Questions about contraception?

- Combined Pill
- Patch
- Implant
- Condoms
- Copper Coil
- The Ring
- IUS
- Mini Pill
- Diaphragm
- Withdrawal
- Fertility Aware
- Injection

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What’s right for me?

If there are methods that you wouldn’t consider, please bin these and other suggestions will pop up.

Your answers
- Do you want regular periods, or no periods?
  - Regular periods
- Do you want lighter/less painful periods?
  - Not an issue
- Do you want less acne?
  - Yes
- Do you want less PMS?
  - Yes
- Do you want something that is less effort to remember?
  - Not an issue
- Do you want a method without hormones?
  - Not an issue
- Do you want to be pregnant in the next few months?
  - Yes/maybe

Your results: contraceptive methods which suit you

- The Ring
  - Best at preventing pregnancy:
  - Less need to remember:
  - STI protection:
  - For regular periods:
  - For less painful periods:
  - Less acne:
  - Less PMS:
  - Hormones:
  - Yes
- Patch
  - Best at preventing pregnancy:
  - Less need to remember:
  - STI protection:
  - For regular periods:
  - For no periods:
  - For less painful periods:
  - Less acne:
  - Less PMS:
  - Hormones:
  - Yes
- Combined Pill
  - Best at preventing pregnancy:
  - Less need to remember:
  - STI protection:
  - For regular periods:
  - For no periods:
  - For less painful periods:
  - Less acne:
  - Less PMS:
  - Hormones:
  - Yes

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How effective is contraception?

Some methods are more reliable than others...

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Contraception – what matters to you?
Is contraception a challenge?

- Partners
- Media
- Culture
- Hassles
- Family
- Friends
- Clinics

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Information you can trust