

# International Contraceptive Day

Stay in control, stay safe, stay sexy  
**Contraceptives got you!**

**CONTRACEPTIVES = NO DRAMA!**

Share-Net  
Netherlands



# Contraceptives: what they are & who are using them

## Contraceptive



/Contraceptive/

noun

any of various devices or drugs intended to prevent pregnancy. Some also protect against sexually transmitted diseases and infections.

## Adolescents across Europe from 2014 to 2022<sup>1</sup>



70% used condoms or birthcontrol



61% boys used condom at last intercourse among



57% girls used condom at last intercourse among

## Sexually transmitted infections<sup>2</sup>

In 2022, STI cases **shot up** compared to the previous year, with gonorrhoea rising by **48%**, syphilis by **34%**, and chlamydia by **16%**.

1. Költő A, de Looze M, Jåstad A, Nealon Lennox O, Currie D, Nic Gabhainn S. A focus on adolescent sexual health in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 5. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO.

2. European Centre for Disease Prevention and Control[Internet]. Available from: <https://www.ecdc.europa.eu/en/news-events/sti-cases-rise-across-europe#:~:text=In%202022%2C%20the%20number%20of,and%20chlamydia%20cases%20by%2016%25.> [Accessed 24th of September 2024]

# But what should I use?

That is different for everybody! Take a look at the option below and think about which option may suit you best (and talk to a doctor about it)!

## Condoms



79-83%



Protects against pregnancy and STD's & STI's



Difficult to use effectively

## Birth Control Pills



97%



Protects against pregnancy



Does not protect against STI's or STDs, side effects, must be taken at the same hour everyday, side effects

## Gloves & dental dams



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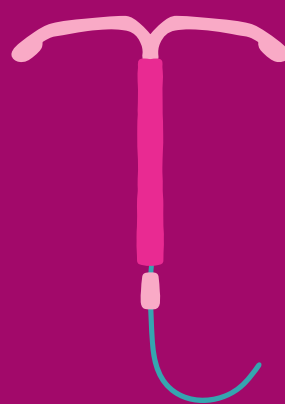


Protects against STD's & STI's, easy to use effectively



Does **not** protect against pregnancy

## IUD



99.2-99.9%

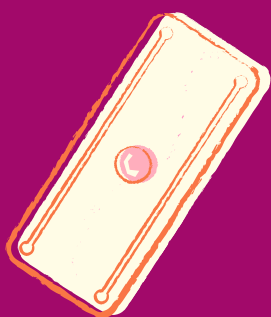


Protects against pregnancy, can last for 8 years, no maintenance



Does not protect against STD's & STI's, low accessibility, side effects

## Morning after pill



98-99%

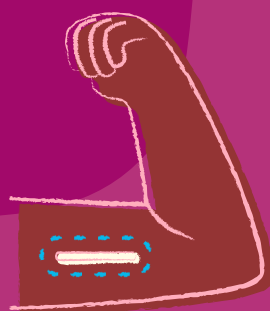


For emergencies, can be taken within 5 days after sex (but the sooner the better)



Does not protect against STD's & STI's, must be taken within 72 hours post sex

## The implant



99.9%



Protects against pregnancy, can last for 3 years, no maintenance



Does not protect against STD's & STI's, low accessibility, side effects

# Why contraceptives are HOT



## By being safe your sex is better

Sex can be way **more enjoyable** when you're not constantly worried about "what ifs." Knowing you're protected helps you **relax** and **enjoy** the moment more.



## Empowerment and Control

When you use birth control, you're in charge of your body and your choices. This **freedom** means you can focus on having fun without worrying too much about getting pregnant or catching something.



## Body Confidence and Security

Feeling secure in the fact that you're protected can make you feel **more confident** in your body and what you're doing. Confidence is **attractive**, and it can definitely enhance the vibe.



## Mutual Respect

Using protection shows that you and your partner care about each other's **health** and are being responsible. That mutual respect can make things feel more **real** and **connected**.

**PROTECT YOUR HEALTH, STAY  
SAFE, AND ENJOY SEX WITH  
CONFIDENCE—USING  
CONTRACEPTIVES IS ALWAYS  
HOT!**

