Pregnant Not Now visual prompts



1 Do you want children?



2a What to consider before having children?



2b Special circumstances (optional)



3 Weighing the pros and cons of (postponing) a pregnancy



4a Sexuality



4b Sexuality (optional)



5a Menstrual cycle



5b Male fertility



6 How does a pregnancy occur?



7 Fertile period



8 How to choose a suitable method of birth control?



9 Long-acting contraceptives



10 Short-acting contraceptives



11 The IUD (intra uterine device)



12 The hormonal implant



13 The hormonal injection



14 Female sterilization



15 Male sterilization



16 The contraceptive pill



17 The contraceptive patch



18 The contraceptive ring



19 The (female) condom



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1



2a



2b



3







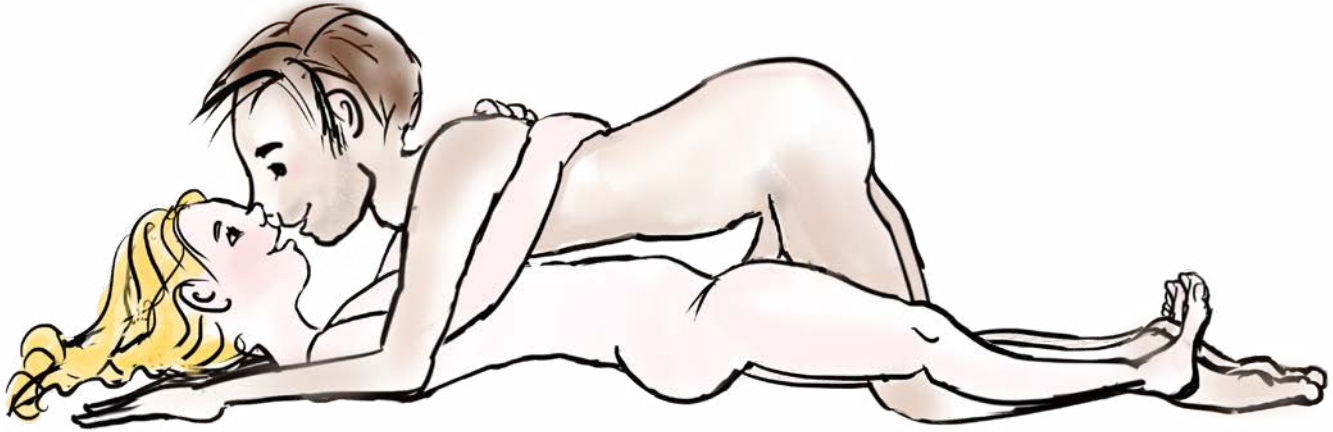
now

future

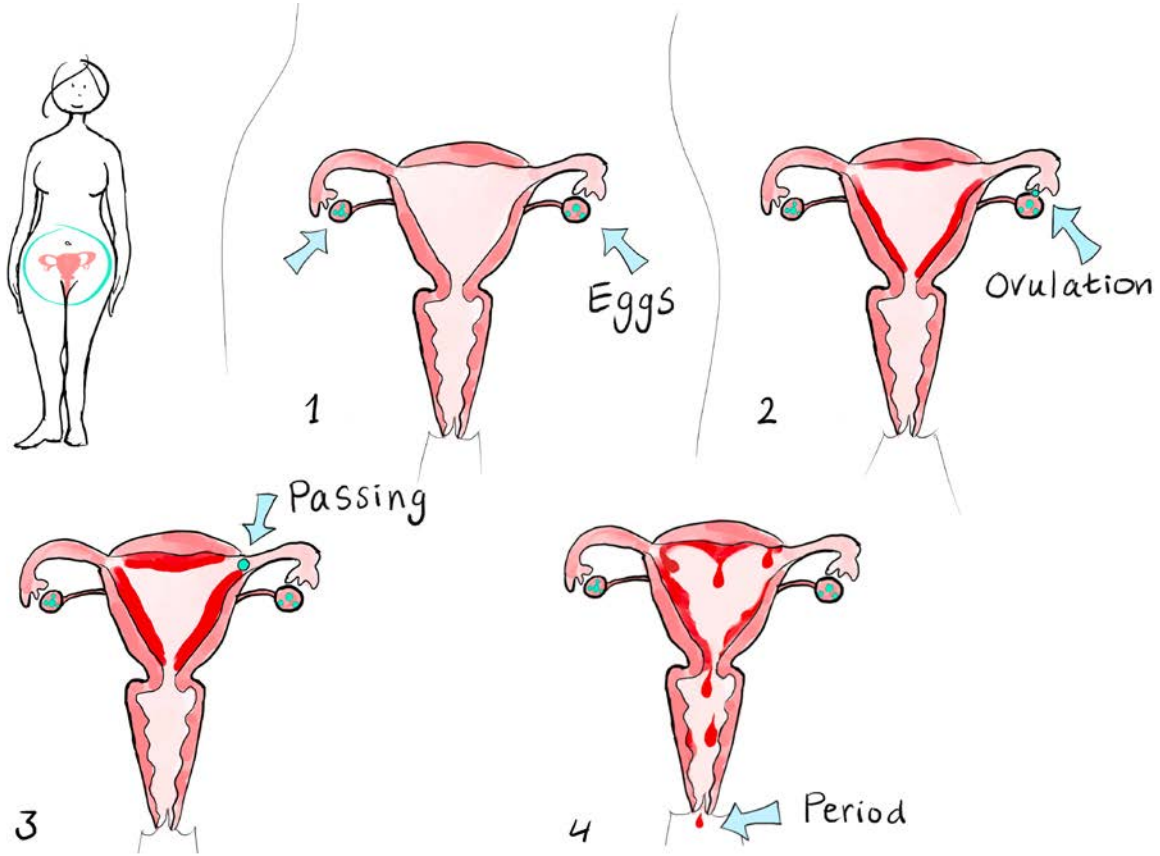
4a



4b

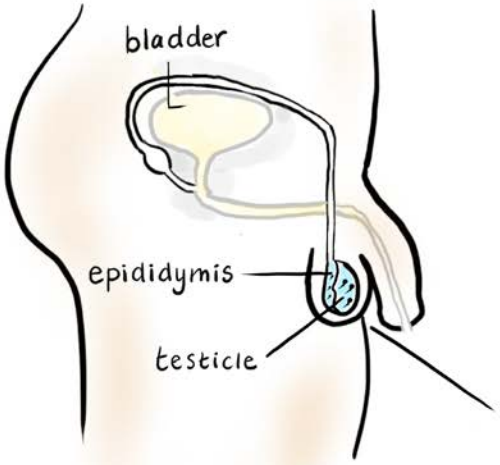


5a



5b





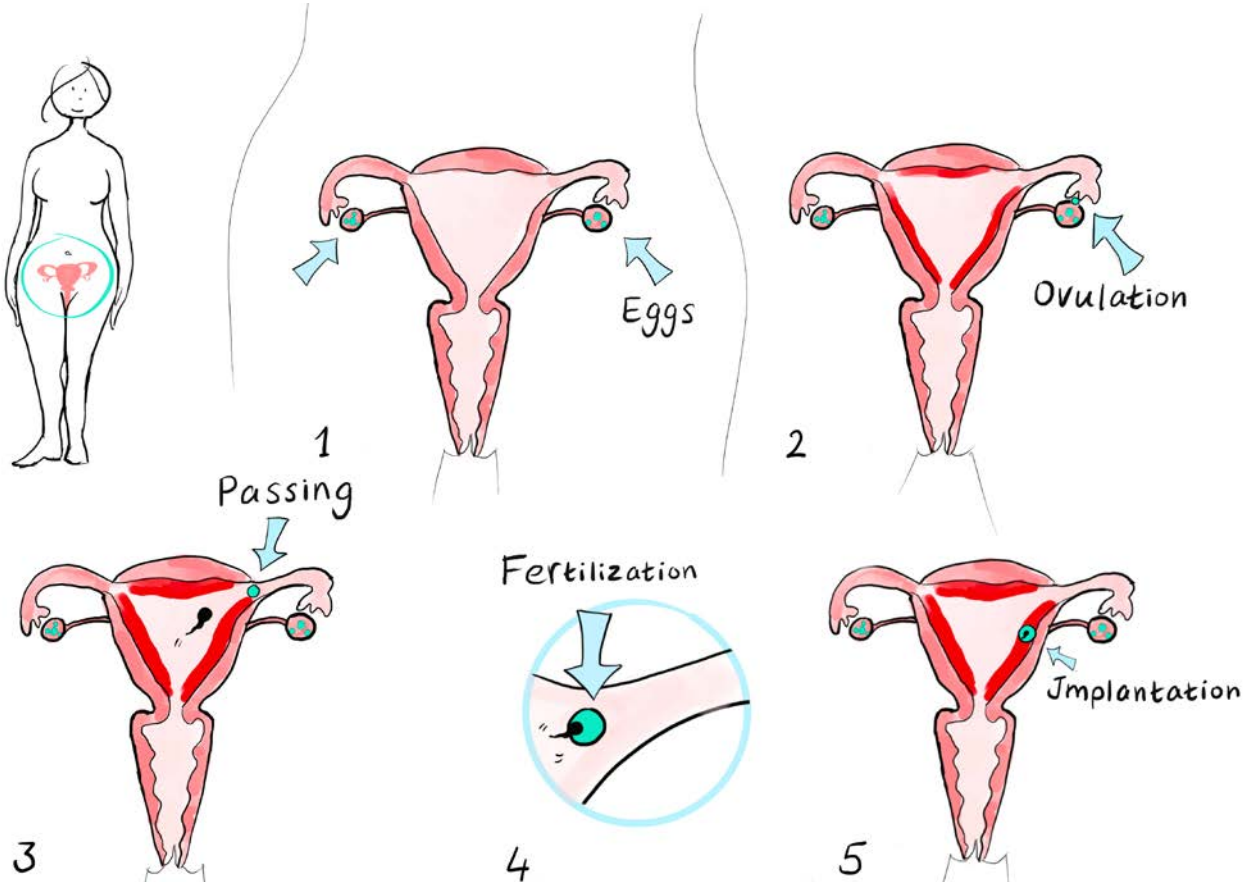
= sperm cell

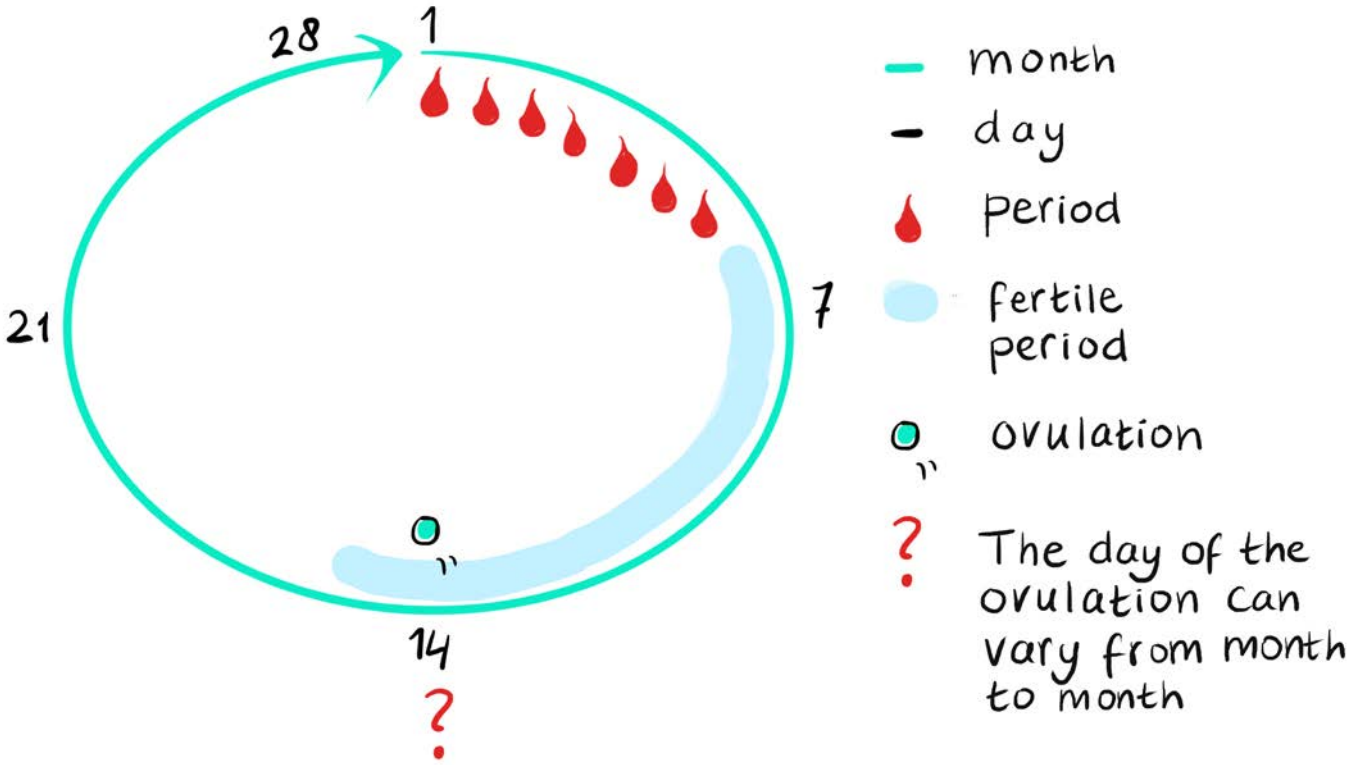


ejaculation



millions of sperm cells


1
Eggs
2
Ovulation
Passing
3
Fertilization
4
Implantation
5

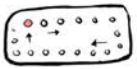

28
1
21
7
14
?
month
day
period
fertile period
ovulation
?
The day of the ovulation can vary from month to month


month
1
31
month
1
31
Hormones

Long-acting contraceptives

	T	T	—		Sterilization ♀	Sterilization ♂
Hormones	No	yes	yes	yes	No No influence on sex life	No No influence on sex life
	yes	yes	yes	yes	yes	yes
Month	No	No	No	No	No	–
	No	yes	yes	yes	No	–
Month	No	yes	yes	yes	No	–
	Once every 5-10 years	Once every 5-8 year	Once every 3 years	Once every 3 months	definitive	definitive

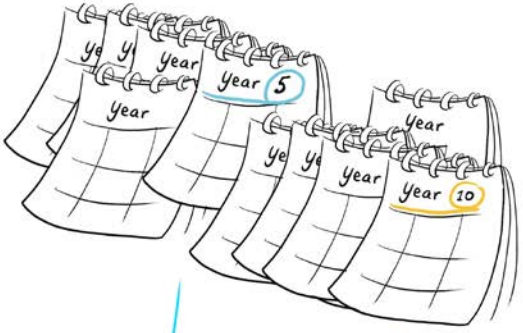
Short-acting contraceptives

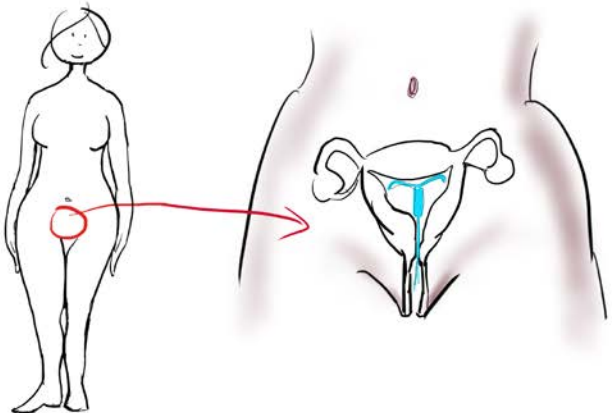
				
 Hormones	yes	yes	yes	No
	No	No	No	No
	yes	yes	yes	No
	yes	yes	yes	No
	No	No	No	No
	Every day	Once a week	Once a month	When you have sex

11

IUD (intra uterine device)

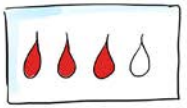








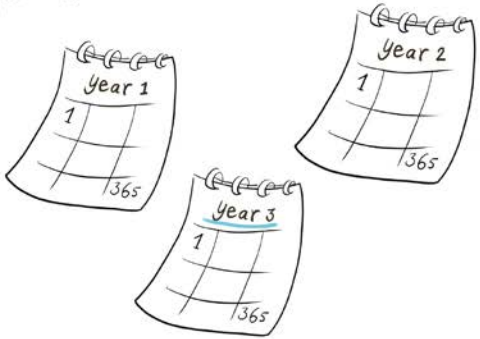


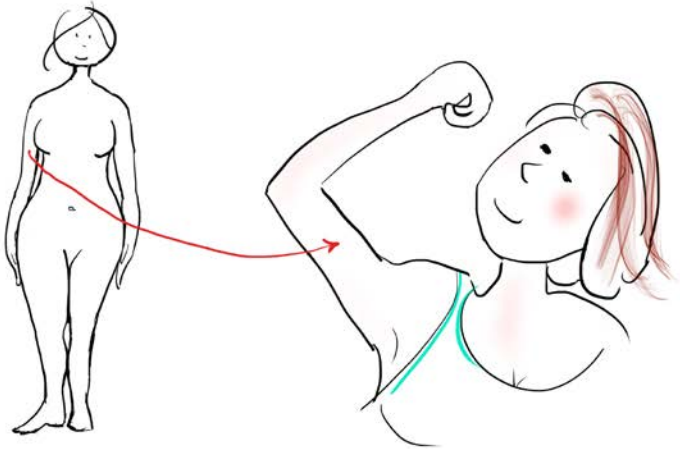


12

Hormonal implant





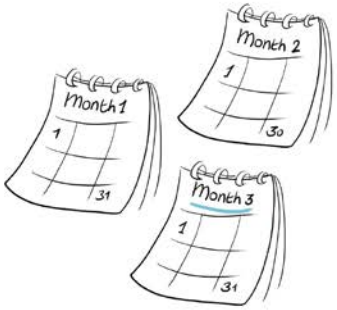


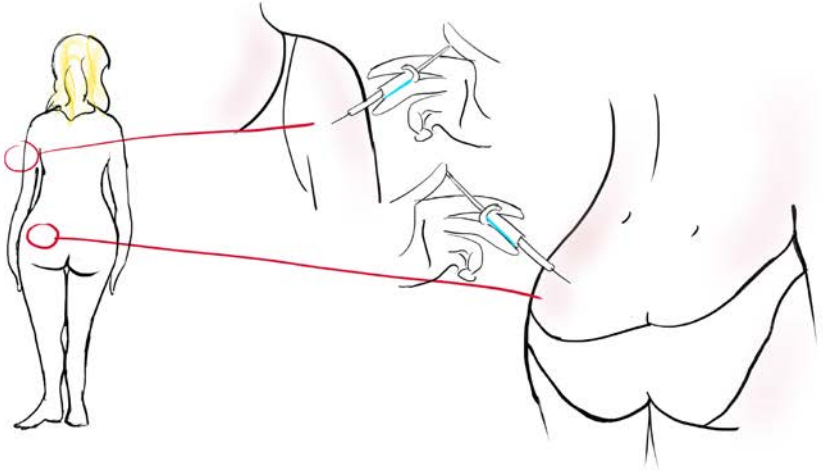


13

Hormonal injection





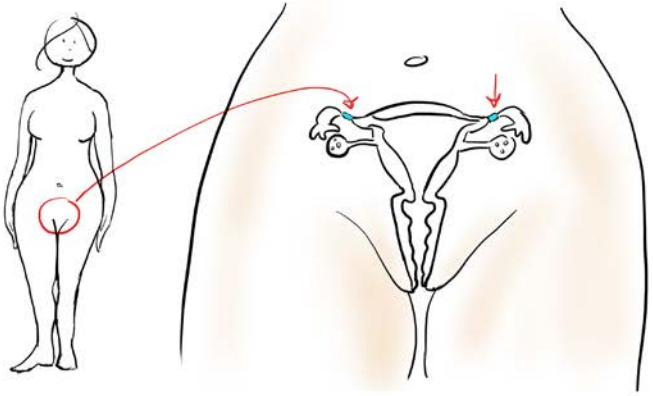


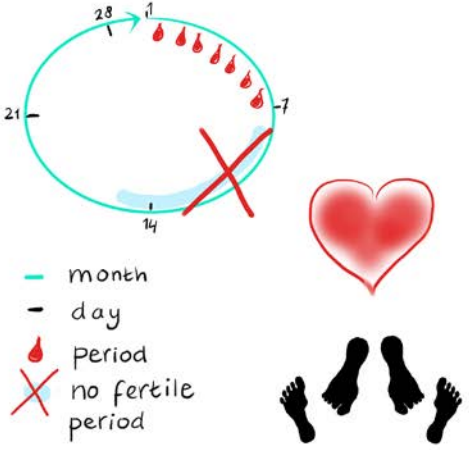


Sterilization female





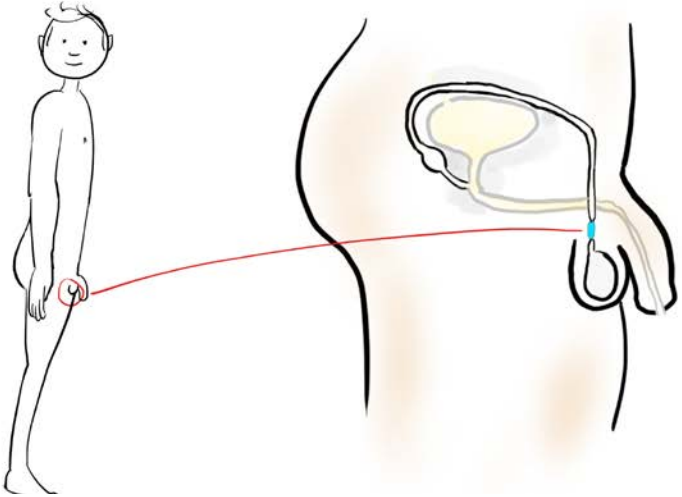




Sterilization male

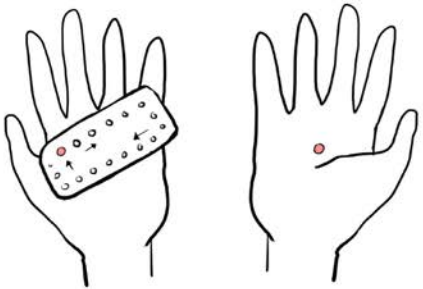




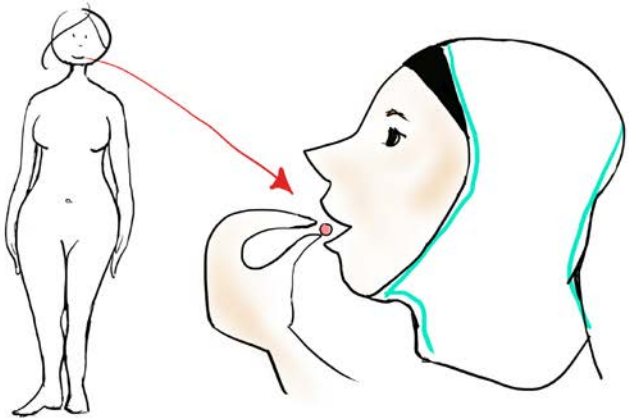




Contraceptive pill





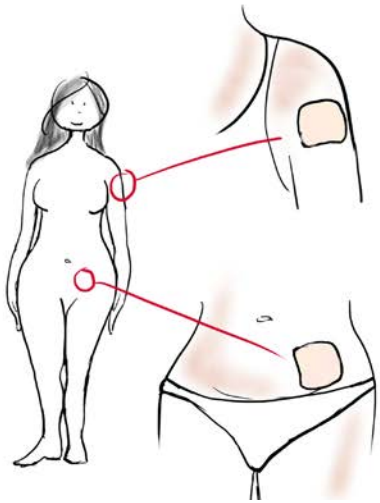


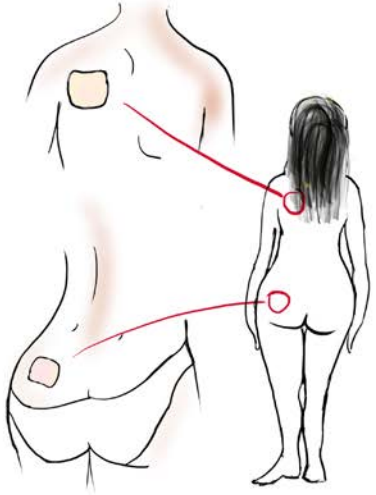


Contraceptive patch







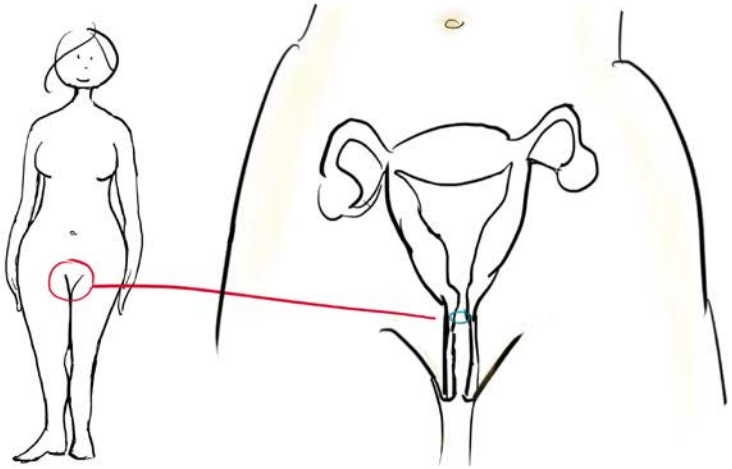




Contraceptive ring

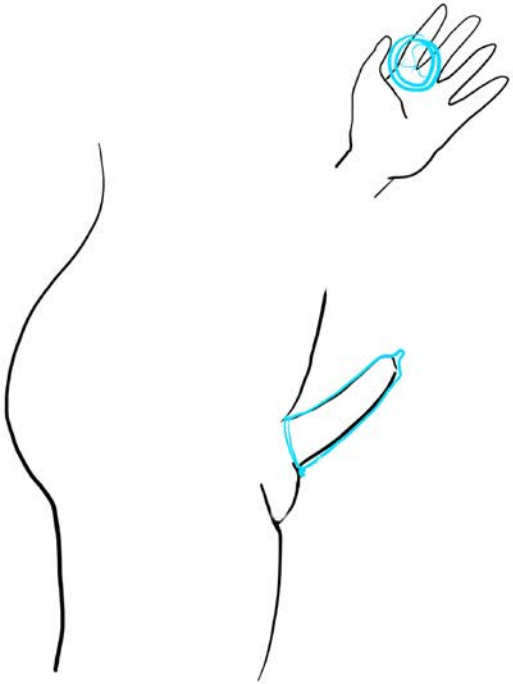




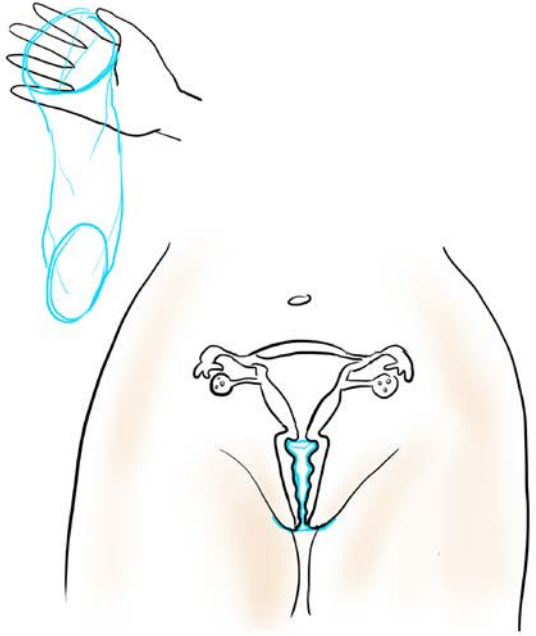




Condom



Female condom



Colophon

This manual, the visual prompts and the question cards have been made by the team of Pregnant Not Now (Nu Niet Zwanger-team) of the Municipal Health Service of Rotterdam-Rijnmond. They developed these materials in consultation with ambassadors of the program Pregnant Not Now of different care organisations and their clients.

In collaboration with GGD GHOR Nederland and Rutgers these materials have been adjusted for national use.

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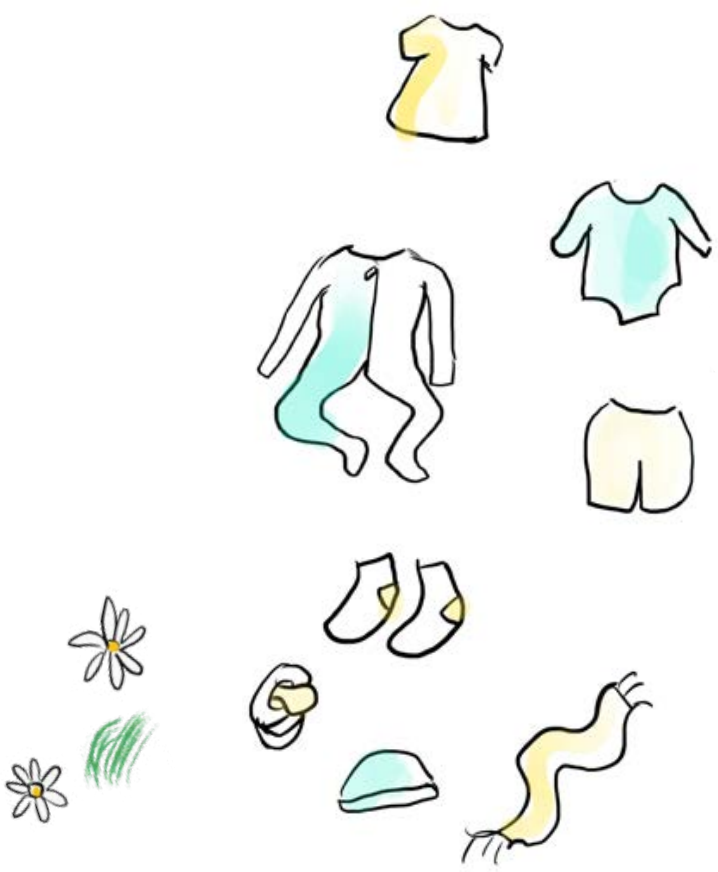
NU NIET ZWANGER®



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