

We present you the most popular

CONTRACEPTION METHODS

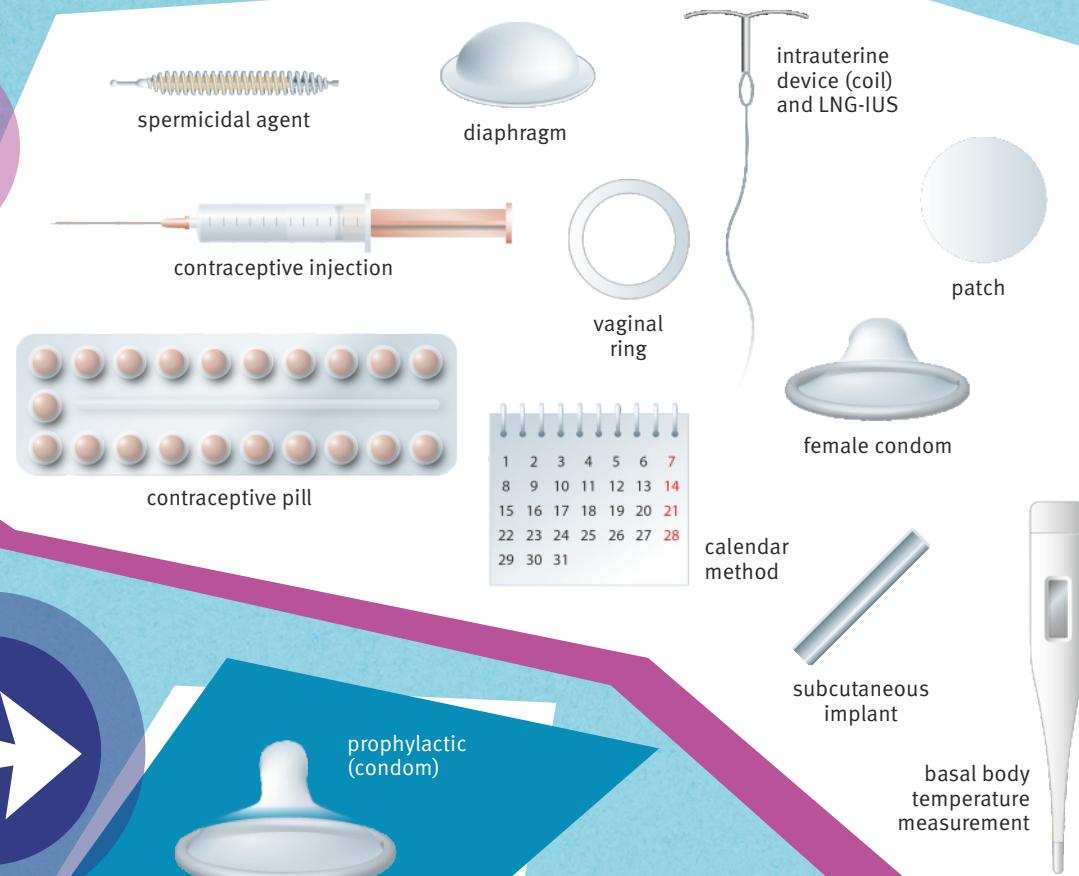
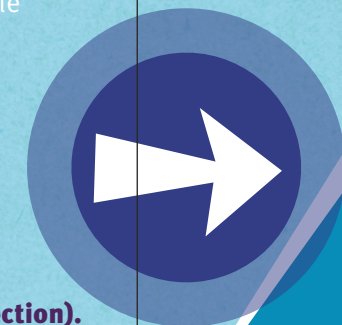
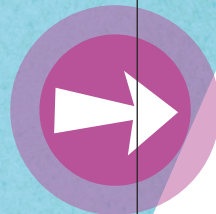
FEMALE CONTRACEPTIVE METHODS

- The pill – a very reliable method; preference should be given to modern contraceptive pills with a lower hormone content, which may have other beneficial effects besides contraception
- Three-monthly contraceptive injections – only recommended when no other method can be used
- Vaginal ring
- Copper or hormone-treated intrauterine device – acts directly in the womb
- Diaphragm – reliability depends on the proficiency of the user
- Female condom – reliability depends on the proficiency of the user
- Spermicidal agents – not sufficiently reliable in themselves
- Basal body temperature measurement – assumes great discipline and a regular cycle
- Calendar method – a very unreliable method!!!

MALE CONTRACEPTIVE METHODS

Prophylactic (condom) – prevents sperm cells from entering the uterus, and provides protection for both partners against sexually transmitted infections

For young people a combination of the pill and a condom is recommended (dual protection).



IF YOU HAVE QUESTIONS ABOUT BEING A WOMAN,
YOU CAN TALK WITH US FREELY

let's talk
about ...

CONTRACEPTION

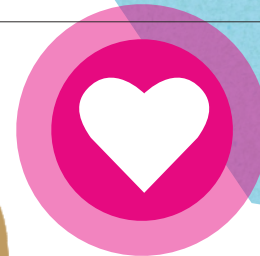
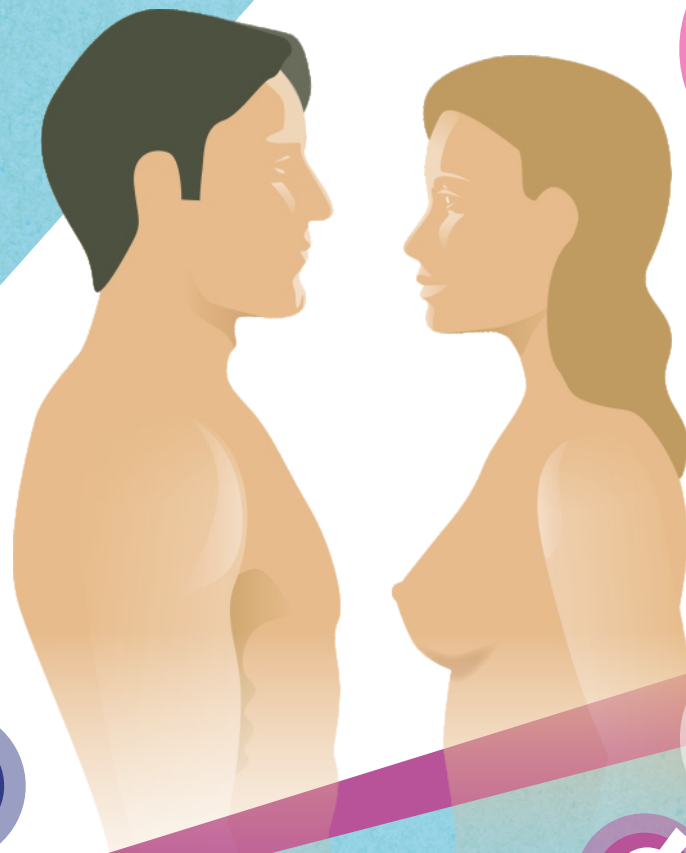
letstalkabout.eu



BEFORE THE FIRST SEXUAL ENCOUNTER

Are you ready to have sex for the first time? Great! We just want to remind you that the first time can be a beautiful experience for a girl only if the time and the partner are right; and you should feel free to wait until you feel certain that you are ready for the experience. It is important for you not to feel pressured; and under no circumstances should you say yes to a boy just so as not to cause him disappointment.

But in any case now we present you the most popular contraception methods



After you knew the most popular contraception methods in detail, both their advantages and disadvantages,

NEVER FORGET

the contraception to prevent undesirable consequences.



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