



THE IRHEC NETWORK NEWSLETTER

# International *Reproductive Health* Education Collaboration

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OUR MISSION

# A life-course approach to reproductive health

The International Reproductive Health Education Collaboration (IRHEC) is a multidisciplinary global collaboration. Our mission is to increase **reproductive health awareness** using the **life-course approach**, in order to **improve reproductive health** and **facilitate informed decision-making in family planning**, among adolescents, people of reproductive age, primary healthcare and education professionals, and policymakers, through the **development, evaluation, and dissemination of inclusive educational resources**.

IRHEC is coordinated by the Steering Committee and supported by a strong Network of people interested in reproductive health education. The committee is led by a Chair, a Chair-Elect, and the Past Chair.

## 01 IRHEC at the ESHRE 42nd Annual Meeting 5–8 July 2026 · ExCeL London

### IRHEC Network Meeting

Sunday 5 July 2026 · 17:30–18:30 BST · ExCeL London (room TBC)

We warmly welcome **all** Network members to our annual in-person gathering, a chance to reconnect with colleagues, meet the Steering Committee, and forge new collaborations. Please bring colleagues who may be interested in IRHEC's mission.



Not registered for ESHRE? You'll need to be added to the visitors list. Email Dr Maria Ekstrand Ragnar at [maria.ekstrand\\_ragnar@med.lu.se](mailto:maria.ekstrand_ragnar@med.lu.se)



### Session 19: IRHEC Update

Monday 6 July 2026 · 14:00–15:00 BST

Join this dedicated session for the latest updates and collaborative initiatives in reproductive health education.

Registration: [eshre.eu/ESHRE2026/Registration](https://eshre.eu/ESHRE2026/Registration)

Full programme: [eshre.eu/Annual-Meeting/ESHRE-2026](https://eshre.eu/Annual-Meeting/ESHRE-2026)

## 02 Working Group Updates Education, Research, Publication & Dissemination

### EDUCATION

Resources & Translations

Prof. Joyce Harper

### RESEARCH

Publication & Dissemination

Prof. Bola Grace

### COMMUNICATION

Campaigns & Engagement

Christiana Antoniadou



## Education Working Group

Led by Professor Joyce Harper

The Education Working Group continues to develop and expand resources for both the public and educators. Key priorities include the evaluation and dissemination of evidence-based teacher resources and their inclusion in curricula, alongside exploring new strategic directions.

**IRHEC Educational Resources: Informing, Educating, Empowering.** Our freely accessible Educational Resources are a valuable repository supporting reproductive health awareness and education. We invite you to use them in your practice, teaching, and outreach, and to share them within your professional networks. Explore them via the [IRHEC Educational Resources](#) hub.

**Topics**

Puberty 	Menstrual cycle and periods 	Fertility 	Contraception 	Sexually Transmitted Infections 
Infertility 	Pregnancy 	Menopause Andropause 	Wellbeing and lifestyle 	Cancers that affect the reproductive system 

**Tools**

Teachers Resource 	Posters 	Information Leaflets 	Video Stories 
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**Translations Initiative: Expanding Access Across Languages.** IRHEC educational materials are being translated into multiple languages to make reproductive health education more accessible globally. The Educational Poster is now available in:

- Danish
- Dutch
- English
- Finnish
- French
- German
- Greek
- Italian
- Japanese
- Persian
- Polish
- Portuguese
- Serbian
- Spanish
- Swedish

Educational Leaflets are available in Portuguese, Hungarian, and Spanish, with these versions in preparation:

- Persian · in prep
- Ukrainian · in prep
- Greek · in prep

A warm thank you to **all Network members** who have contributed to this collaborative effort to support reproductive health information across diverse linguistic and cultural communities.

## Research & Publications Working Group

Led by Professor Bola Grace

The Research Working Group examines global research gaps, with a focus on Fertility Knowledge, Attitudes, and Behaviours across diverse population groups. School-based education, the delivery of reproductive health information through varied sources, and the effectiveness of reproductive health education remain core areas of interest.

**Recent presentations.** Our systematic literature review on social media and reproductive health was presented at Fertility 2026 (Edinburgh, January 2026) and the Congress of the European Society of Contraception and Reproductive Health (ESC) (Belgrade, Serbia, May 2026). Special thanks to all Network members who contributed to this work.



**Publications database.** Our database on the ESHRE webpage is a valued resource for the global research community. Share relevant work by emailing [IRHEC\\_ESHRE@outlook.com](mailto:IRHEC_ESHRE@outlook.com) with the subject line "publications". For further details, visit: [IRHEC Publications database](#).



## Communication Working Group

Led by Christiana Antoniadou

IRHEC remains active on Instagram and LinkedIn, with new collaboration opportunities continuously developing to maximise engagement and impact.

### Latest Social Media Campaigns

**"What Does Reproductive Health Education Mean to You?"** This campaign highlights the diversity of perspectives within our community and our shared commitment to advancing reproductive health awareness. Network members are invited to submit a short video reflection in any language.

Since its launch in February 2026, our **12-week IRHEC Poll Campaign** has generated strong engagement across Instagram and LinkedIn, reflecting growing professional and public interest in fertility and reproductive health education. Through interactive polls and discussions, the campaign encourages dialogue, explores perceptions, and highlights key areas of interest.

Participate in our polls, share your perspectives, and help drive open conversation on the questions that matter most in reproductive health education. Please email [IRHEC\\_ESHRE@outlook.com](mailto:IRHEC_ESHRE@outlook.com) with the subject line "social media". Watch this space for our exciting plans for Network Engagement.

**Conferences & Dissemination: Spread the Word.** Conferences, meetings, workshops, and presentations are vital opportunities to promote IRHEC's mission, raise awareness, and recruit clinicians, researchers, young scientists, and patient representatives to the Network. We encourage you to use IRHEC materials in your clinic, at conferences, and in presentations to help expand the reach and impact of reproductive health education.



## MEMBER SPOTLIGHT

# Putting faces to the mission

## STEERING COMMITTEE



CLINICAL EMBRYOLOGIST · PORTUGAL

## Alexandra Carvalho

*Reproductive Medicine Unit, Coimbra · Steering Committee since 2021*

"I am Alexandra Carvalho, a Clinical Embryologist working at the Reproductive Medicine Unit in Coimbra, Portugal, and a researcher in reproductive health and fertility education. Being part of the IRHEC Steering Committee since 2021 has been one of the most meaningful experiences of my professional journey. Fertility education has grown from a research interest into a personal mission, and IRHEC has played a very special role in shaping that path. What I value most is the sense of shared purpose. Even across different countries and perspectives, there is a genuine commitment to making fertility education clearer and more accessible. On a personal level, this role has strengthened my belief that science only reaches its true impact when it is translated with empathy and simplicity. My hope for the future is that we continue growing this collaboration and creating space for open, honest conversations that empower people to make informed choices about their lives."

## NETWORK MEMBER



OBSTETRICIAN-GYNAECOLOGIST &amp; PHD RESEARCHER · UKRAINE

## Yulia Bandrivska

*Evidence-based reproductive medicine & clinical education*

"I am Yulia Bandrivska, an obstetrician-gynecologist and PhD researcher from Ukraine. My professional focus is dedicated to evidence-based reproductive medicine and the advancement of clinical education. I am actively involved in international scientific collaboration, working within the International Reproductive Health Education Collaboration (IRHEC) and ESHRE (European Society of Human Reproduction and Embryology) networks. My research specifically explores metabolic interventions in reproductive health and the development of modern educational protocols for specialists. I believe that international cooperation and shared expertise are essential for improving patient care and professional growth. In my personal time, I find inspiration in botanical aesthetics and enjoy cultural travels that allow me to explore new perspectives."

## ★ NEW MEMBER



SOCIAL WORKER &amp; RESEARCH ASSISTANT · SYDNEY, AUSTRALIA

## Kyla Lawson

*Originally from South Africa · MSc Sexual & Reproductive Health*

"Hello everyone, my name is Kyla Lawson. I am originally from South Africa and currently live in Sydney, Australia. I have spent the past 15 years working as a Social Worker and completed my Master's in Sexual and Reproductive Health during COVID. Since then, I have worked in health promotion, project management, and as a Research Assistant, and I currently work in women's HIV prevention. My interests lie in adolescent education on fertility preservation, and its intersections with HIV and STI prevention, gender, stigma, and reproductive justice. If accepted, my PhD research will be exploring these themes in the Southern African context. Outside of work, I enjoy travelling, reading, and recently started playing soccer for the first time. I look forward to learning and working with you all."



## 04 Research Project, Call for Participants

Are you working on reproductive health initiatives?

**We are supporting a research project to better understand reproductive health education.**

**Survey:** If you are an individual or part of a group contributing to reproductive health education in any way, we invite you to complete this [short survey](#).

**Interviews:** If you have been involved in mid- or large-scale reproductive health education initiatives, projects, programmes, campaigns etc., we would love to hear your insights through an interview. If you are interested in taking part, please contact Lucy at: [lucy.dent.25@ucl.ac.uk](mailto:lucy.dent.25@ucl.ac.uk)

## Just Joined the IRHEC Network?

Welcome, we're delighted to have you on board

IRHEC is a dynamic, collaborative international community united by a shared commitment to education, advocacy, inclusivity, and meaningful impact in reproductive health. As a member, you can look forward to:

**1 Two Online Meetings a Year**  
Connect with members, exchange ideas, and discuss reproductive health education.

**2 Annual In-Person Gathering**  
Meet colleagues at the ESHRE Annual Meeting and strengthen connections.

**3 Research Opportunities**  
Contribute to initiatives, share ideas, and collaborate on future projects.

**4 Social Media Participation**  
Support campaigns, contribute content, and amplify key conversations.

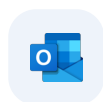
**5 Educational Resource Support**  
Receive guidance on using and disseminating IRHEC educational materials within your professional communities.

## Know someone passionate about reproductive health education?

The more, the merrier, so share our joining link and help the Network grow.

[Join the IRHEC Network →](#)

### STAY CONNECTED



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