

# Barrier and Non-Hormonal Contraception



# What is contraception?



**Contraception** is something you use or do to stop pregnancy.

Contraception means using things like medicine or items to stop you from getting pregnant.



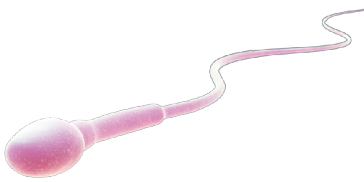
There are many different types of contraception.

Each type works in a different way.

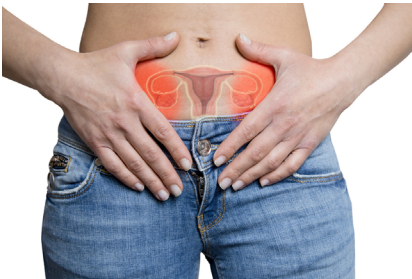
# What are barrier and non-hormonal methods?



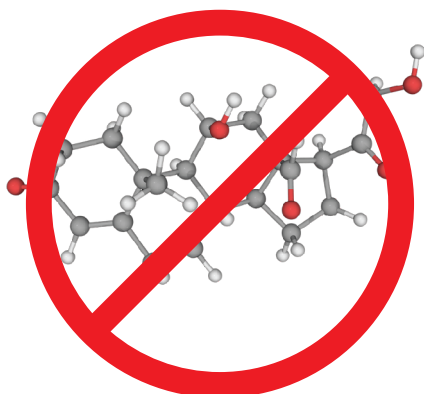
Barrier methods stop **sperm** from getting into the **uterus** during sex.



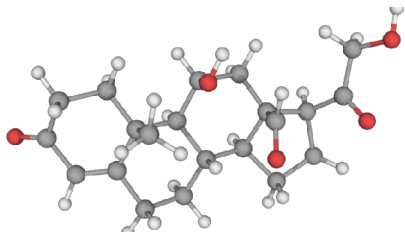
Sperm are tiny cells made by people with testicles that can join with an egg to start a pregnancy.



The uterus is the part of the body where a baby can grow. It is also called the womb.



Barrier methods do not use **hormones**.



Hormones are chemicals made by the body that control how it works.



Non-hormonal methods can also help stop **pregnancy**.



Pregnancy means a baby growing inside the womb.

Barrier methods are the only way to prevent **Sexually Transmitted Infections**.



Sexually transmitted infections are also called STIs.

STIs are infections passed during sex.



Both partners should talk together and agree on using a barrier method before sexual activity.



You have the right to feel safe healthy and respected in all sexual situations.



No one should ever **pressure** or **force** you to have sex without a barrier method or without your **consent**



Pressure means someone trying to make you do something you do not want to do.



Force means when someone makes you do something without your choice



Consent means you clearly say “yes” to something.

Consent must be your own choice.



You can only give consent when you feel safe, comfortable and not pressured.

You can change your mind at any time even if you said yes before.



If you do not say yes or if you feel unsure then there is no consent.



This guide will tell you about the different types of barrier contraception.



Your doctor or clinician should use this guide while talking with you.



Your doctor should check your understanding and support you to ask questions.



It is your body and your choice.



You have the right to information and choice.

# Condoms



Condoms are thin covers that stop sperm from entering the body.

There are two types condoms:

External condoms that fit over a stiff **(erect)** penis.

Erect means the penis is firm and ready for sex.

Internal condoms go inside the vagina.

Condoms are made from **latex** or **rubber**.



Latex and rubber are soft materials that stretch and protect.



Condoms are the only contraception that can stop **STIs**.



STIs are infections passed during sex.



Condoms work best with water-based **lubricant** to stop the condom breaking.



Lubricant means a slippery gel.

Lubricant helps reduce rubbing and makes sex more comfortable.

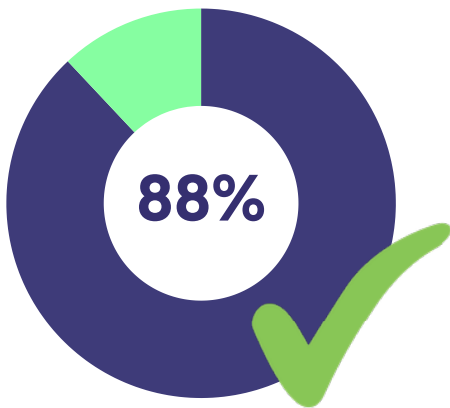
Using a condom before sex makes it more safe.



Condoms are sold in supermarkets **pharmacies** and online shops.



Pharmacies are shops that sell medicine and health products.



Condoms are 88% effective in preventing pregnancy when used by people in the correct way.

This means that condoms do not work 12% of the time.



Condoms need to be used before any **genital contact** to be effective.

Genital contact is when people's genitals touch each other.



Condoms are 98% effective with perfect use.

This means they work for a lot of people when people follow the instructions perfectly.

# Diaphragm

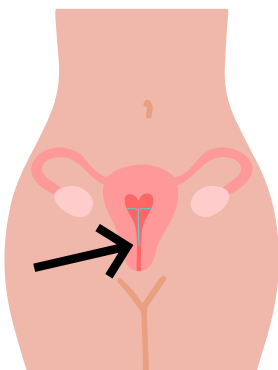
A diaphragm is a soft dome-shaped cup made of **silicone**.



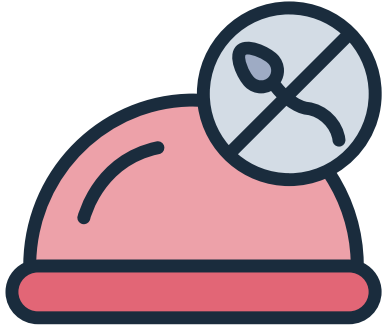
Silicone is a soft bendy material that is safe for the body.



You place the diaphragm inside the vagina to cover the **cervix**.



The cervix is the small opening between the vagina and the womb.



It blocks sperm from entering the womb during sex.



You need to put it in before sex and leave it in for at least 6 hours after.



You can buy diaphragms from  
SHINE SA  
Online  
At some pharmacies.



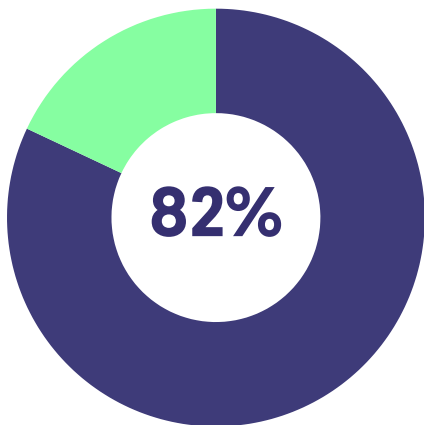
Diaphragms do not protect against **STIs**.



STIs are infections passed during sex.

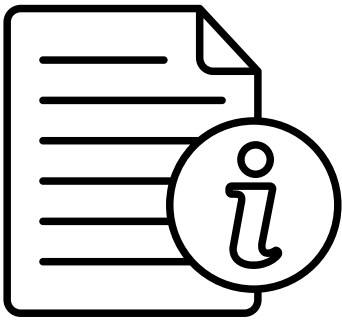


Only condoms stop STIs from spreading.

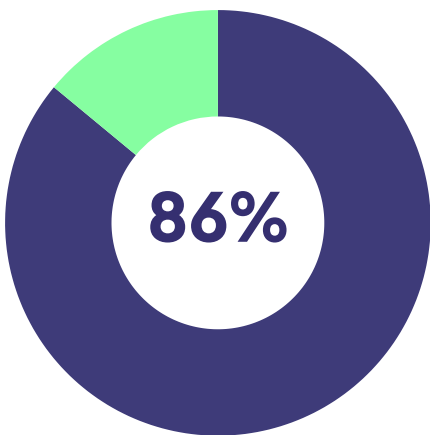


Diaphragms are 82% effective in real-world use.

This means they do not work 18% of the time.



How well it works depends on  
Putting it in and taking it out on time  
If it is in the right spot  
If it fits correctly



Diaphragms are 86% effective with perfect use.

This means that even if they are used perfectly they do not work 14% of the time.



## SHINE SA Appointments and Enquiries



8300 5300



Online Bookings [www.shinesa.org.au](http://www.shinesa.org.au)



Clinic locations and times are available at [www.shinesa.org.au](http://www.shinesa.org.au)



### Sexual Healthline

- ☎ 1300 883 793 Country callers (toll free)
- ☎ 1800 188 171 Talk to a sexual health nurse about any sexual health issue.  
Available 9am – 12.30pm, Monday – Friday

### National Relay Service

- 📄 [www.relayservice.gov.au](http://www.relayservice.gov.au)
- ☎ 133 677 (TTY/Voice)
- ☎ 1300 555 727 (Speak & Listen)
- 💬 0423 677 767 (SMS)



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