

Sexual health education – contraception

GDHR Symposium 2017



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Agree or disagree?

It's easy to prevent
pregnancy these days

In WA, about 1 in 6 girls
get pregnant while still in
their teens

About half of these pregnancies end in
abortion

Promoting healthy behaviours

Knowledge alone is not
enough

Promoting healthy behaviours

I - Information

M - Motivation

B - Behavioural skills

R - Resources

E - Environment

Motivation

- **Personal risk**

- √ Lots of **people just like them** get pregnant

- **Important** to them to not get pregnant

- √ Consequences are **personally relevant** and **serious**

- √ **Benefits** of using contraception **outweigh costs**

- Peer norms, social & gender expectations

Behavioural skills

- Make appointment, get to GP/clinic
- Get condoms / contraception and use correctly
 - Negotiate condom / contraception use with partner
 - Overcome resistance to condom / contraception use

Confidence to do in real life - and overcome any barriers

Information

- Unintended pregnancy is common
- Many methods of contraception to prevent pregnancy

How much detail about each method needed??

Efficacy of contraception methods

Showing typical use for methods available in Australia

MOST EFFECTIVE

99%+

Less than 1 pregnancy per 100 women in one year



Contraceptive implant
99.95% effective
Lasts up to 3 years



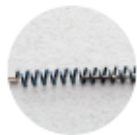
Hormonal Intrauterine Device (hormonal IUD)
99.8% effective, lasts to 5 years



Copper intrauterine device (Cu-IUD) 99.2% effective
Lasts to 10 years



Sterilisation:
Male sterilisation (vasectomy)
99.85% effective / Permanent



Tubal occlusion by metal microinsert
99.8% effective / Permanent



Female tubal ligation
99.5% effective / Permanent

* Long-Acting Reversible Contraception
(After procedure, little /nothing to do or remember)

91%+

6-9 pregnancies per 100 women in one year



Contraception injection:
Depot medroxyprogesterone acetate (DMPA) 94% effective
Injection every 12 weeks



Contraceptive vaginal ring
91% effective
New ring used every 4 weeks



Combined oral contraceptive pill (the COC Pill) 91% effective
Taken daily with 24hr window



Progestogen-only contraceptive pill (POP)
91% effective
Taken daily 3hr window

Family Planning Alliance Australia is the nation's peak body in reproductive and sexual health. It promotes advances in public health through policy insight and advocacy and represents leading health and education agencies across Australia.



**FAMILY PLANNING
ALLIANCE AUSTRALIA**

76%+

18+ pregnancies per 100 women in one year



Diaphragm
88% effective



Male condom
82% effective



Female condom
79% effective



Withdrawal method
78% effective



Fertility awareness based methods 76% effective
Abstain from intercourse or use another method on fertile days.

Reproductive and Sexual Health
Policy and Advocacy
www.fpallianceaus.org.au

Information

- Long acting contraceptives most effective
- Only condoms protect against STI
- Condoms — only method young males can control & rely on
- Condoms plus LARC - safest protection from unintended pregnancy & STI
- Emergency contraception (EC) for back up

Information

- **Where and how** to get **condoms and EC**
- **See GP** or clinic for hormonal methods or IUD, or discuss options
 - ✓ **Under 16's can go to GP**, clinic or SHQ
 - ✓ **Under 16's can consent** to medical treatment if:
 - Can fully understand the treatment and its consequences
 - Treatment in their best interests
 - ✓ Then - **confidential**


For more information

Contraception & other information brochures

<http://shq.org.au/booksresources/>

CALL THE HELPLINE / SPEAK TO A PROFESSIONAL NOW

9227 6178



<http://shq.org.au/services/sexual-health-helpline/>