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UNIT 14
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PLANNING YOUR FAMILY



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DEC 27 1979

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UNIT GOALS

After completing this unit you will be able to:

Recognize some information about planning your family

Recognize that having a family is a serious responsibility

Recognize that having children affects you for the rest of your life

Recognize that by planning your family you can avoid some of the problems many people have

Recognize that you can avoid having a child at a time when you are having money problems

Recognize that you can avoid having a bad attitude toward a child because you were not ready to have one

Identify abortion as a way of stopping the birth of a child after a woman has become pregnant

Recognize that in some states, abortion is against the law

Recognize that laws are different from state to state

Recognize that you should find out what the law is in your state

Recognize that abortion is against some religions

Recognize that some people may be against abortion for personal reasons

Recognize that it is better to use a method of birth control

Identify birth control as a way of stopping a woman from becoming pregnant

Recognize that by using a method of birth control, YOU can decide when you want to have children

Recognize that if you want to use a method of birth control you should visit your doctor, family planning clinic, or local health department

Recognize that they will help you choose the method that is best for both you and the man or woman in your life

Identify six methods of birth control

The "pill"

Recognize that the pill is taken by mouth

Recognize that in order to get the pill a woman must first go to a doctor or family planning clinic

Recognize that at first the pill may cause a few side effects like weight gain, a slight feeling of sickness, or breast tenderness

Recognize that a woman should NEVER take another woman's pills

Intrauterine Device (IUD)

Recognize that the IUD must be put into the woman by a doctor

Recognize that a woman who wants to have an IUD put in must first go to a doctor or clinic to have a physical examination and give her medical history

Recognize that an IUD can stay in place for several years
Recognize that when a woman wants to have an IUD taken out,
she must go to a doctor

Diaphragm with sperm-killing cream or jelly

Identify a diaphragm as a bowl shaped rubber cup with a
rim that bends

Recognize that to get a diaphragm a woman must go to a
doctor or clinic to be fitted or measured

Recognize that a woman puts sperm-killing cream or jelly
on the diaphragm, then puts it into herself before sexual
intercourse

Recognize that in order to be effective, the diaphragm must
be left in place for at least 6 to 8 hours after intercourse
so the cream or jelly can kill sperm

Recognize that a woman who chooses the diaphragm must use
it every time she has sexual intercourse

Recognize that a woman should NEVER use another woman's
diaphragm

Recognize that if a woman has a baby, an abortion, or gains
or loses ten or more pounds, she should be measured again
for a diaphragm

Recognize that there are some methods of birth control for which you
do not have to go to a doctor or family planning clinic

Condom ("rubber")

Recognize that the condom is used by the man

Recognize that it can be bought in any drugstore without
a prescription

Recognize that the man wears the condom during sexual
intercourse

Recognize that the condom must be used every time the
couple has sex

Recognize that the condom is put on after the penis is hard

Recognize that the condom should be removed right away
after sexual intercourse

Foam

Recognize that foam comes in a spray can or bottle

Recognize that it kills the man's sperm

Recognize that foam can be bought in any drugstore
without a prescription

Recognize that a woman puts foam into herself before each
act of intercourse

Recognize that a woman using foam should not douche for
eight hours after her last act of intercourse

Natural methods

Recognize that natural methods are based on a woman's
natural body cycle (period)

Recognize that a couple using these methods avoids
intercourse during the part of each month when it is
most likely that a woman can become pregnant

Recognize that these methods work only with the help
of a doctor or clinic

DIRECTIONS

Before you begin this unit, complete the test items on the Unit Test. Use a blank sheet of paper to write down your answers, or an answer sheet provided by your instructor. DO NOT WRITE IN THIS BOOKLET! When you have finished, check your answers using the Unit Test Key which you will find in the back of the booklet. Count the number of items you answered wrong and mark your score on your answer sheet (for example, -6). After you have finished reading the text, take the Unit Test again. When you have finished, check your answers using the Unit Test Key. Count the number of items you answered wrong and mark your score on your answer sheet (for example, -1). By comparing the two scores, you can see how much you have learned.

In the unit you will find review questions to check your progress. Answer the review questions on a separate sheet of paper. Then, check your answers using the Review Question Key. You will find the answers printed upside down. If you answer any of the questions wrong, read over the section right before the questions. If you answer all of them right, keep reading.

At the back of the booklet, you will find a list of words and their meanings. If you come across a word you do not understand, look it up in the word list. Words which appear in the list are underlined in the text.

Unit Test

For each of the following test items, circle on your response sheet the letter which most correctly completes the statement.

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1. Having a family:
 - a. *is a serious responsibility*
 - b. *can affect you for the rest of your life*
 - c. *both a and b*
 - d. *neither a nor b*

2. By planning your family you can avoid:
 - a. *having children at a time when you are having money problems*
 - b. *having a bad attitude toward a child because you were not ready to have one*
 - c. *both a and b*
 - d. *neither a nor b*

3. Abortion is:
 - a. *a way of stopping the birth of a child after a woman has become pregnant*
 - b. *against the law in some states*
 - c. *against some religions*
 - d. *all of the above*

4. If you want to use a method of birth control you should visit your:
 - a. *doctor*
 - b. *family planning clinic*
 - c. *local health department*
 - d. *all of the above*

5. The "pill":
 - a. *is taken by mouth*
 - b. *is not an effective method of birth control*
 - c. *both a and b*
 - d. *neither a nor b*

6. In order to get the pill a woman must first:
 - a. *go to the drugstore*
 - b. *go to the doctor or family planning clinic*
 - c. *both a and b*
 - d. *neither a nor b*

7. The pill may cause a few side effects at first, which include:
 - a. *weight gain*
 - b. *a slight feeling of sickness*
 - c. *breast tenderness*
 - d. *all of the above*

8. The IUD is a device which:
 - a. *must be put into the woman by a doctor or clinician*
 - b. *must be removed after each act of intercourse*
 - c. *can be removed by the woman*
 - d. *all of the above*

9. The diaphragm:
 - a. *is a bowl shaped rubber cup with a rim that bends*
 - b. *must be put in by a doctor*
 - c. *should be removed right away after intercourse*
 - d. *all of the above*

10. In order to be effective the diaphragm:
 - a. *must be used with a sperm-killing cream or jelly*
 - b. *must be left in place for at least 6 to 8 hours after intercourse*
 - c. *both a and b*
 - d. *neither a nor b*

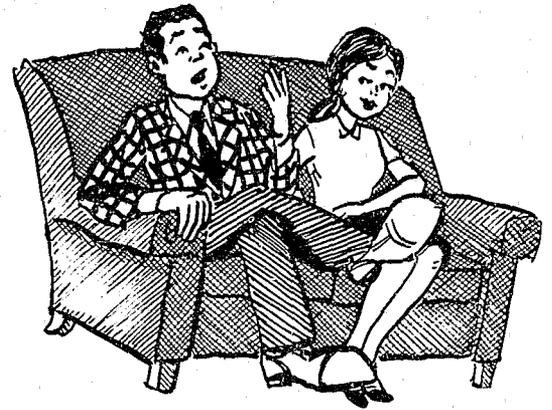
11. A woman should be measured again for a diaphragm if she:
 - a. *has a baby*
 - b. *gains ten or more pounds*
 - c. *loses ten or more pounds*
 - d. *all of the above*

12. The condom:
 - a. *is used by the man*
 - b. *can be bought in a drugstore without a prescription*
 - c. *should be removed right away after sexual intercourse*
 - d. *all of the above*

13. Foam:
 - a. *is used by the man*
 - b. *kills the man's sperm*
 - c. *cannot be gotten without a prescription*
 - d. *all of the above*

14. "Natural" methods:
 - a. *are based on a woman's natural body cycle*
 - b. *work only with the help of a doctor or family planning clinic*
 - c. *both a and b*
 - d. *neither a nor b*

Having a family is a serious responsibility. It can affect you for the rest of your life. And anything that important should be planned well.

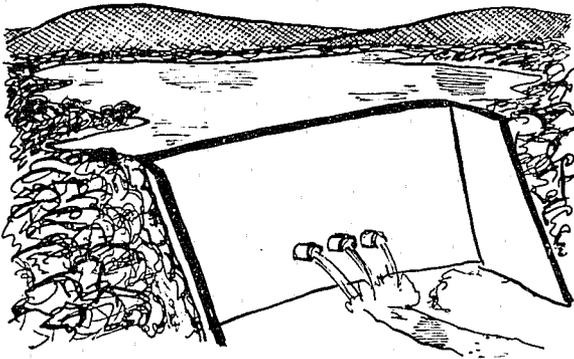


By planning your family you can avoid many problems. For example, you can avoid having a child at a time when you are having money or health problems. You can also avoid having a bad attitude toward your child because you were not ready to have one.

Abortion is a way of stopping the birth of a child AFTER a woman has become pregnant. However, there are a few things you should think about before deciding on an abortion. For example, in some states, abortion is against the law. Laws are different from state to state, so you should find out what the law is in your state.



There are other problems with abortion too. It is against some religions, and some people may be against abortion for personal reasons. So it is better to use a method of birth control BEFORE the woman becomes pregnant.

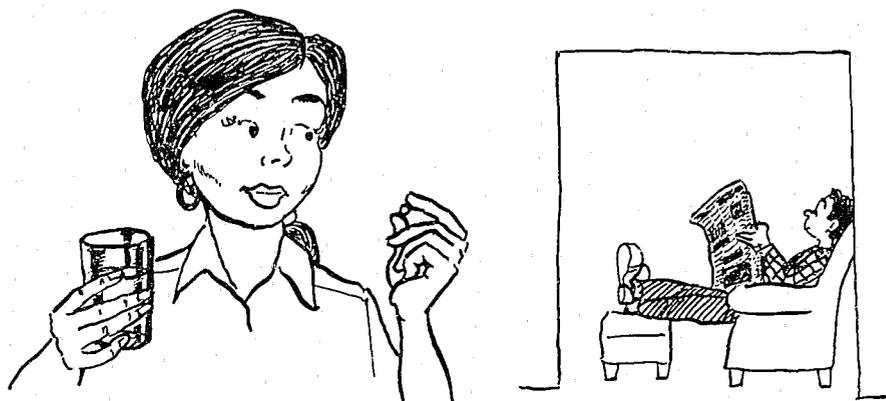


Birth control is a way of stopping a woman from becoming pregnant.

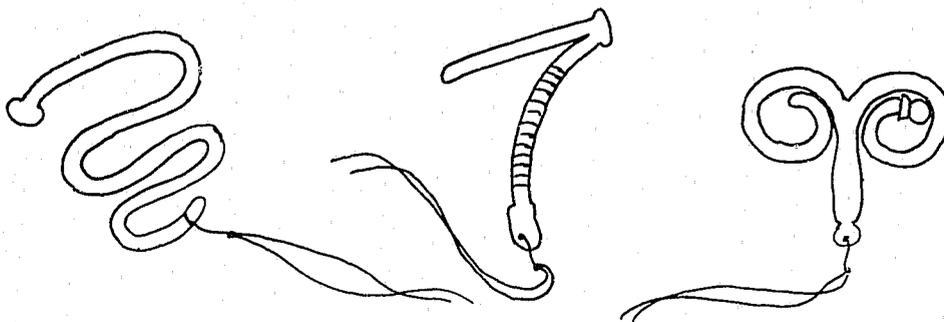
If you decide to use a method of birth control, visit your doctor, family planning clinic or local health department. They will help you choose the method that is best for both you and the man or woman in your life.



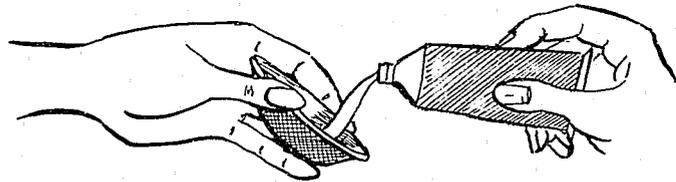
"The pill" is a method of birth control that is taken by mouth. In order to get the pill, a woman must first go to a doctor or family planning clinic. She should NEVER take another woman's pills. At first, the pill may cause a few side effects like weight gain, a slight feeling of sickness or breast tenderness. If these side effects continue for a long time, the woman should tell her doctor.



The intrauterine device (IUD) is a small object placed in a woman's uterus (womb) by a doctor. A woman who wants to have an IUD put in, must first go to a doctor or family planning clinic to have a physical examination and give her medical history. An IUD can stay in place for several years, but when a woman wants to have it taken out, she must go to a doctor.



A diaphragm is a bowl shaped rubber cup with a rim that bends, which closes off the entrance to the uterus. To get a diaphragm, a woman must go to a doctor or family planning clinic to be fitted or measured. In using the diaphragm, a woman first puts sperm-killing cream or jelly on the diaphragm, then puts it into herself before sexual intercourse.



In order to be effective, the diaphragm must be left in place for at least six to eight hours after intercourse so the cream or jelly can kill sperm. A woman who chooses the diaphragm must use it every time she has sexual intercourse. If she has a baby or an abortion, or if she gains or loses ten or more pounds, she should be measured again for a diaphragm. A woman should NEVER use another woman's diaphragm.

Check your progress by answering the following review question.

DIRECTIONS:

On your response sheet write the letter of the phrase which most correctly completes the statement.

Birth control methods for which a woman must first go to a doctor or family planning clinic include:

- a. the pill
- b. IUD
- c. diaphragm
- d. all of the above

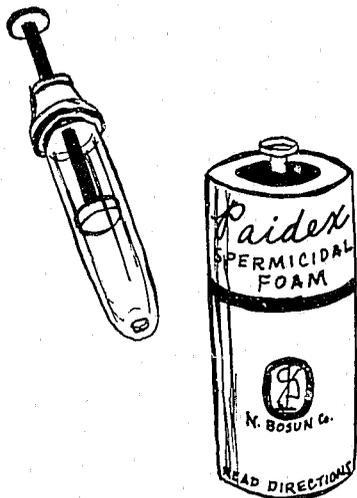
Check your answer using the key below. If you get the answer right, keep reading. If you get it wrong, go back over what you have already read.

d

Review Question Key

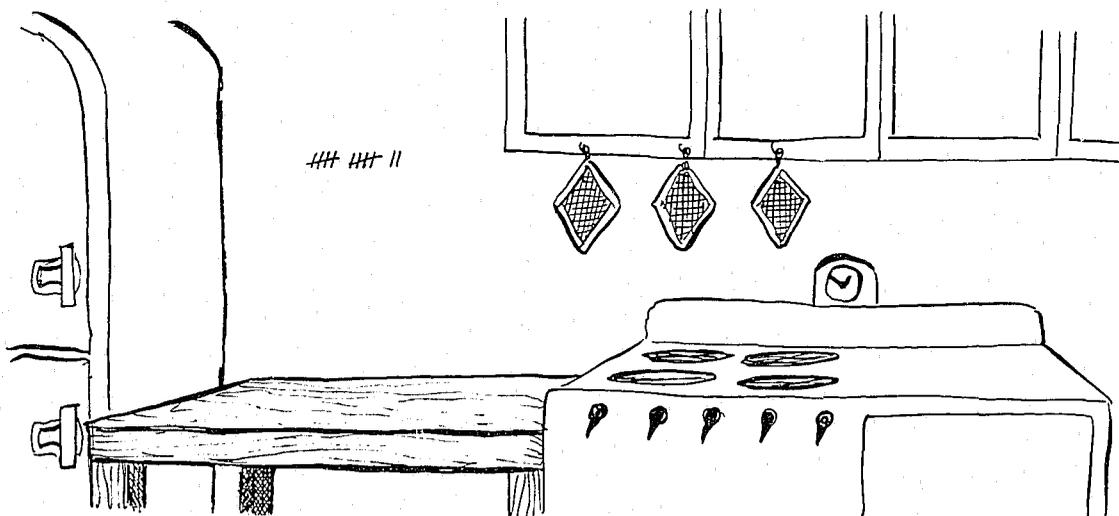
There are some methods of birth control for which you do not have to go to a doctor or family planning clinic. The condom ("rubber") is a method used by the man. It can be bought in any drugstore without a prescription. The condom must be worn every time the couple has sexual intercourse. It is put on after the penis becomes hard, and should be removed right away after intercourse.

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Foam is another method which can be bought in any drugstore without a prescription. It comes in a spray can or bottle. A woman puts the foam into herself before each act of intercourse and uses it to kill the man's sperm. A woman using foam should not douche for eight hours after her last act of intercourse.

"Natural methods" of birth control are based on a woman's natural body cycle (period). A couple using these methods avoids intercourse during the part of each month when it is most likely for a woman to become pregnant. However, these methods work only with the help of a doctor or family planning clinic and are far from foolproof.



By using a method of birth control, you can not only decide if and when you want to have children, but also how many.

Check your progress by answering the following review question.

DIRECTIONS:

On your response sheet write the letter of the phrase which most correctly completes the statement.

Birth control methods which can be bought in any drugstore without a prescription include:

- a. condom
- b. foam
- c. natural methods
- d. a and b only

Check your answer using the key below. If you get the answer right, take the Unit Test again. If you get it wrong, go back over what you have already read.

2

Review Question Key

Now that you have completed the text, take the Unit Test again. When you have finished, check your answers using the Unit Test Key. Count the number of items you answered wrong and mark your score on your answer sheet (for example, -1). By comparing the two scores, you can see how much you have learned.

Unit Test Key

- | | |
|------|-------|
| 1. c | 8. a |
| 2. c | 9. a |
| 3. d | 10. c |
| 4. d | 11. d |
| 5. a | 12. d |
| 6. b | 13. b |
| 7. d | 14. c |

* * * * *

WORD LIST

1. abortion - a way of stopping the birth of a child after a woman becomes pregnant
2. birth control - a way of stopping a woman from becoming pregnant
3. douche - the way a woman cleans her vagina
4. medical history - all of the sicknesses and treatment you have had in your life
5. physical examination - a complete check-up given by a doctor
6. prescription - a note from the doctor which you take to the drugstore to get medicine
7. responsibility - a duty; something you are answerable for
8. uterus - the place inside a woman where a baby is taken care of before it is born

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