

Sexual Health Awareness and Guidance (SHAG) week useful links

Contraception:

There are 15 different methods of contraception. The type that works best for you will depend on your health and your circumstances.

<http://www.nhs.uk/Livewell/Contraception/Pages/condoms.aspx>

<http://www.nhs.uk/Livewell/Contraception/Pages/Contraception-hub.aspx>

<http://www.nhs.uk/Livewell/Contraception/Pages/Whichmethodsuitsme.aspx>

NHS [video on where to get contraception.](#)

Remember, the only way to protect yourself against sexually transmitted infections (STIs) is to use a condom every time you have sex. Other methods of contraception prevent pregnancy but don't protect against STIs.

[Guide to contraception](#)

The 15 different types of contraception and where to get them.

Includes the injection, IUD, pill and condoms.

[Contraceptive implant](#)

[Intrauterine device \(IUD\)](#)

[Intrauterine system \(IUS\)](#)

[Contraceptive injection](#)

[The combined pill](#)

[Condoms](#)

[Progestogen-only pill](#)

[Vaginal ring](#)

[Contraceptive patch](#)

[Natural family planning](#)

[Emergency contraception](#)

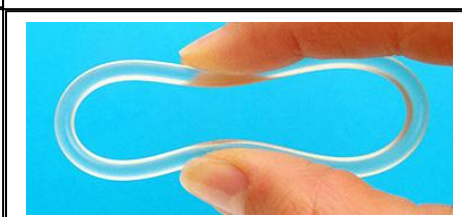
[Caps](#)

[Diaphragms](#)

[Female sterilisation](#)

[Male sterilisation \(vasectomy\)](#)

[Female condoms](#)



<http://www.nhs.uk/Livewell/Sexandyoungpeople/Pages/Videotypesofcontraception.aspx>

Safe sex videos:

French safe sex videos

http://www.democraticunderground.com/discuss/duboard.php?az=view_all&address=385x256391

<http://www.youtube.com/watch?v=tG9eMGrbtHA&feature=related>

funny condom commercial

<http://www.youtube.com/watch?v=wz-KwPNsz6A&feature=related>

cock ring commercial

http://www.youtube.com/watch?v=f5pj9Y9B_-I&feature=related

bit more serious

<http://www.youtube.com/watch?v=nojWJ6-XmeQ&feature=related>

durex sperm

<http://www.youtube.com/watch?v=bizJWtJ0xXo&feature=related>

safe sex is a myth

<http://www.youtube.com/watch?v=83ZL2a3IFB4>

sex smart films

<http://www.sexsmartfilms.com/free-videos/>

Wikipedia – interesting info on other countries

http://en.wikipedia.org/wiki/Sex_education

sex(abled)

<http://www.sexsmartfilms.com/free-videos/sex-abled-disability-uncensored/>

All in ones

morphsuit - <http://www.morphsuits.co.uk/>

DIY Condom suit

<http://resource.nusonline.co.uk/media/resource/condom%20suite%20instructions.pdf>

all in ones

<http://www.the-all-in-one-company.co.uk/?gclid=CN-R1KSsnKACFVcB4wod0ReVdw>

computer virus software

for mac users:

<http://antivirus.about.com/od/macintoshresource/tp/macvirusfaqs.htm>

For PC users there are several options for free anti-virus software – Microsoft offer their own Security Essentials (http://www.microsoft.com/Security_Essentials) and AVG offer a free version of their protection software (<http://free.avg.com/gb-en/download?prd=afg>).