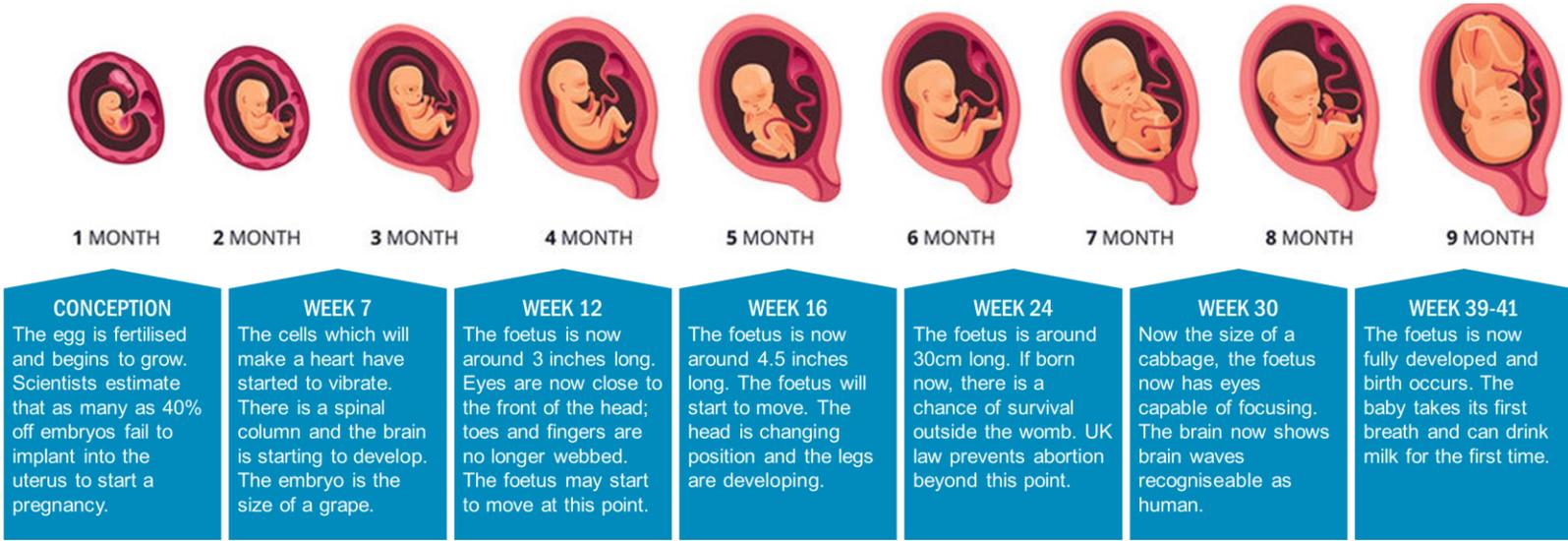


<b>The power of self-awareness</b>	...gives us the ability to understand ourselves and our place in the world.
<b>Our minds</b>	...can think deeply, solve problems, and make decisions based on reason and logic.
<b>Language</b>	...enables us to communicate thoughts, feelings, and ideas, fostering connection and understanding.
<b>Emotions</b>	...shape our experiences, guiding our actions and relationships.
<b>Our creative spirit</b>	...allows us to express ourselves through art, music, and literature
<b>Communities</b>	...arise as people seek companionship and support.



You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvellous—how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.

Psalm 139 13-16

The writer believes we are all made by God and carefully designed. Therefore, we all have value and worth as creations of God. This is an Abrahamic view – it comes from the Abrahamic religious tradition, which includes Judaism, Christianity and Islam.

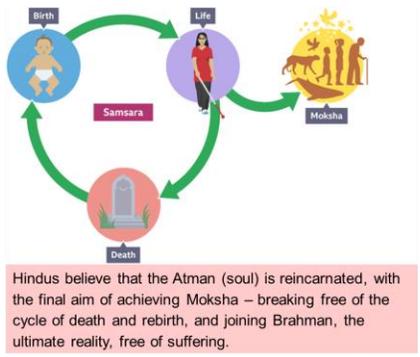
Contraception is the deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse. The major forms of artificial contraception are:

- Barrier methods, of which the most common is the condom or sheath.
- Pills or implants which contain synthetic sex hormones which prevent ovulation in the female.
- Intrauterine devices, such as the coil, which prevent the fertilized ovum from implanting in the uterus.
- Male or female sterilization.

Each of these methods either prevents the egg and sperm meeting, or disrupts the fertilised egg implanting into the lining of the uterus and beginning a pregnancy.

**CONDITIONS:** Muslim scholars have extended the example of coitus interruptus, by analogy, to declaring permissible other forms of contraception, subject to three conditions.

1. As offspring are the right of both the husband and the wife, the birth control method should be used with both parties consent.
2. The method should not cause permanent sterility.
3. The method should not otherwise harm the body.



For Hindus, every Atman is of worth as it has the ultimate aim of trying to join with God. This means that every person is deserving of being treated well and fairly. Every Atman is in some sense a *part* of God...

**The Catholic Church believes:**

- in the sanctity of human life.
- sexual relations are for creating the possibility of a new life.

Intentionally preventing conception through artificial means is a disruption of this God ordained plan.

**Why does the Catholic Church teach this?**  
"Each and every marital act must of necessity retain its intrinsic relationship to the procreation of human life," declared **Pope Paul VI**.

**The Catholic Church therefore only recommends Natural Methods to avoid unwanted pregnancy.**

<b>MEDICAL</b> The vast majority of abortions happen very early on in pregnancy. Medical abortions are simple procedures – two pills are taken, and the drugs make the uterus shed its lining. 87% of abortions in the UK are done this way.	<b>SURGICAL</b> There are two types of surgical abortion, which are done if a medical abortion isn't appropriate or hasn't worked. Both involve removing the pregnancy using specialist tools, and can be done under sedation, local or general anaesthetic.
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