



Medical professionals cannot break your confidentiality to tell your parents anything about your visit. However, if they feel that you or someone else is at risk of harm, they may need to share information about you with other professionals to keep you safe. They should always tell you if they need to do this.

These questions are designed to make sure you are okay, and it is important that you answer honestly. Professionals have a duty of care to young people and if you answer these questions truthfully, they can help make sure that you are safe, healthy and find the right contraception for you.

They will ask you questions about your life, your relationships and sometimes about the types of sex you are having, as well as asking you about any health problems you might have and whether you drink any alcohol/use drugs.

You don't have to be 16 to start using contraception. However, if you are under 16, the professional that you speak to (ie. the nurse, doctor or pharmacist) will have child protection guidelines they have to follow to make sure you are safe.

Remember...

Condoms are the only type of contraception that protects against STIs as well as pregnancy. Even if you or your partner are using another method (for example, the pill or the implant) you should always use condoms too!

Visit www.wavehighland.com for more information about safe sex and where to get help from in Highland



Wave provides free information about sex and relationships to under 25s

www.wavehighland.com



Wave is provided by Waverley Care (Scottish Charity No: SC036500)

However, contraception can also help with some health problems. Some types can help with skin problems such as acne, and some methods help with managing heavy/painful periods too.

It is always important to talk to your nurse or doctor about which type of contraception will be safe for you to use. Certain medications can sometimes stop your contraception from working properly, or can make you feel unwell if taken together.

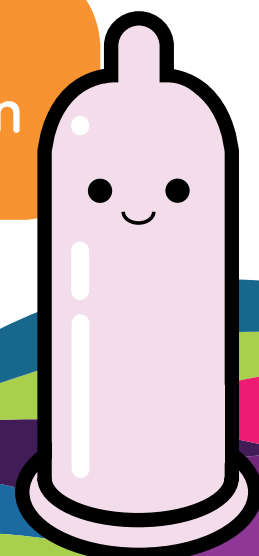


Everyone's body is unique, and different bodies like different things. It is the same when it comes to contraception. The method that works well for your friends may not be right for you and vice versa. You may need to try a few different types before finding the type of contraception that is best for you, but that is ok.

There are several types of contraception available and each one works in a different way. When used correctly, contraception stops someone from becoming pregnant. Certain methods can also help protect against STIs.



Wee Johnny's guide to Contraception



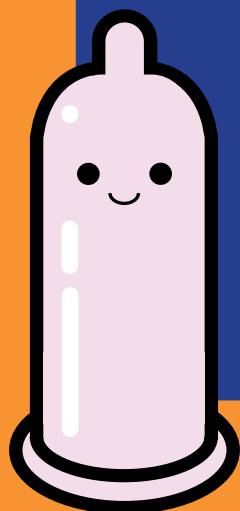
Contraception

Did you know?

There are several different types of contraception and it is important to find one that works for you.

LARC (Long Acting Reversible Contraception) methods are the most effective, but all contraception only works if taken correctly – as advised by your nurse or doctor.

Here are some of the most popular methods used by young people...



The Implant

(LARC Method)

(a.k.a the rod) is fitted into the underside of the upper arm and lasts for up to 3 years. Hormones are slowly released into the body to prevent pregnancy.

Your arm is numbed so insertion & removal is painless, and you can have your implant removed at any time.



The Injection

(LARC Method)

(a.k.a. the depo/the jab) is inserted into the top of the bum and lasts for approx. 12 weeks. It slowly releases hormones into the body to prevent pregnancy.

A great method if you are worried about people finding out that you are using contraception, as there is no evidence to find.



IUDs

(LARC Method)

(a.k.a copper coils) are fitted into the uterus (womb) and can last for up to 10 years. IUDs are the only method with no hormones other than condoms, and their copper reacts with sperm to prevent pregnancy occurring.

IUDs can also be fitted up to 5 days after unprotected sex for use as emergency contraception.



IUS

(LARC Method)

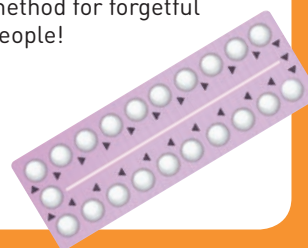
(a.k.a the coil) are fitted into the uterus and can last for up to 5 years. Similar to the IUD but instead of copper, hormones are slowly released into the body to prevent pregnancy.



The Pill

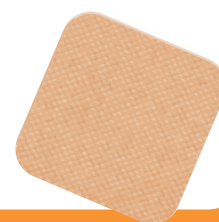
There are several different types of pill that are taken in different ways, so talking to your doctor is usually the best way to find out which one may work well for you. Pills release hormones into the body to prevent pregnancy.

Usually has to be taken most days, so not a good method for forgetful people!



The Patch

is a small plaster-like method which can be stuck anywhere on the body apart from the breasts. A new patch is used every week for three weeks, then you would have a week's break for your period. Patches release hormones into the body to prevent pregnancy.



Emergency Contraception

Emergency contraception is for people that aren't using contraception, but have had unprotected sex and don't want to become pregnant.

There are 3 types of emergency contraception:

- EllaOne is a pill that can be taken up to 5 days after unprotected sex. It is available free of charge for young people in most pharmacies and is as effective on day 5 as it is on day 1.
- Levonelle is a pill that can be taken up to 3 days after having unprotected sex, but effectiveness decreases over those three days so best taken as soon as possible. Available from most pharmacies.
- IUDs can be fitted up to 5 days after unprotected sex and once fitted can be used as contraception for up to 10 years. Must be fitted by a doctor/nurse