



This leaflet is produced by MSD as part of the Talk Choice 2011 campaign.

Contraception choices for women

Your first few months of college or university will be filled with choices and decisions. While some decisions may be easier than others, the choices you make during this time will help shape your university experience, and maybe even your future! This could be a good time to consider your choice of contraception to make sure you are using the best method to suit your current lifestyle.

Instructions

- Step 1:** Fold along the dotted lines, then insert index fingers and thumbs into the decision maker
- Step 2:** Choose where you would like to go tonight, then you use the decision maker to spell out the letters by opening and closing the decision maker with your fingers e.g. P-U-B
- Step 3:** Choose the number of people you want to come with you and count that number out the same way as step 2
- Step 4:** Choose the budget you and your friends will stick to, then lift the flap of that choice to see what colour you and your friends have to wear on the decision maker night out!

There are around 15 different methods in the UK! Visit www.talkchoice.co.uk for more information.

The website is designed to help you make a decision about which contraception method is most suitable for your lifestyle and has answers to lots of commonly asked questions.

If you have moved away from home, make sure you register with a GP in the first few weeks of term and then talk to your GP or nurse about your contraceptive choices.

Scan this code with your smart phone to instantly access the Talk Choice website.



Pub

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That was an easy decision!

Choosing the best method of contraception to suit you can be more difficult so visit www.talkchoice.co.uk for help and advice.

www.talkchoice.co.uk is a website produced by MSD that aims to educate women about different contraceptive choices.

Choose something blue to wear tonight.

3

That was an easy decision!

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Choose something pink to wear tonight.

4

Dinner

5

That was an easy decision!

Choosing the best method of contraception to suit you can be more difficult so visit www.talkchoice.co.uk for help and advice.

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Choose something green to wear tonight.

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Night club

7

That was an easy decision!

Choosing the best method of contraception to suit you can be more difficult so visit www.talkchoice.co.uk for help and advice.

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Choose something black to wear tonight.

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