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 sexually transmitted infections.

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
- Free to both sexes at young people’s services, family planning clinics and some GP surgeries
- Both partners take responsibility for contraception
- Protects from pregnancy and sexually transmitted infections
- Look for CE mark or kite mark and date
- Easy to use
Implant

- Over 99% effective
- Small flexible tube 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 quickly to normal after removal
- Periods may be irregular
Contraceptive Pill & 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 quickly to normal after use
- 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
- May protect against cancer of the womb
- Periods may stop or be irregular
- No protection against STI's (sexually transmitted infections) or HIV
- Not suitable for all women
Emergency Contraception

- Can be taken up to 3 days (72 hours) after having unprotected sex
- More effective the sooner it is taken (95% effective in the first 24 hours, 58% at 72 hours)
- No serious short or long term side effects
- Free from young people’s services, Walk-In centres, GP surgeries and family planning clinics
- Over 16’s can purchase Emergency Contraception from pharmacies (may cost up to £30.00)
- An alternative choice of Emergency Contraception is the copper IUD which has to be fitted by a trained doctor or nurse up to 5 days after having unprotected sex
You can always say no
instead you can...

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

Remember you don’t have to have sex to have a good time. Never be pressurised into having sex and if you’ve any doubts, why not wait. Do what is right for you... waiting can be fun too!
Dispelling the myths
a girl can become pregnant even if...

She has not had her first period
It’s her first time
She has a bath after sex
She has sex standing up
She is having her period
He withdraws before he ejaculates (comes)
Where to turn to now?

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

**Brook**
0800 0185 023
www.brook.org.uk

**Sexual Health Direct**
0845 122 8690
www.fpa.org.uk

**Northern Ireland**
02890 325488

**Youth Access**
020 8772 9900
www.youthaccess.org.uk

**Youth Information**
0116 242 7350
www.youthinformation.com

**Childline**
0800 1111
www.childline.org.uk

**NHS Direct**
0845 4647
www.nhsdirect.nhs.uk

**Your own**
**GP Surgery/Practice**

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

© Milton Keynes Primary Care Trust

NHS Health Promotion www.hp-publications.nhs.uk
Resources & Information Tel. 01908 217121 - 2007