

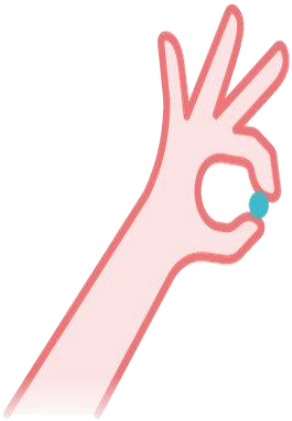
ax **FRESH**
**WE'VE GOT YOU
COVERED THIS
FRESHERS.**

Lets take a closer k
at contraception

What is contraception?

Contraception refers to the different methods that are used to prevent a pregnancy.

Think about . . .



How does contraception work?

How many methods of contraception do you know?

Does contraception protect you from sexually transmitted infections?

Why is contraception important?



- **Contraception enables people to make informed choices about their sexual and reproductive health whilst promoting physical and emotional well-being**
- **Contraception is an opportunity to allow people to participate in education, employment and social aspects of their life without additional pressures or interruptions an unplanned pregnancy could bring**

What does LARC stand for?

Long Acting Reversible Contraception (LARC)

Long-acting reversible contraceptives are the most effective methods of contraception as you do not have to remember to take them everyday.

There are four different methods of LARC and each last for a different length of time, depending on the type. **HOWEVER**, they all have one thing in common - you do not have to remember to take them everyday or each time you have sex.

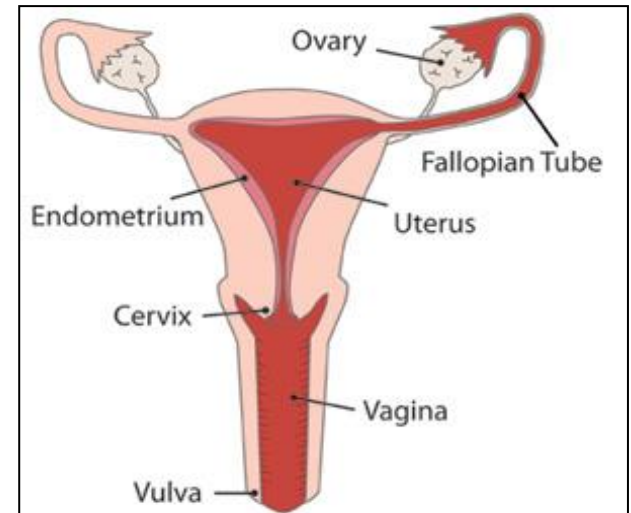
The four methods of LARC are:

Method	How long it lasts
Injection	Injections need to be administered every 12-14 weeks
Implant	Up to three years
IUD	5-10 years depending on the type
IUS	3-5 years depending on the type

How does hormonal contraception work?

*It **stops** you getting pregnant by....*

- Preventing the ovaries from releasing an egg each month (ovulation)
- Thickening the mucus in the neck of the womb, so it is harder for sperm to penetrate the womb and reach an egg
- Thins the lining of the womb, so there is less chance of a fertilised egg implanting into the womb.



All hormonal contraception works in this way

When thinking about contraception there are factors to consider

Do you want it to . . .

Possible methods

Last for years or months?



Implant



IUD



Injection



IUS

Protect against STIs
& pregnancy?



Condoms

Be taken everyday?

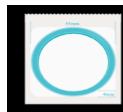


Combined pill



Progesterone
only pill

Not be a pill or an
injection?



Nuvaring



Patch



IUS



IUD

Not contain hormones?



IUD 'copper coil'

DON'T FORGET

LARC contraceptives are the **most effective methods** of contraception as you do not have to remember to take them everyday.

If you are a professional working with young people or vulnerable adults and would like to attend a short Teams briefing session around contraception please contact:
hayley.tooley@liverpoolft.nhs.uk or Kelly.cartwright@liverpoolft.nhs.uk
for more details

For more information and where you can get contraception from please visit: www.axess.clinic

