

**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 unintended pregnancy.

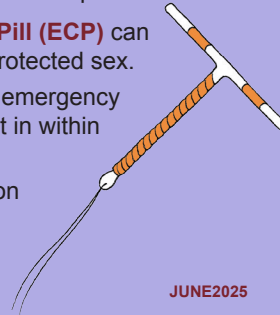
Use emergency contraception when:

- 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 Sexual Wellbeing Aotearoa or from your health provider.

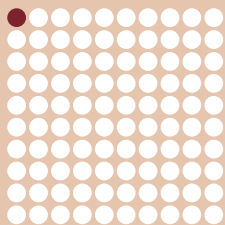


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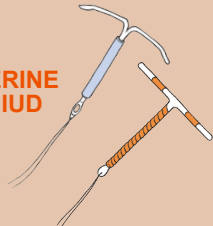


## Most effective

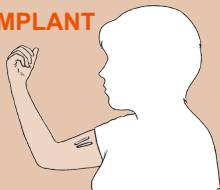
less than 1 pregnancy per 100 users in one year



**INTRA UTERINE  
DEVICE - IUD**



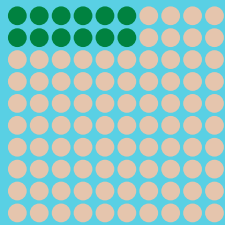
**IMPLANT**



**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.

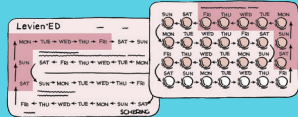
6-12 pregnancies per 100 users in one year



**DEPO PROVERA**



**COMBINED ORAL  
CONTRACEPTIVE PILL**



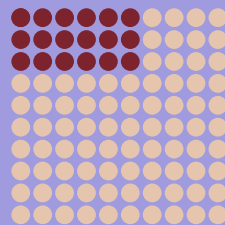
**PROGESTOGEN  
ONLY PILL**



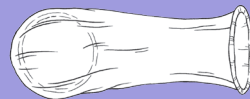
**Depo Provera:** Get an injection every 12-14 weeks.  
**The Pill:** Take a pill every day.  
For the **Combined Oral Contraceptive Pill** take a hormone pill everyday without a break.

## Less effective

18 or more pregnancies per 100 users in one year



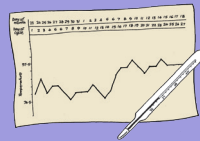
**INTERNAL CONDOM**



**EXTERNAL CONDOM**



**FERTILITY AWARENESS**



**WITHDRAWAL: PENIS  
WITHDRAWN BEFORE  
EJACULATION.**

**Condoms:** Use correctly every time you have sex.  
**Fertility awareness:** Don't have sex on fertile days. Use condoms if you want to have sex on a fertile day.