

### CONTRACEPTIVE PILLS:

These are pills taken every day to prevent unplanned pregnancy. They should be taken at the same time every day for them to work well.

If you stop taking the pills, you can become pregnant.

*If you have effects after taking pills, talk to a trained health worker.*



### INJECTABLES:

This is an injection given to a woman every 3 months to prevent pregnancy. The injection must be given by a trained health worker only.

*If you have effects after receiving this injection, talk to a trained health worker.*



### THE IMPLANT

This is a small rod that is inserted into a woman's arm just below the skin. It protects the woman from getting pregnant for up to 5 years.

*If you have effects after getting an implant, talk to a trained health worker.*



### COIL (IUD):

This is a small flexible device with a T shape that is inserted into the uterus of a woman. It protects the woman from getting pregnant for up to 12 years.

*If you have effects after the insertion of an IUD, talk to a trained health worker.*



### EMERGENCY CONTRACEPTION

- These pills must be taken once within 72 hours after having unprotected sex to prevent unplanned pregnancy.
- They must not be taken daily but only during emergency situations such as:
  - o If a condom has broken or slipped off
  - o After forced sex such as rape and defilement
  - o After unprotected sex
- If you find yourself using emergency contraception more than once in 3 months, go to the health center today to choose a regular family planning method.
- If your partner has effects after taking this pill, talk to a trained health worker.



### Remember:

- It is only abstinence and condoms that protect against HIV and other Sexually Transmitted Infections.
- Pregnancy prevention methods only work when used consistently and carefully as advised by the health worker.

**For more information about preventing unplanned pregnancy, talk to a trained health worker.**



MINISTRY OF HEALTH



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# WHAT WOULD A PREGNANCY MEAN TO YOU NOW



Pregnancy means different things to different people. What does it mean to you?

Before you engage in any sex related act (kissing, hugging, touching, thinking and sex) think about the following;

	YES	NO
1. Am I ready to be a mother?	<input type="checkbox"/>	<input type="checkbox"/>
2. Is my boyfriend/partner ready to be a father??	<input type="checkbox"/>	<input type="checkbox"/>
3. Am I using any pregnancy prevention method?	<input type="checkbox"/>	<input type="checkbox"/>
4. If I became pregnant now, will I be able to achieve my dreams?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do I have enough time and money to look after a baby?	<input type="checkbox"/>	<input type="checkbox"/>

**If your answer is NO to any of the above questions:**

Talk to a health worker about means of preventing unplanned pregnancies OR call this toll free number **0800-211-046**

Remember, any sex related act without a pregnancy prevention method could result into a pregnancy.



# MYTHS ABOUT SEX & PREGNANCY

There are many myths and misconceptions about sex and pregnancy that prohibit people from using pregnancy prevention methods. However, each and every one of these is false. Some of these include:

- You cannot get pregnant if it is your first time to have sex.
- You cannot get pregnant if you are on top during sex.
- You cannot get pregnant if you take a birth or urinate immediately after sex.
- You cannot get pregnant if you have sex during your periods.
- You cannot get pregnant if you have sex under water.
- You cannot get pregnant if you have sex while standing.
- You cannot get pregnant if you take Aspirin after sex.
- You cannot get pregnant if you jump after having sex
- The sperm of an adolescent boy is too young to make a girl pregnant.

# WAYS OF PREVENTING UNPLANNED PREGNANCY

If you are having sex and not using any kind of contraception, you are actually planning on getting pregnant or causing a pregnancy. It is as simple as that. If you are having sex, how do you avoid an unplanned pregnancy? Below are some methods you can consider.

**ABSTINENCE/NOT HAVING SEX:**

Even though it may seem like everyone is having sex, that is not the case. Some are, some are not, and some are just lying. The only 100% effective method for avoiding pregnancy is not having sex. Whether you've had sex before or not, waiting has a lot of advantages including no difficult emotional or physical consequences such as pregnancy and rejection.



**CONDOMS (MALE AND FEMALE)**

There are 2 types of condoms: the male and female condom. Both help to prevent unplanned pregnancy. Male and female condoms should be put on before sex and taken off after sex. If used well, condoms prevent both unplanned pregnancy and HIV. It is important to check the expiry date before use. Use a new condom for each act of sex and dispose off the condom correctly after use. Condoms are used with another method such as pills, injectables to ensure double protection (dual protection). The condom should always be used correctly and consistently every time.



*You can access condoms freely at youth centers, public health centers, and through peer champions.*