

## **Public Service Announcement**

## **World Contraception Day 2019**

Start Date: September 26, 2019 End Date: September 26, 2019

Nunavut-wide 60 sec

World Contraception Day occurs internationally every September 26, 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 birth control options. 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 (intrauterine device).
- Needle (Depro-Provera).
- Birth control pill.
- Patch.
- Ring (Nuvaring).

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 additional information about the different types of birth control, visit <a href="https://www.irespectmyself.ca">www.irespectmyself.ca</a>.

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