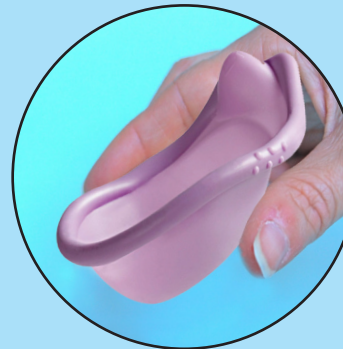
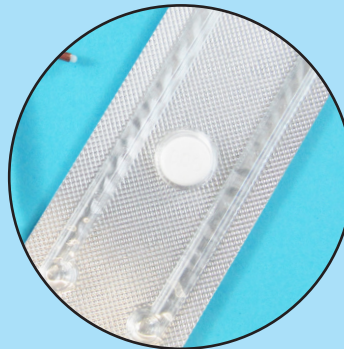
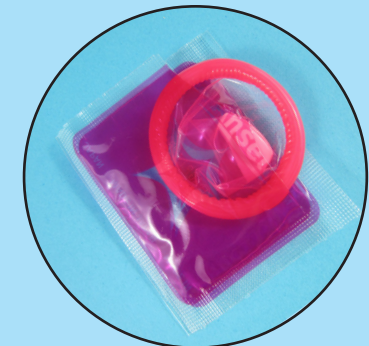
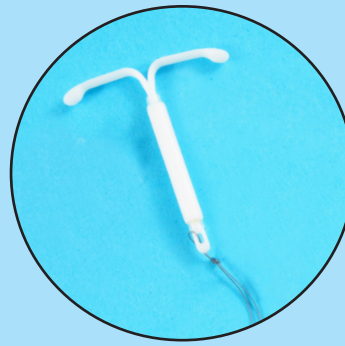
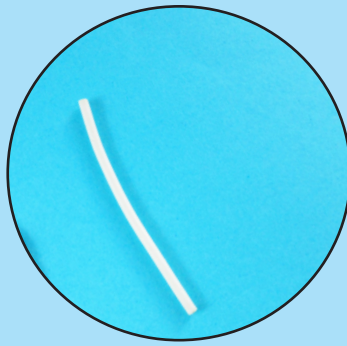
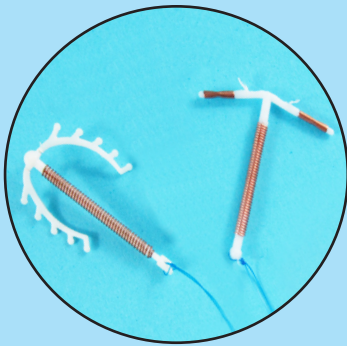






Contraception

A guide for youth and community workers







Methods of Contraception

Long Acting Reversible Contraceptives – “Fit and forget” methods

| Methods | What is it? How do you use it? | How does it work? | How effective is it? (% who don't get pregnant in first year of use) | What's good about it? | Things to think about |
|--|--|--|--|--|--|
| Contraceptive Implant (Implanon NXT®)  | <p>A small flexible plastic rod that releases a progestogen hormone.</p> <p>It is inserted under the skin on the inside of the upper arm by a trained health professional.</p> | The implant stops the ovaries from releasing an egg. | Over 99.9% | <ul style="list-style-type: none"> • Highly effective. • Can be used by most people. • Bleeding patterns may change, usually lighter and often stops. • Can be removed easily at any time by a trained health professional and fertility returns immediately. • It lasts three years. | <ul style="list-style-type: none"> • Does not protect against STIs. • Requires a small procedure to have it inserted or removed. • About one in five people have troublesome bleeding. |
| Hormonal Intrauterine Device (IUD) (Mirena® and Kyleena®)  | <p>A small T-shaped device inserted into the uterus by a trained health professional. It releases a very low dose of progestogen hormone into the uterus.</p> | The IUD stops sperm from meeting the egg, by thinning the lining of the uterus and making the mucus at the cervix thicker. | 99.9% | <ul style="list-style-type: none"> • Highly effective. • Can be used by most people. • Bleeding patterns may change, usually lighter and often stops. • Can be removed easily at any time by a health professional and fertility returns immediately. • It lasts five years. | <ul style="list-style-type: none"> • Does not protect against STIs. • Requires a small procedure to have it inserted or removed. |
| Copper IUD  | <p>A small flexible device made from plastic and copper. Inserted into the uterus by a trained health professional.</p> | The IUD stops sperm from meeting the egg by affecting its movement. | 99.5% | <ul style="list-style-type: none"> • Highly effective. • Can be used by most people. • Can be removed easily at any time by a health professional and fertility returns immediately. • They last 5-10 years depending on the type. | <ul style="list-style-type: none"> • Does not protect against STIs. • Requires a small procedure to have it inserted or removed. • No hormones and therefore no effect on normal menstrual cycle, but bleeding may become heavier, more painful or last longer. |





Shorter Acting Hormonal Methods

| Methods | What is it? How do you use it? | How does it work? | How effective is it? (% who don't get pregnant in first year of use) | What's good about it? | Things to think about |
|---|--|---|--|--|--|
| Contraceptive Injection (Depo)  | <p>An injection containing a progestogen hormone.</p> <p>The injection is given every 12 weeks by a health professional.</p> | <p>Depo stops the ovaries from releasing an egg.</p> | <p>96% Used typically 99.8% Used perfectly</p> | <ul style="list-style-type: none"> • Can be used by most people. • Lasts three months, so more effective than other shorter acting hormonal methods. • Bleeding patterns may change and bleeding often stops. | <ul style="list-style-type: none"> • Does not protect against STIs. • There may be a short delay in return to usual fertility. |
| Combined Oral Contraceptive Pill (The Pill)  | <p>Pills containing the hormones oestrogen and progestogen.</p> <p>One pill is taken every day.</p> | <p>The pill stops the ovaries from releasing an egg.</p> | <p>93% Used typically 99.5% Used perfectly</p> | <ul style="list-style-type: none"> • Bleeding patterns may change, generally lighter and less painful. • People can choose to skip bleeds. • Can improve acne. | <ul style="list-style-type: none"> • Does not protect against STIs. • Relies on remembering to take a pill every day to be effective. • May have health risks or side effects for some. |
| Vaginal Ring (NuvaRing®)  | <p>A soft plastic ring containing oestrogen and progestogen.</p> <p>The ring is self-inserted into the vagina for three weeks and replaced with a new ring a week later.</p> | <p>The ring stops the ovaries from releasing an egg.</p> | <p>93% Used typically 99.5% Used perfectly</p> | <ul style="list-style-type: none"> • Bleeding is regular and generally lighter and less painful. • People can choose to skip bleeds. • Can improve acne. | <ul style="list-style-type: none"> • Does not protect against STIs. • Must remember to insert a new ring every month. • May have health risks or side effects for some. |
| Progestogen Only Pill (POP or Mini Pill)  | <p>Pills contain only the progestogen hormone.</p> <p>One pill is taken at the same time every day.</p> | <p>The pill stops sperm from meeting the egg by making the mucus at the cervix thicker.</p> | <p>93% Used typically 99.5% Used perfectly</p> | <ul style="list-style-type: none"> • Can be used by most people. • Bleeding patterns may change. | <ul style="list-style-type: none"> • Relies on remembering to take a pill at a regular time every day to be effective. |


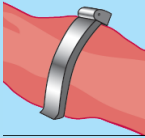
Barrier Methods – Have to be used at the time of sex

| Methods | What is it? How do you use it? | How does it work? | How effective is it? (% who don't get pregnant in first year of use) | What's good about it? | Things to think about |
|---|--|--|--|--|--|
| Condom (external)  | A thin latex or plastic sheath that is rolled onto the erect penis before sex. | The condom stops sperm from meeting the egg by covering the penis to create a barrier. | 88% Used Typically 98% Used Perfectly | <ul style="list-style-type: none"> Condoms are the only method of contraception that protects against STIs. Easily available. Variety of sizes, shapes, colours and flavours. | <ul style="list-style-type: none"> Need to think about it and use it every time you have sex. Need to use it carefully and correctly to minimise the risk of breakage, leakage and slipping off. |
| Condom (internal)  | A thin plastic pouch that is inserted into the vagina before sex. | The condom stops sperm from meeting the egg by creating a barrier. | 79% Used Typically 95% Used Perfectly | <ul style="list-style-type: none"> Condoms are the only method of contraception that protects against STIs. Can be inserted well before sex begins. | <ul style="list-style-type: none"> Need to think about it and use it every time you have sex. Not widely available. Need to use it carefully and correctly. |
| Diaphragm  | <p>A soft silicone dome that sits inside the vagina.</p> <p>It is inserted before sex and left in place for at least six hours after sex. It is then washed and ready to re-use.</p> | The diaphragm stops sperm from meeting the egg by covering the cervix to create a barrier. | 82% Used Typically 86% Used Perfectly | <ul style="list-style-type: none"> Can be inserted before sex begins. Can be left in place for 24 hours. | <ul style="list-style-type: none"> Need to think about it and use it every time you have sex. Recommended to use with Caya® gel. Less effective than other methods. |

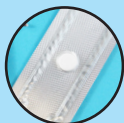

Other Methods – No drugs or devices, require specific behaviours and an understanding of one's body

| Methods | What is it? How do you use it? | How does it work? | How effective is it? (% who don't get pregnant in first year of use) | What's good about it? | Things to think about |
|---|--|---|--|---|--|
| Abstinence  | Abstaining from (not having) vaginal sex. | No ejaculation in or near the vagina stops sperm from meeting the egg. | 100% Used Perfectly | <ul style="list-style-type: none"> • Reduces risk of STIs. • Free. • Always available. • Can increase creativity and variety in ways to give and receive sexual pleasure. | <ul style="list-style-type: none"> • Requires cooperation of partner/s. • Could get carried away in the heat of the moment. |
| Withdrawal  | The penis is removed from the vagina before ejaculation. | No ejaculation in or near the vagina stops sperm from meeting the egg. | 80% Used Typically 95% Used Perfectly | <ul style="list-style-type: none"> • Free. • Always available. • Much more effective than not withdrawing. | <ul style="list-style-type: none"> • Does not protect against STIs. • Less effective than other methods, especially for young people. • Can be difficult to pull out in time. • Pre-cum may contain sperm. |
| Fertility Awareness Methods (Natural Family Planning)  | <p>The person learns to identify their fertile time e.g. from cervical mucus, temperature or knowledge of their cycle.</p> <p>They avoid sex or use a barrier method during the fertile time.</p> | No sex during the person's fertile time stops sperm from meeting the egg. | 76-93% Used Typically 95-99.5% Used Perfectly (depending on which method is used) | <ul style="list-style-type: none"> • Free. • Can also be useful when trying to conceive. | <ul style="list-style-type: none"> • Does not protect against STIs. • Less effective than other methods. • Learning takes time and effort. • Requires cooperation of partner/s. |
| Lactational Amenorrhoea Method (LAM)  | <p>For breastfeeding people only.</p> <p>Is only effective if:</p> <ul style="list-style-type: none"> • Baby is less than six months old. • Periods have not returned. • Baby is fully breastfed (no food or milk supplements). | Breastfeeding delays the return of the menstrual cycle and ovaries from releasing an egg. | 98% (if all essential criteria are met) | <ul style="list-style-type: none"> • Free. • Breastfeeding can be good for parent and baby. | <ul style="list-style-type: none"> • Does not protect against STIs. |

Permanent Contraception (Sterilisation) – Not easily reversible

| Methods | What is it? How do you use it? | How does it work? | How effective is it? (% who don't get pregnant in first year of use) | What's good about it? | Things to think about |
|--|--|--|--|--|--|
| Vasectomy  | A simple operation to block the vas deferens (sperm ducts) to stop sperm getting into the semen. | There are no sperm present in the semen, so no sperm to meet an egg. | 99.5% | <ul style="list-style-type: none"> Once semen is clear of sperm, you don't have to think about contraception. Sex drive, ability to have sex, feel sexual pleasure or ejaculate is not affected. Can be done under local anaesthetic. | <ul style="list-style-type: none"> Does not protect against STIs. Contraception must be used until a semen test confirms there are no sperm, about three months after the vasectomy. Performed by a trained GP or specialist. |
| Tubal ligation  | An operation where the fallopian tubes are blocked, most commonly with clips. | The tubes are blocked, so sperm can't meet the egg. | 99.5% | <ul style="list-style-type: none"> Don't have to think about contraception. Hormones or menstrual cycle are not affected. Sexual feelings and function are not affected. | <ul style="list-style-type: none"> Does not protect against STIs. Usually done under general anaesthetic. Performed by a specialist. |

Emergency Contraception

| Methods | What is it? How do you use it? | How does it work? | How effective is it? | What's good about it? | Things to think about |
|---|--|--|---|--|---|
| Emergency Contraceptive Pills (ECP)  | <p>A pill taken after unprotected sex to prevent pregnancy.</p> <p>There are two types. Both can be taken up to five days after sex but are most effective if taken in the first 24 hours.</p> | <p>They stop or delay the ovaries from releasing an egg.</p> <p>ECP does not cause an abortion.</p> | <p>Prevents about 85% of expected pregnancies when taken within three days (72 hours) of unprotected sex.</p> | <ul style="list-style-type: none">• Can be obtained over the counter without a script from most pharmacies.• Can be taken more than once. | <ul style="list-style-type: none">• Does not protect against STIs.• Does not provide any protection for further unprotected sex. |
| Copper Intrauterine Device (IUD)  | <p>The copper IUD can be inserted up to five days after unprotected sex to prevent pregnancy.</p> | <p>The copper IUD stops sperm from meeting the egg and any fertilized egg from sticking to the lining of the uterus.</p> | <p>Prevents about 99% of expected pregnancies when inserted within five days of unprotected sex.</p> | <ul style="list-style-type: none">• More effective than ECP and very effective for five days after unprotected sex.• Provides ongoing contraception if desired. | <ul style="list-style-type: none">• Does not protect against STIs.• Not all doctors are trained to insert IUDs, so may not be readily available when needed. |

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SHQ is on Whadjuk land. We acknowledge the Traditional Owners of Country across Australia.

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