Morning After Pill

- Can be taken within 3 days (72 hours) of having unprotected sex
- They are more effective the sooner they are taken
- Free from your GP or local family planning clinics
- Available from chemists (approx. £20) for 16 years and above

A girl can become pregnant even if:
- She has not had her first period
- It’s her first time

**DISPELLING THE MYTHS**

- **You can always say no**
  - Kiss instead you can...
- **Be best friends**
  - Give compliments
- **Respect each other**

WHERE TO TURN TO NOW?

It doesn’t matter how old you are, for free confidential information and advice:

- NHS Direct - 0845 4647 www.nhsdirect.nhs.uk
- Brock Advisory Centres - 0800 0185023 www.brock.org.uk
- Fpa - 020 7837 4044 www.Fpa.org.uk
- www.ruthinking.co.uk
- Youth Access - 020 8772 9900
- Your own GP Surgery/Practice

Produced with kind permission from Emily Shers - author of this leaflet.

* Buckinghamshire NHS
County Resource Team
[Health Promotion: 01908 277215 - 2002]
<table>
<thead>
<tr>
<th><strong>MALE CONDOM</strong></th>
<th><strong>FEMALE CONDOM</strong></th>
<th><strong>COMBINED PILL</strong></th>
<th><strong>CONTRACEPTIVE INJECTION</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• 98% effective, if used carefully</td>
<td>• 95% effective, if used carefully</td>
<td>• Over 99% effective</td>
<td>• Over 99% effective</td>
</tr>
<tr>
<td>• Widely available. Free to both sexes from family planning clinics</td>
<td>• Can be put in anytime before sex</td>
<td>• Reduces period pains, heavy periods</td>
<td>• Lasts for 12 weeks</td>
</tr>
<tr>
<td>• Man takes responsibility for contraception</td>
<td>• Provides protection against STIs &amp; HIV</td>
<td>• Protects against womb and ovary cancers</td>
<td>(your nurse will advise you)</td>
</tr>
<tr>
<td>• Provides protection against STIs (sexually transmitted infections) &amp; HIV</td>
<td>• Available free from family planning clinics</td>
<td></td>
<td>You don’t have to think about contraception for as long as the injection works</td>
</tr>
<tr>
<td>• May slip out</td>
<td>• May slip out</td>
<td>• May have side effects such as headaches, feeling sick</td>
<td></td>
</tr>
<tr>
<td>• Need to ensure penis enters condom &amp; not between vagina and condom</td>
<td>• Need to ensure penis enters condom &amp; not between vagina and condom</td>
<td>• Doesn’t protect against STIs &amp; HIV</td>
<td>• Periods may become irregular or stop</td>
</tr>
<tr>
<td>Only use condoms with the kitemark and/or CE mark</td>
<td></td>
<td>• Can have rare serious side effects e.g. blood clots</td>
<td>• Some women gain weight</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Not suitable for all women</td>
<td>• May have side effects such as headaches, acne, mood changes, tender breasts</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Doesn’t protect against STIs &amp; HIV</td>
</tr>
</tbody>
</table>