

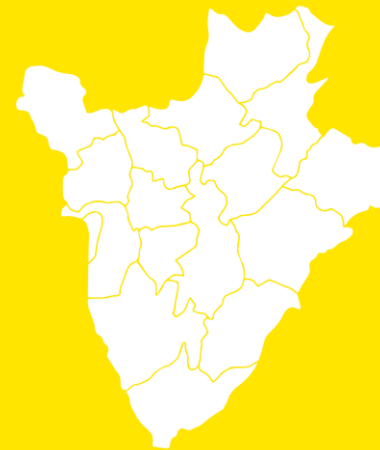
CONTRACEPTIVE METHODS IN SHARE-NET COUNTRY NODES



Bangladesh



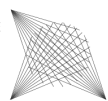
Netherlands



Burundi



Jordan

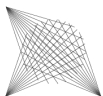




Contraceptive Methods

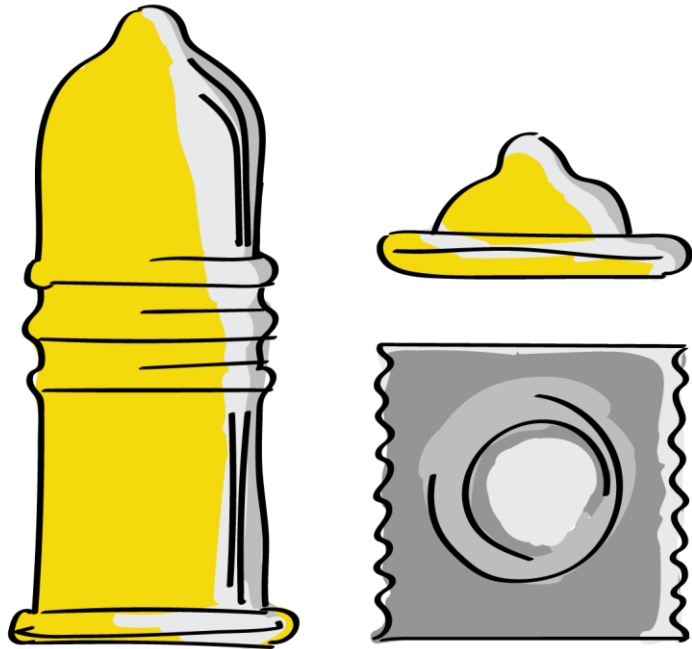


Promote the family planning method and ensure preferred contraceptive methods by the individual and couples to decide when and how many children they want to have. It is essential for the well being and the empowerment of the women in special.

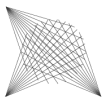




Male Condom

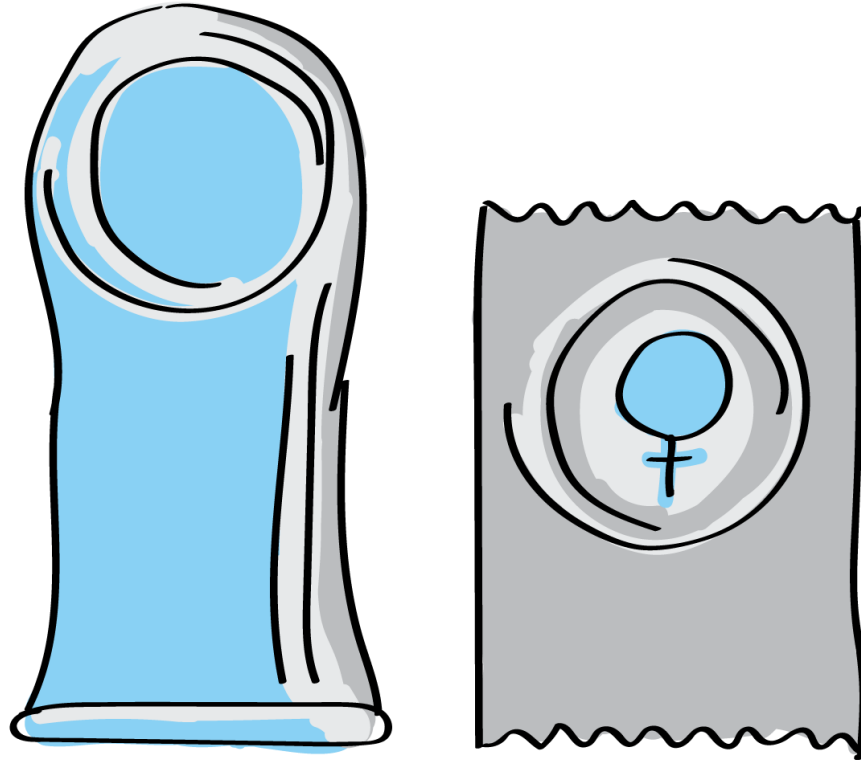


Condoms are thin, stretchy pouches that covers the penis during sex and collect semen. Condoms provide great protection from both pregnancy and STDs.

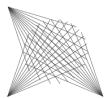




Female Condom

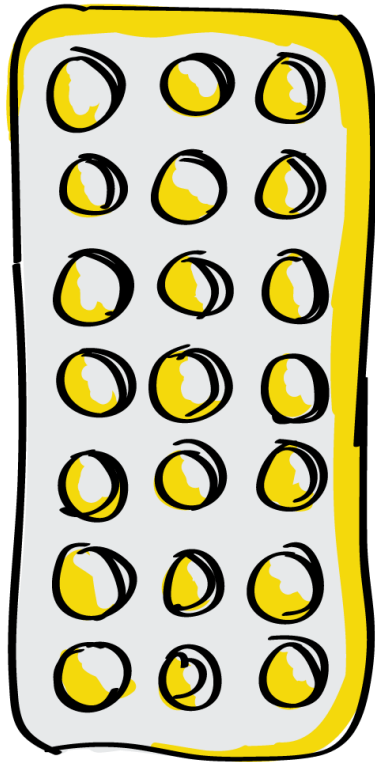


Female condoms go inside the vagina for pregnancy prevention or into the anus for protection from STDs. They're sometimes called internal condoms.

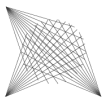




Oral Pill

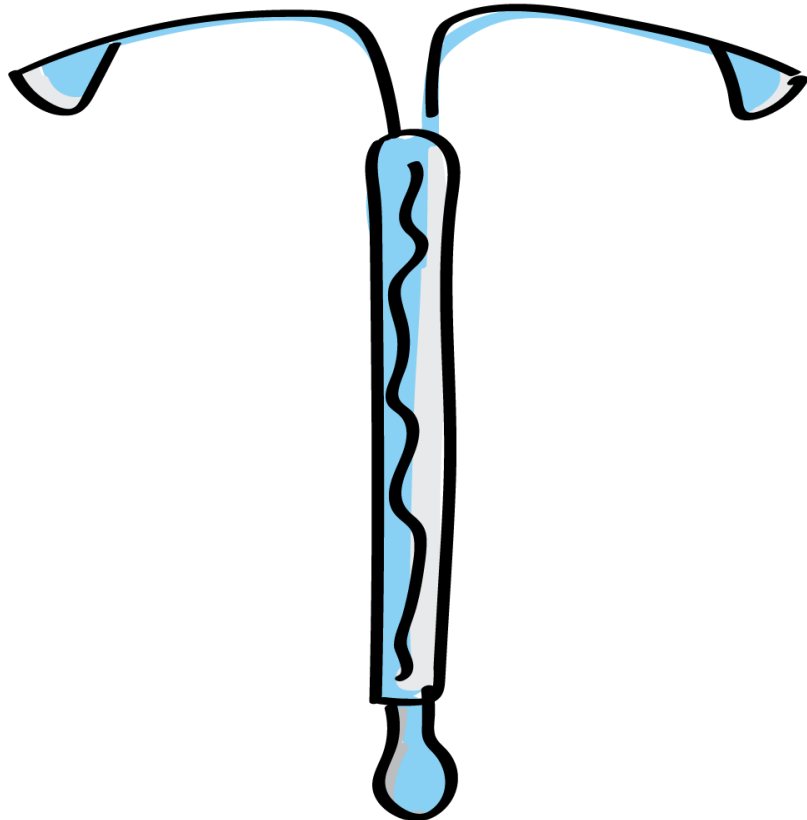
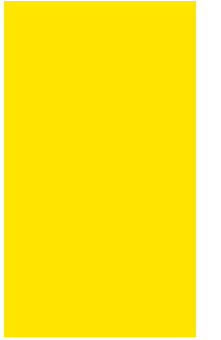


Oral contraceptives are hormonal preparations that contain combinations of the hormones; estrogen and progestin or progestin alone and that prevents pregnancy.

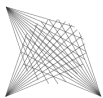




IUD

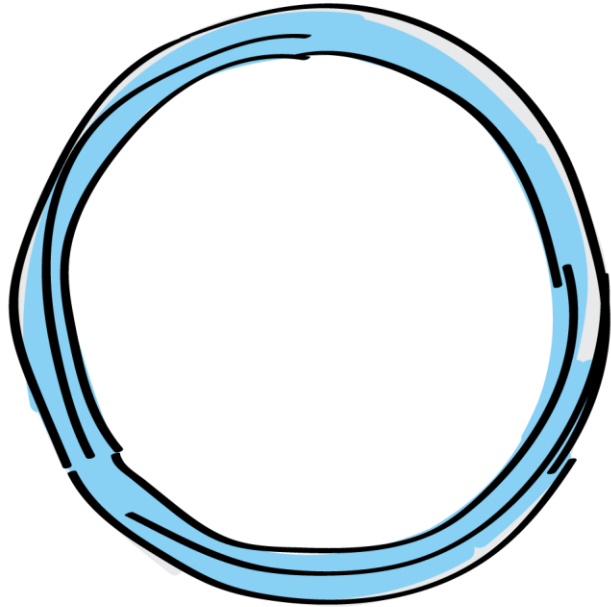
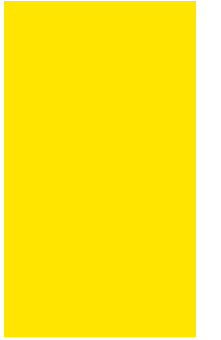


IUD stands for Intrauterine Device where a small piece of flexible plastic shaped like a T is inserted in the uterus to prevent pregnancy. It's long-term, reversible, and one of the most effective birth control methods.

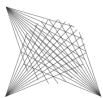




Vaginal Ring

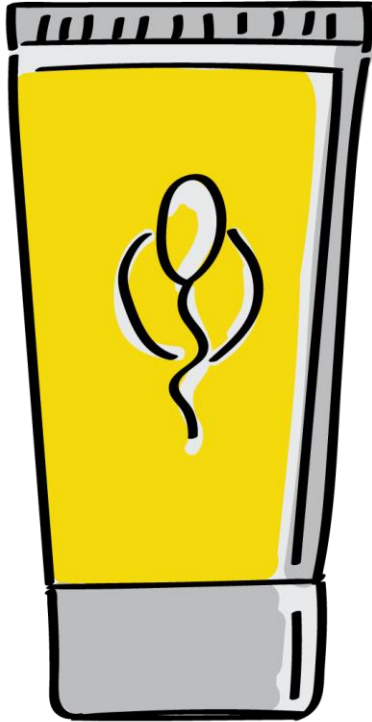


A birth control vaginal ring is commonly known by the brand name NuvaRing. It is a small, flexible ring that a woman inserts into her vagina once a month to prevent pregnancy. It stays there for a three week period and is taken out for the last week of the month.

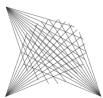




Spermicide

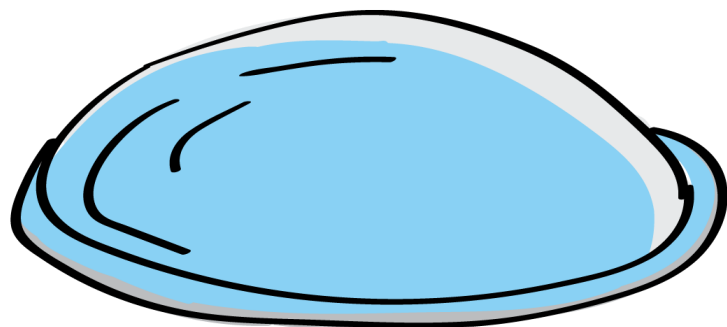


Spermicide is a chemical product that comes in the form of a jelly, foam, or cream and is a barrier method of birth control. Spermicidal chemicals are designed to kill the sperm before they reach the uterus.

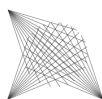




Diaphragm

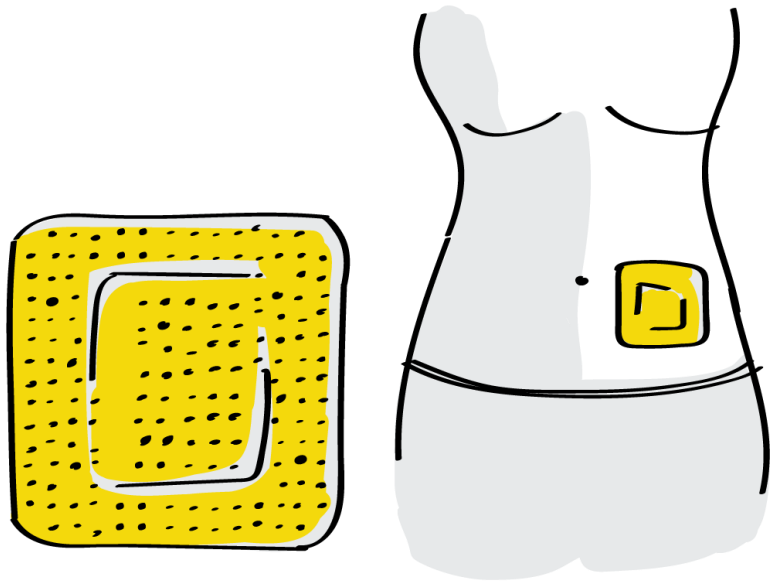
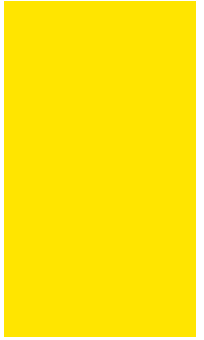


A diaphragm is a shallow, bendable cup is put inside the vagina. It covers the cervix during sex to prevent pregnancy.

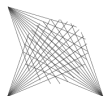




Birth Control Patch

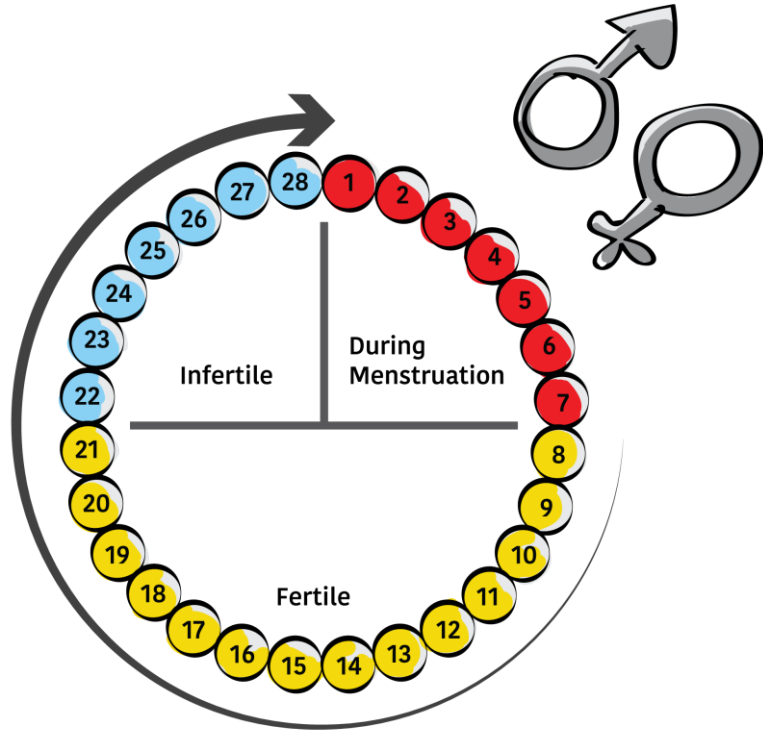
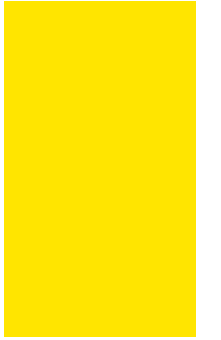


The transdermal contraceptive patch is a safe, simple, and affordable birth control method that one wears on the skin of belly, upper arm, butt, or back and it releases hormones that prevent pregnancy.

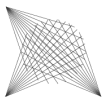




Withdrawal or periodic abstinence

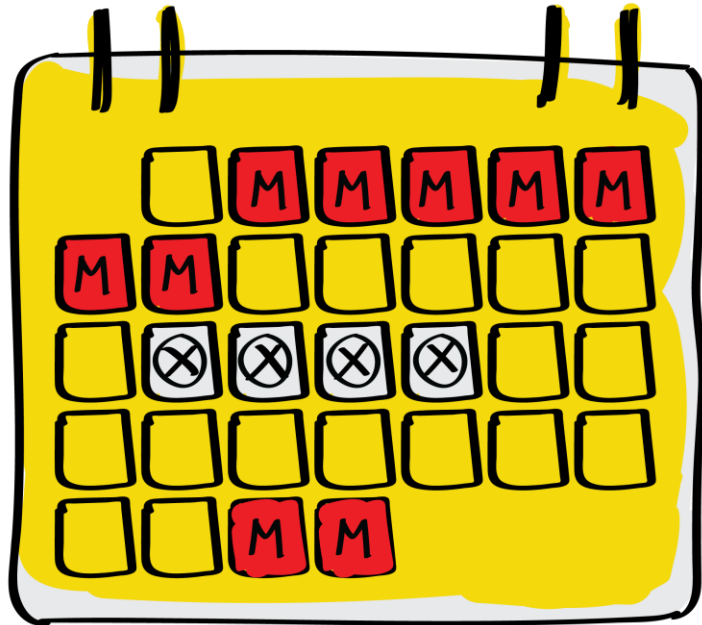
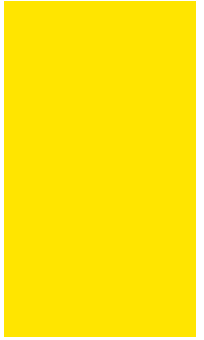


Periodic abstinence as a method of contraception with the observation of naturally occurring signs and symptoms of the fertile phase of the menstrual cycle.

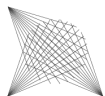




Calendar or Rhythmic Method

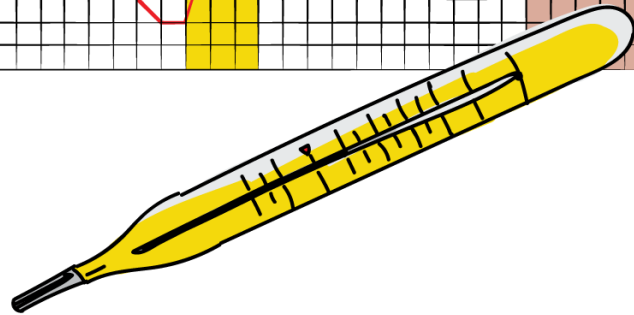
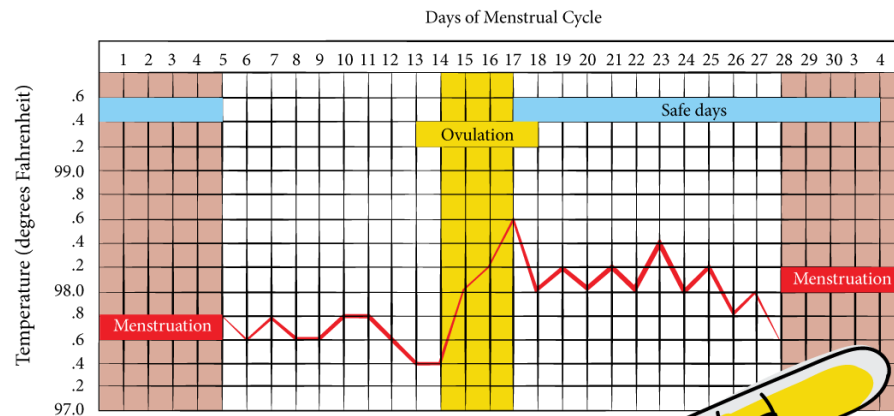
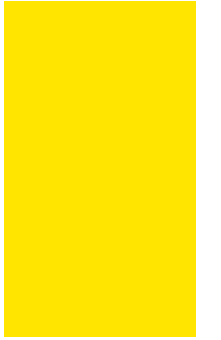


The rhythm method, also called the calendar method or the calendar rhythm method is tracking the menstrual history to predict the ovulation period. This helps to determine when one wants to conceive.

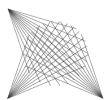




The Basal Body temperature awareness

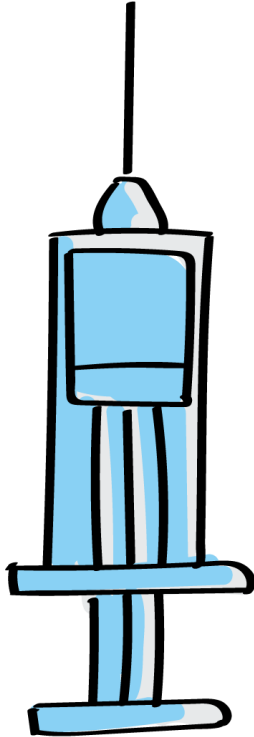


The basal body temperature method is a type of natural family planning. The basal body temperature is the temperature when the woman is fully at rest. Ovulation may cause a slight increase in basal body temperature.

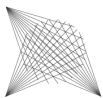




Injectable

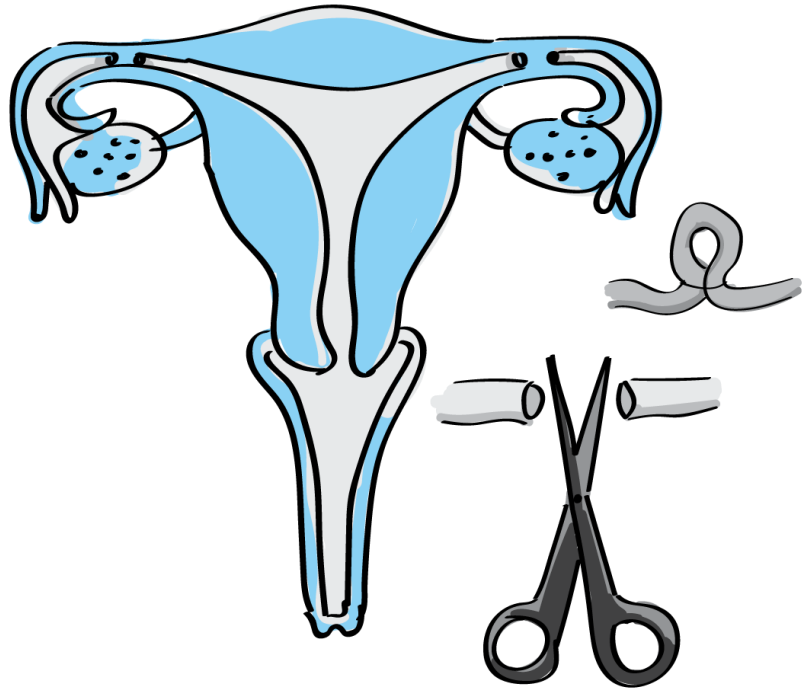
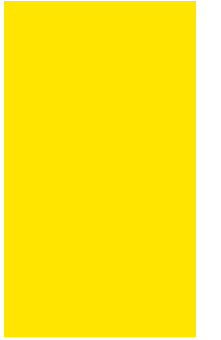


Contraceptive injections contain a progestogen hormone which is similar to the natural progesterone produced by the ovaries. It stops the ovaries releasing an egg each month (ovulation).

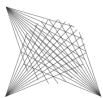




Female Sterilization

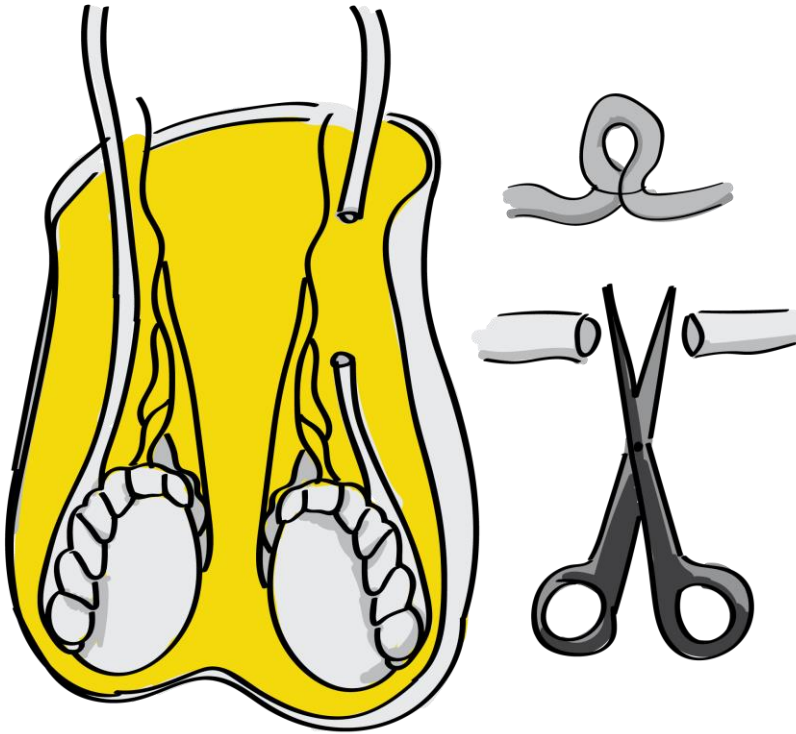


Female sterilization is a permanent procedure to prevent pregnancy. It works by blocking the fallopian tubes. It's a good option When women choose not to have children.

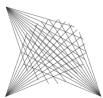




Vasectomy



The Vasectomy is a form of birth control. It prevents sperm from being released during ejaculation. During the procedure, the vas deferens are cut or blocked. The vas deferens is the duct that carries sperm from the testicles to the urethra.





Contraceptive methods in Bangladesh

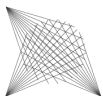


Female

- IUD
- Female condom
- Oral pill
- Birth control vaginal ring
- Spermicides (film, sponge, foam, suppositories, gel)

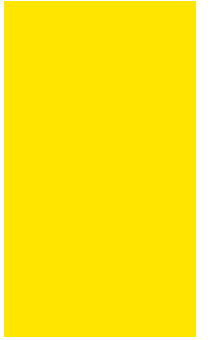
Male

- Condoms
- Withdrawal and periodic abstinence
- Spermicides
- IUD
- Includes Calendar or Rhythmic method





Contraceptive Method in Netherlands

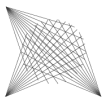


Female

- IUD
- Female condom
- Oral pill
- Diaphragm
- Birth control patch

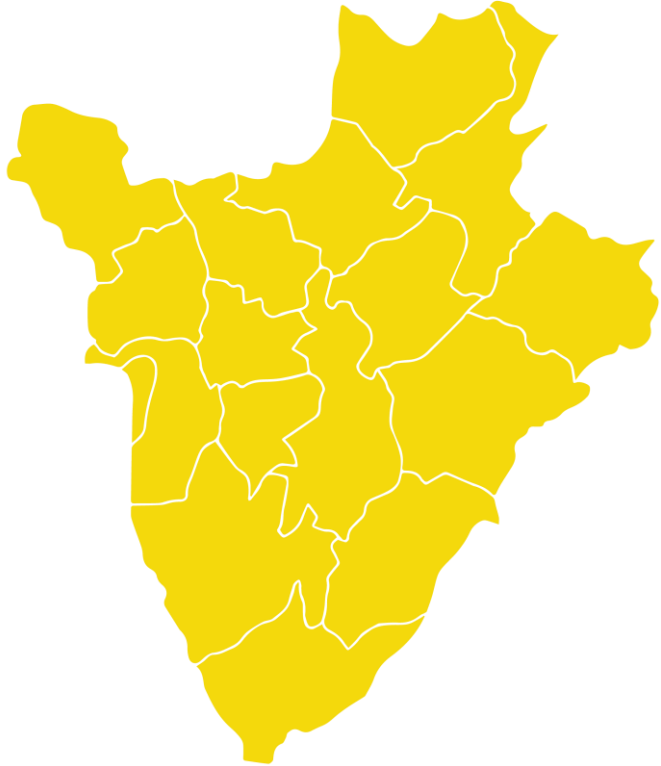
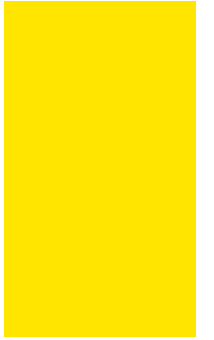
Male

- Condoms
- Withdrawal and periodic abstinence
- Basal Body Temperature awareness
- Vasectomy (Permanent)





Contraceptive Method in Burundi

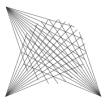


Female

- IUD
- Female condom
- Oral pill
- Diaphragm
- Basal body temperature awareness

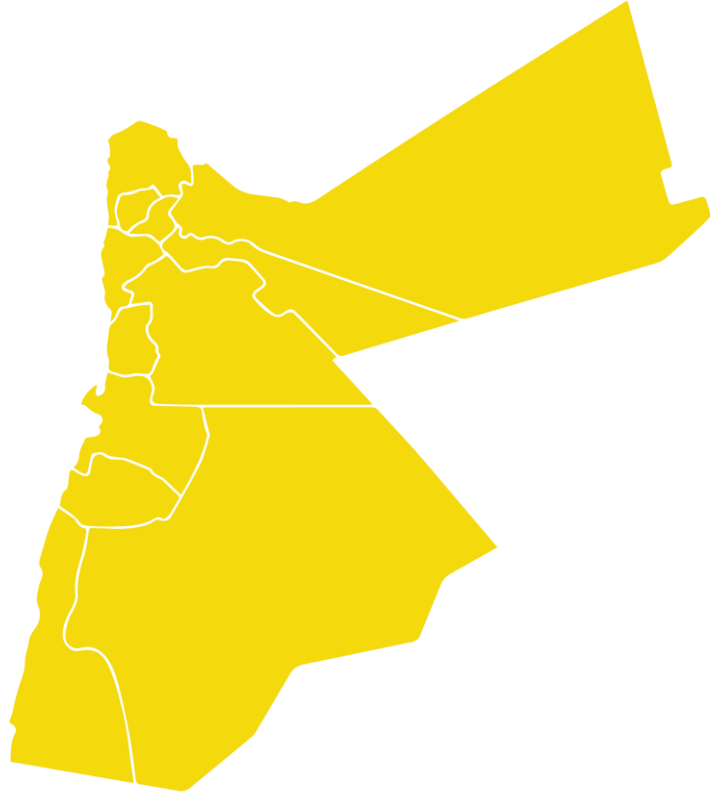
Male

- Condom
- Withdrawal and periodic abstinence
- Vasectomy (Permanent)





Contraceptive Method in Jordan

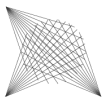


Female

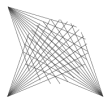
- IUD
- Pill
- Female Sterilization
- Injectable

Male

- Condom
- Withdrawal method



Contraception
Is a
+ Human Right!



THE KNOWLEDGE PLATFORM
ON SEXUAL AND REPRODUCTIVE
HEALTH AND RIGHTS

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