

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:



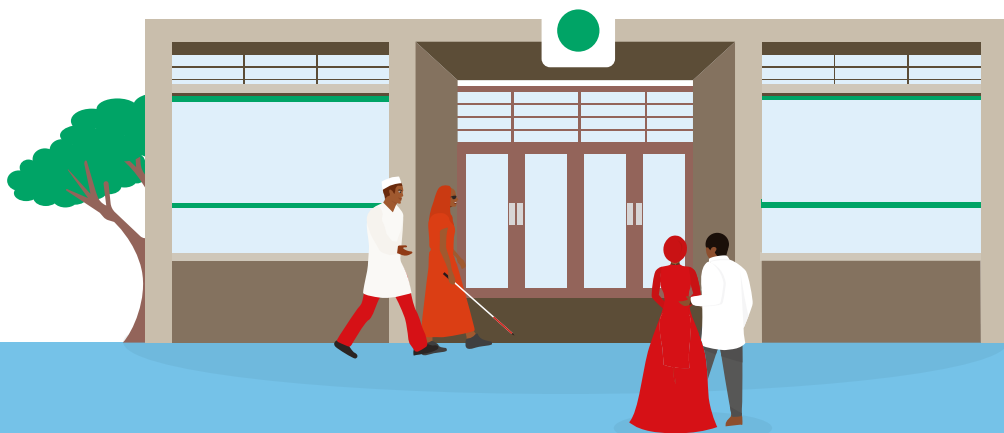
### Mothers

- Helps her body to recover after pregnancy and delivery
- Reduces risk of death due to complications of pregnancy and delivery
- Allows her time to care for her baby
- Improves her and her baby's health
- Gives her more time to work or run a business to support her family



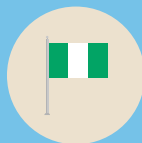
### Fathers

- 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

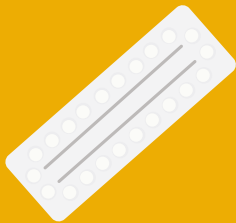
# Short term methods

## 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



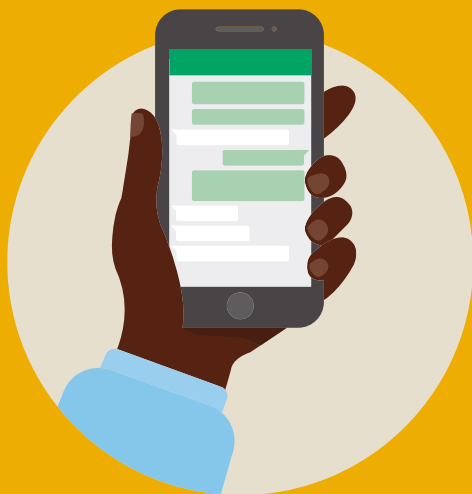
- Very highly effective method
- The surgery is safe and convenient.
- The surgery has no effect on sexual function and ejaculation
- Does not protect against sexually transmitted infections (STIs) including HIV/AIDS

## 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

The internet and your friends are the best source of information on family planning.

## Fact

Healthcare centres with a green dot logo are the trustworthy source of information on family planning.

## 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

Family planning is just for married people.

### Fact

Family planning is for married **and** unmarried people.

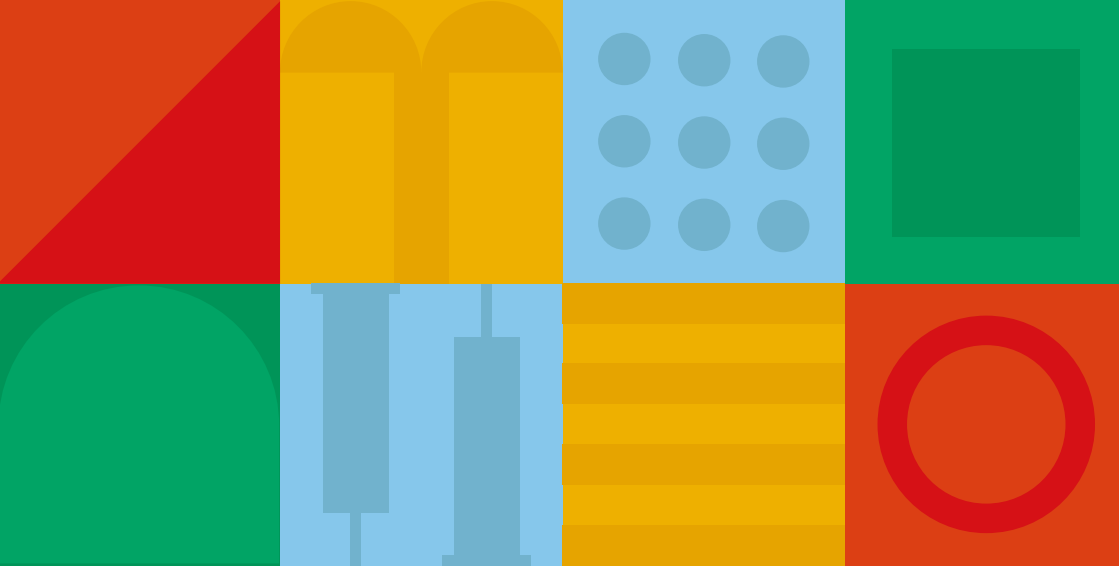


### Myth

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**

