

Contraception refers to the methods used to prevent pregnancy.

There are around 14 methods, but only condoms and female condoms will protect you from sexually transmitted infections (STIs) as well.

## EXPLORE ALL METHODS OVERLEAF



## ABOUT BROOK SERVICES

- ▶ They're fully confidential (even if you're under 16)
- ▶ They're free of charge
- ▶ 'Drop in' and appointment booking available
- ▶ Bring someone with you if it helps
- ▶ No judgement – we've seen it all and simply care about your health

## WHERE CAN YOU GET IT?



Brook runs free, confidential sexual health and wellbeing services for under 25s. These services provide:

- ▶ contraception
- ▶ emergency contraception
- ▶ STI testing & treatment
- ▶ pregnancy tests & advice

Our service finder will help you find your nearest service, including Brook: [brook.org.uk/find-a-service](https://brook.org.uk/find-a-service)

## EMERGENCY CONTRACEPTION



This can be used after unprotected sex, to prevent pregnancy. There are two types:

**Emergency contraceptive pill (AKA the 'morning after pill')**: can be taken up to 5 days later. Available from a range of services and some pharmacies

**Intrauterine device (IUD)**: fitted by a doctor or nurse within 5 days. IUD is also a method of regular contraception

Remember: if you've had unprotected sex you need to have an STI test too!



## DID YOU KNOW?

Methods of LARC (long acting reversible contraception) are the most effective you can get. They are fitted or prescribed by a doctor or nurse and can last for months or even years.

See overleaf for the different types.



Find out more about contraception at: [brook.org.uk/contraception](https://brook.org.uk/contraception)

# CONTRACEPTION

Find out more about each method at:  
[brook.org.uk/contraception](https://brook.org.uk/contraception)



	Condoms	Internal or female condoms	Diaphragms and caps	Combined pill	Progestogen-only pill (mini pill or POP)	Contraceptive implant	Contraceptive injection	Contraceptive patch	Contraceptive vaginal ring	Intrauterine system (IUS or Mirena)	Intrauterine device (IUD)	Fertility awareness methods	Sterilisation (male & female)
<b>Barrier methods:</b> stop sexual fluids being transferred between partners. Only condoms protect against STIs and pregnancy.													
<b>Hormonal methods:</b> hormones oestrogen and/or progestogen work to disrupt the process that leads to pregnancy.													
<b>Other</b>													
<b>Permanent</b>													
<b>Effectiveness</b> (with correct use)	98%	95%	92-99%	99%	99%	99%	99%	99%	99%	99%	99%	75%	99%
<b>Protects against STIs &amp; pregnancy</b>	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
<b>Use only when you have sex</b>	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
<b>Use every day</b>	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✓	✗
<b>May help with heavy periods</b>	✗	✗	✗	✓	✗	✗	✗	✓	✓	✗	✗	✗	✗
<b>Lasts for months or years</b>	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✓
<b>Widely available</b>	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗
<b>Doesn't interrupt sex</b>	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓
<b>Hormone free</b>	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓
<b>Easy to hide</b>	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓
<b>Mistake proof</b>	✗	✗	✓	✗	✗	✓	✓	✓	✗	✓	✓	✗	✓
<b>LARC</b> (long acting reversible contraception)	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗