



# CONTRACEPTION

## What is contraception?

Contraception is a protective method to have sex without a risk of pregnancy, or almost!

Here are some different methods:

- **Hormonal methods:** the pill, the «minipill», the vaginal ring, the injection, the implant, the patch and the IUD
- **Non-hormonal methods:** Male or a female condom
- **Natural methods:** the calendar method and the symptothermal method
- **Emergency methods:** the morning-after pill

From the age of 14, a person can ask for a contraceptive method without the consent of a parent. It can be done in all confidentiality.



## Which one should I use?

Everyone has a method of contraception that suits them best.



Each method of contraception has its advantages and disadvantages. Take the time to do some research before you decide. Do not hesitate to consult your doctor or the nurse at your school to find what suits you best! They will be able to help you find the best option for you while considering different factors and will guide you from there.

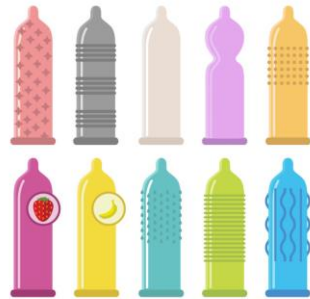




### IS IT EFFECTIVE?

If used correctly, contraception makes the risk of unwanted pregnancy very low. However, no contraceptive method is 100% reliable, unless you abstain from sex completely!

This is why using a double protection (ex: using condoms in addition to another contraceptive method), might be a good idea.



**Only condoms protect against pregnancy and sexually transmitted (and blood infections) diseases!**

### HAVE YOU HAD UNPROTECTED SEX? DID YOU THINK ABOUT THE MORNING-AFTER PILL?

This pill is not a regular method of contraception. It is used **only after unprotected or risky sex if you have had a problem with your usual contraceptive method**, for example, if the condom has torn or if you have forgotten to take your birth control pill. It **must be taken as soon as possible following the sexual contact**.

Do not wait more than 5 days, as it may no longer be effective.

The morning-after pill is free if you have your health insurance card and you are under the age of 18, or, if you are studying full-time and are under the age of 25.

You can get it at the CLSC, from your pharmacist without a prescription, from the school nurse, from your doctor or in the emergency room.

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## RESOURCES

- Your CLSC
- Info-Santé # 811 (Health line)
- Santé Montréal - <https://santemontreal.qc.ca/en/public/advice-and-prevention/birth-control/>
- Fédération Québécoise du planning des naissances - <https://fqpn.qc.ca/>
- SOS Grossesse - <https://sosgrossesse.ca/>
- Tel- Jeunes - <https://www.teljeunes.com/accueil>
- Guide to find your contraception - <https://www.contractions.org/>
- Guide to find your contraception - <https://www.caseplanifie.ca/>

