

Contraception is not a contradiction

by Peace Umanah

When I denied my health the best,
I simply died like the rest,
For I was as timid as the bone,
Bleached by the sun.

I was told I was a girl,
The reason I couldn't own a pearl,
So I moved about like a cadaver,
Stitched from head to toe.

Until I was exposed to my 'now',
My 'now' and my 'how',
That's right! tis SRH in love,
The Sexual Reproductive Health family.

Civil to this family,
I dare question some practices of my society,
Why the genital mutilation?
Why can't I come of age before marriage?

Now, I can put up a fight,
Because sound health is my right,
Right to sanity,
And right to sanitary.

Caps, pills, condoms, implants and others, I know,
Protected and safe, my family is now a goal,
Thus, I boldly proclaim that,
Contraception is not a contradiction.

Peace Umanah currently works as a Youth Champion with the A360 Project under Society for Family Health (SFH). Peace is passionate about the sexual and reproductive health of girls. She graduated from Bingham University, Karu, Nigeria with a second-class upper in Physiology.