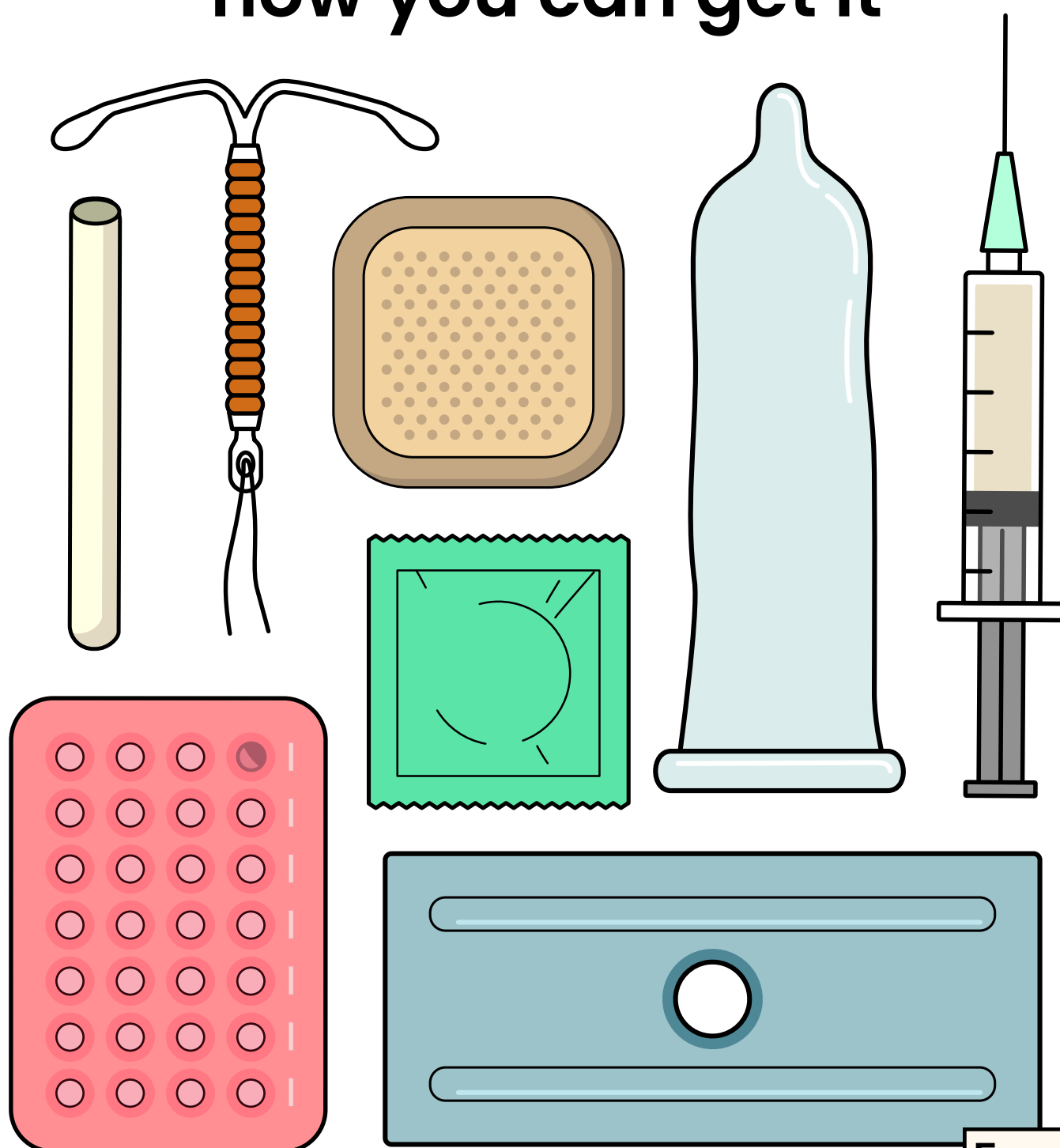


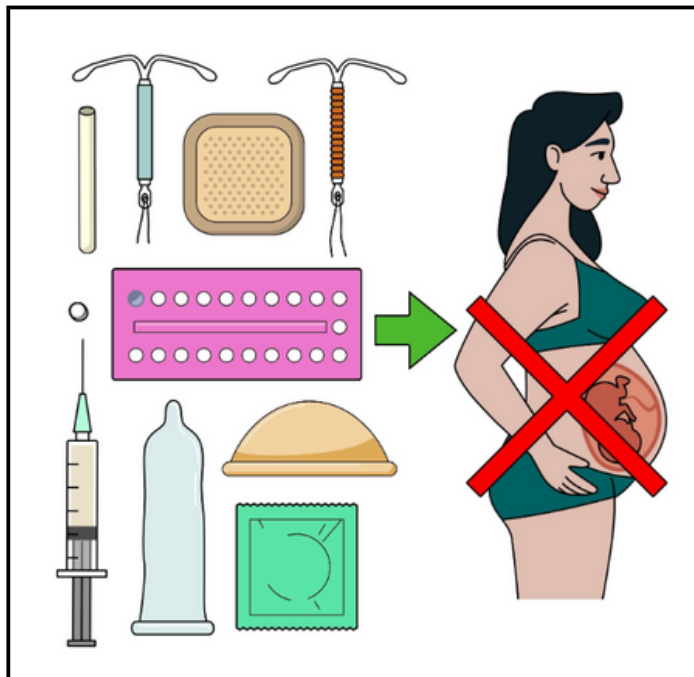
# Contraception

## Easy read guide

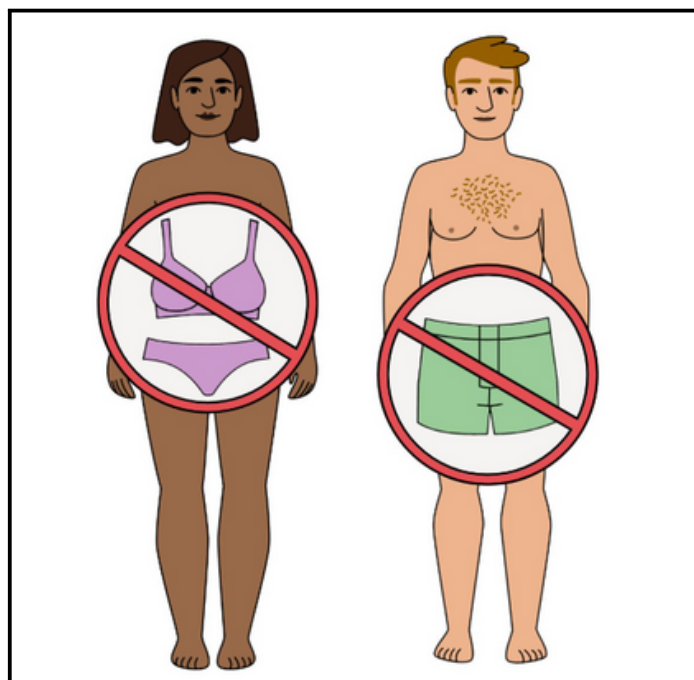
What is contraception and  
how you can get it



# About this booklet



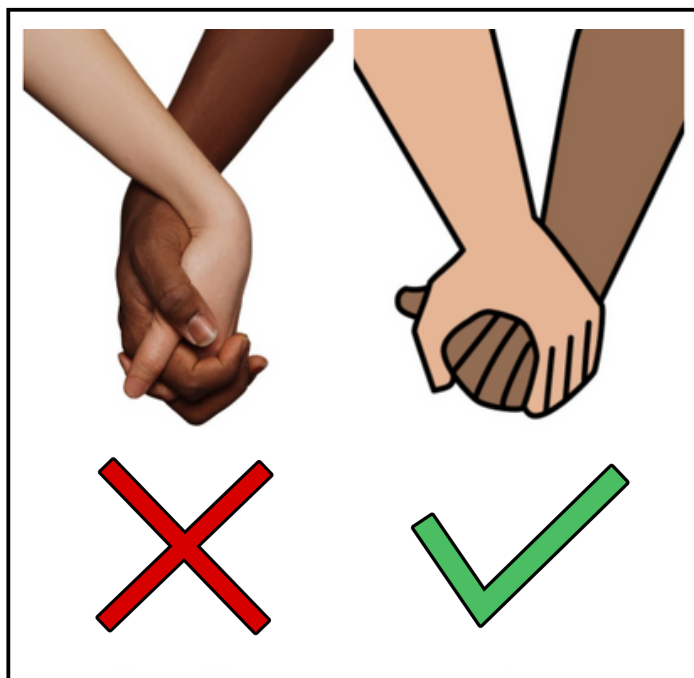
Contraception is a medicine that can prevent pregnancy.



In the booklet there are drawings of:

- private body parts
- people with no clothes on
- sexual activity

The drawings are used to help you understand.



There are no photos of real people's private body parts in this booklet.

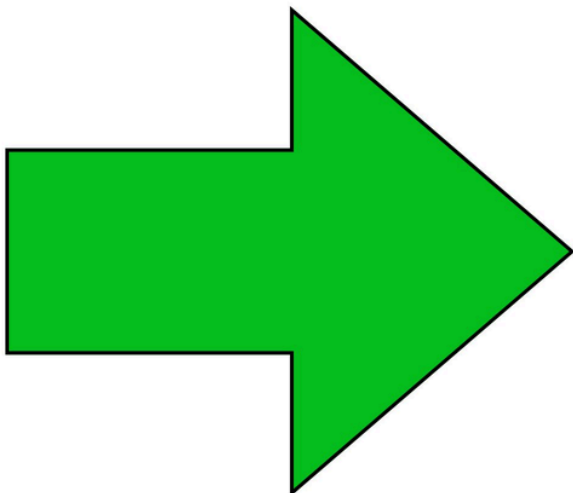
# About this booklet



It is ok to see these drawings because you are learning about sex and contraception.

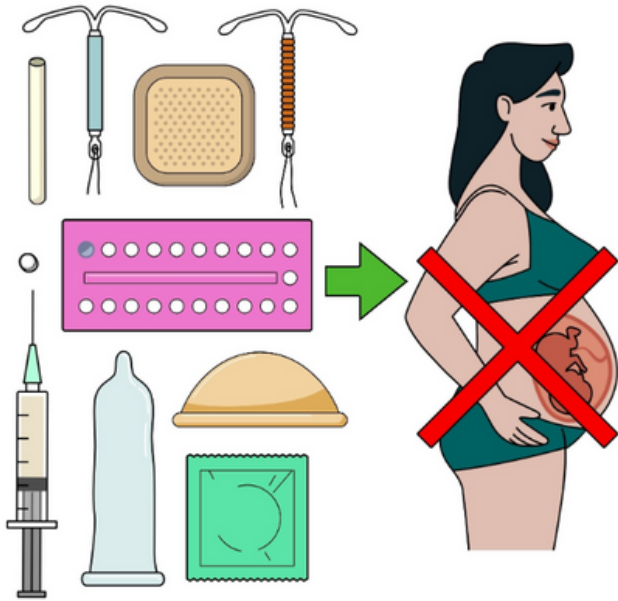


If you have any questions or are upset about anything you read, it is good to speak to an adult you trust.



Move to the next page to find out more about contraception.

# Why do people use contraception?

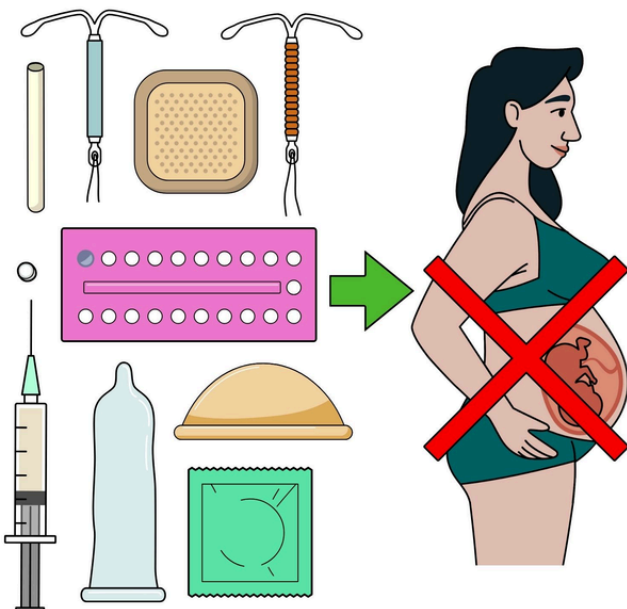


People use contraception to prevent pregnancy. This means not getting pregnant or having a baby.



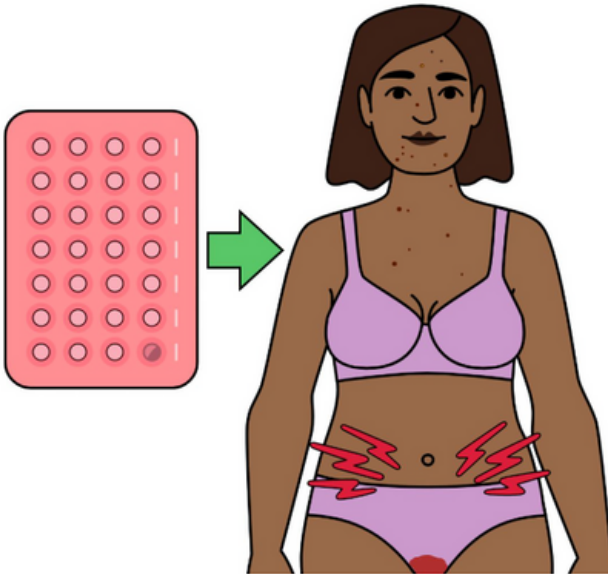
Penis in vagina sex can make a woman, or a person with a uterus, pregnant.

Being pregnant means having a baby grow in the uterus.

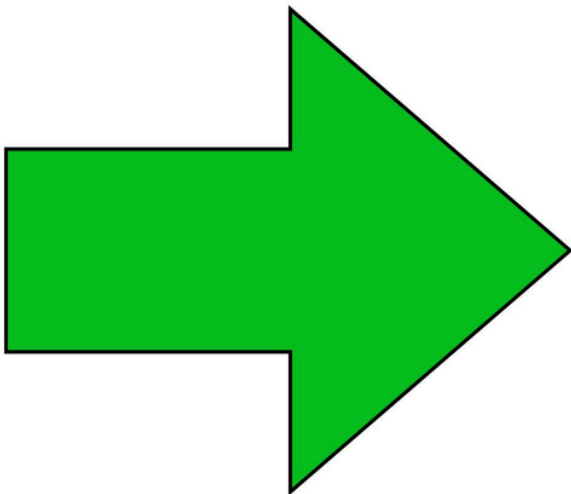


If you do not want to get pregnant when having penis in vagina sex, you need to use condoms or contraception.

# Why do people use contraception?

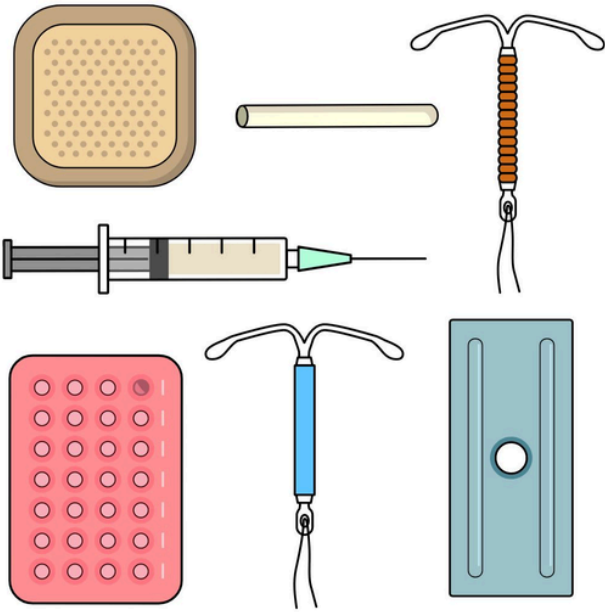


Some people use contraception to help with health problems like acne or period problems. Using contraception does not mean someone is having sex.

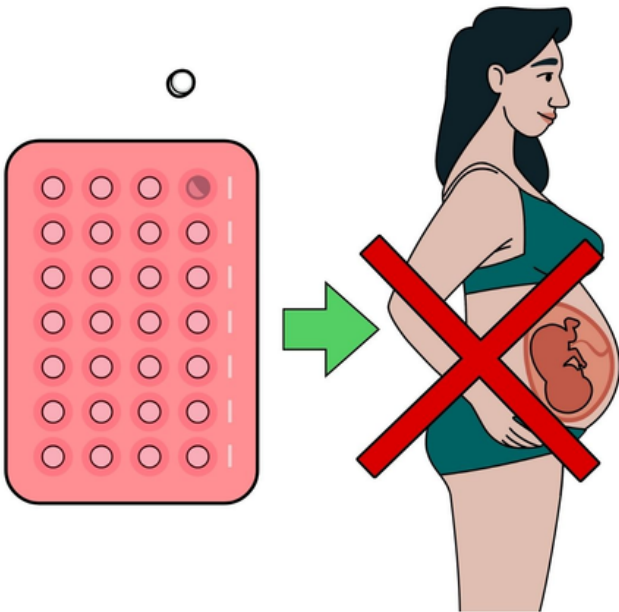


Move to the next page to learn about the different types of contraception.

# Why do people use contraception?



There are lots of different types of contraception available.



The oral contraceptive pill is a pill you swallow every day to stop you getting pregnant.

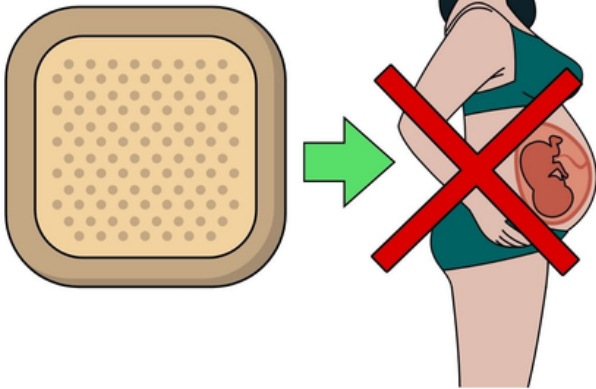


You need to remember to take the contraceptive pill at the same time each day.

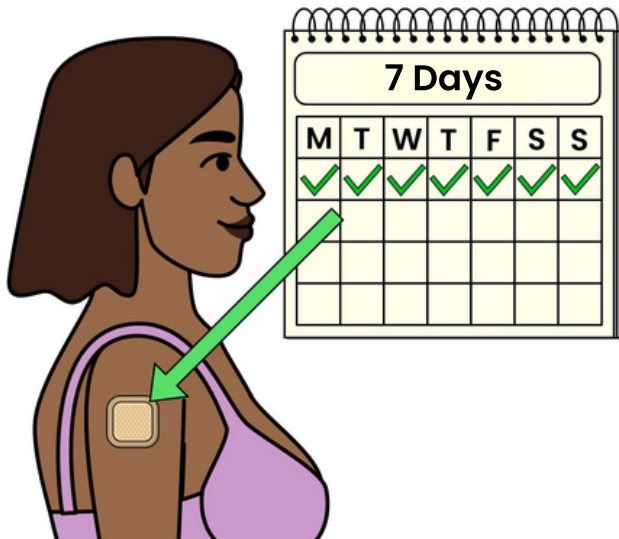
If you forget to take the pill, you can get pregnant from having sex.



# What is contraception?

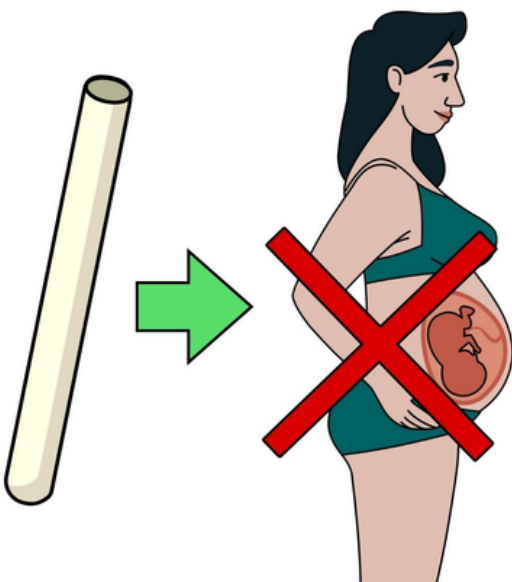


The patch is a plaster you stick on your skin to stop you getting pregnant.



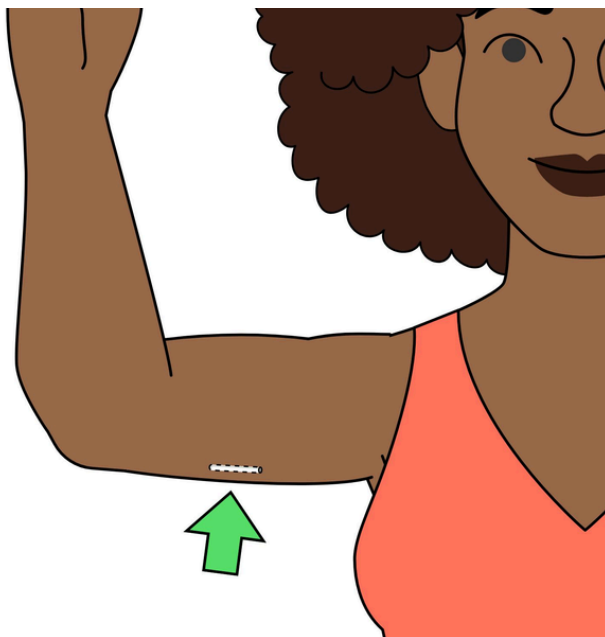
The patch is a small square that is stuck to your skin like a sticky plaster (band-aid).

You need to replace it with a new one every 7 days.

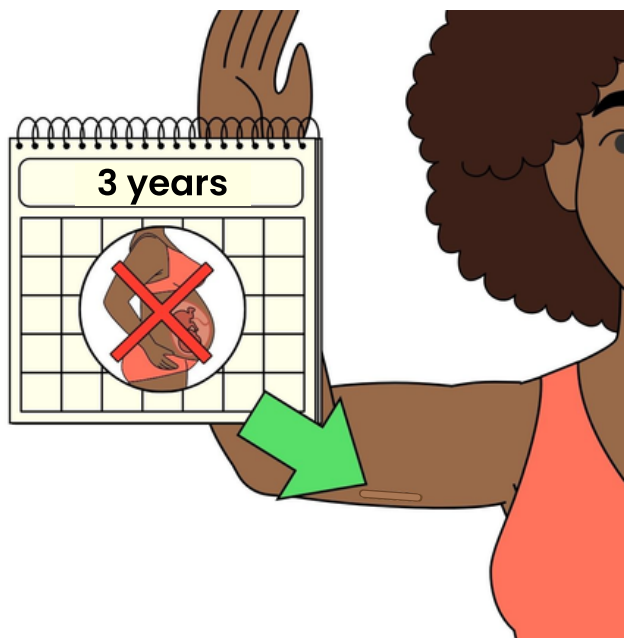


The contraceptive implant (the implant) is a soft rod put under the skin of your arm that stops you getting pregnant.

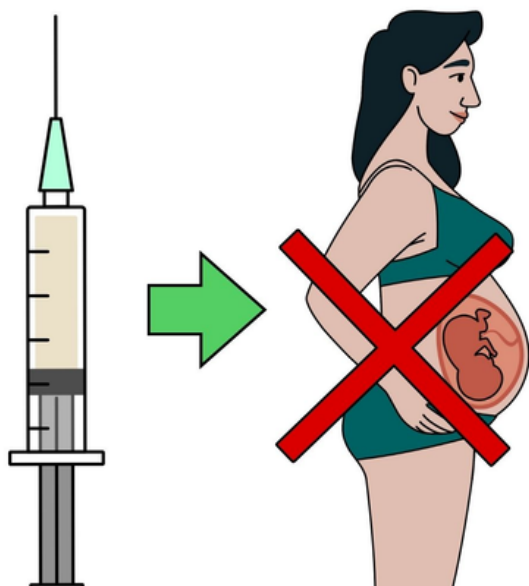
# What is contraception?



It is put under the skin of your upper arm by a doctor or nurse.



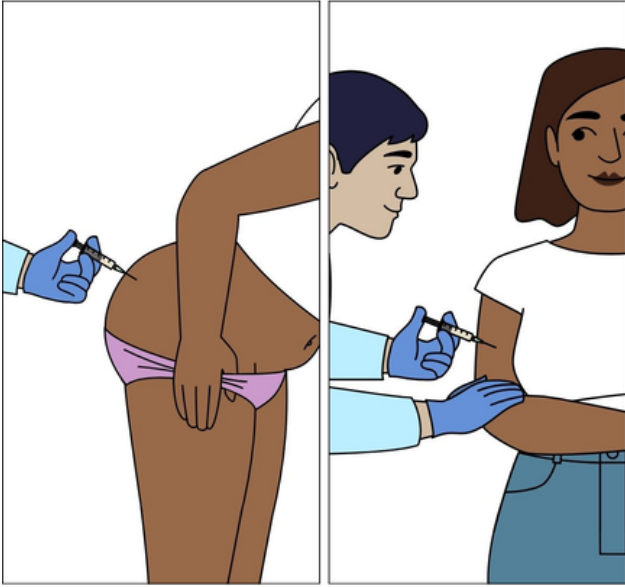
The implant stops you getting pregnant for 3 years. After 3 years it must be removed and a new implant can be put in.



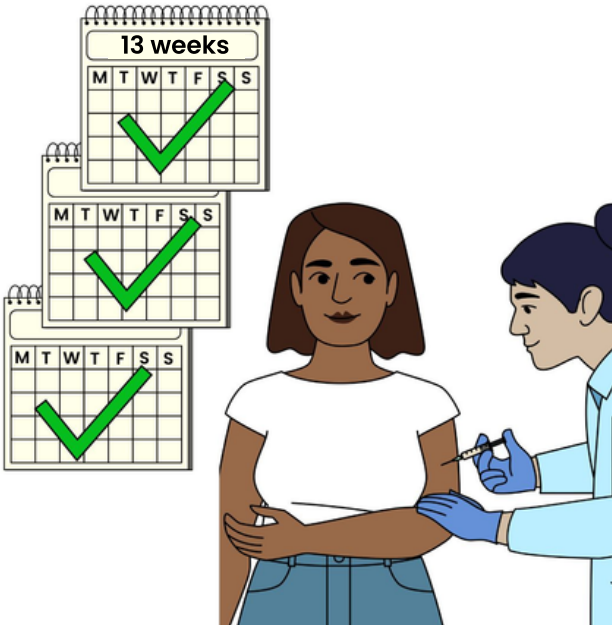
The contraceptive injection or “the jag” is an injection that stops you getting pregnant.



# What is contraception?

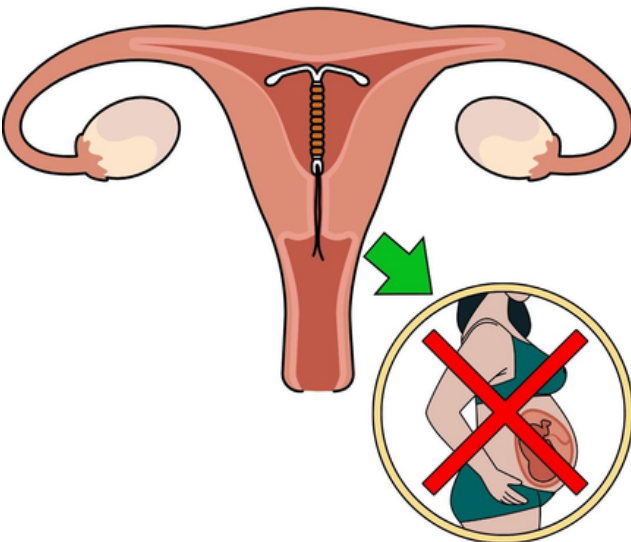


The contraceptive injection is a medicine injected into your bum cheek or arm by a nurse or a doctor.



The injection stops you getting pregnant for 13 weeks.

You can get a new injection every 13 weeks.

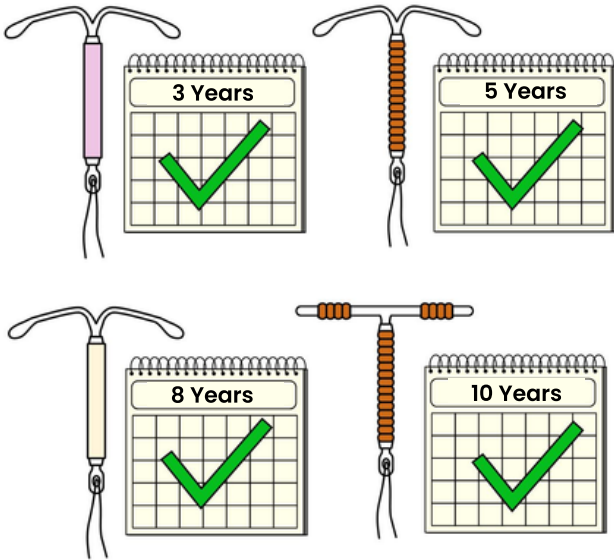


The coil is a small, T shaped device, that is put inside the uterus to stop you getting pregnant or having a baby.

# What is contraception?



The coil is put inside your uterus through your vagina by a doctor or nurse. This is usually done in a sexual health clinic.



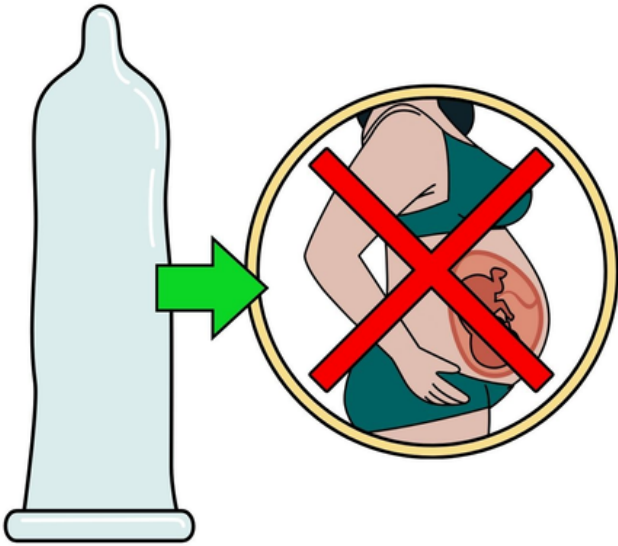
Depending on the type of coil you get, it can stop you getting pregnant for;

- 3 years
- 5 years
- 8 years, or
- 10 years



Your doctor or nurse are the best people to help you decide which type of contraception works best for you. Information about finding services is at the end of this booklet.

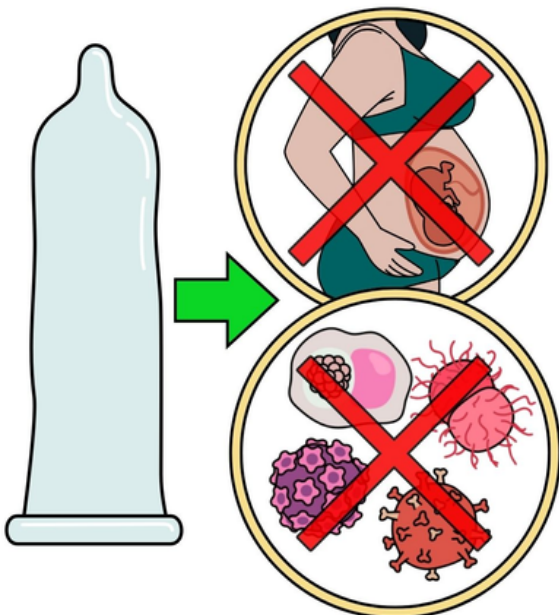
# Condoms



Condoms are another type of contraception that can stop pregnancy.

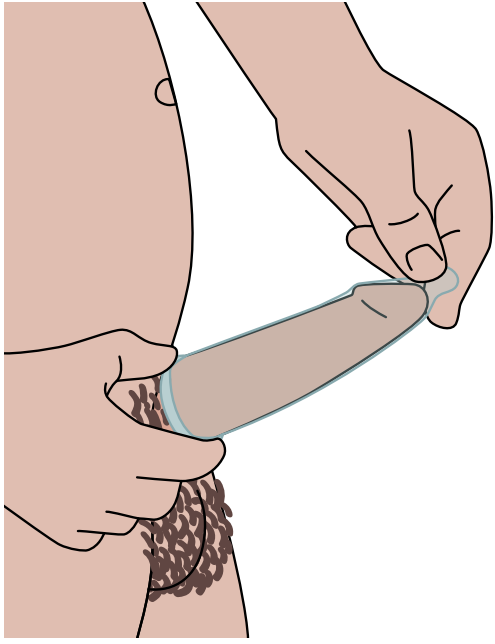


You can get sexual infections (illness) from having sex, these are called STIs.  
STI is short way of saying sexually transmitted infection.



Condoms are the only type of contraception that can stop STIs as well as pregnancy.

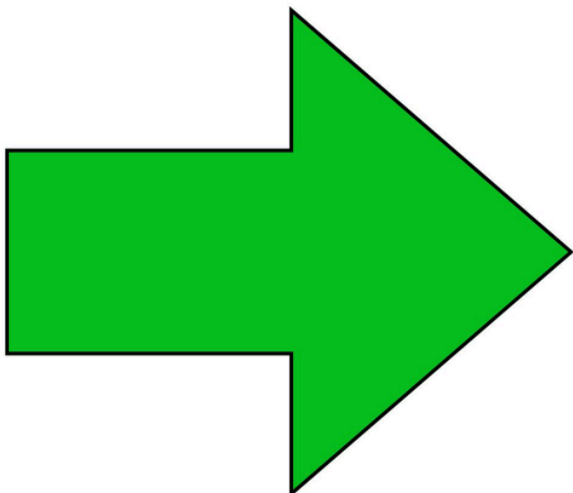
# Condoms



Condoms are a thin stretchy tube that you put on a penis every time you have sex.

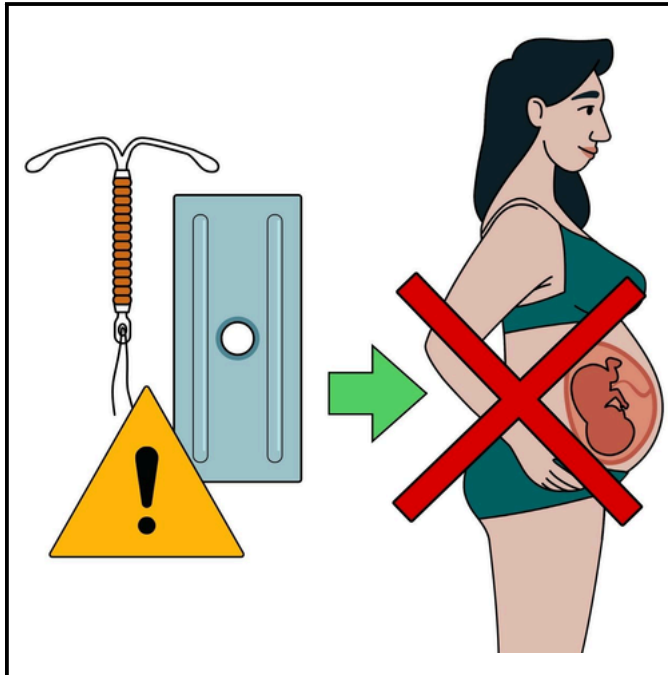


A nurse, your support worker, or a doctor can help you get more information about where to get condoms how to use them safely.

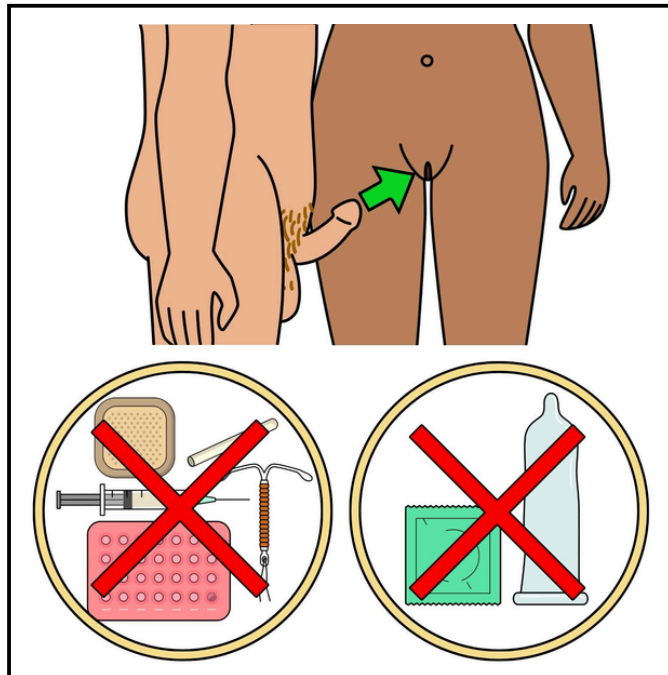


Move to the next page to learn about emergency contraception.

# Emergency contraception



Emergency contraception is a medicine that can stop a pregnancy from happening after unprotected sex (penis in vagina sex).



Unprotected sex means no contraception or condom was used when you had sex.



Unprotected sex can also mean when the condom you used breaks or falls off.



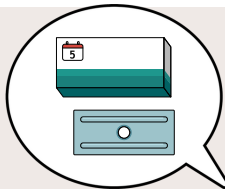
# Emergency contraception



Emergency contraception only works if you take it within 5 days after having unprotected sex.



You need to take emergency contraception as soon as possible after sex.



A nurse, your support worker, or a doctor can help you get emergency contraception.



# What is emergency contraception?



You can also get emergency contraception for free from pharmacies (sometimes called chemists)

## Get contraception or condoms



If you need contraception or condoms you can ask:

- a nurse
- your support worker
- a doctor

They can help you get contraception or condoms.



Your decision to use contraception or condoms is confidential.

Your information will not be shared with parents, carers, or other people.

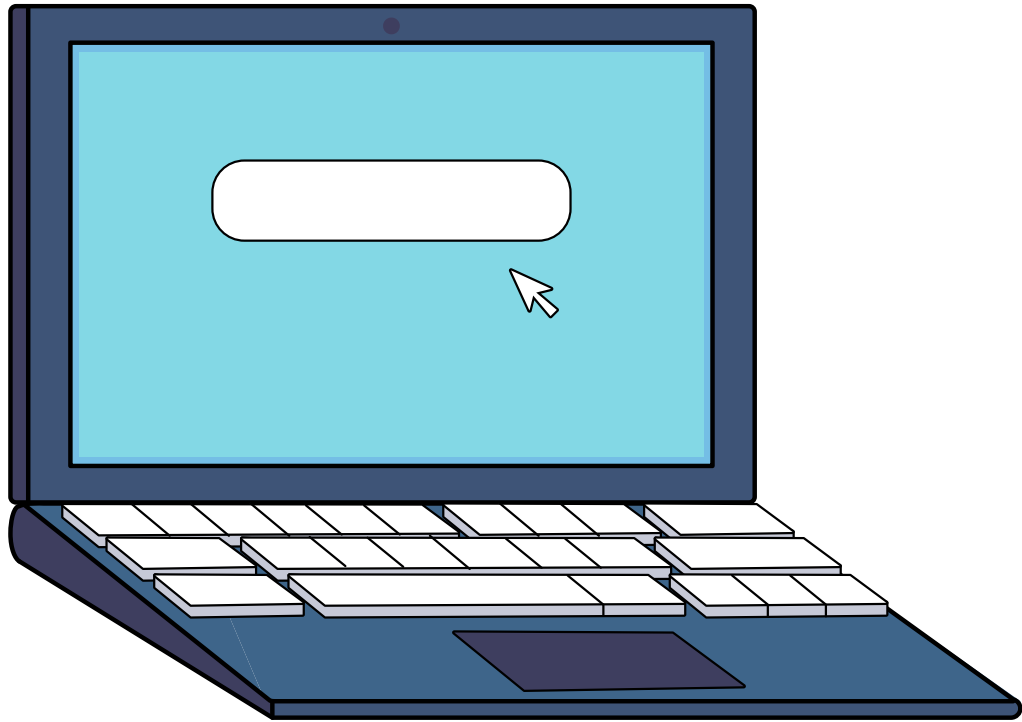
# Get contraception or condoms



If the person helping you get contraception or condoms thinks you are in danger or need more support, they might share some information with another worker to keep you safe.



To find more places you can get contraception, visit the website at the end of this booklet.



To view the web page version of this guide and more easy read information about relationships, sex, bodies, and more visit <https://www.healthyrespect.co.uk/etu/>  
You can also scan this QR code to visit the page:

