

NATURAL METHOD: ABSTINENCE

Abstinence is where you don't participate in sexual activity. It stops semen from entering the vagina, preventing the sperm cells from reaching an egg and causing pregnancy. Pregnancy is impossible if you abstain from all sexual activity at all times.

Risks: can make someone feel anxious and insecure when in a relationship, lower sex drive,



Benefits + Limitations

- No side effects or health risks
- Prevents pregnancy and STI
- Helps to focus on important things. E.g friends, family, school, having fun and planning your future
- Requires willpower and discipline
- Miss out on experience
- Makes difficult relationships



Make the right decision.

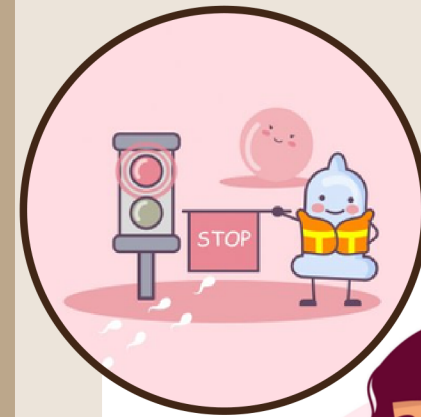
1 Contraception is the use of drugs, devices, or surgery to prevent pregnancy.

2 STI's are also known as sexually transmitted diseases. STI is an infection passed from one person to another person through sexual contact.

DO YOU REALLY WANT THIS?

Want a baby? Think about it!

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HORMONAL CONTRACEPTIVES: CONTRACEPTIVE INJECTIONS

The injection prevents the ovaries from releasing an egg every month. It also makes the fluid around the cervix thicker. This helps in preventing sperm from reaching the egg.

Risks : weight gain, headaches, mood swings, breast tenderness, could cause bone thinning if used a lot



Benefits + Limitations

- Lasts for 8-13 weeks
- Doesn't interfere with sex
- Don't need to take a pill daily
- Not affected by other medicines
- Causes weight gain, moodiness, decreased sex drive, headaches, acne
- Must visit doctor every 3 months for injection
- irregular periods

VAGINAL RINGS

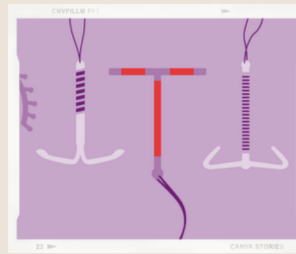
Stays in the vagina for 3 weeks to release oestrogen and progestogen. These hormones prevent the ovaries from producing eggs. They also thicken the mucus at the womb entrance and change the lining of the womb to prevent fertilised eggs from latching and developing.

Risks : blood clotting, heart attack/stroke, breast cancer,

Benefits + Limitations

INTRAUTERIN DEVICE: COPPER IUD

The horizontal bar of the device's T is wrapped in thin copper wire and each bar of the T has a copper collar. Copper ions are released into the uterus by the copper. Ions change the fluids in the fallopian tube and uterus, making them hostile to sperm which stops sperm from fertilising the egg



Risks:

IUD slipping out of uterus, infection after insertion of IUD, ectopic pregnancy

Benefits + Limitations

- Doesn't interrupt sex
- Can stay in vagina for 10 years
- Can take it out any time
- Can use it as emergency contraception in 5 days after unprotected sex
- Heavier periods and causes cramps in first 3-6 months
- Can have side effects
- Can't be used by people with STI or pelvic infection

- lighter periods
- few side effects
- doesn't need to be fit by a doctor
- safe
- not affected by vomiting/ diarrhoea
- must remember to place and remove it at the right time
- expensive
- can have trouble keeping it in place

MECHANICAL BARRIERS: MALE CONDOM

Condoms work by preventing semen from entering the vagina. When the penis becomes erect, the male condom is placed on it. It is unrolled all the way to the base of the penis while holding the condom tip to allow for some additional space at the end.



Risks:

can tear and slip off, Latex allergy, vaginal/penile irritation, infections in urinary tract

Benefits + Limitations

- Reduce the risk of spreading STI
- Can interrupt sex
- Can interrupt sex
- Not expensive
- Can carry it easily and privately
- Can interrupt sex
- Reduces sensitivity
- Some men can't maintain erection
- Might get latex allergy or sensitivity



FEMALE CONDOM

These are used inside the vagina. They prevent pregnancy by preventing sperm from contacting an egg. A female condom can be placed in the vagina before sex, but the penis should not come into contact with the vagina before the condom is placed.

Risks:

can slip out, irritation on skin, vaginal discomfort, allergic reaction

Benefits + Limitations

- Works instantly
- Good for people with latex allergy
- Can be used during periods
- Won't affect a woman's hormones
- decreases sensation
- slightly less effective at preventing pregnancy and STDs than male condoms
- expensive and hard to find