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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.





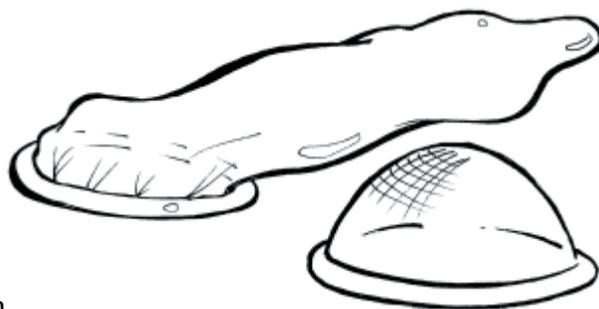
**Birth Control Methods**



1. Natural family planning method



2. Birth control pill



3. Condom for men. Diaphragm for women



## **Attachment 21: Planning Your Family (con't)**

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.

### **Source:**

National Center for Farmworker Health, Inc.