

# BIRTH CONTROL

## Where do I get birth control?

You can see your own health care provider or a Teen Clinic.

Teen Clinics are free and confidential.

You don't need anyone's permission to go.

They offer:

Free or low-cost birth control

Free pregnancy and STI tests

Free condoms

...and more!

Find a Teen Clinic at [teenclinic.ca](http://teenclinic.ca)

## Which birth control is for me?

Ask Yourself

(and your health care provider!)

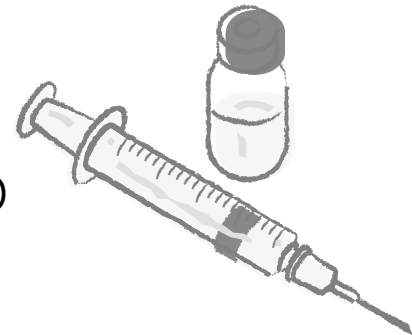
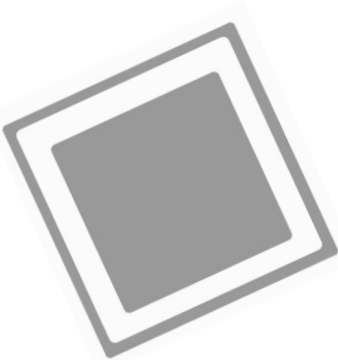
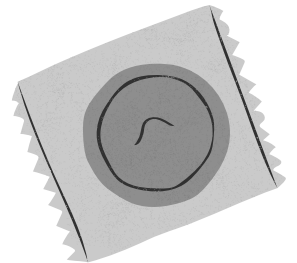
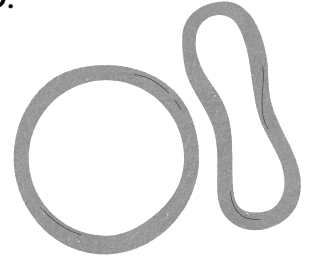
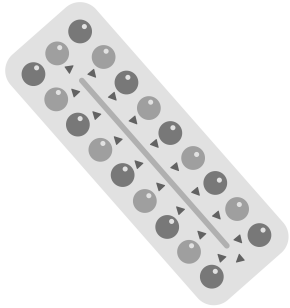
How often do I use it?

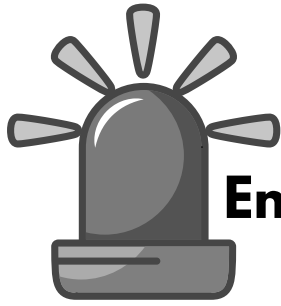
(Daily? Weekly? Monthly? Longer?)

How comfortable am I with it?

Am I on any other medication?

What are the side effects?





## **Emergency Contraceptive Pills**

(like Plan B)

It's taken after sex to prevent pregnancy.

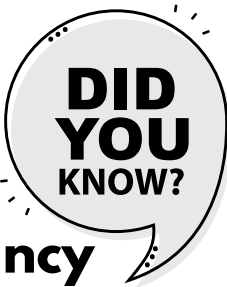
It's not an abortion pill.

Works up to 5 days after sex. Taking it sooner is better.

Get it from Teen Clinics or pharmacies.

At a Teen Clinic it will be free or low cost.

## **Condoms Protect Against STIs and Pregnancy**



## **How to Use a Condom**

Check for rips/holes.

Check the expiration date.

Open and unroll 1 notch

Hold the tip with a 3-finger pinch.

Roll down with your other hand.

Scan this code for a video on using condoms or check out [teentalk.ca](http://teentalk.ca)

