

Contraception



You can say **YES** to sex.

You can say **NO** to sex.

You can decide who **YOU** want to be sexy with.

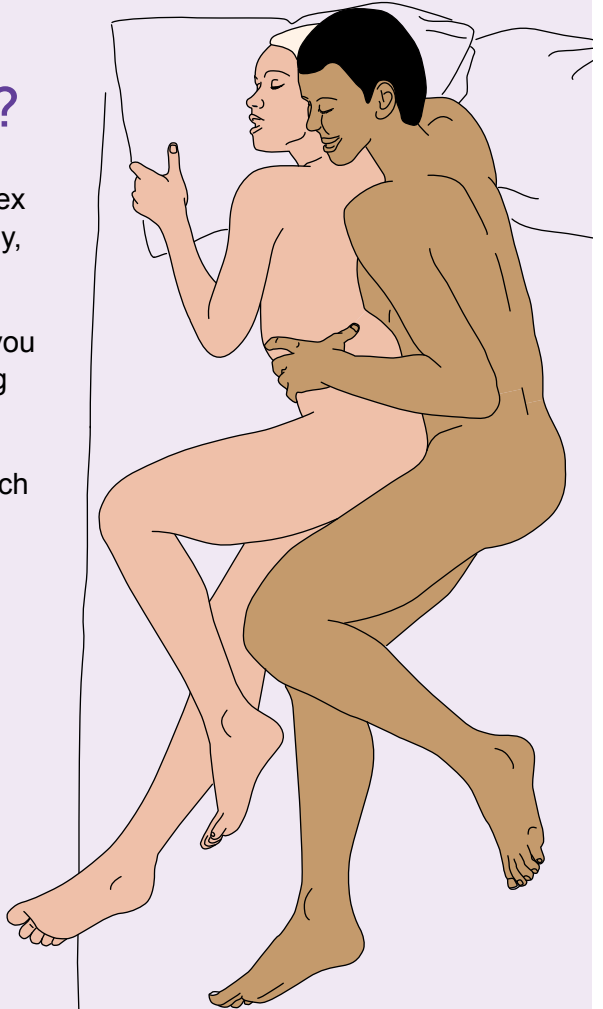
You can decide to use **contraception**.

What is contraception?

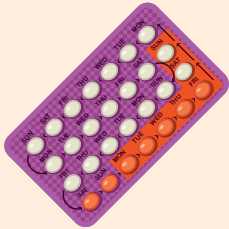
When people want to have sex but don't want to make a baby, they use contraception.

Using contraception means you can enjoy sex without making a baby.

Talk to your doctor about which contraception is best for you.



Types of contraception



The Pill

The Pill helps to stop a female getting pregnant.

A female must take the Pill every day to stop getting pregnant.

If you would like to start taking the Pill, talk to your doctor.

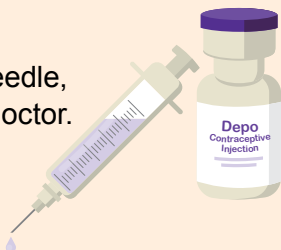
The needle

The needle (Depo) helps to stop a female getting pregnant.

The needle is injected into the female once every 3 months.

The needle stops the female's ovaries from releasing an ovum (egg).

To get the needle, talk to your doctor.



Condom

A condom helps to stop a female getting pregnant. It goes on the erect penis before having sex.

The condom stops sperm (ejaculation from the penis) going into the female's body.

A condom is the only contraception that also prevents STI's (Sexually Transmitted Infections).

STI's are infections passed between bodies during sex.

A new condom should be used each time someone has sex.

You can buy condoms at supermarkets and chemists.



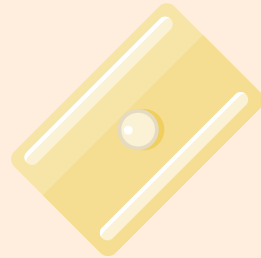
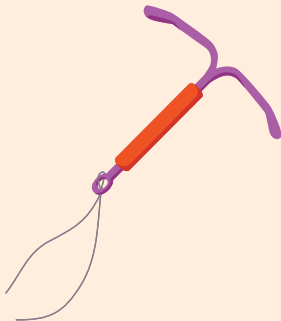
Contraceptive implant

A contraceptive implant helps to stop a female getting pregnant.

A contraceptive implant is put into the female's upper arm or uterus by a doctor and can stay there for up to 3–5 years.

A contraceptive implant stops the female's ovaries from releasing an ovum (egg).

To get a contraceptive implant talk to your doctor.



Emergency Contraception

If a female had sex and did not use contraception, she may be worried about getting pregnant.

You can take Emergency Contraception, which are tablets that the female swallows, to stop getting pregnant.

You can ask for Emergency Contraception up to 5 days after you have had sex. It works best the earlier the tablets are taken.

To get Emergency Contraception, go to a chemist or talk to your doctor as soon as possible after sex – especially if you have not used contraception, or if it has not worked properly.

Abstinence

Some people choose not to have sex. This is called abstinence.

People can still be sexy together and not have sex. They may decide to kiss, cuddle and touch each other's body in a sexy way. You can talk to your partner about abstinence.

Other contraception choices

You can also talk to your doctor about other contraception choices:

- Vaginal condoms
- Diaphragms
- Withdrawal
- Sterilisation

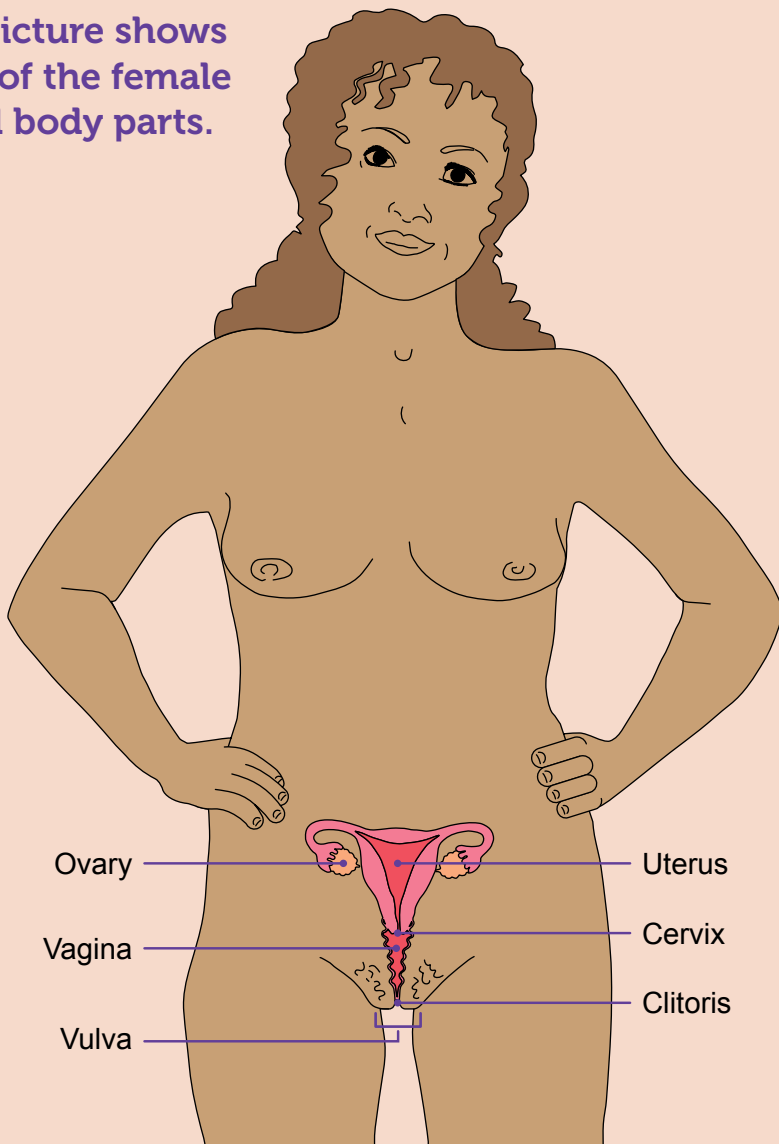


You can get help and information from

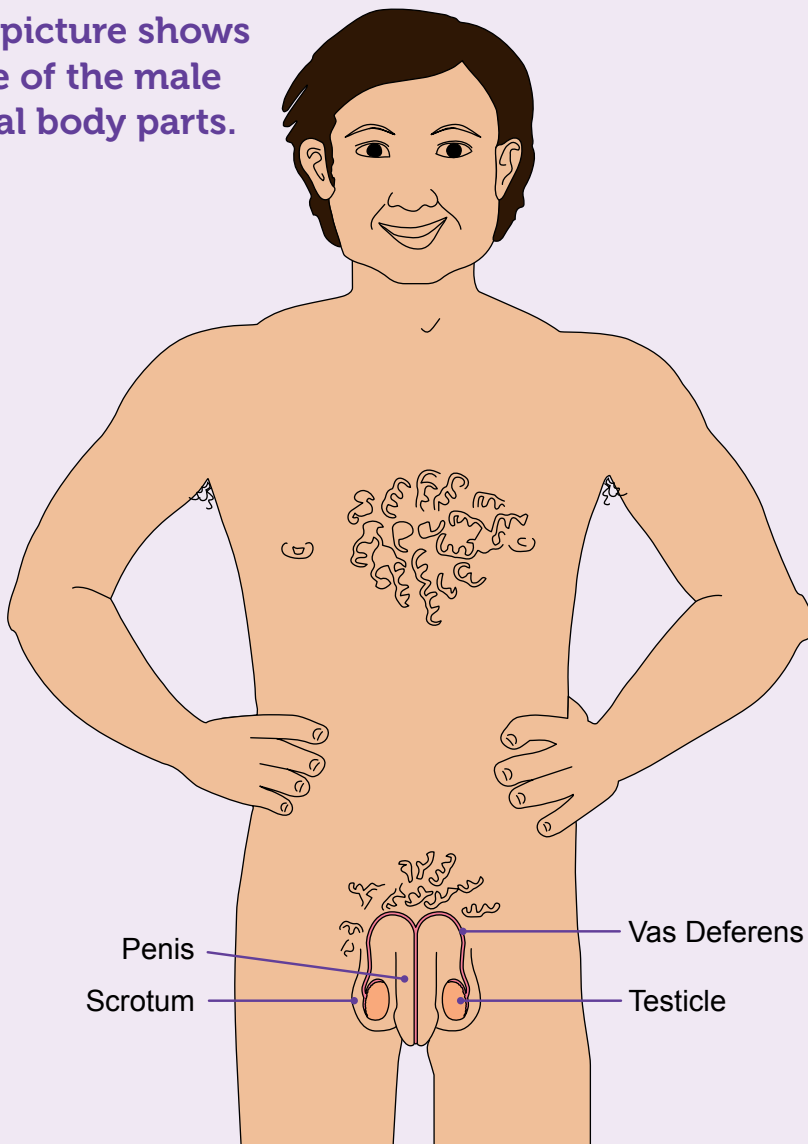
- Doctors
- Sexual health clinics
- Women's health centres
- Youth health centres
- True Relationships and Reproductive Health

It is important to know about bodies

This picture shows some of the female sexual body parts.



This picture shows some of the male sexual body parts.



**If you want more information
about contraception options and
which ones might suit you contact**

**True Relationships &
Reproductive Health**

Brisbane	3250 0240
Rockhampton	4927 3999
Cairns	4051 3788
Sunshine Coast	5479 0755
Gold Coast	5531 2636
Toowoomba	4632 8166
Ipswich	3281 4088



To learn more about True visit:
true.org.au

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