

Reaching your **dreams**
requires **decisions**



Get to know more about
family planning to help
plan your future

Family planning is about **deciding** how many children you choose to have and when you want to have them.

Visit a **healthcare centre with the green dot logo** today and plan your future. The services are available to women and men of all ages, **including people with disabilities**.

Benefits of family planning for:



Mothers

- It empowers her to take charge of her own reproductive health
- It enables her to pursue a career and secure financial security before deciding whether to have children
- It allows her to have sex with her husband without becoming pregnant
- It supports her rights to remain childless until she is physically and psychologically ready to bear children
- It gives her and her husband the freedom to choose how many children to have – and when



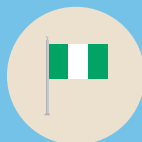
Fathers

- Reduces stress, anxiety and ill health of trying to provide for a large family
- Gives him more time to build a closer relationship with his family
- Allows him to plan with his partner the number of children they want and can afford
- Enables him to plan for a better future for his children
- Improves decision-making with his partner



Children

- They receive adequate care and attention from their parents
- They are generally healthier and have better educational opportunities
- They are provided with adequate nutrition to protect them from diseases
- Reduces risk of premature birth, malnutrition, illnesses and death



Community

- Allows a community to plan and manage their resources better
- Food, education and other opportunities will be more readily available, which will improve the quality of life of people in the community
- Reduces conflict within the community

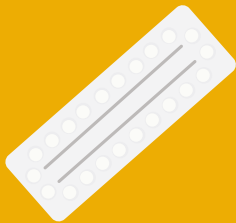
Short term methods

Male and female condom



- Highly effective when used correctly
- Provides protection from sexually transmitted infections (STI) including HIV/AIDS

Oral contraceptive pills



- Highly effective in preventing pregnancy
- Pills have to be taken every day at about the same time
- Reduces menstrual cramps
- Mini-pills can be used by breastfeeding women
- Fertility is restored once the use of pill is stopped
- Does not protect against sexually transmitted infections (STIs) including HIV/AIDS

Injectables



- Highly effective and safe
- Can be used throughout breastfeeding starting 6 weeks after birth
- Does not decrease breast milk production
- Does not protect against sexually transmitted infections (STIs) including HIV/AIDS

Long term methods

Intrauterine devices (IUD)



- Highly effective
- Can be used by almost any woman
- It's immediately effective and can last for 10 years.
- Fertility returns immediately after stopping using it
- Does not protect against sexually transmitted infections (STIs) including HIV/AIDS

Implants



- Highly effective.
- Long-lasting method about 3-5 years
- Does not interfere with sex.
- No one else can tell that the woman is using contraception
- Does not protect against sexually transmitted infections (STIs) including HIV/AIDS

Vasectomy



- Very highly effective method
- The surgery is safe and convenient.
- The surgery has no effect on sexual function and ejaculation
- Does not protect against sexually transmitted infections (STIs) including HIV/AIDS

Tubal ligation



- Very highly effective method
- The surgery is safe and convenient.
- It does not affect the female hormones
- Does not protect against sexually transmitted infections (STIs) including HIV/AIDS

Myths and facts about family planning

Myth

Family planning methods cause infertility.

Fact

There is **no evidence** to support that family planning methods have a long-term effect on fertility.

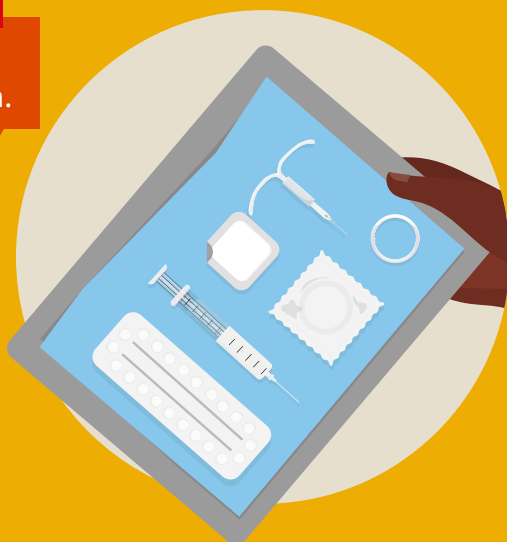


Myth

Family planning is dangerous for your health.

Fact

Modern contraceptives are **safe** – there is a method for everyone.



Myth

People with disabilities shouldn't have children.



Fact

People with disabilities have the **same rights as everyone** to decide whether to have children.

Myth

People with disabilities will always pass their impairments and health conditions to their children.

Fact

While some genetic conditions can be inherited from parents, most people with disabilities will not pass their impairments onto their children.



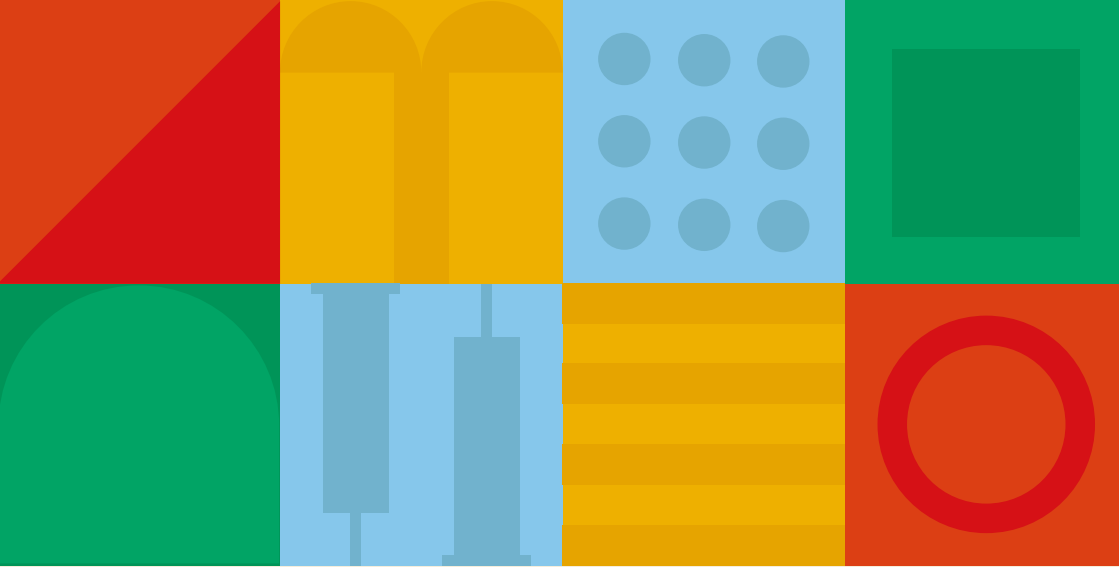
Myth

Family planning is not for people with disabilities.



Fact

Family planning is for **everyone**, including people with disabilities.



For advice and access to the right method for you, visit a **healthcare centre with the green dot logo**. Health providers will help you make an informed decision and answer all your questions. The services are available to women with disabilities of all ages.

You can also get information by calling MSION contact centre at this toll-free number: **22252** (phone) or text them via WhatsApp at: **09080 022252**. The multilingual staff speak Igbo, Hausa, Yoruba, English and Pidgin.

The decision
is mine.



**Inclusive
Futures**

