

COMMON METHODS OF BIRTH CONTROL

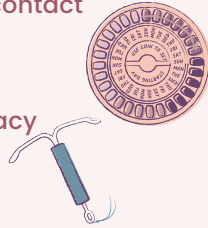
Remember to ALWAYS use contraception during sex to protect **YOURSELF** and your partner from infections and unplanned pregnancy

CONDOMS

- Acts as a physical barrier preventing direct contact
- Protects against most STIs and STDs
- Inexpensive and accessible

ORAL CONTRACEPTIVE PILL

- Can be purchased by prescription at pharmacy
- Must be taken everyday at the same time
- Does not interfere with sex



INTRAUTERINE DEVICE (IUD)

- T-shaped device inserted in uterus by health professional
- Reversible and long-term (3-10 years)
- Two types: Hormonal and Copper

CONTRACEPTIVE IMPLANT

- Small implant inserted just below the skin in upper arm
- Discreet and highly effective birth control for 3 years

MORNING-AFTER PILL: EMERGENCY CONTRACEPTION

- Use immediately after unprotected sex to prevent pregnancy
- Available without prescription: ASK THE PHARMACIST
- For occasional use only, not used as regular birth control



CONTACT US:



FOR MORE INFO
CHECK OUT:
SEXANDU.CA



SEXUAL HEALTH RESOURCES FOR INTERNATIONAL STUDENTS IN THE GTA



ONLINE AND PHONE

Sex and U: Website that offers in depth information on all birth control methods, and various issues related to sexual health.

Sexual Health Information line: Offers non-judgmental and anonymous counselling in many languages via chat or phone at:

Toll free: 1-(800)-668-2437; Local: (416)-392-2437

SEXUAL HEALTH CLINICS AND MEDICAL RESOURCES

Sexual health clinics offer free and confidential services including: birth control, STI testing and free treatment, pregnancy testing/counselling and referral, emergency contraceptive methods, HIV testing and free condoms.

Sheridan Campus Health Center: Services for domestic and international students, including virtual visits with physicians and nurses

Brampton Women's Clinic: Free contraceptive counselling and abortion services provided in a comfortable and professional environment

Planned Parenthood: Offers accessible workshops and all services related to supporting sexual and reproductive health for newcomers in the GTA

