



Hey Auntie, one of my friends was saying she's been having the contraceptive injection, but I'm not sure if that's right for me. How can I work out what contraception suits me?

## Yarning about contraception

Well let's have a bit of a yarn about contraception, because there are lots of different types to choose from. It can also be useful to use contraception and condoms together because this protects you from both pregnancy and sexually transmissible infections (STIs). It's important for both guys and girls to have access to condoms. Contraception and safe sex is the responsibility of both guys and girls.



### The Contraceptive Implant

is a rubbery plastic rod that is about the size of a matchstick. It's the most effective type of contraception you can have. It's put in the inside of the upper arm just under the skin. It takes about 10-15 minutes for a doctor or nurse to insert and then a small bandage is put over it for about a day. You can't usually see the implant but you can feel it under the skin. It lasts for up to three years but you can have it taken out by a healthcare worker whenever you want. The implant will stop working as soon as it's taken out. But remember Janayah, the implant doesn't protect you from STIs.



### The Contraceptive Injection

has a hormone in it that is injected every 10-14 weeks into your bum cheeks or upper arm. Some people call it Depo or 'the shot'. The shot can be good for women who don't always remember to take a pill everyday but don't want to use something like the implant. If you have the shot, you need to remember to have it every 12 weeks on time. But remember, the shot doesn't protect you from STIs.



### The Combined Oral

**Contraceptive Pill** is what most people think about when talking about the Pill. It has two types of hormones. You take the Pill by swallowing a tablet. It has to be taken every day for it to work. There are lots of different brands of the Pill and they usually have the hormonal pill and the sugar pill. When taking the sugar pill, you will have a monthly bleed, just like a period. The Pill doesn't protect you from STIs.



There's another type of pill called POP, or the **Progestogen Only Pill**. Some people call it the mini pill. This has to be taken at exactly the same time every day without any break. There are no sugar pills with POP. It's so important that you take this pill at the same time every day, because it won't work properly even if it's taken more than three hours late. The POP doesn't protect you from STIs.

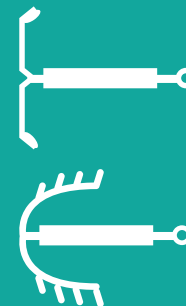


**The Vaginal Ring** is a soft plastic ring that releases two different hormones. You put the ring inside your vagina for three weeks and then take it out for one week. You will then have a monthly bleed like a period. After this fourth week, you insert a new ring and the cycle begins again. But the ring doesn't protect you against STIs.



### There are two types of Intrauterine Device

(IUD): the hormonal IUD and the copper IUD. The IUD is a small plastic object that is placed inside a woman's uterus (womb) by a doctor or nurse. It doesn't take long to do. The hormonal IUD slowly lets out a small amount of a hormone for up to five years. The copper IUD doesn't release a hormone. Both IUDs are very effective. They both stop working as soon as a doctor or nurse takes them out. It's important that if you have an IUD and want it to be removed, you go to your doctor or nurse for them to do this. And remember Janayah the IUD doesn't protect against STIs.



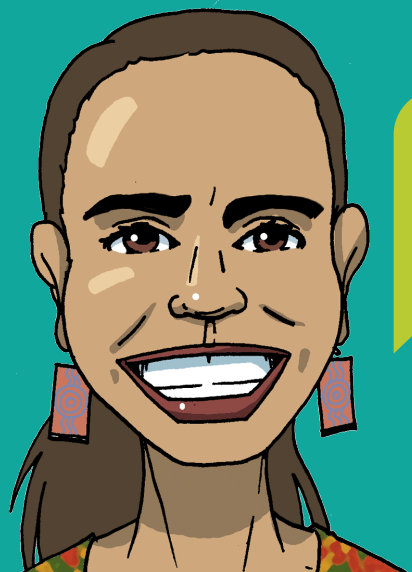
Another pill you can get is the

### Emergency Contraceptive Pill (ECP).

A lot of people call this the morning after pill, but you can actually take this pill up to 96 hours after unprotected sex to stop an unintended pregnancy. But it's best to try and take it in the first 24 hours after unprotected sex.

The ECP isn't something to use as your everyday contraception method. You don't need to go to the doctors to get the ECP. You can get the ECP at chemists, Family Planning NSW clinics, Aboriginal Medical Services (AMS) and sexual health clinics. The ECP doesn't protect against STIs.





What about for  
guys Aunty?  
What can they use?

## The Male Condom

is a thin latex rubber that gets rolled down onto an erect (hard) penis. Condoms protect against STIs and pregnancy. You use a new condom every time you have sex and you can get free condoms from the Aboriginal Medical Service, Family Planning NSW and sexual health clinics. But it's important to remember that condoms can break, so keep them in a cool place and always check the use by date before using one. Don't use a condom that is out of date. You can also get non-latex condoms if you're allergic to latex. Condoms are the only type of safe sex method that protects you from STIs and pregnancy.

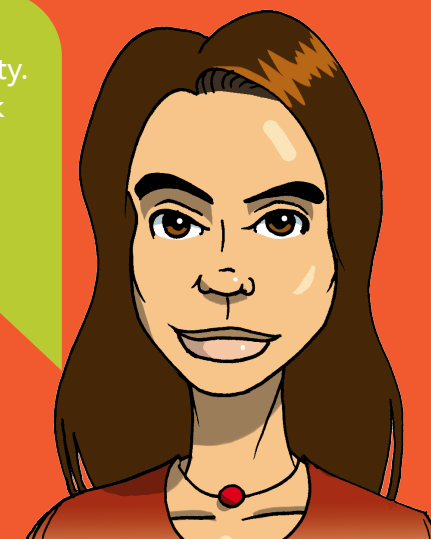


Are there any  
other types of  
contraception that I  
should think about?

There are some more  
options that you can  
talk to your healthcare  
worker about.



OK, thanks for the yarn Aunty.  
I'll have a bit more of a think  
and make an appointment  
with a healthcare worker to  
talk about my options.



For more detailed information on all types of contraception, read the Family Planning NSW publication *What Suits me? Contraception options for girls and guys*. Talk to your doctor or nurse about the best type of contraception for you.

You can contact  
**Family Planning NSW Talkline 1300 658 886**,  
a confidential service to answer all your questions about  
reproductive and sexual health over the phone and by  
email.  
[www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)



## Our clinics

**Family Planning NSW Ashfield**  
328-336 Liverpool Road  
Ashfield NSW 2131  
P: 02 8752 4300

**Family Planning NSW Fairfield**  
24-26 Nelson Street  
Fairfield NSW 2165  
P: 02 9754 1322

**Family Planning NSW Penrith**  
13 Reserve Street  
Penrith NSW 2750  
P: 02 4749 0500

**Family Planning NSW Dubbo**  
2B/155 Macquarie Street  
Dubbo NSW 2830  
P: 02 6885 1544

**Family Planning NSW Hunter**  
Ground floor  
384 Hunter Street  
Newcastle NSW 2300  
P: 02 4929 4485

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