



Options for contraception

Key Facts and Discussion

Worksheet

Thinking about your options for contraception?

The good news is that there are lots of different ways that you can prevent pregnancy and have safer sex. Here are some things to think about:

1. If you're having sex, or thinking about having sex, it's good to know how to prevent unwanted pregnancies as well as STIs, including HIV. Many contraceptives only prevent pregnancies.
2. When deciding on a contraception, you'll need to think about practical concerns – such as STI's and HIV; how long-lasting you want it to be; and whether you think you will be able to remember to take it.
3. Contraception is both partners' concern, so it's a good idea to talk about your options together. However, many contraception options are female-initiated, so it is important that the woman decides on what works best for her body.
4. **Condoms** are the only method of contraception that prevents both pregnancy and STIs including HIV. They provide a physical barrier between the guy's semen (cum) and the woman's vagina.
5. The **contraceptive pill** is taken by women and contains hormones which prevent pregnancy by stopping ovulation (the release of an egg). Contraceptive pills don't offer protection from STIs.
6. An **implant** is a very small tube (about four millimetres long) that is inserted just under the skin on a woman's arm. It releases hormones that stop ovulation and prevent pregnancy. It can last up to four years, but doesn't protect against STIs.
7. **Injections** are like the pill and the implant – they stop ovulation through the use of hormones, preventing pregnancy. They don't protect against STIs.

8. Not all of these options may be available everywhere, so talk to a local health professional you trust about the options where you are.

Ideas for discussion

1. Why do you think it's important to talk about contraception options with your partner?
2. What are some of the main things you'd want to discuss with your partner?
3. What do you think are some of the advantages and disadvantages of each method of contraception?
4. For you personally, what do you think would be the most important thing to look for in a method of contraception, and why?
5. If you were to use a hormonal form of contraception (such as the implant, pill or injection) what could you do to protect yourself from STIs including HIV?
6. Have you heard of any other ways to prevent pregnancy? Do you think they are effective, or are they just myths?
7. What do you think might be some of the challenges in accessing contraceptives where you are? Do you have any ideas how to overcome those challenges?