

# MANIFESTO OF THE ASTRA NETWORK MEMBERS



Adopted at the ASTRA Network Annual Meeting in Warsaw, May 2026

## PREAMBLE

We, members of the ASTRA Network, gathered at our Annual Meeting, reaffirm our unwavering commitment to the promotion and protection of sexual and reproductive health and rights (SRHR) for all people.

Across Central and Eastern Europe and Central Asia, the realization of SRHR remains uneven and increasingly contested. Regressive policies, shrinking civic space, gender inequality, and attacks on bodily autonomy threaten hard-won progress and undermine fundamental human rights.

In this context, we stand united. Our network is built on cooperation, shared knowledge, and collective action across borders. We recognize that defending SRHR requires protecting democracy, civic space, and sustainable financial support for civil society across the region. Together, we strengthen the movement for dignity, autonomy, equality, and justice.

## OUR COMMITMENTS

**1. Defending Sexual and Reproductive Health and Rights.** We reaffirm that sexual and reproductive health and rights are integral, indivisible, and universal human rights. We commit to advancing policies and practices that ensure:

- Access to safe, legal, and affordable abortion
- Comprehensive sexuality education
- Modern contraception and reproductive health services
- Maternal health care and respectful care during pregnancy and childbirth
- Freedom from coercion, discrimination, and violence in reproductive decision-making

**2. Solidarity Across Borders.** We recognize that challenges to SRHR transcend national boundaries. We therefore commit to strengthening cross-border solidarity, including:

- Supporting organizations and activists facing backlash and restrictions
- Sharing evidence, strategies, and resources across countries
- Responding collectively to threats to human rights and democratic values
- Amplifying regional voices in global SRHR advocacy spaces

**3. Centering Equity and Inclusion.** We commit to advancing SRHR in ways that address structural inequalities and ensure that no one is left behind, including:

- Young people
- Marginalized communities
- Roma communities
- Migrants and refugees
- LGBTQI+ people
- People with disabilities
- Rural and underserved populations

**4. Strengthening the Movement.** We commit to investing in the sustainability and resilience of the SRHR movement by:

- Building strong partnerships among civil society organizations
- Supporting new generations of advocates and leaders
- Protecting civic space and democratic participation
- Promoting evidence-based policy and public health approaches

## OUR COLLECTIVE VISION

We envision a region where every person has the knowledge, resources, and freedom to make decisions about their own body and reproductive life without discrimination, coercion, or violence.

We believe that solidarity is our strength. By standing together across borders, we reinforce our collective power to defend human rights and advance gender equality.

## CONCLUSION

Adopted and endorsed by members of the ASTRA Network at the Annual Meeting 2026, this manifesto reflects our shared determination to continue working collaboratively toward a future where sexual and reproductive health and rights are fully realized for all.