

LET'S
GET
REAL

About
sex and
drinking

LET'S GET REAL ABOUT BIRTH CONTROL

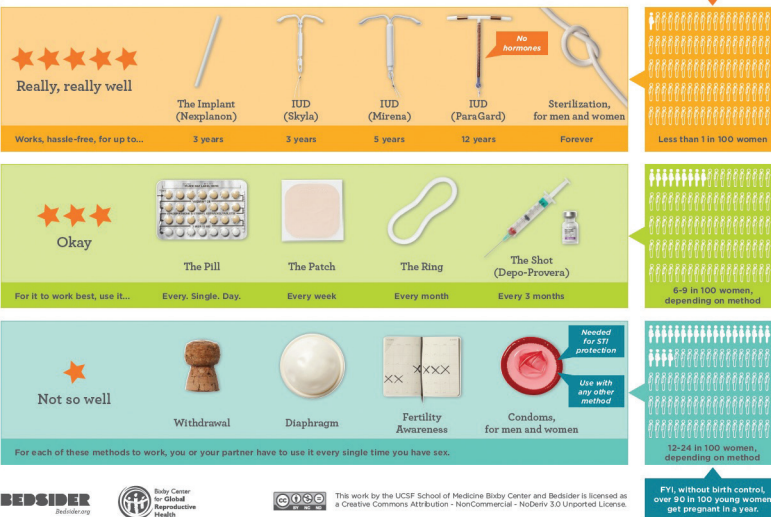
Tip Sheet 3

If you are sexually active, use effective birth control!

If you are thinking about becoming sexually active, get your birth control method figured out before.

If you drink alcohol and are sexually active, it is important to use effective contraception.

HOW WELL DOES BIRTH CONTROL WORK?



What is the right method for my partner and me?

Key questions to ask yourself:

- How effective is it?
- How often am I having sex?
- Am I on any other medication?
- How comfortable am I with it?
- What are the side effects?

Adolescent females have an increased risk of pregnancy complications compared to adult women.

"We had sex and the condom broke! Now what?"

BIRTH CONTROL HOW CAN I GET IT?

Other than condoms and Plan B you need a prescription from a doctor.



Helpful Resources in Alberta **Call 811 HealthLink**



Resources

There are many resources where you can get birth control at little to no cost. Don't be afraid to ask for help finding out what is available in your community.

Friends and family can support young women by encouraging them to think about and plan to use birth control.

One option may be the Emergency Contraception Pill, also known as Plan B.

- most effective within **first 24 hours of having sex** → the pill can delay or prevent a woman from ovulating or the egg being fertilized.
- recommended within the **first 3 days after**, but can be effective up to 5 days after having sex.
- you can get it at a pharmacy or grocery store **and it's available to anyone**.
- there is usually a generic brand that costs less than **Plan B**.