



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

**T or F**

- |  |   |
|--|---|
| 1 IT IS BEST FOR YOUR HEALTH TO WAIT THREE YEARS BEFORE HAVING 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:**

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

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

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