



# Kentucky Family Planning Guide



**Kentucky Public Health**  
Prevent. Promote. Protect.



# What is Family Planning?

## Family Planning:

Family planning is the ability of individuals and couples to determine a reproductive life plan that allows them to have children when and if they desire.

Considerations that may influence a reproductive life plan include age, career, marital status, housing, school and financial situation.

## Reproductive Life Plan:

A reproductive life plan is an individual's choice and control of the timing and spacing of how many kids they have, how many kids they want, and if they want to avoid (or achieve) pregnancy within the next year. Family planning helps individuals achieve their personal reproductive life plan.



## Benefits of Family Planning Include:

- Planning for when you want to have a child
- The ability to prepare financially for a child
- Healthier choices before and during a pregnancy
- Understanding birth control options
- Confidence to have safe sex

## Family Planning Services Include:

- Contraceptives
- Pregnancy tests
- Testing and treatment for sexually transmitted infections (STIs)
- Reproductive health screenings
- Health counseling and education
- Pelvic and other medical exams
- Basic infertility information
- Lab testing
- Follow-up and referrals



## Important Note:

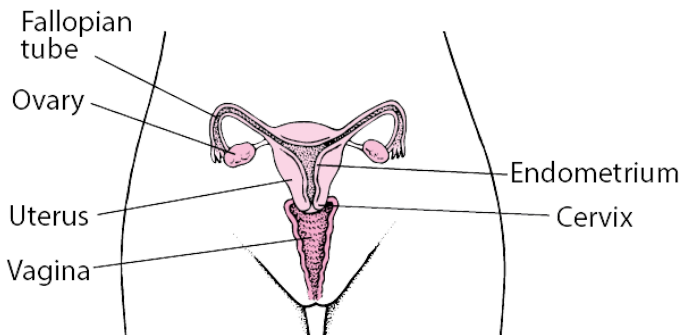
This booklet is not a substitute for talking with a qualified healthcare provider.

# It is Important to Understand the Reproductive Systems

## Female Reproductive System

### Menstruation Cycle

During puberty, the menstruation cycle begins. First, an egg is released from the ovary in a process called ovulation. If the egg is not fertilized by sperm, it is released from the uterus through the vagina along with some of the uterine lining (menstruation), which involves some bleeding. This bleeding can last for 2-7 days and occurs about 14 days after ovulation. The entire cycle lasts 28 days.



**Cervix:** Canal that connects the uterus with the vagina. It allows for sperm to enter and menstrual blood to exit.

**Endometrium:** Lining of the uterus that thickens in preparation for pregnancy every month, or sheds (menstruation) if pregnancy does not occur.

**Fallopian tubes:** Tubes for an egg to travel from the ovary to the uterus. Typically where a sperm fertilizes an egg.

**Ovary:** Small glands on the sides of the uterus that produce eggs and hormones.

**Uterus:** Organ where a baby develops during pregnancy.

**Vagina:** Canal that connects the cervix to outside of the body.

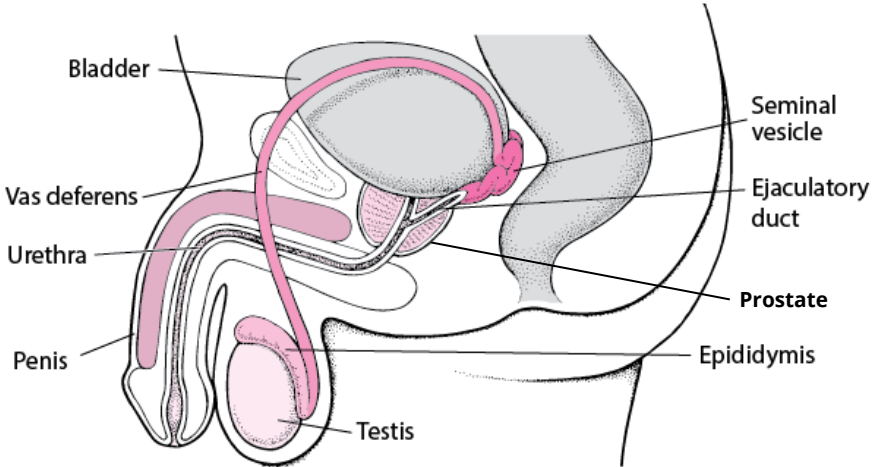
### A woman can get pregnant if

- it is her first time having sex.
- she is breastfeeding.
- she is on her period.
- she has just given birth.

# Male Reproductive System

## Sperm Production and Puberty

During puberty, the testes and scrotum enlarge and begin producing sperm. Sperm leaves the body in a fluid called semen (sperm combined with other bodily fluids) during ejaculation. If sperm enters the female reproductive system, pregnancy can occur.



**Ejaculatory Duct:** Where the seminal vesicles and vas deferens join to form semen. This duct empties into the urethra.

**Epididymis:** Coiled tubes that carry and store sperm cells.

**Penis:** Organ for sexual intercourse, the opening of the urethra is at the tip of the penis.

**Prostate:** A gland that produces additional fluid for semen and hormones; it also helps determine urine flow.

**Seminal Vesicles:** Produce the seminal fluid that provides sperm with nutrients. The seminal fluid makes up the majority of semen.

**Testis (Testes):** Produce testosterone and sperm.

**Urethra:** Tube that carries urine and semen out of the body.

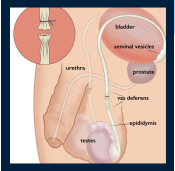
**Vas deferens:** Tubes that carry sperm to the urethra for ejaculation.

**Sexually Transmitted Infections (STIs):** Infections that pass from one person to another through oral, anal, or vaginal sex. Common STIs include chlamydia, gonorrhea, herpes, syphilis and HPV.

# Contraceptives May Be Used to Prevent Pregnancy

There are many methods of contraception, also known as birth control. A healthcare provider can help you decide what method is best for you.

## Permanent, highly effective methods:



### Vasectomy

Description: A procedure in which the vas deferens is cut to prevent sperm from being released. There is no effect on the semen.

Advantages: Almost 100% effective.

Disadvantages: This method requires surgery. It does not protect against sexually transmitted infections (STIs).

How to get it: Consult a healthcare provider, who will perform a general health assessment and provide more information on the procedure.

### Tubal Ligation ("tying tubes")

Description: Fallopian tubes are removed, cut or blocked. This doesn't stop ovulation, it stops the egg from traveling through the tube and meeting the sperm.

Advantages: Nearly 100% effective. Male partners do not need to use contraceptives.

Disadvantages: This method requires surgery. It does not protect against STIs.

How to get it: Consult a healthcare provider, who will perform a general health assessment and provide more information on the procedure.

Note: Safe for breastfeeding.



## Long-acting, reversible, highly effective methods:



### Hormonal Intrauterine Device (IUD)

Description: A T-shaped device placed in the uterus by a healthcare provider that slowly releases a hormone over an extended time and prevents ovulation.

Advantages: Lasts between 3 and 6 years. No preparation is necessary before sex.

Disadvantages: Menstrual cycle changes and an increase in spotting or bleeding may occur, especially in the first 3 to 6 months of use. It does not protect against STIs.

How to get it: Consult a healthcare provider.

Note: Safe for breastfeeding.

## Copper Intrauterine Device (IUD)

Description: A T-shaped device with copper wire around the bottom stem placed in the uterus by a healthcare provider. The copper stops sperm.

Advantages: Lasts up to 12 years. No preparation is necessary before sex.

Disadvantages: Heavy menstruation may occur and possible cramping with and following insertion. It does not protect against STIs.

How to get it: Consult a healthcare provider.

Note: Safe for breastfeeding.



## Hormone Injection

Description: A hormone injection by a healthcare provider every 11 to 13 weeks to prevent ovulation.

Advantages: No preparation is necessary before sex.

Disadvantages: Irregular periods, headaches, acne, breast tenderness, weight gain, bloating, depression and other side effects may occur. It does not protect against STIs.

How to get it: Consult a healthcare provider. Prescription is required.

Note: Safe for breastfeeding individuals 42 days after birth.

## Implant

Description: A small flexible rod is placed in a woman's upper arm by a healthcare provider that releases hormones to prevent ovulation.

Advantages: May remain in place for up to 3 years. It can be removed. No preparation is necessary before sex. Lessened menstrual bleeding and cramps may occur.

Disadvantages: Irregular menstruation, headaches, weight gain, acne and other side effects may occur. It does not protect against STIs.

How to get it: Consult a healthcare provider. The healthcare provider may be able to implant device on initial visit.

Note: Safe for breastfeeding.



## Short-term, effective methods:



### Combination Birth Control Pill

Description: A pill taken daily that has a combination of estrogen and progestin hormones that prevent ovulation.

Advantages: Regulates your menstrual cycle and may decrease menstrual pain and bleeding. No preparation is necessary before sex.

Disadvantages: Spotting, breast tenderness, headaches, decreased libido (sex drive) and other side effects may occur. It does not protect against STIs.

How to get it: Consult a healthcare provider. Prescription is required.

Note: Safe for breastfeeding individuals 42 days after birth.

### Progestin-Only Pill

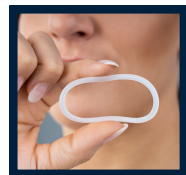
Description: A pill taken daily containing only progestin.

Advantages: May decrease menstrual blood loss and cramps. No preparation is necessary before sex.

Disadvantages: Spotting may occur. It does not protect against STIs.

How to get it: Consult a healthcare provider. Prescription is required.

Note: Safe for breastfeeding.



### Vaginal Ring

Description: A flexible ring that releases hormones to prevent ovulation. It remains in the vagina for 3 weeks each month.

Advantages: May help to regulate menstrual cycle and decrease menstrual pain. No preparation is necessary before sex.

Disadvantages: The ring can be bothersome. Some women may feel uncomfortable placing and removing the ring. It does not protect against STIs.

How to get it: Consult a healthcare provider. Prescription is required.

Note: Safe for breastfeeding individuals 42 days after birth.

## Female Condom



Description: A pouch made of nitrile that is placed in the vagina to prevent sperm from entering the uterus.

Advantages: It may protect against gonorrhea and chlamydia.

Disadvantages: Must be comfortable with placing it in the vagina. Requires preparation before sex.

How to get it: No prescription is required.

Note: Safe for breastfeeding.

## Male Condom



Description: A latex (or a similar material) sheath. Worn over the penis from the time of sexual contact through ejaculation. Prevents sperm from entering the vagina.

Advantages: If worn correctly, and throughout sexual contact, it prevents pregnancy and the spread of STIs.

Disadvantages: Requires preparation before sex.

How to get it: No prescription is required, can be bought at any drug store or grocery store.

Note: Safe for breastfeeding.

## The Patch



Description: A patch placed on the skin for 1 week, and replaced every week for 3 weeks. During the fourth week, no patch is worn. Releases hormones to prevent ovulation

Advantages: May help to regulate menstrual cycle and decrease menstrual pain. No preparation is necessary before sex.

Disadvantages: Spotting, breast tenderness, headaches, decreased libido (sex drive) and other side effects may occur. It does not protect against STIs.

How to get it: Consult a healthcare provider. Prescription is required.

Note: Safe for breastfeeding individuals 42 days after birth.





## Diaphragm

Description: A silicone dome-shaped device covers the cervix. Must be used with spermicide.

Advantages: Can stay in for up to 24 hours and is reusable.

Disadvantages: It must be fitted and requires some skill to put in. It must remain in place for 6 hours after sex. Requires preparation before sex. It does not protect against STIs.

How to get it: Consult a healthcare provider. Prescription is required. A pelvic exam is required to determine the right size.

Note: Safe for breastfeeding.

## Contraceptive Gel

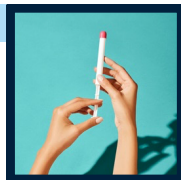
Description: A gel that stops sperm's ability to swim. It is inserted into the vagina similar to a tampon. Must be used immediately before or up to 1 hour before each act of sex.

Advantages: It does not contain hormones. It can be used with other forms of contraception, except the vaginal ring.

Disadvantages: Requires preparation before sex. It does not protect against STIs.

How to get it: Consult a healthcare provider. Prescription is required.

Note: Experts do not know if it is safe for breastfeeding.



## Short-term, less effective methods



### Contraceptive Sponge

Description: A sponge that contains spermicide. It is moistened and then inserted into the vagina prior to sex to kill sperm.

Advantages: Can be inserted up to 24 hours before sex and can be used for multiple acts of sex.

Disadvantages: Requires preparation before sex. It does not protect against STIs.

How to get it: No prescription is required.

Note: Safe for breastfeeding.

## Fertility Awareness (Natural Family Planning)

Description: Involves monitoring the menstrual cycle and only having sex during the infertile phase.

Advantages: Allows both partners to be involved in contraception. If couples desire to get pregnant, the information learned helps with achieving pregnancy.

Disadvantages: Requires complete abstinence or other contraception that does not affect a woman's cycle during the fertile period. It is generally considered one of the least reliable forms of birth control.

How to get it: No prescription is required. Requires education on how to track your cycle.

Note: Safe for breastfeeding.



## Emergency Contraception

Description: **Emergency contraception methods should not be used as a regular form of contraception.** Use within 72 to 120 hours of unprotected sex or contraceptive accidents such as a broken condom or missed pills.

Advantages: Provides protection from pregnancy in cases of contraceptive accidents and rape.

Disadvantages: Nausea, vomiting, irregular periods and other side effects may occur. It does not protect against STIs.

How to get it: There are several types. Some are available over the counter; others require a visit to a healthcare provider.

# Adolescents: Coercion, Consent, Family Involvement and Abstinence

## What is Coercion?

Coercion is when you feel that your partner is pressuring you to participate in sexual activity.

## What is Consent?

An agreement between partners to participate in sexual activity. It should be freely and enthusiastically given. You can change your mind at any time. Consent cannot be given if your partner is intoxicated, unconscious, asleep, coerced or underage.

### Relationship Red Flags

- Constant pressure to do what others want by making you feel bad, guilty or obligated
- Lies, rumors or threats that may include your job, home, school, family or friends
- Promises of reward if you have sex
- Making you feel like you already agreed to sex and it is too late to say no
- Telling you that your relationship will be damaged if you don't have sex

### Relationship Green Flags

- Accountability – admitting and taking responsibility for mistakes
- Trust – accepting each other's word
- Safety – respecting physical space, free expression of feelings nonviolently and honestly
- Cooperation – compromise, and make decisions together that benefit both partners
- Support – encouraging each other's choices
- Honesty – communicate with each other truthfully

## Coercion Refusal Skills

- Saying “no” assertively
- Express directly that you do not want to have sex
- Use serious facial expressions
- Cross your arms
- Create a physical distance
- Suggest other activities
- Stop kissing or touching
- Say that you need to use the bathroom, call or go home
- Set boundaries with your partner and establish open communication



## Every Healthy Relationship Should Have:



# Family Involvement: What Does it Look Like and Why is it Important?



Parental caring and concern

Parental presence in the home

Shared activities

Overall closeness between parent and their adolescent



Adolescents who talk with their parents about dating, healthy relationships, pregnancy and STIs prevention



Delay initiation of sexual activity

Use of condoms or other birth control more often if they do have sex

Have better communication with romantic partners

Decrease likelihood of being involved in coercive sexual relationships

Have sex less often



Reduce the risk of early teen pregnancy

Source: [www.rhntc.org](http://www.rhntc.org)

## Abstinence:

Abstinence from sex (not having sex) is the only way to guarantee that you will not get pregnant.

# Commit to Healthy Choices If You Are Trying to Get Pregnant



## Eat healthy and be active.

- Eat plenty of fruit and vegetables
- Eat whole grains, low-fat dairy products and low-fat (lean) proteins
- Eat plenty of calcium (in dairy) and iron (in meat, fish and leafy greens)
- In general, you should get 400 micrograms of folic acid every day
- Get 150 minutes of moderate exercise every week (walk, go to the gym or find a friend to exercise with you)



## Protect yourself from infections and visit a healthcare provider regularly.

- Use condoms, limit number of sex partners and get tested for STIs
- Wash your hands and stay away from people who are sick
- Keep vaccinations up to date
- Get regular check-ups with healthcare provider
- Manage any health conditions (asthma, diabetes, obesity, high blood pressure etc.)



## Take care of your mental health.

- Be aware of stressors and make a plan to reduce stress
- Sleep, exercise, limit alcohol and avoid drug and tobacco use
- Find a support group or person if necessary
- Avoid/stop partner violence; seek help from a healthcare provider or counselor



## Avoid harmful substances.

- Tobacco, alcohol and drug use can be harmful
- Avoid toxic chemicals and other substances in the home and workplace



## Protect Yourself from STIs. Get Your Health Screenings

1 in 5 people in the US have an STI and half of all new cases are among youth between 15 and 24 years old. Symptoms do not always occur, so it is important to be screened for STIs if you are sexually active.

### What can STIs do to your body?

- Infertility
- Difficulties getting pregnant
- Liver failure/liver cancer
- Passing an STI to your baby if you are pregnant
- Increase the likelihood of getting other STIs



### STI prevention measures

- Pre-exposure vaccines
  - HPV
  - Hepatitis A and B
- PrEP for HIV
  - Medications to reduce the risk of getting HIV
- Proper use of male condoms
- Abstinence
- Each partner having only one sex partner



### Important screenings to ask a healthcare provider about:

- **Pap test**

Involves collecting cells from the cervix with a swab. Tests for cervical abnormalities and is recommended for women who are 21 and older.

- **HPV test**

HPV is a virus that can lead to cancer and genital warts.

- **Testicular exam**

Can detect cancer or infection. Often done by a healthcare provider, but self-exams are effective too.

- **Breast exam**

A mammogram is an x-ray of breast tissue. Healthcare providers can also perform an exam to feel for any abnormalities. Both can help detect cancer.

## Important Community Resources

- **Community Mental Health Centers of Kentucky**

These centers provide services to Kentuckians of all ages who have mental health or substance abuse issues and intellectual and developmental disabilities. Call **502-564-4527** for more information.

- **The Kentucky Child and Adult Abuse Hotline**

This hotline can be called to report cases of mental, physical, sexual or emotional abuse on a child or an adult. Cases of domestic abuse affect all people. Call **1-877-597-2331** to report suspected cases.

- **The National Human Trafficking Hotline**

Trafficking can occur anywhere. Human trafficking is when someone uses force, fraud or coercion to control another person into providing sex or labor for money against their will. If you suspect that someone is a victim of trafficking, or you are yourself call **1-888-373-7888**.

- **The National Sexual Assault Hotline**

This hotline can help people who have been sexually assaulted or forced to have sex (raped). Call **1-800-656-4673** or chat at **online.rainn.org** for more information on consent and coercion or to report an incident.

- **The National Suicide Prevention Lifeline**

The number to call or text for this lifeline is **988**. If you or someone you know is experiencing suicidal thoughts or actions, this number can be called to help prevent suicide. They have professionals that provide confidential support to people in distress, prevention and crisis.

- **Recovery Kentucky**

This resource helps Kentuckians recover from substance abuse. There are 14 centers across Kentucky that provide housing and recovery services. For information visit

**<https://www.kyhousing.org/Programs/Documents/Recovery%20Kentucky%20Contact%20List%20and%20Map.pdf>**

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