

CONTRACEPTION AND PREGNANCY

Why is it important to use contraception?

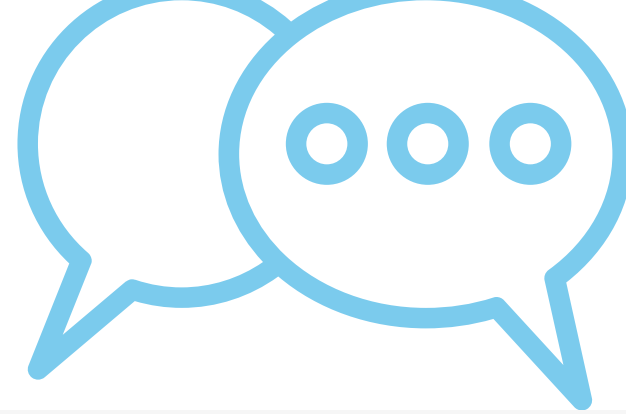
KEY WORDS

contraception | unintended pregnancies | health | gender equality



Contraception is like a **helpful tool that you can use to make decisions about when and how you want to start a family**. When we say contraception, we are referring to the use of condoms, pills or other methods approved by public health for birth control. When you use any of these – you are taking charge of your own life.

Life can be unpredictable, but contraception acts as your companion **against unexpected surprises**. Experiencing an unplanned pregnancy, whether as the young woman carrying the fetus or the young man who was involved in the procreation, can bring about significant changes to your life plans. That's why you should think of contraception like a safety net. It allows you to **stay in control of your life**, so that you can pursue higher education, travel freely, adopt fun hobbies and whatever else you're interested in.



This is also related to the next point: contraception is a key player in **promoting gender equality**. Its use by young women opens doors for them to access education, pursue careers, and make choices about their bodies, which was not guaranteed to them in the past. Contraception's role in gender equality goes even further: it plays a role in **ensuring healthier outcomes for both mothers and infants**. This is because young women who choose to be mothers can use contraception to space out their pregnancies. This means that their health is not endangered and the entire family's well-being is greater, promoting a healthy and happy family life.



Taking care of your health is not just an individual matter – it's also a **community responsibility**. Using contraception contributes to the overall well-being of the entire community by stopping or reducing the spread of sexually transmitted infections (STIs) and ensuring local youth do not leave the workforce prematurely.

To conclude, using contraception is more than just a method to have sex safely. It's a toolkit that empowers you to create a future that aligns with your goals.



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