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**FAMILY PLANNING: HOW TO BUILD UP A RESPONSIBLE FAMILY AND IT (FAMILY PLANNING) AS A PROBLEM IN NIGERIA.**

***What is family?***

Family, a group of persons united by the ties of marriage, blood, or adoption, constituting a single household and interacting with each other in their respective social positions, usually those of spouses, parents, children, and siblings. Family is important because it provides love, Support, and a framework of values to each other; serve one another and share life’s joys and sorrows. Families provide a setting for personal growth. Family is the single most important influence in a child’s life.

***What is family planning?***

Family planning services are defined as educational, comprehensive medical or social activities, which enable individuals, including minors to determine freely the number and spacing of their children and to select the means by which this may be achieved. Family planning may involve consideration of the number of children a woman wishes to have, including the choice to have no children, as well as the age, which she wishes to have them. These matters are influenced by external factors such as marital situation, career, considerations, financial positions, and any disabilities that may affect their ability to have children and raise them. If sexually active, family planning may involve the use of contraception and other techniques to control the timing of reproduction.

Other aspects of family planning include sex, education, prevention, and management of sexually transmitted infections, conception counseling, and management, and infertility management. Family planning is sometimes used as a synonym for access to and the use of contraception. However, it often involves methods and practices in addition to contraception but are not, necessarily, planning a family (e.g., unmarried adolescents, young married couples delaying child bearing while building a career); family planning has become a catchall phrase for much of the work undertaken in this realm. Contemporary notions of family planning, however, tend to place a woman and her childbearing decisions at the center of the discussion, as notions of women’s empowerment and reproductive autonomy have gained traction in many parts of the world. It is mostly usually applied to a female- male couple who wish to limit the number of children they have and/ or to control the timing of pregnancy (also known as spacing children).

Family planning has been shown to reduce teenage birthrates and birth rates for unmarried women.