



The quick facts, pro's and con's of 12

# Contraceptive Options.

The condom, internal condom, diaphragm, combined pill, mini pill, injection, ring, hormonal IUD, Copper IUD, implant, emergency contraceptive pill and alternative behaviours.

# The Condom.

Aka the rubber, franger, johnny, raincoat.

#The12DaysofContraceptives



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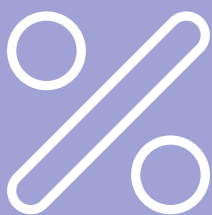


# About me

A condom is rolled onto and covers an erect penis. It stops semen from entering the vagina to prevent pregnancy. It can also be used for oral and anal sex.

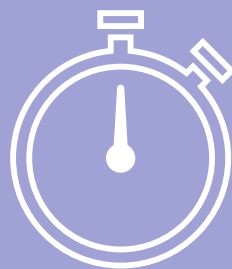
Found at shops, chemists, doctors, pretty much everywhere.

## Effectiveness



Typical use: 82%  
Perfect use: 98%

## Duration



Single use only

## Cost



\$1 Each



# + Pros +

Best barrier to prevent getting most kinds of sexually transmitted infections (STIs) and Blood Borne Viruses (BBVs)

# — Cons —

Most condoms are made of latex and some people have latex allergies, however most stores now stock latex free condoms!



# Internal Condom.

Aka the female condom or femidom.

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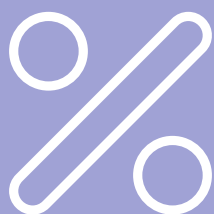


# About me

An internal condom is inserted into the vagina, instead of covering the penis. This stops semen from getting into the vagina during sex.

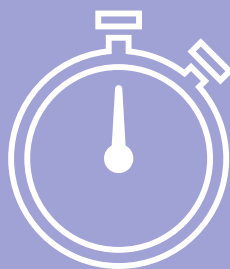
Found at some chemists and online.

## Effectiveness



Typical use: 79%  
Perfect use: 95%

## Duration



Single use only

## Cost



\$3.50  
Each



## + Pros +

It's made of polyurethane, so you can use this if you have a latex allergy. It can also be used for anal sex if the inner ring is removed.

## — Cons —

Not widely available.

The material kinda makes noise during sex.



# The Caya Diaphragm.

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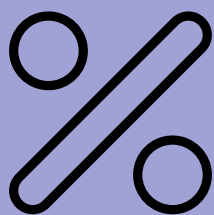




# About me

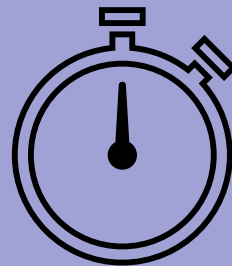
The Caya is the only diaphragm brand available in Australia (as at December 2019). It is a soft silicone 'one size fits all' dome, that prevents sperm from entering the cervix. It is intended to be used with the Caya Gel, which provides additional protection by inhibiting the motility of sperm.

## Effectiveness



Around  
82- 86%

## Duration



Worn for at least  
6 hours. Product  
replaced after 2 years

## Cost



\$130



## + Pros +

It is non-hormonal and removable. It can be inserted right before sex which doesn't require too much planning. It can be used in addition to other forms of contraceptives.

## – Cons –

It is less effective than other contraceptive methods and the shape is not suited to 20% of people's bodies. It does not protect against STI's.



# The Pill.

Aka the combined oral contraceptive pill

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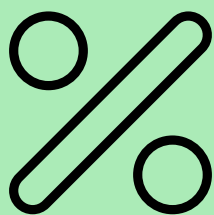


# About me

A pill is taken orally every day. There are many different types of the pill, with different levels of estrogen and progesterone, so it's important to discuss with your doctor.

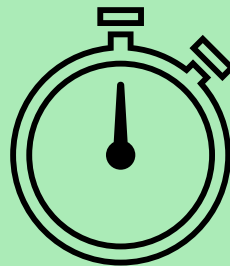
You can get a prescription from your doctor and buy at chemists.

## Effectiveness



Typical use: 93%  
Perfect use: 99.5%

## Duration



Taken daily.

## Cost



\$10-30 per  
month



# + Pros +

Starts being effective after a week.  
Can be used short term e.g. while travelling.  
It can be used to skip periods.

# – Cons –

You have to remember to take it every day,  
at around the same time.  
It doesn't protect against STIs.



# The Mini Pill.

Aka the progesterone only pill.

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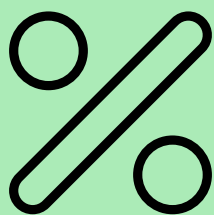


# About me

The mini pill is taken orally every day at the same time, with only 3 hours leeway. It uses progesterone only and doesn't contain any oestrogen.

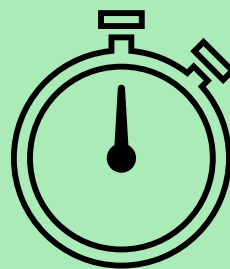
You can get a prescription from your doctor and buy at chemists.

## Effectiveness



Typical use: 93%  
Perfect use: 99%

## Duration



Taken daily.

## Cost



\$10-30  
per month



## + Pros +

It can be used by people who can't- or don't want to- take oestrogen. It can be also used while breastfeeding.

## – Cons –

You have to remember to take it every day, at around the same time. It doesn't protect against STIs. Irregular bleeding is fairly common.





# The Injection.

Aka Depo Provera or Depo Ralovera.

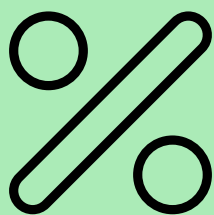
#The12DaysofContraceptives



# About me

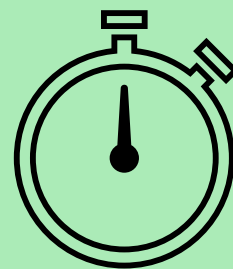
A progesterone injection into the arm or buttocks every 12 weeks. The shot is administered by a health professional.

## Effectiveness



Typical use: 94%  
Perfect use: 99%

## Duration



Injection every  
12 weeks.

## Cost



\$25



# + Pros +

Once you have it, you're sorted for about 3 months.

# – Cons –

Once the injection has been given, it can't be undone.  
You have to remember to get your next shot every 12 weeks.



# The Ring.

Aka Vaginal Ring, NuvaRing

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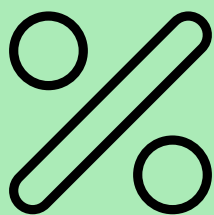
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# About me

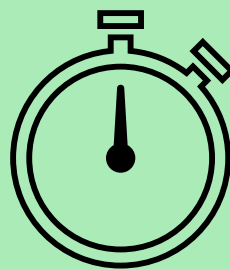
A soft plastic ring that is inserted into the vagina.  
It stays in the vagina for 3 weeks and is removed for one week,  
if you would like to bleed.  
It stays in for 1 month if you would not like to bleed.

## Effectiveness



Typical use: 91%  
Perfect use: 99%

## Duration



1 ring lasts  
for about a month

## Cost



\$38 per  
month



## + Pros +

- Lower hormone dose compared to the pill.
- Can be left in for several weeks before it needs to be replaced.
- Can be used to control or not have period bleeding.

## – Cons –

- It contains oestrogen, which is not suitable for all people.
- Can be tricky to insert.
- Can increase vaginal discharge.
- Should not be used by people who may be pregnant.



# The Implant.

Aka The Rod, Implanon

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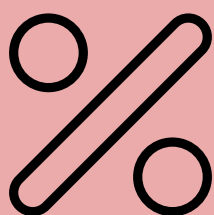
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# About me

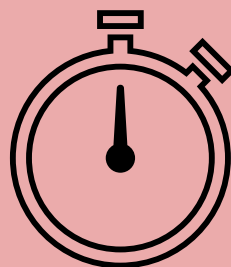
An implant is inserted just under the skin by a doctor, usually on the inner side of the upper arm.

## Effectiveness



99.5%

## Duration



Lasts 3  
years

## Cost



\$40





# + Pros +

Once you have it, you're sorted for 3 years:  
"get & forget".

# – Cons –

Can affect periods (lighter or heavier).  
Taking it out requires a doctor.



# The Hormonal IUD.

Aka Mirena, hormonal intrauterine device

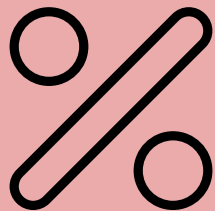
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# About me

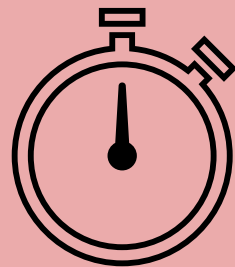
An IUD is inserted into the uterus by a doctor.  
It releases progesterone into the body.

## Effectiveness



99.9%

## Duration



Lasts  
5 years

## Cost



Around \$40  
+ Doctor Fee

## + Pros +

Once you have it, you're sorted for years: "get & forget".  
Some people report lighter periods.  
Doesn't contain oestrogen.

## – Cons –

Doesn't protect against STIs.  
Insertion is not always easy and you may experience pain.

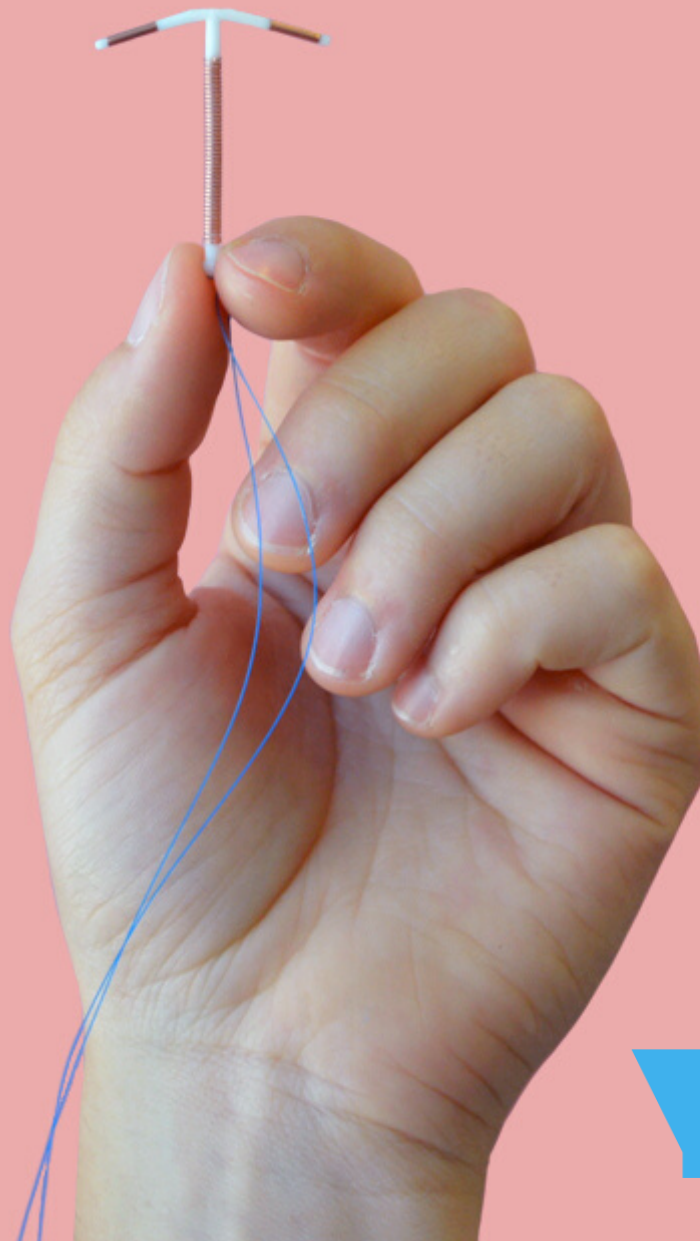
## Myth Busting

Young people can get it.!  
It's a myth that you can't have an IUD until you've given birth.



# The Copper IUD.

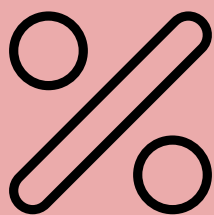
Aka Copper T,  
#The12DaysofContraceptives



# About me

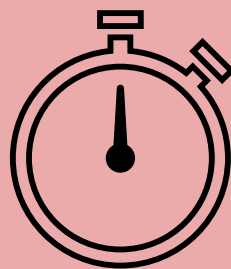
An IUD is inserted into the uterus by a doctor.  
It works by impairing sperm mobility,  
so they cannot implant into the egg.

## Effectiveness



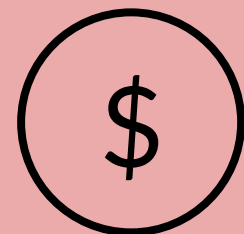
99.9%

## Duration



Lasts  
10 years

## Cost



Around \$74  
+ Doctor Fee



## + Pros +

It has no hormones.

It can also be used as a form of emergency contraception (up to 5 days after the unprotected sex).

## – Cons –

Can cause heavier periods, spotting and cramping in some people.

It is not always easy to insert or remove and you may experience some pain.

## Mythbusting

**Young people can get an IUD!**

It's a myth that you can't get an IUD until you've given birth.

**The copper IUD is safe!**

Some old products were removed from the market due to complications, but that was in the 70's.



# The Emergency Contraceptive Pill.

Aka the Morning After Pill, Plan B,  
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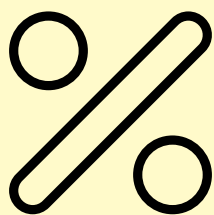


# About me

A pill taken orally soon after unprotected sex to reduce the risk of a pregnancy.

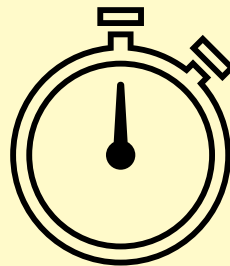
Can be bought at chemists, with no prescription needed. You can also get it from any hospital.

## Effectiveness



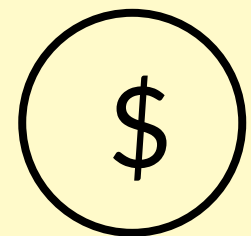
85%

## Duration



Taken within  
5 days after  
sex.

## Cost



\$20-  
50



## + Pros +

The emergency contraception pill can be purchased without a prescription or a doctor's visit. It is progesterone-only, which makes it suitable for use by trans and gender diverse people taking testosterone.

## – Cons –

Does not provide ongoing contraception - it's more of a backup to other contraceptive options. It does not protect against STIs.



# Alternative Behaviours.

aka withdrawal, mucus method, temperature, body changes, lactation, abstinence, other sexy stuff, and many more options

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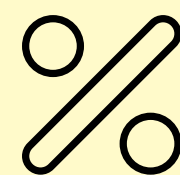


There are a range of alternative contraceptive options which use behaviour change rather than medical intervention. We've chosen to focus on withdrawal, but you can learn more about the other methods by contacting the sexual health helpline or talking to the YEP crew at one of our workshops.

## Withdrawal

The withdrawal method involves taking a penis out of a vagina before ejaculation so fewer sperm go inside.

### Effectiveness



78%



# + Pros +

Free to use and always available.

Doesn't involve any medical interventions.

Doesn't contain any hormones or have any side effects.

# – Cons –

Relatively low effectiveness rate compared to other methods.

Requires a lot of control to withdraw in time.

Even if used perfectly, sperm is sometimes present in prejaculate (precum) and pregnancy can still occur.

