

CONVERSATION MATERIAL FOR INFORMATION ABOUT CONTRACEPTIVES

1. Explain that you are going to talk about contraceptives (methods for avoiding an unwanted pregnancy) and that you will start by watching a film about it. Explain that the film will include drawings of naked bodies.

2. Watch the film together.

3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with – was there anything unexpected, new or interesting?
- Summarize together:
 - What are contraceptives? Why are they used?
 - Which are the most common contraceptives?
 - Where can you get contraceptives?
 - Can contraceptives influence one's ability to get pregnant later in life?
- How do you know which contraceptives are best suited to you?
- Which contraceptives are the only ones that protect against unwanted pregnancies as well as sexually transmitted infections?
- What is an emergency contraceptive? In which situations may it be used?
- What do you do if your contraceptives cause troublesome adverse effects?
- Why might it help to talk with your partner about contraceptives? What can make it easier or harder to talk about it?
- Which thoughts and emotions can contraceptives give rise to?

IMPORTANT TO DISCUSS:

- Contraceptives are not dangerous, and do not result in infertility.
- Certain contraceptives have adverse effects, and you may need to try different kinds to find the one that is best for you.
- Hormonal contraceptives may also be used to regulate your period, and to reduce severe menstrual cramps.
- Contraceptives do not protect against sexually transmitted infection, but the only thing that protects against unwanted pregnancy as well as sexually transmitted infections, is the use of condoms.
 - It is important that you have the possibility to decide yourself which type of contraceptive you wish to use.



RFSU was founded in 1933 and is a pioneering Swedish organisation working in the field of sexual and reproductive health and rights (SRHR).

RFSU is a non-profit, non-governmental organisation without party-political, trade union or religious affiliation. Our aim is to spread a knowledge-based and open view of sexuality and relationships issues to overcome prejudices, bridge knowledge gaps and improve sexual health and wellbeing. We run projects and programmes to promote access to sexual and reproductive health and rights — both in Sweden and internationally. Much of this work is done with partners and other organisations. RFSU has a rights perspective of sexuality based on everyone's freedom to be what they want to be, to choose to live as they want and enjoy what they want. The International Planned Parenthood Federation (IPPF) was founded by RFSU and other actors, and RFSU remains IPPF's Swedish member association

**You can read more about RFSU's activities at
www.rfsu.se/upos**



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