

# The Sexual Self: **Family Planning**

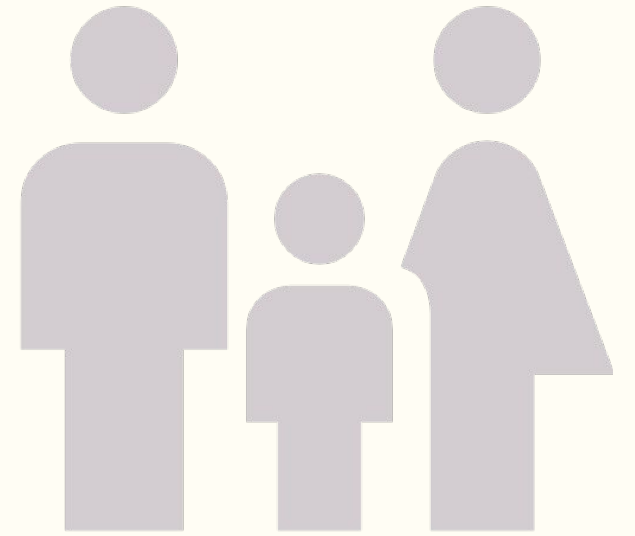
# presentation contents

- Definition and Importance of Family Planning
- Family Planning Methods
- Reproductive Health (RH) Law
- Debate

part 1

# family planning

*the what and the why*



# family planning

Defined as the ability of parents to plan:

- **How many children** they will have, and
- **When** they will have them.

# why is family planning important?

## #1: bodily autonomy.

- With family planning, people are freer to choose **when** and **how often** to have children.
- Family planning reminds people, especially girls, that they have **the right to make their own choices** in sex and reproduction.

# why is family planning important?

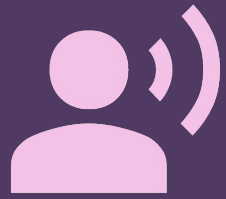
## #2: health.

- Being pregnant comes with **a lot of health risks**. With family planning, those can be **easily prepared for** or even avoided.
- **Contraceptives** (*methods to prevent pregnancy*) are part of family planning, and they **prevent** both **pregnancy** and **sexually-transmitted diseases**.

# why is family planning important?

## #3: welfare.

- Proper family planning leads to **less teenage pregnancies** and a **safer adolescence**, especially for girls.
- Family planning also provides avenues for **post-rape care, post-abortion care**, and treatment for **sexually-transmitted diseases**.



# Recitation Question #1

If you plan in making a family, how many children would you make?

Are you willing to sacrifice your **time, hobby, and leisure** for your children?



part 2

# methods

*for family planning*



# natural methods

These are family planning methods that **don't use any chemical or barrier**. There are four:

- Calendar Rhythm Method
- Temperature Method
- Cervical Mucus Inspection Method
- Withdrawal/Pull-Out Method

# calendar rhythm method

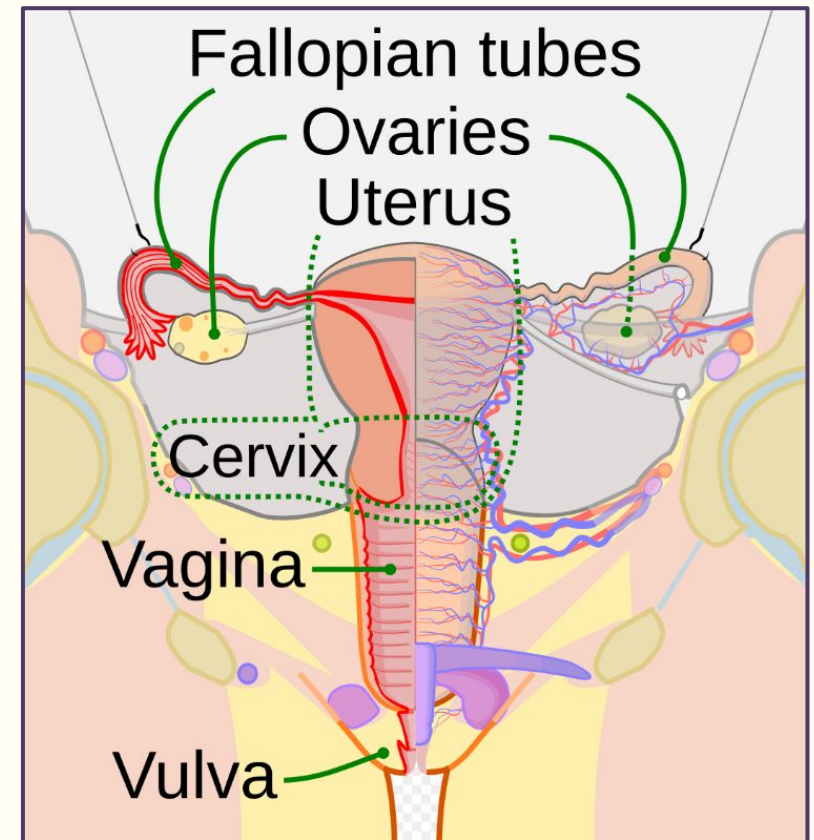
- Involves **tracking someone's menstrual cycle** with a calendar to predict when **ovulation** (*the release of the egg cell*) will happen.
- Knowing when ovulation happens allows couples to **plan when to have intercourse**, depending on the results they want.

# temperature method

- The body's resting temperature **goes up slightly** during ovulation. The temperature method **tracks this increase** to **predict when the ovulation will happen**.
- This is not too accurate and works best when used with other methods.

# cervical mucus inspection

- The cervix (*pictured*) releases a kind of **mucus** in the days before ovulation happens. Ovulation can then be tracked by **measuring the consistency** of this mucus.



# withdrawal/pulling out

- The simplest method – simply **pulling the penis out** of the vagina before any semen (or pre-ejaculate) comes out.
- Not always effective, and not easy to achieve.



# Recitation Question #2

What do you think is the **most effective natural method** of contraception? Why?

**Would you try the method you picked?**  
Why or why not?

# contraceptives

These are **devices** or **drugs** used to prevent pregnancy. There are four types:

- **Barrier Methods**
- **Hormonal Contraceptives**
- **Intrauterine Devices**
- **Permanent Contraceptives**



# barrier methods

Create a literal, **physical barrier** against pregnancy and infections.



**diaphragms**  
*in the vagina*



**condoms**  
*on the penis*



**dental dams**  
*on the mouth (for oral sex)*

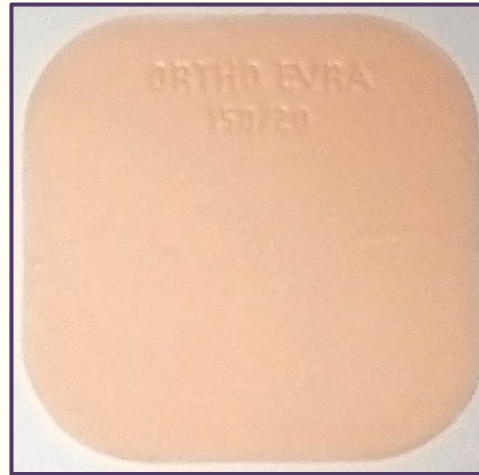
# hormonal contraceptives

Release hormones that **prevent ovulation.**



**pill form**

*must be taken daily*



**skin patch**

*applied on the skin*

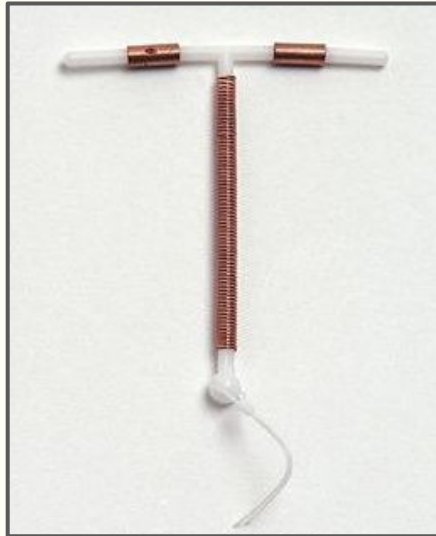


**implants**

*inserted under the  
skin*

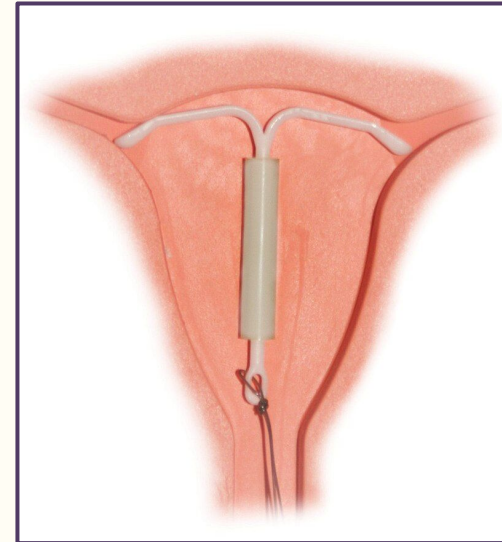
# intrauterine devices

Devices placed **inside the uterus** that release hormones.



**copper IUD**

*kills sperm cells*



**hormonal IUD**

*prevents ovulation*

# permanent contraception

Surgeries done to **remove the ability to reproduce.**

- **Tubal Ligation.** Also known as « *getting one's tubes tied* ». It is the blocking of the **fallopian tubes** to prevent egg cell fertilisation.
- **Vasectomy.** The cutting of the **vas deferens** to prevent sperm cells from leaving the testes.

part 3

# the reproductive health law

*republic act №10354*



# reproductive health law

- Officially the Responsible Parenthood and Reproductive Health Act of 2012.
- A bill that promotes reproductive health, responsible parenthood, and family planning in the Philippines.
- Makes sure that everyone will have access to contraception, fertility control, sexual education, and maternal care.

# why is this bill huge?

- The fact that the RH Law exists means that by law, family planning methods should be **more accessible**; promoted, even.
- The law also makes it **illegal for anyone to deny** people reproductive health services.

part 4

# debate section





# debate guidelines

- The class will be **split down the aisle** into two groups.
- Each group will have **4 minutes maximum** to present their answer to the questions presented.

**GROUP B**



**GROUP A**





# Debate Question #1

Should schools be required to teach students about comprehensive sex education, including family planning?



# Debate Question #2

Does making contraceptives more accessible help lower abortion rates?

# references

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**Thanks for listening!**  
**25 Mar. 2025**