

LESSON 2

CONTRACEPTION CHOICES:
MAKING THE CHOICE



YOU
BEFORE
TWO

Resource 1: Character quotes

Character quotes

A. Me and my girlfriend have been messaging loads. I think she's hinting at having sex this weekend, but I won't have chance to go to the sexual health clinic before then. I don't know if she's had an STI check or whether she's using any other contraception either.

B. I've tried a couple of types of hormonal contraception and I had some trouble with my bleeding. I'd really like to use a long-term contraceptive though rather than only using a condom, just in case.

C. I'm scared of needles, I try my best if I really need to have an injection, but if I could have a form of contraception that meant I didn't need to do that, I'd prefer it.

D. If I'm really honest, I've got loads of stuff going on so I don't think I'm going to do very well remembering to take a pill every day or remembering to go to more than one appointment in a year.

E. Now that I've got a career that's going well, I'd like a contraceptive that I don't have to think about too much when I'm busy. But, I know I want to start a family one day, so I'd like a contraception that means when I'm ready I can do that straight away.

F. My periods are really heavy and painful, I'm not currently having sex, but if something could help with that, it'd be amazing.

G. I'd like a contraceptive that doesn't affect my weight too much, plus I've heard I probably should avoid some contraceptives until I'm 18?

H. I live far away from the nearest sexual health clinic, so I'd like to use something that means I don't need to go there too often.