

Jockey Club S.A.T.H. Project for Healthy Families

Family Planning & Birth Control

Understand Family Planning

Family planning is the ability of individuals and couples to anticipate and attain their **desired number of children** and the **spacing** and **timing** of their births.



↓ Avoid unintended pregnancies



↓ Spread of sexually transmitted diseases (STDs)



↓ Rate of infertility

It is achieved through **use of contraceptive methods** and the **treatment of involuntary infertility**.

Birth Control Methods (Contraceptives)

There are different birth control methods available and what works best for you will depend on your health and circumstances. **Know your choice and learn how to use it correctly for the greatest effectiveness.**

↻ Reversible methods:

Barrier methods



Male condom



Female condom

Hormonal methods



Oral pills



Injectable contraceptives



Patch

Intrauterine contraception



Intrauterine contraceptive device

↻ Permanent methods:

Female sterilization



Male sterilization



* Should only be considered if **NO MORE** children are desired

Do you know typically **85 in 100 women** will get pregnant in **1 year** without any birth control method?



Family Planning Service in HK

Maternal & Child Health Centre (MCHCs)



The Family Planning Association of Hong Kong (FPA)



HK\$1 per attendance

Source: <https://www.famplan.org.hk/en>
https://www.fhs.gov.hk/english/health_info/class_topic/ct_woman_health/wh_fpi.html