

How to choose the right birth control for you

Contraception are things that can stop people from getting pregnant. Contraception is sometimes called birth control.

This Easy Read guide can help you choose the right contraception for you. There are contraception options for men and women.

People use contraception for different reasons. You might use contraception because:

- you don't want to get pregnant or have a baby
- you need help with periods that are painful or that happen when you are not ready
- you want to stay healthy.

The guide explains different types of contraception, how they work and what side effects you might get.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

Council for Intellectual Disability

A disability rights organisation led by people with intellectual disability.

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