



## Zambian Church Positions on Family Planning

1. **Beracah Arise Bible Church** defines Family Planning as an arrangement between people in marriage agreeing on the number of children to have, when to have them and how to space them, this is done to enhance good health for the women and children and for the couple to be economically stable to meet the family's needs. According to the church, FP methods are decided by the couple with the help of medical personnel, the church cannot decide for the couple. The church uses materials from the Ministry of Health and guidance of family planning from qualified health personnel. The church health team has interpreted the materials and messages with the Bible as a guide.
2. **The Church of God Missions** defines family planning as a way by which pregnancies are controlled either by use of contraceptives or through natural FP methods. The church accepts the use of contraceptives, natural methods and condoms only among married couples. The church uses The Bible, materials obtained from clinics and materials obtained from family planning Organisations to educate its members on Family planning.
3. **Islamic Council of Zambia (ICZ)** defines family planning as a method which allows for people to plan for their family bringing about economic and financial security, education for the children, and security for the family regarding health, medication and shelter. Family planning according to ICZ calls for control when it comes to child bearing as many misconceptions say one can have many children, and marry up to four wives. The Quran counsels men to be able to take care of the wives and the family's needs, to allow the woman to breastfeed for two years and give time to the wife to recover after having a baby. Different methods of both modern contraceptives and natural methods are recommended, emphasis is placed on what the body will accept and women are advised to consult with doctors to advise on family planning. Women seeking family planning information and Imams seeking information to educate the community on family planning are advised to gather information that is approved by the World Health Organisation, it is the duty of the Imam to interpret the information with the scriptures.
4. **Lutheran Church of Central Africa** defines Family Planning as the organizing the family with Christian counsel in such a way that members of the family live within their economic means by spacing children or having them when they want to by preventing pregnancy for a period of time. The church accepts different types of family planning methods including but limited to the following; Natural Family Planning, Ovarian suppression using implants, Pills and injectable, Condoms. The church utilizes various IEC materials in educating its members in family planning including charts, posters, condoms and penis and vagina models.

5. **Mpongwe Baptist Association** defines family planning as the practice of controlling the number of children one couple has, when to have and the desired number of children the couple can manage through health prevention methods. The church accepts natural family planning and other FP methods which don't affect life negatively or go against biblical principles. The church has utilized different materials to educate its members on family planning including the Children's Rights Charter, the Bible and CHAZ materials.
6. **The Pilgrim Wesleyan Church** states that it does not have a definition of family planning as a church and only rely on professionals as they define it. The church does not have an official approved family planning method. The church's medical facilities use various materials that are available. They however stated that they wish to engage more with their congregation and take stock of materials in the used.
7. **The Reformed Church in Zambia** defines family planning as the spacing of the birth of children to enable adequate care and provision of support to them. The church accepts a variety of methods of family planning depending on the family situation, however they exclude abortion. The methods may range from pills, injections, the loop, natural family planning and many others.
8. **The Salvation Army** defines family planning as enabling couples to determine the number and timing of pregnancies, including the voluntary use of methods for preventing pregnancy. The church accepts all forms of family planning except IUD. The church has been government approved IEC materials in educating its members on FP.
9. **The United Church of Zambia (UCZ)** defines Family planning as having a size of children that a family can be able to look after and only having children when a couple is ready for them. The church does not dictate the kind of family planning methods that its members use but provides information such as referring couples to health institutions for professional advice. The church utilizes its gatherings to invite professionals to give health talks on family planning among others and distribute literature. The church hinges on family planning being for married couples hence the promotion of abstinence to those who are not married.
10. **Zambia Anglican Council** defines Family Planning as the ability of a couple to space its pregnancies/children to enhance the health of the mother and her children. The church approves different methods of family planning including condoms, oral contraceptives, natural methods and injectable. The church has utilized manuals, pictures, posters and fliers as materials to educate members on family planning.
11. **Zambia Episcopal Conference** subscribes to Scientific Natural Planning only.
12. **Zambia Interfaith Networking Group Organizations**, an Organisation partnering with CHAZ in family planning which coordinates the relations of churches in Zambia describes family planning as follows; a sexual reproductive process that enables parents make decision on how they would space their pregnancies taking into consideration their resource to manage their livelihood. As an Organisation, like CHAZ ZINGO hold to its individual members' approved family planning methods. The Organisation has utilized materials including Family life education – a Christian and Islamic perspective – teaching adults to engage with young people.