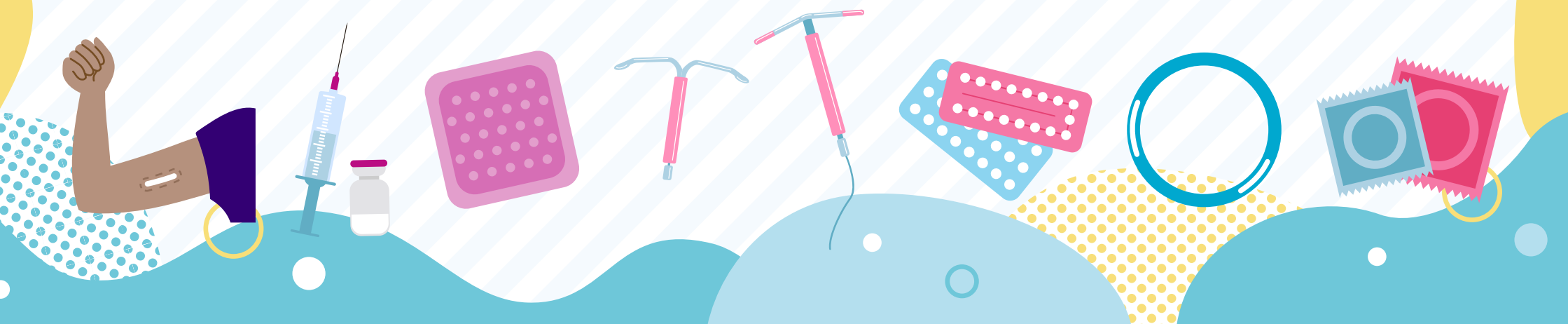


# #ContraceptionChecklist resource pack



# Introduction



Contraception helps to prevent unwanted pregnancies. There are many different methods of contraception from long-acting reversible methods such as coils (IUS/IUDs) to condoms.

Everyone is different and not every contraception option will suit all. This campaign is aimed at raising awareness of the different methods available, enabling individuals to make an informed decision as to their choice.

The designs are based on feedback from our service users, and other members of our local community, which highlighted the want of a contraception checklist to help inform their contraception choice.

The assets and messages within this pack are designed to be used to support your own sexual health messaging.

**#ContraceptionChecklist**

## Get involved

We would love your support to spread the messaging regards contraception options and have created a range of materials, including social media assets and posters, that you can use alongside your own sexual health messaging.

There are graphics available to download and we have included some suggested messaging that you can use to accompany posts and edit to include your own information e.g. free condom schemes, sexual health drop-ins etc.

Please feel free to add emojis.

# Social media

## Shared images

We have created 9 images to share with messaging.

Some example post copy is supplied on the next pages, or do feel free to use these posts to support your own messaging.



## Suggestions for social media posts

Condom? Coil? Combined pill? There's lots of contraception options. Find all you need to know to make the right choice for you:  
<https://ow.ly/sVnT50SkKFg>

Want to know more about contraception? Long-acting reversible contraception methods can remain effective for a long time and include [#implants](#) [#injections](#) and the [#coil](#). Find out more here:  
<https://ow.ly/sVnT50SkKFg>

First date? Hair✓ Nails✓ Contraception?  
If you want to know the right contraception choice for you, you can find out all about the different types here:  
<https://ow.ly/sVnT50SkKFg>

Checking your contraception options? A contraceptive implant can prevent pregnancy for up to three years and is easily reversed. Find out more here:  
<https://ow.ly/sVnT50SkKFg>

Not sure which contraception is right for you? Talk to our team on 0300 303 3989 or check out our website for info on all the options available →  
<https://ow.ly/sVnT50SkKFg>

Want contraception and protection against STIs? Condoms, if used correctly, can protect you against infections and unwanted pregnancies. Find out more here:  
<https://ow.ly/sVnT50SkKFg>

Do you want contraception you don't have to think about? Long-acting reversible contraception methods may be the best for you. Find out more about your contraception options here: <https://ow.ly/sVnT50SkKFg>

Want to learn more about your contraception options? Long-acting reversible methods are extremely effective and include [#implants](#), [#injections](#) and the [#coil](#). You can find out more here: <https://ow.ly/sVnT50SkKFg>

On the combined pill or patch? You can control when your period comes. Talk to one of our team or find out more here: <https://ow.ly/sVnT50SkKFg>

The contraceptive pill, patch and vaginal ring work by releasing hormones. You can find out more about your [#ContraceptionChoices](#) here: <https://ow.ly/sVnT50SkKFg>

## Hashtags

[#DevonSexualHealth](#)

[#ContraceptionChecklist](#)

[#ContraceptionChoices](#)





# Posters

## A4 posters

These can be downloaded from our professionals section on the Devon Sexual Health website. See our resources section for details: [www.devonsexualhealth.nhs.uk/professionals/resources](http://www.devonsexualhealth.nhs.uk/professionals/resources)

Devon Sexual Health  
Contraception, Sexual Health & HIV service

NHS

### #ContraceptionChecklist

When it comes to contraception,

I don't like taking pills or remembering to use something each time I have sex.

Contraception injection

Vaginal ring or patch


Coil (hormonal or copper IUD)

Contraception implant

Combined or progestogen-only pill

Condoms

For more information on your contraception choices:



[www.devonsexualhealth.nhs.uk/contraception](http://www.devonsexualhealth.nhs.uk/contraception)

0300 303 3989

Devon Sexual Health  
Contraception, Sexual Health & HIV service

NHS

### #ContraceptionChecklist

Which contraception is best for me?

There are many different contraception options and it's important to find the right choice for you.

Contraception injection

Combined pill

Contraception patch

Condoms

Contraception implant

Progestogen-only pill

Coil (hormonal or copper IUD)

Vaginal ring

We can help advise on the right contraception for you and where to access it:



[www.devonsexualhealth.nhs.uk/contraception](http://www.devonsexualhealth.nhs.uk/contraception)

0300 303 3989


# Check out Devon Sexual Health social media

As well as STI information, we post regularly on our social media channels with lots of information regards clinic information, STI information, sexual consent, young person clinics, HIV testing and emergency contraception.


Please do follow and share our content when appropriate.

Thank you.

 @devon.sexualhealth

 @sexualhealthexe

 @DevonSHealth

 @devonsexualhealth2572



# Resources

All assets are available to download here:



[Download our resource pack](#)

or you can access via the Professionals section on the Devon Sexual Health website: [www.devonsexualhealth.nhs.uk/professionals/resources](http://www.devonsexualhealth.nhs.uk/professionals/resources)

Should you require any additional assets, please contact: [susan.mills31@nhs.net](mailto:susan.mills31@nhs.net)

## Devon Sexual Health

Devon Sexual Health has three main clinics in Exeter, Barnstaple and Torbay and offers a range of sexual health services including:

- contraception;
- STI testing and treatment;
- HIV services;
- PrEp; and
- emergency contraception.

[www.devonsexualhealth.nhs.uk](http://www.devonsexualhealth.nhs.uk)

Other services that you may wish to signpost are:

- Free online STI testing for under 24s: [freetest.me](http://freetest.me)
- Online appointments for Devon Sexual Health clinics: <https://www.devonsexualhealth.nhs.uk/myphr/>
- Free condoms for under 24s <https://DSH.sh.uk>

*Thank you for your support*

