

The story about medicines to stop you having babies

In the last two years, we spent a lot of time yarning with women about women's business. We asked women about what contraception ("medicines to stop you having babies") they had used or knew about, and what they thought of it.

We wanted to find out:

- **What medicines** are being used to stop having babies
- **What women think** about these medicines
- Whether women feel **well looked after and safe** in the clinics for women's business

What we found out:

- Most commonly women use the **Implanon[®]** ("needle that stays in")
 - Most people told us they thought this one was **OK**
 - Most mothers told us they thought it was **OK** for daughters and young women to use it
 - Some women found it made them feel **sick or lazy** or **bleed too much**
- Some women use the **depo** ("needle that doesn't stay in")
 - Lots of women didn't come back for the next needle
- People don't use tablet medicines much for stopping having babies

What women told us:

- We should make the clinic better for **young people**
- Maybe have women's and young people's **special clinics**
- We should spend more time yarning with young women about **how to be healthy and have healthy babies**

What we will do next:

- Make some **picture books** to help teach young women about how to be healthy and have healthy babies
- Check to see if this helps keep them healthy
- **Write about what we have learned** to put in a journal (no names of anyone, just numbers and some words that were shared with us)

We would like to thank all the women in the participating communities for their contributions over several years, for which we are deeply grateful.