

Family Planning



What are the Benefits of Family planning?

- Prevents unintended pregnancies
- Enhances quality of life-economically and socially
- Improves the health of the mother and the child due to good spacing

Be aware that:

- Family planning is NOT expensive and is infact offered for free in public health facilities
- Family planning does NOT cause infertility
- Family planning does NOT make women and men promiscuous
- Family planning does NOT reduce sexual desire

Where to access family planning services?

Public health facilities, pharmacies, mobile clinics, private hospitals, community health workers/volunteers

Who is responsible for family planning?

Both men and women



Sexual Reproductive
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Kupanga Uzazi



Umuhimu wa kupanga uzazi:

- Huzuia mimba isiyotarajiwa
- Huboresha hali ya maisha kiuchumi na kijamii
- Huboresha afya ya mama na mtoto/watoto

Kumbuka ya kwamba:

- Huduma za kupanga uzazi zinapatikana bure katika hospitali zote za umma
- Upangaji uzazi haisababishi utasa
- Upangaji uzazi haipunguzi hamu ya ngono
- Upangaji uzazi haiathiri uaminifu kwa wanawake/wanaume

Huduma za kupanga uzazi zinapatikana wapi?

Hospitali zote za umma; duka za dawa; hospitali za kibinafsi;

Jukumu ya kupanga uzazi ni ya nani?

Wanaume na wanawake



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