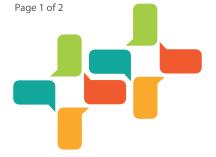
Fact Sheet - Assyrian

حمدوح جيستٍ،

The Female Condom



مهودب سکه جهددهم دیستیدی



دُنجب چه قیس حفیدهٔ جیعجه؟

حفدهم دیسته چه قیس حجبسم دبدهٔ دیّه دیّبهٔ ۱۰ دیّبهٔ ۱۰ میتهٔ بهجبیه بدهٔ دیره. دهٔ ههٔ ۲ مهیهم دهٔ دیّه جدهٔ دیّه همههم دیّبهٔ ۱ همهه کرد هم کرده دیّهٔ که مهیمهٔ کسکم دستهٔ کخده ساهٔ سیسمهٔ ۱

حقع يقب چه قيس حفيده جيسته؟

حەدەققى دىستى ھىدى دقىعب ھەھكىي ئىقى ئىر دەدشى ئىدقى دېكىدى دەلىكىدى ئى كۆلەلى دېكىدى ئىدى دەدىكى ئىدى ئەدىكى ئەدىكىكى ئەدىكى ئەدىكىكى ئادىكى ئادىكى

مُعب مُعرِث دِجُهِيمٌ لِم حَفْدِهُم دِيسَتُع؟

حفده ويعقه كسبقه حيره قع ههقه وهه دَنَقيّه معهدهه (هوودوه) قع دكسة قع حكده ويجه. نَهُ هَيْه عَيْه دفية همهكش فبد تَعب يقِه وقهفه هن عق ذكسوب وحفده قع هكهكيّه.

دُيْجِب مُعَانِهِ وَسُعِنِهِ كُوهُ ، حَفْعَدِهُ فِي دِيسَجُعْ؟

دُنجب مُعكِسُم لِي حَمْدِهُ وَيَعَبُعُ؟

يَائِعَةُ دَبُكَ دِعْهُ فَمَبِسُهُ هِهُ مَجْمَتُهُ لِيَّهُ عُمْقَهُ دَكَشِدِدَةَتِهُ دَمُدَكُمُ دَخُدَتُهُ. جُفَيْسَكُمْتُ كُفَ يَائِعَةُ كَمْتَمُ سُمْ جُجْبُهُ دِحَمْدِهُم دِيَسَبُهُ تَعْمَهِم. بُنَهُ غُفِيهُ هِمْ إِنْ يَنْ لَا يَضِعَنُهُ كِمَ حَمْدِهُم دِيَعَتِهُ دِحْكِهُ تَعْمَهِم.

دُهجِ کَمُحُوبِ حَمْعِدُهُ حِيْدُ حَيْدُ حَدَّمُ حِيْدُ

- مُحِيد كِه دُهُ، دِعْدَ لِيه عَدِهُ
 دَعَدِبُهُ مِنْ لَكُهُ، دَجْدَتَهُ. لَبَعْنَ دِعَدِبُهُم كِه، كِبُعَمْ يَدِ فَهُمْنَ دِمَدِبُهُم كِه، كِبُعَمْ يَدِ فَهُمْنَ مُسْمِنْ لِه حَدْدَة تَعْدَدُه
- بده پوتکهٔ جد کهٔ هٔ جدهٔ جدهٔ جدهٔ بدیده کهٔ میددهٔ بدیده کهٔ هٔ جهٔ دید کیا کهٔ دید که دید که در که دید که در که دید که در که دید که در که در
- جەنمىم ئى ئىلىمى ئىلىمى مىلىدە ھىلىدە مىلىدى مىلىمى كىلىمى مىلىمى كىلىمى مىلىمى كىلىمى مىلىمى كىلىمى ئىلىمى ئى
- تابقچد جُوبِیه توپَّه کَهُه جُدَتَکَجِد تیکَقَهٔ دِجْههٔههُ چھقتیمٌ



بحد حدِّقِه الموجَه هٰدُدُه 1300 886 658 سوچَه هٰدُدُه الله www.fpnsw.org.au

سِكَجُيِّ دِحِيه لَوَهُمَ وُجُومُ وَخُعُومُ لَا يَجِكُفُهُ الْمُوكُمُ لِلْ الْحُودُ لِحَجَدُ الْجُودُ لَا يُحَ

حودَثَهَة وهيُجُهِدُ وجُحدُومَة وصحهُ هُمه صُحْم بَيِّه ضِو جهدَتُهُا ذُر هُم فَحَتْ ووورَه فَعَيْدَ حِيْه صُوفُ لَعَبْ وَوَجِدَوَدُهُ وسوكُمُتَة وصدهُ هُمه صُحْف



دُيجِب كَفِكُوكِ حَفْدَةُ حَيْدُةُ حِيسَتُهُ مِن خُمْهِهُ

كَفِكُمِكِعْ حَمْدَهُمْ هِي ثَمَدَ جُمهُفَةً يَهَدَّمُنَةً، فِدَهِكُهُ كِنِّعَةً جُدِّمَةً هُهُومِد كِه حَمْدَهُمْ كَجُدُد. جُدَهِجِم كِه ثَمْ سَدِّعْ تَكِسَةٌ دَهٰذَقُعْ هَذُفِيكِه ثَمْ هُدَيْعً دِودَكَةٍ.

معجبته يججده

حك بند حفده ح ديستِع شهنع دقيع همويشع نسجب سدّع يُده.

يَّ ، معوديِّ لُجِب وَجُعَيْنِهِ لِيَّ حَمْدَوَهُ وَيَعَيَّدُ ، نُه يَّذَبُكُ بَهُما وَكِرْ لِيُهُ كُسُّهُ هَدْبِيَّهُهِ ، هَيْهُما وَبُجِهُما كَاهُ ، شِيِّهُ وَلَمْدَبِيهِمَّهُ مِنْ سَدِّهُ يُسَكِّلُهُ. شِقْعُ وَلَمْدِبِيهِمْ هُ هَٰيِنَهُ وَقَبِيْهُ مِعْهِكُلِمَةً بَعِيْهُمُهُ وَ120 هُذِيٍّ مِن تَهُدَ جُمهُمُهُ يَعَدُّدُنِهُ وَكُرْ تَهُهُ وَهُمْ مِن يَهْبِعُهُمْ لَضِحِهِوْهُ أَهُ مِنْهُمْ مَعْمُهُمْ وَلَا تَهْدِهُ.

شَعْ حَمِعَ وُمَدِّهُ هُمُومِكُمِهُمْ

- عدب بُك سَمِبِّهُ مِكْكُرْ دِحَمِهُ يَقَعْ دِهَبِّ جَعِيهُ مَجَدِهُمْ مَجَدِهُ مَعْمَ مُحَدَّةً مُعَاهُ مُعَامُ مُعَدَّةً مُعَامُ مُعَامُ مُعَامُ مُعَامُ مُعَامُ مُعَامِعُ السَّاعِةِ www.fpnsw.org.au/talkline كَتُمَةً
 - NRS (عَمْ يَفَقِيْ خِوْد) NRS •
 - د ته فستدر بحرس بانهیا دههٔ فیده دنده وید آن به مستدر بحرس بانهیا دههٔ به دنده وید

سِم کِیْ اِسْم کِیْ اِ

سِكَجُيِّ دِحِيه لَوَهُمَ وُجُومُ وَخُعُومُ لَا يَجِكُفُهُ الْمُوكُمُ لِلْ الْحُودُ لِحَجَدُ الْجُودُ لَا يُحَ

حومةَهُا وطيُجُهمَ وجُلمومَا وصل قمه قلك بِيَّه بُو حومةَهَا فُرَ هَا سَتَمْ ووورَا العَبْدَ لِيِّه صووفًا حبْد ووبدومَا وسوكفتا وصل قمه قلك



Fact Sheet - English

THE FEMALE CONDOM



What Is The Female Condom?

The female condom is like a large male condom. It is about 15cm long and has two flexible rings, one at each end, to keep it in place in the vagina. One of the rings is closed and this end rests inside the woman's vagina. The other ring, which is open, rests outside. Most regular condoms are made of latex (rubber), but the female condom is made of polyurethane which can make sex feel more pleasurable. It is prelubricated. A woman wears a female condom in her vagina to prevent pregnancy. It also helps to protect against sexually transmissible infections (STIs) including HIV.



How Does The Female Condom Work?

It works by catching the semen when the man ejaculates. Then the sperm in the semen cannot travel up to meet an egg and start a pregnancy.

How Well Does It Work?

When used correctly it is up to 95% effective which means that approximately 5 women out of every 100 women who use the female condom for a year will become pregnant. However with typical (real-life use), it is only 79% effective meaning that 21 women in every 100 may fall pregnant in a year.

Female condoms can be combined with other methods of contraception including contraceptive pills, vaginal rings, contraceptive injections, implants and IUDs. This provides effective contraception and prevents STIs at the same time.

Who Can Use A Female Condom?

It is suitable for most people, and designed to fit all women. It can be used by those who are allergic or sensitive to latex condoms.

How Do You Get Female Condoms?

You can buy female condoms from Family Planning clinics, most sexual health clinics and online. Some women's health clinics and pharmacies also stock them.

How Do You Use The Female Condom?

The ring at the open end covers the area around the opening of the vagina. You use the inner ring to insert the female condom. It also helps to hold the female condom in place.



 $\label{lem:clinical services & information | education \& training | research | international development \\ \textit{Family Planning NSW} is a not-for-profit organisation funded by the NSW Ministry of Health \\ \\$



How To Insert The Female Condom

- Hold the inner ring (the closed end of the condom) and squeeze the edges of this ring together
- Insert this end as far as possible into the vagina. Upon release, the ring will open to hold the condom in place
- With your fingers inside the condom, push it up into the vagina. The outer ring should remain outside the vagina, esting against the labia
- Be sure the condom has not twisted
- Guide the penis into the vagina during sex

How To Remove The Female Condom

To remove the condom after sex, twist the outer ring and pull the condom out. Wrap it in some tissue and dispose of the condom in a rubbish bin.

Things To Remember

Each female condom can be used ONE TIME ONLY.

The female condom CANNOT be used with the male condom. This could make the female condom move out of place or the male condom could slip off.

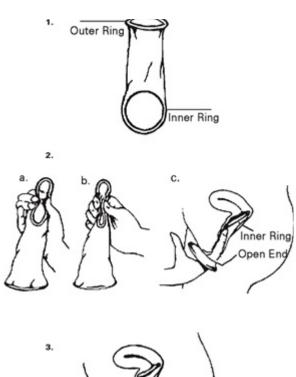
If you forget to use the female condom or you feel that it has not worked properly, you can buy the emergency contraceptive pill from a pharmacy. The emergency pill can be used within 120 hours of unprotected sex to reduce the chance of getting pregnant.

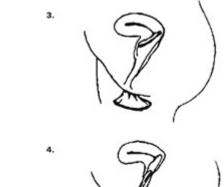
For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.







 $\begin{array}{c} \textbf{clinical services \& information | education \& training | research | international development} \\ \textbf{Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health} \\ \end{array}$