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## PLANNING YOUR FAMILY



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.

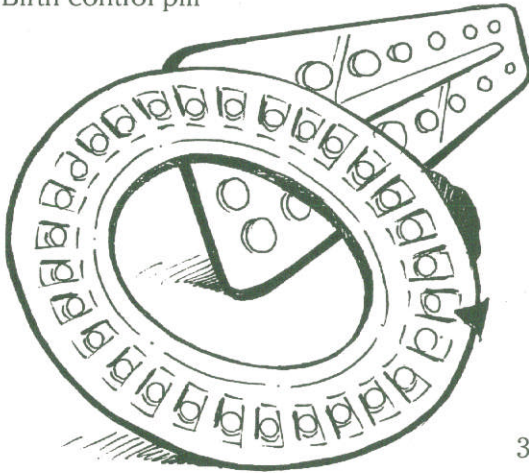


## BIRTH CONTROL METHODS

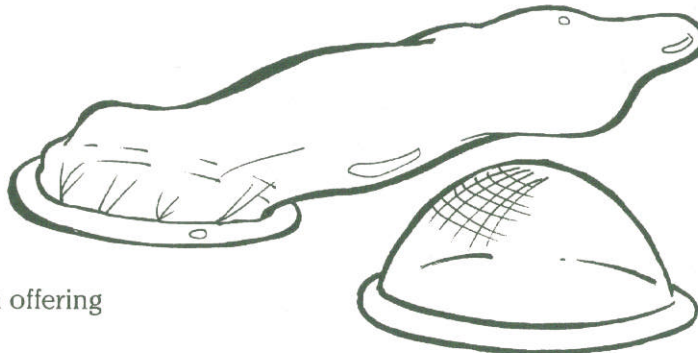
### 1. Natural Family Planning method



### 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.