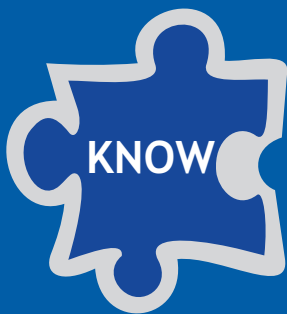


Be Successful



Today's Nigerian man is hard working, resourceful, and successful!
He communicates and discusses with his spouse
about their future dreams and aspirations.
He provides for his family and caters for their need with pride.

He plans his family



Know the Facts
About Family Planning



Talk to your Partner
About Family Planning



Go for
About Family Planning



Get it together
KNOW. TALK. GO.

NURHI
NIGERIAN URBAN REPRODUCTIVE
HEALTH INITIATIVE

Be Successful

Plan your family

Stand tall – Be successful. Support your spouse, Plan your family.

Understand your options – Planning your family is safe and effective.

Communicate with your spouse – Share your aspirations for the future.

Create more time for yourself, your spouse, children and work.

Enjoy intimacy with your spouse without worries about unplanned pregnancies.

Support the efforts of your children – Provide them with quality education.

Space your children – Ensure the health and the wellbeing of your spouse.

Find out the facts – Focus on the future.

Urge others to enjoy the benefits of planning their families. Be a leader!

Love your life – Live it to the fullest.