

Your responsibilities:

- Counsel women about FP methods including Copper-T
- Explain to them about the duration of protection and who can do insertion
- Accompany the woman to the nearest health centre for insertion
- Advise women on proper hygiene and cleanliness
- Educate women on natural family planning methods
- Talk about benefits of family planning to couples and individuals, boys and girls at different occasions. These issues can also be discussed in the meetings of self-help groups, adolescent groups. Include information about prevention of RTIs/HIV/AIDS also. Dispel any rumours or mis-conceptions about contraceptives in villages
- Find out the facilities where FP services are available such as NSV and female sterilization
- Accompany desirous men and women to a facility where sterilization services are provided. In some states there are monetary incentives for those motivating or accompanying sterilization or Copper-T acceptor
- Help nurse didi to contact women wanting to have a Copper-T insertion
- Promote male participation in family planning

Natural methods

There are also natural ways of preventing pregnancies. However, the woman has to learn many things that happen to her body during the menstrual cycle to adopt this method. Awareness of fertility means that a woman learns how to tell when the fertile period of her menstrual cycle starts and ends. Generally menstrual cycle of a woman lasts for 28 days. A woman is likely to be pregnant if she has sex during the fertile days (days 8-19 of the cycle). The natural method of fertility control includes:

1. Avoid having sex
2. Withdrawal
3. Safe period method
4. Cervical mucus method