

Welcome to the thirty-first edition of DASH

This edition features articles from the following individuals and organisations:

- Siobhan O'Hare-Smith, Pharmacy Advisor, Department of Health, updates on the Pharmacy First – emergency hormonal contraception scheme.
- Dr Siobhan Kirk outlines the provision of online contraception in Northern Ireland provided by the SH:24 service.
- Ellen Taylor, Vice President and Community Relations Officer, Secondary Students' Union of Northern Ireland, discusses a recent report on sexism and sexual harassment in schools.
- Ruairi Rowan, Director of Advocacy and Policy, Informing

Choices NI, highlights a new sexual health podcast – Big Sexy Talk.

In our Horizons feature Gavin Melly, Social Inclusion Manager, the BUD Club, discusses providing support for young people with disabilities around sexual health and relationships.

ICNI is contracted by the Public Health Agency to write and produce DASH.

Showcase your project, publicise an event or comment on this edition by contacting the editor, Ruairi Rowan, by email ruairi.rowan@informingchoicesni.org or telephone **028 9031 6100**

PHARMACY FIRST SERVICE Emergency Hormonal Contraception Update

by Siobhan O'Hare-Smith, Pharmacy Advisor, Department of Health

As reported in the October 2022 edition of DASH, a new Pharmacy First Service for emergency hormonal contraception (EHC) was launched from community pharmacies across Northern Ireland in July 2022. Over 400 of our 526 community pharmacies are now contracted to provide the service which is confidential, free of charge, and can be accessed by women and young people aged 13 years or over.

During the consultation, which takes place in a private area of the pharmacy, the pharmacist discusses emergency contraception, on-going methods of contraception and reducing risks of sexually transmitted infections. The pharmacist will supply the most appropriate treatment for EHC and if clinically indicated; a three month's supply of bridging contraception (the mini pill).

Table 1 provides details of activity from July 2022 - March 2023

Number of pharmacies offering the EHC service	402
Total number of consultations	9851
The number of women or young people who received EHC (the morning after pill)	9835 (99%)
The number of women or young people who received 3 months of the mini pill	809 (8%)

Pharmacies are typically open extended hours and weekends and don't require an appointment, thus improving access to this important service across Northern Ireland. Feedback provided by service users via an online survey has been very positive with 99% indicating that they were happy with the service provided

by their pharmacist, would use it again in the future and recommend it to others.

A list of the pharmacies providing the service is available on the Business Services Organisation website. This information will soon be available in a more user-friendly interactive map. For further information visit

<https://hscbusiness.hscni.net/services/3289.htm>

Pharmacy First for help with everyday health conditions

HSC Health and Social Care

The morning after pill

Emergency Hormonal Contraception

- ✓ **FREE confidential and discreet service**
- ✓ **FREE supply of the morning after pill**
- ✓ **Available up to 120 hours after unprotected sex**



Available from your local community pharmacy

Online Contraception in Northern Ireland

by Dr Siobhan Kirk, Associate Specialist in Gynaecology

There has been long term lack of recruitment and investment in contraceptive services in Northern Ireland and the postcode lottery of accessing contraceptive services and GP appointments has been exacerbated since the pandemic. In parallel with abortion commissioning, it is recognised that access to contraception has a key role in allowing people to take control of their reproductive health.

Online home sexually transmitted infection (STI) testing through SH:24 has been available in Northern Ireland since 2019 and has been invaluable since the Covid-19 pandemic limited face to face consultations. A team was established involving SH:24, the Public Health Agency (PHA) and local Health and Social Care (HSC) trusts to expand online sexual health services and introduce a pilot for contraception provision commencing February 2022.

WHO IS PROVIDING THE SERVICE?

SH:24 are award winning experts in sexual and reproductive health. They work in partnership with the NHS and in addition to STI testing, offer online contraception in other parts of the UK. In February 2022 a three-month pilot of online oral and emergency hormonal contraception provision via SH:24 was launched.

HOW DOES IT WORK?

The service provides free oral combined and progestogen only pills and emergency contraception to anyone over 16 living in Northern Ireland. Contraception can be requested online 24 hours a day, 7 days a week with orders posted same or next day. There is excellent SH:24 clinical support and safeguarding led by a consultant in sexual and reproductive health with clinical back up locally from a clinical lead and sexual and reproductive health clinics.

INITIAL PILOT

The pilot was successfully and cost-effectively promoted on social media by the PHA and HSC trusts. Evaluation showed it to be popular and it was extended with over 8000 orders by the end of December 2022. Weekend activity was highest for emergency contraception and women in deprived areas were shown to be more likely to use the service. Delivery times were low and user feedback was overwhelmingly positive with over 90% rating the service 5/5.



"This is a really brilliant service. For years I've had to try and make appointments around school and work hours."

"Honestly I am so impressed with this service! So efficient and saves countless attempts on the phone to try and get through to the GP. I have let all my gal pals know about this service. It's a total game changer. Thank you."

"SH:24 really helped me choose the correct type of birth control. They guided me to order the correct one for me. They also provided an excellent amount of information about the POP pill."

"Amazing service! Finally, something with women-centered care at the forefront."

"I absolutely love how I'm able to text for advice. I love how quick you are at helping everyone out. For myself it takes a whole lot of stress of me having to contact a doctor through phone as I personally struggle with that."

"It's a very thoughtful service, they provided proper support that I need."

"A supportive and invaluable service, sex positive and liberating."

WHERE ARE WE NOW?

Online contraception has continued to be available and has now secured recurrent funding. It provides a modern and flexible way to access contraception and STI testing. This frees up specialist services to reduce waiting times for long-acting reversible contraception (LARC) and reduces barriers to contraception access. There has been further recent social media promotion and local media coverage. An exciting new option is a LARC method, involving repeat prescriptions of the self-injectable Sayana Press. We are also working on a Northern Ireland pilot, offering Sayana Press to new users via online consultations. This would be a UK first.

Online contraception provides a free, convenient, cost-effective, 24-hour option for people requiring hormonal contraception in Northern Ireland and complements specialist sexual and reproductive health and primary care services. For more information, please visit www.belfasttrust.hscni.net/service/sexual-and-reproductive-healthcare-service



HORIZONS FEATURE

Following the launch of a new animation on sexual consent, Gavin Melly, Social Inclusion Manager, Liberty Consortium at the Playtrail – BUD Club, discusses providing support for young people with disabilities.

Who are the BUD Club and what services do they provide?

BUD Club is the largest youth provision for young people with disabilities across Derry City and Strabane District Council area. It is an award-winning (Education Authority Youth Oscars and Derry Credit Union Awards) youth led educational and developmental service for 11–25-year-olds, providing social opportunities and activities in a fun, safe and inclusive environment allowing young people to engage, develop and foster positive relationships. BUD Club offers a variety of services which include BUD Juniors (11–14 years old), BUD Seniors (15–25 years old) and Weekender Club. In addition to our generic youth provision, we also offer additional services which include:

- BUD Fitness
- Buddying programme
- Summer schemes
- Residential trips
- Disability and Equality Training

What motivated the organisation to participate in the creation of an animation around sexual consent?

BUD Club has always been youth led since its inception in 2014, and our aim is to design and deliver services in order to meet the needs of our members. Over the past few years, we have been working hard devising and delivering programmes for our members on healthy relationships and sex education. In doing so we have built up a great partnership with Informing Choices, who are the experts within this field and have supported BUD to deliver effective and meaningful education programmes to our members. When it comes to sex education and consent, there tends to be a 'taboo' around these subjects in relation to young people with disabilities, with beliefs and myths existing that they don't have sex or need to know about this subject. However, the need for education is clear when our members

ask us to build their knowledge and understanding around these subjects, as everyone has different needs and desires for their personal lives. Our role within BUD is to provide our members with factual information that will help them make informed decisions about their lives. As a society we should challenge our views on this subject, as well as support young people with disabilities and their families through this process, break down the fear and stigma associated with topics of sex and sexual consent, and work collectively in order to best support and help them build their capacity in order to gain knowledge and understand these topics. This in turn will support them to make informed decisions about their life.

How do you plan to use the animation going forward?

Moving forward within our work in BUD Club and across all Liberty Consortium's transition programmes, we aim to build the capacity of all our young people with disabilities by providing them with access to bespoke training programmes around sex education, relationships, and consent. The animation will be the perfect tool for us to build a targeted youth work programme around, as it was co-designed by young people with disabilities and is interactive and engaging which will help create group discussion and learning for all who engage in our targeted youth work programmes.

Had you previously engaged with Informing Choices prior to the creation of the animation?

For many years BUD Club have worked in partnership with the wonderful team at Informing Choices. Within our targeted youth work programmes under the thematic youth work area of 'Health & Well-being,' we devise bespoke educational targeted programmes focused around areas such as healthy

relationships and sexual health education. For the delivery of our programmes around relationships and sexual health, we work in partnership with Informing Choices in order to provide our young people with interactive and engaging programmes that builds their knowledge and capacity in order to make informed decisions. The team at Informing Choices have the expertise and knowledge when working within this field, providing factual information to young people with disabilities, supporting them to explore sensitive subjects and allowing them to have the safe space to have conversations around personal space, sex education and relationships. The care and compassion the staff at Informing Choices have for young people with disabilities is exceptional, and they really support the youth sector in building knowledge and capacity around these subjects.

How do you see BUD Club developing over the coming years?

In 2024, BUD Club will celebrate its 10th Birthday, and we have exciting plans for this. Over the coming years our aim is to continue to break down barriers for young people with disabilities by providing them with safe spaces to learn, engage and foster positive relationships. We will continue to listen to our members, work with Playtrail Youth Forum and BUD Junior Committee in order to develop the best services that meet our member's needs. In addition to this BUD will continue to work with the Liberty Consortium Board on the organisation's Strategic Plan, which includes securing our own purpose-built premises which best supports all our services, members, and their families.

For more information about the services of BUD Club call 02871 354300 or email gavin@playtrail.com or visit www.libertyconsortium.org.uk

Sexism and Sexual Harassment in Schools

by Ellen Taylor, Vice President and Community Relations Officer, Secondary Students' Union of Northern Ireland

Secondary Students' Union of Northern Ireland (SSUNI) was founded amidst the chaos of the Covid-19 pandemic in August of 2020, by Cormac Savage, who is now studying at Harvard. He had realised that whilst the exams fiasco overwhelmingly impacted on secondary students, their voices were being ignored. Wanting to make a difference, he subsequently created the now 40,000 strong student union, which is the first of its kind in the UK. As a completely voluntary and student-powered organisation, any secondary student across NI can join at will, or run for our Executive Committee, which I have been a member of for two years.

It was through my role on the Executive Committee that I decided to form a Feminist Society, off the back of attending a Feminism in Schools conference and meeting like-minded young feminists. I had noticed that there seemed to be nowhere for these young activists to share their ideas, and work on issues that matter to them, so forming a Feminist Society seemed like a natural progression! We quickly assembled a group of committed student activists from Fermanagh to Newry and Belfast to Antrim. We were able to work online via Zoom, making it accessible to everyone, especially as we are laden with exams! Some of our highlights included our online Feminist/Education Hustings in preparation for the Assembly election in 2022, which had representatives from all the main parties (except the DUP)! It

made me very proud to have so many fantastic questions put to our politicians by such a range of young people.

Our next project was to be a huge undertaking - an NI-wide survey and report on sexism and sexual harassment in schools. It was something that had come up many times in our meetings, the lack of NI-specific statistics for schools, and no one else seemed to be doing it! What is more, all of us felt that it was such an important issue, that did not seem to be receiving the attention it deserved. All of us had had some experience with sexism and sexual harassment, and that gave us the motivation to push for change.

We then launched the survey in September 2022, receiving 270 detailed responses. 3/4 of the participants were women (which we expected), but there was a vast range of ages, as well as the type of school which the students attended. Our first question, *'Have you ever been treated differently because of your gender?'* produced a result of 57.6% for yes, and 42.4% for no. We encouraged students to comment on their answers; with one saying *'boys say I belong in the kitchen,'* and another saying, *'[I have] been told to not wear PE shorts around the school, to not distract the male teachers.'*

What we really wanted to know was the following question, *'Did you feel comfortable reporting this to a teacher?'*

as this would explain why so much of what happens in schools goes under the radar. The results proved our worries, with 64.9% answering that no, they would not feel comfortable in reporting an incident. Many of the responses we got commented on how they felt it *'wouldn't be taken seriously,' 'they never do anything about it,' 'they don't care,' 'school doesn't feel like a safe space,'* and that they're *'not close enough with teachers.'*

When asked if sexism at school is taken seriously enough, 70.6% said no, and when asked if they are aware of any school policies that specifically address sexism, 76.6% said no again. Subsequently, those that said yes were asked if they think the rules at school work well to stop sexism and sexual harassment, which 69.2% said no to. These results clearly demonstrate the lack of not only school policies to combat sexism, but the lack of confidence in schools to advocate for their students.

The second section of our survey focused on sexual harassment in schools. The first question, *'Have you ever experienced: unwanted physical contact of a sexual nature? (For example: touching, kissing, or girls having their skirts lifted)'* showed 35.7% saying yes, and to the second question, *'Have you ever experienced: unwanted attention (non-physical) of a sexual nature? (For example: wolf-whistling, sexual*



Ellen Taylor 5th from right, Connie Egan MLA on the right, and Emma Sheerin MLA on the left

comments, sexual gestures, or being shown pornography)' 56.5% said yes. For a majority of young people to have experienced this is truly shocking, and so depressing. As Abbie, our feminist society member put it, *'Nobody should have to experience or witness this in their lives, and it should not be treated as something casual or something that is just a laugh'. Cases such as these need to be taken seriously and the discourse around these issues needs to change.'*

We then asked if they reported these incidents to a teacher. Only 7.5% said yes. Let me emphasise that statistic - 92.5% of these incidents went unreported. We asked if they were happy with the outcome if they did report it, and again - only 22.1% said yes, they were happy. A recurring theme throughout the report is the lack of confidence in schools to take care of these issues. *What's more, our*

final question, 'Would you feel confident reporting sexual harassment/assault?' had only 42.4% responding with yes.

These statistics were difficult to process, and highlight the crisis in schools with sexism and sexual harassment. Not only that, the stories submitted by students about their experiences were completely depressing, and shocked us all. Our five recommendations to government were as follows:

1. Facilitate the reporting of sexism in schools, by making it a reportable offence.
2. Add anti-sexism policies to school rules.
3. More RSE, in particular, where to go if you experience sexual assault, and what constitutes sexual assault, harassment or rape.
4. Training for teachers and youth

workers on how to appropriately handle sexism in the classroom and beyond.

5. The impact of sexism and misogyny, included in the school curriculum and in RSE, and dealing with and discussing outside negative influences, such as Andrew Tate.

Of course, while the Assembly has collapsed, there is not much that can be done. However, we are working on drafting an anti-sexism policy for schools to be able to use. We call on politicians and school leaders to read our report and see the experiences of their students. It is a horrific failure of society if we allow this to continue, and its effects will carry forward into adulthood if left unchecked.

For more information on SSUNI and to read the report in full visit www.ssuni.org



Informing Choices NI Launch Sexual Consent Animation

by Informing Choices NI

In March 2023 Informing Choices NI launched a new sexual consent animation. It was funded by Open College Network Northern Ireland and is the first of its kind, as it has been specifically created to assist individuals with a learning disability and autistic people with their understanding of sexual consent. It will also act as a valuable resource for professionals to utilise when discussing this topic. It was created in conjunction with SlackPress Studios, and the characters are voiced by

individuals from BUD Club, a youth service for young people with disabilities.

Commenting on the launch of the animation ICNI CEO, Mark Breslin, said: *"The need for clear information for individuals with a learning disability and autistic people, particularly around a subject like sexual consent cannot be stressed enough. This animation talks about sexual consent in a clear and informative manner and helps to take the stigma out of conversations around our*

sexual and reproductive health. It gives individuals an opportunity to discuss what is a hugely important topic in way that puts talking about sexual consent and how important it is, front and centre. We are delighted with the feedback we have received and look forward to using the animation within our projects and training programmes."

You can view the animation on the homepage of our website www.informingchoicesni.org

Big Sexy Talk, A Sexual Health Podcast, So It Is!

by Ruairi Rowan, Director of Advocacy and Policy, ICNI

Do you remember all the family gatherings spent discussing the joys of sex around the dinner table? Or the classes in school where your RE teacher showed you how to put a condom on a demonstrator? No? Really! If, like us, you didn't have those cosy conversations about sex growing up, then you should check out our new podcast.

Big Sexy Talk is brought to you by Informing Choices NI. It is produced in mini-series format, with each collection of episodes focusing on a different area of sexual and reproductive health. We conduct in-depth interviews with key influencers, and provide information on sexual and reproductive health services.

The opening episode was launched on Valentine's Day and the first series focuses on abortion. All six episodes have now been published and a summary of each is provided below.

Episode 1: Abortion in the Yellow Pages

This episode contains an in-depth interview with Georgie McCormick. Georgie joined the Family Planning Association (FPA) in Northern Ireland in 1986 and is an experienced trainer and facilitator in all areas of sexuality. Georgie discusses delivering sexual health workshops in community settings in the 1980s and 90s; the impact of the conflict in Northern Ireland on reaching out to groups; working with men on sexual health issues; the advancements in pregnancy testing; the formation of FPA's pregnancy counselling service; the barriers facing women accessing abortion services; the importance of non-directive information and support when discussing pregnancy options; interactions with healthcare professionals; and her aspirations for sexual health going forward.

Episode 2: What about the women?

This episode contains an in-depth interview with Audrey Simpson. Audrey joined the FPA in Northern Ireland as their Director in 1988 and maintained this role until her retirement in 2015. She led the first ever legal challenge into the provision of abortion services in Northern Ireland and was awarded an OBE for promoting women's healthcare. Audrey discusses her experiences of sex education in post primary schools; the firebombing and subsequent closure of the Ulster Pregnancy

Advisory Association; the establishment of FPA's pregnancy counselling service; FPA's judicial review to seek guidelines for healthcare professionals on the provision of abortion services; the failed attempt at Westminster to extend the Abortion Act 1967 to Northern Ireland in 2008; the first all-Ireland conference on Abortion and Clinical Care in 2010; and engagement with the United Nations Committee on the Elimination of Discrimination against Women.

Episode 3: From the backstreets, to Great Victoria Street

This episode contains an in-depth interview with Dawn Purvis.

Dawn is a former MLA, representing the East Belfast constituency from 2007 to 2011. Following a period in politics she was appointed Programme Director for Marie Stopes International and led the first integrated sexual and reproductive health clinic offering early medical abortion care in Belfast. She now works in the social housing sector and is chair of Positive Life NI. Dawn talks about her memories of abortion being discussed during childhood; her decision to join the Progressive Unionist Party; the negotiations that led to the Good Friday Agreement; her thoughts on the current political situation; her experience as an MLA; opening the Marie Stopes clinic in Belfast; shifting political attitudes towards abortion; and her interactions with anti-choice protestors.

Episode 4: Running the gauntlet

This episode contains an in-depth interview with Clare Bailey. Clare is a former leader of the Green Party in Northern Ireland and represented the South Belfast constituency from 2016 to 2022. During her time in the Northern Ireland Assembly, she spearheaded legislation to introduce safe access zones outside abortion clinics, the first law of its kind in the UK and Ireland. Clare was a founding pupil at Lagan College, and is a Trustee of Informing Choices NI. Clare talks about her memories of attending Lagan College; her contrasting experiences of growing up in Belfast and the Netherlands; studying politics at Queen's University and her decision to join the Green Party; volunteering as a clinic escort at the Marie Stopes clinic in Belfast; being elected to the Northern Ireland Assembly in 2016; working alongside politicians with opposing views; and



passing legislation to introduce safe access zones outside abortion clinics.

Episode 5: Achieving decriminalisation and law reform

This episode contains an in-depth interview with Gráinne Teggart. Gráinne joined Amnesty International in 2009 and is the Deputy Director of the human rights organisation in Northern Ireland. She has lead Amnesty's campaigning and strategic litigation on abortion law reform and worked on a multitude of issues including human trafficking and legacy issues relating to the conflict in Northern Ireland. Gráinne is a Trustee of the Integrated Education Fund as well as Informing Choices NI. Gráinne reflects on the Good Friday Agreement 25 years on; her time at school and views on integrated education; the positive and negative impact of social media; working alongside women who had been directly affected by Northern Ireland's near total abortion ban; campaigning for abortion reform when she was pregnant; Repeal of the 8th amendment; and lobbying politicians at Westminster to achieve the decriminalisation of abortion in Northern Ireland.

Episode 6: Providing safe and compassionate abortion care

The final episode of the first series contains an in-depth interview with Dr Laura McLaughlin. Dr McLaughlin is co-chair of Doctors for Choice NI, and a member of the Northern Ireland Abortion and Contraception Taskgroup. Following the decriminalisation of abortion Dr McLaughlin worked alongside

healthcare professionals and Informing Choices to establish local early medical abortion services, and currently provides abortion care in Northern Ireland. Dr McLaughlin reflects on her experiences of working in the health service in Northern Ireland, Scotland and Canada; how the previous abortion law in Northern Ireland impacted upon medical professionals and the care provided to women; the formation of Doctors for Choice NI; the impact of Covid-19 and the establishment of early medical abortion services in Northern Ireland; conversations with medical colleagues around the provision of abortion; how abortion is viewed by women and society in Northern Ireland; and her aspirations for abortion care going forward.

You can listen to all episodes in series one here <https://bigsexytalk.buzzsprout.com/>, or search for 'Big Sexy Talk' wherever you get your podcasts.

The second series will be released in May 2023. Follow the podcast if you would like access to the series as soon as it goes live. If you have enjoyed the series we would be appreciate if you would leave a review, or share the episodes with friends, colleagues, and family members.

Remember, if you need information and support with a sexual health issue you can call the Sexual Health Helpline on **028 9031 6100**, or visit <https://informingchoicesni.org/sexual-and-reproductive-health-services>

The National Learning Disabilities and Autism Awards 2023

by Informing Choices NI

The National Learning Disabilities & Autism Awards took place in Northern Ireland on 9 March 2023, in the Hilton Hotel in Belfast. Informing Choices NI (ICNI) received two nominations. Our Just Ask project won the Making a Difference (Team) Award and our Education and Training Manager, Deborah McGinn, was nominated in the Making a Difference (Individual) Award category for her exemplary work through the Just Ask, Talk Together and Menopause projects.

The team award honoured those who have promoted inclusion and community cohesion through their work in the community, particularly where this has helped make a positive change happen in people's lives. It recognises outstanding teams who work creatively and passionately to ensure people with a learning disability have equal access and involvement in their community.

Commenting on the win ICNI CEO, Mark Breslin, said:
"We are delighted that our Just Ask project has been recognised at the National Learning Disabilities and Autism Awards. Through our Just Ask project we provide a safer environment for individuals with a learning disability, autistic people and their parents and carers to discuss topics that are often seen as taboo. Just Ask removes the stigma and fear from sexual health and replaces it with fact-based information. This enables participants to gain the support they need to develop an understanding of boundaries, personal space, permission, consent, and choice, alongside promoting emotional wellbeing. ICNI work with individuals, not labels, and believe that relationships and sexuality education should be part of life, regardless of ability."

For more information regarding the Just Ask project visit www.informinchoicesni.org/iust-ask



SAVE THE DATE

Relationships and Sexuality Education Awareness Training

Friday 2 June 2023, 10am - 4pm

ICNI, Ascot House, 24-31 Shaftesbury Square, Belfast, BT2 7DB

£100 per person

This training is suitable for anyone who supports people who have a learning disability, difficulty, or autistic people

We believe Relationships and Sexuality Education Awareness Training is essential for any individual who wants to play a positive role in the choices people make by giving them factual, non-judgemental, and non-directive information. Through our award-winning education projects and over 30 years' experience in Relationships and Sexuality Education we offer participants the opportunity to discuss topics normally viewed as taboo, in a safer environment. Further information regarding the course can be found in our training brochure

www.informingchoicesni.org/training

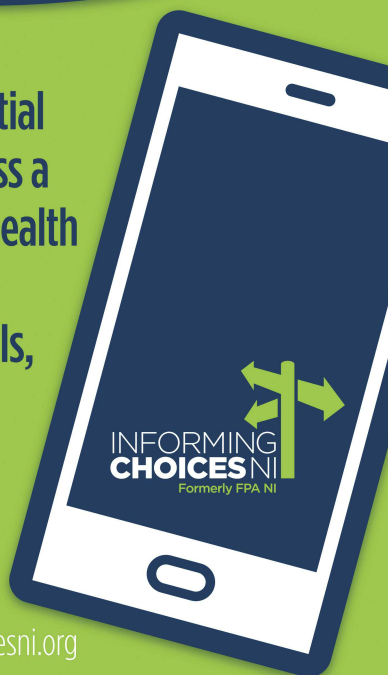
To book a place please email

mark.breslin@informingchoicesni.org

SEXUAL HEALTH HELPLINE
028 9031 6100

Monday to Friday 9am-5pm

Our helpline can provide confidential information across a range of sexual health areas including contraception, STIs, pregnancy and abortion.



 @ICNI2019

 /InformingChoicesNI

 www.informingchoicesni.org

KNOWING YOUR OPTIONS:

Before and after using emergency contraception



Sexual Health Leaflets

Informing Choices NI provide free sexual and reproductive health leaflets to organisations and services across Northern Ireland. Our leaflets include the full range of contraceptive methods and information on differing sexually transmitted infections. If you would like to receive these please email info@informingchoicesni.org with the leaflet name and quantity required.

A full list of all the leaflets we stock are outlined below:

CONTRACEPTION

- ☐ Your guide to the combined pill
- ☐ Your guide to male and female condoms
- ☐ Your guide to contraception
- ☐ Your guide to contraceptive choices – after you’ve had your baby
- ☐ Your guide to emergency contraception
- ☐ Your guide to the contraceptive implant
- ☐ Your guide to contraceptive injections
- ☐ Your guide to the IUD
- ☐ Your guide to the IUS
- ☐ Your guide to long-acting reversible contraception (LARC)
- ☐ Your guide to the contraceptive patch
- ☐ Your guide to the progestogen-only pill
- ☐ Your guide to male and female sterilisation

SEXUALLY TRANSMITTED INFECTIONS

- Your guide to Chlamydia, gonorrhoea, and non-gonococcal urethritis
- Your guide to Genital warts, genital herpes and public lice and scabies
- Your guide to Syphilis
- Your guide to Thrush and bacterial vaginosis
- Your guide to Trichomonas vaginalis

SEXUAL AND REPRODUCTIVE HEALTH

- Your guide to understanding reproduction: Bodyworks
- Your guide to Menopause