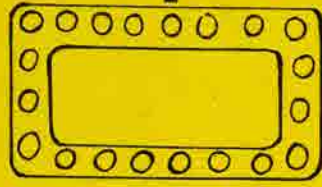


the pill



COMPLETELY RELIABLE IF PROPERLY USED. THE PILL CONTAINS HORMONES WHICH STOP EGGS BEING RELEASED FROM YOUR OVARIES. THERE ARE MANY KINDS- IF THE ONE YOU ARE PRESCRIBED DOESN'T SUIT YOU, ASK TO CHANGE. PILLS HAVE TO BE TAKEN REGULARLY - 1 A DAY FOR 3 WEEKS, THEN STOP FOR A WEEK. BE SURE YOU INSIST ON A FULL MEDICAL CHECK-UP BEFORE STARTING TO TAKE THE PILL-IF YOU HAVE THROMBOSIS IN THE FAMILY, OR JAUNDICE, EPILEPSY, DIABETES OR HIGH BLOOD PRESSURE YOU SHOULDN'T TAKE IT

DISADVANTAGES-

WHILE YOUR BODY IS ADJUSTING TO THE PILL- TIREDNESS, WEIGHT GAIN, NAUSEA, HEADACHES, VAGINAL INFECTIONS. IF THESE GO ON FOR MORE THAN 1 OR 2 MONTHS GO BACK TO THE DOCTOR AND ASK HER TO FIND A KIND THAT SUITS YOU BETTER. LONG TERM EFFECTS ARE NOT FULLY KNOWN.

ADVANTAGES-

MOST RELIABLE OF CONTRACEPTIVES, AND IS VERY CONVENIENT.

cap (DIAPHRAGM)



96% RELIABLE IF USED WITH SPERMICIDES. A THIN SOFT RUBBER DISC YOU PUT IN YOURSELF BEFORE HAVING SEX, AND TAKE OUT 6 HOURS AFTER (YOU MUST USE A SPERMICIDAL CREAM OR JELLY AS WELL). IT FITS INSIDE THE VAGINA CLOSING OFF THE ENTRANCE TO THE WOMB AND STOPPING SPERMS ENTERING. YOU GET THEM FROM A DOCTOR OR CLINIC AS THEY HAVE TO

BE FITTED TO YOUR EXACT SIZE AND YOU MUST LEARN TO PUT IT IN PROPERLY YOURSELF.

DISADVANTAGES-

HAVING TO THINK ABOUT PUTTING YOUR CAP IN BEFORE SEX. SOME SPERMICIDES TASTE BAD, BUT TRY DIFFERENT ONES.

ADVANTAGES-

VERY SAFE METHOD (IF PROPERLY USED WITH SPERMICIDE) WHICH IS COMPLETELY UNDER YOUR CONTROL. NO RISK OF DAMAGING YOUR BODY WITH CHEMICALS.

coil

(INTER-UTERINE DEVICE- I.U.D.)

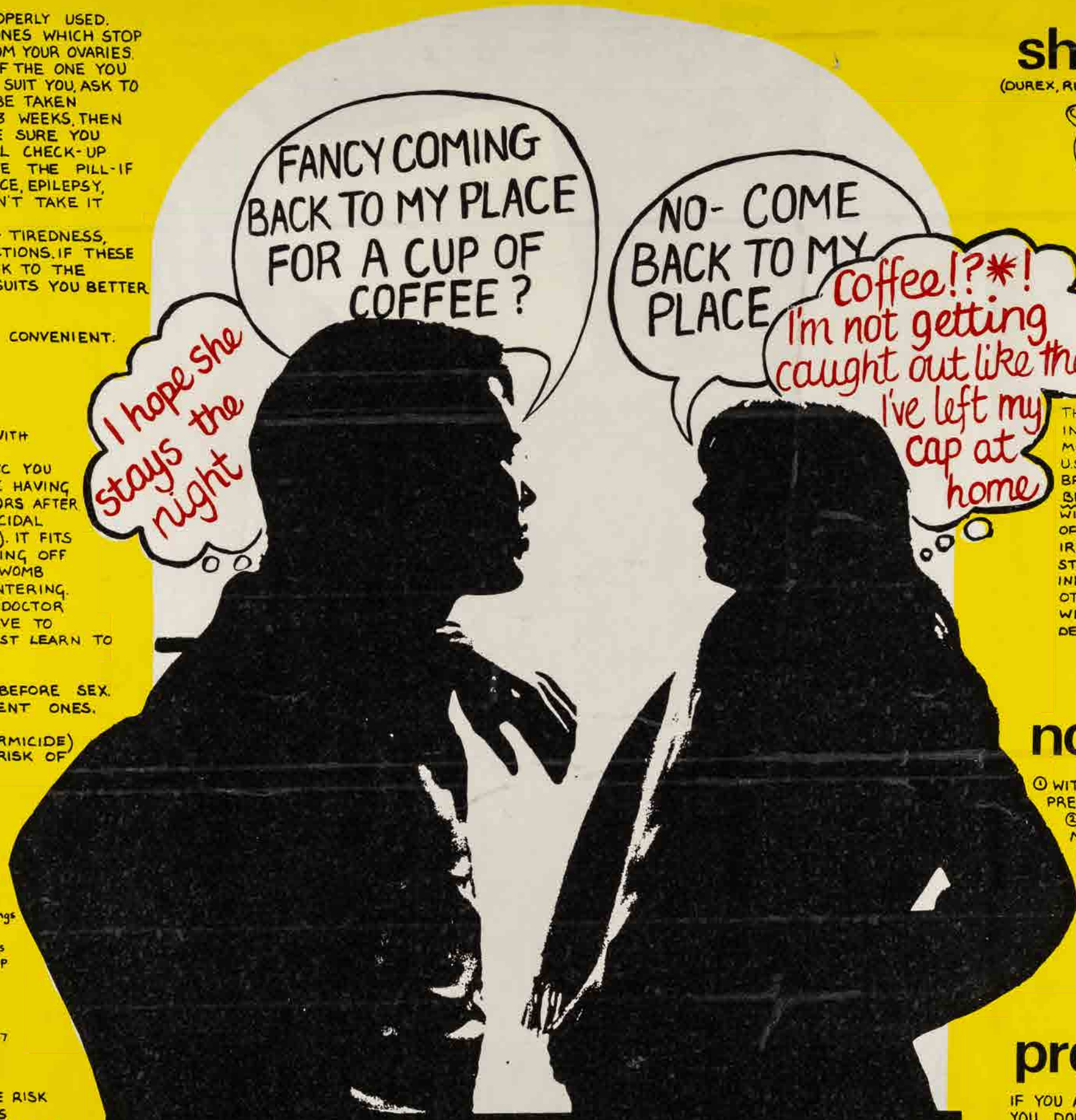
98% RELIABLE. SMALL COPPER OR PLASTIC DEVICE FITTED INSIDE THE UTERUS BY A DOCTOR, WHICH PREVENTS A FERTILISED EGG DEVELOPING INSIDE THE WOMB. THEY CAN STAY IN PLACE FOR SEVERAL YEARS- COPPER 7s HAVE TO BE CHANGED EVERY 2 YEARS.

DISADVANTAGES-

IT MAY CAUSE HEAVIER PERIODS AND INCREASE THE RISK OF INFECTION IN THE TUBES. ANY UNUSUAL PAINS SHOULD BE REPORTED TO YOUR DOCTOR. IT MAY BECOME DISLODGED, BUT YOU CAN CHECK WEEKLY TO MAKE SURE IT IS IN PLACE BY FEELING THE STRINGS.

ADVANTAGES-

THERE ARE NO CHEMICALS DISRUPTING YOUR BODY'S CYCLES. IF COMFORTABLY FITTED, ONCE IN PLACE, YOU DON'T KNOW ITS THERE



sheath

(DUREX, RUBBER, CONDOM)



96% RELIABLE IF PROPERLY USED. THE SHEATH IS MADE OF VERY THIN RUBBER AND FITS ONTO THE ERECT PENIS BEFORE HAVING SEX AND IS REMOVED AFTERWARDS. THE SHEATH COLLECTS THE SPERM AND PREVENTS THEM ENTERING THE WOMB.

DISADVANTAGES-

YOU HAVE TO BE VERY CAREFUL TO USE IT PROPERLY. THE MAN HAS TO WITHDRAW IMMEDIATELY AFTER HE HAS COME.

ADVANTAGES-

EASY TO BUY AND SIMPLE TO USE CUTS DOWN ON SPREAD OF V.D.

depo-provera

do not use



THIS IS A CONTRACEPTIVE INJECTION WHICH LASTS 3-6 MONTHS. IT IS BANNED IN THE U.S.A, BUT IS STILL USED IN BRITAIN.

BEWARE - IT IS ASSOCIATED WITH INCREASED RISK OF CANCER OF THE CERVIX; CAUSES IRREGULAR BLEEDING, POSSIBLE STERILITY AND LONGTERM INFERTILITY AFTERWARDS. MANY OTHER SIDE EFFECTS SUCH AS WEIGHT GAIN, HAIR LOSS, NAUSEA, DEPRESSION.

not safe

① WITHDRAWAL: THE MAN MAY NOT PULL OUT IN TIME TO PREVENT HIS SPERM FERTILISING THE EGG.

② RHYTHM METHOD: THERE ARE NO TIMES DURING THE MONTH WHEN IT IS 'SAFE' TO HAVE SEX, INCLUDING DURING A PERIOD.

③ DON'T RELY ON SPERMICIDES ALONE.

④ STANDING UP: THIS DOES NOT STOP THE SPERM SWIMMING UP TO MEET THE EGG.

⑤ DOUCHING: TRYING TO WASH THE SPERM OUT WITH WATER USUALLY TOO LATE AND CAN SPREAD INFECTION

pregnancy

IF YOU ARE PREGNANT AND CAN'T TELL YOUR FAMILY, AND YOU DON'T WANT TO HAVE A BABY, YOU CAN HAVE AN ABORTION IF YOU DO DECIDE TO DO THIS IT IS VERY IMPORTANT THAT YOU GET SYMPATHETIC ADVICE. GO TO ONE OF THE PLACES LISTED HERE TAKE A FRIEND WITH YOU IF POSSIBLE TO GIVE YOU SUPPORT. AN EARLY ABORTION IS NOT UNCOMFORTABLE, DON'T TRY AND ABORT YOURSELF - QIN AND HOT BATHS ETC DO NOT WORK AND ARE VERY DANGEROUS

see red women's workshop

F.P.A. (Family Planning Association) 27 Mortimer St. London W1. 01 636 7866

Brook Clinic, 233 Tottenham Court Rd, London W1. 01 580 2991

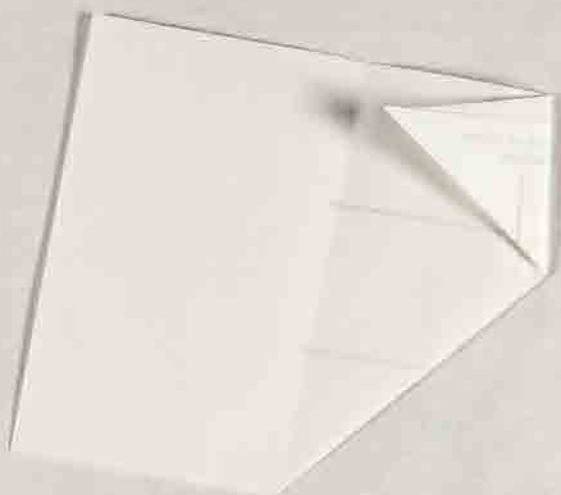
B.P.A.S. (British Pregnancy Advisory Service) Austy Manor, Wooton, Waven, Solihull, W. Midlands. 05642 3225

A phone directory will have the local branches of these agencies.

Go with a friend--- don't be afraid to ask questions--- it's your body.

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EDWARDS STUBBS
INTERNATIONAL
CENTRAL 281

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