Every couple has the right to decide how many children they want to have in their family.

The man and woman should decide after talking about it.
**BIRTH CONTROL METHODS**

1. Natural Family Planning method

2. Birth control pill

3. Condom for men. Diaphragm for women

4. Norplant: hormones implanted under the skin of the upper arm offering protection for up to 5 years.

5. DepoProvera: a hormone that is injected into the arm or buttock every 12 weeks.

6. Sterilization:
   a. Vasectomy for men.
   b. Tubal ligation for women.

Contact your health clinic for help with planning your family.