

CONVERSATION MATERIAL FOR INFORMATION ABOUT CONTRACEPTIVES

1. Explain that you are going to talk about contraceptives (methods for avoiding an unwanted pregnancy) and that you will start by watching a film about it. Explain that the film will include drawings of naked bodies.

2. Watch the film together.

3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with - was there anything unexpected, new or interesting?
- Summarize together:
 - What are contraceptives? Why are they used?
 - Which are the most common contraceptives?
 - Where can you get contraceptives?
 - Can contraceptives influence one's ability to get pregnant later in life?
- How do you know which contraceptives are best suited to you?
- Which contraceptives are the only ones that protect against unwanted pregnancies as well as sexually transmitted infections?
- What is an emergency contraceptive? In which situations may it be used?
- What do you do if your contraceptives cause troublesome adverse effects?
- Why might it help to talk with your partner about contraceptives? What can make it easier or harder to talk about it?
- Which thoughts and emotions can contraceptives give rise to?

IMPORTANT TO DISCUSS:

- Contraceptives are not dangerous, and do not result in infertility.
- Certain contraceptives have adverse effects, and you may need to try different kinds to find the one that is best for you.
- Hormonal contraceptives may also be used to regulate your period, and to reduce severe menstrual cramps.
- Contraceptives do not protect against sexually transmitted infection, but the only thing that protects against unwanted pregnancy as well as sexually transmitted infections, is the use of condoms.
 - It is important that you have the possibility to decide yourself which type of contraceptive you wish to use.



FIGHTING FOR BODY RIGHTS SINCE 1933