Teenagers

your choice of

CONTRACEPTION
So you’ve decided you’re ready

This leaflet gives YOU an instant guide to contraception. There are other options available but the following are the most popular choices amongst teenagers.

If YOU don’t want a pregnancy to happen, then you must use contraception! Using condoms correctly will also prevent you catching STI’s (sexually transmitted infections) and HIV.

Remember it should be your choice to have sex. It’s an important decision to make so don’t do it before you’re ready and never feel you have to have sex if you are being pressured to do so.
Male Condom

- 98% effective, if used correctly.
- Easy to use.
- Protects from pregnancy, STI’s (sexually transmitted infections) and HIV.
- Look for CE mark or kite mark and date.
- Both partners take responsibility for contraception.
- Free to both sexes at young people’s services, family planning clinics and some GP surgeries.
- Find out if there is a C-Card scheme in your local area where you can register and get free condoms.
Contraceptive Pill or Patch

- Over 99% effective.
- May reduce period pains and heavy periods.
- Some pills and the patch may protect against cancer of the ovaries and womb.
- Fertility returns to normal quickly after discontinuing use.
- Does not protect against STI’s (sexually transmitted infections) or HIV.
- Not suitable for all women.
Implant

- Over 99% effective.
- Small flexible rod releasing the hormone progestogen.
- Lasts for 3 years but can be removed at any time.
- Placed just under the skin of the upper arm and cannot be seen.
- Fertility returns to normal quickly after removal.
- Periods may be irregular or stop.
- Does not protect against STI’s (sexually transmitted infections) or HIV.
- Not suitable for all women.
Contraceptive Injection

- Over 99% effective.
- Lasts 12 weeks by releasing the hormone progestogen.
- Can be used if you are breastfeeding, the same as the Implant.
- Periods may stop or be irregular.
- No protection against STI’s (sexually transmitted infections) or HIV.
- Not suitable for all women.
Emergency Contraception

Two types available, the most common can be taken up to three days (72 hours) after having unprotected sex; the second can be taken up to five days (120 hours) afterwards.

The effectiveness of the emergency contraceptive pill decreases over time; if taken within 24 hours of having unprotected sex, it prevents 95% of pregnancies.

No serious short or long term side effects.

Available free from your GP, any family planning, sexual health or GUM clinic, young persons’ clinic, some hospital A. & E. departments, some pharmacies.

The alternative is the copper IUD that can be fitted into the womb by a doctor or nurse within five days of having unprotected sex.
Know the facts about sex

There are many incorrect stories around sex and pregnancy so you need to know the facts.

The girl CAN get pregnant if:

1. it's the first time she has sex.
2. she has sex during her period.
3. she has sex only once.
4. she has not had her first period.
5. she has a bath after sex.
6. she has sex standing up or in any other position.
7. the boy withdraws before he comes.

Remember always use a condom to protect yourself against STI's (sexually transmitted infections) and HIV.
Ways to show someone you love them **without having sex**

Sex isn’t the only aspect of a relationship, there are other ways of enjoying each other’s company.

*If now is not the right time for you instead you can:*

- Just be close
- Listen to each other
- Flirt with each other
- Swap rings
- Talk about your feelings
- Make plans together
- Snuggle up together
- Be best friends
- Respect each other
- Give compliments
- Share private jokes
Where to turn to now?

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

Brook
For under 25's
0808 802 1234  www.brook.org.uk

Sexual Health Direct
England 0845 122 8690  Northern Ireland 0845 122 8690
www.fpa.org.uk

NHS Choices
www.nhs.uk/livewell/sexualhealth

Your own GP surgery/practice or local pharmacy

Remember you will receive free confidential help and support from all of the above contacts.