



Delivering a world where every pregnancy is wanted, every childbirth is safe and every young person's potential is fulfilled

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# Family planning Benefits and rights



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The United Nations  
sexual and reproductive  
health agency

## Benefits of family planning



Family planning gives women the power to make decisions about their bodies and their lives.



Family planning prevents teenage pregnancy and allows girls to complete their schooling.



Family planning save lives. When women can access contraceptives, they can avoid unintended pregnancy and related risks, including unsafe abortion.



Family planning enables women to pursue their career goals and achieve their dreams.



The arrival of a longed-for baby is the greatest joy.

## The rights of women and couples



Parents have the right to freely decide the number and spacing of their children.



Access to voluntary family planning is a human right.



All women have a right to confidential consultations about family planning options and choices.



Family planning concerns men too.



Financial, logistical and socio-cultural barriers prevent women from accessing and practicing family planning.