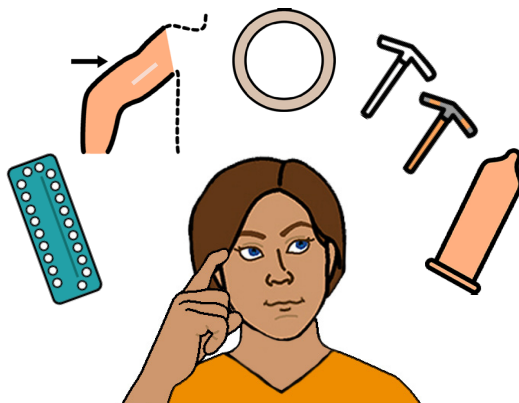


women's
health
matters!



About contraception and your choices

Women's Health Matters



Easy English

Blue words



Some words in this book are **blue**.

We write what the blue words mean.

Help with this book



You can get someone to help you

- understand this book
- find more information.



Contact information is at the end of this book.



About this book

This book is from Women's Health Matters.



We give people in the ACT information about women's health.



Some things in this book might make you feel sad or upset.

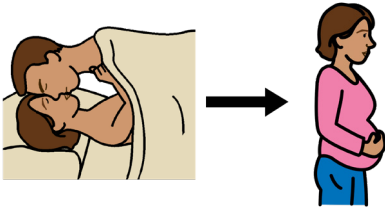


If you feel sad or upset, you can

- talk to someone you know
- contact a support service.

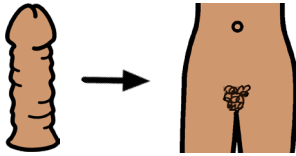


Support services are at the end of this book.



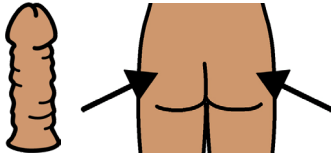
This book is about **contraception** and your choices.

You **might** get pregnant from having **sex**.

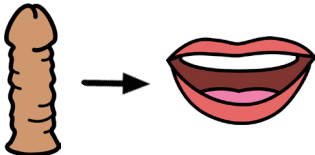


Sex can be

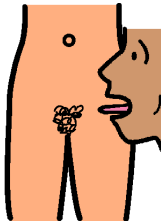
- a penis put in a vagina



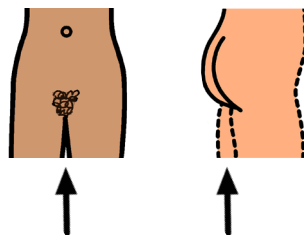
- a penis put in a bottom



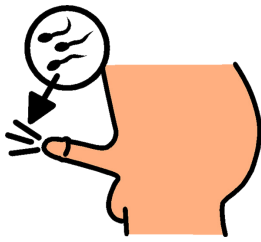
- a penis put in a mouth



- a tongue put in a vagina

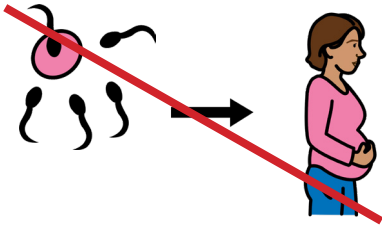


- an object or part of the body put in a vagina or bottom.



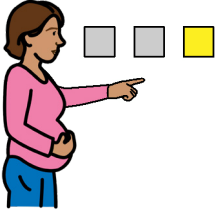
If you have sex with the penis put in your vagina, the penis **might** release **semen**.

Semen is liquid from a penis that can make you get pregnant if it is inside your vagina.



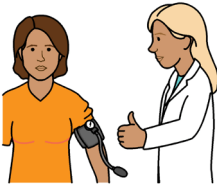
Contraception stops you from getting pregnant.

There are many different types of contraception you can choose to use.

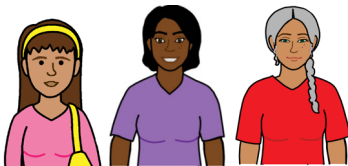


The type of contraception will depend on

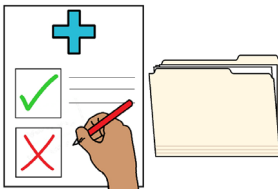
- what you want to use



- your health



- your age



- your **medical history**.

Medical history means information about your health problems and the treatment you have had.



You can talk to a doctor or health service to help decide which type of contraception is best for you.

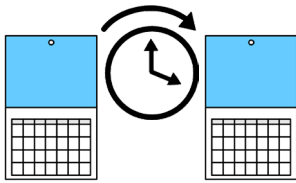
Types of contraception

1 Long-acting reversible

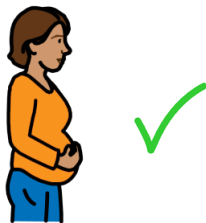


Long-acting reversible means contraception that

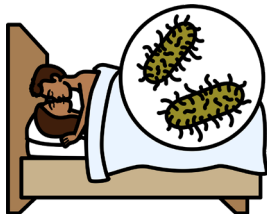
- a doctor or nurse can put in your body



- can work for a long time, like many years



- a doctor or nurse can take out of your body if you want to get pregnant.



Long-acting reversible contraception does **not** stop **STIs**.

STIs

- are also called
sexually transmissible infections



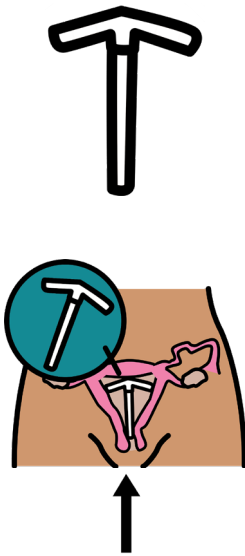
- can be shared by having sex.

There are different types of long-acting reversible contraception.

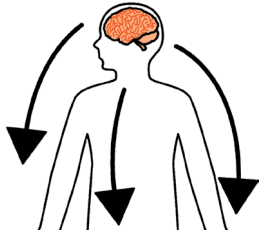
IUD

IUD means **intrauterine device**. It is a plastic device that

- has a shape like the letter T
- a doctor or nurse can put into the **uterus** through the vagina.

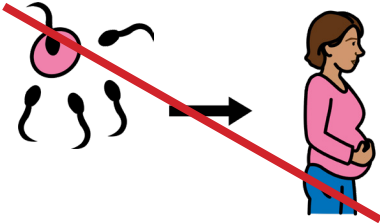


The uterus is the part of your body where a baby grows.

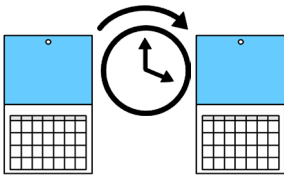


Some IUDs use **hormones**.

Hormones are chemicals that send messages in the body.

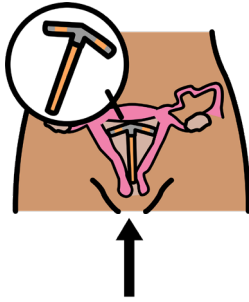


The hormone in IUDs help stop a pregnancy from happening.



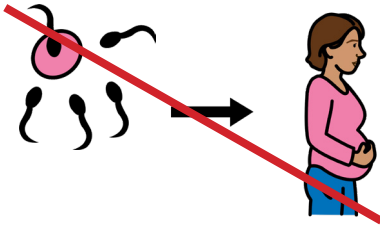
An IUD can stop pregnancy from happening for 8 years.

Copper IUD

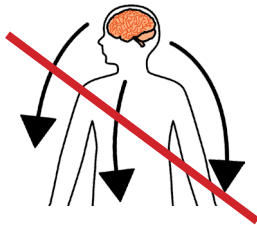


A **copper IUD** is a device made with plastic and copper that

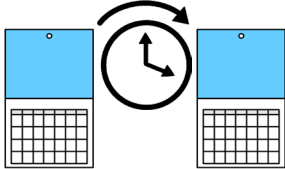
- a doctor or nurse can put into the uterus through the vagina



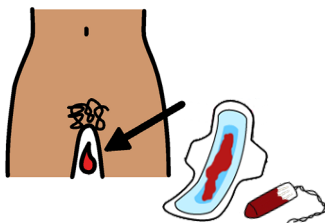
- helps stop a pregnancy from happening.



A copper IUD does **not** use hormones.



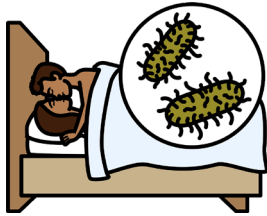
A copper IUD can stop pregnancy for 10 years.



A copper IUD **might** make you bleed more when you have a period.

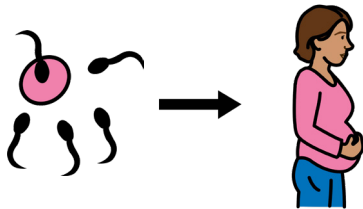


You can use a copper IUD to stop a pregnancy within 5 days of **unprotected sex**.



Unprotected sex is when a person has sex with **no** contraception to stop pregnancy or STIs.

If you have unprotected sex you can get STIs.



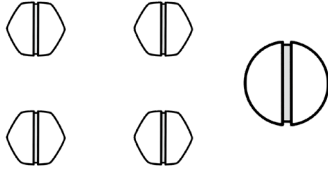
If you have unprotected sex with a penis in your vagina, you can get pregnant.



A doctor or nurse can put an IUD into the uterus

- during a **surgical abortion**

or



- after a **medication abortion** happens.

Surgical abortion means you end a pregnancy with an operation.

Medication abortion means you end a pregnancy with tablets.



An IUD **must** be removed by a doctor or nurse.

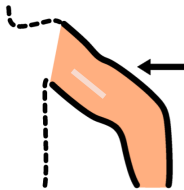
For more information about abortion you can read **About abortion and your choices**.

Contraceptive implant



A **contraceptive implant** is a small plastic rod that

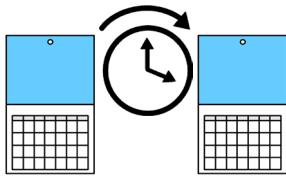
- is put into your arm by a doctor or nurse



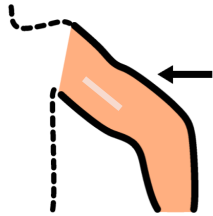
- you can feel under your skin



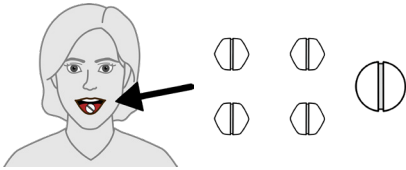
- uses a hormone to stop pregnancy from happening.



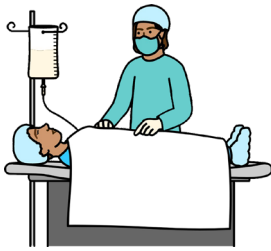
A contraceptive implant can stop pregnancy for up to 3 years.



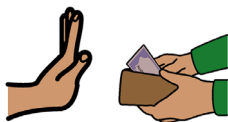
A contraceptive implant can also be called a **rod**.



A contraceptive implant can go in your arm
before a medication abortion.



A contraceptive implant can go in your arm
during a surgical abortion.



People who have had an abortion for free in the ACT can have long-acting contraception for free.



For example

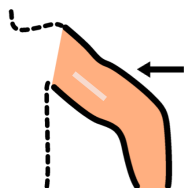
- an IUD that uses hormones

or



- a copper IUD

or

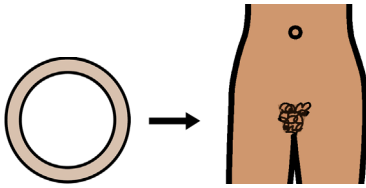


- a contraceptive implant.



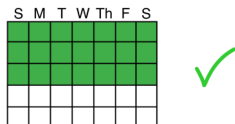
To get free contraception you **must** contact a GP or services within 3 months after your abortion.

2 Vaginal ring



A **vaginal ring** is a small soft ring that

- you can put into your vagina



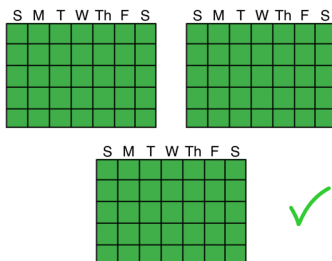
- works for 3 weeks.

3 Contraceptive injection



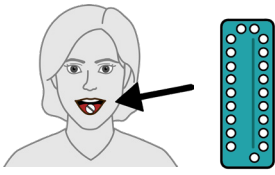
A **contraceptive injection** is a needle that

- a doctor or nurse injects



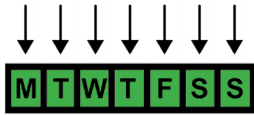
- works for 3 months.

4 The Pill

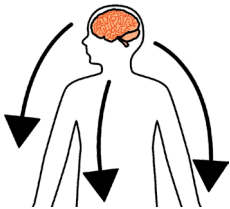


There are different types of **contraceptive Pill**.

A contraceptive Pill



- is a tablet you take every day at the same time



- has 1 or 2 types of hormones that **stop** you getting pregnant.



You can ask your doctor or health service to **prescribe** the Pill.

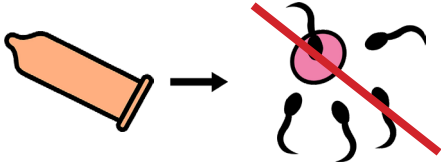


Prescribe means a doctor gives you a note to buy medicine from the pharmacy.

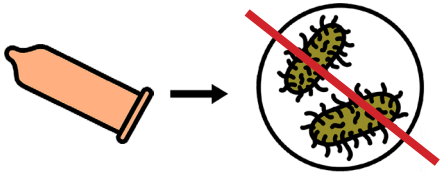
5 Condom

A **condom** is a plastic cover that goes on the penis when you have sex to stop you from getting

- pregnant



- most STIs.

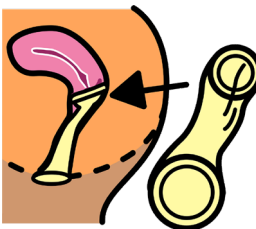


You can buy condoms at

- pharmacies



- large supermarkets.



There are also **vaginal condoms**.

Vaginal condoms are a thin plastic sheet or cup that you put inside the vagina before sex.

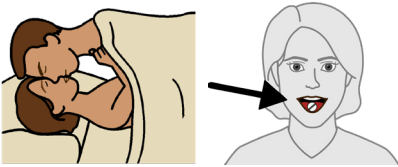
Vaginal condoms stop you from getting

- pregnant

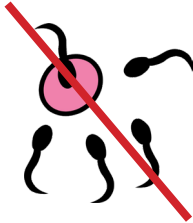


- most STIs.

6 Emergency contraception



Emergency contraception is a medicine or device you can use after unprotected sex.

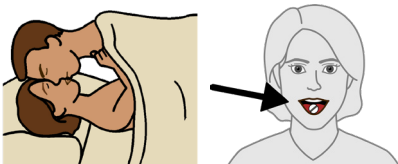


Emergency contraception stops pregnancy from happening after sex with no other contraception.



For emergency contraception to work you **must** use it up to 3 to 5 days after unprotected sex.

There are 2 types of emergency contraception.



The **morning after pill** is a pill that you take after sex if you do **not** use other contraception.



You can buy the morning after pill from a pharmacy.

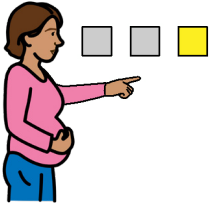


The copper IUD can be another type of emergency contraception.

Your right to choose



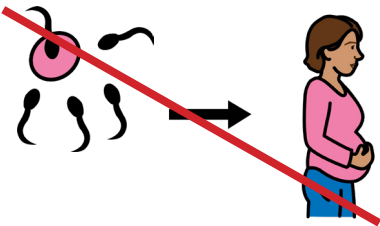
Rights are things the law says everyone should have.



You have the right to make your own choices.



No one can make you use a contraception that you do **not** want.



You can use contraception if you do **not** want to be pregnant.



It is important to choose the contraception that is right for you.



You can talk to a doctor or nurse for help with your choices.

Another way to get help

Sexual Health and Family Planning ACT (SHFPACT)



There is a support service you can call for

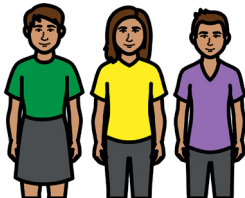
- appointments with a doctor or nurse



- support on sexual health and relationships



- free information, counselling and support about pregnancy for women and **gender diverse** people.



Gender diverse means your gender does **not** fit what people usually expect men or women to be like.

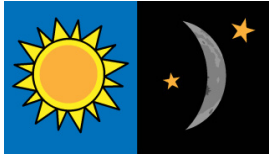


Call 02 6247 3077



Website shfpact.org.au

Support services



There are free support services you can call

- any time of day or night



- any day of the week.

Lifeline



Call 13 11 14

13 YARN



For First Nations people of all ages.



Call 13 92 76

1800 RESPECT



Call 1800 737 732



women's
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matters!

More information

For more information contact

Women's Health Matters.

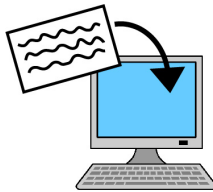


Call 02 6290 2166



Website

mypregnancyoptionsact.org.au



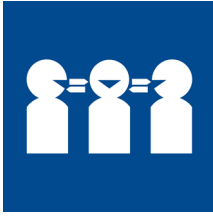
Email

reproductivehealthfund@
womenshealthmatters.org.au



You can read more about pregnancy and your
choices in our other books.

If you need help with English



Use the free Translating and Interpreting Service or TIS to make a phone call.

You can call the TIS in your language.



Call 131 450

Give the TIS officer the phone number you want to call.

If you need help to speak or listen



Use the National Relay Service to make a phone call.

You must sign up to the service first.



Website accesshub.gov.au/nrs-helpdesk



Call 1800 555 660

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Notes

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