

We present you the most popular

## CONTRACEPTION METHODS

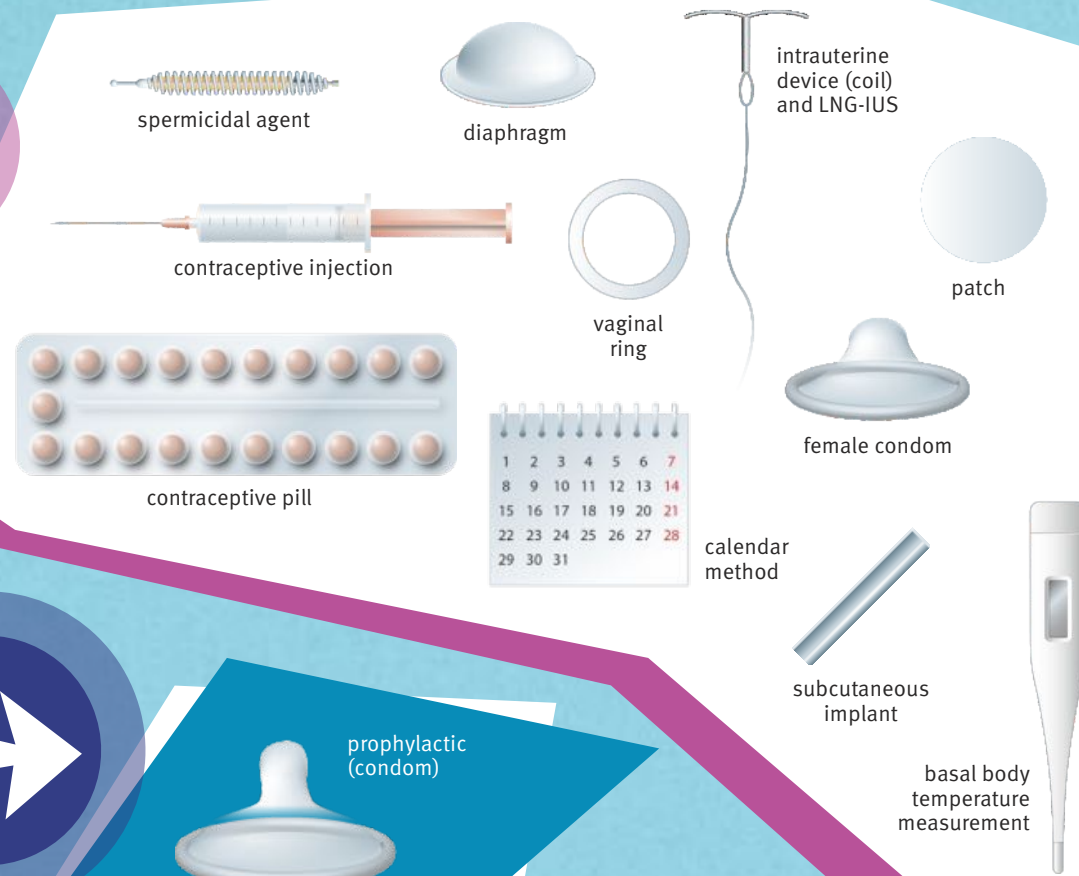
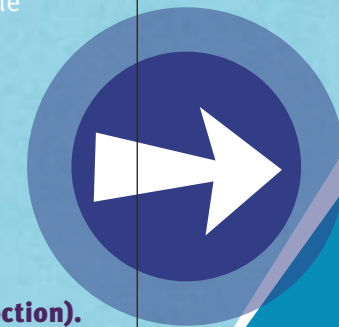
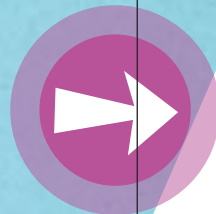
### FEMALE CONTRACEPTIVE METHODS

- 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 ...

CONTRA-  
CEPTION

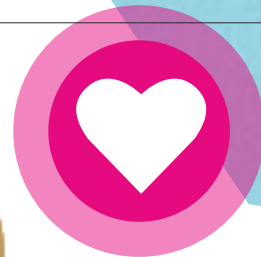
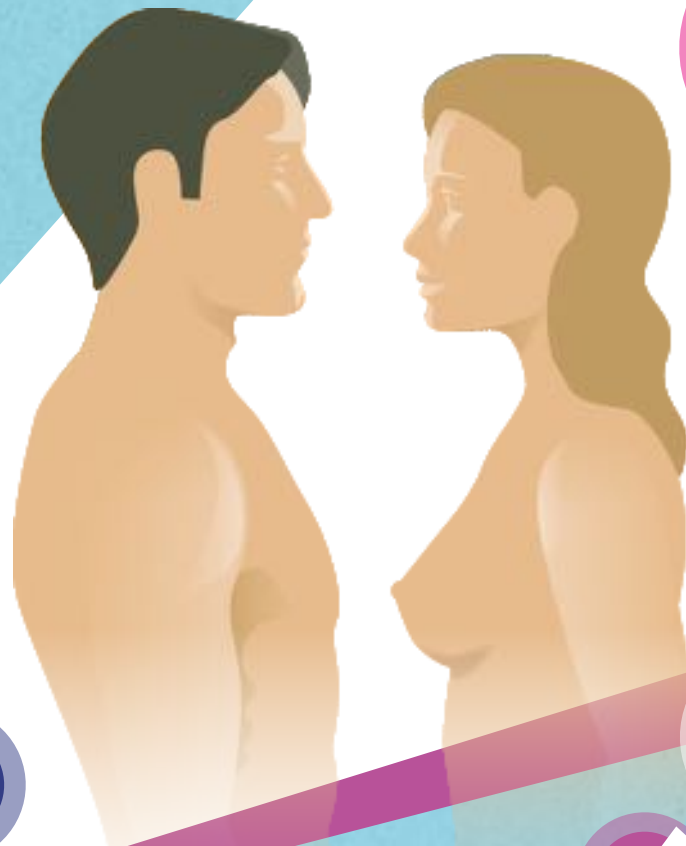
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# BEFORE THE FIRST SEXUAL ENCOUNTER

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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