Teenagers

your guide to

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 to have baby, then you must use contraception.**
Male condom

- 98% effective, if used carefully
- Widely available. Free to both sexes from family planning clinics
- Man takes responsibility for contraception
- Provides protection against STIs (sexually transmitted infections) & HIV
- May slip off or break
- Man needs to withdraw as soon as he has ejaculated (come)
Female condom

- 95% effective, if used carefully
- Can be put in any time before sex
- Provides protection against STIs & HIV
- Available free from family planning clinics
- May slip out
- Need to ensure penis enters condom & not between vagina and condom

Only use condoms with the kitemark and/or CE mark.
Combined pill

- Over 99% effective
- Reduces period pains, heavy periods
- Protects against womb and ovary cancers
- May have side effects such as headaches, feeling sick
- Doesn't protect against STIs & HIV
- Can have rare serious side effects e.g. blood clots
- Not suitable for all women
Contraceptive injection

- Over 99% effective
- Lasts 12 weeks (your nurse will advise you)
- You don’t have to think about contraception for as long as the injection works
- Periods may become irregular or stop
- Some women gain weight
- May have side effects such as headaches, acne, mood changes, tender breasts
- Doesn’t protect against STIs & HIV
Emergency contraception

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 you GP or local family planning clinics
- Available from chemists (approx. £20) for 16 years and above
You can always say no

Instead you can...

Just be close

Flirt with each other

Talk about your feelings

Kiss

Snuggle up together

Be best friends

Give compliments

Respect each other
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
- The boy withdraws before he ejaculates
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

- **Brook Advisory Centres** 0800 0185023
  www.brook.org.uk

- **Sexual Health Direct** 020 7837 4044
  www.Fpa.org.uk

- **www.ruthinking.co.uk**

- **Youth Access** 020 8772 9900

- **Your own GP Surgery/Practice**

If you are under 16 and you think you might be pregnant, we can help.

For a confidential person to talk to, call the FreePhone 0808 200 2525 (NHS"

- **University Hospitals of North"**
  NHS

- **NHS London**
  www.nhsresi.org.uk

- **NHS Direct**
  0845 4647

- **Brook Advisory Centres**
  0800 0185023

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