

Foreword:

MBPS, in compliance to the DOLE Department Order No. 56-03, Rationalizing the Implementation of Family Welfare Program introduces this training material for you. With the intention to uphold the commitment of DOLE to every family as the basic unit of every society, and acknowledging that workplace is a good venue to make these valuable information available for all our employees.

FAMILY PLANNING



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What is **FAMILY PLANNING?**

A program that enables parents to deliberately and responsibly decide the number and spacing of their children, by avoiding for the time being, or even for an indefinite period, a birth. It is not a prognosis imposed on the parents but an expression of responsible parenting based on informed choices and decisions of couples to achieve their desired family size based on their social and economic capacity.



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What is **RESPONSIBLE PARENTHOOD?**

Each family has the right and duty to determine the desired number of children they might have and when they might have them.



What is **RESPONSIBLE PARENTING?**

It is the proper upbringing and education of children so that they grow up to be upright, productive and civic minded citizens.

What is **BIRTH SPACING?**

Refers to interval between pregnancies (which is ideally 3 years). This is best for the health of the mother, her child and the family. It enables women to recover their health and improves women's potential to be more productive and to realize their personal aspirations and allows more time to care for children and spouse/husband.



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What is **INFORMED CHOICE?**

Upholding and ensuring the rights of couples to determine number and spacing of their children, according to their life's aspirations and reminding couples that planning size of their families have a direct bearing on the quality of their children's and their own lives.



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What is the **BENEFITS OF USING FAMILY PLANNING?**



Benefits to Mother:

Enables her to regain her health after delivery.

Gives enough time and opportunity to love and provide attention to her husband and children.

Gives more time for her family and own personal advancement.

When suffering from an illness, gives enough time for treatment and recovery.



Benefits to Children:

Healthy mothers produce healthy children.

Will get all the attention, security, love, and care they deserve.



Benefits to Father:

Lightens the burden and responsibility in supporting his family.

Enables him to give his children their basic needs (food, shelter, education, and better future)

Gives him time for his family and own personal advancement.

When suffering from an illness, gives enough time for treatment and recovery.

What are the **NATURAL FAMILY PLANNING METHODS?**

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What are the **NATURAL FAMILY PLANNING METHODS?**



1. Lactational Amenorrhea method (LAM)

It is a temporary post natal infertility that occurs when a woman is amenorrheic (not menstruating) and fully breastfeeding.

How it Works: Breastfeeding delays the resumption of normal ovarian cycles

Effectiveness: between 98% and 99.5%



2. Temperature Method

A Fertility Awareness-based Method (FAM). It requires you to record your temperature in the morning every day before you get out of bed.

How it Works: If you have less mucus or generally yellow or white and cloudy, and it feels sticky or tacky, these are safe days. If mucus comes out clear and feels slippery like raw egg white, that means you are ovulating.

Effectiveness: Difficult to be precise because sickness or vaginal infections can alter the mucus' appearance.

Sexually Transmitted Infection (STI) protection: None

*Symptothermal Method – all three FAM methods together (calendar, cervical mucus and temperature methods). This lets you be more accurate when you predict your safe days than if you use one method alone.

What are the **NATURAL FAMILY PLANNING METHODS?**



3. Cervical Mucous Method

A Fertility Awareness-based Method (FAM). The woman observes her sensation of wetness and dryness and the appearance of the cervical mucus.

How it Works: If you have less mucus or generally yellow or white and cloudy, and it feels sticky or tacky, these are safe days. If mucus comes out clear and feels slippery like raw egg white, that means you are ovulating.

Effectiveness: Difficult to be precise because sickness or vaginal infections can alter the mucus' appearance.

Sexually Transmitted Infection (STI) protection: None



4. Calendar Method

Fertility awareness-based methods (FAMs) are ways to track ovulation -the release of an egg - in order to prevent pregnancy. Some people call FAMs “natural family planning” The calendar method requires you to chart your cycles on a calendar.

How it Works: FAMs work by abstaining from sex in the days near ovulation, when a woman is most fertile. Don't use calendar method if cycle is shorter than 27 days.

Effectiveness: Low (75-80% at most) due to high possibility of miscalculation of the woman's fertile period.

Sexually Transmitted Infection (STI) protection: None

What are the **NATURAL FAMILY PLANNING METHODS?**



5. Withdrawal/Pull out method

Man who uses withdrawal will pull his penis out of the vagina before ejaculation – the moment when semen spurts out of his penis

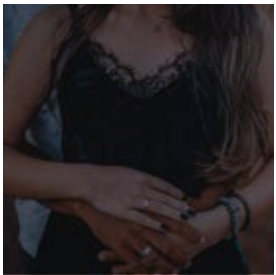
How it Works: Withdrawal prevents pregnancy by keeping sperm out of the vagina.

Possible side effects: Psychological – takes the enjoyment and spontaneity out of your sexual relationship, since you cannot climax together

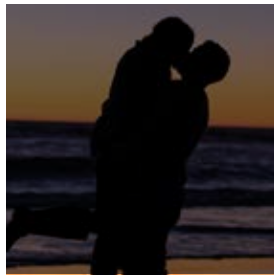
Effectiveness: Low (75-80% at most).

Sexually Transmitted Infection (STI) protection: None

What are the **CONTRACEPTIVE (BIRTH CONTROL) METHOD:**



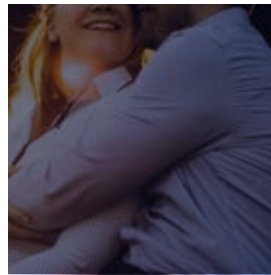
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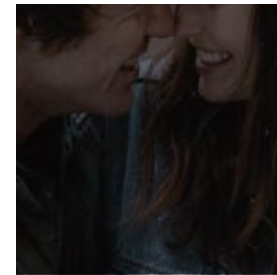
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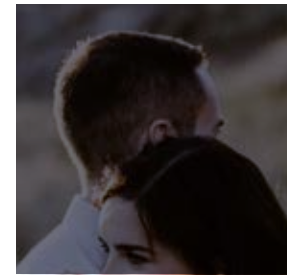
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[CLICK EACH BOX TO VIEW](#)

What are the **CONTRACEPTIVE (BIRTH CONTROL) METHOD:**

1 Intrauterine Device (IUD)

A tiny device made of flexible plastic that is inserted in your uterus to prevent pregnancy. A Doctor's prescription is required and can only be administered by trained health service providers.

How it works: Non-hormonal type acts as spermicide and protects you from pregnancy for up to 10 years. Hormonal type use the hormone progestin to prevent pregnancy, and they last for up to 5 years.

Possible side effects: irregular bleeding during the first 3 months, stronger bleeding during the period or a lack of monthly bleeding after insertion

Effectiveness: >99%

Sexually Transmitted Infection (STI) protection: None

What are the **CONTRACEPTIVE (BIRTH CONTROL) METHOD:**

2 Condom

A small, thin pouch made of latex (rubber), plastic, or lambskin that covers the man's penis during sex and collects semen.

How it works: Condoms stop sperm from getting into the vagina, so sperm can't meet up with an egg and cause pregnancy.

Possible side effects: Impairs penis' sensitivity; Allergy to latex

Effectiveness: If used correctly, up to 98%

Sexually Transmitted Infection (STI) protection: Protection against AIDS, HIV and gonorrhea. Partial protection against chlamydia, herpes, and HPV (which can cause cancer). Lambskin condoms do not protect against STDs, only latex and plastic condoms do.

What are the **CONTRACEPTIVE (BIRTH CONTROL) METHOD:**

3 **Depo-Provera**

A birth control injection you get from a nurse or doctor every 3 months. A Doctor's prescription is required.

How it works: Shot contains the hormone progestin. Progestin stops you from getting pregnant by preventing ovulation. When there's no egg in the tube, pregnancy can't happen. It also makes the cervical mucus thicker. When the mucus on the cervix is thicker, the sperm can't get through. It is safe to use while breastfeeding.

Possible side effects: Possible weight gain. It can cause heavier flow and/or period spotting. Some patients experience nausea, headaches, and/or breast tenderness as well.

Effectiveness: >99%. But if you forget to get your shot on time, it is about 94% effective.

Sexually Transmitted Infection (STI) protection: None



What are the **CONTRACEPTIVE (BIRTH CONTROL) METHOD:**

4 Birth Control pills

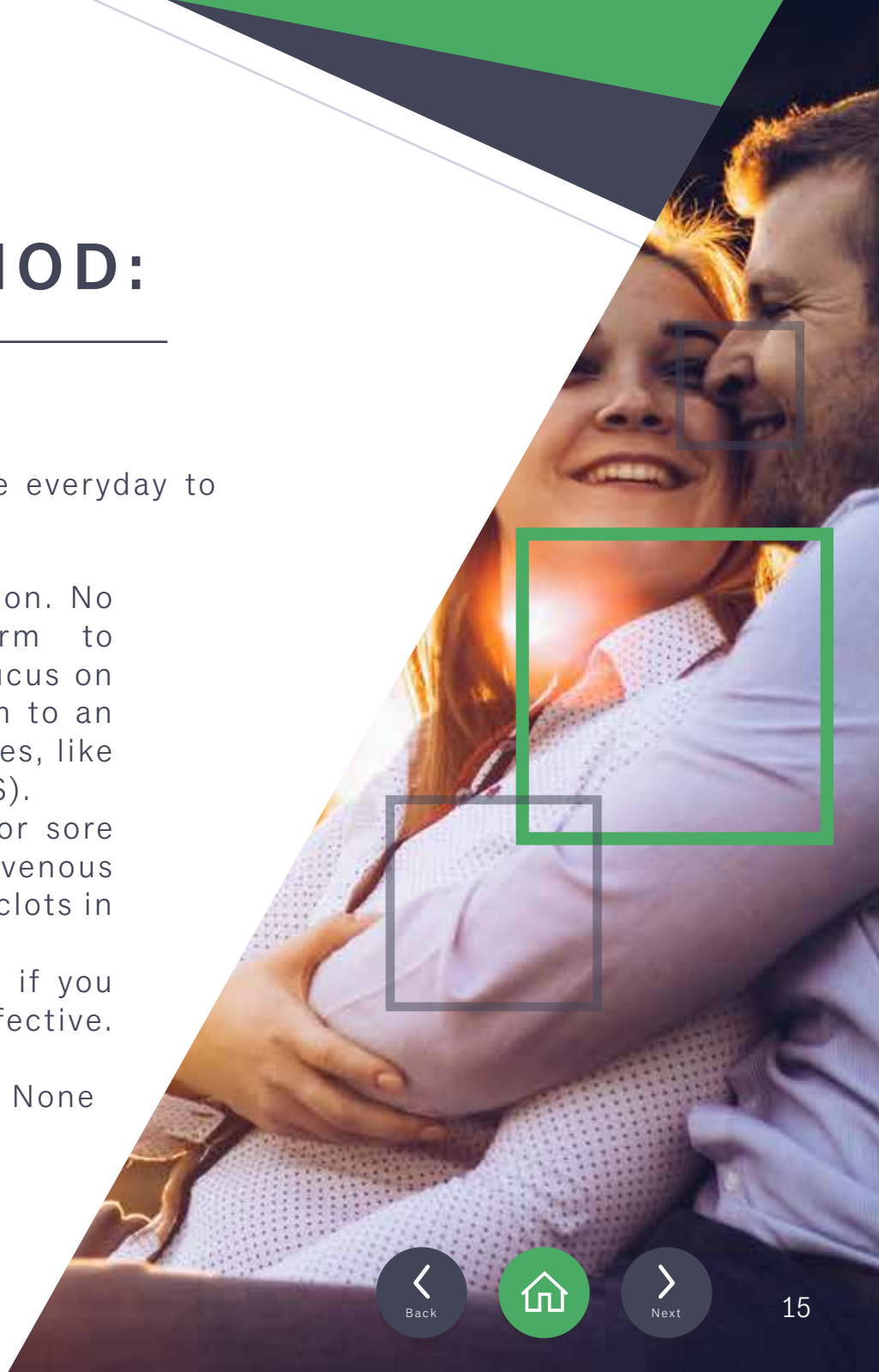
A kind of medicine with hormones that you take everyday to prevent pregnancy.

How it Works: Hormones in the pill stop ovulation. No ovulation means there's no egg for sperm to fertilize. The pill's hormones also thicken the mucus on the cervix, making it hard for the sperm to swim to an egg. The pill can also be used to regulate hormones, like in the case of Polycystic Ovarian Syndrome (PCOS).

Possible side effects: Nausea, headaches, and/or sore breasts. Taking the pill can also cause venous thromboembolism (VTE) – the formation of blood clots in the vein.

Effectiveness: If used correctly, up to 98%. But if you forget to take it regularly, the pill is about 91% effective. Vomiting and diarrhea can also cause it to fail.

Sexually Transmitted Infection (STI) protection: None



What are the **CONTRACEPTIVE (BIRTH CONTROL) METHOD:**

5 **Emergency Contraception (Plan B pill)**

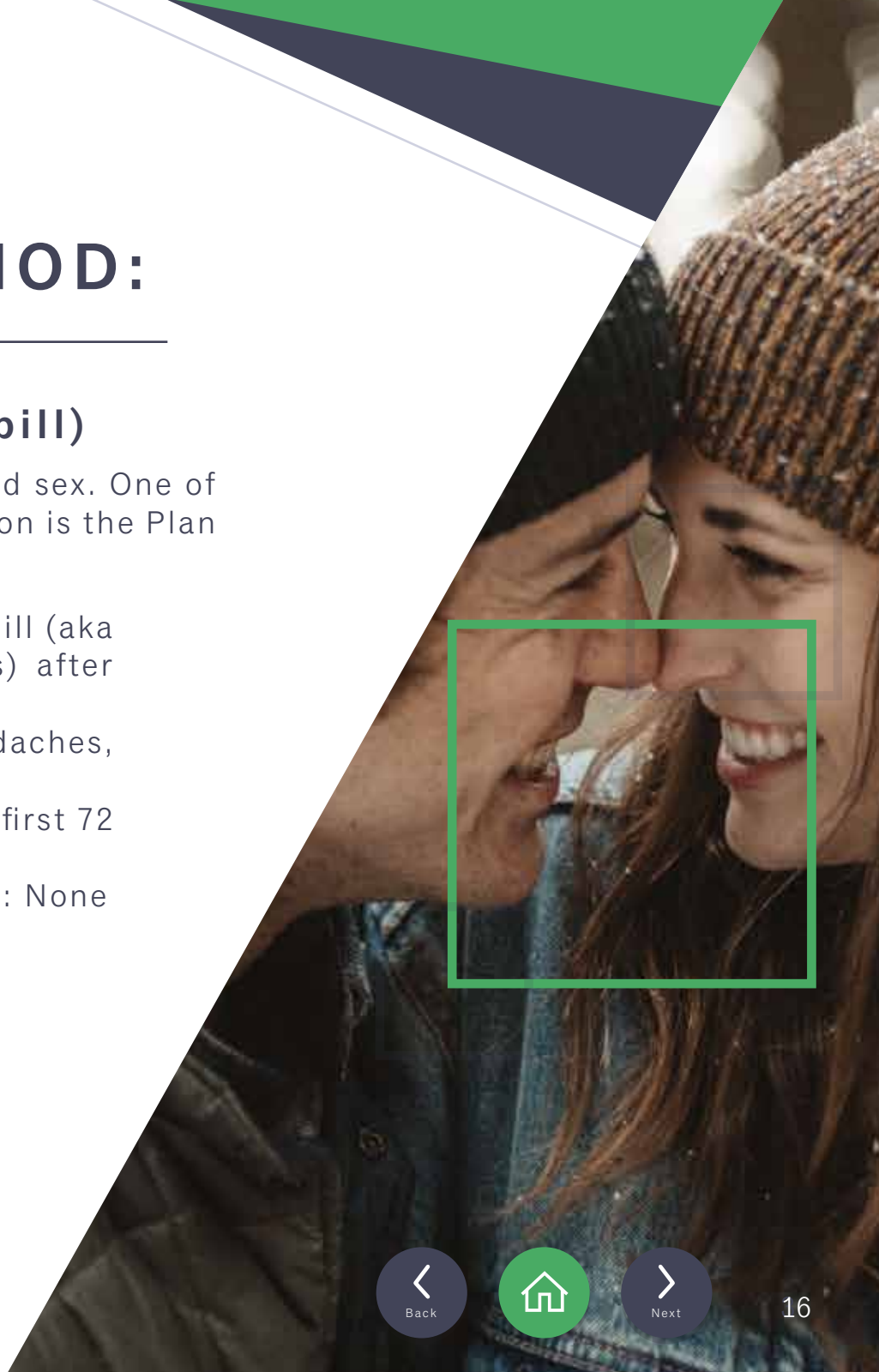
A safe way to prevent pregnancy after unprotected sex. One of the most popular forms of emergency contraception is the Plan B pill. Doctor's prescription is required.

How it Works: take an emergency contraceptive pill (aka the morning-after-pill) within 120 hours (5 days) after having unprotected sex.

Possible side effects: Possible dizziness, headaches, stomach aches, weight gain, or weight loss.

Effectiveness: highly effective if taken within the first 72 hours of sexual intercourse.

Sexually Transmitted Infection (STD) protection: None



What are the **CONTRACEPTIVE (BIRTH CONTROL) METHOD:**

6 The Implant (Implanon and Nexplanon)

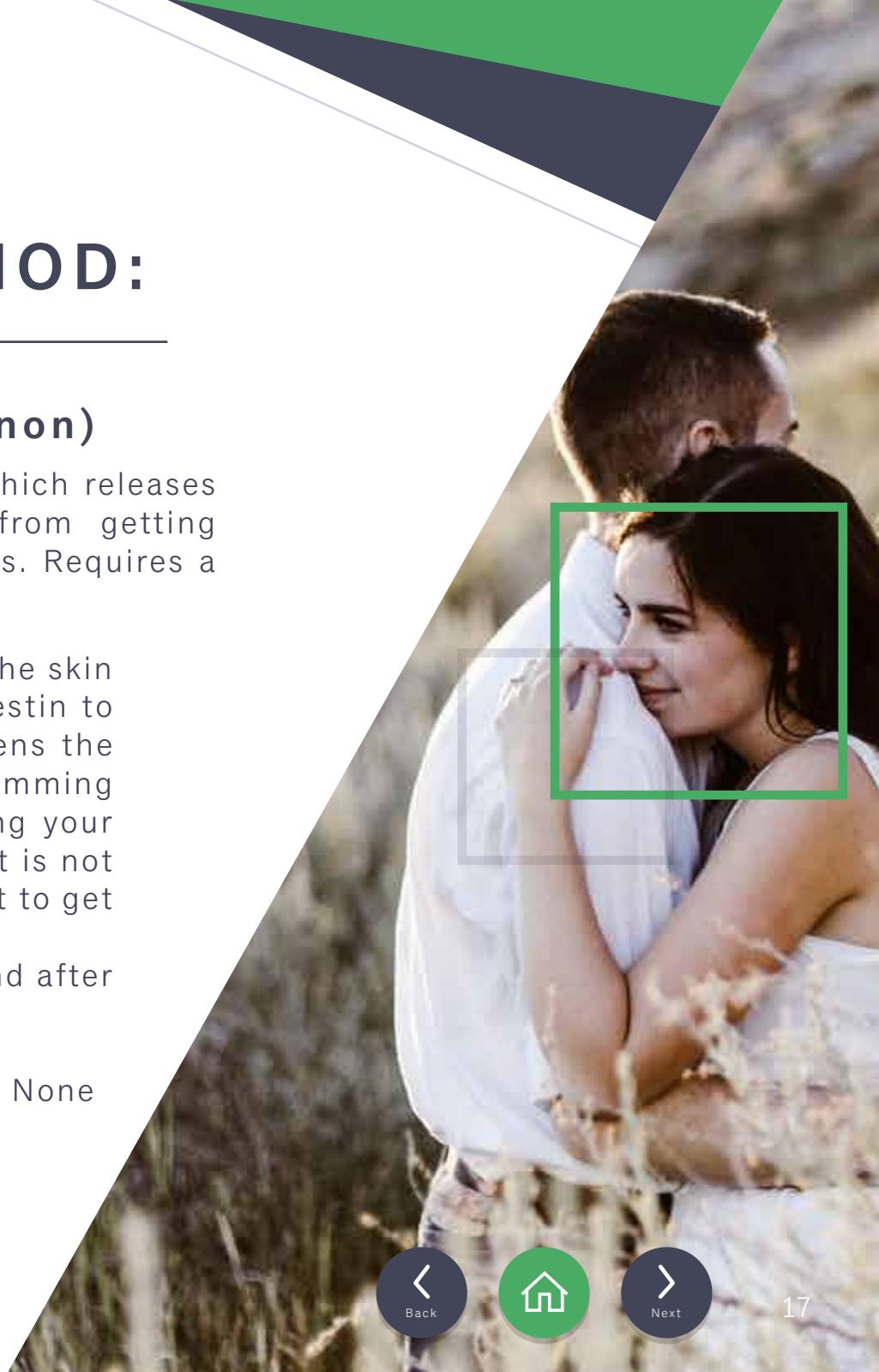
A tiny, thin rod about the size of a matchstick which releases hormones into your body that prevent you from getting pregnant. It prevents pregnancy for up to 4 years. Requires a Doctor's prescription.

How it Works: Doctor inserts the implant under the skin of your upper arm. It releases the hormone progestin to stop you from getting pregnant. Progestin thickens the mucus on your cervix, which stops sperm from swimming through your egg. It also stops eggs from leaving your ovaries, so there's no egg to fertilize. The implant is not permanent, so a Doctor can take it out if you want to get pregnant.

Possible side effects: Scarring (after insertion and after removal), possibility of infection during insertion.

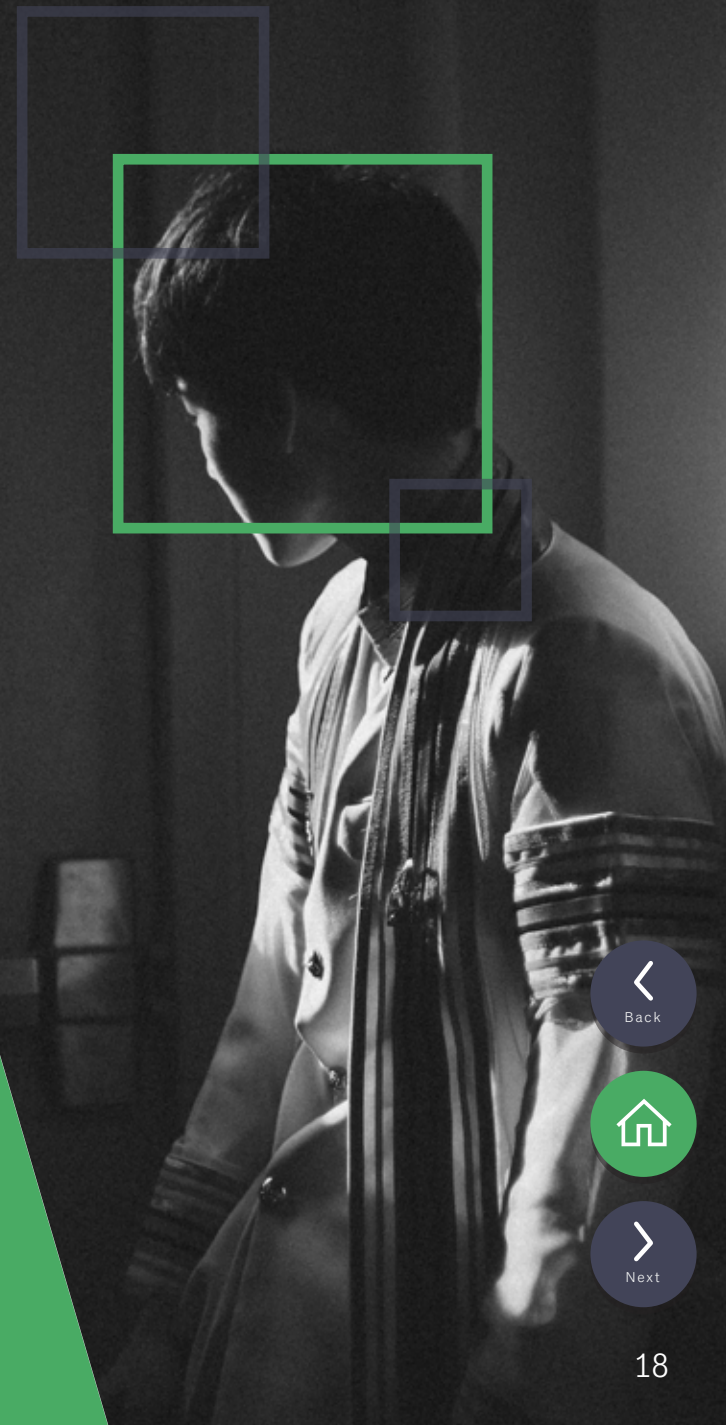
Effectiveness: >99%

Sexually Transmitted Infection (STI) protection: None



What is **SEXUALLY TRANSMITTED INFECTION**

Previously known as sexually transmitted disease (STD) or venereal disease (VD), is an infection that has a significant likelihood of transmission between humans by means of sexual activity. The 8 most common STI's are the following: chlamydia, gonorrhea, Hepatitis B virus (HBV), herpes simplex virus type 2 (HSV-2), human immunodeficiency virus (HIV), human papillomavirus (HPV), syphilis and trichomoniasis.





QUIZ TIME

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Question 1:

It is a program that enables parents to deliberately and responsibly decide the for an indefinite period.

A

Family Planning

B

Responsible Parenthood and Reproductive Health

C

Responsible Parenting

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- A Family Planning
- B Responsible Parenthood and Repro
- C Responsible Parenting

Your answer is **CORRECT!**



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It is a program that enables parents to deliberately and responsibly decide the for an indefinite period.

- A

 Family Planning
- B

 Responsible Parenthood and Reproductive Health
- C

 Responsible Parenting

Your answer is
INCORRECT!



Question 2:

The following are called 'Fertility Awareness-based Methods', except:

- A Temperature Method
- B Lactational Amenorrhea Method
- C Cervical Mucous Method
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**Your answer is
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Disclaimer

This training aims to inform and educate only, please consult your Physician before deciding to make use of any Family Planning Method.