**FAMILY PLANNING**

The practice of ***controlling the number of children*** one has and the ***intervals between their birt*hs**, particularly by means of contraception or voluntary sterilization.

Problem statement

* control intervals of children
* plan on the number of children

Objectives

* To empower mothers to plan their pregnancies interval
* Reduce unwanted pregnancies

References

* Heathline.com
* Who

Intro

Hmm..wondering where to get content on family planning. Well we’ve got you sorted out. The aim of family planning is to reduce the number of unwanted pregnancies. And statistics show that nearly 80 percent of the women in the reproductive age group (between 15-19 ) use contraceptives while the rest of the 20 percent have not yet considered using contraceptives. While this is an improvement from the previous decades we are still far from ensuring that all our women are educated adequately about family planning. Anyway.. Let’s get right into “Family planning”.

Family planning is all about choosing the method that suits you. Effectiveness of the methods vary but it is also a good thing to talk about this with your partner to ensure that you are all on the same page.

We have divided it into 4 sections

* Lifestyle
* Barrier
* Hormonal
* Medical

Lifestyle

Yes..Lifestyle is one of the methods of family planning.

This is mainly done through abstinence. This method has an strikingly high effective rate 0f 100% since you wont be engaging in sexual activity. Taking a decision to abstain from sex is the first step and the next step is to sit down and have a discussion with your partner. Sexual intercourse is an activity involving two people and thus it needs to be done by both of the partners.

Oftenly abstinence isn’t the most exciting option for couples. Another good option is outercourse.Outercourse prevents preganacy by keeping the sperm away from an egg. Generally couples will get involved in some form of sexual activity but will avoid penetration which is also why this method also has 100% effectiveness.

Barrier

A barrier method involves having a physical layer of protection while having sexulal intercourse. This includes use of condoms and an internal condom. Condoms have an effective rate of 85% and is one of the popular options for most partners. An additional benefit of condoms is that they prevent stds. Internal condoms are the “female condoms” which is a good alternative to regular condoms. Internal condoms have an effectiveness of 79% and also have the benefit of preventing STDS. Another barrier method includes use of spermicide. These have an effectiveness 0f 72%. Use of a spermicide involves adding the spermicide chemical into your vagina before sex. It blocks sperm from entering your cervix by blocking the entrance into the cervix.

Hormonal

Hormonal birth control methods are most often used on a regular basis. These include the birth control pill, the shot (Depo-Provera), the ring, and the patch. Intrauterine devices (IUDs) are another kind of hormonal birth control, although one form of IUD, the copper IUD, is nonhormonal. The levels of hormones differ based on the contraceptive. They may stop the ovaries from releasing eggs, thicken the mucus around the cervix, or thin the lining of the uterus.

Medical

Medical methods of birth control include vasectomy and tubal ligation (Sterilisation). Generally medical methods alter the body to prevent it from getting pregnant or being able to fertilise. It is an extreme option  but it worlds nonetheless. A vasectomy blocks or cuts each vas deferens tube, keeping sperm out of your semen. Sperm cells stay in your testicles and are absorbed by your body. Starting about 3 months after a vasectomy, your semen (cum) won’t contain any sperm, so it can’t cause pregnancy. Sterilisation involves having your “tube tide”. This is a medical procedure involving cutting,closing or removing pieces of your fallopian tube. Generally they have a 99% effectiveness since there is no chance that a sperm and an egg will ever “meet”.