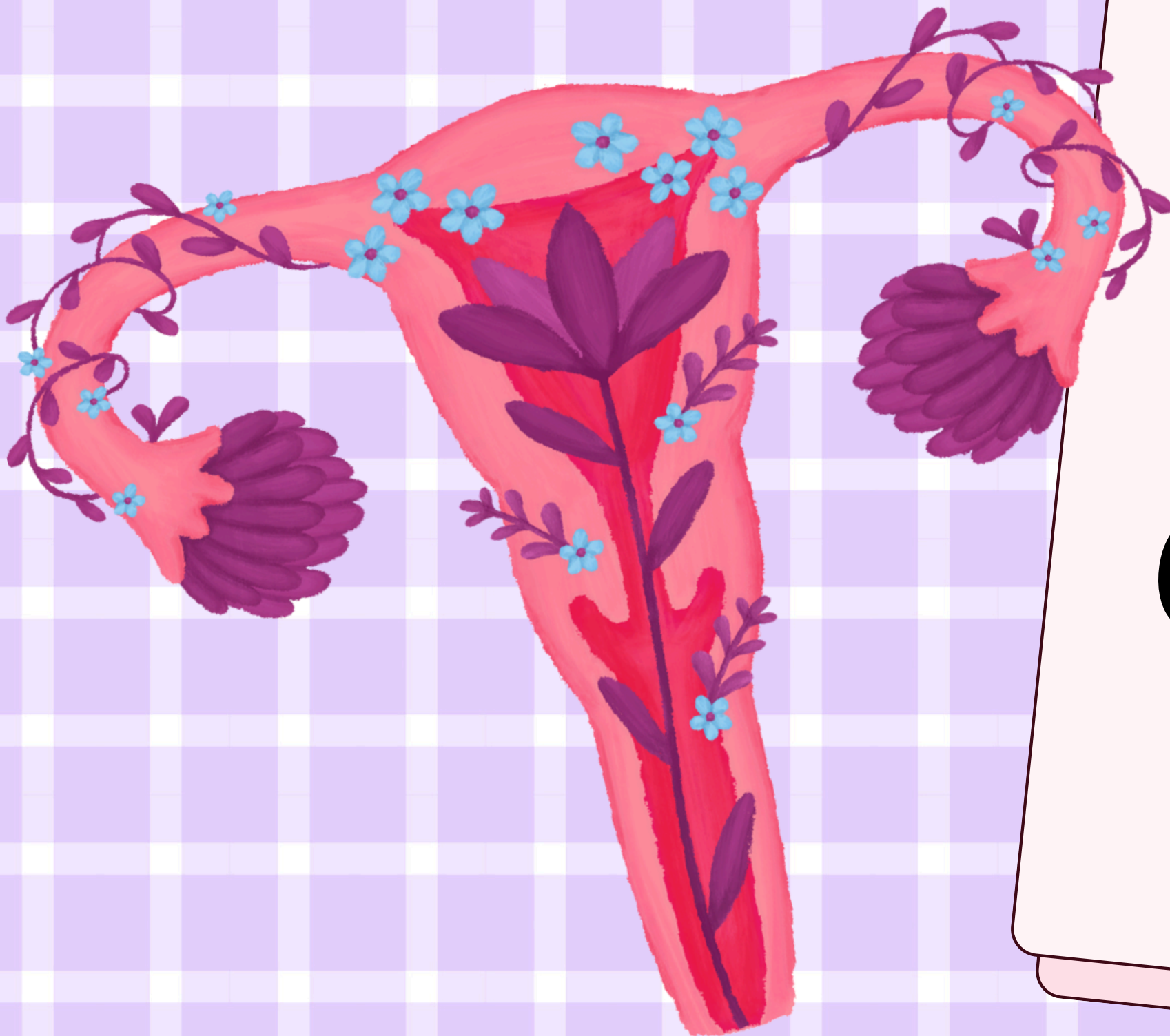
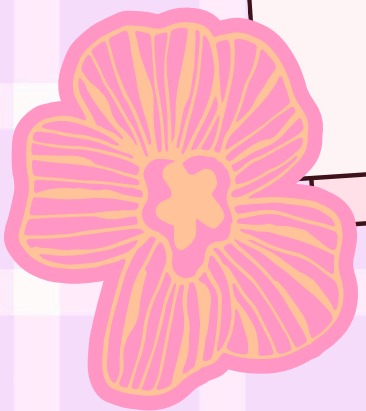


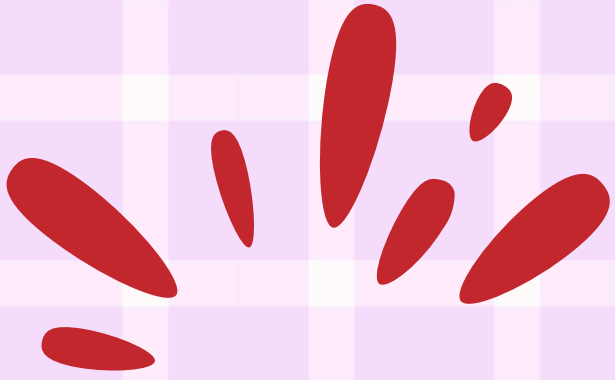


All About Contraception





What is it?

Contraception is a thought through way to deliberately prevent pregnancy when sexually active. There are lots of different methods.



Pill

- A hormonal contraceptive
- Taken daily (sometimes with a week break)
- Very effective (over 99%) if taken correctly
- Does not protect against STIs

Injection

- A hormonal contraceptive
- Effectiveness lasts 8 to 13 weeks depending on the type of injection
- Does not protect against STIs
- 99% effective if you get it on time

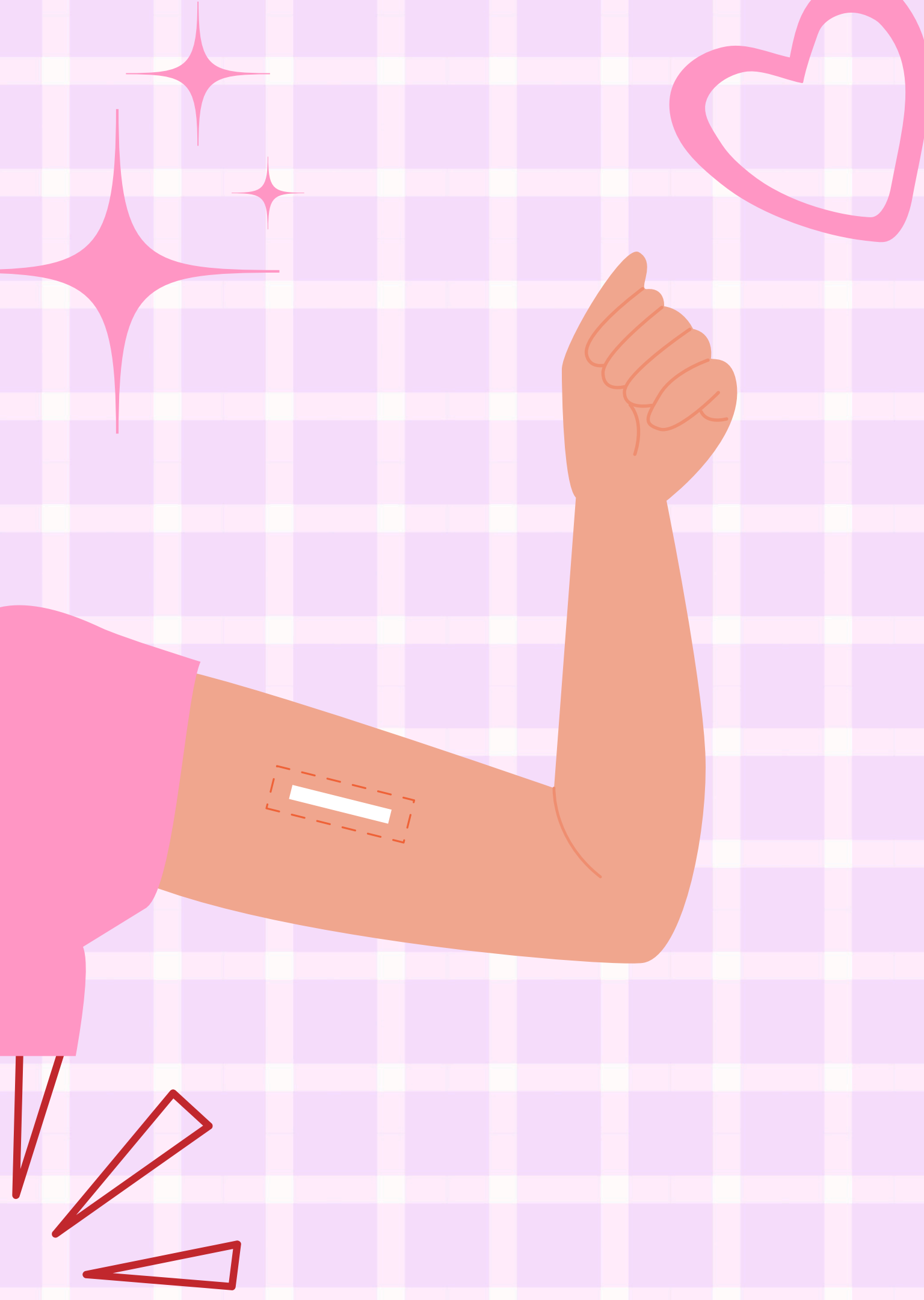




Condom

- A hormone free contraceptive
- Covers the penis during sex
- Protects against STIs
- 98% effective if used correctly



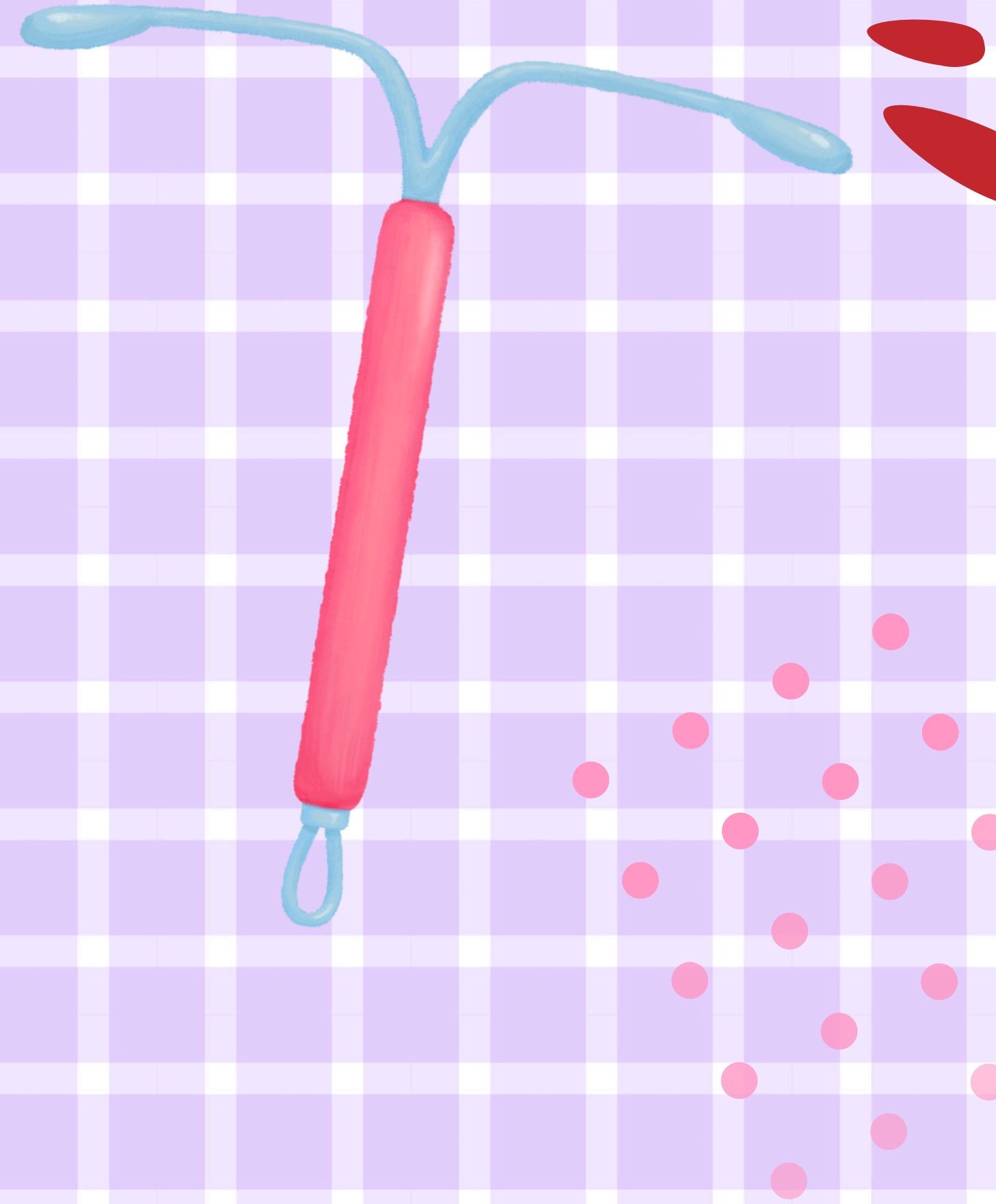


Implant

- A hormonal contraceptive
- A plastic stick inserted under the skin in your arm
- Effective for 3 years and then needs to be replaced
- 99% effectiveness

IUD

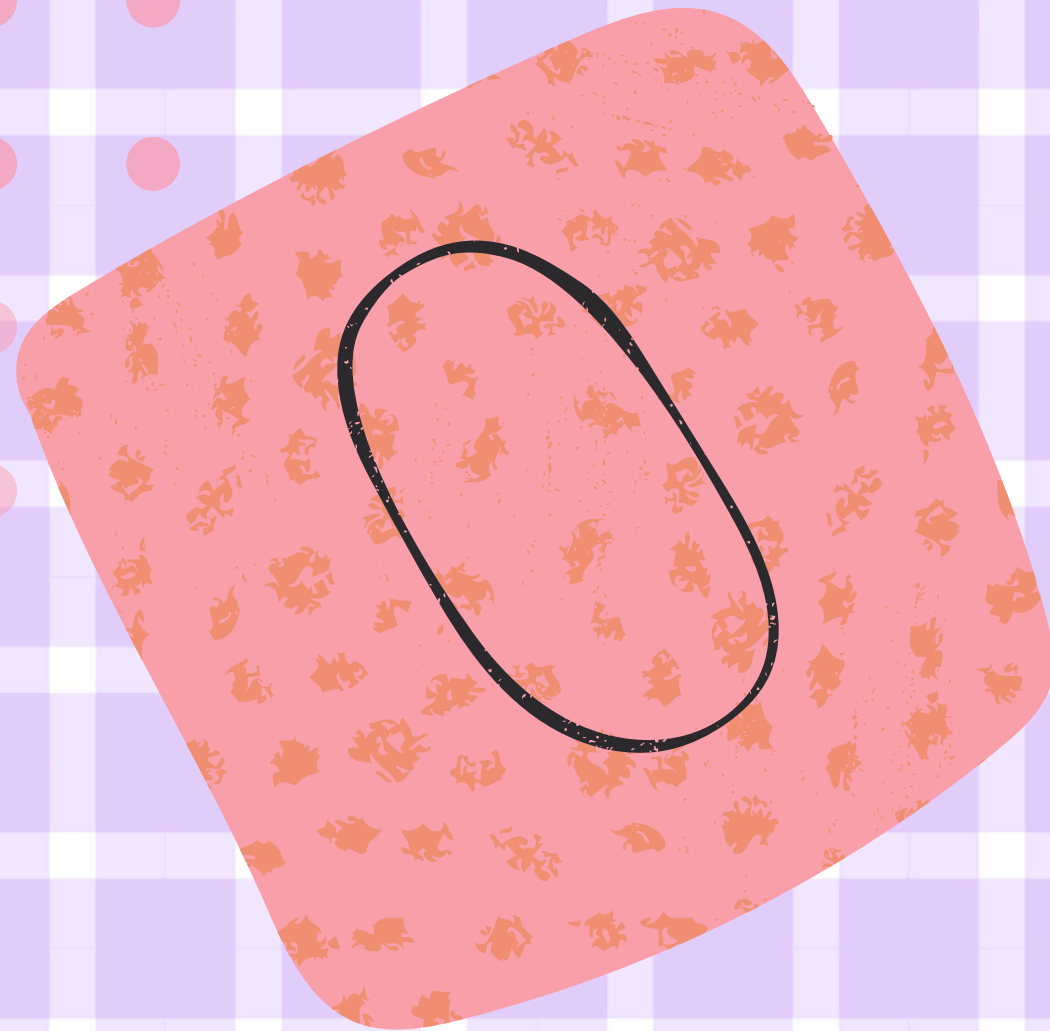
- Hormone free
- Inserted into the uterus and lasts for 5-10 years depending on type
- Over 99% effective
- Does not protect against STIs





Track Fertility

- Monitor date and duration of your period to track when you are most fertile
- Avoid sex during the fertile window
- Lots of Apps available to track fertility
- Lack of research to show effectiveness of this method



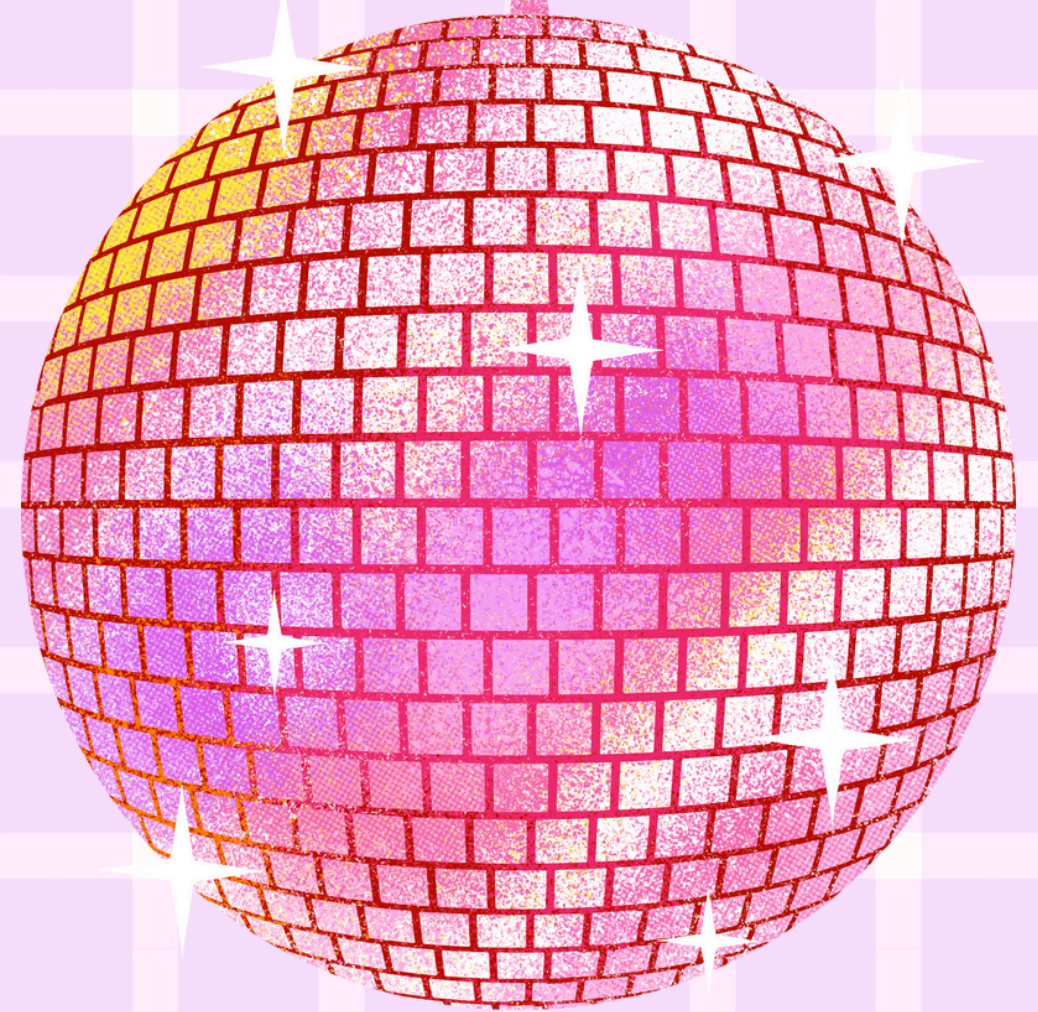
Patch

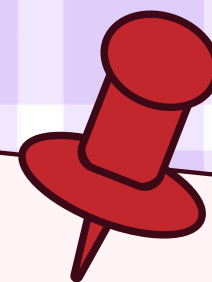
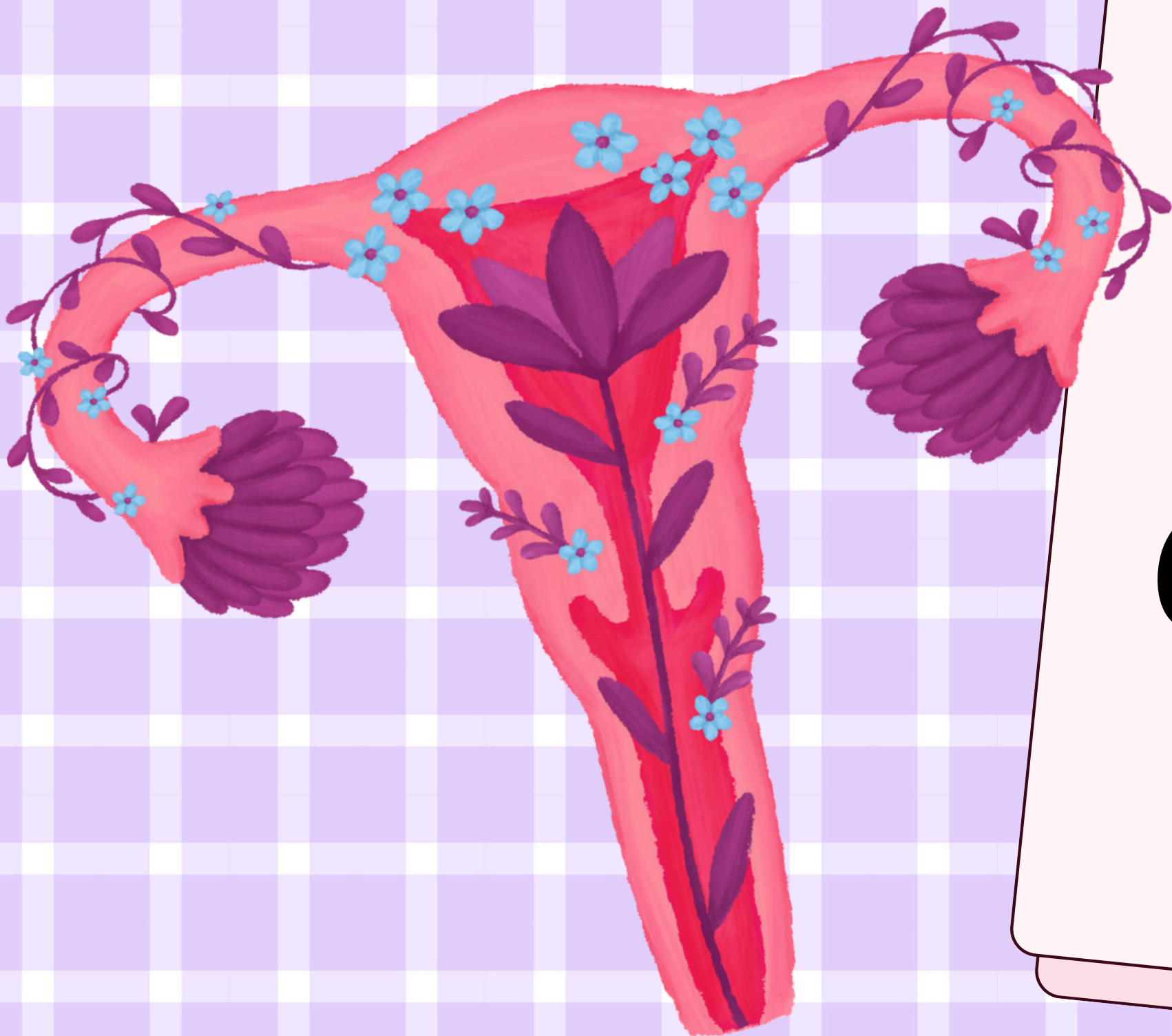
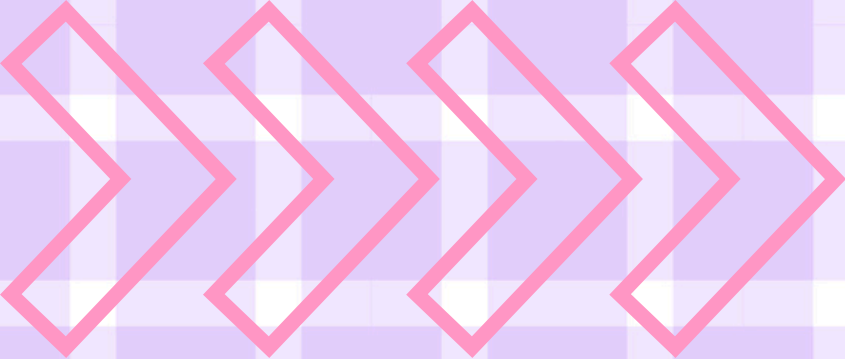
- Patch worn on the skin
- A hormonal contraceptive
- Needs to be replaced every 7 days
- 99% effective if used correctly
- Does not protect against STIs



Top Tips

- There are so many more types of contraception
- Everybody will have their own preference and what works well for them
- Always consult a doctor before changing contraceptive method, there are different health risks associated with each contraceptive method





All About Contraception





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