

Are you ready to have a baby?

Pregnancy and giving birth will have a major impact on your life, even if you adopt the baby out.

What is best for the baby?

Whether you keep the baby or adopt it out, is the baby's home happy, healthy, and stable? Is there enough space for everyone who lives in the house? Is there enough food for everyone?

Do you have a strong, loving, happy relationship with your partner?

Babies can put a strain on any relationship. They need a lot of attention at all hours of the day and night. Parents often don't get enough sleep.

Are you ready for your body to go through the changes that pregnancy and giving birth bring?

For some women, this includes constipation, back pain and trouble holding in pee when you laugh, cough or sneeze.

Are you ready for how your life will change?

Parents have less time to spend with their friends, play sports, sleep and do homework. Babies are expensive and parents have less money to spend on themselves.

HELP!



I missed my birth control and had unprotected sex...

Don't panic! Emergency contraception (the "morning after pill" or Plan B®) can help prevent unplanned pregnancies. It is available at health centres and some pharmacies. Take it as soon as possible, or up to 72 hours after unprotected sex. You should also be tested for STIs at the health centre.

I'M PREGNANT... NOW WHAT?

- + Stop drinking alcohol
- + Stop smoking
- + Think about your options
 - Raise the baby yourself
 - Adopt the baby out
 - Have an abortion
- + Visit the health centre for pre-natal care and to discuss what option might be right for you
- + If you're pregnant, attend pre-natal classes and the CPNP program in your community

Myths AND FACTS

About Sex

Myth: I can't get pregnant – it's my first time and he pulled out!

FACT:

You can get pregnant any time you have sex. Fluid (containing sperm) comes out of the penis long before a guy ejaculates (cums). You're also at risk for STIs!

Myth: I'm on birth control – no more condoms, right?

FACT:

Condoms give extra pregnancy protection, and help prevent STIs. The only way to know if you or your partner has an STI is to get tested at the health centre. Protect yourself!

Myth: My partner will think that I'm easy if I talk to him about birth control or carry condoms!

FACT:

Talking to your partner about safer sex (before you start having sex!) shows that you respect yourself, your body and your partner. Talking about safer sex can feel awkward at first – but it's less awkward than having the "I'm pregnant" or "I gave you an STI" talk!

THINKING ABOUT HAVING
... Sex? ...

Think about
BIRTH CONTROL!



For more information on birth control, talking to your partner and safer sex:
Talk to your health care provider or visit

WWW.IRESPECTMYSELF.CA
WWW.SEXUALITYANDU.CA
WWW.BEDSIDER.ORG



Did it!

How wuz it?!

The nurse wuz nice... she asked lots of q's.

?

Would we take the time 2 use a condom?

Can I remember to take a pill at the same time EVERY DAY?

What would I do if I did get pregnant?

Sooooo....what u going 2 do?

THE PILL

ADVANTAGES

- Prevents pregnancy when taken every day at the same time
- May make your period more regular, lighter and shorter

DISADVANTAGES

- Doesn't protect against sexually transmitted infections (STIs)
- Must take the pill at the same time. EVERY. SINGLE. DAY.
- Side effects may include sore breasts, spotting or decreased sex drive

THINKING ABOUT HAVING Sex?

Think about **BIRTH CONTROL!**

There are lots of different options to prevent pregnancy. Here are some of the commonly used methods.

The Shot (Depo-Provera)

ADVANTAGES

- Prevents pregnancy
- Only have to think about it 4x per year
- May cause decreased menstrual bleeding over time

DISADVANTAGES

- Doesn't protect against STIs
- You need to make an appointment every 3 months with a nurse
- May cause irregular bleeding at the beginning

COST:

Most types of birth control are free for Nunavut Land Claims Beneficiaries or are covered by private health insurance. If you're not sure whether the cost of your birth control is covered, ask your health care provider!

MAKE SEX SAFER!

Dual Protection: Use a condom with any other form of birth control. This provides protection against STIs and makes it even less likely you will get pregnant!

NOT EVERYONE IS DOING IT!

Abstinence: This is a voluntary choice to not have sex. Abstinence means different things to different people, and may include avoiding one or more of the following activities: vaginal intercourse, anal intercourse, oral sex or any genital contact.

The IUD

ADVANTAGES

- Prevents pregnancy really well
- Can be left in place up to 5 years
- Mistake proof!
- May cause decreased menstrual bleeding over time

DISADVANTAGES

- Doesn't protect against STIs
- Must be inserted and removed by a doctor, nurse practitioner or midwife

CONDOMS

ADVANTAGES

- The **ONLY** birth control that also protects against STIs if used correctly, every time you have sex
- Free at the health centre!
- Male and female condoms are available
- No side effects (use latex-free if you are allergic to latex)

DISADVANTAGES

- Lots of people use condoms improperly, which makes pregnancy and STIs more likely
- Must be in good condition when you use them (not expired, and don't let them get too cold or hot!)
- Must be available when needed

FOR MORE INFORMATION,

or to learn more about other birth control options, speak with your health care provider!