

# Adolescent contraceptive use

DATA FROM THE PAKISTAN DEMOGRAPHIC AND HEALTH SURVEY (PDHS), 2012-13

## Adolescent population: who are they?

In the Islamic Republic of Pakistan, there over **39.6 million** adolescents aged 10–19 years – **21.1%** of the country's total population.<sup>i</sup> The majority of adolescents live in rural areas, **60.6%** of adolescent girls and **61.2%** of adolescent boys.<sup>i</sup>

By age 19, the mean number of years of schooling attended by married adolescent girls is **3.3**, while for married adolescent boys it is **6.5**.<sup>ii</sup> Among married adolescents who become parents before age 20, the average age at which Pakistani adolescent girls have their first baby is **17.6** years, while the average age at which adolescent boys first become fathers is **18.2**.<sup>ii</sup>

## Sexual activity and marital status

According to data from the PDHS<sup>ii</sup>, on average, among married adolescents who had sex before age 20, adolescent girls first have sexual intercourse at age **17.4** years. Among married adolescents, the mean age of the first marriage is **17.4** years for adolescent girls and **17.8** for adolescent boys.

## What can be done to support married Pakistani adolescents to prevent unintended pregnancy?

Plan for how, when and where different groups of sexually active adolescents (boys and girls, rural and urban) use and do not use contraception.

Learn the reasons why married adolescents are not using contraception, and develop policies and programmes to better address their needs.

Understand that married adolescents may get contraception from a variety of sources and ensure that each of these sources can provide high quality services for adolescents.

## Contraceptive use and non-use among adolescent girls

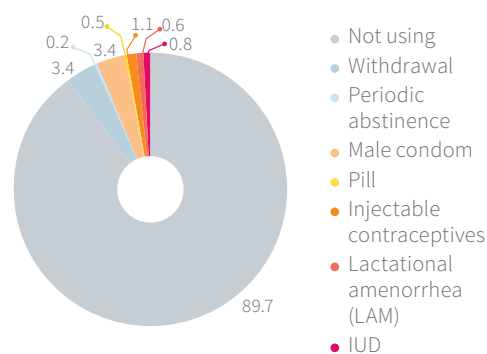
### Married

According to PDHS<sup>ii</sup> analyses, **26.9%** of married adolescent girls report not wanting a child in the next two years, and **19.3%** of them are currently using any method to prevent pregnancy. The main reasons these adolescents report for not using a contraceptive method include:

- up to God or fatalistic (**37.6%**)
- breastfeeding (**35.0%**)
- menses has not returned after giving birth (**31.5%**)

Among all married adolescent girls aged 15–19, **89.7%** are not using a method of contraception. Male condoms and injectable contraceptives are the most common modern methods used (**3.4%** and **1.1%** of these adolescent girls, respectively). IUDs, one of the most effective methods, are used by **0.8%** of these adolescent girls. Traditional methods (withdrawal or periodic abstinence) are used by **3.6%** (see Figure 1).

FIGURE 1. Use and non-use of contraception: married adolescent girls, aged 15–19 years (%)



Source: analysis of PDHS 2012-13<sup>ii</sup>

LISTED FROM LEAST EFFECTIVE TO MOST EFFECTIVE

Married adolescents who are using a modern method most often get it from a **government facility (56.2%)** or a **private facility (19.3%)**.

LEARN MORE AT [who.int/reproductivehealth/adol-contraceptive-use](http://who.int/reproductivehealth/adol-contraceptive-use)

<sup>i</sup>Urban and rural population by age and sex, 1980–2015 [online database]. New York (USA): United Nations Department of Economic and Social Affairs, Population Division; 2014 (<https://esa.un.org/unpd/popdev/urpas/urpas2014.aspx>, accessed 4 November 2016).

<sup>ii</sup>National Institute of Population Studies (NIPS) [Pakistan], ICF International. Pakistan Demographic and Health Survey 2012-13 [Datasets]. PKIR61.DTA and PKMR61.DTA. Calverton (MD): ICF International; 2013 ([http://dhsprogram.com/data/dataset/Pakistan\\_Standard-DHS\\_2012.cfm?flag=0](http://dhsprogram.com/data/dataset/Pakistan_Standard-DHS_2012.cfm?flag=0), accessed 4 November 2016).

# Adolescent contraceptive use

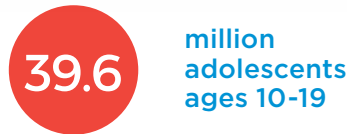
DATA FROM THE PAKISTAN DEMOGRAPHIC AND HEALTH SURVEY, 2012-13



Among married adolescents who had sex before age 20, the average age at first sex is



## ISLAMIC REPUBLIC OF PAKISTAN



Among married adolescents who become parents before age 20, the average age at first birth is



## What can be done to support married Pakistani adolescents to prevent unintended pregnancy?

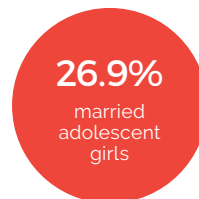
Plan for how, when, and where different groups of adolescents use or don't use contraception.

Use and non-use of contraception married adolescent girls, aged 15-19

Method	Married
Not using	89.7%
Withdrawal	3.4%
Periodic abstinence	0.2%
Male condom	3.4%
Pill	0.5%
Injectable contraceptives	1.1%
Lactational amenorrhea (LAM)	0.6%
IUD	0.8%

Learn the reasons why married adolescents are not using contraception.

Report not wanting a child in the next two years



Main reasons for not using contraception

Married

- 37.6% up to God or fatalistic
- 35.0% breastfeeding
- 31.5% menses has not returned after giving birth

Understand that married adolescents may get modern contraception from a variety of sources.

Married



**56.2%** from a government facility


















**19.3%** from a private facility

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National Institute of Population Studies (NIPS) [Pakistan], ICF International. Pakistan Demographic and Health Survey 2012-13 [Datasets]. PKIR61.DTA and PKMR61.DTA. Calverton (MD): ICF International; 2013 ([http://dhsprogram.com/data/dataset/Pakistan\\_Standard-DHS\\_2012.cfm?flag=0](http://dhsprogram.com/data/dataset/Pakistan_Standard-DHS_2012.cfm?flag=0), accessed 4 November 2016).  
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## METHODS:

-  Not using
-  Withdrawal
-  Periodic abstinence
-  Rhythm/calendar
-  Female condom
-  Male condom
-  Standard days/cycle beads
-  Pill
-  Injectable contraceptives
-  Lactational amenorrhea (LAM)
-  Implants
-  IUD
-  Male sterilization
-  Female sterilization
-  Spermicide

## REASONS FOR NON-USE:

-  Not married
-  Not having sex
-  Infrequent sex
-  Menses has not returned after birth
-  Breastfeeding
-  Fatalistic (up to god)
-  She is opposed
-  Husband/partner is opposed
-  Religious prohibition
-  Knows no method
-  Knows no source
-  Fear of side effects/health concerns
-  Inconvenient to use
-  Others opposed
-  Lack of access/too far

## SOURCE OF METHOD:

-  Government facility
-  Private facility
-  Pharmacy
-  Shop
-  Friends or parents
-  Other
-  Community Health Worker