

IS EVERYBODY DOING IT?

your guide to **CONTRACEPTION**



HAS he?

I have.

I'm dying to!

They do NOT!

I'm waiting for that SPECIAL person.

I wish we did.

They DO!

Should we?

Does he?

I bet she does.

I bet THEY are.

PLEASE don't ask.

Will Mum find out?

Will they find out I'm NOT?

SOB! Everybody ELSE is!

I'd LIKE to!

Do I HAVE to?

Will I ever?

I have.

We do.

I don't want to.

Glerk!

I get it every night.

EVERY year in the UK around **47,000** girls aged under **18** become **pregnant**. Yet despite this figure, and all the boasting that goes on, most young people are **NOT** having sex. The average age when people first have sex is 16, but you're not unusual if you wait until you're older – many people do!

I'm going to be the world's only 22-year-old virgin!



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IT should be your **choice** to have sex.

It's an important decision, so don't do it before you're ready.

NEVER feel you have to **have sex** because someone is pressuring you to.

IN your teens there is a lot of pressure to pair off and have a **girlfriend** or **boyfriend**. It can be hard if all your mates are going out with someone and you aren't, but it doesn't mean there's anything wrong with you. Different people start having boy/girlfriends at different ages.

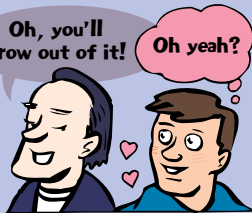
SEXUALITY is not the same for everyone.

Some people are attracted to people of the opposite sex, some to the same sex and some to both.

Most people will grow up to be heterosexual (fancy someone of the opposite sex), but this doesn't mean that they are only attracted to the opposite sex all their lives.

Oh, you'll grow out of it!

Oh yeah?



Let's do it...



We love each other... it's only natural.



Paul and Vicky do it...



You'd do it if you really loved me.



Don't worry, I'll be very careful...



It's bad to be so frustrated.



Are YOU ready to have sex?



Do you really want to go out with someone who is putting such pressure on you?



What's right for YOU is what's important here. Sex before you're ready or with the wrong person can leave you feeling bad.



You don't have to have sex with everyone you go out with. It is still your choice, however many times you have had sex before.

PEOPLE often find that changing a relationship to a sexual one is a bigger step than they think. You don't have to 'go all the way' to have a good time. So don't be pushed into doing something you don't want. Kissing and petting can be a lot of fun and are all part of sex. And knowing how your partner likes to be touched is what makes you a good lover.

THESE are not good reasons for having sex. If you have any doubts or you think you'll regret it, why not wait?

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true story



"MY BABY, JOE, is absolutely wonderful, but it's really hard. I miss going out and I never have any money to spend on myself. I get very lonely. At first all my friends came around and it was great showing off the baby. But now they're all getting on with their lives and I'm lucky if I see them once a week."

Helen, 16

If you won't say yes, I'll have to find someone else.

Are you trying to pressure me, Tina?



WHAT TO SAY WHEN PEOPLE MAKE **EXCUSES** FOR NOT USING CONTRACEPTION



My parents might find out I'm using contraception.



Pregnancy is much harder to hide than a packet of pills or condoms. Your parents may be relieved to know that you're sensible enough to use contraception.

A baby will be someone to love.



See you, Jo!



Being a parent is something to think long and hard about.

You can have a baby in your 20s, 30s or 40s, but you can't be a teenager again.

Contraception spoils the romantic mood.



WaaAah... waaAh!!

So do babies! And lots of methods don't interfere with sex at all.

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My boyfriend says he'll stick by me if I get pregnant, so it doesn't matter.



Some boys may have the best of intentions, but having a baby can put a huge strain on a relationship.

Condoms take all the pleasure away.



Five seconds! A new record!



Today's condoms are very sensitive and there are lots of different types to try.

It can take a while to feel confident about using condoms. So practise using them.

WHERE CAN I GET INFORMATION AND HELP ABOUT CONTRACEPTION?

From a doctor, nurse, contraception clinic, pharmacist or sexual health clinic.

HOW OLD DO I HAVE TO BE?

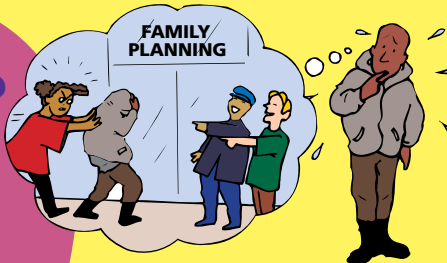
Any age. It doesn't matter how old you are or whether you are male or female. Many services run sessions for young people.

WILL I HAVE TO SEE A DOCTOR?

Not always – nurses can advise you and often give you contraception. Let the staff know if you would prefer to be seen by a woman doctor.

DON'T I NEED MY PARENTS' PERMISSION?

No, not to see a doctor or nurse, but it can be helpful to talk about things with your parents. Hiding the fact you're having sex from your parents can be very stressful, so talking to them or another adult may make life a lot easier. They may also be able to help you!



WON'T A DOCTOR OR NURSE TELL MY PARENTS I'M HAVING SEX IF I'M UNDER 16?

No. Even if you are under 16 doctors still have to keep anything you tell them private.

SO EVERYTHING IS COMPLETELY CONFIDENTIAL?

The only reason a doctor or nurse might tell someone is if they thought you were being seriously hurt in some way. But even then, nothing should be passed on before it is discussed with you.

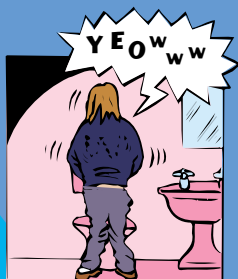
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CAN A DOCTOR OR NURSE REFUSE TO GIVE ME CONTRACEPTION

IF I'M UNDER 16? They can, but this is unlikely. The fact that you have asked for contraception shows that you have made a mature decision. Doctors do have to follow guidelines if you are under 16 and they may ask you to talk to your parents about this. If a doctor does refuse to give you contraception you can ask why or try another doctor, contraception clinic or young people's clinic, such as Brook (see back cover).

Sexually transmitted infections (STIs) aren't just about HIV.

There are many different types of STI which are very common. Using a condom isn't a 100 per cent guarantee of not catching an STI, but it offers good protection. Many people don't get any symptoms, but if you do get symptoms you might notice:



pain when you pee



unusual discharge from the penis or vagina



rash or irritation around your testicles or lower abdomen

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AN STI can be unpleasant and sometimes harmful. It will not usually go away without treatment, so don't ignore it.

Most STIs are easily treated, but some infections, such as HIV, genital warts and genital herpes, never leave your body but treatment can prevent or delay the development of problems.

It is very important to go for treatment because if an STI is not treated it can damage your health and may make you unable to have children. It is important to attend appointments until you are sure that the infection has completely gone.

IF you have an STI you might want to tell other people you've had sex with so they can get checked out. People often don't have any signs that they have an STI and only find out if their partner tells them they may have an infection.

YOU can get help and advice about STIs from your **doctor, nurse, a genitourinary medicine (GUM) clinic or sexual health clinic.**

All treatment is confidential. This means they won't tell **anyone** you have been. You don't have to give your real name or address.

Q How do you know if someone has got an STI?



FACT
In 2007, over 58,000 STIs were diagnosed in teenagers in the UK.

A You don't know. And they might not know they have an STI.

For safer sex use a condom

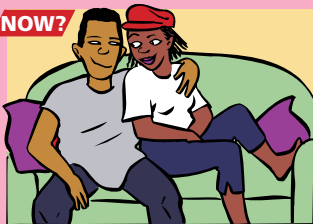
IT can be embarrassing to suggest using condoms – particularly if you aren't sure how your partner feels about this or you haven't talked about it before. Perhaps you're worried they'll think it's a sign that you've slept around – or that you think *they've* slept around! Or they're...



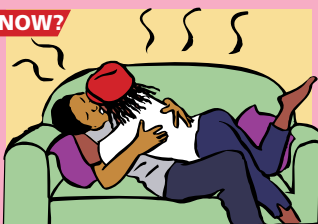
infected!

a
drug-user!

NOW?

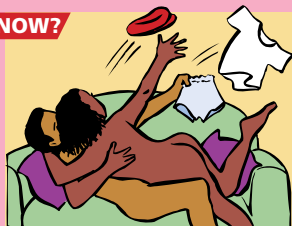


NOW?



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NOW?



too late!



But I thought you were on the pill!

Why didn't you ask?!

Why didn't you say?!

CONDOMS help protect against BOTH pregnancy and STIs.

Condoms can help keep both you and your partner safe and allow you to relax and enjoy sex.



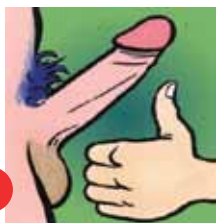
ON HOW TO USE A CONDOM

Most problems with condoms happen because people make mistakes when using them.



Condoms can be used on their own. They do not need to be used with spermicide.

Be careful how you take it out of the packet – sharp fingernails and jewellery can tear the condom.



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Put on a condom as soon as the penis is fully erect and **before** it touches a partner's genitals.



Find the teat or closed end and gently squeeze it to get rid of air. This will also help you to roll it on the right way round.



Still holding the end, roll the condom all the way down the penis.



If it won't go to the base then it's probably on inside out. If so, start again with a new condom as sperm could now be on the first one.



As soon as the man has come, and before the penis has had time to go soft, hold the condom firmly in place while withdrawing. Do this slowly and carefully so no semen is spilt.



Condoms should be wrapped up and put in a bin, not down the toilet.

If you have sex again, use a new condom.

**DO get
contraception
sorted out before you
start having sex.**

You **can** get confidential help from a doctor or nurse, even if you're under 16, so there's no need to take any risks.

Oi!
Where's
my mag?



**What IS
CON-TRA-CEP...?**

Contraception stops the man's sperm from joining with the woman's egg to make a baby.

**But contraception
is down to the woman,
isn't it?**



All contraceptives except the male condom and male sterilisation (which is a permanent method rarely offered to young men) are used by women. That's why many people think that contraception is a woman's business. **Wrong.** It is as much a man's responsibility as a woman's.

**CONTRACEPTION NEEDS TO
BE USED CAREFULLY.**

If you do not use a contraceptive method carefully then the risk of pregnancy is much higher than the figures given in the following pages.

If you don't want to be a parent you must use contraception.

**CONTRACEPTION
WORKS . . .
USE it!**

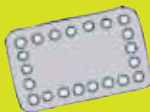
The following section (pages 10–12) will help you decide on the method of contraception most suited to you. It shows different methods of contraception, how reliable they are and the main advantages and disadvantages. Most contraceptives need to be

prescribed by a doctor or nurse, though male and female condoms, diaphragms and caps can be bought at a pharmacy.

FPA (see back cover) can send you free booklets which give you more information about all of these methods.

Method

COMBINED PILL (contains estrogen and progesterone)



PROGESTOGEN- ONLY PILL



CONTRACEPTIVE PATCH



How effective is it?

Over 99 per cent effective if taken according to instructions.

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Over 99 per cent effective if taken according to instructions.

What advantages does it have?

Often reduces bleeding, period pain and pre-menstrual symptoms. Protects against cancer of the ovary, uterus (womb) and colon.

Useful for women who cannot take the combined pill.

No serious side effects.

It can make bleeds regular, lighter and less painful.

It is not affected if you vomit or have diarrhoea.

What disadvantages does it have?

May be temporary side effects such as headaches and breast tenderness.

Rare, but serious side effects may include blood clots, breast and cervical cancer.

Periods may be irregular, light, or more frequent.

May be temporary side effects such as headaches and spotty skin.

May be temporary side effects such as headaches and breast tenderness.

Rare, but serious side effects may include blood clots, breast and cervical cancer.

Does it protect against STIs?

No.

No.

No.

CONTRACEPTIVE VAGINAL RING



Over 99 per cent effective if used according to instructions.

It can make bleeds regular, lighter and less painful.

It is not affected if you vomit or have diarrhoea.

Rare but serious side effects may include blood clots, breast and cervical cancer.

Temporary side effects may include vaginal discharge, headaches, breast tenderness and mood changes.

No.

MALE and FEMALE CONDOM



98 per cent (male condom) and 95 per cent (female condom) effective if used according to instructions.

Free from clinics and sold widely.

No side effects.

Male condoms come in a variety of shapes, sizes and flavours.

Requires careful use.

May slip off or split.

Must be put on before the penis touches a partner's genital area.

Should not be used with any oil-based products.

Yes.

DIAPHRAGM or CAP with spermicide



92–96 per cent effective, if used according to instructions.

Can be put in before sex.

No serious side effects.

Requires careful use.

Extra spermicide is needed if you have sex again.

Can take time to learn how to use correctly.

No.

CONTRACEPTIVE INJECTION



Over 99 per cent effective.

Lasts for 12 weeks (Depo-Provera) or eight weeks (Noristerat).

May protect against cancer of the uterus.

Periods may stop, be irregular or longer.

Some women gain weight.

Some women report mood changes, acne and breast tenderness.

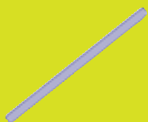
No.

Method

IMPLANT

IUS

IUD



How effective is it?

Over 99 per cent effective.

Over 99 per cent effective.

Over 99 per cent effective.

What advantages does it have?

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Works for three years.

Works for five years.

Works for 5–10 years depending on type.

Periods usually become lighter, shorter and sometimes less painful.

Works as soon as it is put in.

What disadvantages does it have?

Periods may stop, be irregular, or longer.

Irregular bleeding is common in first six months.

Periods may be heavier or longer and more painful.

Some women report acne, mood changes and breast tenderness.

May not be suitable if you are at risk of getting an STI.

May not be suitable if you are at risk of getting an STI.

Does it protect against STIs?

No.

No.

No.



"MY GIRLFRIEND

Fiona is six months pregnant. We'd been using condoms, but when you've drunk a bit, you just forget, don't you? I think she should have gone

on the pill anyway. We really love each other, but it's dead hard as we can only see each other round her friends. And my parents don't want to know."

William, 17

EMERGENCY CONTRACEPTION

IF you have had sex without using contraception, or think your method might have failed, there are different types of emergency contraception you can use.

- The emergency pill, **Levonelle**, must be taken up to three days (**72 hours**) after sex. It is more effective the earlier it is taken after sex. **It is available with a prescription, or to buy from a pharmacy if you are 16 or over.**
- The emergency contraceptive pill, **ellaOne**, must be taken up to five days (**120 hours**) after sex. **It is only available with a prescription.**
- An emergency **IUD** must be fitted up to five days after sex, or up to five days after the earliest time you could have released an egg (ovulation).

SEX is exciting and it is very easy to get carried away, particularly when combined with alcohol or drugs. So be clear about just how far you are prepared to go.



Emergency contraception can usually prevent pregnancy.

YOU can get emergency contraception free from:

- a general practice
- a contraception clinic
- a young people's clinic or Brook clinic
- some GUM clinics
- some pharmacies
- sexual health clinics
- walk-in centres
- minor injuries units
- some hospital accident and emergency departments (phone first).

I think I might be pregnant



"I JUST couldn't ask Gary to use a condom. I was so thrilled that I'd got off with him after fancying him for ages. But then my period was late and I was just praying that I'd get it. In the end it was OK, but I'm not putting myself through that again."

Daniella, 16



IF your period is late then it's important to do a pregnancy test as soon as possible. You can

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have a free test done at:

- a contraception clinic
- a young people's clinic or Brook clinic
- a sexual health or GUM clinic
- some general practices.

A pharmacist will do a test but may charge you for it. Or you can buy a kit to use yourself.



IF you are pregnant then it's very important that you get medical advice as quickly as possible, whether you want to have the baby or talk about having an abortion or the baby adopted. It can be very difficult to cope with an unplanned pregnancy on your own, so do talk to someone.

“I JUST THOUGHT I couldn't be pregnant. I'd only had sex once and my periods had always been a bit irregular anyway. I thought if I ignored it everything would be alright. I didn't tell anyone I was pregnant until I was almost six months, by which time it was too late for an abortion. Now I'm a mum.”

Rachel, 16



“MY BOYFRIEND wanted me to keep the baby, but my mum said I was too young to settle down. Luckily I went to a young people's clinic and the counsellor helped me to think through how I felt and what I wanted. Part of me DID want the baby, but mainly to show my mum that I was grown up. I had an abortion because I didn't think I should have a child until I could look after myself better. I think being a mother is too important for it to be something that just happens to you.”

Shona, 17

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AND FINALLY...

This booklet can only give basic information about contraception. The information is based on the evidence and medical opinion available at the time of printing. Different people may give you different advice on certain points. If you are unsure about anything, ask your doctor, nurse or pharmacist.

Remember,
you can always ring the FPA helpline on
0845 122 8690 for confidential advice
on sex and contraception.



Want to
know more?

CRUCIAL CONTACTS

www.fpa.org.uk

FPA can help you with:

- confidential information and advice and a wide range of booklets on contraception, common STIs, pregnancy choices, abortion and planning a pregnancy
- details of contraception, sexual health and GUM clinics and sexual assault referral centres.

FPA helplines

England

helpline 0845 122 8690
9am to 6pm Monday to Friday

Northern Ireland

helpline 0845 122 8687
9am to 5pm Monday to Friday
or visit the FPA website
www.fpa.org.uk



talking sense about sex

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FPA

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