



# your future, your choice, be in control

There are many forms of contraception, some of which you don't have to take everyday; ask about Larc\* methods - find out more at your local Family Planning Clinic or GP and at:

 [www.ruthinking.co.uk](http://www.ruthinking.co.uk) or  
[www.condomessentialwear.co.uk](http://www.condomessentialwear.co.uk)

 or call NHS Direct on 0845 4647

\* Larc = Long Acting Reversible Contraception



\* But remember, these forms of contraception **don't protect you** against sexually transmitted infections - **use a condom!**



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