



## Birth Control & Safer Sex Teaching Kit

You can use these samples to teach others about different forms of birth control and safer sex supplies. The kit includes:

- » external condoms
- » 1 internal condom
- » 1 sex dam
- » 1 package vaginal contraceptive foam
- » 2-3 packages vaginal contraceptive film
- » 1 contraceptive sponge
- » 1 copper IUD
- » 1 oral contraceptive picture card
- » 1 vaginal ring picture card
- » 1 birth control patch picture card
- » 1 diaphragm & spermicide picture card
- » 1 emergency contraceptive pill picture card
- » 1 Depo Provera picture card
- » WHC Pregnancy Prevention & Safer Sex Program brochures
- » WHC Services cards

For more supplies, or if you have any questions about how to use the kit, please contact:  
[katem@womenshealthclinic.org](mailto:katem@womenshealthclinic.org)

For medical information, please consult a health care provider.

Note: Sample products are included as examples of the different types of supplies; WHC does not endorse using any particular brand or product over another. Availability of specific products may vary across Canada. New products may become available; listed products may become unavailable.

**Users of this kit are responsible for its safe use and storage and for keeping its contents up to date.**