

Guide to Resources for Contraceptive Decision-Making

Curated evidence-based resources for consumers and health practitioners to make informed reproductive health decisions



WESTERN
Public Health Unit


Western Health

Resource title, link and source

Description

Audience

Culturally Appropriate Resources

Culturally responsive health: Creating culturally safe environments (2019)

True Relationships and Reproductive Health

A 2-page fact sheet for health professionals to create culturally safer environments in their sexual and reproductive health work.

Health professionals

Talking reproductive and sexual health

True Relationships and Reproductive Health

A pictorial simple-language flipchart for health professionals, developed in partnership with communities to improve sexual and reproductive health literacy.

PDF or physical copy available to order free through
www.true.org.au

Health professionals and interpreters working with Aboriginal, Torres Strait and South Sea Islander people and people from migrant and refugee backgrounds

Aboriginal and Torres Strait Islander Health: Cultural identity, sexuality, and gender identity.

Aboriginal and Torres Strait Islander Health: protocols and inclusive practices

True Relationships and Reproductive Health

Fact sheets on aspects of Aboriginal and Torres Strait Islander culture and practice relevant to sexual and reproductive health.

Health professionals working with Aboriginal and Torres Strait Islander people

Resource title, link and source	Description	Audience
<p><u>Yarning about contraception</u> (2023)</p> <p>Family Planning Australia</p>	<p>Coloured PDF brochure describing all contraception methods and their effectiveness, but not in order of effectiveness. Printable resource to be given to client, or sent as an electronic link.</p>	<p>Aboriginal and Torres Strait Islander peoples</p>
<p>Contraception fact sheet (2024)</p> <p><u>English language version available here</u></p> <p><u>Translations available, by language, here</u></p> <p>Jean Hailes for Women's Health</p>	<p>Coloured A4 2-page fact sheet available in English and translated into multiple languages. No pictures, a lot of text. Describes all methods of contraception in Australia and their effectiveness. Methods are mostly in order of effectiveness.</p> <p>Available in: Arabic, Burmese, Chinese (simplified), Dari, Farsi, Hindi, Karen, Nuer, Punjabi, Somali, Swahili, Tamil, Thai and Vietnamese.</p>	<p>Health consumers</p>
<p>Contraception for women (2019)</p> <p><u>English language version available here</u></p> <p><u>Translations available here</u></p> <p>Centre for Culture, Ethnicity & Health</p>	<p>Coloured A4 PDF 7-page fact sheet, printable or online resource. Great pictures of contraceptive methods. Methods are not in order of effectiveness.</p> <p>Available in: Dinka, Farsi, Hazaragi, Karen, Malay, Nepali and Tagalog.</p>	<p>Health consumers</p>

Resource title, link and source

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Audience

Printable Resources

Efficacy of contraceptive methods (2023)

Family Planning Alliance Australia

Coloured A4 double-sided fact sheet. Pictures all contraceptive methods and percentage effectiveness, in order of effectiveness. Printable resource to be given to client, or sent as an electronic link.

Health consumers

Contraception after pregnancy. (2022)

Sexual Health Victoria

Coloured 2-page fact sheet, for use by Health Professionals to assess contraceptive suitability post-partum, based on UK Medical Eligibility Criteria for Contraceptive Use (MEC) guidelines.

Health professionals

Hormonal IUDs comparison chart (2023)

Sexual Health Victoria

2-page fact sheet for use by health professionals comparing Kyleena and Mirena side-by-side.

Health professionals

Resource title, link and source

Description

Audience

Online Interactive Tools

Contraception choices: What's right for me?

University College London

Interactive decision aid.
Easy-to-use and cleverly-designed interactive quiz. Iteratively chooses the top 3 contraceptive methods based on user input.

Health consumers

Emergency contraception methods (2016)

International Consortium for Emergency Contraception

Interactive decision aid.
Fairly advanced. Assists with clinical decision-making on emergency method suitability, based on clinical presentation.

Health professionals

**Personalised contraceptive advisor: My best fit
(2016)**

Marie Stopes Australia

Interactive decision aid.
Quiz to determine most suitable contraceptive method. Easy English but longer and more complex than the UCL "Contraception choices: What's right for me?" aid listed above. Occasional leading questions.

Health consumers

Resource title and source	Description	Audience
Video Resources		
<p><u>Which contraceptive method is right for you?</u></p> <p>SPHERE Centre of Research Excellence</p>	<p>Evidence-based culturally adapted contraceptive counselling video for women.</p> <p>Available in: English, Arabic, Cantonese, Hindi & Mandarin.</p> <p>Duration: 13:30</p>	<p>Health consumers</p>
<p><u>Let's chat about contraception</u></p> <p>1800MyOptions and Women's Health Victoria</p>	<p>A short snappy video discussing all methods of contraception. Friendly tone and simple language.</p> <p>Duration 2:02</p>	<p>Health consumers</p>
<p><u>Contraception video</u> (~2020)</p> <p>Multicultural Centre for Women's Health and Sexual Health Victoria</p>	<p>Animated videos about contraception in multiple languages with subtitles. Methods not in order of efficacy. Simple language.</p> <p>Available in: Burmese, Dari, Farsi, Hakha Chin, Italian, Korean, Punjabi, Somali, Spanish, Swahili, Simplified Chinese, Traditional Chinese, Tamil, Turkish, Urdu and Vietnamese.</p> <p>Duration: 5:36</p>	<p>Health consumers</p>