



COMPREHENSIVE APPROACH TO CARE & SUPPORT

Sexual Reproductive Health

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FAMILY PLANNING

Family Planning is an approach or programme which allows couples and individuals to anticipate and attain their desired number of children and the spacing and timing of their births. It is achieved through the practice of contraception.

CONTRACEPTION METHODS

1
100

Implants
Copper IUD/
Hormonal IUD
Surgical Sterilization
Vasectomy
(Tubal Ligation)

Chances of getting pregnant
Less than 1 out of 100 women*

15
100

Injections
LAM
Lactational Amenorrhoea Method
Pills
Patch
Vaginal Ring

Chances of getting pregnant
15 out of 100 women*

25
100

Male Condom
Diaphragm
Female Condom
Fertility Awareness Methods

Chances of getting pregnant
25 out of 100 women*

30+
100

Withdrawal
(Abstinence)
Spermicides

Chances of getting pregnant
30+ out of 100 women*

MORE EFFECTIVE

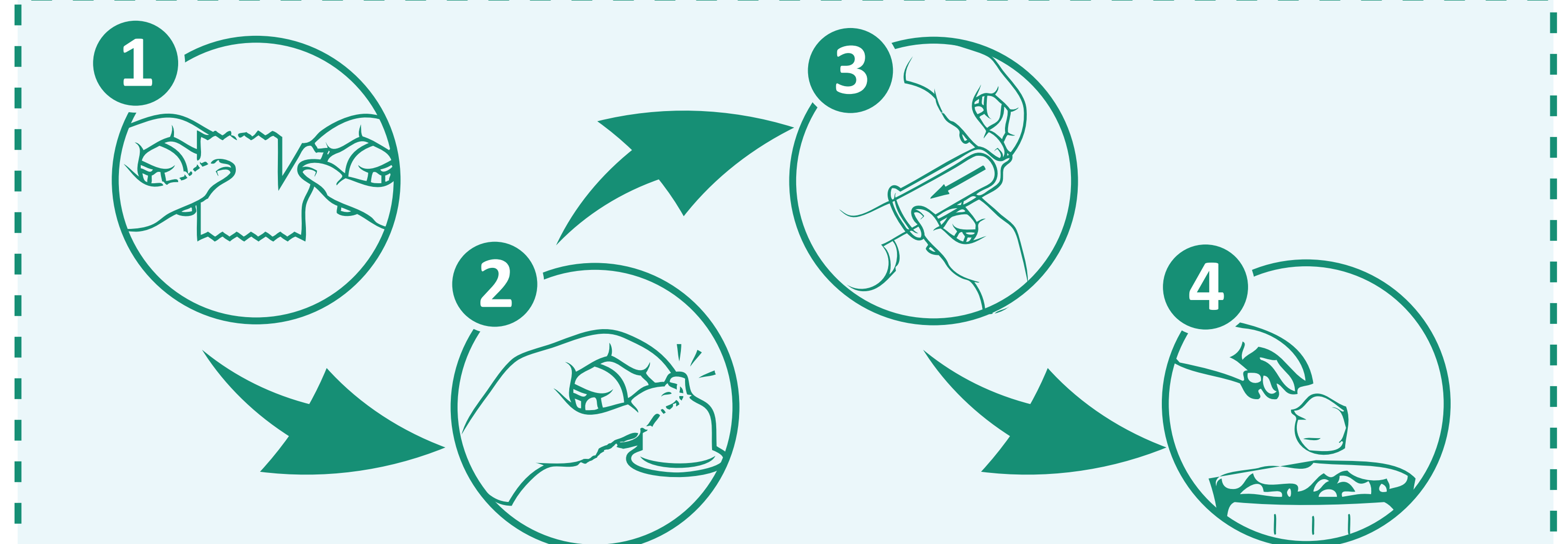


LESS EFFECTIVE

BENEFITS OF USING A CONDOM

- Consistent and correct condom use prevents STIs and HIV;
- It also prevents unplanned pregnancy;
- There are multiple strains or versions of the HIV virus;
- Even if you are already infected, you can still get re-infected if you are not using a condom.

STEPS TO PROPER CONDOM USE



STIs QUICK FACTS

- You can get an STI from giving or receiving oral sex;
- You can get an STI by having intimate sexual contact with someone who already has the infection;
- You cannot tell that someone has an STI by looking at them, some STIs have no symptoms;
- Screening for STIs is done at the clinic.



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