About

[Name of website] website is here to provide you with honest information about contraception, to help you weigh up the pros and cons of each, and help you stay healthy and safe. Every person has a right to make informed choices about their sexual and reproductive health.

In the England, men and women can access contraception from GP surgeries, sexual health clinics, and community contraception clinics, and some GUM (genitourinary medicine) clinics. Unfortunately, one third of women are not able to access contraception from their preferred source.

Access to modern and effective contraception means that women and men can stay healthy throughout life, ensuring that if pregnancy is desired it occurs at the right time, and improves the health of the baby they might have in the future. Family planning also prevents unintended pregnancies, reduces the need for abortions, and prevents the death of women and children.

There are many types of contraception available and none are perfect.

With 15 methods to choose from, you can find one that suits you best.

Barrier methods such as condoms are a form of contraception that help to protect against sexually transmitted infections (STIs) and pregnancy. You should use condoms to protect both your sexual health and that of your partner, no matter what the other contraception you're using to prevent pregnancy

Don't be put off if the first type you use isn't quite right – you can try another.

If you've had unprotected sex and think there's a chance you might get pregnant, you're also at risk of catching an STI.

Family planning allows spacing of pregnancies and can delay pregnancies in young women at increased risk of health problems and death from early childbearing. It prevents unintended pregnancies, including those of older women who face increased risks related to pregnancy. Family planning enables women who wish to limit the size of their families to do so. Evidence suggests that women who have more than 4 children are at increased risk of maternal mortality.

Currently, 45% of pregnancies and one third of births in England are unplanned or associated with feelings of ambivalence.

Pregnant adolescents are more likely to have preterm or low birth-weight babies. Babies born to adolescents have higher rates of neonatal mortality. Many adolescent girls who become pregnant have to leave school. This has long-term implications for them as individuals, their families and communities.

Family planning enables people to make informed choices about their sexual and reproductive health. Family planning represents an opportunity for women to pursue additional education and participate in public life, including paid employment in non-family organizations. Additionally, having smaller families allows parents to invest more in each child. Children with fewer siblings tend to stay in school longer than those with many siblings.

Across the world, some people are luckier than others when it comes to accessing contraception and important information about it. They say knowledge is power and when it comes to contraception it really is true. Knowing about contraception gives you the power to live your life as you want to without any surprises.

214 million women of reproductive age in developing countries who want to avoid pregnancy are not using a modern contraceptive method.

Helping to prevent HIV/AIDS

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It is crucial that women have a choice and control over reproduction in order to ensure that as many pregnancies as possible are planned and wanted, health is optimised both before a first pregnancy and in the inter-pregnancy period, and women who do not wish to have children can effectively prevent becoming pregnant.

Protecting health in infancy and supporting the transition to parenthood is vital, as what happens in pregnancy and early childhood impacts on physical and emotional health all the way through to adulthood. ‘giving every child the best start in life’

A planned pregnancy is likely to be a healthier one, as unplanned pregnancies represent a missed opportunity to optimise pre-pregnancy health. Currently, 45% of pregnancies and one third of births in England are unplanned or associated with feelings of ambivalence. Although pregnancies continuing to term mostly lead to positive outcomes, some unplanned pregnancies can have adverse health impacts for mother, baby and children into later in life.

In 2016, the under-18 conception rate in England was 18.8 conceptions per thousand women aged 15 to 17, which was the lowest rate recorded since comparable statistics were first produced in 1969. Despite the declining number of teenage pregnancies, teenagers remain the group at highest risk of unplanned pregnancy.

The majority of teenage pregnancies are unplanned and around half end in an abortion. Research has shown that teenage pregnancy is associated with poorer outcomes for both young parents and their children. Teenage mothers are less likely to finish their education, are more likely to bring up their child alone and in poverty, and have a higher risk of mental health problems than older mothers. Infant mortality rates are 60% higher for babies born to teenage mothers.