



Get ready for an amazing future!

Your guide to contraception and safe sex



I CHOOSE
#MalayaKongMaging

Now that you're a teen, it's time to take charge of your health. This includes learning about contraception so you know what to do when you decide to have sex.

Contraception

prevents a pregnancy until you are ready to have a baby. A girl can get pregnant if a boy's sperm gets inside her body.

Safe sex

means protecting yourself and your partner from sexually transmitted infections, including HIV. It means using a condom every time you have sex, even if you use something else to prevent unplanned pregnancy.

Learn more about contraceptive methods and safe sex right here!





Your teen years are a busy time! So much is going on with you and your relationships. You might be busy at school, making friends, learning new skills, working or discovering new interests.

You might be falling in love, too!

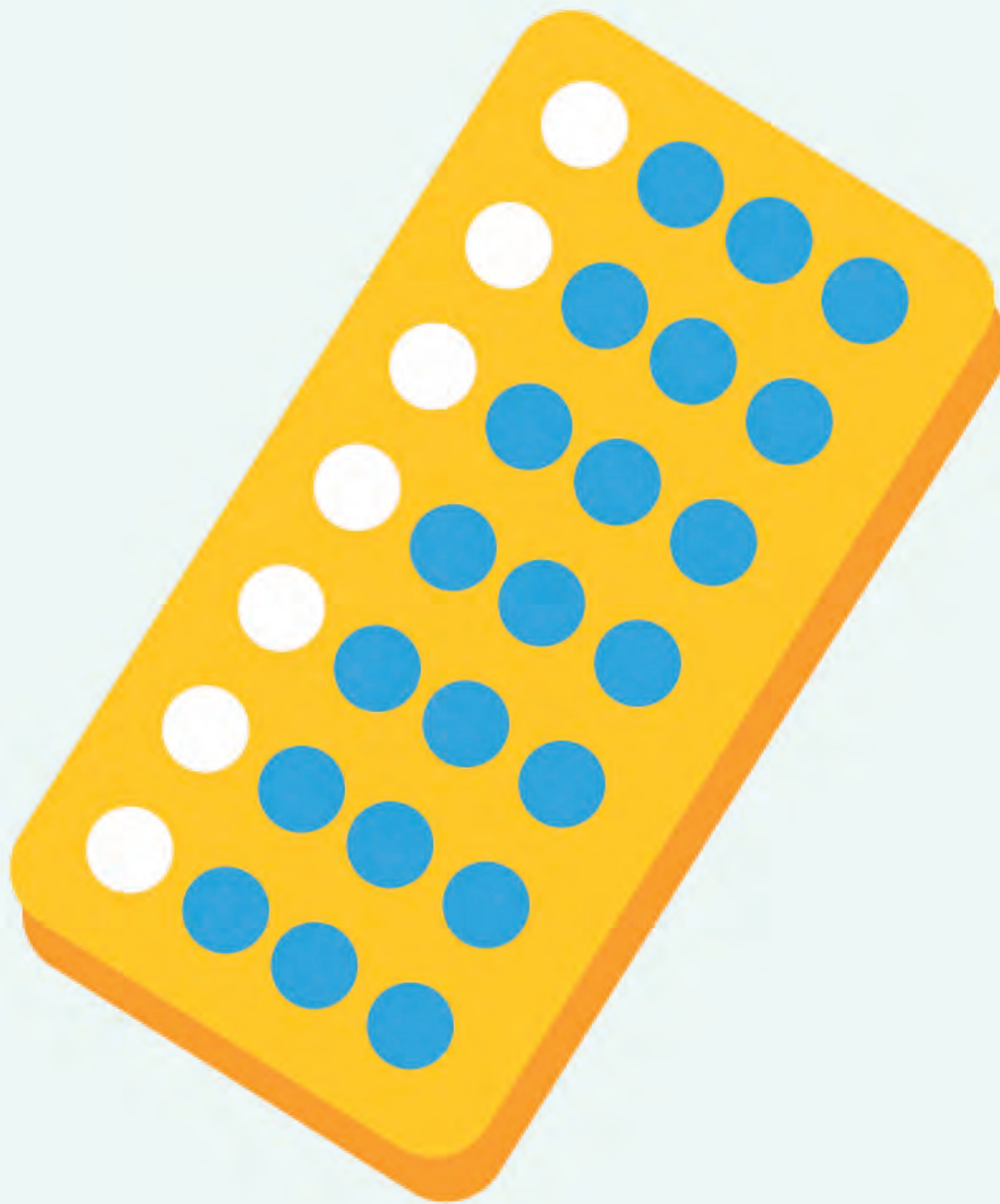
You have goals and dreams. One of those might be having a baby in the future. But maybe, you want to enjoy your teenage life right now.

You may have heard of contraception but aren't sure what it is or how it can help you. So we've created this guide—because there is a contraceptive method for you!

We want to help you choose the contraceptive that is best for you and make a conversation with your healthcare provider easier.

INFORMATION FROM:

World Health Organization Department of Reproductive Health and Research (WHO/RR) and Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP), Knowledge for Health Project. Family Planning: A Global Handbook for Providers (2018 update). Baltimore and Geneva: CCP and WHO, 2018. And Philippine Statistics Authority (PSA) and ICF. 2018. Philippines National Demographic and Health Survey 2017. Quezon City, Philippines, and Rockville, Maryland, USA: PSA and ICF.



PILLS

You take a **tiny pill with a small amount of hormones** every day, whether or not you have sex that day. It comes in a monthly pack. The pill is safe, affordable, and effective if you always take it on time.

There are two types of pills:

- **Combined oral contraceptive (COC) pills**
- **Progestin-only pills (POP)** (safe for breastfeeding moms)

You can stop taking it when you are ready to have a baby.



Very effective
for preventing
pregnancy (93%)



Free at government
clinics or purchased
in pharmacies



Follows a schedule
(*must be taken every
day at the same time*)



Doesn't interfere
with sex

COMMON EXPERIENCES

Most women use this method without a problem.
But some experience the following:

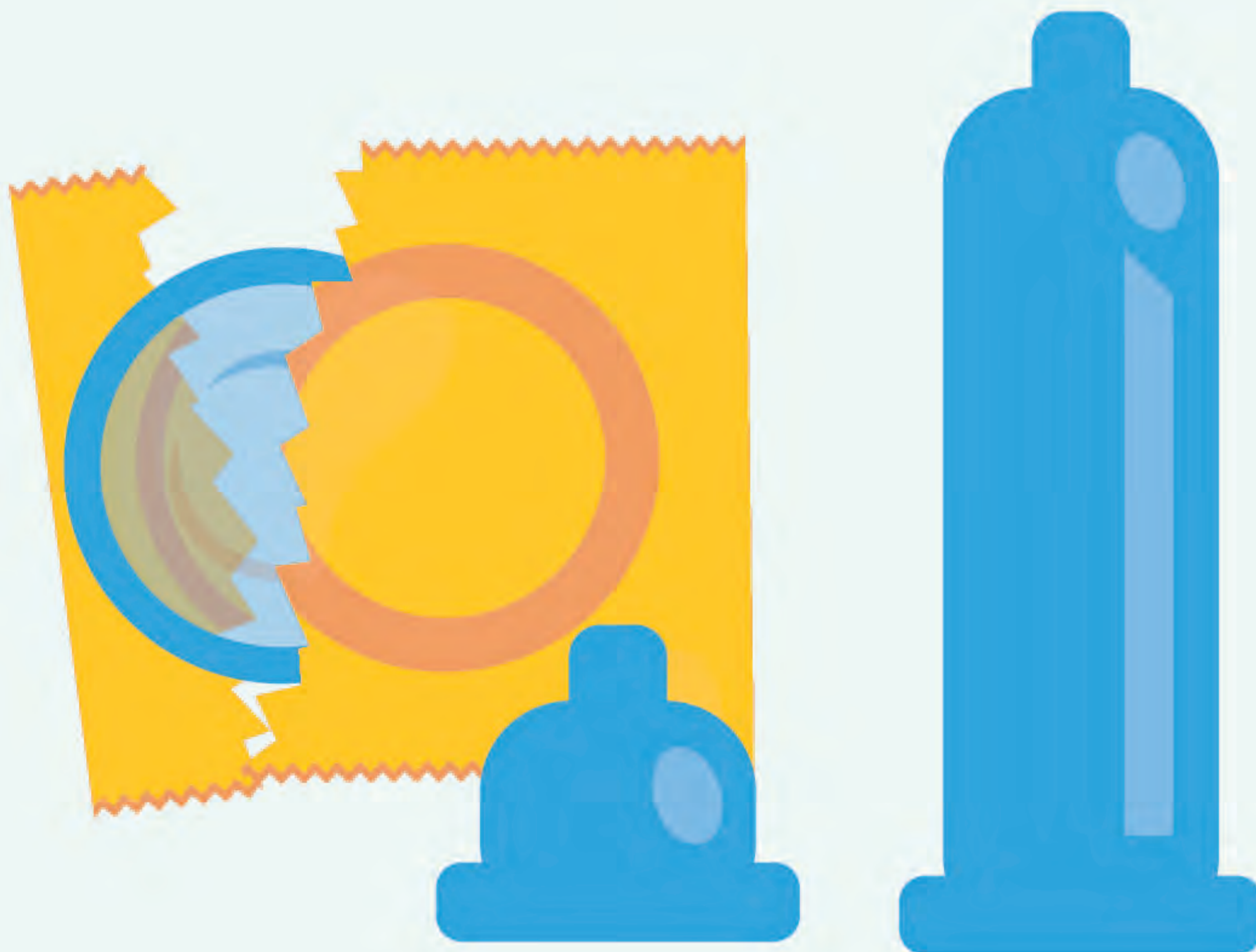
- Changes in menstrual cycle
(*more frequent, longer, shorter or no period*)
- Weight change
- Breast tenderness
- Dizziness and nausea
- Headaches

These are normal and usually don't last long. 😊

YOUR PERIOD STOPPED?

It's not harmful, bes! You are not pregnant and blood is not building up inside your body.

Your period might get shorter and lighter or even stop because your uterus is not growing a new lining every month. No lining—no period!



CONDOMS

Your partner puts this **thin rubber cover over his erect penis before sex** to keep semen out of your vagina. It protects against pregnancy and is used with other contraceptives to prevent diseases that can be acquired through sex (such as sexually-transmitted infections or STI and HIV). You must use it correctly every time you have sex.

You can stop using it when you are ready to have a baby.

LEARN HOW TO USE A CONDOM CORRECTLY!

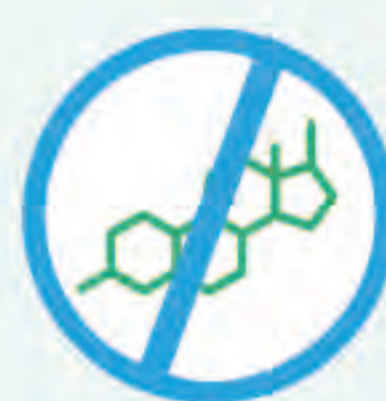


Read “*Condoms: Doble Proteksyon para sa Ligtas na Pakikipagtalik*” at malayaako.ph/condom

Watch “*Condoms: How To Use Them Effectively*” at bit.ly/HowToUseCondoms!



Effective but must be used correctly every time you have sex (87%)



No hormones



The only contraceptive that also protects against HIV and sexually-transmitted infections (STI)



Free at government clinics or purchased in pharmacies



COMMON EXPERIENCES

Some couples find it hard to use a condom every time they have sex.

It's good to always be ready.
Have a supply on hand! 😊



May contraceptive para sa 'yo!

FOLLOWS A SCHEDULE



INJECTABLE

You **get an injection every 2 or 3 months**, depending on the brand. It works really well if you always get it on time (Put the schedule on your calendar!). It is safe for breastfeeding women.

You can stop using it when you are ready to have a baby.



Very effective for preventing pregnancy (96%)



Free at government clinics



Follows a schedule (*each shot must be on time*)



Doesn't interfere with sex

COMMON EXPERIENCES

Most women use this method without a problem. But some experience the following:

- Changes in menstrual cycle (*more frequent, longer, shorter or no period*)
- Weight change
- Dizziness
- Headaches

These are normal and temporary. It should go away after a few weeks. 😊

YOUR PERIOD STOPPED?

It's not harmful, bes! You are not pregnant and blood is not building up inside your body.

Your period might get shorter and lighter or even stop because your uterus is not growing a new lining every month. No lining—no period!



IMPLANT

You get a **small flexible rod, about the size of a matchstick, placed under the skin of your arm.**

The implant will prevent pregnancy for 3-5 years, depending on the brand. It is safe for breastfeeding women.

It can be removed anytime when you are ready to have a baby. Ask your healthcare provider.



Highly effective for preventing pregnancy (99.9%)



Free at government clinics or covered by PhilHealth



Low maintenance and long-lasting



Suits a busy teen lifestyle



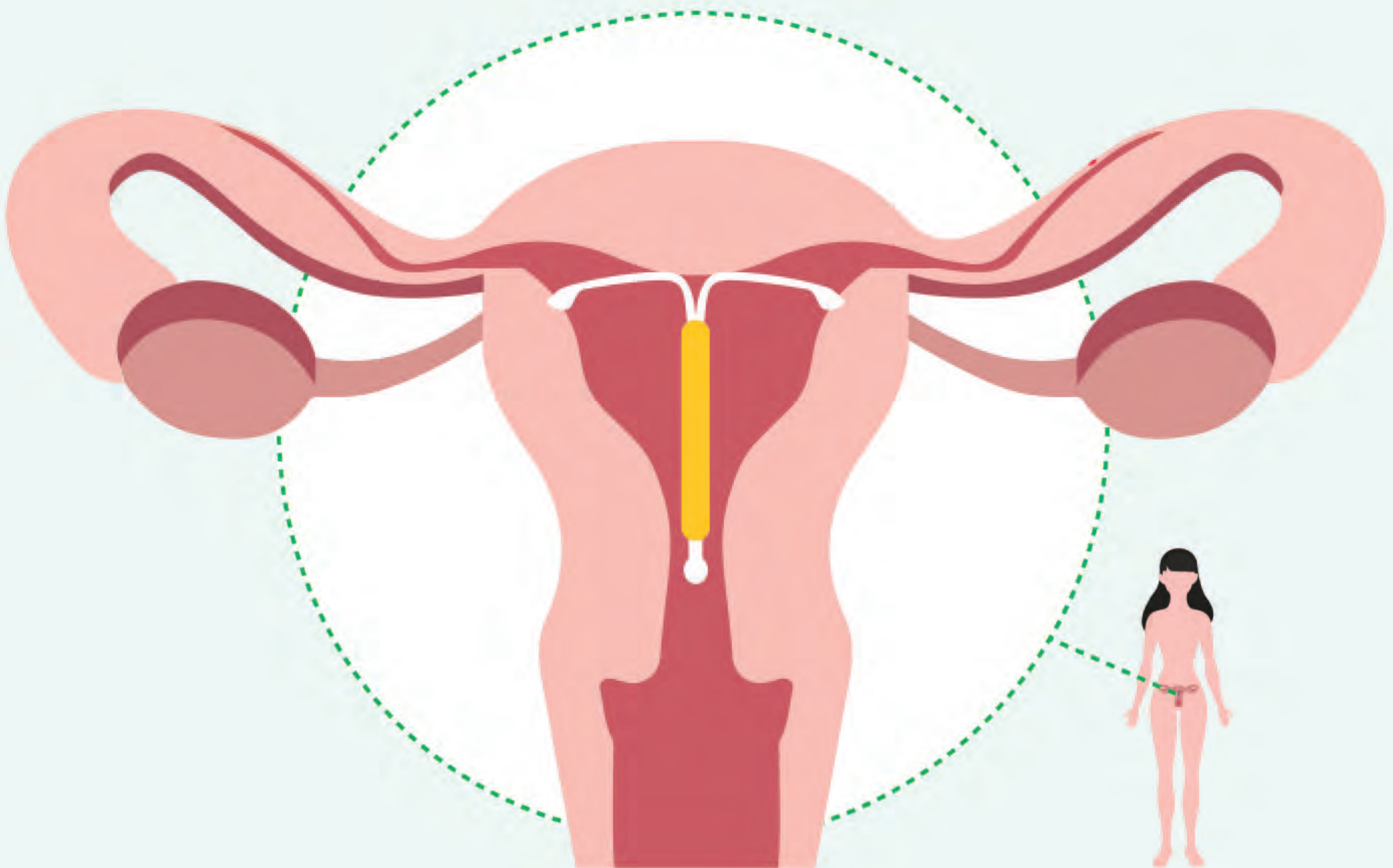
Doesn't interfere with sex

COMMON EXPERIENCES

Most Pinays use this without a problem. But some experience the following:

- Few days of soreness in the arm where inserted
Don't worry, it only hurts a little!
- Changes in menstrual cycle
(more frequent, longer, shorter or no period)
- Weight change
- Breast tenderness
- Dizziness
- Headaches

These are normal and usually don't last long. 😊



IUD

(Intrauterine Device)

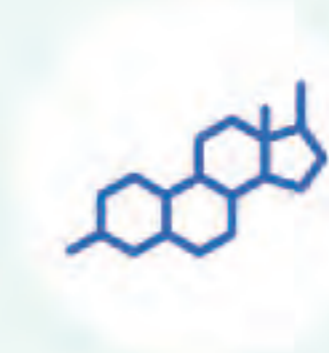
You get a small piece of flexible plastic shaped like a “T” with a short piece of string at the end inserted in your uterus. There are two types of IUD which are both long-term:

1. IUD with copper (10-12 years)
2. IUD with the levonorgestrel hormone (5 years)

It can be removed earlier when you are ready to have a baby. Ask your healthcare provider.



Highly effective for preventing pregnancy (99%)



With non-hormonal and hormonal options



Low maintenance and long-lasting



Doesn't interfere with sex



Free at government clinics or covered by PhilHealth



Suits a busy teen lifestyle

COMMON EXPERIENCES

Most women use this without a problem. But some experience the following:

- Discomfort and cramping when the IUD is placed and during your period
- Changes in menstrual cycle (*more frequent, longer or shorter*)

These are normal and will go away in a few weeks or months. 😊

YOUR PERIOD STOPPED?

It's not harmful, bes! You are not pregnant and blood is not building up inside your body.

Your period might get shorter and lighter or even stop because your uterus is not growing a new lining every month. No lining—no period!

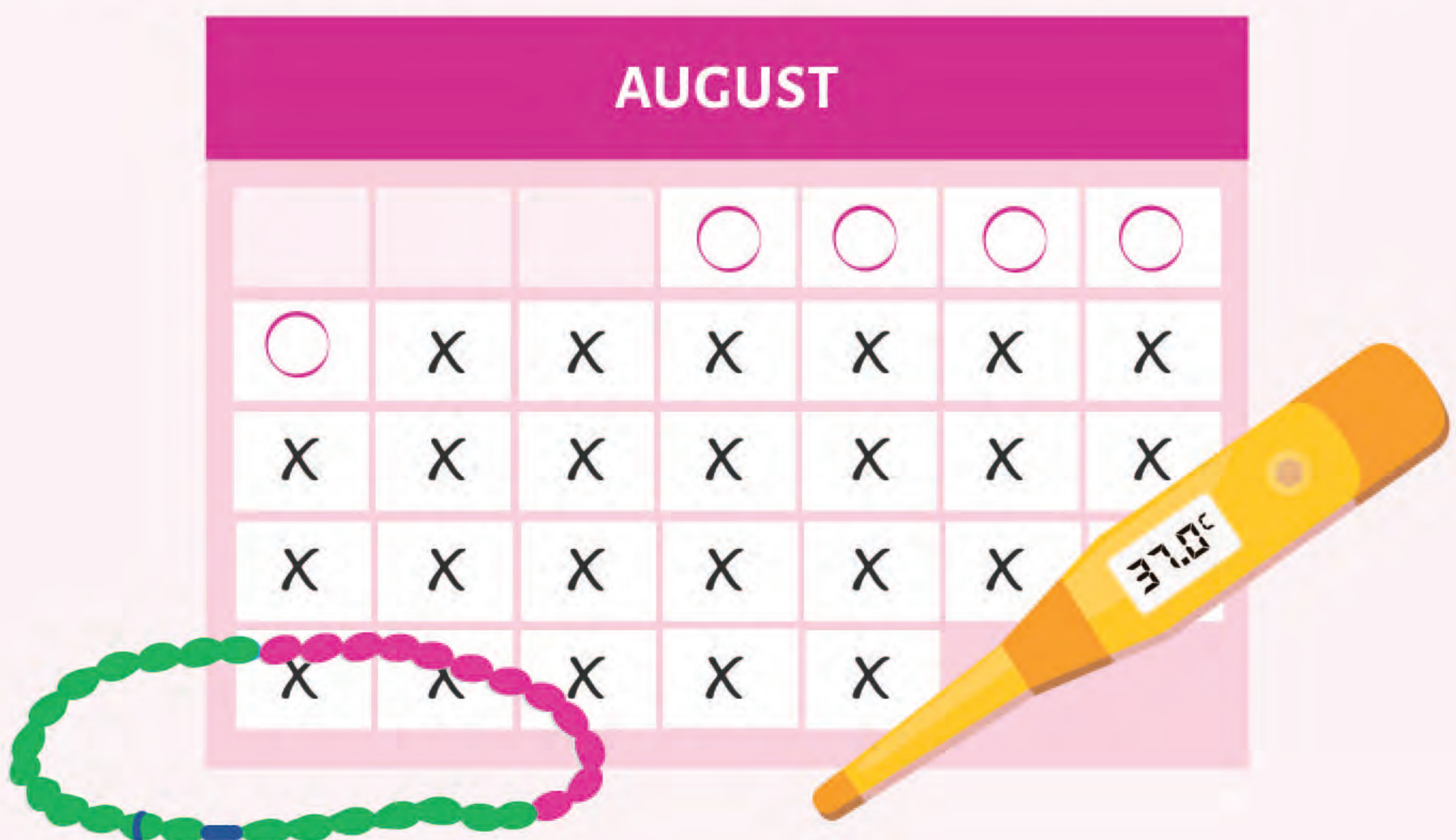
FERTILITY AWARENESS METHODS

You track days when you are fertile (ovulating) so you can avoid sex and not get pregnant.

Examples of Fertility Awareness Methods are:

- **Calendar-based Methods** - involves tracking the days of your menstrual cycle to figure out the start and end of your fertile period.
- **Symptoms-based Methods** - You observe or feel changes in your cervical secretions or increase in body temperature that indicate fertility.

These methods are effective if you are able to monitor and chart your fertility daily and if you have a regular cycle. You and your partner must avoid sex or use another type of contraceptive (like condoms) during fertile days.





Effective but must be used correctly (85%-88% depending on the method)



You must avoid sex or use another type of contraceptive on the days you are fertile



COMMON EXPERIENCES

Some women find it hard to monitor and chart their fertility daily. You can download a cycle tracker app on your phone or use a calendar to remind you.



Cyclebeads can also help track your menstrual cycles and fertile periods.

USE FAM SUCCESSFULLY!

Ask a healthcare provider to train you.

LAM

(Lactational Amenorrhea Method)

A breastfeeding mother is protected from pregnancy if all of these 3 conditions are strictly met:

1. You are **exclusively breastfeeding**— you breastfeed your baby at least every 4 hours during the day and every 6 hours at night, and feed your baby only breast milk (no water or any other drink).
2. You don't have your period.
3. Your baby is less than 6 months old.





Very effective for a limited time (98%)



Only works for a short time



Doesn't interfere with sex

It is important to think ahead and shift to another type of contraceptive before you get your period or before your baby is 6 months old, or before you stop exclusively breastfeeding. Talk with your healthcare provider when your baby is 4 months old, or even earlier, and choose another contraceptive.

COMMON EXPERIENCES

Some women find it difficult to breastfeed on demand for 6 months. You need to remember that you must shift to a different contraceptive to prevent pregnancy before your period comes back or before your baby turns 6 months old.

Let's talk about consent!

📖 In the Philippines, teens (17 years old and below) are required to get written consent from one (1) of their parents or a guardian and present it to a healthcare worker before getting a contraceptive.

👍 You don't need consent to get information about sex or contraception.

How to bring this up to your parents?

You may decide that you're ready for sex before you turn 18. If you think that could happen, you will need to talk with your parents. Some teens get their parents to sign the consent form in advance, before they really need it. Then you don't have to tell them when you are "doing it." You will have the consent form ready in case you need it!



Here are some tips for talking with your parents:

ASK THEM ABOUT THEIR EXPERIENCES

Asking your parents about their teenage crushes, their 'first times,' or their love stories will help lighten the mood around the topic of sex and contraceptives.

START WITH SOMETHING ELSE

You can tell them about a TV show, a lesson in school, or a friend's experience then shift the conversation when you feel at ease.

TALK ABOUT THE IMPORTANCE OF CONTRACEPTIVES

Your parents might find it hard to talk about sex and contraception with you. You can help them! Ask them what they know about it and then build the conversation from there.



PARENTAL CONSENT FORM for clients below 18 seeking family planning services

This is to signify my full consent for my daughter/son _____ (name of daughter/son 17 years old and below), _____ years old, to receive family planning services/commodities from _____ (name of the hospital), as a response to her/his current reproductive health and family planning need.

I likewise certify that my daughter/son was provided with full information on the full-range of family planning methods, their benefits and possible complications.

Name of Parent/Guardian: _____

Signature: _____

Date: _____

You can find a copy of the parental/guardian consent on the next page

Photocopy the consent or write your information directly on the page. Bring a signed copy to your healthcare provider when you go to get a contraceptive.



PARENTAL CONSENT FORM

for clients below 18 seeking family planning services

This is to signify my full consent for my daughter/son
_____ (name of daughter/
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as a response to her/his current reproductive health
and family planning need.

I likewise certify that my daughter/son was provided with
full information on the full-range of family planning
methods, their benefits and possible complications.

Name of Parent/Guardian: _____

Signature: _____

Date: _____



PARENTAL CONSENT FORM

for clients below 18 seeking family planning services

Pinahihintulutan ko po ang aking anak na si _____
_____ (pangalan ng pasyente na nagkakaedad
na 17 pababa), _____ taong gulang, na tumanggap ng
family planning (FP) services/ commodities mula sa
_____ (pangalan ng hospital),
bilang bahagi ng kaniyang kasalukuyang panganga-
ilangang pangkalusugan at tamang pagpapalano ng
pamilya (RPRH need).

Pinatutunayan ko rin na ang aking anak ay nabigyan ng
sapat na impormasyon at kaalaman sa paggamit ng family
planning methods, pati na rin ang benepisyo at posibleng
komplikasyon ng paggamit nito.

Pangalan ng Magulang/Tagapag-alaga: _____

Lagda: _____

Petsa: _____

Which contraceptive method best suits you?

| CONTRACEPTIVE TYPE | EFFECTIVENESS |
|-----------------------------|--|
| Pills | 93% |
| Condoms | 87% |
| Injectable | 96% |
| Implant | 99.9% |
| IUD | 99% |
| Fertility Awareness Methods | 85-88% |
| LAM | 98% <i>if used consistently and correctly</i> |



GOOD FOR

1 month

then start a new pack

Every time you have sex

2 or 3 months

then go get another one

3-5 years

5 years *(IUD with the levonorgestrel hormone)*

up to 12 years *(IUD with copper)*

As long as you abstain from sex or use
another type of contraceptive on fertile days

Up to 6 months after childbirth if your period
has not returned, and exclusively breastfeeding



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Now that you know your options
go to a health center near you!





The nearest healthcare facility is:

Located at:

Text or call:

ALSO CHECK OUT:



-  I CHOOSE #MalayaAkongMaging
-  It's OK to Delay
-  malayaako.ph
-  I CHOOSE #MalayaAkongMaging



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Last updated: August 2022