

May 11<sup>th</sup>, 2017

## **PRESS RELEASE**

### **#idecide my contraception #FeetMyNeeds**

#### **I Decide about the Contraception that Fits my Needs**

The Cyprus Family Planning Association (CFPA) campaign **#idecide my contraception #FeetMyNeeds** aims to raise awareness on the right to information and access to contraception methods, so as every woman and couple can decide and choose the method that better fits their needs.

The term “contraception” refers to a wide range of safe and effective methods that are used to prevent pregnancy as a consequence of sexual intercourse. The use of contraception ensures the right to family planning, that is, the right of every couple to decide whether, when, and how many children they want to have. Choosing the most suitable contraception method depends on various factors, such as the degree of effectiveness of the method, the ease of use, the cost, the protection from Sexually Transmitted Infections (STIs), and other criteria.

Unfortunately, in Cyprus, contraception methods choice is limited to the contraceptive pill, male condoms, intrauterine device (IUD or coil), and sterilization. Other methods, such as contraceptive injection or implant, female condoms, diaphragms, patches, and others, which are widely used abroad, are not available in Cyprus.

The State has the obligation to provide information, free from prejudice and stereotypes, as well as to provide wide access to modern contraceptive methods to everyone, in order to safeguard the sexual and reproductive health and rights of every citizen and especially of women and girls who belong to vulnerable groups of the population.

The campaign **#idecide my contraception** is part of the world campaign of the [International Planned Parenthood Federation](#) for equal access to contraception. More information about the campaign can be found here: <http://action.ippf.org/>

Cyprus Family Planning Association (CFPA). 22751093 – [info@cfpa.org.cy](mailto:info@cfpa.org.cy)

Facebook: <https://www.facebook.com/cyfamplan/>