

What is Contraception?



✓
Easy Read

SHINE_{SA}

sacid
South Australian Council
on Intellectual Disability

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.

The different types of contraception are:



Long Lasting Reversible Contraception (LARC).



Shorter Acting Hormonal Contraception.



Barrier and Non-hormonal methods.



Fertility Awareness Methods (FAMS).



Permanent Methods.



The best choice depends on what you need and what suits your life and body.



It is your right to choose what contraception to use.



What works for you now might change as your life changes.

Some types of contraception can help your health in other ways too.



Some can make **periods** lighter or less painful.



Periods are the bleeding that happens each month from the **uterus**.



The uterus is also called the womb.

It is where a baby can grow.



Not all contraception protects you from **Sexually Transmitted Infections.**

Sexually Transmitted Infections are also called STIs.



STI's are infections passed through sex.



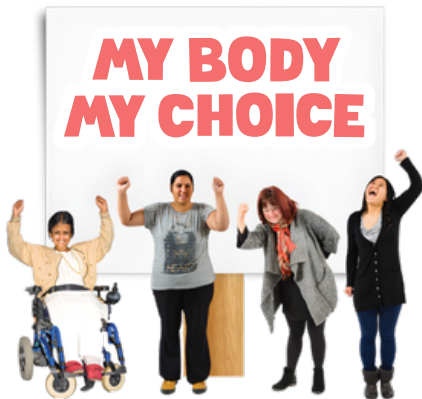
Only barrier methods protect you from STI's.



This means that you might need more than 1 type of contraception.



You can talk to a doctor or your health professional to find what is best for you



It is your body and your choice.



SHINE SA can help you learn about the different types of contraception in Australia.



SHINE SA is an Australian service that helps people with relationships and sexual health.

For more information, contact SHINE SA or talk to a health professional.



SHINE SA Appointments and Enquiries



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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This document was tested by people with intellectual disability

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