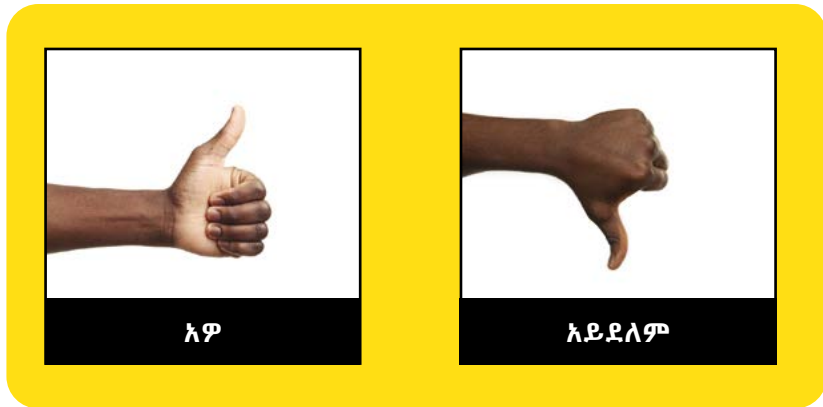
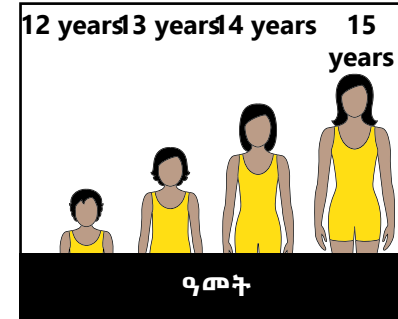


**የቤተሰብ እቅድ**

የመጀመሪያውን የወር አበባሽን አይተኛል;



# ወሲብ ፈፀመኝ ነበር?



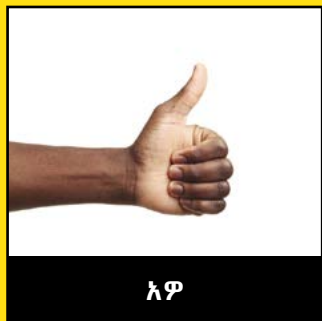
አንቺ



ወሲብ



በፊት

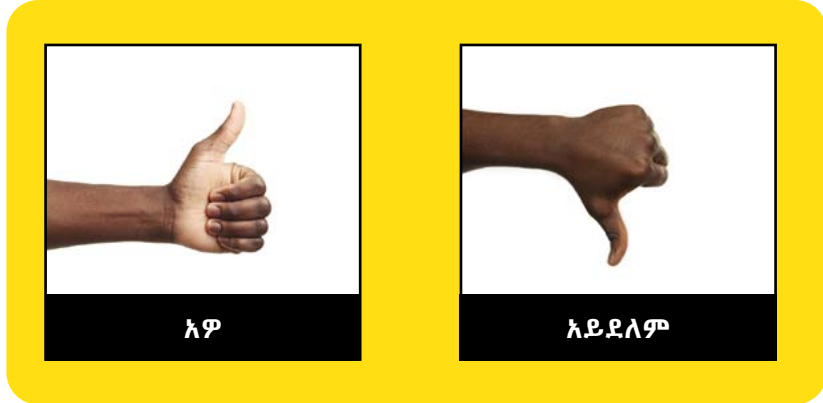
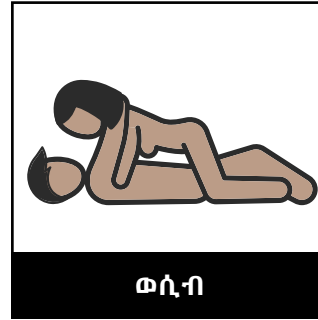
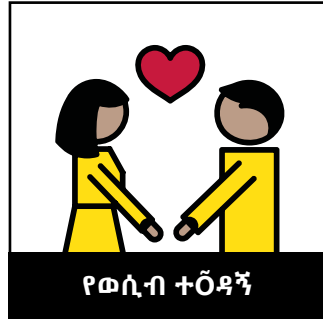


አዎ



አይደለም

በአሁን ወቅት የወሲብ ግንኙነት እያደረግሽ ነው?



# ምነ ያህል የወሲብ ተጉዋዳኝ ነበረኸ?



አንቺ



ስንት የወሲብ ተዕዳኝ



0



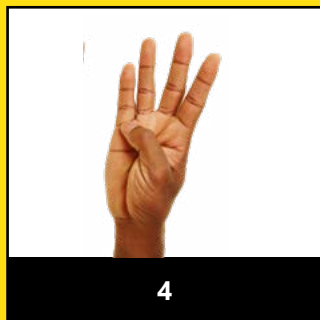
1



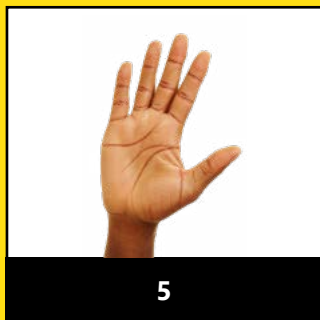
2



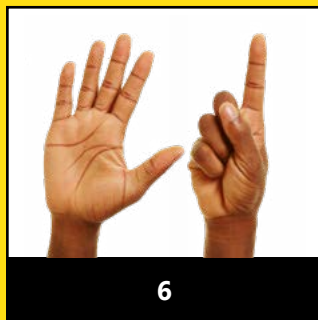
3



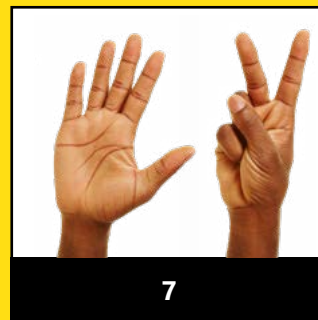
4



5

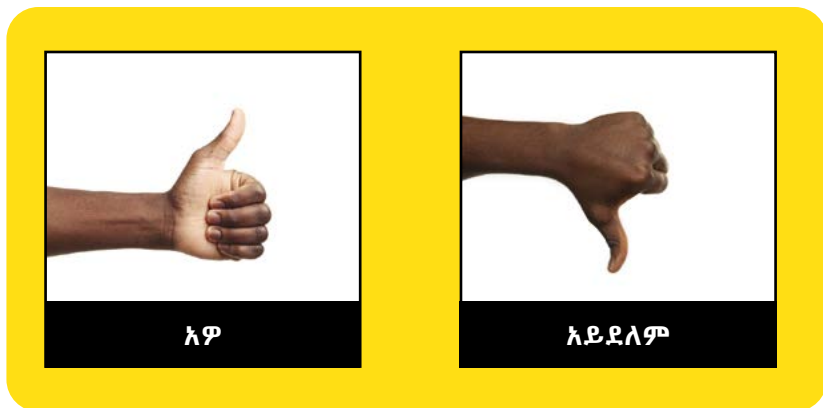


6

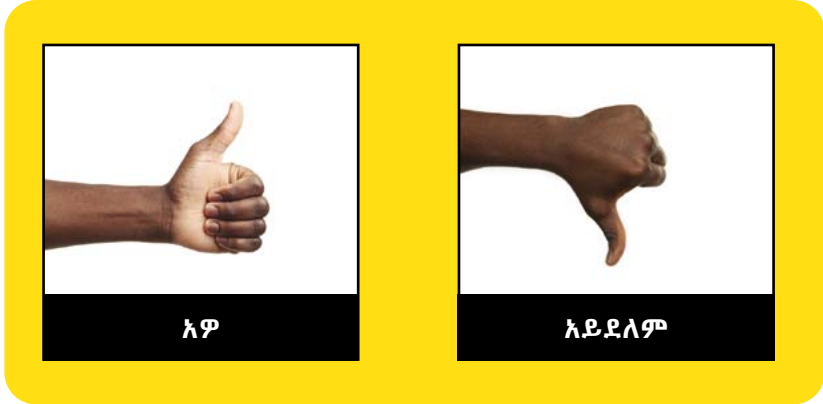
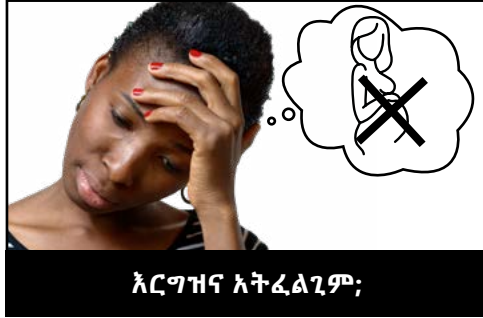


7

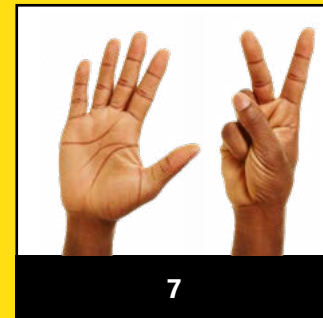
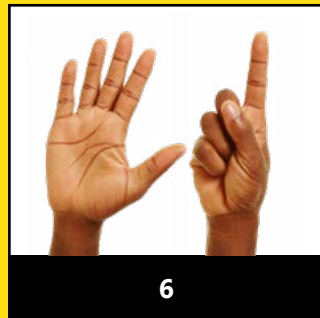
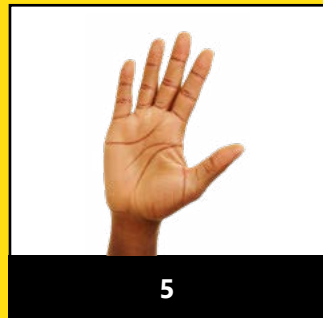
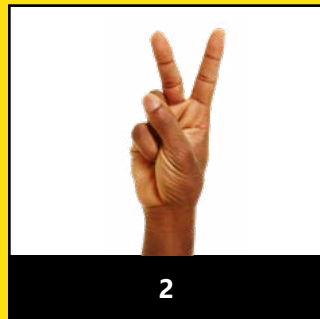
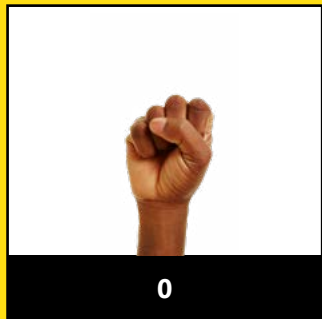
በግብረሰጋ ግንኙነት የሚተላለፉ በሽታዎች ወይም ኤች.አይ.ቪ ኤድስ ያሳስብሻል;



# አርግዝናን መከላከል ትፋልጊያለሽ;

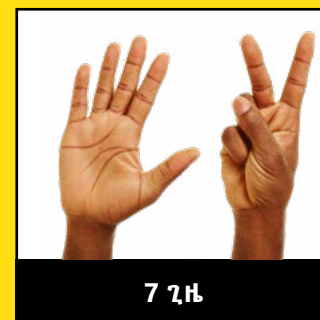
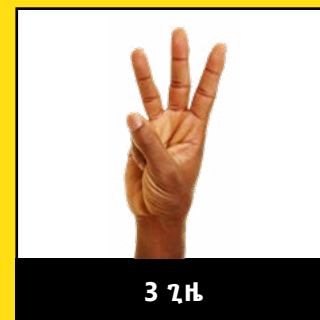
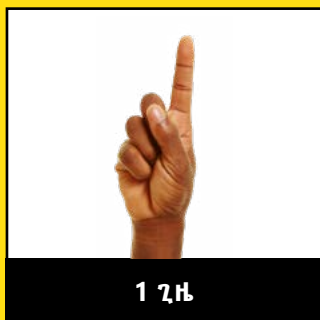


# ልጆች አሉኝ;

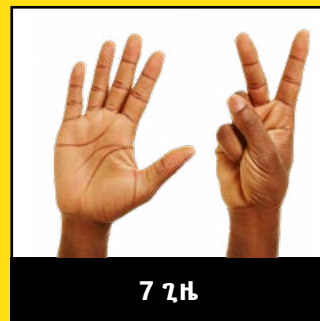
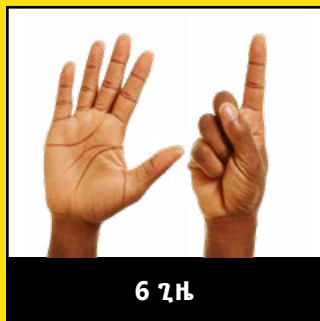
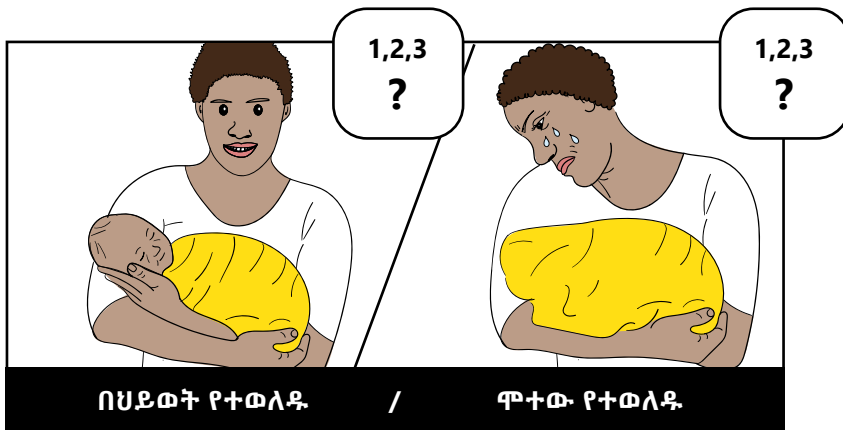




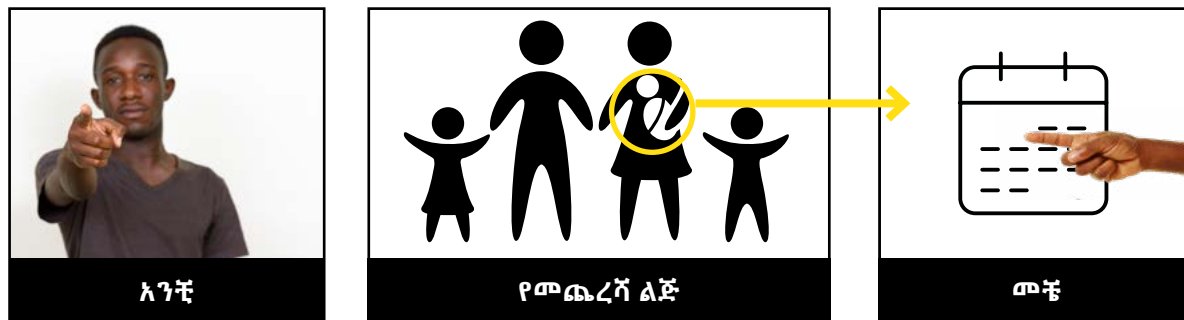
# ስንት ጊዜ አርግዘሽ ታውቁያለሽ;



# ስንት በህይወት የተወለዱ ልጆች አሉኝ;



# የመጨረሻ ልጅ ስንት ዓመቱ ነው;

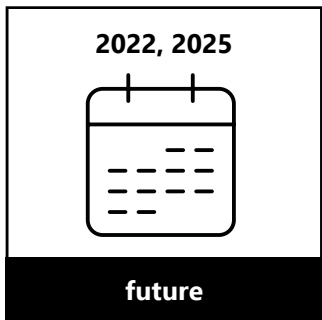


2011	2010	2009	2008	2007	2006						
2005	2004	2003	2002	2001	2000						
መስከረም	ጥቅምት	ህዳር	ታህሳስ	ጥር	የካቲት						
መጋቢት	ሚያዚያ	ግንቦት	ሰኔ	ሀምሌ	ነሀሴ						
1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31					

ወደ ፊት ተጨማሪ ልጆች ትፈልጊያለሽ;



አንቺ



future

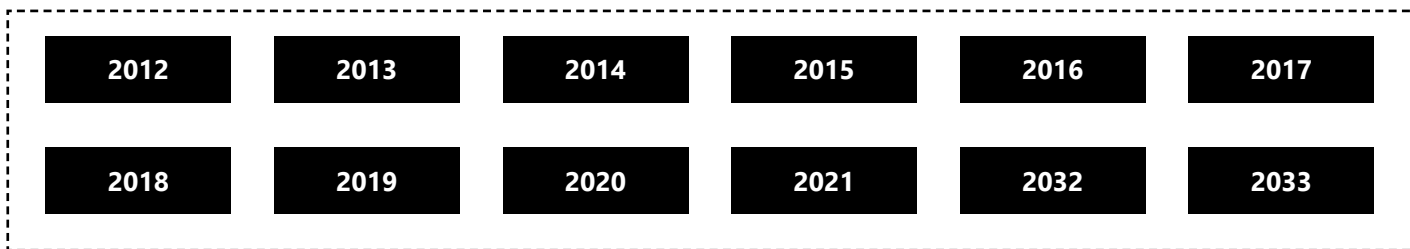


ተጨማሪ ልጆች ትፈልጊያለሽ

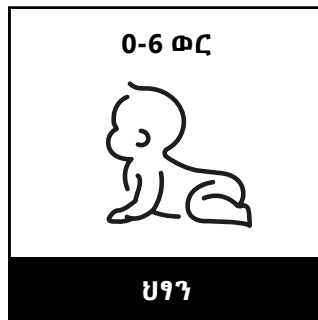
አዎ

አይደለም

አላውቅም



# በአሁን ሰዓት ከስድስት ወር በታች የሆነ ህፃን ታጠቢያለሽ



# እርጉዝ ልሆን እችላለሁ ብለኝ ታስቢያለኝ



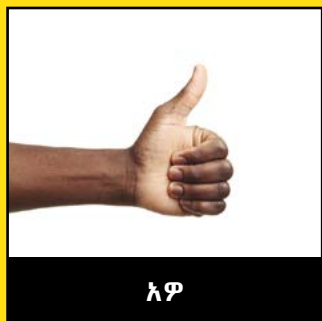
አንቺ



ምንአልባት



እርግዝና



አዎ

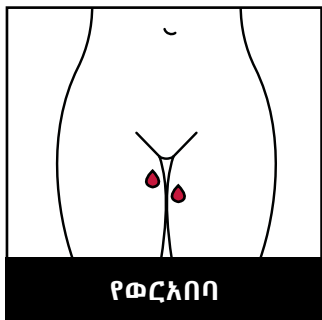


አይደለም

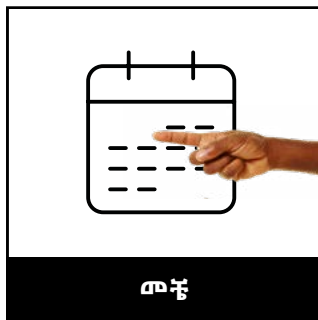
# የመጨረሻው የወር አበባ ስም ስር



አንቺ



የወርአበባ



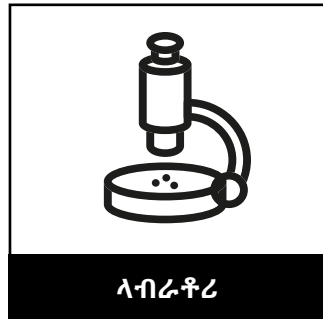
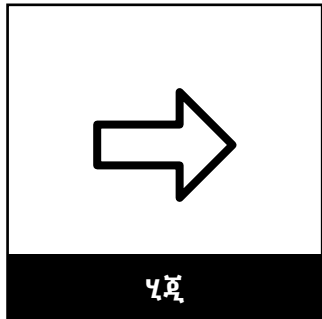
መቼ

መስከረም		ጥቅምት		ህዳር		ታህሳስ		ጥር		የካቲት	
መጋቢት		ሚያዝያ		ግንቦት		ሰኔ		ሀምሌ		ነሀሴ	
1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31					

# የእርግዝና ማረጋገጫ ምርመራ ላደርግልኝ እፈልጋለሁ



## ለብራቶሪ ሂጂ



## ሽንት ስጫ





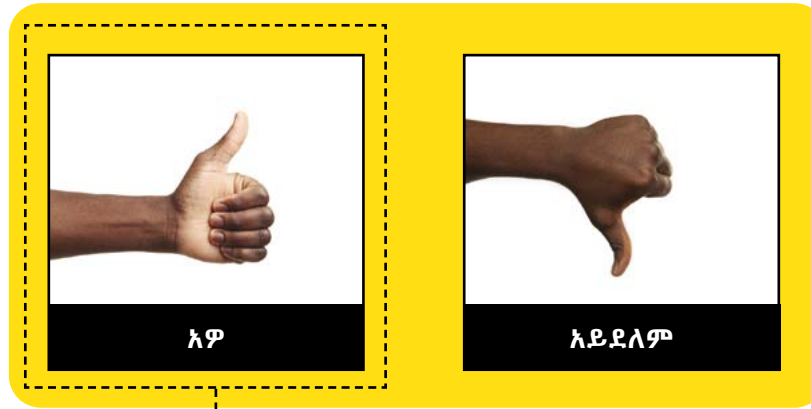
# ከዚህ በፊት የወሊድ መቆጣጠሪያ ወስደሽ ታውቁያለሽ



ወሊድ መቆጣጠሪያ ዘዴዎች

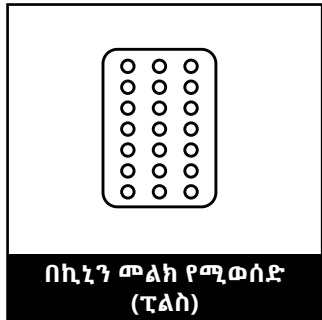


አንቺ

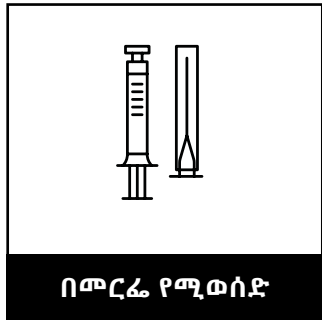


አዎ

አይደለም



በኪኒን መልክ የሚወሰድ (ፕልስ)



በመርፌ የሚወሰድ



ኮንዶም



የሴት ኮንዶም



ጡት ማጥባት



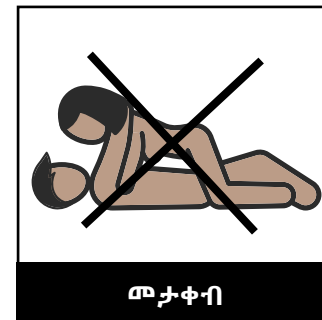
በማህጸን ውስጥ የሚቀመጥ የወሊድ መቆጣጠሪያ



የቀን አቆጣጠር ዘዴ



በክንድ የሚቀበር የወሊድ መቆጣጠሪያ

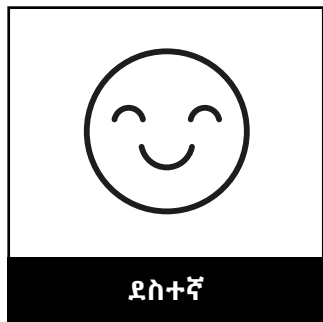


መታቀብ

# በተጠቀሙበት ዘዴ ደስተኛ ነበርኝ



አንቺ



ደስተኛ

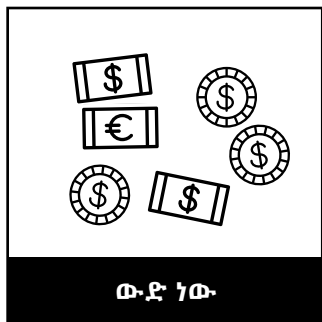


የወሊድ መከላከያ



አዎ

አይደለም



ውድ ነው



እረሳሁት



የጎንዮሽ ጉዳተን ባለመውደድ



የወሲብ ተጉዋዳኝ አልወደደውም







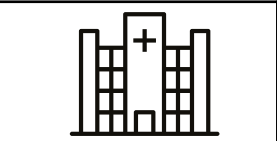
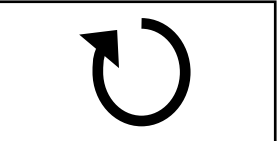











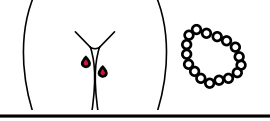

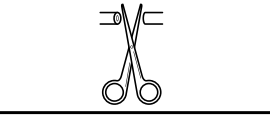




በቆዳዬ ላይ ምልክት ወጣብኝ























ክብደት ጨምራለሁ



መሃን የመሆን ፍራቻ

					
ዘዴ	አንዴት መጠቀም	አንዴት መጠቀም	ፍቱን የሌሎች/በግብረሰጋ ግንኙነት ተለላፊ በሽታዎች መከላከያ	ክሊኒክ መገኘት ያስፈልጋል	በምን ያህል ጊዜ
 በማህጸን ውስጥ የሚቀመጥ የወሊድ መቆጣጠሪያ		✓		✓	በየ3 ዓመቱ
 በክንድ የሚቀበር የወሊድ መቆጣጠሪያ		✓		✓	በየ3-5 ዓመታት
 በኪኒን መልክ የሚወሰድ (ፕልስ)		✓			በየቀኑ
 በመርፌ የሚወሰድ		✓		✓	በየ3 ወሩ
 ከንዶም		✓	✓		በግብረሰጋ ግንኙነት ጊዜ
 የቀን አቆጣጠር ዘዴ					በየቀኑ
 ምክንት		✓		✓	አንድ ጊዜ
 መታቀብ		✓	✓		በየቀኑ
 ጡት ማጥባት					በየቀኑ

የምትጠቀሙትን የወሊድ መቆጣጠሪያ የወሲብ ተዕዳኝ እንዳያውቅ በሚስጥር መያዝ ትፈልጊያለሽ;

