

# Emergency Contraception

## Don't Panic

**Emergency contraception is used to prevent pregnancy after having unprotected sex or failed contraception. Emergency contraception is free from Sefton Sexual Health clinics and some community pharmacists.**

The sooner you act the better. There are 3 types of emergency contraception -

- The intrauterine contraceptive device (IUD)
- The progestogen only pill – Levonelle®
- Ulipristal acetate pill – EllaOne®

In order for these methods to work effectively they must be used as soon as possible after having unprotected sex or failed contraception. The most effective method of emergency contraception is to have an IUD fitted. Please see our website for further details or for information regarding accessing emergency contraception at some community pharmacies.

For more information see our website: [www.seftonsexualhealth.nhs.uk](http://www.seftonsexualhealth.nhs.uk)

## C-Card

**C-Card is for young people aged between 13 and 19 years old.**

Sefton C-Card is a community condom distribution service for young people aged between 13 and 19 years of age. It's there to make it as easy as possible for you to be able to get free condoms. Signing up is simple, simply register at a C-Card Plus registration point and then you can pick up new supplies by presenting your C-Card at any pick up or registration point.

All young people signing up to C-Card will learn how to use condoms safely and be made aware of other risks associated with becoming sexually active i.e importance of consent and positive relationships.

To find a participating outlet visit:

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

[@CCardSefton](https://twitter.com/CCardSefton) [C-Card Sefton](https://www.facebook.com/CCardSefton)



## Contraception

### It's not just for girls

When you are considering having sex it's good to talk about contraception beforehand with your partner and visit a sexual health professional.

Unprotected sex can result in an unplanned pregnancy or STI.

There are different types of contraception available including condoms.

- Oral contraception (the pill)
- Implant
- Injection (Depo Provera)
- IUD/IUS
- Contraceptive patch
- Contraceptive ring
- Condoms (male/female)
- Emergency contraception (oral/IUD)

To find the most appropriate option for you speak to a sexual health professional at Sefton Sexual Health or visit [www.seftonsexualhealth.nhs.uk](http://www.seftonsexualhealth.nhs.uk)

## Ready or Not?

If you're thinking about having sex young people have said:

- Think it through carefully and make sure you feel ready
- Make sure you're not doing it because someone is talking you into it, pressuring you, forcing you into it or you feel you have to
- Make sure it's with the right person
- Protect yourself – use contraception/condoms
- Sex should be safe and enjoyable

Remember, it's OK to wait until you feel ready even if you've had sex before.

## Useful Websites

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

Sexual health information in Sefton

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

Sexual health information

[www.brook.org.uk](http://www.brook.org.uk)

Young persons lifestyle choices advice

<https://sexwise.fpa.org.uk/>

Sexual health advice and support

[www.talktofrank.com](http://www.talktofrank.com)

National drugs information service

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**Sefton Sexual Health Service**



[/Sefton Sexual Health Service](https://www.facebook.com/SeftonSexualHealthService)

[@Sefton Sexual Health Service](https://www.instagram.com/SeftonSexualHealthService)

[@SexHealthSefton](https://www.twitter.com/SeftonSexualHealthService)

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

Southport Centre for Health and Wellbeing

Netherton Health Centre

St Hugh's, Bootle

Maghull Health Centre

**Clinics**

**NHS**  
Southport and Ormskirk Hospital  
NHS Trust

# TAKE ME!

Your **FREE** pocket guide to sexual health



**Sefton Sexual Health Service**

A **FREE** and **CONFIDENTIAL** service providing contraception, STI screening and treatment, advice and support for men and women of all ages and sexualities.

## Confidentiality

### Here to listen, not to tell

Confidentiality – what this means to you.

- Nobody has to know if you seek advice or information regarding your sexual health
- You have the right for your information NOT to be passed on to any other person, service or parent/carer
- The only time this right may change is if you or someone you know is at risk of serious harm
- If you have any questions regarding confidentiality you have the right to speak to a worker/professional about this.

## Sexuality/Gender

**New Beginnings Group** - is for young people who are LGBT aged 11 – 19 years.  
<https://www.sefton.gov.uk> Email: [new.beginnings@sefton.gov.uk](mailto:new.beginnings@sefton.gov.uk)

**Trans Health Sefton – NHS Clinical Service** Self or GP referral for patients. Tel. 0151 922 1600

**Merseycare Trans Support Service**

**Counselling Service** - Self or GP referral for 16+ years supporting transgender and gender nonconforming people. Tel. 0151 247 6500

**Embrace** - Embrace is a Sefton CVS network for all LGB people in Sefton.  
<http://seftoncvcs.org.uk/networks-forums/embrace/>

Please visit the **LGBTQI+ Support section** of our website for additional information.

## Sexually Transmitted Infections (STIs)

To keep yourself safe a regular STI check-up is recommended particularly if you have a new partner. If you have had unprotected sex (sex without a condom) or think you've put yourself at risk of an STI it's important to get checked out as soon as possible.



STI check-ups are available from Sefton Sexual Health Service. For sexual health clinic times across Sefton, please see website [www.seftonsexualhealth.nhs.uk](http://www.seftonsexualhealth.nhs.uk)

A routine sexual health screen includes testing for chlamydia, gonorrhoea, syphilis and HIV, however our staff may recommend additional tests based on your individual circumstances.

## Chlamydia

### You don't know if you have it!

Chlamydia is the most common, curable sexually transmitted infection in people under 25.

- Most people do not have any symptoms
- There is a simple free test you can take on your own
- It can be easily treated with antibiotics
- Free tests are available

You can also request a kit to be sent out to the address you provide. The envelope will not mention Chlamydia and the kit enables you to do a test at home and return your urine sample or self taken swab using the freepost envelope included.

Visit the website [www.seftonsexualhealth.nhs.uk](http://www.seftonsexualhealth.nhs.uk) to request a kit



## PACE Sessions

### Sexual Health Service for 19 years and under

- All contraceptive choices including long acting methods (LARC).
- Emergency Contraception
- Condoms and C-Card
- Pregnancy testing
- STI testing and treatment.
- Sexual health advice & support



Visit our website [www.seftonsexualhealth.nhs.uk](http://www.seftonsexualhealth.nhs.uk)

## Pregnancy

You can have a free and confidential pregnancy test and get your results straight away at all Sefton Sexual Health Service clinics.

Pregnancy tests are also available from your GP surgery or local pharmacy (you may have to pay). We can support you in your decision and refer you into the appropriate service for ongoing support and advice.

BPAS (British Pregnancy Advisory Service) **08457 30 40 30**

These services can also refer you for a termination if choose this option.

## Sexting

### Think before you send

This activity is the sharing of an explicit message or image via phone, email, social networking sites or Bluetooth and is an illegal offence to take, possess or share an indecent image (e.g if you are under 18 - Sexual Offences Act 2003).

- Anything you post or send is PERMANENT
- Don't assume anything you send will stay 'PRIVATE'
- If an image is used to bully or blackmail you in any way or has been taken without your permission talk to someone and get help
- Remember – THINK before you SEND!