

Introduction to Contraception



As your child grows into a teenager it is important for them to learn about:

- sex
- conception
- contraception

Conception is what happens when an egg and sperm meet to make a baby.

Contraception is something a man or woman can use if they want to have sex but do not want to make a baby.

It stops conception from happening.

You can find out more about teaching your child about conception and sex [here](#).





Sometimes a doctor might suggest your child take contraception to manage their period.

This is OK.

If this happens, it is important that your child understands why they are taking contraception.

This will help your child to understand how their bodies work.

It will also help them to practice making decisions about their body.



What is on this page?

This page is about how you can teach your child about contraception.

It has information on:

- how to teach about contraception
- things to think about if your child needs to use contraception
- using contraception to help with periods
- talking to a doctor about contraception



How to teach your child about contraception?

You can start teaching your child about contraception by giving them little bits of simple information.



You can start by telling your child:

- contraception is what a woman and man use if they want to have sex but do not want to make a baby
- there are lots of different types of contraception that a person can use.

Most types of contraception are used by women but some types are used by men

- each person needs to think about what type of contraception best suits them.

This is something their doctor can help them with.



If your child is ready to learn more about contraception you can start to tell them about:

- the different types of contraception
- how contraception works
- things to think about when choosing contraception
- using a condom
- [consent and sex](#)

There is a list at the bottom of this page to help teach your child about these topics.



What if my child needs contraception?

If your child is an older teenager who has a boyfriend or girlfriend they should think about using contraception.

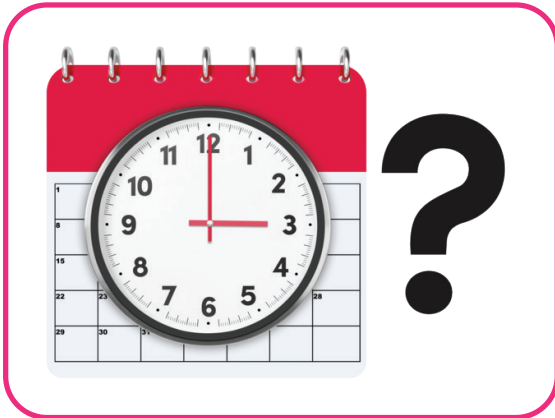
It can be helpful to talk to a doctor about the different types of contraception they can use.

When choosing a type of contraception to use it is important to think about:

How do you use it?

Some contraception can be swallowed as a tablet, some are injected using a needle and some need to be put inside a person's body.





How often do you need to take it?

Some contraception needs to be taken every day at the same time.

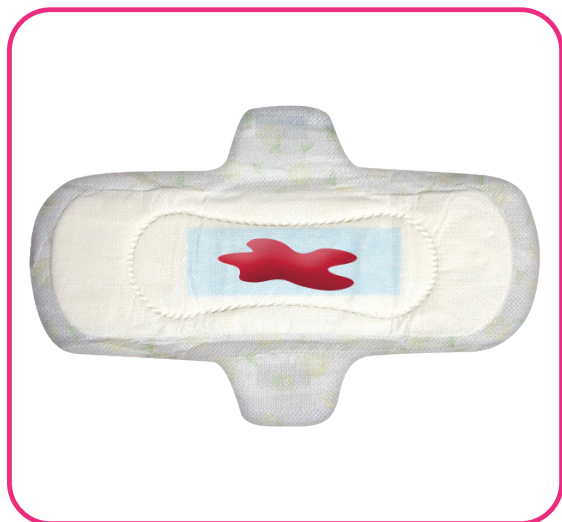
Some can last for years once they have been put into the body.

How much does it cost?

Some types of contraception are more expensive than others.

Are you taking other medication?

Some types of contraception do not work well with other medication your child might be taking.



Using contraception to help with periods

Some parents worry about their child getting their period.

They might be worried about their child:

- learning how to use pads or tampons
- needing help to change their pad or tampon at school
- keeping themselves clean and healthy

Many parents have these worries.

This is OK.

Lots of people can manage their period by themselves.



Some people might need with help from others.

That is OK.

To help your child learn how to look after their period it is important to:

- talk to your child about periods before they start
- teach your child about pads, tampons and other period products
- help your child to practice using pads before their period starts

Some people might need to take some medicine to help with their period.

This medicine might include contraception.



Some people might need medicine because they:

- have a long or painful period
- bleed a lot when they have their period
- feel bad or depressed when they have their period

If you are worried about your child's period, you should speak to your doctor to get advice.



Talking to a doctor about contraception

Before you take your child to the doctor, it is important to talk to your child about why they are going to the doctor.

This will help your child to learn how to take care of their body.



There are some things you can do to make it easier to talk to a doctor about contraception.

You can:

- book a long appointment.

This will give you and your child more time to ask questions.

It will give the doctor more time to explain things

- ask the doctor to use easy read information and pictures
- book the first appointment of the day.

This means you and your child will spend less time in the waiting room

- ask your child who they want to go into the appointment with



Your child might need to talk to a doctor or nurse a few of times before they can make a decision about contraception.

You might need to make another appointment for your child to see the doctor again.

This is OK.

For more information on supporting decision making, go to [Supporting Decision Making](#).

Resources for you to use



All About Sex: Contraception

<https://www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex>



What Suits Me? Contraception options for girls and guys

<https://www.fpnsw.org.au/health-information/individuals/contraception>

**BODY
TALK**

Body Talk: Contraception

<https://bodytalk.org.au/what-contraception-suits-me/>



Family Planning Victoria contraception factsheet

www.fpv.org.au/assets/resources/Final-Contraceptive-Options-What-can-I-choose-KW-18062018_v1.pdf



Our Site: Women with intellectual disability safe sex and contraception factsheet

<https://oursite.wwda.org.au/sex-and-your-body/safer-sex-and-contraception>



SECCA App

<https://app.secca.org.au/>



What to read next:

- [Supporting decision making](#)
- [What is a normal period](#)

For more information go to the
Planet Puberty website

www.planetpuberty.org.au