

A collection of various contraceptive methods including pills, condoms, an IUD, a diaphragm, a ring, a patch, and a shot.

Yu ken tok **YES** long koap.

Yu ken tok **NOGAT** long koap.

Yu ken makim husait **YU** laik koap wantaim.

Yu ken mekim disisen long yusim ol samting bilong **pasim bel**.

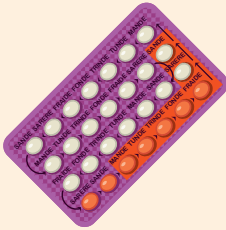
Rot bilong pasim bel em wanem samting?

Taim ol manmeri i laik koap tasol, ol i no laik kamapim pikinini, em ol i ken yusim ol rot bilong pasim bel.

Yusim ol rot bilong pasim bel i min olsem yu ken amamas long koap tasol na i no kamapim pikinini.

Toktok wantaim dokta bilong yu long wanem rot bilong pasim bel i gutpela tru long yu.

Ol rot bilong pasim bel



Marasin

Marasin bai halivim long stopim meri long kisim bel.

Meri i mas kisim dispela Marasin olgeta de long stopim em long gat bel.

Sapos yu laik stat long kisim dispela Marasin, toktok wantaim dokta bilong yu.

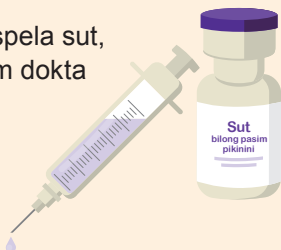
Sut

Sut (Depo) i halivim meri long stopim em long gat bel.

Meri bai kisim sut wanpela taim bihain long olgeta tripela mun.

Sut i save stopim bel bilong meri long rausim wanpela ovum (kia).

Long kisim dispela sut, toktok wantaim dokta bilong yu.



Kondom

Kondom i save stopim meri long kisim bel. Ol i save putim longkok i tait pinis pastaim long koap.

Kondom i save stopim sperm (wara i save kapsait long kok) long go insait long bodi bilong meri.

Kondom em wanpela rot tasol i save pasim tu ol STI (ol Sik Bilong Koap).

Ol STI em ol sik i save kamap kalap long ol bodi long taim bilong koap.

Yu mas werim nupela kondom olgeta taim yu laik koap.

Yu ken baim ol kondom long ol bikpela stoa na ol kemis.



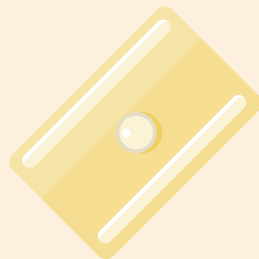
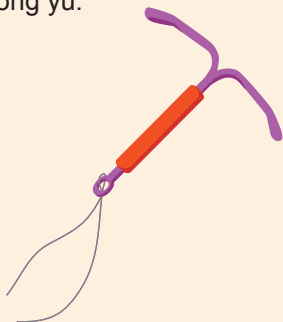
Rot bilong pasim pikinini insait long bodi

Rot bilong pasim pikinini insait long bodi i save halivim long stopim meri long gat bel.

Dokta i save putim wanpela samting long han bilong meri o long bel bilong em we i ken stap inap long 3pela–5pela yia.

Rot bilong pasim pikinini insait long bodi bilong meri i save pasim meri long rausim wanpela ovum (kiau).

Toktok wantaim dokta bilong yu long kisim wanpela rot bilong pasim pikinini insait long bodi bilong yu.



Rot bilong pasim pikinini long taim nogut

Sapos wanpela meri i bin koap na i no bin yusim rot bilong pasim pikinini, em bai tingting planti long sait bilong kisim bel.

Yu ken kisim wanpela rot bilong pasim pikinini long taim nogut, em ol marasin we meri bai daunim, long stopim em long i gat bel.

Yu ken askim long kisim rot bilong pasim pikinini long taim nogut 5pela de bihain long taim yu bin koap. Em i save wok gut taim ol i kisim marasin hariap.

Long kisim Marasin bilong pasim pikinini long Taim Nogut, go lukim wanpela kemis o dokta hariap tru bihain long koap – sapos yu no bin yusim wanpela rot bilong pasim pikinini, o sapos em i no bin wok gut.

Abstinens

Sampela lain i no save laik long koap. Dispela em ol i save kolim abstinens.

Ol manmeri i ken stap wantaim na luk olsem ol laikkoap na ol i no inap koap. Ol inap kaikai maus tasol, holimpas na holim bodi bilong narapela i go kam long we. Yu ken toktok wantaim patna bilong yu long abstinens.

ol arapela rot bilong pasim pikinini

Yu ken toktok wantaim dokta bilong yu tu long ol narapela rot bilong pasim pikinini:

- Ol kondom bilong kan
- Ol piksa
- Pulim bek
- Sterilaisim



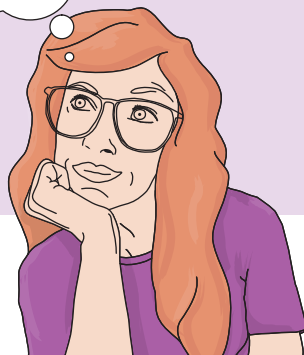
Yu ken kisim halivim na infomesen long

- Ol dokta
- Ol klinik bilong koap
- Ol helt senta bilong ol meri
- Helt senta bilong ol yangpela
- Tru Rilesensip na Riprodaktiv Helt

**Sapos yu laik kisim moa infomesen
long ol rot bilong pasim pikinini na
wanem wan bai gutpela long yu lukim**

Tru Rilesensip na Riprodaktiv Helt

Brisbane	3250 0240
Rockhampton	4927 3999
Cairns	4051 3788
Sunshine Coast	5479 0755
Gold Coast	5531 2636
Toowoomba	4632 8166
Ipswich	3281 4088



Bilong kisim moa save long **Tru** lukim:
true.org.au

Toksave: Tru Reliesensip na Riprodaktive (Tru) i bin kisim bikipela taim long mekim olgeta infomesen insait long dispela buk i stret na i stret olgeta taim ol i kamapim. Ol infomesen na save i senis olgeta taim, olsem na mipela i laik ol lain husait ridim i mas skelim ol infomesen i stret wantaim wok painimaut, lo na ol polisi gaidlain. Tru bai i no inap kisim hevi bilong wanpela man o meri i mekim ol samting long dispela infomesen na wanem ol tok i stap insait long en.

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