



Do you know the Facts about family planning? Check your knowledge:

T or F

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| 1 IT IS BEST FOR YOUR HEALTH TO WAIT 2 YEARS BEFORE TRYING TO HAVE ANOTHER CHILD AFTER GIVING BIRTH. | 7 INJECTABLES MAY CAUSE TEMPORARY CHANGES IN MENSTRUAL BLEEDING. |
| 2 A MENSTRUATING WOMAN CANNOT GET PREGNANT. | 8 THE PILL CAN BE TAKEN RIGHT AFTER YOU'VE HAD RELATIONS (SEX) AND PREVENT YOU FROM GETTING PREGNANT. |
| 3 CONDOMS ARE THE ONLY CONTRACEPTIVE METHOD THAT PREVENTS BOTH PREGNANCY AND SEXUALLY TRANSMITTED INFECTIONS (STIs). | 9 ONLY BREASTFEEDING A CHILD DURING THE FIRST 6 MONTHS HELPS TO AVOID PREGNANCY. |
| 4 THE PILL CAN CAUSE INFERTILITY. | |
| 5 THE IUD COIL CAN MOVE THROUGH THE WOMB AND PIERCE OTHER ORGANS. | |
| 6 THE PILLS CAUSE BIRTH DEFECTS. | |

True or False? **ANSWERS:**

1 T, 2 F, 3 T, 4 F, 5 F, 6 F, 7 T, 8 F, 9 T

*Talk to a health care provider you trust at
your workplace or in your community*