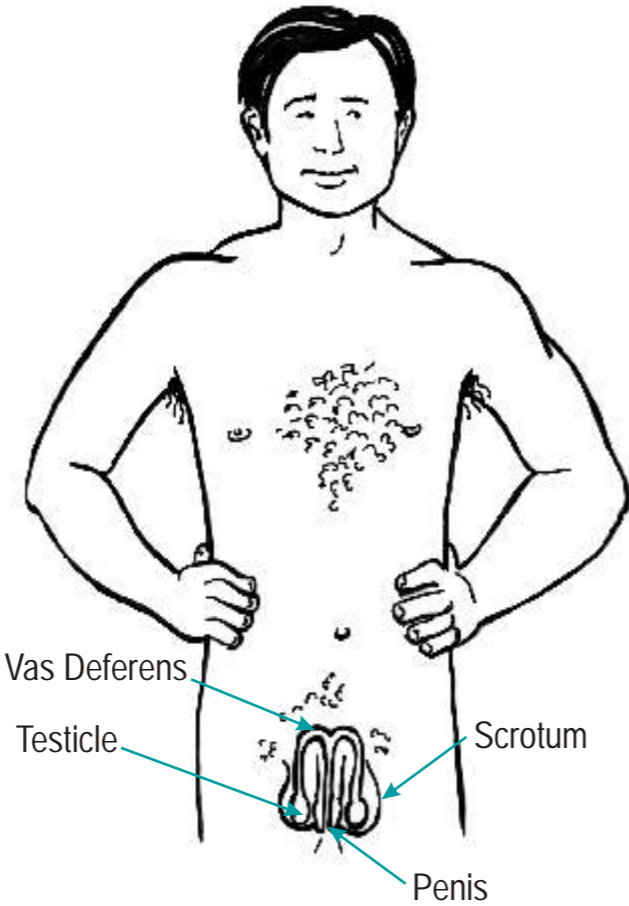
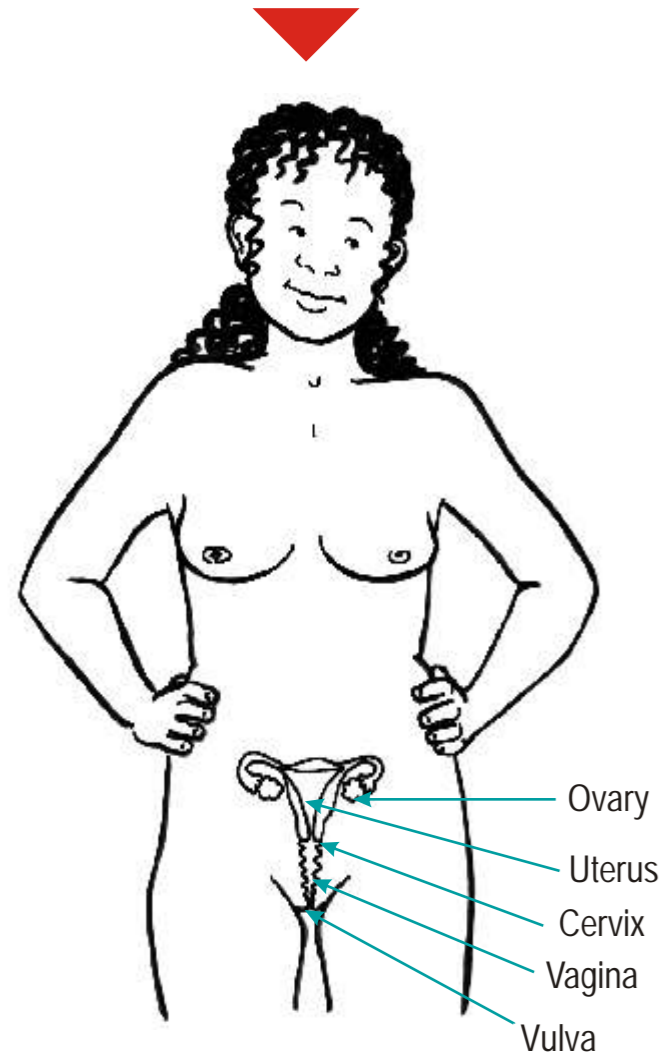


It is important to know about bodies.

This picture shows some of the female sexual body parts.



This picture shows some of the male sexual body parts.

## Abstinence

Some people choose not to have sex. This is called abstinence.

People can still be sexy together and not have sex. They may decide to kiss, cuddle and touch each other's body in a sexy way. You can talk to your partner about abstinence.

You can also talk to your doctor about other contraception choices:

- IUDs and other hormonal methods
- natural family planning
- female condoms
- diaphragms
- withdrawal
- sterilisation

You can get help about contraception from:

- doctors
- sexual health clinics
- women's health centres
- youth health centres
- Family Planning Queensland (FPQ)

Call FPQ for contraception help

Phone one of the following locations:

Brisbane	07 3250 0240
Cairns	07 4051 3788
Townsville	07 4723 8184
Rockhampton	07 4927 3999
Bundaberg	07 4151 1556
Sunshine Coast	07 5479 0755
Gold Coast	07 5531 2636
Ipswich	07 3281 4088
Toowoomba	07 4632 8166

[www.fpq.com.au](http://www.fpq.com.au)



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# Contraception



**fpq**  
Family Planning Queensland

ADVOCATING FOR INCLUSIVE  
SEXUALITY EDUCATION

You can say yes to sex.

You can say no to sex.

You can decide who you want to be sexy with.

You can decide to use contraception.

## What is contraception?

When people want to have sex but don't want to make a baby they use contraception.

Using contraception means you can enjoy sex without making a baby.

Talk to your doctor about which contraception is best for you.

## The Pill

The Pill helps to stop a woman getting pregnant.

A woman must take the Pill every day to stop getting pregnant

To get the Pill, talk to your doctor.



## Male condom

A male condom helps to stop a woman getting pregnant. It goes on the erect penis before having sex.

The condom stops sperm (white stuff from the penis) going into the woman's body.

A condom is the only contraception that stops pregnancy and infection of the sexual parts of the body.

A new condom should be used each time someone has sex.

You can buy condoms at supermarkets and chemists.

## The needle

The needle (Depo) helps to stop a woman getting pregnant.

The needle is given to the woman once every 3 months.

The needle stops the woman's ovaries from releasing an ovum (egg).

To get the needle talk to your doctor.



## Contraceptive implant

A contraceptive implant helps to stop a woman getting pregnant.

A contraceptive implant is a small rod that is put into the woman's upper arm by a doctor. It stays in the woman's arm for up to 3 years.

A contraceptive implant stops the woman's ovaries from releasing an ovum (egg).

To get a contraceptive implant talk to your doctor.



## Emergency Contraception

If a woman had sex and did not use contraception, she may be worried about getting pregnant.

She can take Emergency Contraception, which are tablets that the woman swallows, to stop getting pregnant.

It works best the earlier the tablets are taken after having sex.

You can ask for Emergency Contraception up to 5 days after you have had sex.

To get Emergency Contraception go to a chemist or talk to your doctor as soon as possible after sex, if you have not used contraception, or if it has not worked properly.