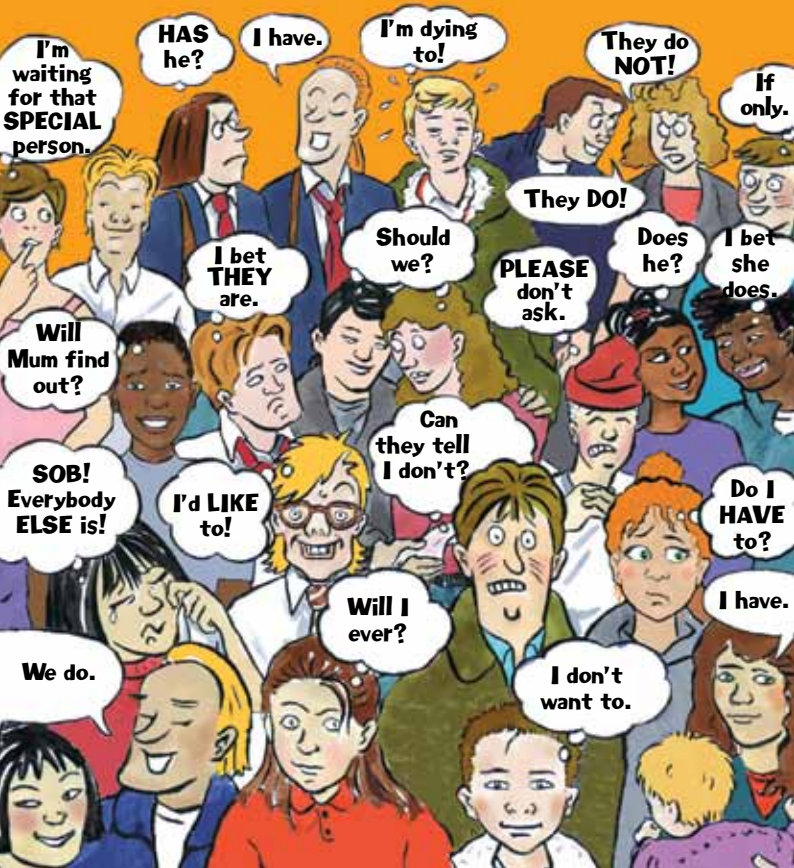


A guide to contraception



IS EVERYBODY DOING IT?





WHO IS HAVING SEX?

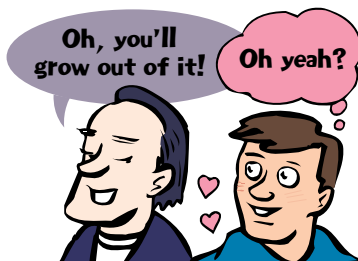
EVERY year in the UK several thousand young women aged under 18 become pregnant, but most young people are **NOT** having sex.

The average age when people first have sex is 16, but you're not unusual if you wait until you're older – many people do!

FOR young people there can be a lot of pressure to have a girlfriend or boyfriend. It can be hard if all your mates are going out with someone and you aren't, but it doesn't mean there's anything wrong with you. People start having boy/girlfriends at different ages.

SOME people are attracted to people of the opposite sex, some to the same sex and some to both.

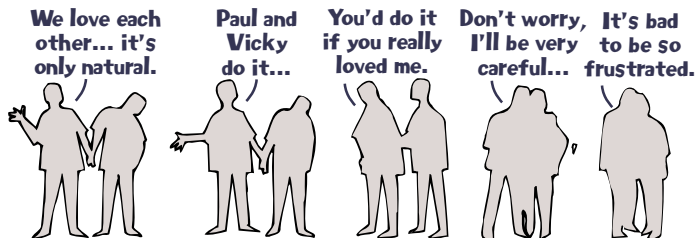
Most people will grow up to be heterosexual (fancy someone of the opposite sex), but this doesn't mean that they are only attracted to the opposite sex all their lives.



IT should be your choice to have sex.

It's an important decision, so don't do it before you're ready.

NEVER feel you have to have sex because someone is pressuring you to...



ARE YOU READY TO HAVE SEX?



THESE are not good reasons for having sex.



My boyfriend says he'll leave me if I don't have sex.

Do you *really* want to go out with someone who is putting such pressure on you?

What's right for **YOU** is what's important. Sex before you're ready or with the wrong person can leave you feeling bad.



All my friends are having sex!



I've had sex before so it's no big deal.

You don't have to have sex with everyone you go out with.

It is still your choice, however many times you have had sex before.

PEOPLE often find that changing a relationship to a sexual one is a bigger step than they think.

You don't have to 'go all the way' to have a good time.

So don't be pushed into doing something you don't want.

Kissing and touching can be a lot of fun and are all part of sex.

And knowing how your partner likes to be touched is what makes you a good lover.

If you have any doubts or you think you'll regret it, why not wait?

If you **DO** decide to start having sex, you need to sort out contraception first.



Contraception stops the man's sperm from joining with the woman's egg to make a baby.

HOW OLD DO I HAVE TO BE?

Any age. It doesn't matter how old you are or whether you are male or female. Many services run sessions for young people.

DON'T I NEED MY PARENTS' PERMISSION?

No, not to see a doctor or nurse, but it can be helpful to talk about things with your parents. Hiding the fact you're having sex from your parents can be very stressful, and they probably won't react as badly as you think. Talking to them or another adult that you trust may make life a lot easier. They may also be able to help you!

WON'T A DOCTOR OR NURSE TELL MY PARENTS I'M HAVING SEX IF I'M UNDER 16?

No. Even if you are under 16 doctors still have to keep anything you tell them private.

SO EVERYTHING IS COMPLETELY CONFIDENTIAL?

All services are **CONFIDENTIAL** – this means they won't tell anyone else about it.

However, they may need to involve other services if they believe you, or another person, to be at significant risk of harm (such as physical or sexual abuse). They will discuss this with you.

Wrong. It is as much a man's responsibility as a woman's.

All contraceptives except the male condom and male sterilisation (which is a permanent method rarely offered to young men) are used by women.

That's why many people think that contraception is a woman's responsibility.

But
contraception
is down to the woman,
isn't it?



WILL I HAVE TO SEE A DOCTOR?

Not always – nurses can advise you and often give you contraception.

Let the staff know if you would prefer to be seen by a doctor or nurse of the same sex as you.

You can get information and confidential help from a doctor or nurse, contraception clinic, pharmacist or sexual health clinic even if you're under 16, so there's no need to take any risks.

CAN A DOCTOR OR NURSE REFUSE TO GIVE ME CONTRACEPTION IF I'M UNDER 16?

They can, but this is unlikely. The fact that you have asked for contraception shows that you have made a mature decision.

Doctors do have to follow guidelines if you are under 16 and they may ask you to talk to your parents about this.

If a doctor does refuse to give you contraception you can ask why or try another doctor, contraception clinic or young people's clinic.

CONTRACEPTION NEEDS TO BE USED CAREFULLY.

If you do not use a contraceptive method carefully then the risk of pregnancy will be much higher.

If you don't want to be a parent you must use contraception.

CONTRACEPTION METHOD	COMBINED PILL (contains estrogen and progestogen)	PROGESTOGEN-ONLY PILL	CONTRACEPTIVE PATCH	VAGINAL RING	MALE and FEMALE CONDOM
Most methods of contraception have to be obtained from a doctor or nurse, though male and female condoms can be bought from many places.					
How EFFECTIVE is it?	Over 99 per cent effective if taken according to instructions.	Over 99 per cent effective if taken according to instructions.	Over 99 per cent effective if used according to instructions.	Over 99 per cent effective if used according to instructions.	98 per cent (male condom) and 95 per cent (female condom) effective if used according to instructions.
What ADVANTAGES does it have?	Often reduces bleeding, period pain and pre-menstrual symptoms. Protects against cancer of the ovary, uterus (womb) and colon.	Useful for women who cannot take the combined pill. No serious side effects.	It can make bleeds regular, lighter and less painful. It is not affected if you vomit or have diarrhoea.	It can make bleeds regular, lighter and less painful. It is easy to put in and remove.	Free from clinics and sold widely. No side effects. Male condoms come in a variety of shapes, sizes and flavours.
What DISADVANTAGES does it have?	May be temporary side effects such as headaches and breast tenderness. Rare, but serious side effects may include blood clots, breast and cervical cancer.	Periods may stop, be irregular, light, or more frequent. May be temporary side effects such as breast tenderness and spotty skin.	Can be seen and may cause skin irritation. Rare, but serious side effects may include blood clots, breast and cervical cancer.	Rare, but serious side effects may include blood clots, breast and cervical cancer. Temporary side effects may include vaginal discharge, headaches, breast tenderness and mood changes.	Requires careful use. May slip off or split. Must be put on before the penis touches a partner's genital area. Should not be used with any oil-based products.
Does it protect against STIs?	No.	No.	No.	No.	Yes.

CONTRACEPTION METHOD	DIAPHRAGM or CAP with spermicide	CONTRACEPTIVE INJECTION	CONTRACEPTIVE IMPLANT	IUS	IUD
Most methods of contraception have to be obtained from a doctor or nurse, though male and female condoms can be bought from many places.					
How EFFECTIVE is it?	92–96 per cent effective, if used according to instructions.	Over 99 per cent effective.	Over 99 per cent effective.	Over 99 per cent effective.	Over 99 per cent effective.
What ADVANTAGES does it have?	<p>Can be put in before sex.</p> <p>No serious side effects.</p>	<p>Lasts for eight weeks (Noristerat), 12 weeks (Depo-Provera) or 13 weeks (Sayana Press).</p> <p>Don't have to think about contraception for as long as it works.</p>	<p>Works for three years.</p> <p>Don't have to think about contraception while it is in place.</p>	<p>Works for five years.</p> <p>Periods usually become lighter, shorter and sometimes less painful.</p>	<p>Works for 5–10 years depending on type.</p> <p>Works as soon as it is put in.</p>
What DISADVANTAGES does it have?	<p>Needs to stay in for six hours after sex.</p> <p>Extra spermicide is needed if you have sex again.</p> <p>Can take time to learn how to use correctly.</p>	<p>Periods may stop, be irregular or longer.</p> <p>Some women gain weight.</p> <p>Some women report mood changes, acne and breast tenderness.</p>	<p>Periods may stop, be irregular, or longer.</p> <p>Acne may occur or worsen.</p>	<p>Irregular bleeding is common in the first six months.</p> <p>Insertion can be uncomfortable.</p>	<p>Periods may be heavier or longer and more painful.</p> <p>Insertion can be uncomfortable.</p>
Does it protect against STIs?	No.	No.	No.	No.	No.



WHEN IS THE RIGHT TIME TO TALK ABOUT USING CONTRACEPTION?

Most methods of contraception won't protect you against sexually transmitted infections (STIs), so for safer sex, use a condom.

It can be embarrassing to suggest using condoms – particularly if you aren't sure how your partner feels about this or you haven't talked about it before.

Perhaps you're worried they'll think it's a sign that you've slept around – or that you think *they've* slept around!

Or they're...

...infected?

...a drug-user?

NOW?



NOW?



NOW?



too late!



But I thought you were on the pill!

Why didn't you ask?!

Why didn't you say?!

CONDOMS help protect against **BOTH** pregnancy and STIs. Condoms can help keep both you and your partner safe and allow you to relax and enjoy sex.

HOT TIPS ON HOW TO USE A CONDOM



Most problems with condoms happen because people make mistakes when using them.



Condoms can be used on their own. They do not need to be used with spermicide.

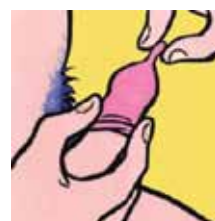
Be careful how you take it out of the packet – sharp fingernails and jewellery can tear the condom.



Put on a condom as soon as the penis is fully erect and before it touches a partner's genitals.



Find the teat or closed end and gently squeeze it to get rid of air. This will also help you to roll it on the right way round.



Still holding the end, roll the condom all the way down the penis.

If it won't go to the base then it's probably on inside out. If so, start again with a new condom as sperm could now be on the first one.



Never use massage oil, lipstick, or other oil-based products with a latex condom – they will damage it. Water-based lubricants (like KY) are ok with any type of condom.

As soon as the man has come, and before the penis has had time to go soft, hold the condom firmly in place while withdrawing. Do this slowly and carefully so no semen is spilt.



If you have sex again, use a new condom.



Condoms should be wrapped up and put in a bin, not down the toilet.

'My parents might find out I'm using contraception.'



Pregnancy is much harder to hide than a packet of pills or condoms. Your parents may be relieved to know that you're sensible enough to use contraception.

'A baby will be someone to love.'



Being a parent is something to think long and hard about. You can have a baby in your 20s, 30s or 40s, but you can't be a teenager again.

'Contraception spoils the romantic mood.'



So do babies! And lots of methods don't interfere with sex at all.

'My boyfriend says he'll stick by me if I get pregnant.'



Some boys may have the best of intentions, but having a baby can put a huge strain on a relationship.

'Condoms take all the pleasure away.'



Today's condoms are very sensitive and there are lots of different types to try.

It can take a while to feel confident about using condoms. So practise using them.

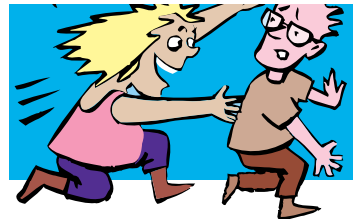


'My girlfriend is six months pregnant. We'd been using condoms, but when you've drunk a bit, you just forget, don't you?'

If you have had sex without using contraception, or think your method might have failed, there are three types of emergency contraception you can use.

- The emergency pill, Levonelle, can be taken up to three days (72 hours) after sex. It is more effective the earlier it is taken after sex. It is available with a prescription, or to buy from a pharmacy if you are 16 or over.
- The emergency contraceptive pill, ellaOne, can be taken up to five days (120 hours) after sex. It is only available with a prescription.
- An emergency IUD can be fitted up to five days after sex, or up to five days after the earliest time you could have released an egg (ovulation).

SEX is exciting and it is very easy to get carried away, particularly when combined with alcohol or drugs.



Emergency contraception can usually prevent pregnancy.

YOU can get emergency contraception free from:

- a general practice
- a contraception clinic
- a young people's clinic or Brook clinic
- some GUM clinics
- some pharmacies
- sexual health clinics
- walk-in centres (England only)
- minor injuries units (England only)
- some hospital accident and emergency departments (phone first).



"I JUST couldn't ask Gary to use a condom. I was so thrilled that I'd got off with him after fancying him for ages. But then my period was late and I was just praying that I'd get it. In the end it was OK, but I'm not putting myself through that again."
Daniella, 16

"I THOUGHT I couldn't be pregnant. I'd only had sex once and my periods had always been a bit irregular anyway. I thought if I ignored it everything would be alright. I didn't tell anyone I was pregnant until I was almost six months, by which time it was too late for an abortion. Now I'm a mum."
Rachel, 16

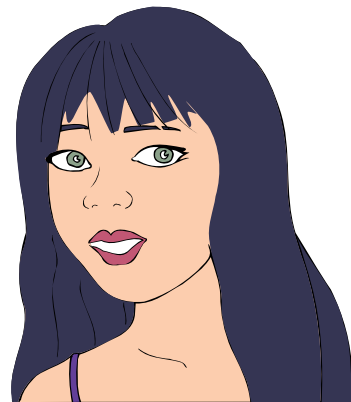


IF your period is late then it's important to do a pregnancy test as soon as possible. You can have a free test done at:

- a contraception clinic
- a young people's clinic or Brook clinic
- a sexual health or GUM (genitourinary medicine) clinic
- some general practices.

A pharmacist will do a test but may charge you for it.

Or you can buy a kit to use yourself.



IF you are pregnant then it's very important that you get medical advice as quickly as possible, whether you want to have the baby or talk about having an abortion or the baby adopted.

It can be very difficult to cope with an unplanned pregnancy on your own, so do talk to someone.

This booklet can only give general information about contraception. If you are unsure about anything, ask your doctor, nurse or pharmacist.

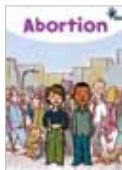
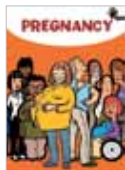
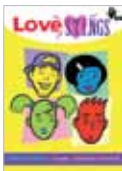
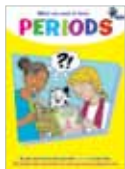
You can get further information at www.fpa.org.uk





WHERE TO GET MORE INFORMATION

For information on sexual health, sex and relationships visit www.fpa.org.uk or check out these FPA booklets.



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These organisations can also give you confidential information and advice.

BROOK

www.brook.org.uk

For sexual health services and advice for young people.

CHILDLINE

0800 1111

www.childline.org.uk

24-hour helpline for young people with any problem.

FRANK

www.talktofrank.com

For information on drugs.

GET CONNECTED

www.getconnected.org.uk

0808 808 4994

Free, confidential helpline and advice service for young people.

LONDON LESBIAN & GAY SWITCHBOARD

www.llgs.org.uk

Support and information for gay men, lesbians, bisexuals and trans people.

RAPE CRISIS

www.rapecrisis.org.uk

For girls and women who have been raped or assaulted recently or in the past.

SURVIVORS UK

www.survivorsuk.org

For boys and men who've been raped or sexually abused.

YOUTH ACCESS

www.youthaccess.org.uk

For your nearest counselling service.



The Information Standard

Certified member

This organisation has been certified as a producer of reliable health and social care information.

www.theinformationstandard.org