1. **Universal access to contraception saves women's lives!**
   (this would mean 25% fewer maternal deaths, actually.)

2. **STOP discussing whether or not family planning is a human right.** (EVERYONE already agreed it was in the 1994 Cairo Programme of Action).

3. **Family planning isn't just about condoms (or the pill, or IUDs).**
   It's about **EMPOWERING** women to make choices about their own health.

4. ...and women (and communities) must be involved in designing what those choices should be.

5. **Family planning leads to healthier, wealthier and better educated families.** Family planning fights poverty (supports progress to meeting the Millennium Development Goals!).

6. **People don't stop having sex during emergencies.**
   But they do lose access to family planning services.
   Make this part of emergency response. (There's a checklist: the Minimal Initial Service Package for Reproductive Health).

7. **Rape is used as a weapon.**
   Any emergency response must also include emergency contraception and support for survivors.

8. **Pregnancy is a leading killer of girls aged 15-19 years old in developing countries.** Children shouldn't have children. Children should be in school.

9. **Build up healthcare systems and break down social barriers** (lack of education or health information for women and girls, violence against women, cultural discrimination...)

10. **Deliver on your promises.**
    And measure your results.

To learn more and hear about how we're already making this work, read CARE International's report on family planning: **Women's Lives, Women's Voices: Empowering women to ensure family planning coverage, quality and equity.**