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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

World Contraception Day 2022

Start Date: September 26, 2022
End Date: September 28, 2022
Nunavut-wide **60 sec**

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

There are many options for birth control, and it is important that individuals have the correct information in order to choose the contraceptive that works for their lifestyle.

If you and your partner decide to have vaginal sex, there are ways to lower your chances of getting pregnant. Some of the most common contraceptive methods of birth control are:

- External and internal condoms.
- An IUD (a device placed inside the uterus).
- Needle (an injection of birth control hormones).
- 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 condoms are the only form of birth control that can help protect against both pregnancy and sexually transmitted infections. Condoms can be accessed for free at your local health centre or public health unit throughout the territory.

Most types of birth control are free for Nunavut Inuit who are covered under Non-Insured Health Benefits (NIHB). To discuss what might work best for you, visit your local health centre or public health unit. For more information about the different types of birth control, visit www.irespectmyself.ca.

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