

Topic: Family Planning
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Family planning

- **Family planning** services are defined as "educational,
- comprehensive medical or
- social activities
- which enable individuals, including minors, to determine freely the number and spacing of their children and to select the means by which this may be achieved".

- Family planning may involve consideration of the number of children a woman wishes to have, including the choice to have no children, as well as the age at which she wishes to have them.
- These matters are influenced by external factors such as marital situation, career considerations, financial position, and any disabilities that may affect their ability to have children and raise them.
- If sexually active, family planning may involve the use of contraception and other techniques to control the timing of reproduction.

- Other aspects of family planning include sex education, prevention and management of sexually transmitted infections, pre-conception counseling and management and infertility management.
- Family planning, as defined by the United Nations and the World Health Organization, encompasses services leading up to conception.
- Abortion is not considered a component of family planning,
- Although access to contraception and family planning reduces the need for abortion.

- Family planning is sometimes used as a synonym or euphemism for access to and the use of contraception.
- However, it often involves methods and practices in addition to contraception.
- Additionally, there are many who might wish to use contraception but are not, necessarily, planning a family (e.g., unmarried adolescents, young married couples delaying childbearing while building a career);
- Family planning has become a catch-all phrase for much of the work undertaken in this realm. Contemporary notions of family

- . Contemporary notions of family planning, however, tend to place a woman and her childbearing decisions at the center of the discussion, as notions of women's empowerment and reproductive autonomy have gained traction in many parts of the world.
- It is most usually applied to a female-male couple who wish to limit the number of children they have and/or to control the timing of pregnancy (also known as spacing children).