

Yarning About Contraception



family
planning
australia

Reproductive & Sexual Health





Title: Gathering of knowledge

The artwork prominently features a gathering symbol, serving as a representation of a space for connection and education. This symbol holds deep cultural meaning and is regarded as highly significant within Aboriginal heritage.

Pathways leading towards the gathering symbol symbolise the journeys undertaken by our people from their respective communities towards knowledge acquisition, ultimately leading to a more comprehensive understanding of each type of contraception.

The surrounding areas encompassing the pathways, depicted through the use of dots, symbolise our land and emphasise that our people originate from diverse locations, all converging in a single gathering place.

Lani Balzan

Lani Balzan is an Aboriginal artist and graphic designer, specialising in designing Indigenous canvas art, graphic design and logo design with the aim of bringing people together to learn about the amazing culture we have here in Australia.



Lani is a proud Aboriginal woman from the Wiradjuri people of the three-river tribe. Lani originates from Mudgee and recently relocated to Mid-North Queensland.

In 2016, Lani was announced as the 2016 NAIDOC Poster Competition winner with her artwork "Songlines". This poster was used as the 2016 NAIDOC theme across the country.

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What is contraception?

Contraception is birth control. It is what someone uses if they want to have sex but do not want to have a bub.

Effectiveness

Effectiveness means how well something works at preventing pregnancy. No method works 100%. Some are more effective than others. What you choose to use depends on you.

YOU CAN GET PREGNANT:

- The first time you have sex even if you haven't had your first period yet
- If you have sex when you are having a period
- If your partner does not ejaculate (cum)

How contraception works

Contraception works in a few different ways. This depends on what type of contraception it is. There are two main ways.

- 1. Barrier methods** (e.g., condoms, diaphragm) stop fluids that may contain sperm from entering the cervix during sex
- 2. Hormonal methods** (e.g., The Pill, hormonal IUD) generally work by:
 - creating a thick mucus barrier in the cervix to stop sperm entering the uterus
 - delaying or stopping the release of an egg from the ovaries
 - changing the lining of the uterus making it difficult for a fertilised egg implanting to start a pregnancy

All contraceptive methods have benefits and drawbacks, but none affect your long term fertility. Some people may experience unwanted side effects or complications. It can help to discuss what options might be best for you with your healthcare worker or doctor.

Safe sex and contraception

Using condoms with another type of contraception is the best way to stop unplanned pregnancy and Sexually Transmissible Infections (STIs). This is called safe sex.

STIs are passed on by sexual contact with an infected person. Sometimes there are no symptoms. The only form of contraception that helps to prevent most STIs are condoms. All other forms of contraception only prevent pregnancy.

Pair up condoms with another form of contraception to prevent STIs and pregnancy.

LONG-ACTING REVERSIBLE CONTRACEPTION OR LARC:

- Provides very effective contraception
- Is long acting
- Doesn't require you to do anything to prevent pregnancy every day or every time you have sex
- Fertility immediately returns when removed

Male (external) condom



What it is: A thin latex rubber or non-latex covering placed over an erect (hard) penis before sex to collect semen during ejaculation

Type of contraception: Barrier

When to use it: Every time you have sex
– single use only

How effective: 88%–98%

STI protection: Reduces the risk of most STIs

Benefits:

- Helps to reduce the risk of STIs
- Inexpensive, small and easy to carry
- No prescription needed
- Can be used at the same time as other types of contraception such as the implant or Pill

Downsides:

- Can break if not used correctly. Always use water-based lubricant to help prevent this.
- They expire or become damaged if stored in wallets or in the heat
- Some people can have an allergy to latex. If so, latex free condoms can be used instead



Did you know?

Semen (cum) contains up to 200 million sperm!

Female (internal) condom



What it is: A thin, soft plastic tube with rubber rings on each end inserted into the vagina before sex to collect semen during ejaculation

Type of contraception: Barrier

When to use it: Every time you have sex – single use only

How effective: 79%–95%

STI protection: Reduces the risk of most STIs.

Benefits:

- No prescription needed
- Gives the woman more control of their body
- Can be used at the same time as other types of contraception such as the implant or Pill

Downsides:

- Can be expensive with limited suppliers
- Less effective as male (external) condoms
- The penis can slip and penetrate the vagina so care should be taken to make sure the penis is guided into the condom

Never use a female condom at the same time as a male condom.



Diaphragm (Caya)



What it is: A soft cap that is inserted into the vagina before sex to cover the cervix

Type of contraception: Barrier

When to use it: Every time you have sex

How effective: 82%–86%

STI protection: No

Benefits:

- Can be re-used for up to 2 years
- No prescription needed
- Discreet

Downsides:

- Barrier gel (supplied with the diaphragm) must be used every time
- Must be left in for up to 6 hours after sex (but no longer than 24 hours!)
- The diaphragm is not usually recommended for young women because it is less effective than other methods



You do not need to be fitted for a Caya, but you need to be comfortable inserting it into the vagina. Check your insertion technique with your healthcare provider if you are unsure.

The combined oral contraceptive pill



What it is: A tablet taken at the same time every day

Type of contraception: Hormonal

When to use it: The pill must be taken every day at the same time every day to be effective

How effective: 93%–99.5%

STI protection: No

Benefits:

- Effective when used correctly
- Can help with problems associated with periods such as painful, heavy, or irregular bleeding and acne
- May help with symptoms of premenstrual syndrome (PMS), such as mood changes before a period

Downsides:

- Increases the risk of unintended pregnancy if a pill is forgotten or missed
- Some pills are more expensive than others
- Ongoing prescriptions required

Most women will have very few side effects to the pill. If they do occur, they usually settle within the first few months. You may experience:

- headache
- tender breasts
- upset tummy
- bloating
- mood changes
- light irregular bleeding between periods

See your doctor or health care professional if your symptoms persist.



Progestogen-only pill



What it is: A tablet taken at the same time every day

Type of contraception: Hormonal

When to use it: The POP must be taken at the same time every day to be effective

How effective: 93%–99.5%

STI protection: No

Benefits:

- Effective when used correctly
- Can be used by people who can't use estrogen, like in the combined oral contraceptive pill

Downsides:

- Some types of POP will be not effective if taken more than 3 hours late. They must be taken at the same time every day to be most effective
- May have irregular or unpredictable bleeding
- Some pills are more expensive than others

There are now two types of POPs in Australia. Speak to your doctor or health care professional about which one is right for you.



Contraceptive implant



What it is: A thin rod that is inserted under the skin of the upper arm

Type of contraception: Hormonal – Long-Acting Reversible Contraceptive (LARC)

When to use it: lasts 3 years

How effective: 99.95%

STI protection: No

Benefits:

- Very effective contraception as you don't need to remember to take a pill every day
- Works immediately if inserted during the first five days of your period
- Discreet (can't be seen)

Downsides:

- The implant can only be inserted or removed by a trained medical professional
- Requires a minor surgical incision to be inserted and removed and may leave a small scar
- Your period bleeding will change and may be unpredictable.

The contraceptive implant can be removed at any time and fertility returns as soon as you take it out



Hormonal IUD



What it is: A small 'T' shaped plastic device that contains hormones inserted into the uterus (womb)

Type of contraception: Hormonal – (LARC)

When to use it: lasts 5 years

How effective: Mirena 99.9%, Kyleena 99.7%


STI protection: No

Benefits:

- Very effective contraception as you don't have to remember a pill every day
- Works straight away if put in during the first five days of your period
- Fertility returns as soon as it's taken out
- Very effective for reducing painful or heavy periods and may stop periods in some women altogether

Downsides:

- The IUD can only be inserted or removed by a trained medical professional
- Small chance of an infection called pelvic inflammatory disease (PID) within the first three weeks after insertion
- You may have irregular or unpredictable bleeding



There are two types of hormonal IUDs available in Australia, Mirena and Kyleena. The Kyleena is slightly smaller than the Mirena and has a lower amount of hormones.

Copper IUD



What it is: A small 'T' shaped plastic device with copper wrapped around its stem inserted into the uterus

Type of contraception: Non-hormonal (LARC)

When to use it: lasts 5-10 years depending on the type of device

How effective: 99.5%


STI protection: No

Benefits:

- Very effective contraceptive as you don't need to remember to take a pill every day
- Can be removed at any time
- Safe to use if you can't use hormonal methods
- No hormonal side effects

Downsides:

- The IUD can only be inserted or removed by a trained medical professional
- While you have the IUD, periods can be heavier and last longer than before
- There is a small chance it can come out by itself



COPPER IUDS ARE SUITABLE IF YOU CANNOT OR PREFER NOT TO USE A HORMONAL METHOD OF CONTRACEPTION.

Contraceptive injection



What it is: An injection into the muscle of the upper arm or buttocks

Type of contraception: Hormonal

When to use it: 12 weeks

How effective: 96%–99.8%


STI protection: No

Benefits:

- You don't have to remember to take a pill every day
- Heavy bleeding is rare and may stop monthly periods if used for a longer time

Downsides:

- Fertility may take some months to return to normal
- May have irregular bleeding or spotting
- May lead to weight gain in some people as well as affecting bone density



Injections must be taken on time or there is an increased risk of unplanned pregnancy.

Vaginal ring



What it is: A soft plastic ring about 5cm in diameter containing hormones

Type of contraception: Hormonal

When to use it: use for 3 weeks with one week off. After the fourth week, a new ring is inserted.

How effective: 93%–99.5%


STI protection: No

Benefits:

- Do not need to remember a daily pill
- May improve heavy periods, hormonal acne and other symptoms associated with periods
- Predictable bleeding in the week the ring is removed

Downsides:

- For this method to work you need to remember when to remove the old ring and insert a new one. If you are late, you may be at risk of unintended pregnancy.
- It requires self-insertion which some women find uncomfortable
- Small risk of blood clots



The vaginal ring is removed after three weeks to allow you to have a monthly bleed (like a period). A new ring is inserted one week after you've taken the old one out.

Emergency contraception pill (ECP)



What it is: A single pill taken after unprotected sex to reduce the chance of an unplanned pregnancy. There are 2 types of ECP, Levonorgestrel-ECP (LNG-ECP) and Ulipristal acetate (UPA)

Type of contraception: Hormonal

When to use it: LNG-ECP is effective up to 3 days, and UPA up to 5 days after unprotected sex. The sooner it is taken the more effective it is.

How effective: prevents 85% of pregnancies which would have otherwise occurred if taken within the specified timeframes. UPA-ECP is more effective than LNG-ECP.

STI protection: No

Benefits:

- Safe and the same type of ECP can be used more than once within the same month
- Available over the counter from pharmacies and Family Planning Australia without prescription
- Does not cause abortions if you're already pregnant.

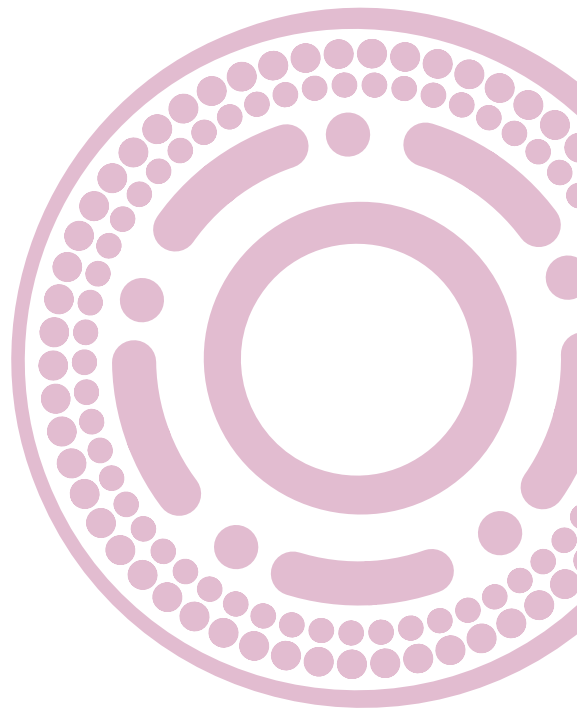
Downsides:

- Expensive if using this method often
- Not as effective as other methods of long-term contraception



Some examples of when you may use the ECP include:

- You had sex without using contraception
- The condom breaks
- You forget to take the contraceptive pill at the recommended time
- You are late for a contraceptive injection
- You are a victim of a sexual assault and didn't have contraception



For more information on contraceptive options, scan this QR code

Other forms of contraception:



Sterilisation

Sterilisation is a permanent procedure that is 99.5% effective at preventing pregnancies. These methods are for people who have had all the children they want. The two forms of sterilisation are:

- vasectomy (the snip): works by blocking sperm from getting into the semen (cum)
- tubal ligation (getting your tubes tied): works by blocking the fallopian tubes so that sperm cannot travel up to meet the egg and start a pregnancy

Fertility awareness method (rhythm method)

These methods rely on not having sex at times of the month when you are most fertile. This method uses the body's hormonal cycle dates, and/or signs from your body to tell when to avoid having sex (e.g., mucus, cervix, and temperature changes). This method may be unreliable in preventing pregnancy and has a success rate of between 76%–99.5%.

Withdrawal (pull out)

Withdrawal is when the penis is pulled/taken out from the vagina before ejaculation happens. It is not a reliable form of contraception as sperm may be in the fluid (pre cum) that lubricates the inside of the penis during an erection, or someone might forget to withdraw the penis or not be quick enough. Withdrawal can be anywhere between 80–95% effective at preventing pregnancy.

Contraception after having a bub

When you are ready to start having sex after your pregnancy, you may want to think about choosing an effective method of contraception.

Choosing when to start and what type of contraception to use is up to you. Many methods can be started immediately after giving birth.



freedom

condom

The Freedom Condom card is available to young people under the age of 30 who are sexually active or thinking of becoming sexually active. The card lets you access FREE condoms from ANY provider in NSW!

For more information, visit
www.freedomcondom.org.au



Other places to find information:

For Family Planning Australia clinics, information and resources:

www.fpnsw.org.au/Aboriginal

To confidentially speak to a clinician, call Talkline between 9am and 5pm, Monday to Friday

Talkline: 1300 658 886

www.fpnsw.org.au/talkline

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