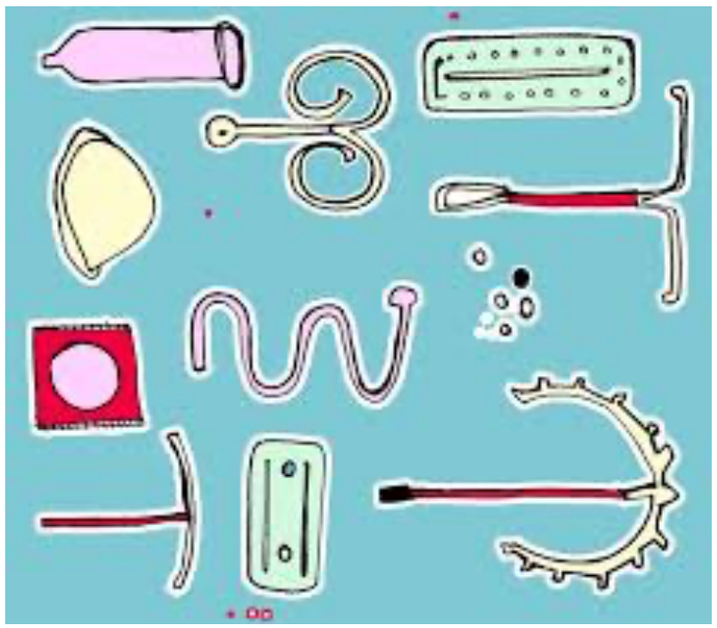


Relationship & Sex Education.

Contraception

Wayne Stevenson.

STEVENSON TRAINING AND INTERVENTIONS

Relationships and sex education

Ground Rules…

- Speak for yourself, not for other people.
- Listen to what is being said, it might just save your life!
- Please ask questions, there is no such thing as a stupid question.
- Use appropriate language, descriptive not offensive.
- Enjoy, and we will have some fun!

What does contraception mean?

- The deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse. (Oxford Dictionary)
- The opposite to conception. Not getting pregnant. (Me)



Male Condoms

Male condoms are made from very thin latex (rubber), and are designed to stop a man's semen from coming into contact with his sexual partner. When condoms are used correctly during vaginal sex, they help to protect against pregnancy and sexually transmitted infections (STIs).

When used correctly during anal and oral sex, they help to protect against STIs. Condoms are the only contraception that protect against pregnancy and STIs.

If used correctly every time you have sex, male condoms are 98% effective. This means that two out of 100 women using male condoms as contraception will become pregnant in one year.



Female condoms.

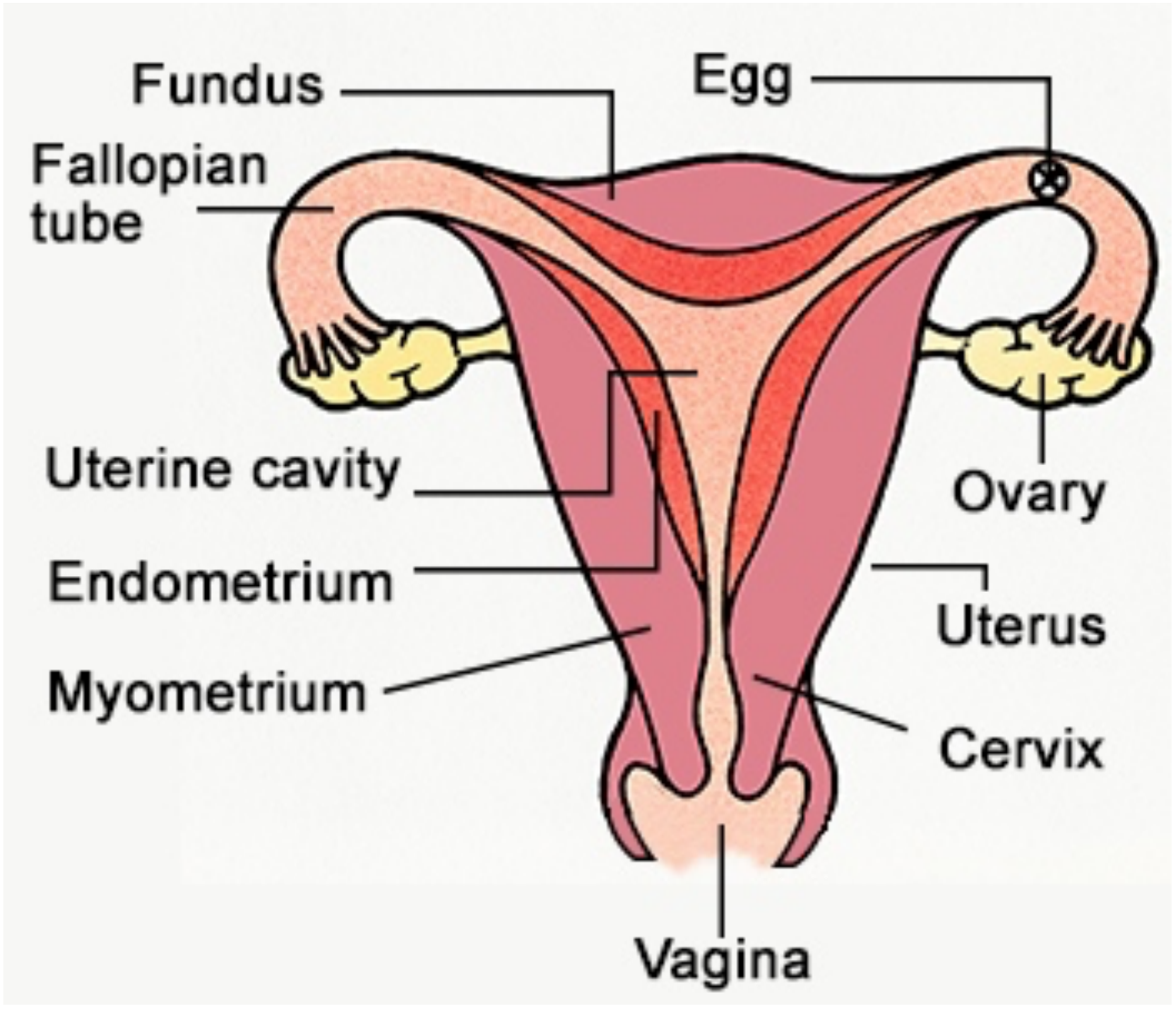
Female condoms are made from thin, soft plastic called polyurethane. Female condoms are worn inside the vagina to prevent semen getting to the womb.

When used correctly during vaginal sex, they help to protect against pregnancy and sexually transmitted infections (STIs). Condoms are the only contraception that protect against pregnancy **and** STIs.

Currently, there is only one brand of female condom available in the UK, called Femidom.

If used correctly and consistently, female condoms are 95% effective.





Female Reproductive Organs

The Combined Pill.

The combined oral contraceptive pill is usually just called "the pill". It contains artificial versions of the female hormones oestrogen and progesterone, which women produce naturally in their ovaries.

The hormones in the pill prevent your ovaries from releasing an egg (ovulating). They also make it difficult for sperm to reach an egg, or for an egg to implant itself in the lining of the womb.

When taken correctly, the pill is over 99% effective at preventing pregnancy. This means that fewer than one woman in 100 who use the combined pill as contraception will get pregnant in one year.



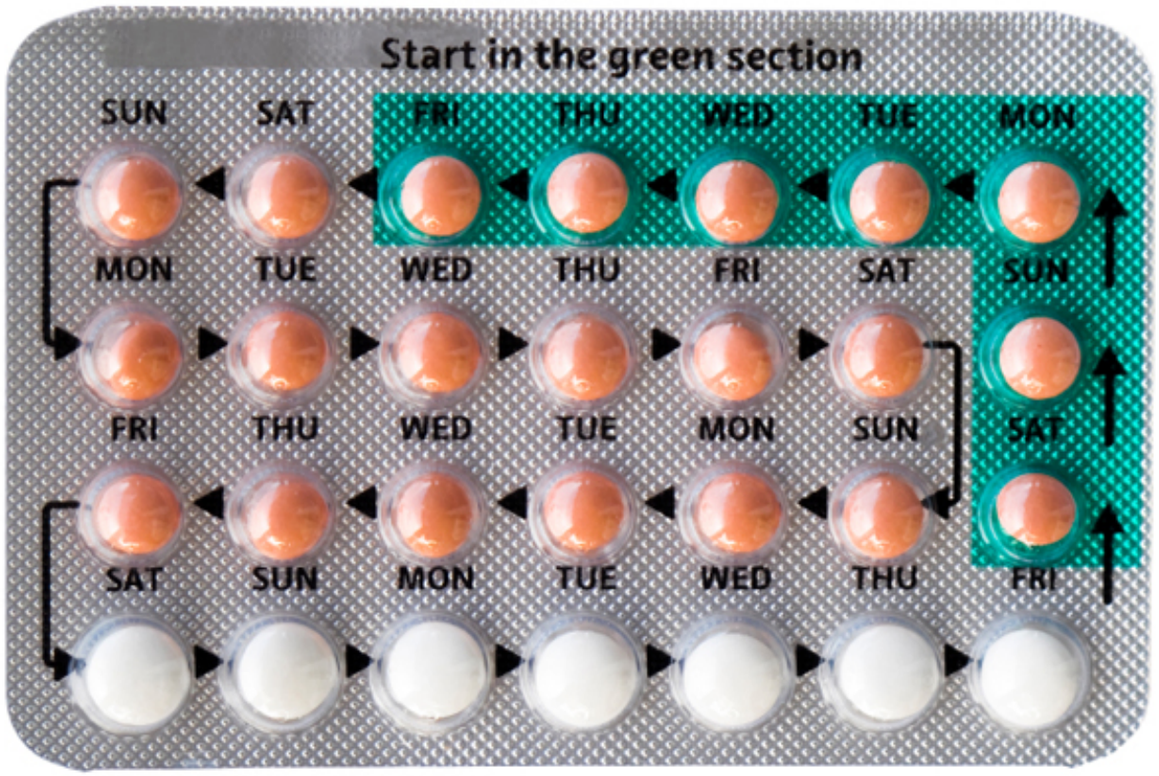
Progestogen-only pill.

One method of contraception is the progestogen-only pill (POP).
It contains the hormone progestogen, but doesn't contain oestrogen.

You need to take the progestogen-only pill at or around the same time every day.

The progestogen-only pill thickens the mucus in the cervix, which stops sperm reaching an egg. In can also stop ovulation, depending on the type of progestogen-only pill you take.

If taken correctly, it can be more than 99% effective.



The contraceptive implant.

The contraceptive implant is a small flexible tube about 40mm long that's inserted under the skin of your upper arm. It's inserted by a trained professional, such as a doctor, and lasts for three years.

The implant stops the release of an egg from the ovary by slowly releasing progestogen into your body. Progestogen also thickens the cervical mucus and thins the womb lining.
This makes it harder for sperm to move through your cervix, and less likely for your womb to accept a fertilised egg.

If implanted correctly, it's more than 99% effective. Fewer than one woman in 1,000 who have the implant as contraception for three years will get pregnant.



The contraceptive patch.

The contraceptive patch is a sticky patch, a bit like a nicotine patch.
It delivers hormones into your body through your skin. In the UK, the patch's brand name is Evra.

You can use the contraceptive patch on most areas of your body, as long as the skin is clean, dry and not very hairy.

It contains the same hormones as the combined pill, and it works in the same way. This means that it prevents ovulation; it thickens cervical mucus, which makes it more difficult for sperm to travel through the cervix; and it thins the womb lining, making it less likely that a fertilised egg will implant there.

When used correctly, the patch is more than 99% effective at preventing pregnancy.

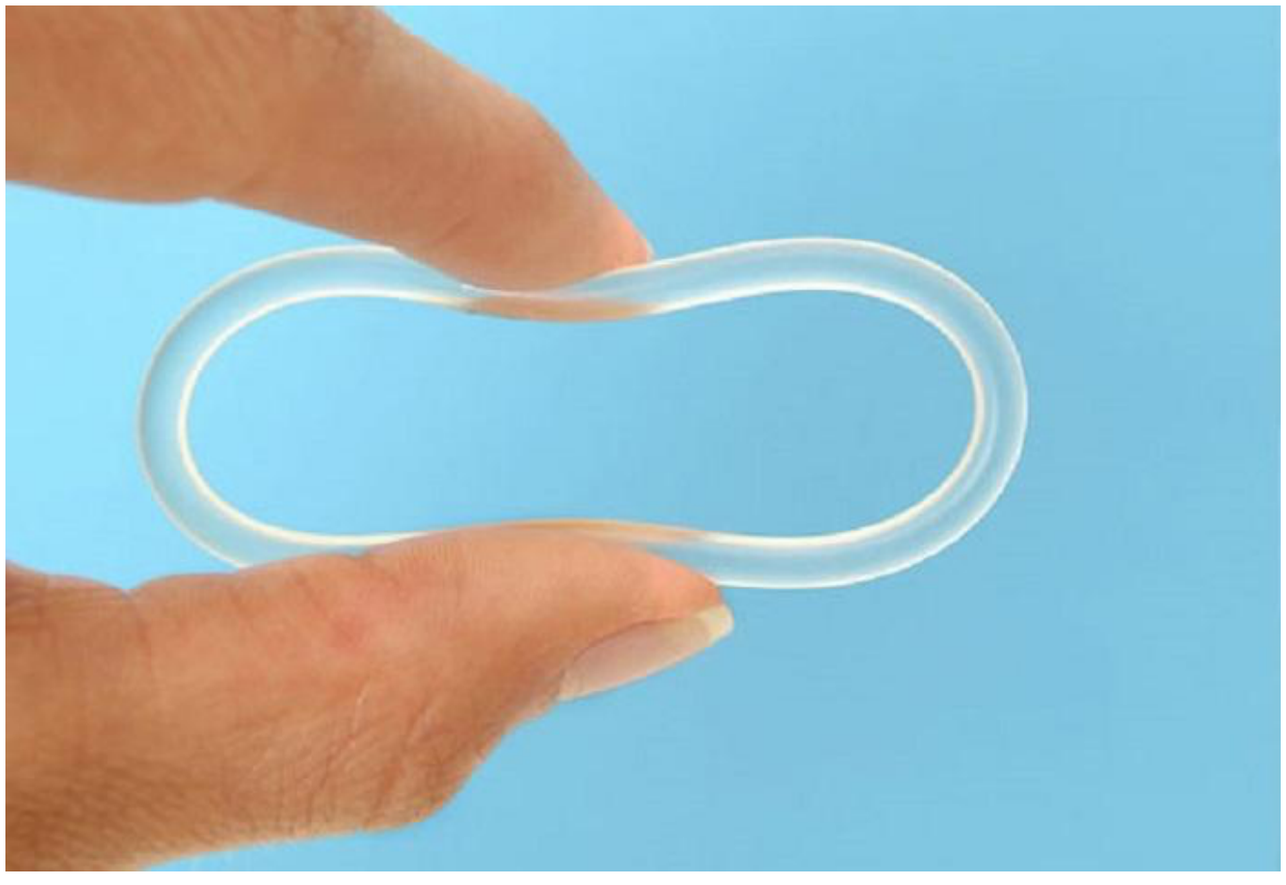


The vaginal ring.

The vaginal ring is a small, soft plastic ring that you place inside your vagina.

The ring releases oestrogen and progestogen. This prevents ovulation (release of an egg), makes it difficult for sperm to get to an egg and thins the womb lining, so it’s less likely that an egg will implant there.

If used correctly, the vaginal ring is more than 99% effective.



Contraceptive injections.

There are three types of contraceptive injections in the UK: Depo-Provera, which lasts for 12 weeks, Sayana Press, which lasts for 13 weeks, and Noristerat, which lasts for eight weeks. The most popular is Depo-Provera.

The injection contains progestogen. This thickens the mucus in the cervix, stopping sperm reaching an egg. It also thins the womb lining and, in some, prevents the release of an egg.

It can be useful for women who might forget to take the contraceptive pill every day. It is more than 99% effective.



Intrauterine System.

The IUS releases a progestogen hormone into the womb. This thickens the mucus from your cervix, making it difficult for sperm to move through and reach an egg. It also thins the womb lining so that it's less likely to accept a fertilised egg. It may also stop ovulation, in some women.

The IUS is similar to the IUD, but works in a slightly different way. Rather than releasing copper like the IUD, the IUS releases a progestogen hormone, which is similar to the natural hormone progesterone that's produced in a woman's ovaries.

It's more than 99% effective

An IUS can be fitted at any stage of your menstrual cycle, as long as you are not pregnant. You will have an internal examination to determine the size and position of your womb.



Intrauterine device. IUD The Coil.

An IUD is a small T-shaped plastic and copper device that's inserted into your womb (uterus) by a specially trained doctor or nurse.

The IUD works by stopping the sperm and egg from surviving in the womb or fallopian tubes. It may also prevent a fertilised egg from implanting in the womb.

The IUD releases copper. Copper changes the make-up of the fluids in the womb and fallopian tubes, stopping sperm surviving there. IUDs may also stop fertilised eggs from implanting in the womb.

An IUD works as soon as it's put in, and lasts for five to 11 years, depending on the type.

IUDs with more copper are more than 99% effective



Contraceptive diaphragm

A contraceptive diaphragm is inserted into the vagina before sex, and it covers the cervix so that sperm can't get into the womb (uterus). You need to use spermicide with it (spermicides kill sperm).

The diaphragm must be left in place for at least six hours after sex. After that time, you take out the diaphragm and wash it (they're reusable).

Diaphragms come in different sizes – you must be fitted for the correct size by a trained doctor or nurse.

When used correctly with spermicide, a diaphragm is 92-96% effective at preventing pregnancy



Emergency Hormonal Contraception.

EHC.

Levonelle- up to 72 hours after unprotected sex. The sooner you take it the more effective it is.



EllaOne- Effective, 3-5 days after unprotected sex. The sooner you take it the more effective it is.



These can cost up to £30 but you can get them for free.

HOW TO USE MALE CONDOM

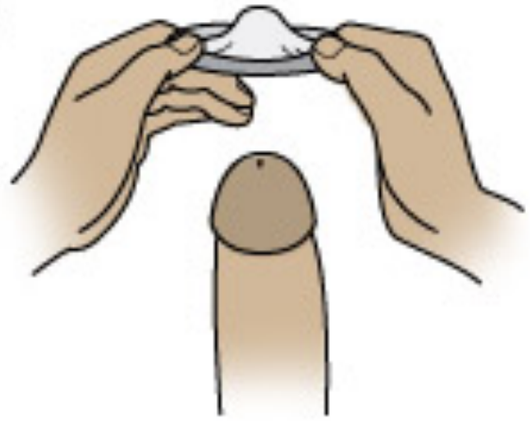
1



2 Take it out



3



4 button it on...



5



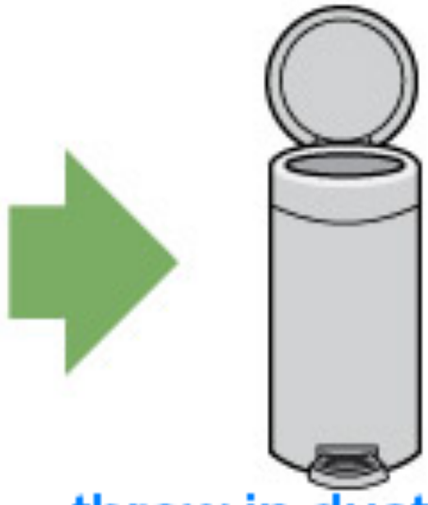
downwards pull it

6 that's OK



7





throw in dustbin

8



Pregnancy Choices?

What are your options?

- Continue with the pregnancy. Keep baby.
- Continue with the pregnancy and have baby adopted.
- You can Terminate the pregnancy (abortion)

NHS

County Durham and Darlington

NHS Foundation Trust

To book an appointment for a termination of pregnancy please phone Monday - Friday 9am - 5pm. 01388 455333

cddft.nhs.uk

County Durham and Darlington - Sexual Health Services

Sexual Health Services

- Clinic Timetables
- Sexually Transmitted Infections (STIs)
- Contraception advice and Emergency Contraception
- I think I may have been sexually assaulted, what should I do?
- Free Online Testing
- Lesbian, Gay, Bisexual & Trans+ (LGBTQ+)
- PrEP & HIV Services
- Free Condoms & C Card
- Confidentiality Statement
- Cervical Screening (smear tests)
- Compliments, Comments, Concerns & Complaints

Welcome to County Durham

SexualHealth

Related Links

- Confidentiality Statement
- Darlington Borough Council
- Durham County Council
- NHS 111 Online
- NHS.UK
- British Association for Sexual Health and HIV
- Brook
- Childline
- Consent is Everything

County Durham and Darlington NHS
NHS Foundation Trust

Welcome to County Durham and Darlington Sexual Health Services
We provide innovative services, delivered by a committed, highly skilled workforce to achieve standards of excellence in sexual health. Our team includes health advisors, doctors, sexual health nurses and support staff who are friendly, non-judgmental and will be happy to advise on any matters related to sexual health.
Our services are free, confidential and open to people of all ages (including under 16s).

For appointments at any of the Contraception and Sexual Health (CaSH) clinics for people living within the Durham County Council local authority area contact the Central Appointment Booking Line on 0191 372 8700 Monday to Friday 9am-5pm.

For appointments at the Genito-urinary medicine (GUM) departments please contact directly during the clinic opening times

For advice on Chlamydia Screening contact the Peterlee Health Centre Central Office on 0191 518 0557 Monday to Friday 9am-5pm.

https://www.cddft.nhs.uk









Question?









What is the best form of contraception?


THANK YOU!