

Contraceptive Kit Contents

WARNING: This contraceptive kit contains contraceptives that are for demonstration use only. The use by date has expired/they have not been stored as recommended by the manufacturer or they are models of the contraceptive. Therefore they are not effective forms of contraception.

Contraceptive Samples

6 x External Condoms

1 x Internal Condom

1 x Emergency Contraceptive Pill (ECP) - Placebo only

1 x Oral Contraceptive Pill Guide

1 x Contraceptive implant (Implanon) - Placebo only

1 x Intra-uterine device (IUD) - Placebo only

1 x Injectable contraceptive (Depo-Provera or Depo Ralovera) - Placebo only

1 x Contraceptive vaginal ring - Placebo only

1 x Diaphragm - Image card only

1 x Withdrawal method - Image card only

1 x Lactational Amenorrhea Method (LAM) - Image card only

1 x Sterilisation - Image card only

Diaphragm can be purchased seperately via SHINE SA's Online Shop.

SHINE SA Fact Sheets

Choices in contraception; Condoms; Contraceptive implant; Contraceptive vaginal ring; Diaphragms; Emergency contraception; Fertility awareness methods; Injectable contraception; Intra-uterine device (IUD); Permanent contraceptive methods (sterilisation); The Pill; Progestogen-only pill.

For the most up-to-date versions of these Fact Sheets visit www.shinesa.org.au

Other Resources

- Condom demonstrator
- Lubricant sachets
- Dental dam
- Efficacy of contraceptive methods document
- Choices in Contraception poster (**Note:** an A2 poster is available via SHINE SA's Online Shop)
- Choices in Contraception fold-out cards (x25)

Contraceptive Kit

The Kit

This kit provides samples and information on a range of contraceptive methods currently available in Australia. This kit contains information on contraception only and does not discuss safer sex.

Ways of Using this Kit

When using the kit it can be helpful to highlight that no form of contraception is 100% effective and that contraception can be used for a range of reasons including reducing the chance of pregnancy, managing heavy periods and other reasons. Making decisions around contraception can sometimes be tricky. However with the support of a doctor or health professional many people can access contraception they feel comfortable with.

This kit can be used in a variety of ways but some suggested activities for groups include the following.

Contraceptive Lucky Dip

Wrap each method in newspaper or place in a bag as a package. One person at a time chooses a package and then unwraps it. This person tells the group what they know about the contraceptive method.

The following questions could be used to highlight facts about the contraception:

- What is it?
- How does it work?
- Who could it suit?
- How effective is it?

The other participants are then asked to contribute any additional information and the facilitator clarifies any questions or information (please refer to SHINE SA Fact Sheets www.shinesa.org.au).

A discussion could include the following:

- Advantages and disadvantages
- Availability and access to this contraception
- Effectiveness
- The person's needs/discussing contraception with partner/s.

Pass the Parcel

Wrap each method of contraception, as in the game 'pass the parcel'. The order can be arranged to suit the group, for example the centre could include sterilisation, contraceptive vaginal ring etc. and the outer layers could include emergency contraception and external or internal condoms.

As participants open each layer they can be prompted by the following questions:

- What is it?
- How does it work?
- Who could it suit?
- How effective is it?

The other participants are then asked to contribute any additional information and the facilitator clarifies any questions or information (please refer to SHINE SA Fact Sheets: www.shinesa.org.au).

A discussion could include the following:

- Advantages and disadvantages
- Availability and access to contraception
- Effectiveness
- The person's needs/discussing contraception with partner/s.