



MOTHER MATTERS

The right of women with disabilities to motherhood

Erasmus plus project number 2023-1-IT02-KA220-ADU-000153664

INFORMATIVE PILLS

Informative pills provide brief explanations related to disability studies, accessibility for healthcare professionals, and motherhood for women with disabilities. They are based on a microlearning approach, a learning methodology that divides content into short units focused on a single topic or skill.

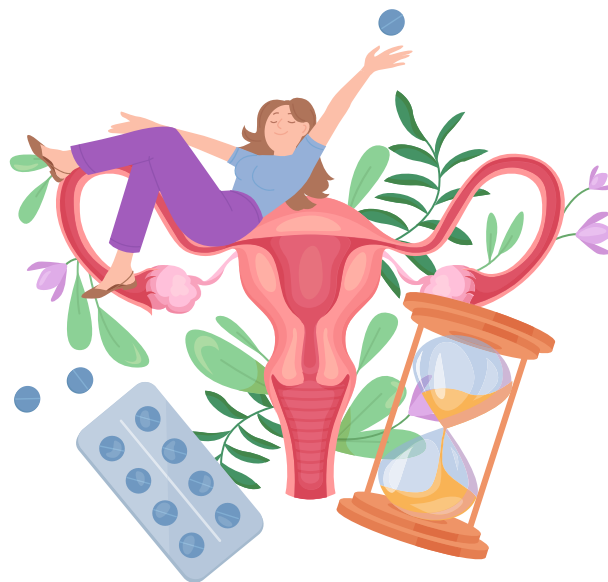
- BECOME PARENTS -

I DON'T WANT/WHEN I WANT: CONTRACEPTIVE METHODS



Contraception includes various methods, each of which aims to protect women from unwanted pregnancy. Contraception is an important aspect of family planning, which enables partners to plan when they want to settle down and create offspring. It is above all important for the woman who wants or does not want to be a mother at the particular moment.

In this short document we talk about 6 groups of contraceptive methods. It's important to talk to healthcare professionals to decide the best for your health and to avoid sexually transmitted diseases.



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[moms.mothermatters](https://www.instagram.com/moms.mothermatters)



[MoMs_MotherMatters](https://www.youtube.com/MoMs_MotherMatters)



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Natural methods: natural methods to prevent unwanted pregnancy include such as abstinence from sexual contact, interrupted sexual intercourse and ejaculation outside the vagina, calendar method...etc.

But we strongly advise against it as it is very risky both from the point of view of pregnancy and for the contraction of sexually transmitted diseases.



Barrier contraceptive methods prevent pregnancy by blocking the entry of sperm into the uterine cavity. Some barrier methods, especially condoms, help protect against sexually transmitted infections, including HIV infection. The main advantage of barrier methods is their safety. Here we note cervical caps, spermicides such as creams, gels, vaginal globules or tablets, and spermicide foams.

Hormonal contraception is a method of preventing unwanted pregnancy through the use of hormones that regulate and change the natural hormonal balance in a woman's body. Types of hormonal contraception: Combined oral contraceptives. These are pills taken daily and are one of the most common methods of contraception. "Mini-pills", these tablets contain only progestin and are suitable for women who cannot or do not want to take estrogen. Contraceptive patches: patches that are placed on the skin and release hormones that are absorbed through the skin. Injectable contraceptives: injected every three months. Vaginal rings: the ring is inserted into the vagina. Implants: small rods containing progestin that are inserted under the skin of the arm and provide long-term contraception (up to three years).

Intrauterine devices are small flexible devices made of metal and/or plastic that are inserted into the uterine cavity. Some of them contain female sex hormones. They are usually replaced every 3-5 years; those containing hormones every year.

Permanent surgical sterilization is a final method of contraception in which the patency of the fallopian tubes is interrupted. After this surgery it is no longer possible to have children

Emergency contraception: An emergency contraceptive pill that you can take up to 3 days after having unsafe sex. It is also called the "morning-after pill". It can't prevent from sexually transmitted diseases.



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