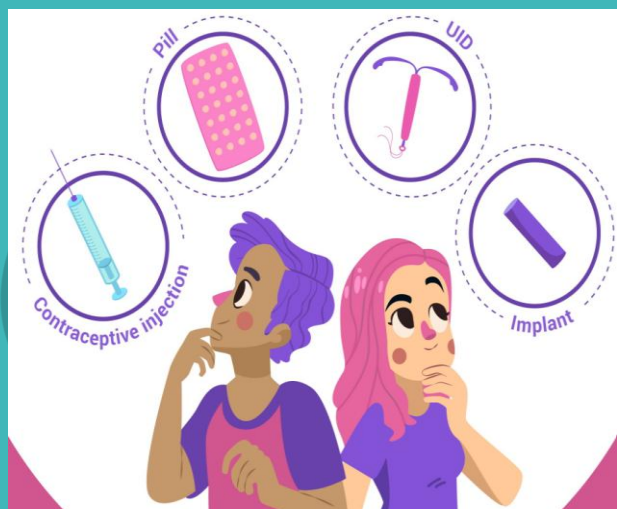


# Your Guide to Contraceptive Choices:



## Understanding Contraception

It's about choice, health, and planning.

Contraception helps individuals and couples decide *if and when* to have children, promoting healthy spacing and reducing unplanned pregnancies

## Hormonal Methods

Balance and protection through hormones.

Includes **pills, injections, patches, and implants.**

They work by regulating ovulation and are highly effective when used correctly.



## Barrier Methods

Block it before it starts.

**Condoms (male and female) and diaphragms** prevent sperm from reaching the egg.

They also offer protection against **sexually transmitted infections (STIs).**

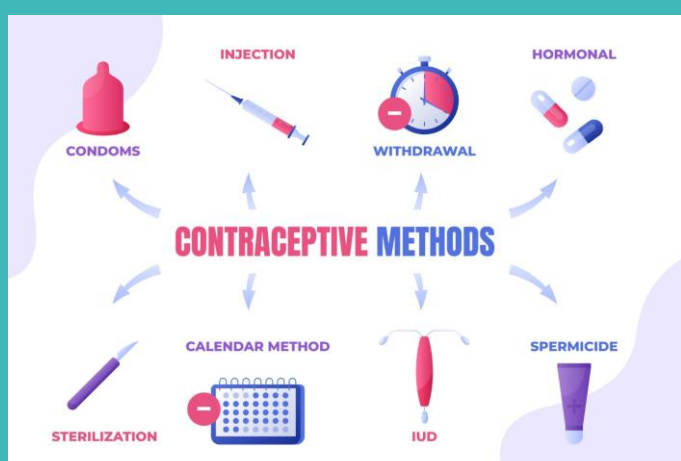
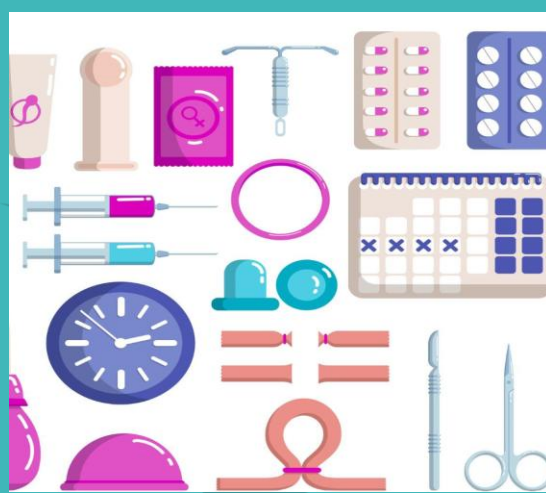
## Long-Acting & Permanent Methods

These are lasting solutions for long-term planning.

**They include IUDs, implants, tubal ligation, and vasectomy.**

**Which** offers extended or permanent protection.

Ideal for those sure about family size.



## Making the Right Choice

The best method is the one that fits *you*.

Talk with a healthcare provider to find a safe, effective, and convenient method based on your health, lifestyle, and goals.

*"Informed choices lead to empowered lives."*