

CLASS 12 BIOLOGY | NCERT SECTION 5.6

Contraceptives: Useful, But Not Routine Health Items



Routine Health Care

Supports or maintains normal physiological functions and overall well-being.



Contraception

Acts against a natural reproductive event (conception or pregnancy).

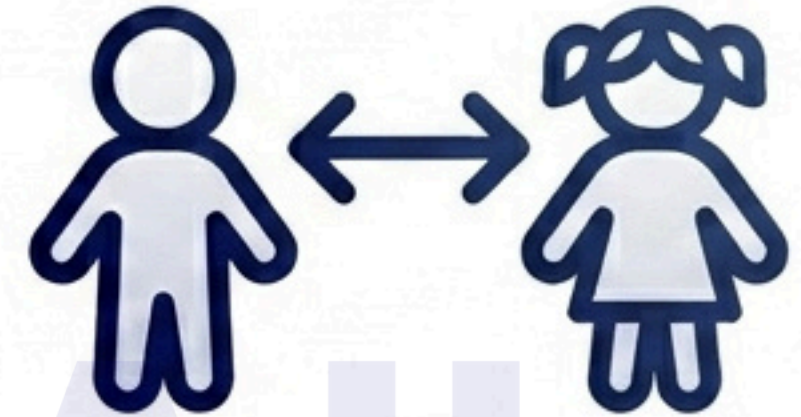
Common Mistake: Treating contraceptives as regular requirements for reproductive health maintenance. They are tools for specific life events, not daily wellness supplements.



**Prevent
pregnancy**



**Delay
pregnancy**



**Space
children**

Quick Tip: Use the acronym 'P-D-S' (Prevent, Delay, Space) to remember the three precise NCERT-defined purposes.



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The Clinical Requirement



The decision to use contraceptives must always be taken in consultation with a qualified medical professional.

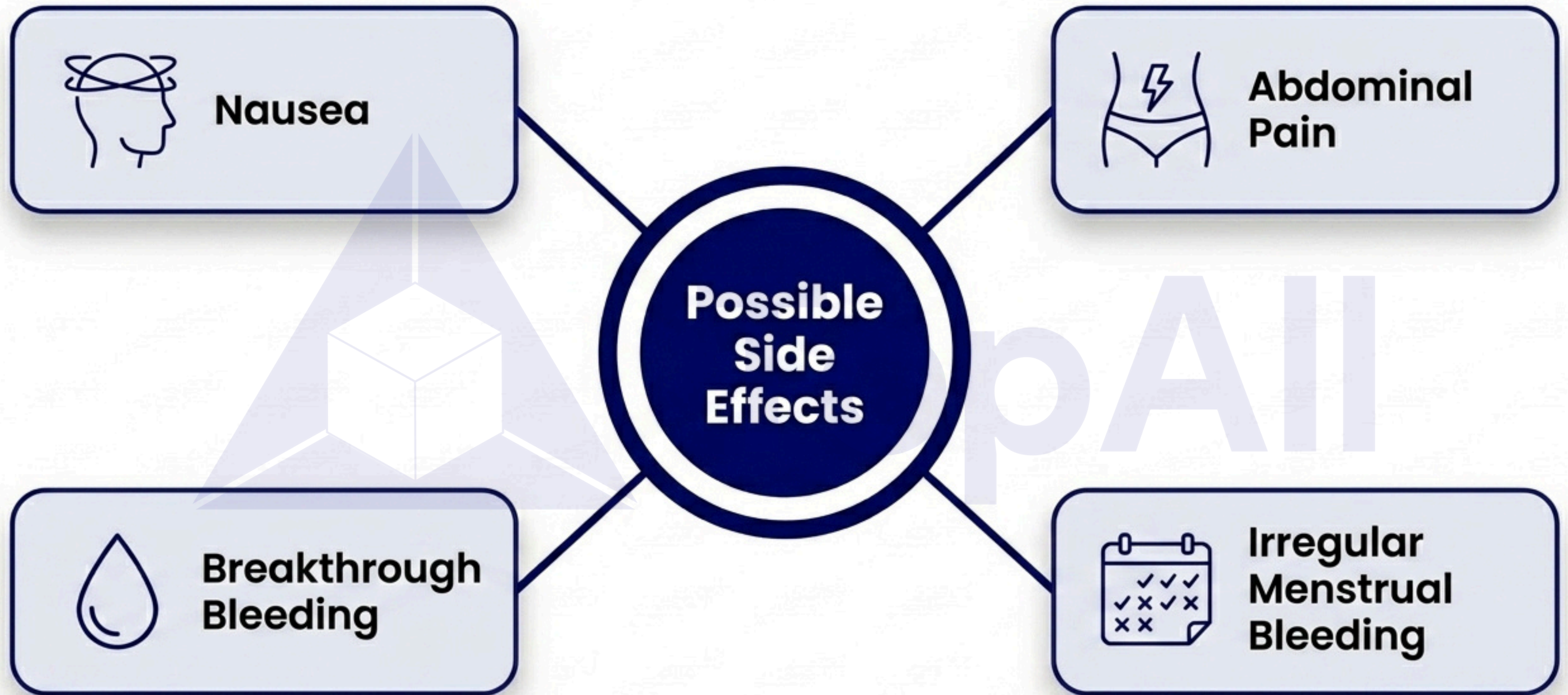
Patient Needs
(Prevent, Delay,
Space)



Doctor Consultation
(Medical evaluation)



**Contraceptive
Choice**
(Appropriate method
selected)



* In rare cases, long-term hormone exposure may link to breast cancer. These risks make medical guidance non-negotiable.

Contraceptive Need Arises

Responsible Use

Consult Qualified
Medical Professional

Appropriate Method Chosen

Monitored Use & Managed
Side Effects



**Safe Family
Planning**

Irresponsible Use

Self-Medication / Casual Use

Unmanaged Side Effects

Elevated Health Risks



**Medical
Complications**

Use strictly under the guidance of qualified medical professionals.

KEY TAKEAWAY

Contraceptives are family-planning tools, not casual supplements.

They deliberately interrupt a natural biological process and carry real medical side effects. Always consult a doctor.

Which of the following statements is TRUE regarding contraceptives according to NCERT Section 5.6?

A) They are regular requirements for the maintenance of reproductive health.

B) They act against natural reproductive events like conception. ✓

C) They are completely free of any potential side effects.

D) They should be self-administered without medical consultation.

Quick Tip: Always look out for the exact 'acts against a natural reproductive event' phrasing in NEET assertion-reason questions. Examiners use this specific line to test your conceptual clarity.



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