

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



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

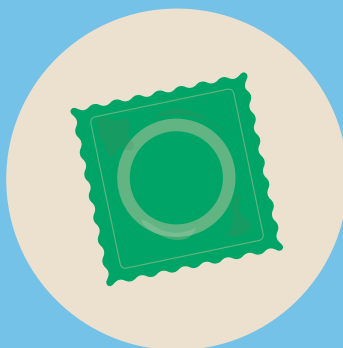
Family planning is about **deciding** how many children you choose to have and when you want to have them.

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**.

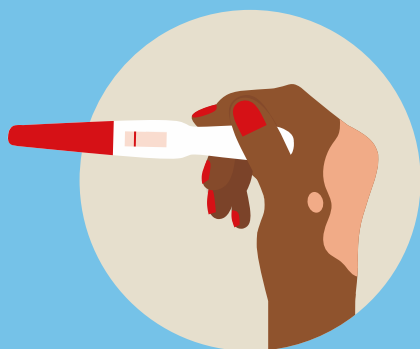
Benefits of family planning for young women:



It empowers her to take charge of her own reproductive health and pursue her education and career goals.



Use of a condom prevents sexually transmitted diseases including HIV and AIDS.



She doesn't have to worry about unexpected or unintended pregnancies.



It helps delay pregnancy until her body is ready for childbearing.

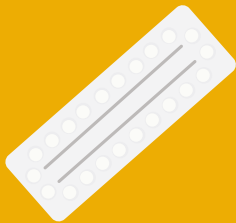
Short term methods

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

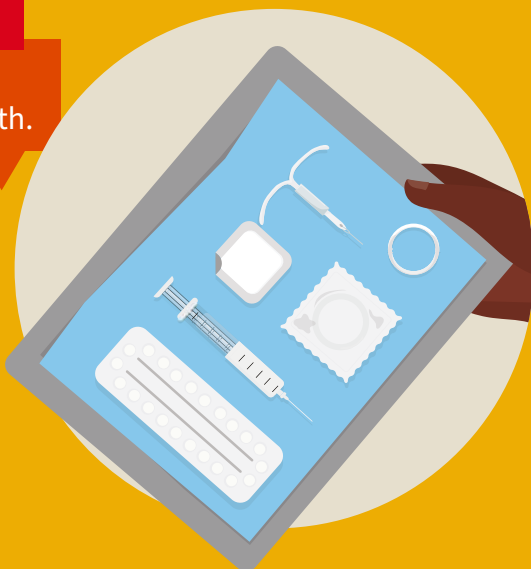
Healthcare centres with a green dot logo are the trustworthy source of information on family planning.

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.



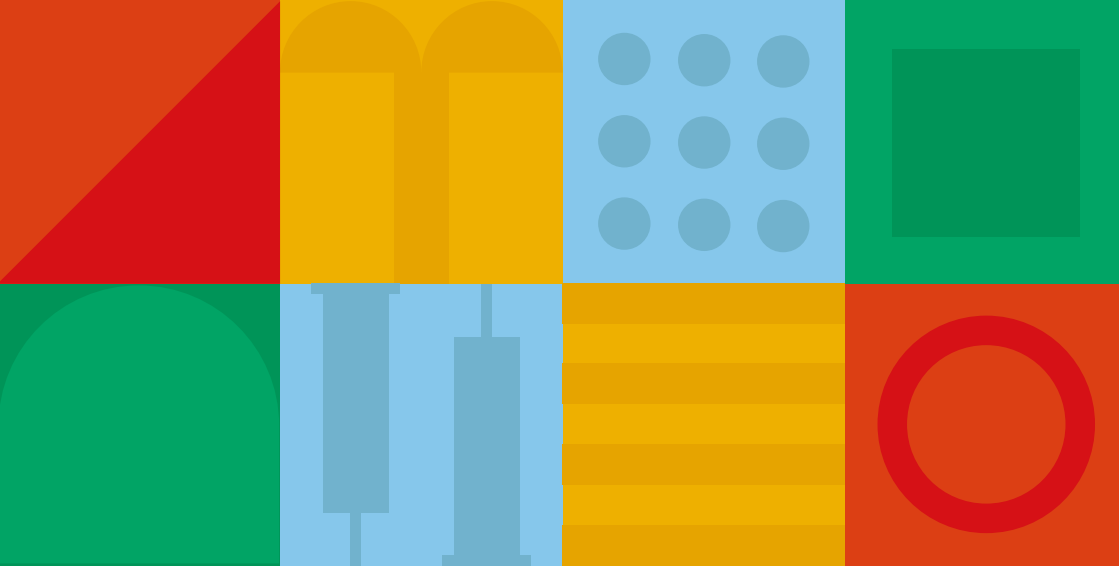
Myth

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**

