

Briefing to
Incoming
MPs
2020

from
Family
Planning
New Zealand



Invest in sexual and reproductive health

If you care about people's health and safety, child and youth wellbeing and reducing inequity:

Invest

Invest in sexual and reproductive health services in Aotearoa New Zealand, including:

Normalise

a) Provide adequate, long-term funding to Family Planning New Zealand to meet demand for services

b) Make all sexual and reproductive health visits in primary care free

Promote

c) Increase funding for training primary care providers

d) Support innovation and partnerships to reduce barriers to services and to improve health equity for Māori

e) Support Family Planning to deliver online information and education.

Normalise sexual and reproductive health care, particularly for women, young people and the rainbow community.

Promote awareness and education about sexual and reproductive health and rights in the community, and through holistic relationship and sexuality education in schools.

Family Planning Contraception Use Survey 2020

“ Make it cheaper. In small towns with no Family Planning clinics etc the only real option is going to the GP which costs around \$50 each time. ”

“ Lessen the stigma around sex and using contraception. It can be hard to talk about sex and contraception because it can feel embarrassing for some. ”

“ Wonderful service at Family Planning places. I hope my daughter / son have the freedom, choice and dignity Family Planning gave me. ”

Family Planning Contraception Use Survey 2020

Treaty of Waitangi

Child and Youth Wellbeing Strategy

Wellbeing Budget

Joint Venture for Family Violence and Sexual Violence

Why our service matters

Family Planning has been looking after the sexual and reproductive health of New Zealanders since 1936.

We provide over 150,000 clinical consultations each year.

People trust us to be at the forefront of providing sexual and reproductive health services, information and education. They come to us because they know they won't be judged.

Access to sexual and reproductive health services, information and education is fundamental to good health and wellbeing. Importantly:

- Māori rights to equitable health outcomes are guaranteed in the **Treaty of Waitangi**
- Deciding if and when to have a child is a human right – including for young people under 25 who are the focus of the **Child and Youth Wellbeing Strategy**
- Sexual and reproductive health care is beneficial to maternal and infant health and to poverty reduction – key goals of the **Child and Youth Wellbeing Strategy**
- Sexual wellbeing is important to people's overall state of wellbeing. Improving the wellbeing of New Zealanders is at the heart of the **Wellbeing Budget**
- Primary care health services are often a first point of contact for people experiencing sexual violence and coercion. Addressing sexual violence is a Government priority under the **Joint Venture for Family Violence and Sexual Violence**.

Current reality

Just as there was in 1936, there is still unmet need for sexual and reproductive health services, information and education in New Zealand.

- Demand for services is surpassing our ability to respond
- Cost, wait times and stigma prevent people accessing the services they need
- There is inequitable access to services
- Relationship and sexuality education in schools is inconsistent
- There is lack of knowledge, and exposure to misinformation and harmful messages
- Sexual violence and coercion rates are high
- Gender inequity persists.

Family Planning Contraception Use Survey 2020

“ I haven't had time to get around to making an appointment. Went in and asked one time but they said appointments are not available for another 7 weeks maybe try a drop in session and then COVID happened... ”

“ I really support Family Planning and recommend to my friends but the wait time is so hard. I wish the government would provide more funding to make things smoother and more accessible. ”

How we make a difference

Relationship & sexuality
education

Reducing barriers

Empowering people

Family Planning is increasingly innovative and responsive, including providing services beyond the physical constraints of our clinics.

We are working hard to increase appointments and see clients more promptly, but more needs to be done to meet client demand for services.

We support the implementation of holistic relationship and sexuality **education in schools** by making curriculum resources available for teachers.

We deliver information and education in communities and are growing our use of technology to counter misinformation, stigma and harmful messages.

We provide health promotion, **professional development and clinical training**, including online courses, with a more flexible delivery schedule.

We are reducing barriers to accessing services, and **servicing more communities** by collaborating with iwi, midwives and other providers.

We **empower people** with knowledge about sexual and reproductive health, safety and rights.

What **you** can do

Invest in sexual and reproductive health services.

Family Planning plays an essential role in primary care and health promotion in New Zealand.

We have not had a significant funding increase for 12 years.

A meaningful increase to our contract funding will allow us to improve sexual and reproductive health outcomes and be on track to be here for another 85 years.

Ngā mihi nui, Family Planning New Zealand.

“ I used to love going to Family Planning when I lived in a smaller region, but now I’m in a big city it’s almost impossible to get a timely appointment at Family Planning. The service is very under-resourced given the fantastic number of services they can provide. ”

Family Planning Contraception Survey 2020

Whakamanahia Equity, Access, Choice

