

WORLD CONTRACEPTION DAY

Case study 1: Julia

Age: 17

Relationship status: In a stable relationship with John

Sexual history: Julia and has never had sex before while John has had several previous partners

Key facts:

- Julia is planning to go to university next year – she is 100% sure that she does not want to become pregnant at this time
- She thinks the pill might be the best option for her, but she isn't sure... she can be forgetful and worries that she might not remember to take it
- Julia hasn't discussed contraception with John; she feels awkward about it and hopes that he will bring it up

What advice would you give to Julia?



Please turn over for discussion points

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- Why might you suggest that Julia talks to John about contraception?
- How could she do this?
- What might be the advantages and disadvantages of the pill for Julia?
- Should Julia be worried about sexually transmitted infections?
- Where could Julia go for advice and help?