

Other Non-Hormonal Contraception



What is contraception?



Contraception is something you use or do to stop pregnancy.

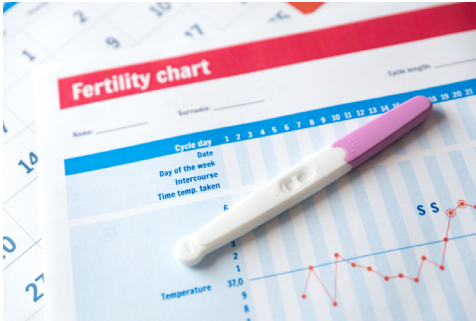
Contraception means using things like medicine or items to stop you from getting pregnant.



There are many different types of contraception.

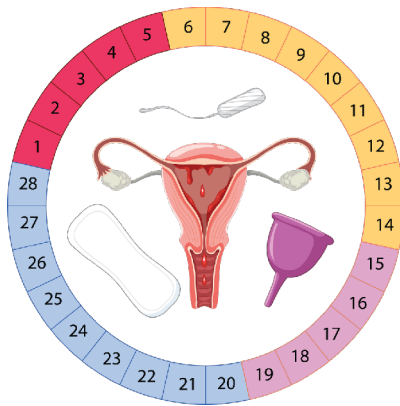
Each type works in a different way.

Fertility Awareness Methods (FAMs)



FAMs are Fertility Awareness Methods.

FAMs help people know when they are most likely to get pregnant.



People using FAMs track their **menstrual cycle**.

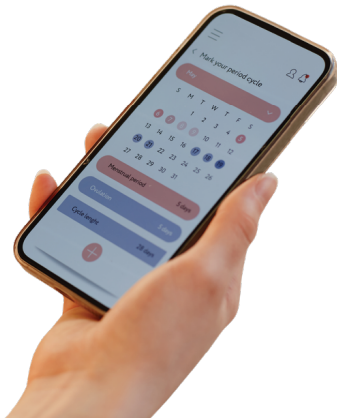


The menstrual cycle is the monthly pattern of bleeding and body changes.



People also use FAMs to avoid sex on **fertile days**.

Fertile days are the days when a person is most likely to get pregnant.



Some phone apps can help track **fertility**.



Fertility is the ability to get pregnant.

FAMs need:

motivation.

practice.

cooperation from both partners.

Regular and reliable menstrual cycle.



Motivation means wanting to keep doing something even when it is hard.



Cooperation means working together to reach a goal.



A regular and reliable menstrual cycle means that you get your period at the same time every month.

FAMs do not cost much but they may not work well for everyone.



They might not suit people who have **irregular periods.**

Irregular periods means when bleeding happens at different times each month.

Lactational Amenorrhoea Method (LAM)



LAM is a natural way your body can prevent pregnancy.

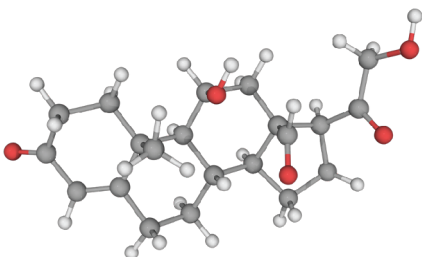
LAM stands for Lactational Amenorrhoea Method.



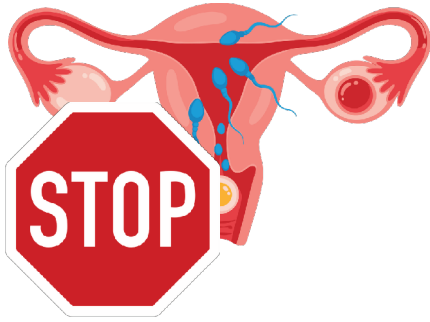
LAM helps **breastfeeding** people avoid pregnancy.



Breastfeeding means feeding a baby with milk from the breast.



When you breastfeed it changes your body's hormones.



This can stop the body from releasing eggs.

LAM only works when:



You had your baby less than 6 months ago

Your periods have not come back yet.



You breastfeed day and night with no long breaks of more than 4 hours between feeds.

If any of these change LAM might not work.

Withdrawal (Not recommended)



Withdrawal means pulling the penis out of the vagina before **ejaculation**.



Ejaculation means when **semen** comes out of the penis during sex.

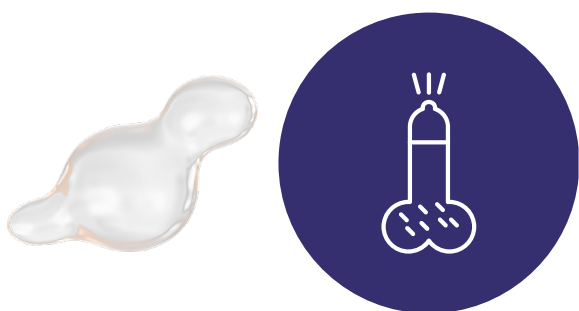


Semen is the white fluid that comes out of the penis during sex.

This method is **unreliable** because sperm can be in the **pre-cum**.



Unreliable means it does not always work.



Pre-cum is a small amount of liquid that can come out before ejaculation.



Other methods of contraception work much better.



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8300 5300



Online Bookings www.shinesa.org.au



Clinic locations and times are available at 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
- ☎ 133 677 (TTY/Voice)
- ☎ 1300 555 727 (Speak & Listen)
- 💬 0423 677 767 (SMS)



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