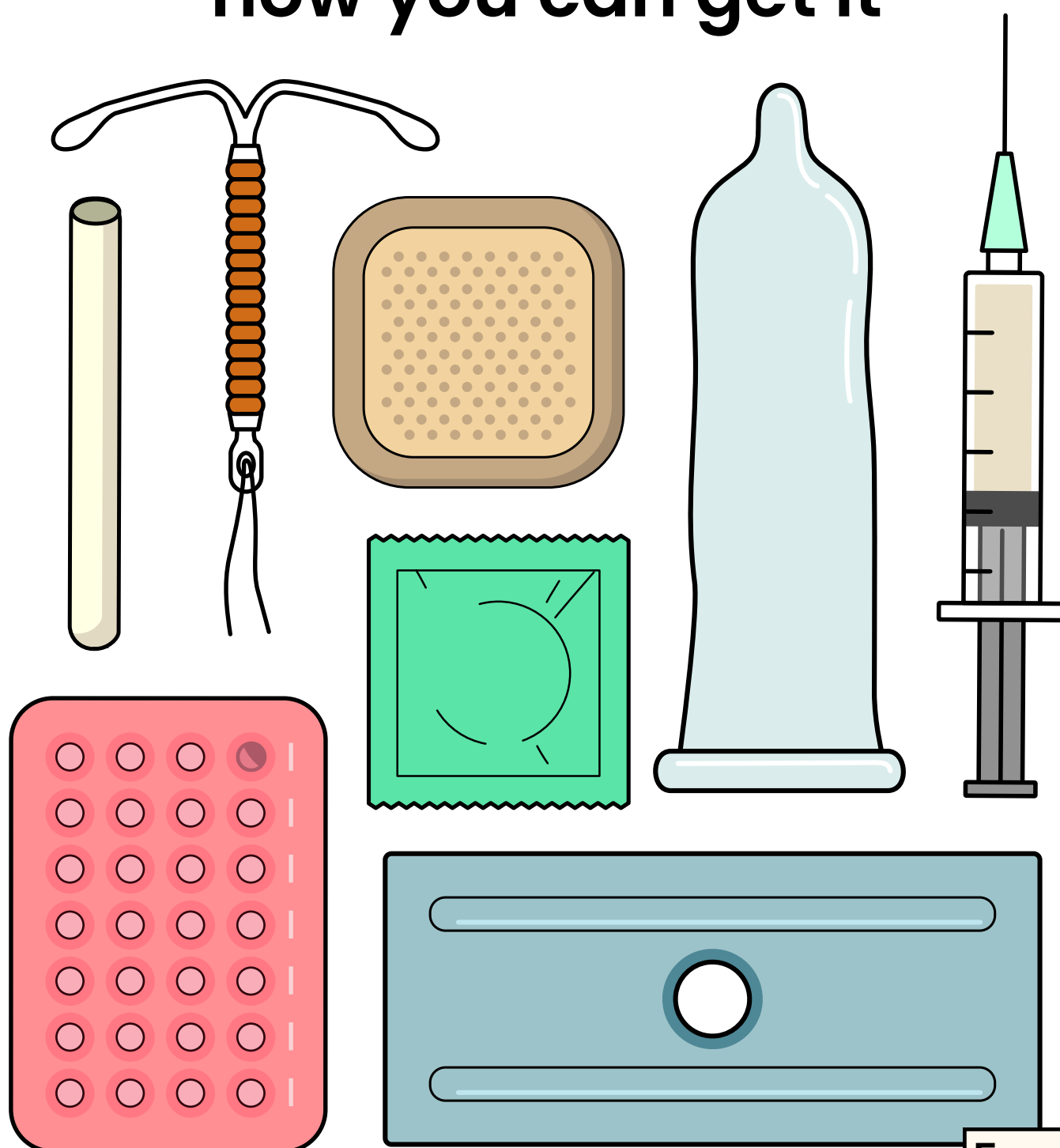


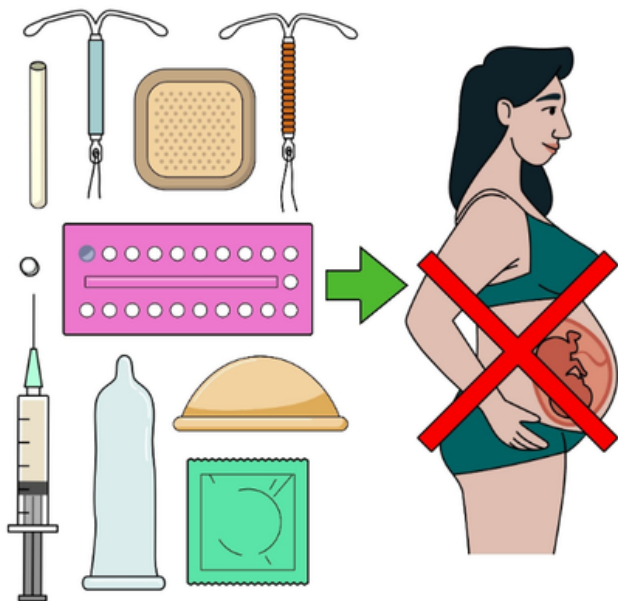
Contraception

Easy read guide

What is contraception and
how you can get it

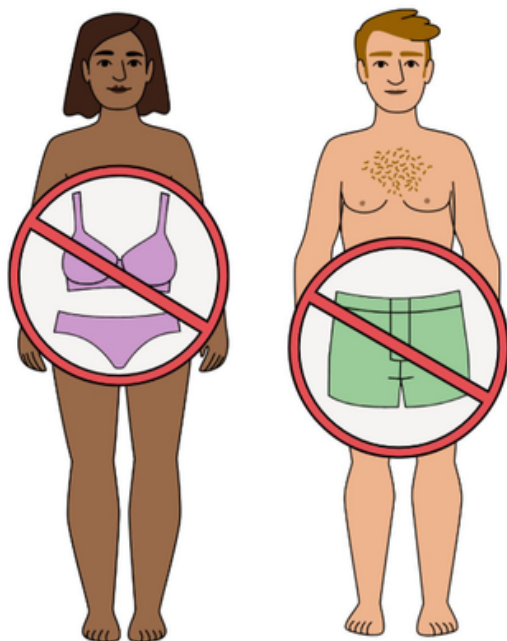


About this booklet



In this booklet will learn about contraception.

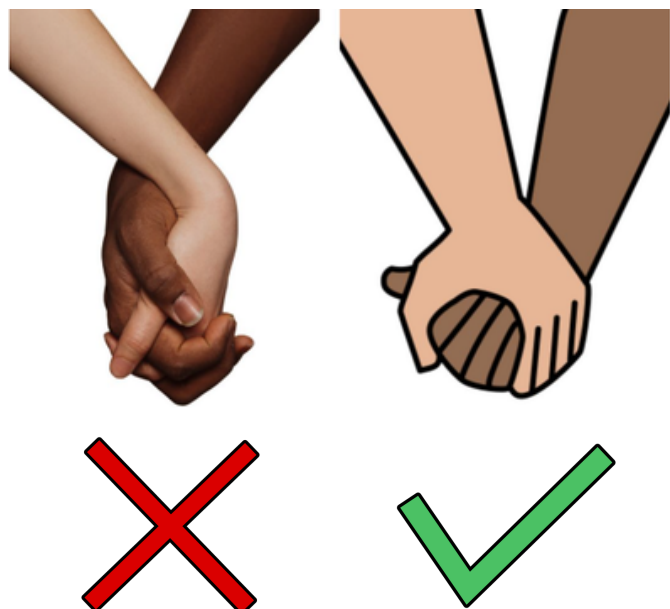
Contraception means different ways to stop you getting pregnant.



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 contraception.



Everyone in Scotland has the right to learn about their body, sex, relationships, and sexual health.



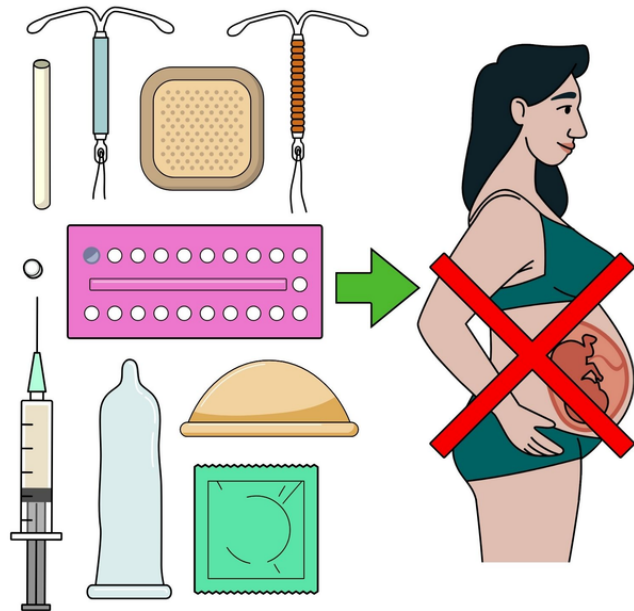
If you have any questions or are upset about anything you read, it is good to speak to an adult you trust.

Why do people use contraception?

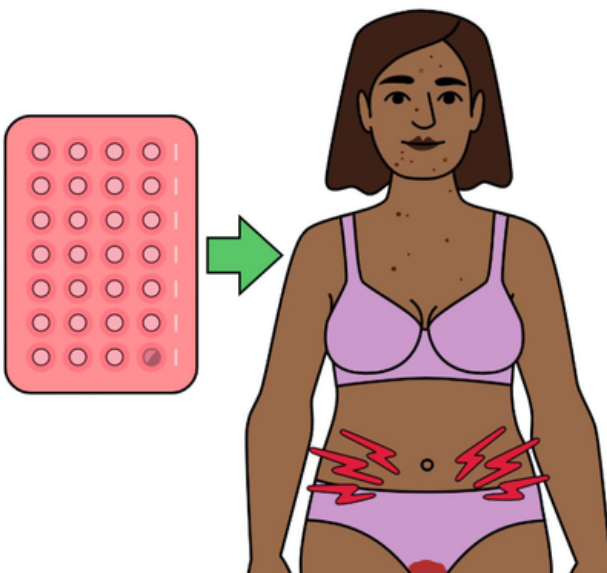


Penis in vagina sex can make a woman pregnant.

Being pregnant means having a baby grow in the uterus.



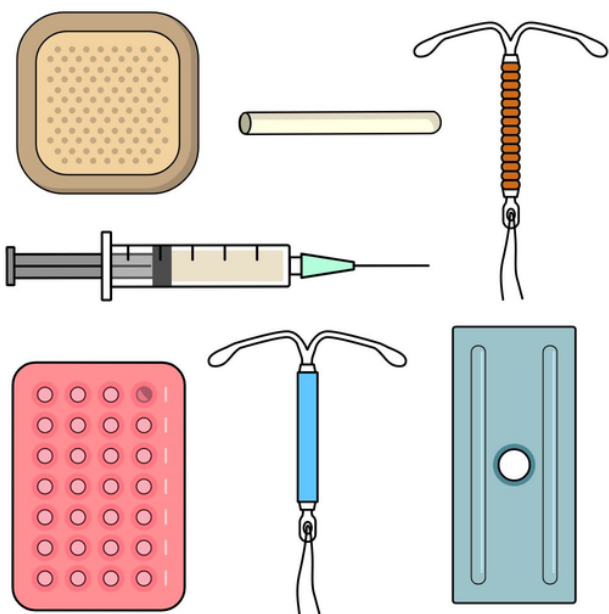
If you do not want to get pregnant when having penis in vagina sex, you need to use condoms or contraception.



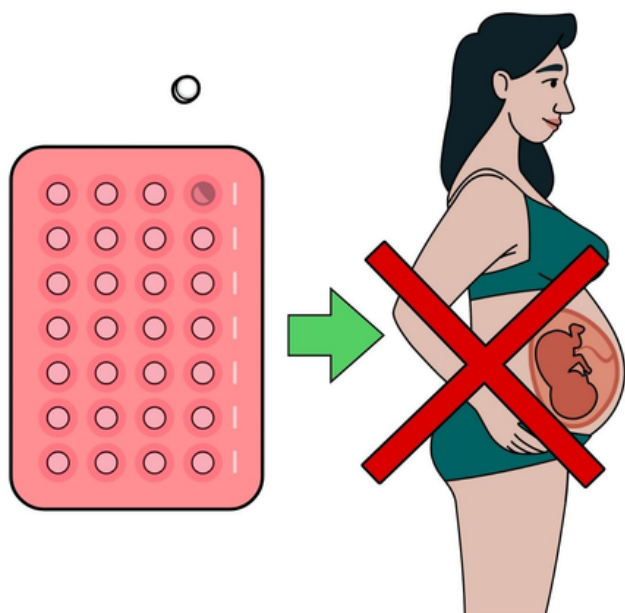
Some people use contraception to help with health problems like acne or period problems.

Using contraception does not mean someone is having sex.

Types of contraception



There are different types of contraception available.



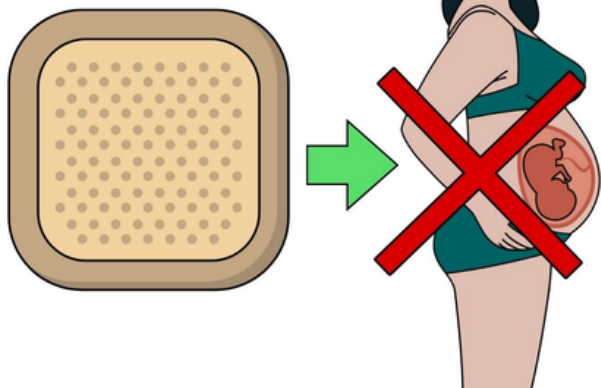
The oral contraceptive pill is a pill you swallow every day to stop you getting pregnant.



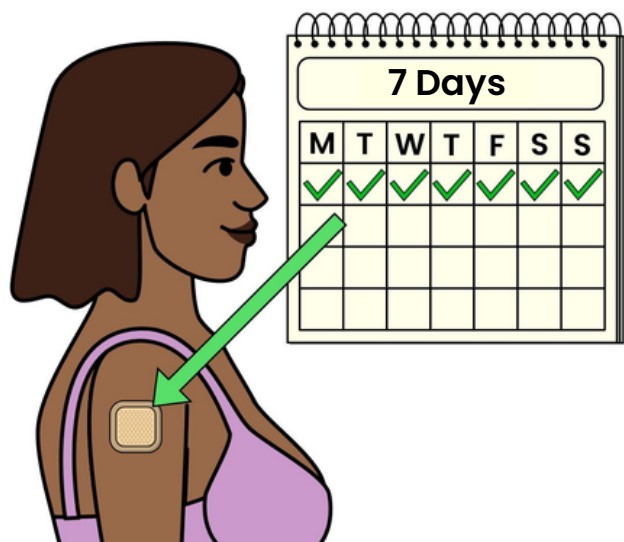
You need to remember to take the contraceptive pill at the same time each day.

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

Types of contraception

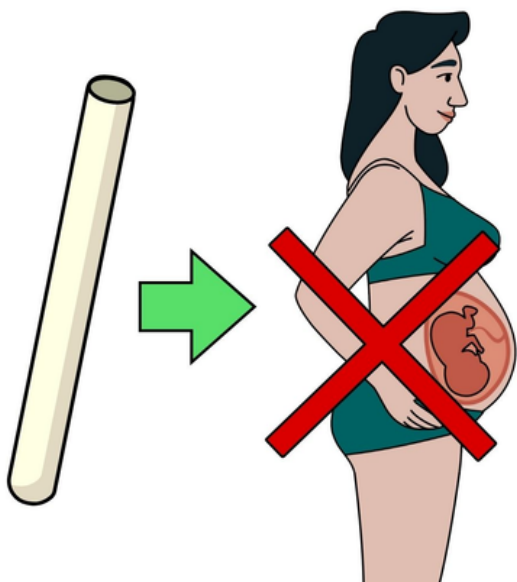


The patch is a plaster you stick on your skin to stop you getting pregnant.



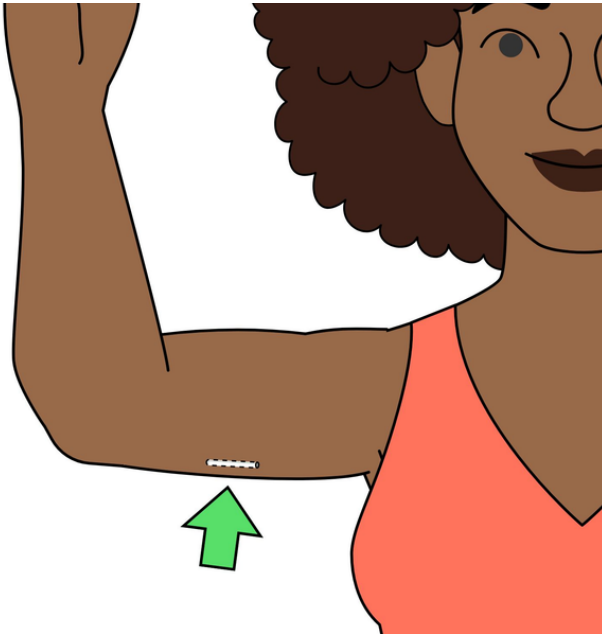
The patch is a small square that is stuck to your skin like a sticky plaster (band-aid).

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



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

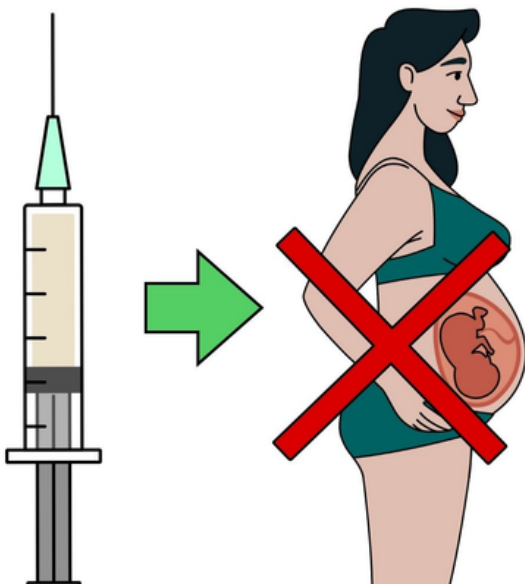
Types of contraception



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

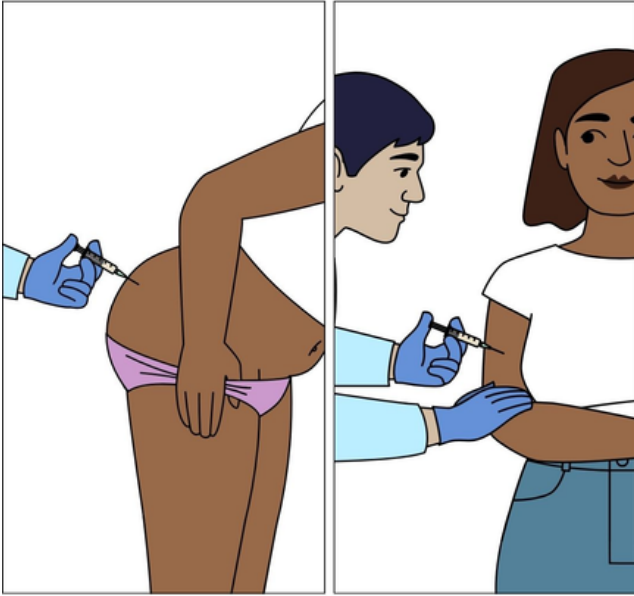


The implant stops you getting pregnant for 5 years. After 5 years it must be removed and a new implant can be put in.

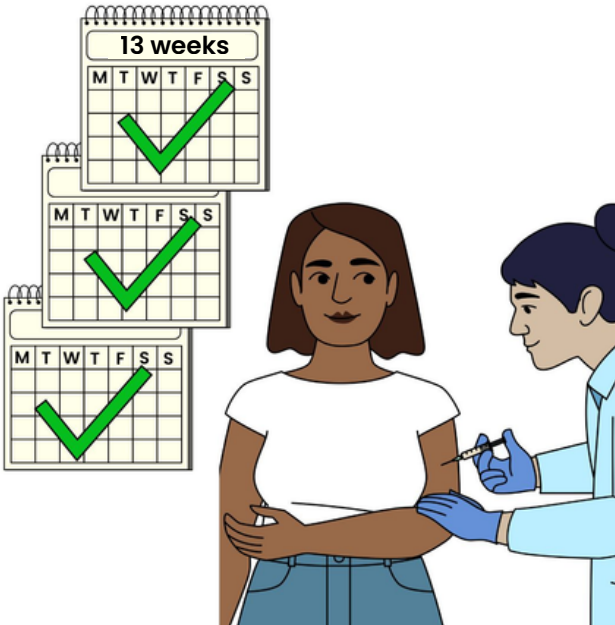


The contraceptive injection or “the jag” is an injection that stops you getting pregnant.

Types of contraception

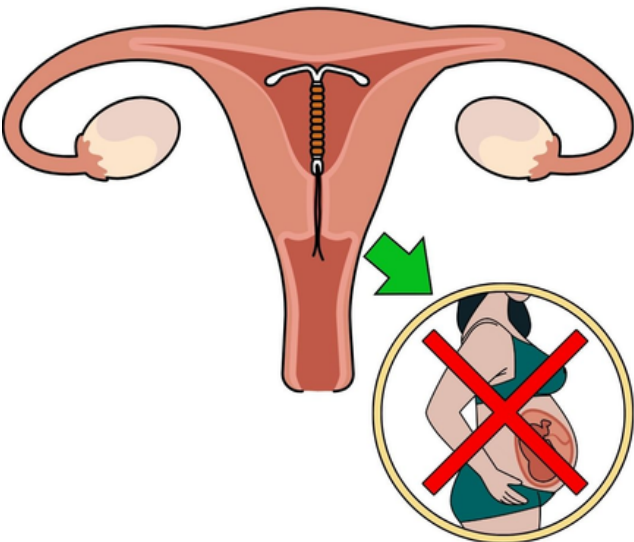


The contraceptive injection is a medicine injected into your bum cheek or arm by a nurse or a doctor.



The injection stops you getting pregnant for 13 weeks.

You can get a new injection every 13 weeks.

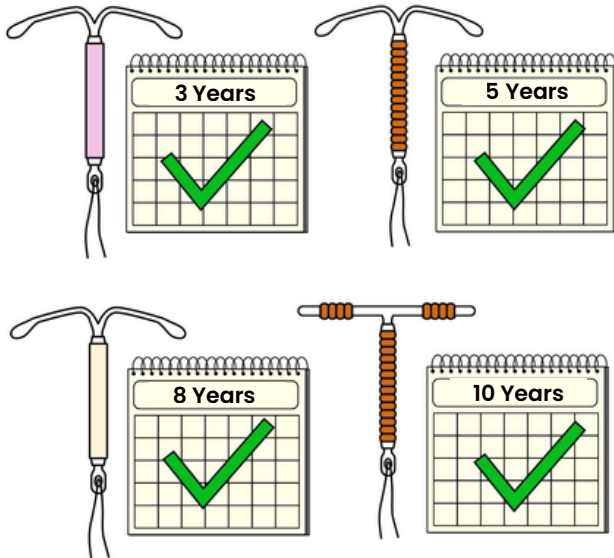


The coil is a small T shaped device, that is put inside the uterus to stop you getting pregnant.

Types of 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:

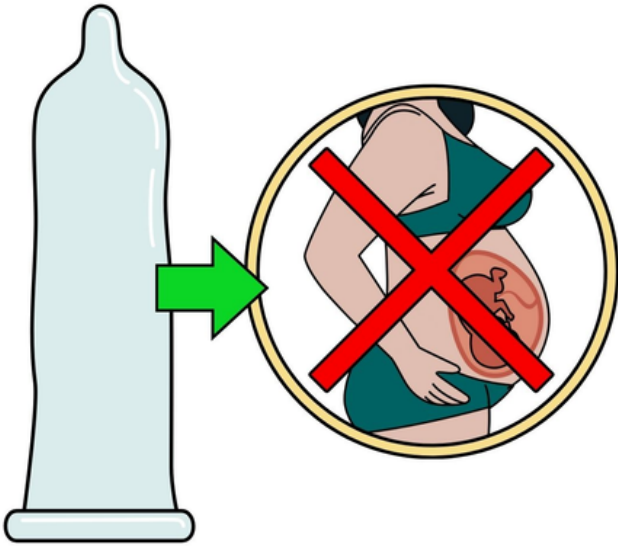
- 3 years
- 5 years
- 8 years
- 10 years



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.

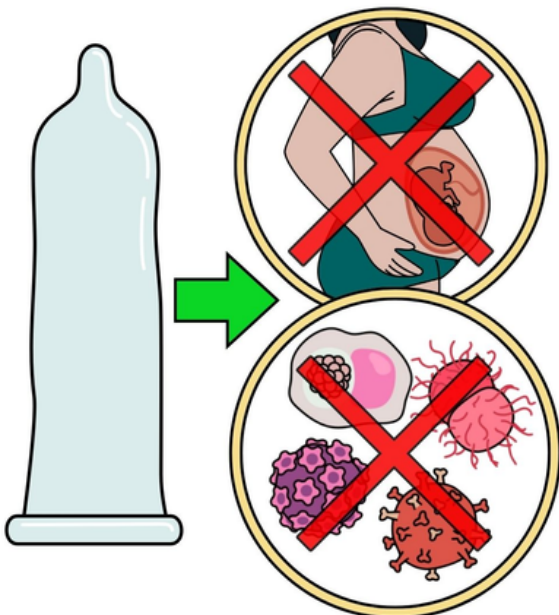
Condoms



Condoms are another type of contraception that can stop you getting pregnant.

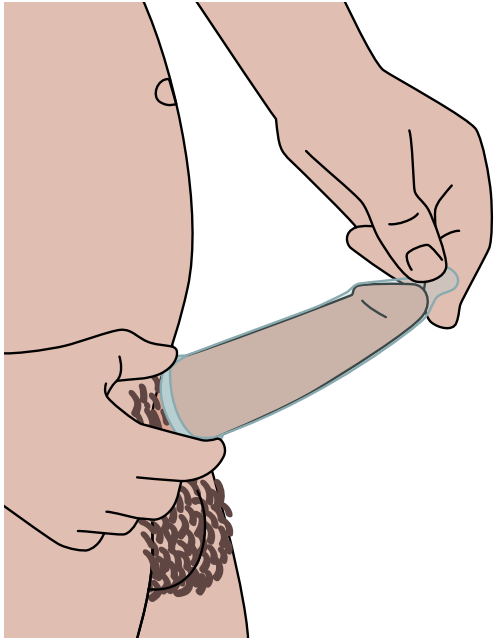


You can get sexual infections from having sex, these are called STIs.
STI is short way of saying sexually transmitted infection.

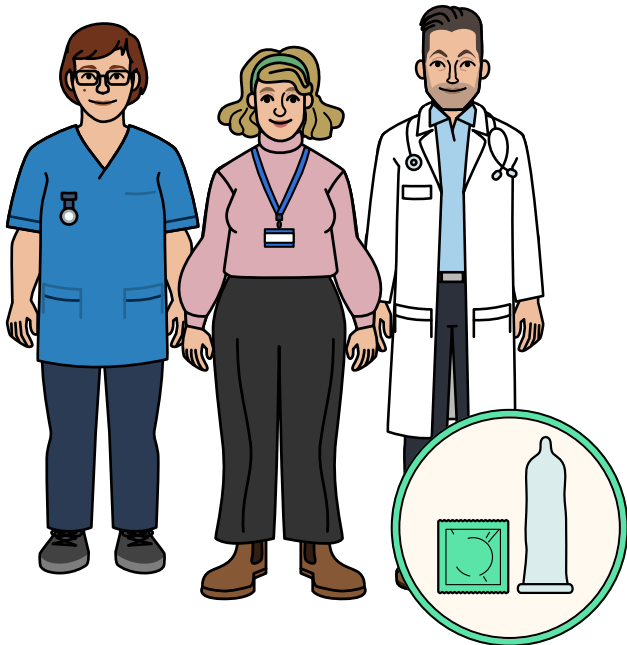


Condoms are the only type of contraception that can stop STIs as well as pregnancy.

Condoms



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



If you need condoms, you can ask:

- a nurse
- your support worker
- a doctor

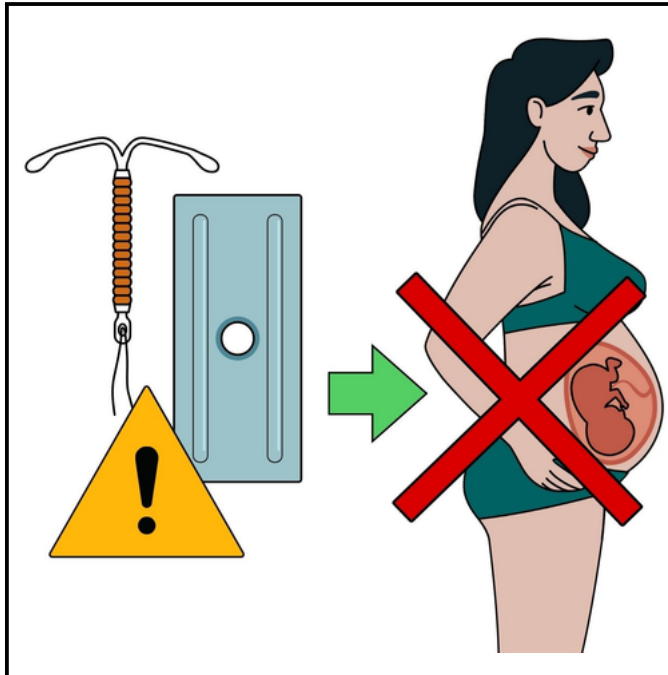
They can help you get free condoms.



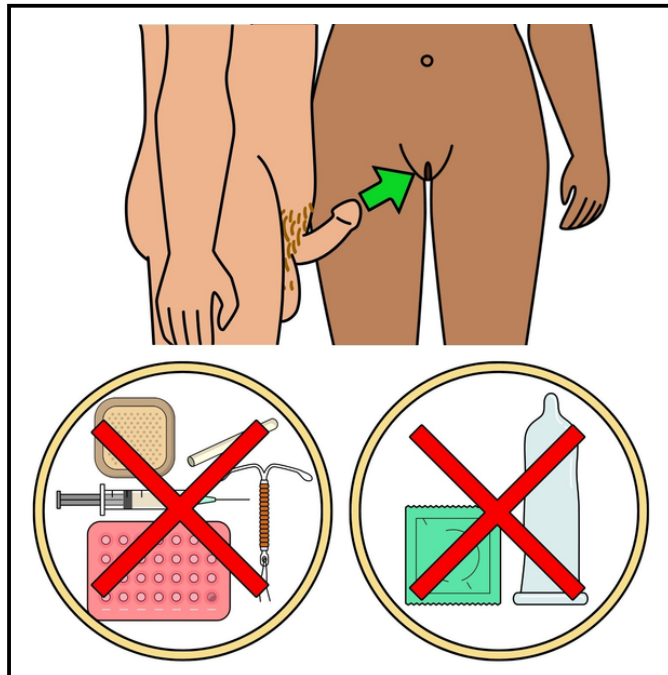
You can go to a c:card point and ask for condoms.

Find your local c:card point at www.ccard.org.uk

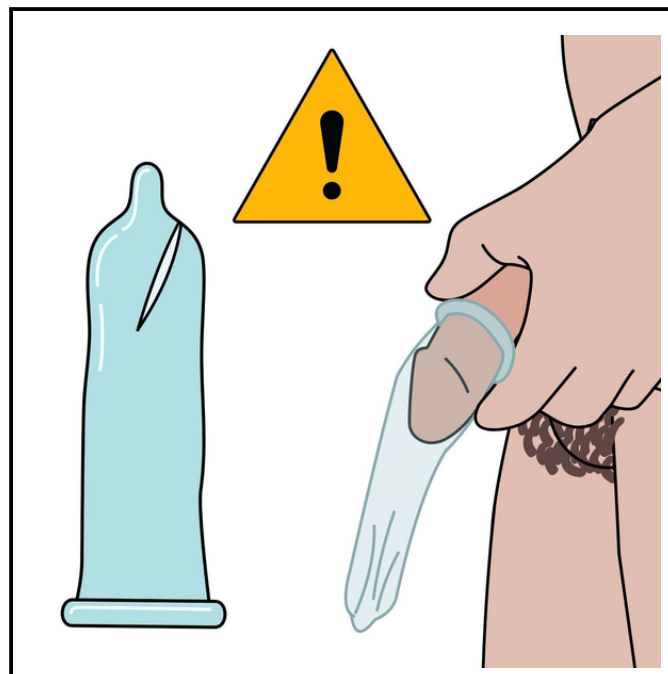
Emergency contraception



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 happen if the condom you use breaks or falls of.

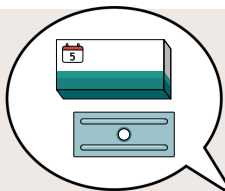
Emergency contraception



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.
You can get emergency contraception for free from a pharmacy.



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

Get contraception or condoms



If you need contraception or condoms you can ask:

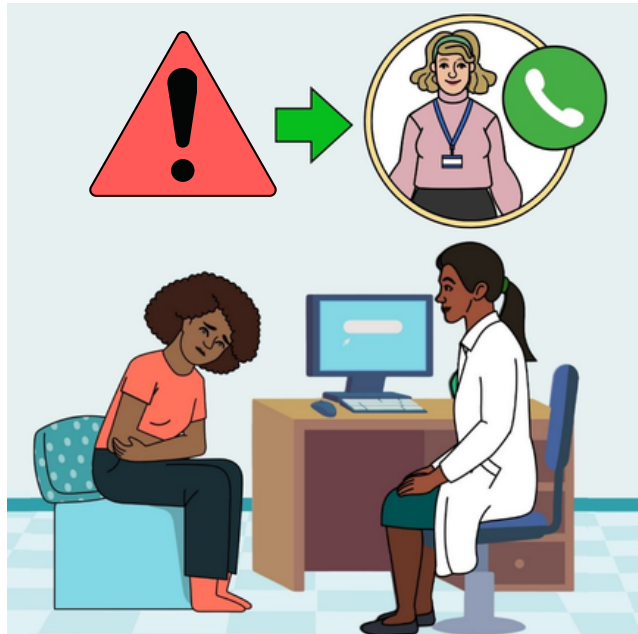
- a nurse
- your support worker
- a doctor

They can help you get contraception or condoms.

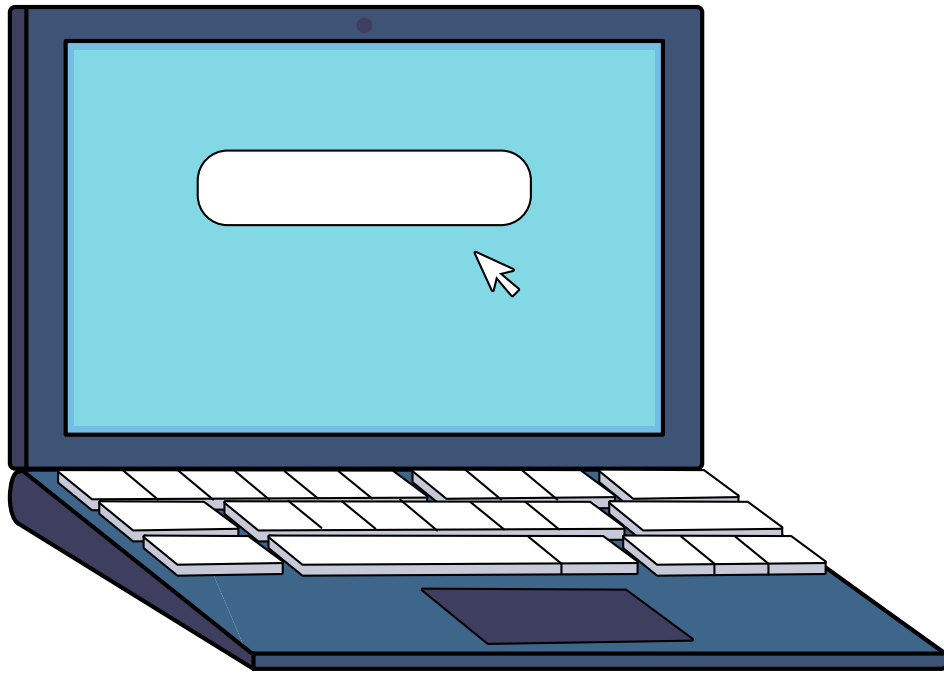


Your decision to use contraception or condoms is confidential.

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



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



You can find sexual health services at
www.lothiansexualhealth.scot

For more information about contraception visit
www.healthyrespect.co.uk/etu/contraception

You can also scan this QR code for more easy
read information about sexual health:

