

# CONTRACEPTION DISCUSSION GUIDE

An activity about contraception is not included in this unit of study. However, we are aware this may be required for students to feel able to comment and discuss different risks and consequences associated with this unit. This guide will support you to give the information necessary and point students in the right direction for further information.

## Defining contraception

Contraception is something you use to prevent pregnancy from occurring.

Contraception tries to stop this happening by:

- keeping the egg and sperm from meeting
- stopping the ovaries from releasing an egg
- stopping the combined sperm and egg (fertilised egg) attaching to the lining of the womb

## Different types of contraception

There are many different types of contraception to meet the needs of different women.

Types of contraception include:

- Barrier
- Long acting reversible
- Short acting hormonal
- Natural
- Emergency

## Where students can go for more information

### Their local:

- Aboriginal Health service: <https://ahcsa.org.au/members/>
- Their GP
- Women's health clinic
- [SHINE SA Woodville](#)
- [SHINE SA Hyde Street Practice](#) (Adelaide city)

### Online:

<https://www.shinesa.org.au/health-information/contraception/choices-in-contraception/>

## Additional resources to read before this discussion

[https://shq.org.au/wp-content/uploads/2020/06/Contraception\\_-\\_A-guide-for-youth-and-community-workers\\_2020.pdf](https://shq.org.au/wp-content/uploads/2020/06/Contraception_-_A-guide-for-youth-and-community-workers_2020.pdf)

## Key messages about contraception for young people (adapted from Contraception Essentials)

- Long acting reversible contraceptives are the most effective methods of contraception.
- Condoms prevent or reduce the risk of STIs as well as unwanted pregnancy.
- Careful and correct use of condoms is important to increase their effectiveness in preventing STIs and unwanted pregnancy.
- Use condoms and another type of contraception for the best protection from unwanted pregnancy and STIs.
- See a GP or family planning clinic to discuss the best method of contraception for a woman or couple.
- Emergency contraception is available if other contraception not used or not used correctly.
- Clear information about where and how to access condoms and emergency contraception.
- Both partners share responsibility for contraception and STI protection.