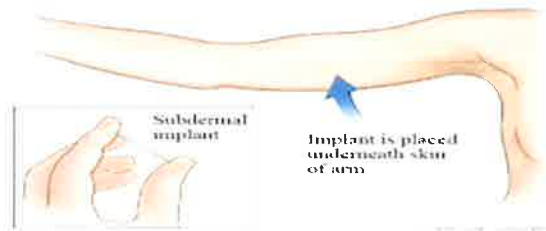


Contraception and the Church's teachings

Contraception means against Conception which is that which prevents conception/life.

Contraceptive methods

- Natural method which is the Natural Family Planning that the church encourages. It involves having sex during the woman's safe period.
- The church is against Artificial Family Planning such as the barrier methods and the oral contraceptives.
- Barrier method: In this method, the fertilization of ovum and sperm is prevented with the help of barriers. Examples:
 - Condoms for both male and females
 - Diaphragm/cervical cap
 - Tubal Ligation
 - Vasectomy
- Implant (Which is inserted under the woman's skin near the upper arm which can last for four years)



- The hormonal ring or vaginal ring is a prescription-only method of birth control. It's also known by its brand name, NuvaRing. The vaginal or hormonal ring is a small, flexible, plastic ring that the lady insert into the vagina to prevent pregnancy. It's about two inches around. The vaginal ring prevents pregnancy by continuously releasing synthetic estrogen and progestin. These hormones are absorbed into the bloodstream. They prevent the ladies ovaries from releasing eggs to be fertilized. The hormones also thicken the cervical mucus, which helps prevent sperm from reaching the egg.
- **Oral contraceptives:** In this method, tablets or drugs are taken orally such as Oral B.

Some can serve as contraception and serve as abortifacients at the same time.