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Building Nunavut Together
Nunavut liuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

World Contraception Day 2024

Start Date: September 25, 2024

End Date: September 26, 2024

Nunavut-wide

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September 26, 2024, is World Contraception Day, which focuses on a vision where every pregnancy is planned. This day is an opportunity to raise awareness about the different types of contraception methods available and to help individuals make informed choices about their sexual and reproductive health.

Today, we would like to promote awareness and open discussion about contraception. It is essential to recognize the significance of providing a range of contraceptive options for Nunavummiut.

Contraceptive methods range from hormonal options and barrier methods to intrauterine devices (IUD) and implants. Each method comes with its own set of benefits and potential risks, and by offering options, every individual can make an informed decision about what best suits their preferences and needs.

Some of the most common contraceptive methods are:

- External and internal condoms.
- An IUD (a device placed inside the uterus).
- Needle (an injection of birth control hormones).
- Birth control pill.
- Patch (that delivers birth control hormones through the skin).
- Ring (that delivers birth control hormones intravaginally).

Most types of birth control are free for Nunavut Inuit who are covered under non-insured health benefits.

To discuss what might work best for you, visit your local health centre or public health unit. For more information about the different types of birth control, visit the [I Respect Myself website](#).

Communications