



# FAMILY PLANNING SAVES LIVES

EMPOWERING PEOPLE, DEVELOPING NATIONS

Family planning allows people to attain their desired number of children and determine the spacing of pregnancies. It is achieved through use of contraceptive methods and the treatment of infertility.

Source: WHO 2016

*Family planning is good for women, men and children.*

Women who choose family planning are **healthier** and face a **lower risk of dying during pregnancy and child birth**.

Family planning **saves women's lives** by allowing women to delay motherhood, space births, avoid unwanted pregnancies and abortion, and stop childbearing when they have the number of children they want.

Family planning reduces deaths from AIDS as the consistent and correct use of condoms can significantly reduce the rate of new HIV infections.

Family planning **saves children's lives** - it helps women after giving birth to wait at least two years before trying to become pregnant again, and therefore reducing newborn, infant and child deaths.

Children born to women who space their pregnancies tend to be **healthier** and face the **reduced risk of death** in their first five years.

Women can have children by choice and not by chance with family planning. They can have the number of children they can adequately care for.

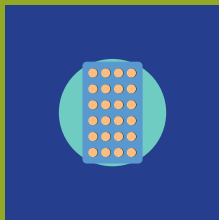


## The benefits of family planning are many, for example it:

- Gives women enough space between pregnancies for their body to completely recover from the effects of pregnancy, labour and childbirth.
- Enables women to gain empowerment through education, employment and social participation.
- Reduces the rate of unintended pregnancies and the need for unsafe abortions.
- Reproductive and other medical conditions can be identified during regular checks for family planning services and managed or referred.
- Allows both parents to adequately care for the number of children they choose to have.
- Reduces stress on women and men to provide for their families, encourages them to be the best they can be in their careers and make worthwhile contributions to society.

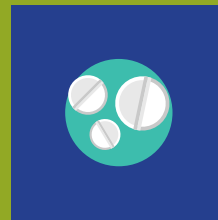
## Family planning methods available in Sierra Leone

A woman can get pregnant if she has unprotected sex. Using contraception helps to prevent pregnancies from happening. There are various types of family planning methods available in Sierra Leone at your nearest health facility:



### CONTRACEPTIVE PILLS

The contraceptive pill, commonly known as the 'pill' is taken regularly by women to prevent pregnancy and is prescribed by a health worker.



### EMERGENCY CONTRACEPTION

Commonly called the 'Ipill' or 'Plan B', is a very safe and effective emergency family planning method that can be taken after unprotected sex to prevent pregnancy.



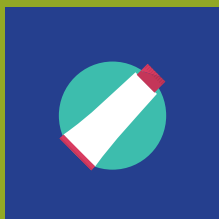
### MALE & FEMALE CONDOMS

The male condom, also called 'Socks', is placed on an erect penis and acts as a barrier to prevent pregnancy and sexually transmitted infections. The female condom is inserted into the vagina before sexual intercourse.



### CONTRACEPTIVE INJECTIONS

These are injections given by health workers to women once every three months to prevent pregnancies.



### CONTRACEPTIVE IMPLANTS

Also called 'Captain Band' is a small plastic tube that is placed under the skin of the upper arm of a woman where it remains for three or five years to prevent pregnancies.



### INTRAUTERINE DEVICES (IUD)

Commonly known as the 'Coil' is a small 'T' shape device placed inside a woman's womb to prevent pregnancy.

**For more information on family planning and contraceptives, visit your nearest health facility.**