

# The Pill, Condoms, Sensiplan: Contraception concerns both

"Brave of you," friends said when we told them about these experiences. That makes us happy, but for us it was a logical, natural step.

Inzwischen war uns klar: Für die Suche nach bewusster, gerechter Verhütung ist Zeit nötig, aber es macht Spaß und stärkt die Beziehung. Wir fühlten uns einander näher als zuvor. Es muss ja nicht gleich ein achtstündiger **Sensiplan**-Kurs sein. Auch bei anderen Methoden kann man sich den Aufwand gerecht teilen, sei es das Abholen der Pillenpackung, die Erinnerung an das Wechseln des Vaginalrings, der Nachkauf von Kondomen.

[...] Spiralen halten mehrere Jahre lang, kosten aber in der Anschaffung dreistellige Beträge. Da ich bei **Sensiplan** die Körperbeobachtung übernehme, finde ich es nur fair, dass mein Freund die monatliche App-Gebühr für die Aufzeichnungen bezahlt (zugegeben, es ginge auch analog auf einem Zyklusblatt). Bei Kondomen und Diaphragma-Gel wechseln wir uns ab.

"Voll mutig von euch", sagten Freunde, wenn wir ihnen von diesen Erfahrungen erzählten. Das freut uns, aber für uns war es ein logischer, natürlicher Schritt. Die Beratung durch Fachpersonal hat uns das Thema definitiv erleichtert, allen voran die tolle Ärztin bei der Diaphragma-Anpassung. "Es wäre toll, wenn mehr Ärzte für so etwas geschult wären, um bei den Leuten Vertrauen und Offenheit zu wecken", sagte mein Freund.

Source: mynfp.de

# ‘CERVICAL MUCUS? I’M DIGGING IT!’

Contraceptive decision-making and natural family  
planning in times of the hormonal imperative

# Content

1. Methods
2. Introduction to sensiplan
3. Theory
4. Findings
5. Practical Recommendations

# Methods

## Target group

- Women who transitioned from hormonal contraception to sensiplan

- Three month of research in NRW, Germany
- Qualitative research
- In-depth interviews with 12 women
- Photovoice with 6 women

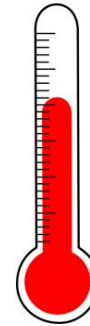




# Introduction to sensiplan

- Natural family planning method
- Patented symptothermal method (STM)
  - Body observation to determine fertile phase
  - Double check principle

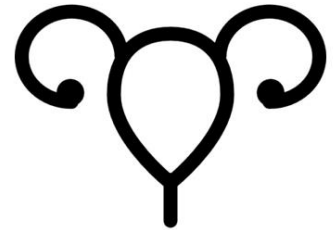
1. Temperature



2a. Cervical mucus



2b. Cervix position



## ■ Pearl Index

Contraceptive Pill

• 0,1 – 0,9

Condoms

• 2 - 12

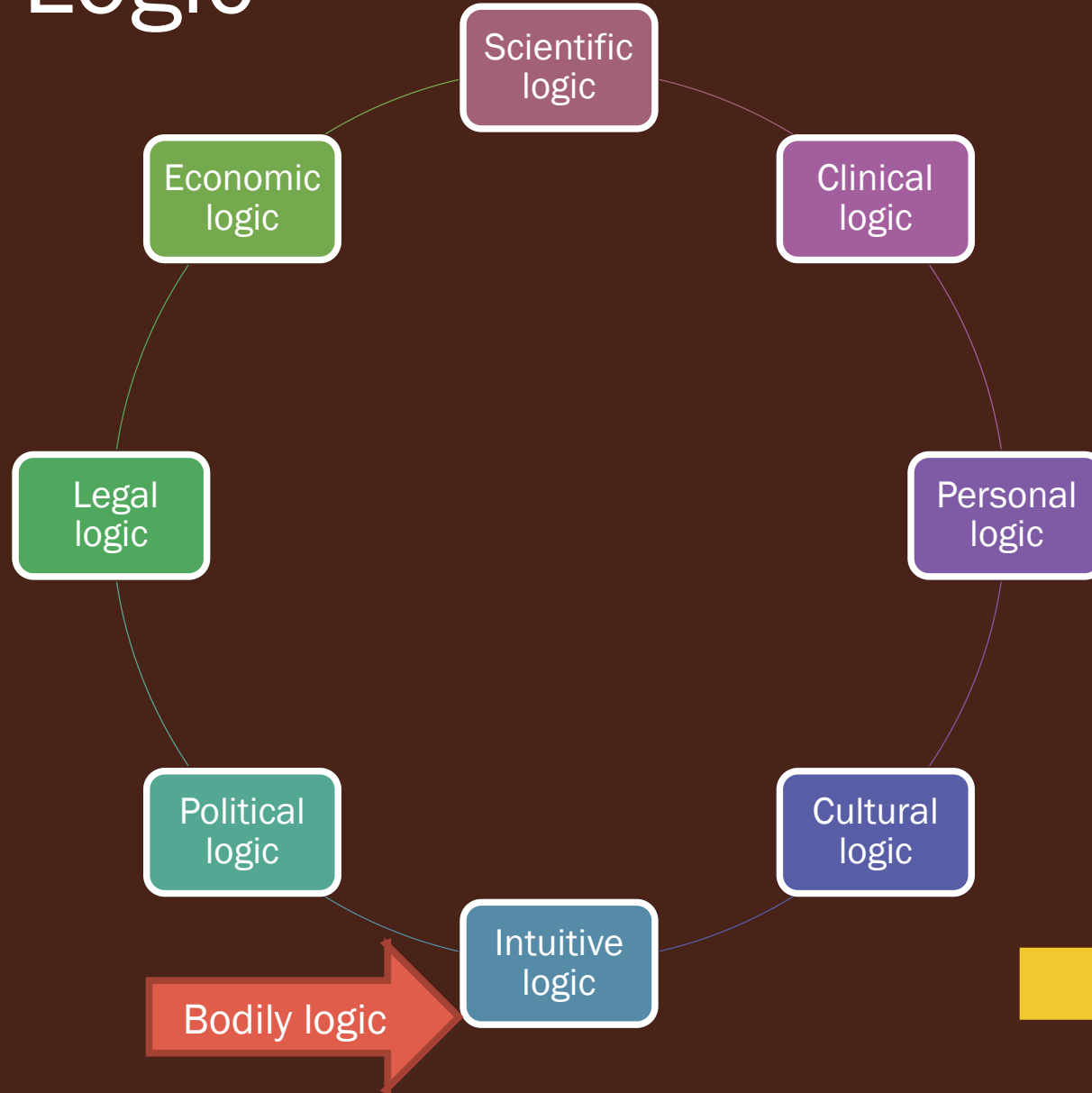
Sensiplan

• 0,4 – 0,9

# Theory

- Focus on contraceptive discourse (Foucault)
- Hormonal imperative (Tone)
- Normalization of hormonal contraception (Waller et. al)
- Authoritative knowledge (Jordan)
- 8 Types of Logic (Daviss)

# 8 Types of Logic



# Findings

- **Hormonal imperative is reproduced** through the media, the healthcare system, gynecologists, the educational system and the insurance system
- **Stereotyping** of sensiplan
- As a result women who use sensiplan are framed in a certain way:  
brave, irresponsible, naive, uneducated ➡ **not complying to social norms**
- Sensiplan increases body awareness
- Even though sensiplan-users feel empowered through their body awareness, they find themselves in a marginalized position in society
- As a result **alternative, contraceptive knowledge is silenced and kept silenced**



# Practical Recommendations



Are women able to make a free contraceptive decision?

What do these findings mean for other women?

- **Improve contraceptive knowledge within society**
  - Offer alternative knowledge/methods
  - Educate gynecologists
  - Improve Sex education in schools
- **Foster shared decision-making**
- **Increase attention to other forms of logic**

**WE NEED TO RE-LEARN TO VALUE BODILY  
EXPERIENCES – IN EVERYDAY LIFE, AS  
WELL AS IN RESEARCH – OUTSIDE OF, BUT  
ALSO VERY MUCH WITHIN THE BIOMEDICAL  
REALM.**

Any Questions?

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