's lived arrangements**



### Health. Rights. Dignity. Reform.

In a featured interview with The Morning, Executive Director Dr. Ruchitha Perera outlines the path forward for strengthening sexual and reproductive health and rights in Sri Lanka.

[Click to Read](#)

### Supporting Adolescents with Hygiene Kits

50 hygiene kits for adolescents were handed over to SOS Children's Village, made possible through a generous gift-in-kind donation from Rise and Shine Inc., USA. This initiative helps support young people's health, dignity, and access to essential hygiene resources.



### Building SRH Awareness Among Youth

Under the SPRINT Emergency Response Project, SRH awareness programmes were conducted for youth at the National Youth Service Council Training Centre in Maharagama and the Ethimale VTA Centre. Sessions covered key topics such as the reproductive system, menstrual hygiene, and HIV/STI awareness, empowering young people with knowledge for healthier decisions.



### Strengthening Global Solidarity

FPA Sri Lanka hosted the IPPF Sex Workers Consortium Mid-Term Review bringing together over 50 participants from Latin America, South-East Asia, and Sri Lanka. The meeting reviewed programme progress, shared learning across countries, and reaffirmed the importance of ensuring sex workers remain central to programmes and advocacy that affect their lives.

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### SRH & HIV Awareness for Alokaya Interns

The Alokaya Counselling Centre conducted an awareness session on Sexual and Reproductive Health and HIV/STDs for 18 interns. The session was facilitated by Dr. Chintha Rupasinghe, Director – SRH, providing insights on prevention, responsible health practices, and informed decision-making.

**HAPPY WOMEN'S DAY** **LIVE (IG) STREAMING**

We're opening honest conversations on menstruation, menopause, and sexual health related to menstruation because every stage of a woman's life deserves understanding, dignity, and support.

**Monday 9th March**  
12.00 PM – 1.00 PM

**Your Questions, Answered-IG Live**

Join our Instagram Live session in celebration of Women's Day for an open conversation on menstruation, menopause and sexual health.

**Monday, 9th March**  
12.00 PM – 1.00 PM

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### FPA Sri Lanka at Medicare 2026

FPA is participating as an exhibitor at Medicare 2026, Sri Lanka's International Healthcare Exhibition at BMICH from 6th – 8th March. Visitors can explore Social Marketing Programme (SMP) products, and learn more about the Bloom by FPA Sri Lanka Head Office Clinic and the Alokaya Counselling Centre at stall A29/A30, while connecting with healthcare professionals and innovations shaping the future of health. Come visit us!