

Depo injectable

It is a hormonal injection, or shot given every after 3 months on your upper arm or buttock which prevents pregnancy by stopping ovulation making it hard for sperm to reach and fertilize an egg.



Sayana press

It is an easy-to-use hormonal birth control option for women. It is an injection, with a very small needle, that women can give to themselves to prevent pregnancies for 3 months.



Her health is in her hands no matter where she lives!

Emergency contraceptives.

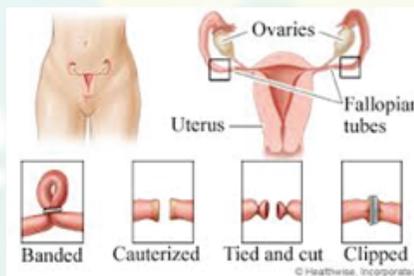
Emergency contraception can prevent up to over 95% of pregnancies when taken within the specified time after intercourse.



Permanent contraception

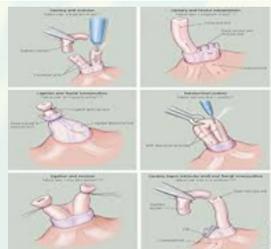
Sterilization / Tubal Ligation For Women

Tubal ligation is a permanent form of birth control where a surgery is done to block a woman's Fallopian tube & an egg cannot move from the ovary through the tubes to the uterus. Also, sperm cannot reach the egg in the Fallopian tube after ovulation preventing pregnancy.



Vasectomy for Men

Vasectomy is a permanent surgical contraception where a male vas deferens are cut & tied or sealed so as to prevent sperm from entering into the urethra preventing fertilization of a female through sexual intercourse.



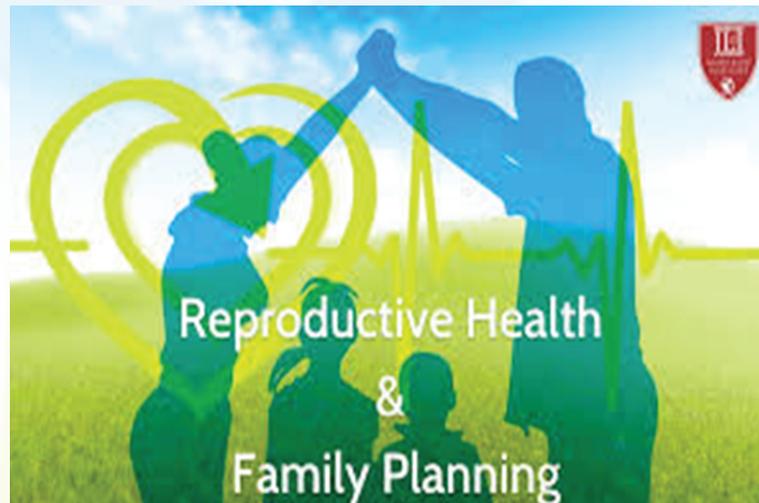
Point to Note

Apart from condoms the rest of the contraceptives don't protect you from sexually transmitted infections and HIV.



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What is Sexual Reproductive Health?

Sexual and reproductive health: It means that you have knowledge, skills, services & ability to make responsible, positive, informed & safe sexual choices. It is a state of complete physical, mental & social well-being in all matters relating to the reproductive system.

Being able to exercise SRH rights & being responsible helps to ensure that you attain good SRH & can support others to do the same. Reproductive health interventions are most likely to include attention to the issues of family planning, sexually transmitted disease prevention & management & prevention of maternal & perinatal mortality & morbidity. Reproductive health should also address issues such as harmful practices, unwanted pregnancy, unsafe abortion, reproductive tract infections including sexually transmitted diseases & HIV/AIDS, gender-based violence, infertility, malnutrition & anemia, & reproductive tract cancers.

To maintain one's sexual & reproductive health, people need access to accurate information, safe, effective, affordable & acceptable family planning method of their choice to protect themselves from sexually transmitted infections.

Every individual has the right to make their own choices about their sexual & reproductive health both men & women.

What is Sexual and Reproductive Health and Rights?

Sexual and Reproductive Rights are the right for everyone to make decision about their sexual & reproductive health, including the choice to marry & determine the number of children, timing & spacing of children, sexual & reproductive security free from coercion & violence. To be informed & have access to safe & legal family planning services and to have access to health-care services enabling women to go safely through pregnancy & childbirth.

The rights include as follows;

- ❖ Right to life, having the right to leave a healthy and full life & this should not be put at risk eg by pregnancy or child.
- ❖ Right to liberty and security, everyone has the right to be free from all forms of violence including physical, mental, emotional & sexual violence.
- ❖ The right to equality & to be free from all forms of discrimination, all people are equal & have the right to be treated equally & to access SRHR services.
- ❖ The right to privacy, everyone has the right to privacy & confidentiality while making their own decisions about their sexual & reproductive life.
- ❖ The right to freedom of thought conscience & religion, this includes freedom to change religion or believe either alone or in community with others. The right to information, everyone has the right to information & education in SRHR including the right to know the benefits & availability of sexual & reproductive services and information.
- ❖ The right to be free from torture & ill treatment, no person shall be subjected to any form of torture, cruel, inhuman or degrading treatment or punishment.

About Family Planning:

Family planning is choosing the number of children a woman/man wishes to have, including the choice to have no children, when to have children as well as the age at which one wishes to have them.

Family planning allows people to attain their desired number of children, reduces the need of abortion & determine the spacing of pregnancies. It is achieved through use of contraceptive methods.

Long-acting Reversible Contraception:

Long-acting reversible methods of contraception are methods that offer protection against pregnancy for a number of years. Despite their long term nature, they are also suitable for women who wish to delay pregnancy for one to five years. They include;

Copper IUD

The copper intrauterine device (IUD) is a small copper-coated device that is inserted into a woman's uterus through her vagina & cervix by a specially trained health care provider. Once in place, it can prevent pregnancy.



Contraceptive Implant

The implant is a small plastic rod or capsule, about the size of a matchstick, that releases the hormone progesterin. A specially trained provider performs a minor surgical procedure to place the implant under the skin on the inside of a woman's arm. The implant keeps a woman's progesterin levels artificially stable and prevents the body from preparing itself for pregnancy.



Short Term Barrier Method Includes;

Condoms

There are both male & female condoms that prevent pregnancy & Sexually transmitted diseases if used correctly & consistently during sexual intercourse.



Male condom



Female condoms

Short-term Hormonal Methods

Oral Contraceptive

It is a pill you take every day to stop getting pregnant which contains the hormones estrogen & progesterin. It is a birth control pill, sometimes called "mini-pills," have several effects in the body that help prevent pregnancy: The mucus in the cervix thickens, making it difficult for sperm to enter the uterus & fertilize an egg.

