

For many people deciding to have sex is a big decision. There are lots of things to think about, like:

- Do I/Don't I?
- Personal values/beliefs
- Will it change my relationship?
- How do I make it good for us?

No one can tell you what's right or wrong for you. You get to decide each and every time.

If you are going to have sex with someone of the opposite sex, you have the responsibility of deciding whether you are ready or not to have a baby. If you aren't ready to have a baby, there are lots of options for both of you to prevent a pregnancy.

Anyone can get information about contraceptives at any age, even if they are under 16. It's private

(confidential). Doctors, nurses and clinic staff won't tell your parents, teachers or others that you've been there or what you talked about (unless they think you are at risk of harm or of hurting someone else or yourself. Then they may need to tell someone else in order to help you, but they will try to inform you first.)



Sometimes people feel embarrassed or nervous about getting contraception. Don't be. Professionals won't judge you – they've seen it all before and nothing much shocks them.

They do have to ask general health questions, about you and your family, the types of sex you're having, and questions about your drug or alcohol use.

They are not being nosy, they need to ask so that they can give you the best advice and make sure medications won't hurt you.



For the guys – Even though most contraceptives are made just for women, there are lots of things guys can do to help shoulder the responsibility.

- Wearing condoms each time without being asked or complaining
- Helping with costs (if there are any)
- Talking about it if your partner can't/doesn't
- Going to appointments/picking up prescriptions.

All these things help to make you a wonderful partner and a stand up guy!



The Implant - Two rubbery rods filled with progestogen, about the size of matchsticks. The doctor numbs the inside of your upper arm and inserts them just under the skin and then places a bandage over it. It takes less than 10 minutes to do, and they can stay in there for up to 5 years. They are 99% effective. You may have irregular bleeding but it often settles down in 3-9 months. If it becomes a problem, your doctor can prescribe something to help.

You can get the implant from Family Planning or your doctor.

UNDER 22 YEARS OLD = FREE TO SEE FAMILY PLANNING. COST OF PRESCRIPTION = \$5.

IUD/IUS Intrauterine device (IUD) - A small plastic and copper device placed inside the uterus by the doctor.

Intrauterine system (IUS) - A plastic device that delivers progestogen inside the uterus.

Both can stay inside a woman for 3 or more years and are at least 99% effective. They can be a bit uncomfortable to have put in and may change the heaviness or length of your periods, so talk to your doctor or clinic. Some women won't have periods on the IUS.

They are put in by Family Planning or your doctor.

UNDER 22 YEARS OLD = FREE. COPPER IUD = NO CHARGE. IUS = MIRENA \$340. JAYDESS = \$275.



Family Planning

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Depo Provera (AKA The Jab) - An injection of progestogen that is given every 12 weeks. It is easy to get from a doctor and free from Family Planning. It usually reduces or stops a period. There may be some bleeding at first, but it usually settles down once your body gets used to it (3-6 months). You must remember to return to get another jab every 12 weeks. It's 97% effective and 99% effective if you get it on time.

UNDER 22 YEARS OLD = FREE AT FAMILY PLANNING.

The Pill These are hormone pills that need to be taken every day. The two main types are a **combined pill** that has progestogen and oestrogen in them, and a **progestogen only pill**. They must be taken every day at the same time. They come in month long packs. They are easy to get – on a \$5.00 prescription from Family Planning or your doctor. They are usually 92% effective and can be 99% effective if taken perfectly. If you have been vomiting or had diarrhoea, or missed pills, follow the 7 day rule (your doctor will teach you this) or call your local Family Planning clinic as they only work when you take them properly. The combined pill can help if you have heavy or painful periods.

UNDER 22 YEARS OLD = FREE TO SEE FAMILY PLANNING FOR A PRESCRIPTION. \$5.00 PRESCRIPTION FEE TO PICK UP 3 OR 6 MONTHS OF SOME PILLS FROM CHEMIST.

Condoms and Lube — The only male contraceptive and the best for protection against STIs, it's a thin rubber tube rolled down over the penis before sex. It's used with water-based lubricant to reduce the chance of it tearing. They are usually 85% effective and can be 98% effective if used perfectly every time. They come in different sizes, shapes and flavours to maximise comfort and pleasure. You can ask for a selection so you can find the "right one" for you. Guys and girls can each have their own supply. Get lots on prescription from Family Planning, your doctor, sexual health clinics, or buy them from chemists, dairies, supermarkets and garages.

UNDER 22 YEARS OLD = FREE TO SEE FAMILY PLANNING FOR A PRESCRIPTION.

\$5.00 PRESCRIPTION FEE TO PICK UP CONDOMS FROM CHEMIST.

ECP — Emergency contraceptive pill. This pill is used when no contraception was used, it failed (e.g. the condom slipped off) or if you've missed more than one pill. It is not an abortion pill and won't stop a pregnancy that's already started. You can take it up to 72 hours (3 days) after you've had sex. It can be taken as many times as needed, but as there are easier and more reliable options it shouldn't be used as a main source for contraception. It's usually 97-99% effective but doesn't work well for heavier women - it's recommended they get an IUD instead.

You can get ECP from Family Planning, your doctor, emergency clinics, or you can buy it from chemists (without a prescription.)

ECP = FREE AT FAMILY PLANNING OR PICK UP FROM CHEMIST = \$5 PRESCRIPTION FEE.

If any of these options interest you, talk to your doctor or make an appointment at your nearest Family Planning clinic. You can get more information on our website or follow us on Facebook.

REMEMBER: IF YOU'RE USING CONTRACEPTION MAKE SURE YOU'RE ALSO USING A CONDOM PLUS LUBE EACH AND EVERY TIME TO PROTECT YOU FROM STIs. CONDOMS + ANOTHER FORM OF CONTRACEPTION IS THE SAFEST FOR YOU AND YOUR PARTNER.

CYC
Contraception
Your Choice