

You can get information about contraception, even if you are under 16. The clinic won't tell your parents or teachers you've been there or what you talked about. If they think you are at risk of harm, are hurting someone else or might hurt yourself, then they may need to tell someone. They will always try to tell you first.

Nurses and doctors won't judge you – and they will be pleased you're getting help and advice.

They will ask health questions, about you and your family, the types of sex you're having, and about your drug or alcohol use. The questions will help to make sure you get contraception that is best for you.

REMEMBER:

Most people try a few types of contraception before finding one they like. If you think you might not be good at remembering to take the pill or coming back to the clinic for Depo Provera, the Implant or an IUD might be good for you.

Emergency contraception

Emergency contraception is used to avoid unplanned pregnancy.

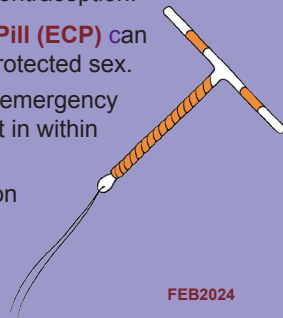
Use emergency contraception when:

- you didn't use or were forced not to use contraception
- your contraception failed (eg the condom tears)
- you missed more than 1 contraceptive pill
- you had vomiting or diarrhoea while on the pill
- you missed your Depo Provera injection.

There are two types of emergency contraception.

1. **The Emergency Contraceptive Pill (ECP)** can be taken up to 72 hours after unprotected sex.
2. **The Copper IUD** can be used as emergency contraception and needs to be put in within 5 days of unprotected sex.

You can get emergency contraception from Family Planning or from your health provider.



FEB2024

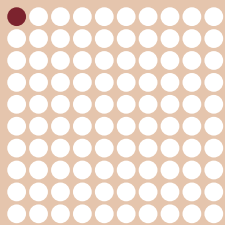
Contraception

Sexual Wellbeing Aotearoa
(formerly Family Planning)

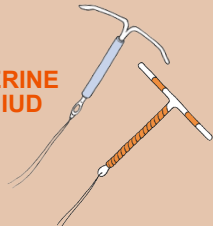
www.sexualwellbeing.org.nz
Phone: (07) 810 6610
Instagram: @sexualwellbeingaotearoa
TikTok: @sexualwellbeingaotearoa
YouTube: @sexualwellbeingaotearoa

Most effective

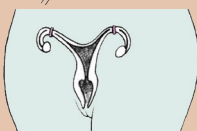
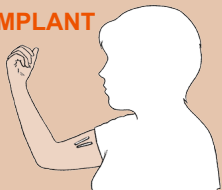
less than 1 pregnancy per 100 users in one year



INTRA UTERINE DEVICE - IUD



IMPLANT

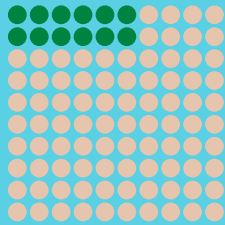


VASECTOMY & TUBAL LIGATION

Implant: 2 rods in your upper arm. Lasts 5 years.
IUD: 2 types – with hormones and without. Lasts 3-10 years.
Vasectomy/tubal ligation: Permanent.

Less effective

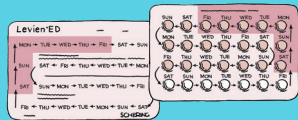
6-12 pregnancies per 100 users in one year



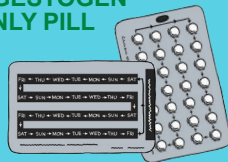
DEPO PROVERA



COMBINED ORAL CONTRACEPTIVE PILL

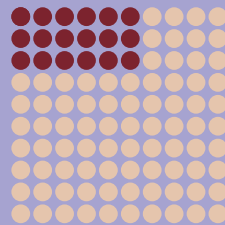


PROGESTOGEN ONLY PILL

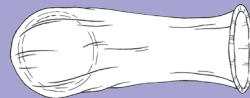


Depo Provera: Get an injection every 12-14 weeks.
The Pill: Take a pill every day.
For the **Combined Oral Contraceptive Pill** take a hormone pill everyday without a break.

18 or more pregnancies per 100 users in one year



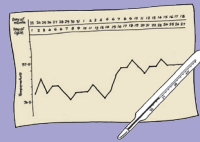
INTERNAL CONDOM



EXTERNAL CONDOM



FERTILITY AWARENESS



WITHDRAWAL: PENIS WITHDRAWN BEFORE EJACULATION.

Condoms: Use correctly every time you have sex.
Fertility awareness: Don't have sex or use condoms on fertile days.