Nu Niet Zwanger Plachi pa komentá riba dje



1 Deseo pa haña yu



2a Ki bo mester tene kuenta kuné



2b Situashon partikular (opshonal)



3 Konsiderá i balansá bentahanan i desbentahanan (posponementu di un embaraso)



4a Seksualidat



4b Seksualidat (opshonal)



5a Siklo di menstruashon



5b Fertilidat di hende hòmber



6 Kon un embaraso ta kuminsá?



7 Periodo fértil



8 Kon bo ta skohe un medio pa no sali na estado?



9 Medio pa no sali na estado ku tin efekto pa basta tempu?



10 Medio pa no sali na estado ku tin efekto pa tempu kòrtiko



11 Spiral



12 Implante hormonal



13 Angua antikonseptivo



14 Sterilisashon di hende muhé



15 Sterilisashon di hende hòmber



16 Píldora antikonseptivo



17 Pleister antikonseptivo



18 Renchi antikonseptivo



19 Kondon (pa hende muhé)

Vershon 1 digital di yüli 2026

1



2a



2b



3







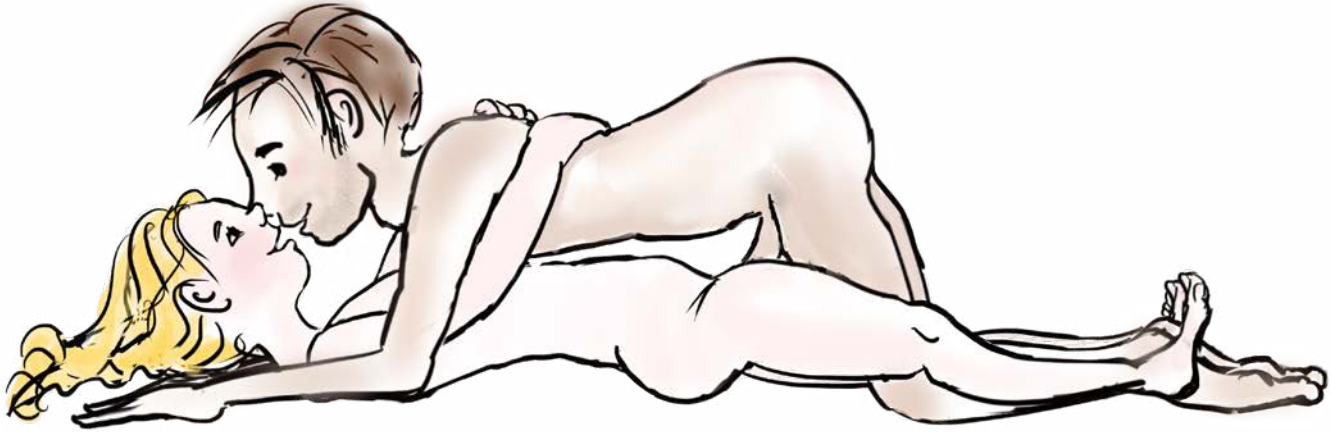
awor

futuro

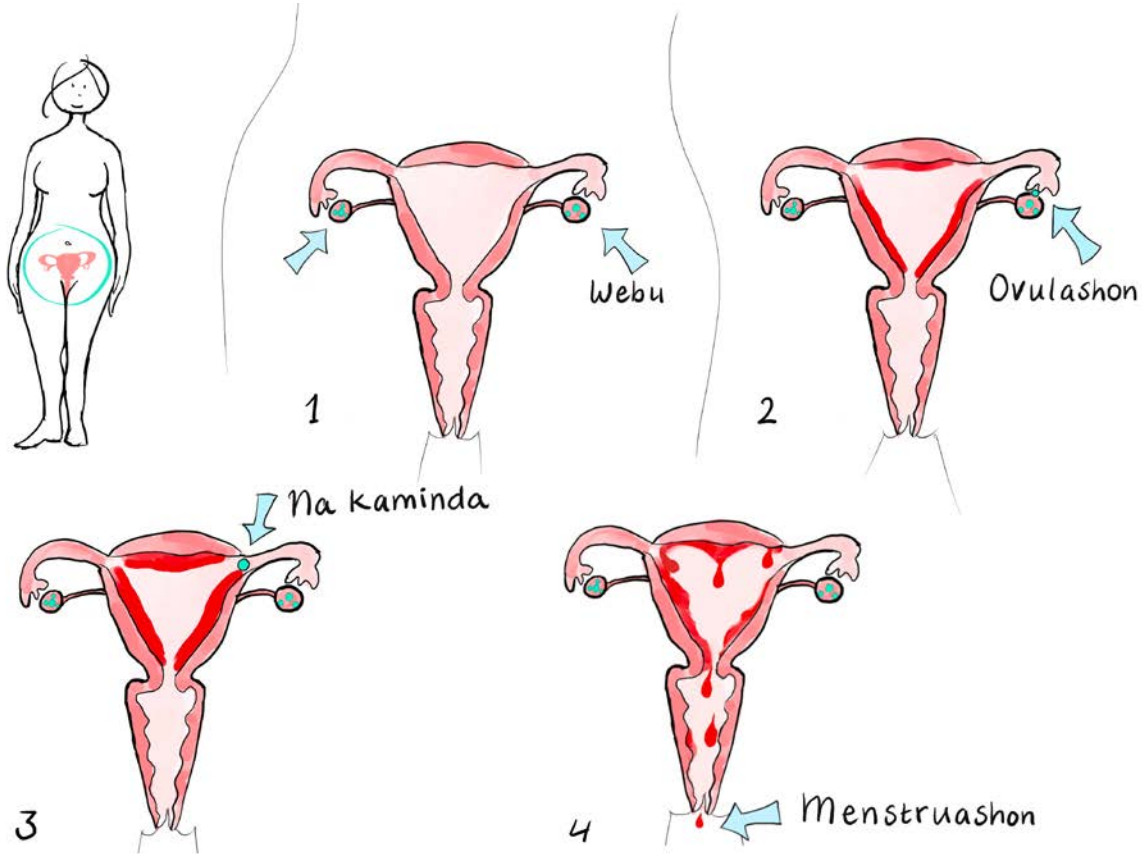
4a



4b



5a



5b





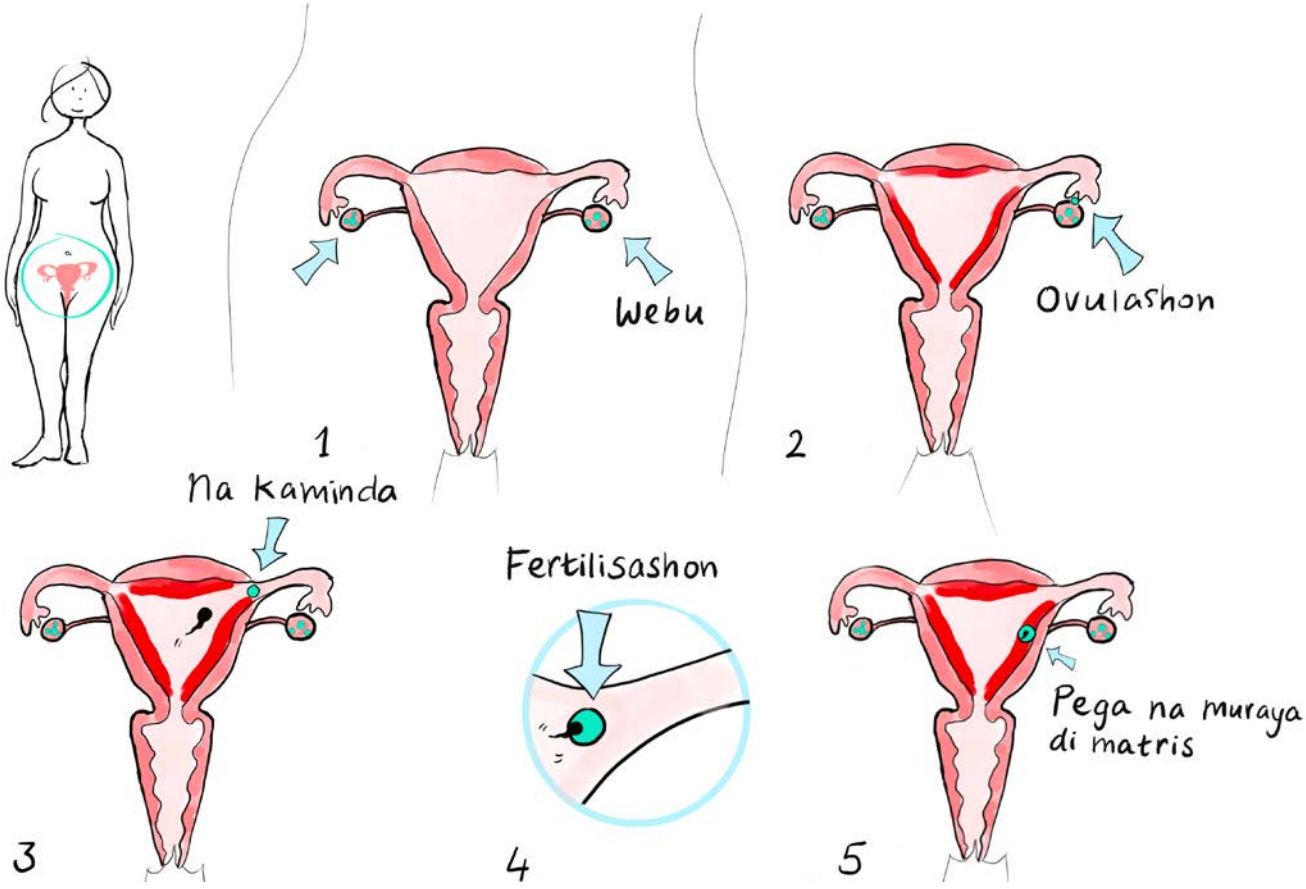
= sélula di spèrma



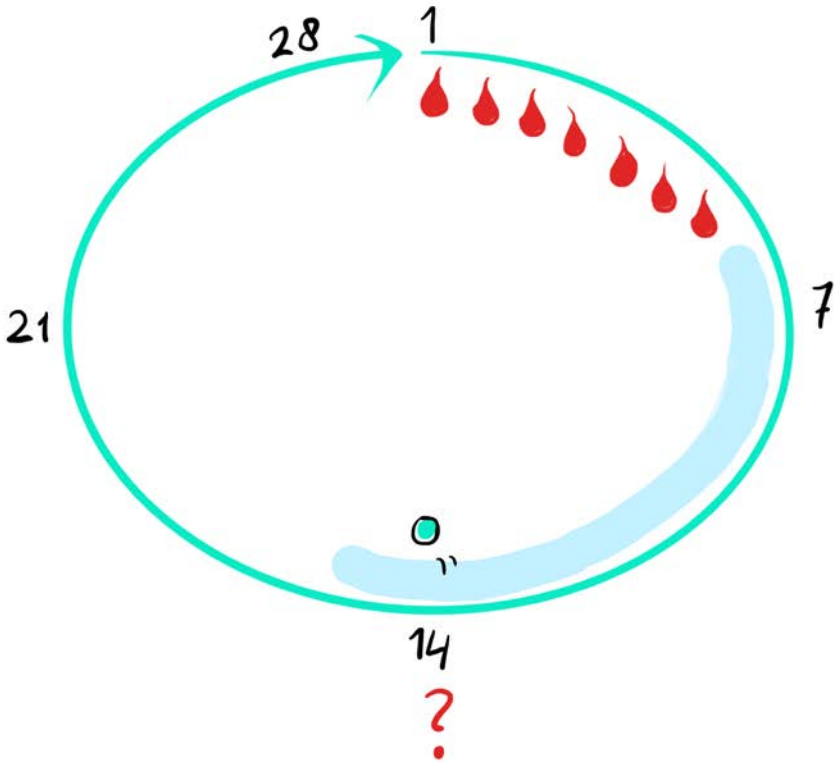
eyakulashon



miones di
sélula di spèrma


Webu
1
Ovulashon
2
Na kaminda
3
Fertilisashon
4
Pega na muraya di matris
5

7



1 luna

dia

menstruashon

periodo fértil

ovulashon

? E dia di ovulashon por varia pa luna


Luna
1
31
Luna
1
31
Hormonanan

Medio antikonseptivo ku tin efekto pa tempu largu

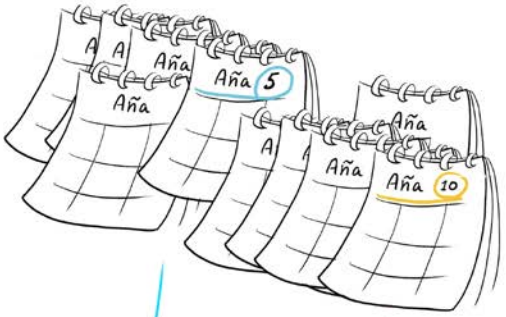
	T	T	—		Sterilisashon ♀	Sterilisashon ♂
Hormonanan	Nò	Sí	Sí	Sí	Nò No tin influensia riba bida seksual	Nò No tin influensia riba bida seksual
	Sí	Sí	Sí	Sí	Sí	Sí
	Nò	Nò	Nò	Nò	Nò	–
	Nò	Sí	Sí	Sí	Nò	–
	Nò	Sí	Sí	Sí	Nò	–
	1 bia den 5 pa 10 aña	1 bia den 5 pa 8 aña	1 bia kada 3 aña	1 bia den 3 luna	definitivo	definitivo

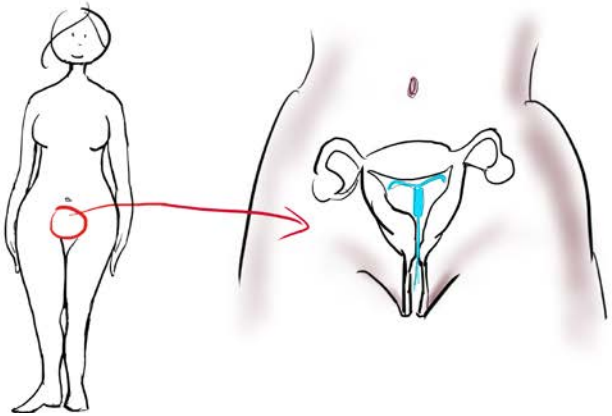
Medio antikonseptivo ku tin efekto pa tempu kòrtiku

Hormonanan	Sí	Sí	Sí	Nò
	Nò	Nò	Nò	Nò
Luna	Sí	Sí	Sí	Nò
	Sí	Sí	Sí	Nò
Luna	Nò	Nò	Nò	Nò
	Tur dia	1 bia pa siman	1 bia pa luna	Ora bo tene relashon seksual

Spiral

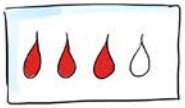








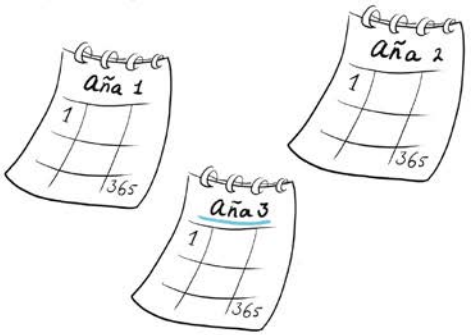


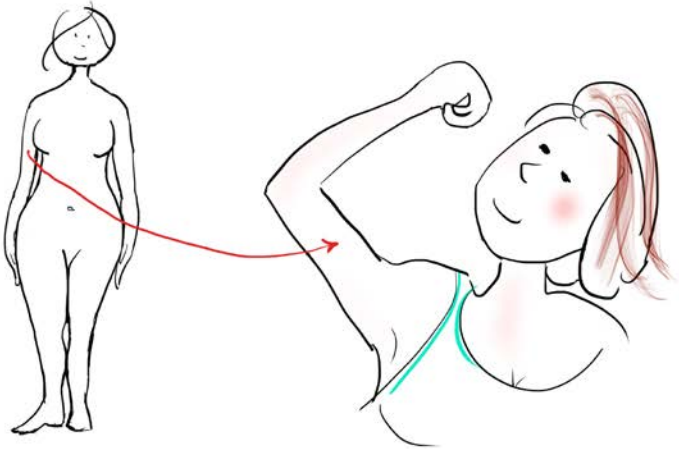


12

Implante hormonal



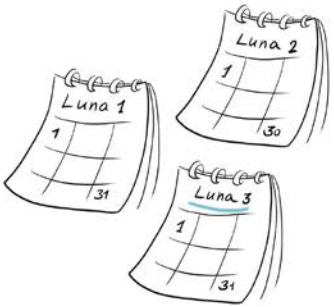


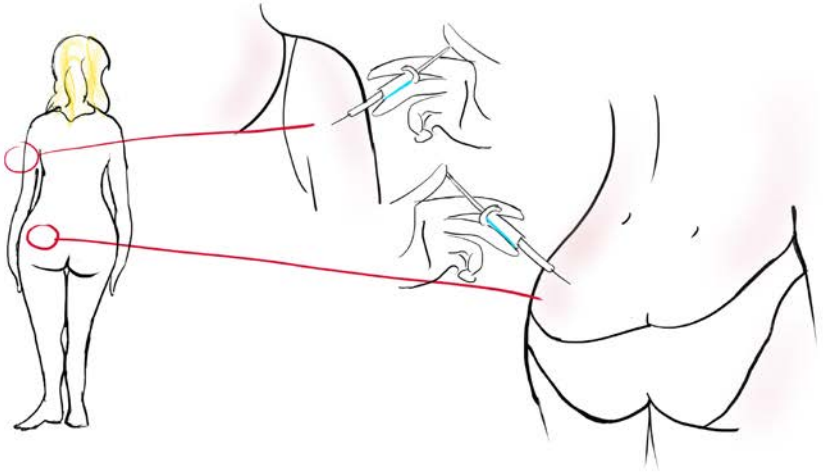




Angua antikonseptivo







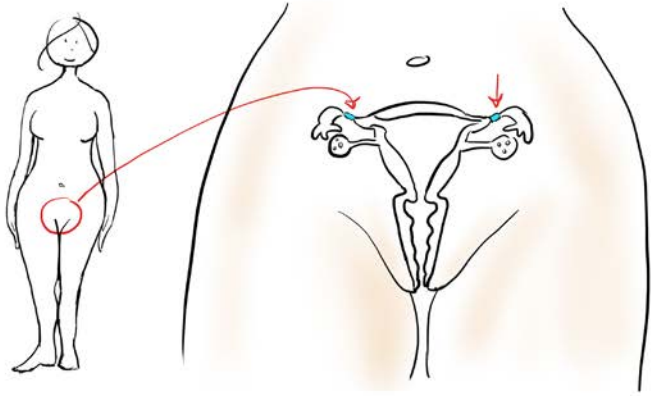


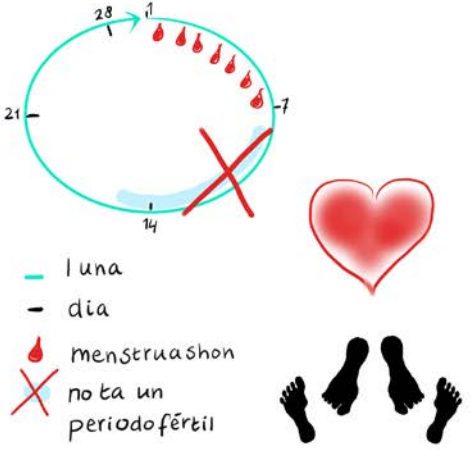
14

Sterilisashon di hende muhé







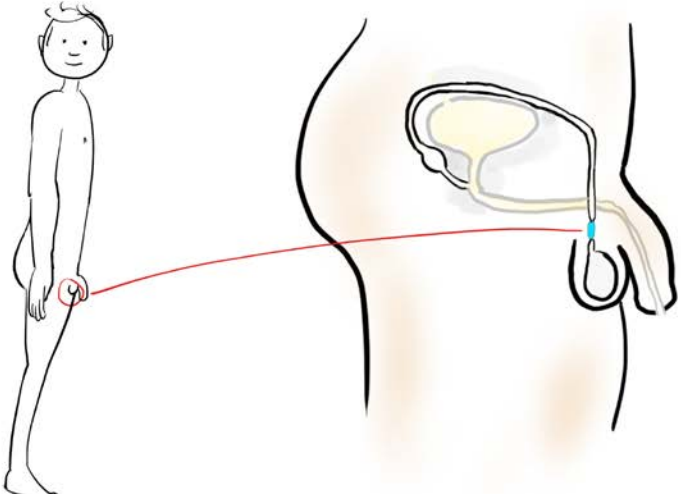


15

Sterilisashon di hende hòmber



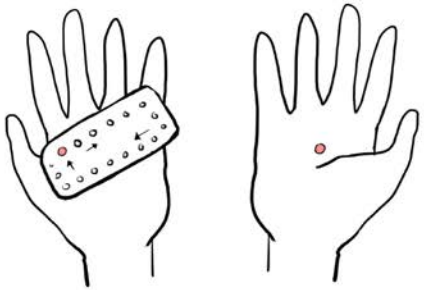




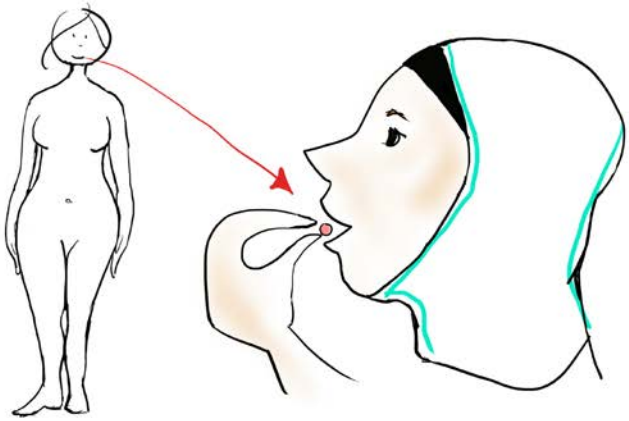


16

Píldora antikonseptivo







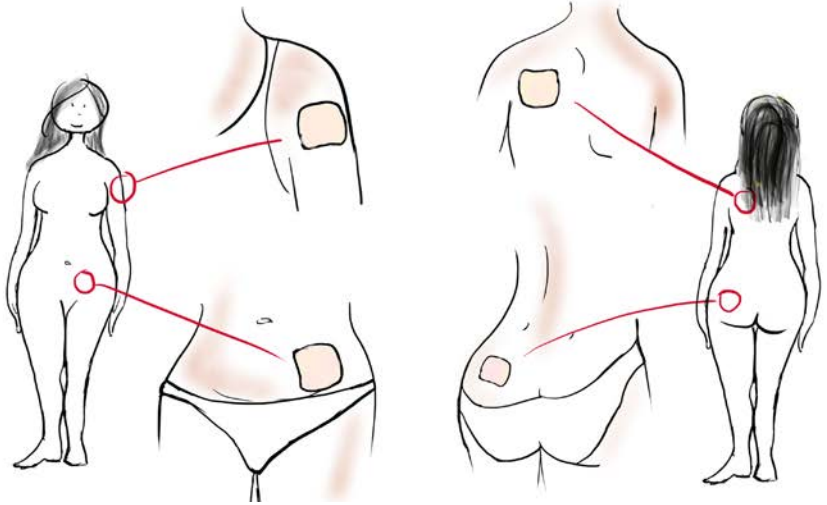


17

Pleister antikonseptivo





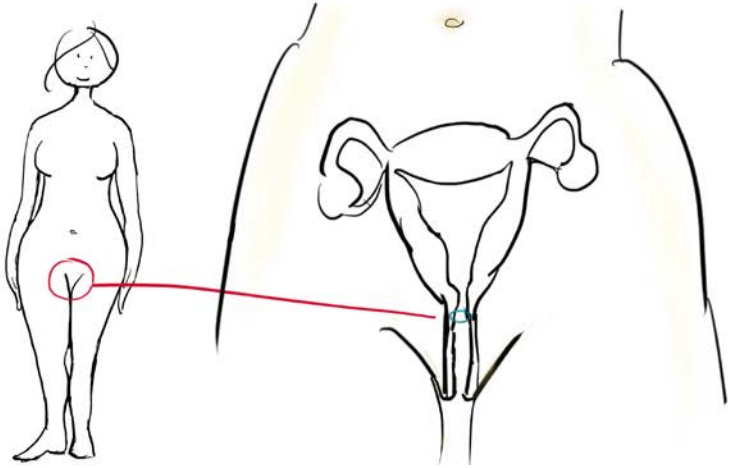




Renchi antikonseptivo

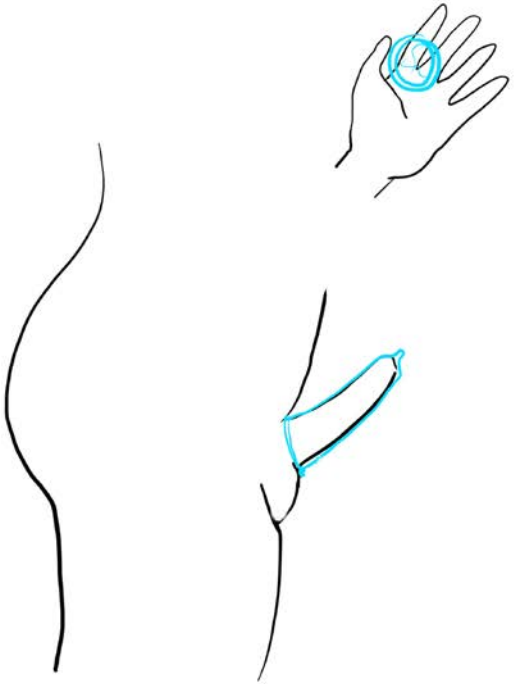




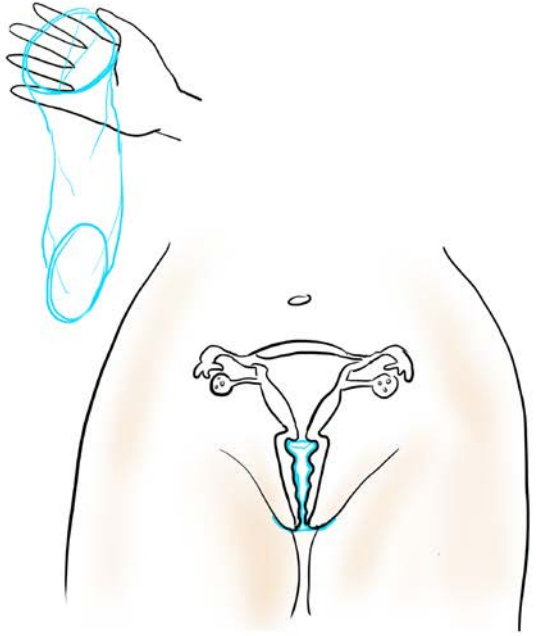




Kondon



Kondon pa hende muhé



Kolofòn

Tim di ‘ Nu Niet Zwanger’ di GGD Rotterdam-Rijnmond a traha e guia akí, plachi pa komentá riba dje i karchi ku pregunta. E outornan a desaroyá e produkonan akí den koperashon ku funshonario di atenshon di ‘ Nu Niet Zwanger’ di diferente instansia na Rotterdam i ku kliente.

Den koperashon entre GGD Rotterdam- Rijnmond, GGD GHOR Nederland i Rutgers, a adaptá e guia, plachi pa komentá riba dje i karchi ku pregunta pa uso nashonal.

A traha e publikashon akí pa Nu Niet Zwanger i no tin mag di duplik’é òf us’é pa otro meta sin pèrmit di e outornan.

Teksto: Meike van ’t Hof, Riekje Elema, Rubia Langeler en Marlies Leenes
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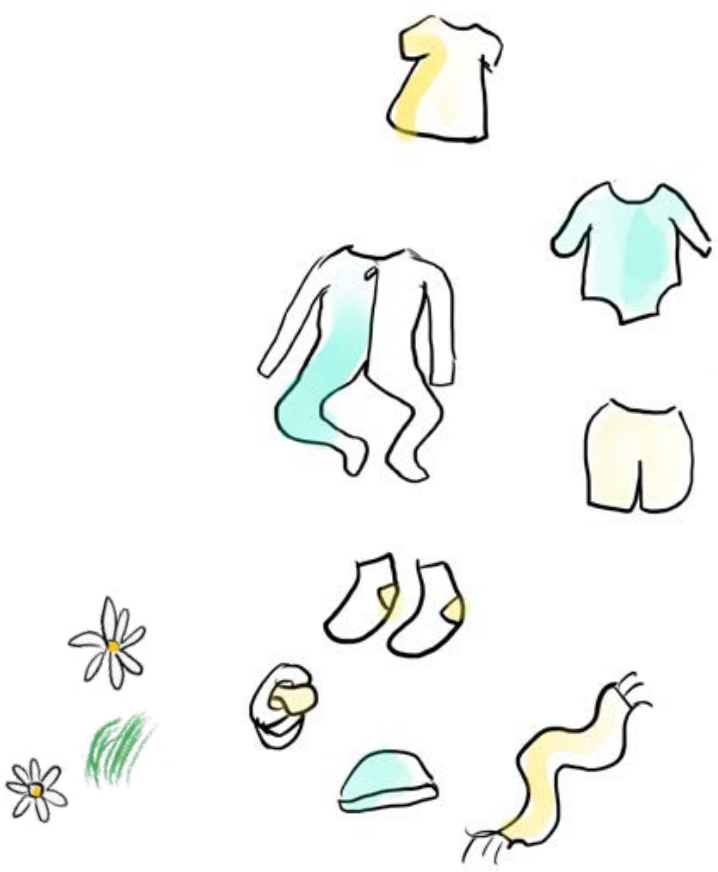
Ilustrashon: Jikke Kuiper
Komunikashon: Irene Warbout en Rachid Bouali
Diseño: 0to9 Values-Driven Creativity
Derechi di outor: Gemeente Rotterdam en het landelijke programma Nu Niet Zwanger
Vershon: 1 digital di yüli 2026

Danki na kliente i funshonario di atenshon den region di Rotterdam-Rijnmond pa nan aporte balioso.



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Vershon 1 digital di yüli 2026