

SHINE SA Contraceptive Kit contents (with Caya diaphragm)

Contraceptive samples

- 6 x Condoms
- 2 x Lubrication
- 1 x Internal condom
- 1 x Emergency contraception (EC) (placebo only)
- 1 x Pill swatches with various brands
- 1 x Contraceptive implant (Implanon)
- 1 x Intra-uterine device (IUD)
- 1 x Injectable contraceptive (Depo-Provera or Depo Ralovera)
- 1 x Contraceptive vaginal ring (coloured photograph)
- 1 x Caya diaphragm – strictly for training purposes only

SHINE SA Fact Sheets

Choices in contraception; Condoms; Contraceptive implant; Contraceptive vaginal ring; Diaphragms; Emergency contraception; Fertility awareness methods; Injectable contraception; Intra-uterine device (IUD); Permanent contraceptive methods (sterilisation); The Pill; Progestogen-only pill

Other material

- Penis banana condom demonstrator
- Set of A4 anatomy charts
- Comparing effectiveness of methods chart
- Fertility charts
- Laminated cards – female sterilisation / male sterilisation, lactational amenorrhoea, withdrawal
- Ideas on how to use this kit
- Cost list