

## Start here: Contraception introduction

When does someone need to use contraception?

At a younger age, why is it difficult to know if ovulation has happened?

Why is withdrawal or "pulling out" **NOT** contraception?

How soon after having unprotected sex should someone seek help from a doctor or sexual health service?

How do barrier methods prevent a pregnancy and what else can they prevent?

## Hormonal contraception

Other than preventing pregnancy, what else can hormonal contraception be used for?

Describe three ways that hormonal contraceptives work to prevent pregnancies.

## Contraceptive pills

What types of contraceptive pill are there?

Why is the pill not as effective in 'real-life' use compared to 'perfect' use?

What forms does the combined pill come in?

## Injectables

How long do injectables work for?

What are some advantages of using injectables?

What potential downsides are there to using injectables?

## Coils

What are the main types of coils?

How long can coils work for?

What are some advantages of coils?

## Implants

What advantages are there to using an implant?

What happens to fertility after the implant is removed?

How long might it take for periods to settle?