CHAMP -SHARING TOMORROWS QUALITY HEALTH TODAY





Natasha, 22 Bradely, 21

Shanice, 19

Mariah, 16

George, 15

Caitlin, 12 Brittany, 11

Febrianne, 10 Charlie, 9

Lily-Ana, 8

Nerilly-Jade, 7

Armani, 5

Tallulah, 4

Indiana, 3

Family planning is a contentious subject in some countries. Some cultures believe it is man's duty to produce as many children as possible in order to leave a legacy.

When a woman has a baby, it takes at least 2 years from the birth of the child for her body to completely return to normal.

The use of contraceptives allows couples to space children the way they want and also helps to prevent maternal illness.

"When I grow up I want to have 10 children!"

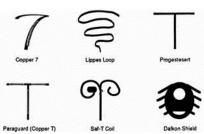
Joanne Watson has 14 children ,11 of which still live with her, she does not work and is separated from the father of the children. She is currently being supported by the state.

CONDOMS PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS AS WELL AS ACTING AS A CONTRACEPTIVE, WHEN USED CONSISTENTLY AND CORRECTLY



There are several forms of contraceptives available to women and men around the world, in most countries family planning services are given either free of charge or at a very low cost. In Zambia family planning services can be accessed free of charge from any government health facility. It is important to speak to your health care provider to decide which method is best for you and your partner.

INTRAUTERINE DEVICE (IUDs)



Contraceptives are an opportunity for couples to choose how many children they want to have in order to give the best life they possibly can. Contraceptives can be used long or short term and my also be permanent.

There are several options open to couples which include; **Hormones**: swallowed, implanted or on an intrauterine device.

Barriers: Condoms (male and Female), Cervical cap, Cervical ring

Mechanical/Chemical: Intrauterine Device, spermicide (gel, foam or sponge)

Surgical: Tubal ligation and Vasectomy





www.champzambia.org





