FAMILY PLANNING AND THE SUSTAINABLE DEVELOPMENT GOALS

- **Peace, Justice and Strong Institutions (Goal 16)**
  The strain of rapid population growth can threaten a fragile state's stability and security. Family planning can reduce this stress and contribute to more peaceful societies in which all people's needs are more routinely met.

- **No Poverty (Goal 1)**
  Enabling women and girls to plan their pregnancies lowers health care costs, keeps more girls in school, and helps more women enter and stay in the workforce.

- **Zero Hunger (Goal 2)**
  The benefits of birth spacing can have far-reaching effects into childhood, for example, by reducing stunting—a key measure of malnutrition.

- **Good Health and Well-being (Goal 3)**
  Well-spaced births can also lead to better health for both mothers and babies, such as healthy birth weight and stronger bones.

- **Quality Education (Goal 4)**
  Access to comprehensive sex education and contraceptive services help girls delay sexual debut, avoid pregnancy, and stay in school longer. On average, each year of education a girl attains increases her future earning potential by 10% and gives her children a 10% better chance of surviving infancy.

- **Climate Action (Goal 13)**
  According to the Universal Access Project, meeting the current global demand for contraception and slowing population growth could get the world a third of the way to the emissions reductions we need by 2050 to avoid dangerous climate disruptions.

- **Responsible Consumption and Production (Goal 12)**
  Improving access to family planning helps slow population growth, which reduces demand for food and relieves some of the environmental pressures of overfarming, overfishing, and greenhouse gas emissions.

- **Decent Work and Economic Growth (Goal 8)**
  Family planning can create a demographic dividend: Longer lives and smaller families means more working-age people supporting fewer young people.

- **Gender Equality (Goal 5)**
  Family planning and gender equality go hand-in-hand, because family planning empowers women to make decisions about when and how many children to have.