

Contraception
Easy English

Contraception can stop you getting pregnant.



New Words



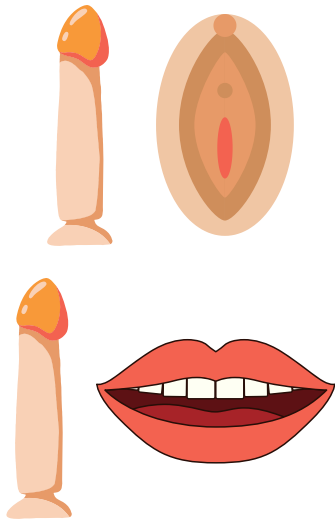
There may be new words in this resource.

The first time we write a new word

- the word is in **orange**.

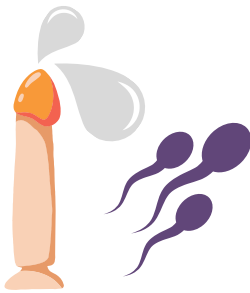


This means we will explain what the word means.

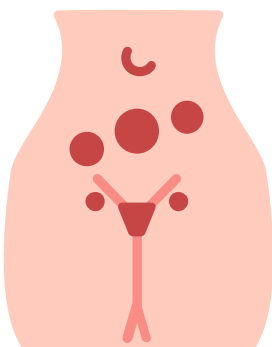


Sex is when a penis is in a vagina or a bottom.

It is also when fingers or a mouth are on a penis or vagina.



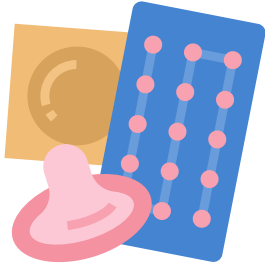
Semen is liquid from a penis that can make you get pregnant if it is inside you.



STIs are called 'sexually transmitted infections'.

They are infections that can be shared by having sex.

Contraception



Contraception can be called

- protection
- birth control



It can stop you getting pregnant.



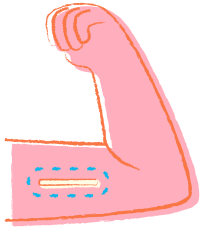
There are different types.

It is your choice what type you use.

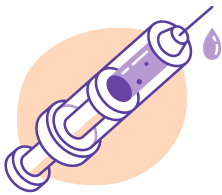


You can talk with your doctor or sexual health service about which type is best for you.

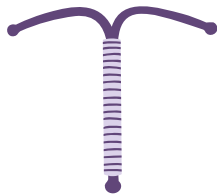
There are different types of contraception



- Implants



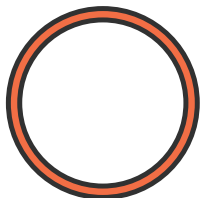
- Injections or needles



- IUDs



- Condoms



- Vaginal rings

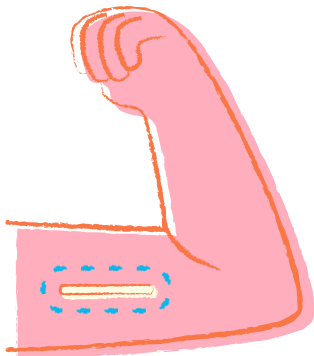


- Pills or medication.

Implants



This can be called **Implanon** or "The Rod".



It is a small rod.

You can feel it under your skin.



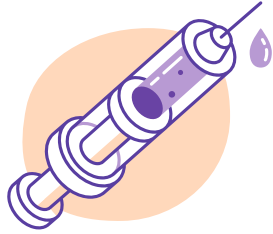
It uses hormones to stop you getting pregnant.

It can last for up to 3 years.



It is put in by a doctor or sexual health service.

Injectations or Needles



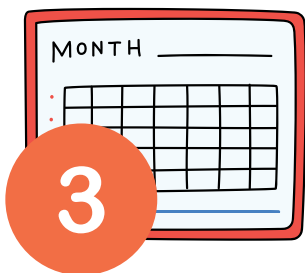
This is called the **Depo Shot**.

It is an injection.

It uses hormones to stop you getting pregnant.



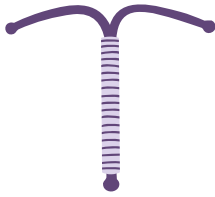
A doctor or sexual health service can do it.



It can last for 3 months.

Then you need to have another injection.

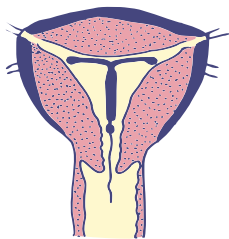
IUD



IUD means 'intrauterine device'.

There are different types of IUDs...

- There are the **Mirena** and the **Kyleena**. They use hormones to stop you getting pregnant.
- There is the **Copper IUD**. It doesn't use hormones.



IUDs are put in your uterus by a doctor or sexual health service.



IUDs last 5 or 10 years.

You need to see a doctor or sexual health service to take them out.

Condoms



Condoms must be put on the penis before you have sex.

You can put them on yourself.



Condoms can stop you getting pregnant.

They can stop semen going into your body.



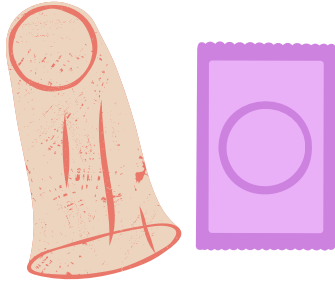
They can also stop you from getting an STI.



You can buy them online, at a chemist or supermarket.

Sexual health services can give you free condoms.

Vaginal Condoms



Some people call them Femidoms.

They should be put inside the vagina before you have sex.



You can put them in yourself.

They can stop you getting pregnant.

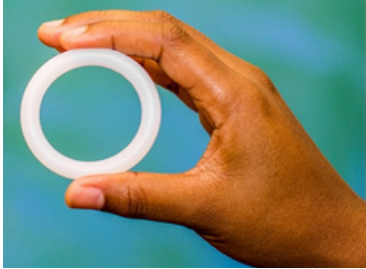


They can stop you from getting STIs.



You can buy them at some chemists or online.

Vaginal Ring



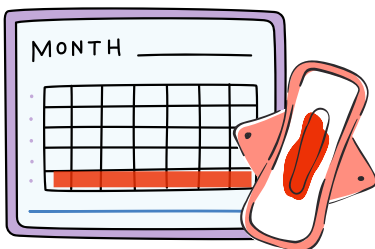
This is a soft plastic ring.

It uses hormones to stop you getting pregnant.



You can ask your doctor for a script.

You put it in your vagina yourself.



It stays in you for 3 weeks.

It stays in when you have sex.

You take it out for 1 week. This is when you have your period.

Then you put in a new ring.



You can buy them at some chemists or online.

The Pill



You take a pill every day.

You take it at the same time every day.



There are different types.

They use hormones to stop you getting pregnant.

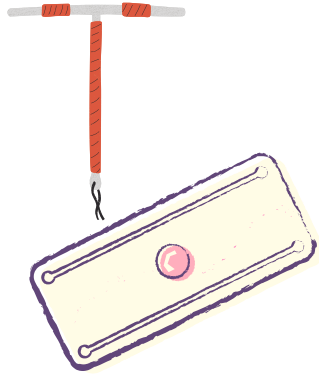


Sometimes they have other effects. Your doctor can tell you about these.



You can ask your doctor or sexual health service for a script.

Emergency Contraception



There are different kinds of emergency contraception.



You can use emergency contraception if...

- a condom broke
- you didn't use contraception.



Talk to a doctor, sexual health service or chemist as soon as you can.



You can use them up to 5 days **after** you have sex.

There are different kinds of emergency contraception.

There is the **Copper IUD**.



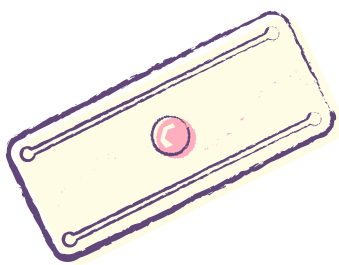
You can get it up to 3 days after having sex.

It can stay in for up to 10 years.



A doctor or sexual health service can put it in for you.

There is the '**morning after pill**'.



This is a pill you take after you have sex.



You can get it at the chemist.

If you're **under** 16 years old you may need to see a doctor.

If you have any questions about contraception



You can talk to your doctor or sexual health service.

They can help you decide on the best type of contraception for you.



They may be able to put it in for you or show you how to use it.



They can give you a script.



You can ask a family member or school nurse.

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