

SHINE SA Contraceptive Kit contents

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) (placebo only)

1 x Contraceptive vaginal ring (placebo only)

1 x Diaphragm (coloured photograph)

Diaphragm can be purchased separately on the SHINE SA online store

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