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Developed and Produced by BCS Project in collaboration with
the Family Health Division of Ghana Health Service and the
Ministry of Health, supported by USAID © 2010
It's Your Life. It's Your Choice
HOW TO USE THIS FLIPCHART

• You may use this flipchart with individuals or groups
• In a group, be sure to stand or sit where everyone can see the flipchart
• Read and be familiar with the text before using the flipchart
• Point to the illustrations (pictures) as you explain your point, not to the text
• Make frequent eye contact with the individual or group members
• Try to involve the group in your presentation
• Ask questions and encourage discussion
• Use the text as a guide and include additional information as needed
• Speak clearly and use language and words the individual or group understands.
BENEFITS OF PLANNING YOUR FAMILY

Family Planning
Helps couples/partners have the number of children they want when they want.

Family Planning
Helps improve the health of mothers and children through child spacing. The mother stays healthy, is less tired and has more energy.

Family Planning
Can help couples/partners plan better for their children’s needs – food, clothing, and education. They can save more money for health services and recreation.

Family Planning
Can help parents give their children more attention and a better chance of getting an education. For the newborn, the baby can be breastfed for a longer time.

Family Planning
Can help couples/partners with infertility prevention and management or couples who have difficulty in having babies achieve pregnancy.

Family Planning
Can help the community have more adequate resources such as schools, clinics, water supply, food and recreational centers.
Benefits of Planning your Family
Every couple has the right to make an informed choice on contraception from the Family Planning methods available.

There are a number of effective modern and natural family planning methods to choose from:

**Short-Term**
- Oral contraceptives (The Pill)
- Condoms
- Injectables

**Long-Term**
- Implants
- IUD

**Permanent**
- Voluntary sterilization for men and women

Since each couple is different and the contraceptive methods are many, couples must discuss with a health worker and decide which method is good for them: a short term method, a long term method or a permanent method.

If a couple chooses a method and they don’t like it, they can try another method. Unless it is sterilization, which is permanent.

This flipchart is designed to introduce you to the various family planning methods available. Please feel free to ask questions during this session and later on if you have any other questions about the methods discussed. If you want to change your chosen method, come back and talk to a health worker again.
FAMILY PLANNING NOW!

Counselling

FAMILY PLANNING METHODS

METHODOLOGY

TIE THE RING
BLOCK SPERM
BLOCK Sperm
INFERTILE
ABORTION
INFECTION
MALE REPRODUCTIVE ORGAN

• The man’s sexual organs include the penis and testicles
• The testicles are where the man’s seed or sperm is made
• This is the path that the sperm travels, starting from the testicles and through a tube (vas deference) and out of the man’s body through the urethra.
The Male Reproductive Organ

- Penis
- Urethra
- Testicle
- Scrotum
FEMALE REPRODUCTIVE ORGAN

- Inside a woman's body, there are two egg sacs that are known as ovaries.
- Each month an egg comes out of the egg sacs and moves down a tube into the womb.
- If a woman does not become pregnant, the egg leaves the woman’s body with some blood from the lining of the womb. This is a woman’s monthly period.
- The uterus or womb is about as big as your fist, and when a woman is pregnant the womb stretches as the baby grows.
- The woman also has a vagina, or birth canal. This is where the baby passes through during birth.
The Female Reproductive Organ

-Fallopian Tubes
-Ovary
-Cervix
-Uterus (Womb)
-Vagina
FERTILIZATION

• During intercourse the penis is in the vagina, so the sperms pass down the man’s urethra into the vagina and through the opening of the womb

• The sperm swims up to the womb and the tubes looking for an egg

• If one of the sperms reaches the egg, it enters the egg in the tube and fertilizes it. The fertilized egg moves into the womb and grows into a baby

• If the sperm does not meet an egg, it dies after 3 days and will leave the woman’s body.
DESCRIPTION
• The Male Condom is a thin rubber sheath that fits over the erect penis. It holds the sperm and prevents it from entering the womb.

HOW IT WORKS
• It holds the sperm and prevents it from entering the womb
• The Male Condom is rolled onto the erect penis before it touches the vagina
• A small space should be left between the condom and the tip of the penis for collection of seminal fluid (that contains the sperm)
• The condom should be removed after intercourse before the penis loses its erection
• It should be properly disposed (put in a latrine, or buried)
• A vaginal foaming tablet can be used at the same time to increase protection.

ADVANTAGES
• It is safe and effective
• The Male Condom does not have any harmful side effects
• It is convenient and easy to use
• It can prevent both pregnancy and sexually transmitted infections (e.g. Gonorrhea, Syphilis, HIV/AIDS)
• It can be purchased from clinics, drug stores, pharmacy shops and Community Volunteers
• It is affordable.

DISADVANTAGES
• Some couples find that the condom decreases sexual sensitivity and pleasure
• It interrupts sexual activity
• Some people may feel embarrassed to buy and/or initiate condom use
• Need to use one condom for each sexual act
• Some people (both men and women) may be allergic to the latex (rubber)
• Condoms may break or slip off.
The Male Condom
DESCRIPTION

• The Female Condom is a safe pre-lubricated contraceptive for women. It is made of strong soft rubber
• It has a flexible ring at each end
• The inner ring is used for insertion and helps to hold the condom in place
• The outer ring remains outside the vagina when the condom is inserted and covers the opening to the vagina.

HOW IT WORKS

• It gently lines the vagina to create a barrier against pregnancy and germs that cause sexually transmitted infections, (e.g. Gonorrhea, Syphilis and HIV/AIDS).

ADVANTAGES

• All women can use it (young, old and menopausal, women who have had their wombs removed and women who are breastfeeding)
• It can be worn earlier (few hours) before the sexual act to minimize interference during sex
• It generates heat and therefore increases sexual stimulation
• It prevents both pregnancy and STIs
• It can be purchased at clinics, drug stores, community volunteers and pharmacy shops.

DISADVANTAGES

• It could interrupt sexual activity
• Some people may feel embarrassed to buy and/or initiate condom use
• Need to use one condom for each sexual act
• Not culturally appropriate where a woman is not expected to hold a man’s penis.
ORAL CONTRACEPTIVE PILL

DESCRIPTION
• The Pill which is taken once a day is one of the most effective family planning methods, if it is taken at the same time everyday
• The Pill contains low dose hormone(s)
• There are two types of Pills. The low-dose Pill and the combined Pill:
  * The low-dose Pill contains one hormone (Progestrogen). E.g. Ovrette
  * The combined Pill contains both hormones (Progestrogen and Estrogen) E.g. Lo-femenal, Secure and Microgynon.

HOW IT WORKS
• The Pill prevents eggs from being released so that the woman cannot become pregnant
• It prevents monthly ovulation
• It thickens cervical mucus
• It makes the implantation of the egg less likely
• It reduces sperms movement in the Fallopian Tube.

ADVANTAGES
• The Pill is safe and very effective
• The Pill can be taken by most women from menarche to menopause
• When a woman wants to get pregnant, she stops taking the Pill
• It is reversible and return to fertility is rapid
• The progestin only Pill can be used by breastfeeding mothers
• It does not need to be used at the time of intercourse; hence it does not interfere with intercourse
• It protects against certain types of diseases. (E.g. Ovarian cancer)
• The Pill is safe and very effective
• It is reversible and return to fertility is rapid
• It does not need to be used at the time of intercourse
• It protects against certain types of diseases.

DISADVANTAGES
• The Pill must be taken everyday therefore may be easy to forget
• The combined Pill cannot be taken by breastfeeding mothers
• It may cause some short term side effects like headaches, nausea or spotting
• These side effects disappear after a few months of use
• It does not protect against STIs, including HIV/AIDS.
Oral Contraceptive Pill

LIFE CHOICES
It's Your Life. It's Your Choice

THE PILL
DESCRIPTION

It is a method that is given by injection in the arm or buttocks. There are three kinds of injectables:

* Norigynon (Progestrogen and Estrogen) – Its effects last for one (1) month
* Noristerat (Progestrogen only) – Its effects last for two (2) months
* Depo Provera (Progestrogen only) – Its effects last for three (3) months.

HOW IT WORKS

• Like the Pill, the substance in the injectable prevents eggs from being released so that the woman cannot become pregnant
• It prevents monthly ovulation
• It thickens cervical mucus
• It makes the implantation of the egg less likely
• It reduces sperms movement in the Fallopian Tubes
• When a woman wants to get pregnant, she stops taking the injection.

ADVANTAGES

• It is very effective and safe
• It is easy to use
• It does not need to be used at the time of intercourse; hence it does not interfere with intercourse
• It is reversible
• Most women between menarche and menopause can use it.

DISADVANTAGES

• It can cause some short-term side effects such as irregular menstrual bleeding, dizziness and nausea. These side effects disappear after a few months of use
• It causes delayed return to fertility
• It does not protect against STIs including HIV/AIDS
• It may cause Amenorrhoea (absence of menstruation).
DESCRIPTION

Implants are contraceptives of a set of small plastic capsules or flexible rods that are placed under the skin of a woman’s arm. Implants contain the hormone Progestrogen, which makes it safe for breastfeeding mothers. An example of an Implant is the Jadelle Implant. Jadelle Implants consists of (2) rods and is effective for five (5) years.

HOW IT WORKS

• Implants work by thickening cervical mucus, making it hard for sperms to penetrate (to pass through)
• They partially inhibit ovulation
• They reduce sperm movement
• They make implantation less likely.

ADVANTAGES

• Implants are safe and immediately effective (within 24hours)
• They can be used by women of any reproductive age or parity, and even when breast feeding
• Does not require the woman to do anything once they are inserted
• Long lasting
• They do not interfere with intercourse
• Return to fertility is immediate once the Implants are removed.

DISADVANTAGES

• A trained health provider is needed to insert and remove Implant
• A small incision or cut is required for insertion and removal
• Implants can cause menstrual cycle disturbances or changes
• They provide no protection against STIs, including HIV/AIDS.
Implant
THE INTRA UTERINE DEVICE – IUD

DESCRIPTION

• The IUD or “loop” is a small piece of plastic device placed in the woman’s womb to prevent pregnancy
• It can be inserted by a trained doctor or nurse at any time, as long as the woman is not pregnant
• It is highly effective at preventing pregnancy
• When a woman wishes to become pregnant again she goes to a health worker to have the IUD removed
• It is safe, and remains in place.

HOW IT WORKS

• It causes changes in the body of the woman that damages the sperm and the egg before they meet.

ADVANTAGES

• The IUD is very effective at preventing pregnancy
• It is long lasting, no constant supplies needed
• It is easy to use and safe
• It does not interfere with intercourse
• It prevents pregnancy from the day it is inserted
• It can be left in place for years with little medical supervision
• It does not require the woman to do anything once they are inserted
• There is quick return to fertility after removal.

DISADVANTAGES

• A trained provider is needed to insert and remove IUD
• The IUD may cause some discomfort immediately following insertion
• There may be increased bleeding during menstruation and spotting
• There may be pain and cramping during menstrual period
• It provides no protection against STIs, including HIV/AIDS.
The Intra Uterine Device (IUD)
MALE STERILIZATION (VASECTOMY)

DESCRIPTION

• Vasectomy is a simple operation in which the tubes that carry the sperms in a man are cut and closed.

HOW IT WORKS

• When the tubes are cut, the man still makes semen (the milky liquid) when he has sexual intercourse, but there are no sperms in it. Since there are no sperms in the man’s liquid, the woman cannot get pregnant
• The man can still have an erection and can still enjoy sex after the Vasectomy
• He looks and feels the same as he did before the operation.

ADVANTAGES

• Vasectomy is very effective
• It is permanent
• After the operation, there is no more worry about making a woman pregnant
• It does not interfere with sex.

DISADVANTAGES

• Vasectomy is irreversible. Only men who do not want to father anymore children should consider this method
• There is a chance of regret
• A Vasectomy is not effective immediately so it is good to continue using condoms for 3 months after the procedure
• There may be some pain and discomfort during and right after the procedure
• It does not give protection from STIs, including HIV/AIDS.
FEMALE STERILIZATION (TUBAL LIGATION)

DESCRIPTION

• Tubal Ligation is an operation in which the tubes that carry the woman’s eggs to the womb are cut and blocked
• During the operation a doctor makes a small cut in the woman’s belly and closes the tubes.

HOW IT WORKS

• The eggs cannot meet the man’s sperm so the woman cannot get pregnant
• The woman still has a period every month till she reaches menopause
• She looks and feels the same as she did before operation.

ADVANTAGES

• Tubal Ligation is very effective
• After the operation, there is no more worry about pregnancy
• It can be done soon after the birth of a baby so that re-admission to the hospital or clinic is avoided.

DISADVANTAGES

• Tubal Ligation is an irreversible method. Only women who do not want any more children should consider this method
• There is a chance of regret
• It is expensive at the time of procedure, but there is no further cost after that
• It does not give protection from STIs, including HIV/AIDS
• There may be some possible side effects of some pain, and discomfort during and after the procedure.
Female Sterilization (Tubal Ligation)
DESCRIPTION

• Natural Family Planning refers to a variety of methods used to plan or prevent pregnancy.

There are four main types:

* The rhythm or calendar method
* The basal body temperature (BBT) method
* The mucus or billings ovulation method
* The symptom-thermal method (S-TM)

These methods require no chemicals but do require will power and self-discipline of the couples who wish to practice them.

HOW IT WORKS

• It is based on identifying the woman’s fertile days, and avoiding intercourse during the fertile days to prevent pregnancy.

• A doctor, nurse or a counselor usually helps the woman to learn how to determine the fertile period.

ADVANTAGES

• Safe, there are no physical side effects
• Free or inexpensive; after initial training and follow-up, acceptors or users are able to practice with no assistance
• Acceptable to many religious groups that oppose other contraceptive methods
• Training increases the woman’s and sometimes the man’s awareness of the reproductive system (physiology) and the menstrual cycle
• Partners have shared responsibility for family planning
• May help couples achieve pregnancy if pregnancy is desired.

DISADVANTAGES

• In general, less effective than other methods. Depends a lot on changes in the body temperature which can be influenced by fevers or infections
• Requires extreme self-discipline, commitment and cooperation of both partners
• Requires substantial initial and some ongoing counseling
• Sexual abstinence may cause marital difficulties
• Requires daily monitoring charting/record keeping
• Intercourse must be confined to limited number of days.
Natural family planning methods
LACTATIONAL AMENORRHOEA METHOD (LAM)

DESCRIPTION
LAM is the use of breastfeeding as a temporary family planning method. It provides natural protection against pregnancy and encourages couples to start making alternate arrangements for another family planning method at the proper time.

HOW IT WORKS
• A baby’s suckling suppresses the production of the hormones that are necessary for ovulation and without ovulation pregnancy cannot take place.

When can LAM be used?
A woman is naturally protected against pregnancy when:
• She exclusively breast feeds her baby, including feeding at night and on demand
• Her menstrual period has not returned after delivery, a miscarriage or abortion
• Her baby is less that 6 months old.

ADVANTAGES
• LAM ensures that the baby gets needed nutrients and protection from diseases
• LAM is highly effective and easy to use
• No supplies are needed
• LAM does not interfere with sex
• It has no side effects
• It has health benefits for both mother and infant
• It encourages bonding between mother and baby.

DISADVANTAGES
• LAM is not an option for women who do not breast feed
• Breast feeding pattern may be difficult to maintain
• Duration of the method is limited
• There is no protection against STIs, including HIV/AIDS
• Intercourse must be confined to limited number of days.
Lactational Amenorrhoea Method (LAM)
EMERGENCY CONTRACEPTION

DESCRIPTION
Emergency contraception is used to help prevent a woman from getting pregnant after she has had unprotected sex.

There are two types of emergency contraceptives:

* Emergency Contraceptive Pills (ECP)
* Intrauterine devices (IUD).

THE EMERGENCY CONTRACEPTIVE PILL

• A woman takes a pill as soon as possible after having unprotected sex, her regular contraceptive fails or she has been forced to have sex (i.e. Raped).

• The emergency contraceptive pill is not the same as abortion pills. It will not end pregnancy once it has started.

ADVANTAGES

• A woman can use the ECP right away or up to three days after sex

• The pills have no long term or serious side effects and it is safe for almost every woman

• It can be obtained at the clinic and drug stores and pharmacies

• It is safe, effective and easy to use.

INTRA UTERINE CONTRACEPTIVE DEVICE (IUD)

When inserted within five days of unprotected intercourse, copper bearings IUDs:

• Prevents the sperm from meeting the egg

• Prevents the egg from attaching to the uterus (womb) Emergency contraception should not replace normal contraception.
The Intra Uterine Device (IUD)

The Emergency Contraceptive Pill

Emergency Contraception
DUAL PROTECTION

DESCRIPTION
Dual protection is the use of condoms (either male or female) to prevent both pregnancy and STIs, including HIV/AIDS.

• Only CONDOMS prevent STIs and HIV/AIDS. Using the pill, injectable, or implants does not protect you against STIs including HIV/AIDS

• Therefore double method use like male or female condom with any other family planning method is highly effective at protecting you against STIs including HIV/AIDS as well as unwanted pregnancy

• There are types of sexual intimacy that can be satisfying yet does not spread STIs or HIV/AIDS. Avoid unprotected anal and oral sex. For best protection, have no contact with your partner’s semen or vaginal secretions

• Delaying or avoiding sexual activity (Abstinence) is a good choice for adolescents or unmarried adults.
Dual Protection

The Male Condom

The Female Condom

Dual Protection
There are benefits of spacing birth for at least two years before getting pregnant again.

Benefits of Spacing pregnancies:
• The baby can be breastfed longer and avoid growth problems
• The mother can regain her strength
• The mother can avoid stress and problems of a new pregnancy
• The mother will have time for the baby
• The next baby is likely to be born healthy and strong.

Ask her about her plans for more children, and discuss healthy timing and spacing of births. Family Planning after childbirth is a key to healthy life for mother and baby.

Explain that if a mother is not breastfeeding exclusively, she can become pregnant again as soon as four (4) weeks after child birth. As a nursing mother and you may become pregnant after you have just delivered. After delivery, your body needs enough rest, so in order for you to be strong again and attend to your baby’s needs:

• Wait at least 2 years, before becoming pregnant again after child birth
• Wait for at least 6 months before you become pregnant again if you have just suffered a miscarriage or had an abortion
• If you are a girl less than 18 years of age, avoid sexual activity or use a family planning method to prevent pregnancy until you are of matured birthing age.

See chart for when to start Family Planning Method for a woman who is breastfeeding or one who is not breastfeeding as a result of miscarriage or abortion.
Family Planning after Child Birth: Benefits of Spacing Children
FAMILY PLANNING AFTER CHILD BIRTH: POSTPARTUM FAMILY PLANNING METHODS

- After delivery, all women should also be encouraged to use an effective family planning method.
- There are many family planning methods that can be used while breastfeeding.

Here are some tips for timing method initiation after childbirth:

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*Talk to your midwife or Family Planning nurse and choose a method to help you time your next pregnancy.*
Family planning after Child Birth: Postpartum Family Planning Methods

FAMILY PLANNING NOW!
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