

## Start here: Contraception introduction

**Fill in the blanks, use the word bank for help if needed.**

People will need to use contraception during sex to prevent a \_\_\_\_\_ . If someone wants to prevent pregnancy, this will need to be used until they are \_\_\_ years old, or until menopause is confirmed.

Withdrawal or “pulling out” is **not** contraception because pre-ejaculate could enter the vagina. This could contain \_\_\_\_\_ .

Circle the number of days someone has to access emergency contraception from a **doctor** or from **sexual health services** after having unprotected sex.

**3 5 7 10**

Barrier methods like a \_\_\_\_\_ prevent sperm entering the vagina and meeting an egg. They also prevent \_\_\_\_\_ .

## Hormonal contraception

This works by stopping sperm meeting an egg by stopping an \_\_\_\_\_ being released or preventing sperm entering the uterus by making the mucus in the cervix \_\_\_\_\_ , or preventing the egg from implanting in the \_\_\_\_\_ by making the lining thin.

## Contraceptive pills

There are \_\_\_ types of pill, the combined pill and the progesterone-only pill. With ‘perfect’ use 3 out of 1000 women would get pregnant using the pill, but as people \_\_\_\_\_ to take them in ‘real-life’, 9 in 100 women are expected to become pregnant on the pill per year.

## Implants

Long acting reversible contraceptives like implants can be helpful because people don’t have to \_\_\_\_\_ to take them. Fertility returns to \_\_\_\_\_ once the implant is removed. Bleeding during periods can change and it might take 3 months to settle.

## Injectables

Injectables work for \_\_\_ months, and like the coil and implants people don’t have to remember to take them everyday. People can set reminders in their \_\_\_\_\_ to go back and get a new injection when they need to. Some injectables may cause \_\_\_\_\_ gain and can stop periods all together or cause heavier \_\_\_\_\_ , and it can take 3-6 months for this to settle.

## Coils

There are two main types of coil.

- Hormonal
- \_\_\_\_\_

These can work from between 3 to \_\_\_ years depending on the type of coil, so they’re really long lasting.

The hormonal coil might make periods \_\_\_\_\_ , but the copper coil might make them a bit more painful and heavier.

### Word bank

weight      bleeding      3      normal      condom      forget      55      sperm      egg      lighter      10  
calendar      copper      2      pregnancy      remember      STIs      uterus      thicker