

STAYING SAFE

Many people don't know about all the types of contraception that are available to them - or how to get them.

While **condoms and dental dams are the only contraception to prevent STIs (sexually transmissible infections)**, there are many other options if you don't want to get pregnant.

LARC and other contraception:

The most common and **effective** forms of contraception are LARCs - **long acting reversible contraception**. These can be really **convenient** for young people, as they **last a really long time**. LARC options include:

- The **implant** – 99.95% effective, lasts for 3 years
- The **hormonal IUD** – 99.5% effective, lasts for 5 years
- The **copper IUD** – 99.5% effective, lasts up to 10 years

Other forms of contraception include:

- The **injection** – 96-99.8% effective, lasts 12 weeks
- The **vaginal ring** – 93-99.5% effective, lasts 3 weeks
- The **pill** – 93-99% effective, taken daily
- The **diaphragm** – 82-86% effective, lasts 24 hours

Different things will work for different people, so it's important to see what works for you. You can ask your local GP or health service, or call 1800 My Options to find a contraception service near you.

**Remember, it's your health and your choice.
Be proud of your choices!**

Useful links:

1800 My Options – 1800 696 784 (weekdays, 10am–4pm)
For information and help finding sexual health and contraception services near you
www.1800myoptions.org.au

Better Health Channel
www.betterhealth.vic.gov.au/health/healthyliving/contraception-choices

Family Planning Victoria – for factsheets and videos on contraception options available in Victoria
www.fpv.org.au/for-you/contraception

A **"personalised contraception adviser"** – with an online quiz to see what contraception method might suit you best
<http://mybestfit.mariestopes.org.au/>

For information on contraception **translated into community languages**, search "contraception" at:
www.healthtranslations.vic.gov.au