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Building *Nunavut* Together
Nunavut iuuqatigiingniq
Bâtir le *Nunavut* ensemble

Public Service Announcement

World Contraception Day 2020

Start Date: September 25, 2020

End Date: September 26, 2020

Nunavut-wide

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World Contraception Day occurs internationally every September 26. World Contraception Day is an opportunity to raise awareness about the different types of contraception methods available, and to help people make informed choices about their sexual and reproductive health.

There are many options for birth control. If you would like to use birth control, it is important to choose one that works well for your lifestyle. Some of the options are:

- Condoms.
- An IUD (intra-uterine device).
- Needle (Depro-Provera).
- Birth control pill.
- Patch (that delivers birth control hormones through the skin).
- Ring (that delivers birth control hormones intravaginally).

It is important to remember that using condoms is the only form of birth control that can protect against both pregnancy and sexually transmitted infections.

Most types of birth control are free for Nunavut Inuit who are covered under non-insured health benefits. To talk about what might work best for you, go to your local health centre. For more information about the different types of birth control, visit

www.irespectmyself.ca.

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