

EASY ENGLISH

Contraception



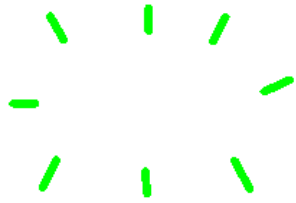
It can also be called

- protection
- birth control



**family
planning
victoria**

Reproductive & Sexual Health
Care. Education. Advocacy.

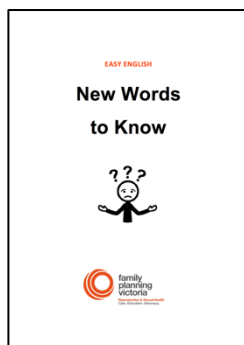


New words

There may be words in this factsheet

- that are new to you
- you may **not** know what they mean
- or
- you may be unsure what they mean.

We will make them **blue** the first time we use them.



Read about them in the

Family Planning Victoria fact sheet

New Words to Know.



What is **Contraception**?

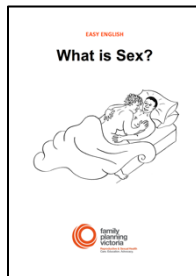


You use it when you have sex.



Like a

- condom
- a pill you get from the doctor
- both.



Read about **sex** in the

Family Planning Victoria Fact Sheet

What is Sex?

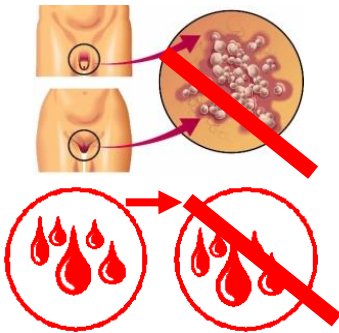


Why use Contraception?



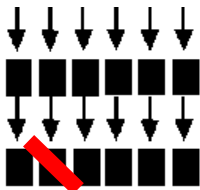
It is a way to try to **stop**

- the woman getting pregnant



- STIs.

These are sometimes called sex germs.



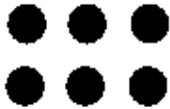
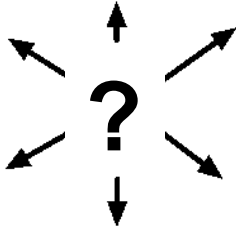
Contraception may **not** work

- all the time
- every time.



Read about sex germs in the
Family Planning Victoria Fact Sheets

- **STIs and BBVs. The Facts**
- **Get a Test for STIs and BBVs**
- **HPV.**



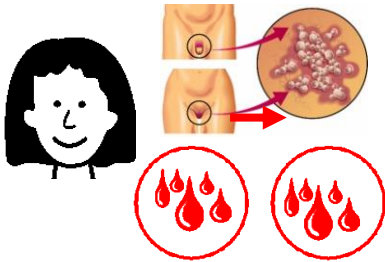
What can I choose?

There are lots of different choices.



Read about contraception in the
Family Planning Victoria Fact Sheet

**Contraceptive Options. What can
I choose?**



Safer sex and STIs



STIs or sex germs are infections.

You may **not** feel sick.

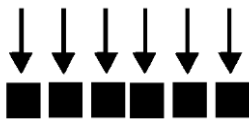


Only condoms can help **stop** STIs.



You need to use a condom the right way

and



You must use one every time you have sex.



Any Questions?



Talk to your doctor or nurse.



Talk to your chemist



Contact Family Planning Victoria on



- 03 9257 0100
- Freecall 1800 013 952



- clinic@fpv.org.au



Go to the website Better Health Channel

www.betterhealth.vic.gov.au

Look for **Healthy Living**.

- Click on this



- Go down this page



- Find the heading **Sexual Health**.

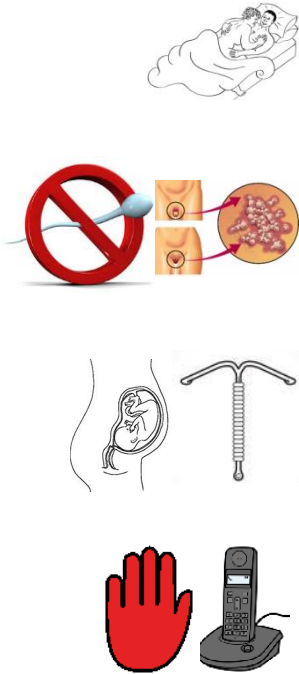
- Click on this



- Find the heading **Contraception – Choices**.

Images

We have used images from



- Canstock photo
- Change People
- ClipArt Panda
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- Family Planning Victoria
- Gograph
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This Fact Sheet is based on the Family Planning Victoria **Contraception** Fact Sheet.

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Access Easy English wrote the original Easy English for this Fact Sheet. May 2018.