

Review of Family Planning No.1

- 1) Does family planning benefit the mother and the couple and the baby?
 - a. Yes
 - b. No
- 2) Are pregnant women below 18 years old are more likely to have a preterm baby with a higher mortality rate?
 - a. Yes
 - b. No
- 3) Are you ever too old to have a baby without risk?
 - a. Yes
 - b. No
- 4) If women have four or more babies in their life time what increased risks do they face?
 - a. Mortality
 - b. An increase life expectancy
 - c. A body which will be healthier.
- 5) Which are types of contraceptives? (More than one answer)
 - a. Hormonal
 - b. Natural method
 - c. Barrier method (e.g Condom)
 - d. Barrier method of using a facemask.
- 6) What factors should be thought about when choosing a contraceptive method? (More than one answer)
 - a. Its effectiveness
 - b. Its side effects
 - c. Cost and availability
 - d. Size and colour



Family planning is important.



Contraception