



The injection will not protect you from sexually transmitted infections. Condoms will. Use a condom when having sex.



You can get condoms free from Sexual Health Clinics or some GPs in Forth Valley. You can buy them from shops or pharmacies or order free condoms by post from this link.

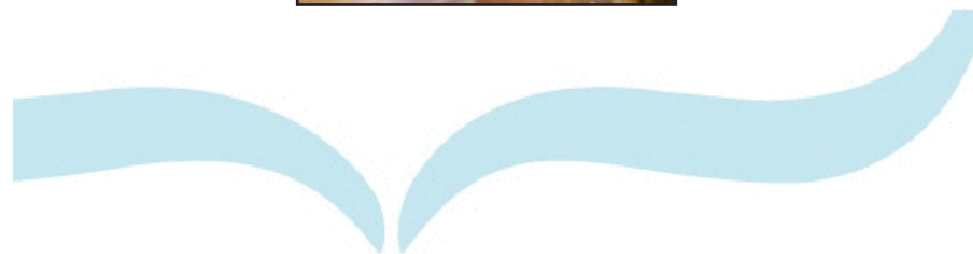
<https://www.freecondomscentral.co.uk>

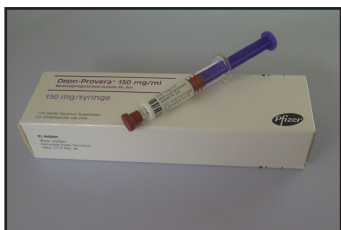
Call the Clinic Information Line 01786 433697 or check the website for local clinic times.

[www.centralexualhealth.org](http://www.centralexualhealth.org)

**Remember** that it is your choice if you want to have sex or not. You should never have sex if you don't want to.

## What you need to know about The Injection (Jag)





The injection or jag is a contraceptive.



The injection lasts for 12 weeks. After 12 weeks you will need another injection.



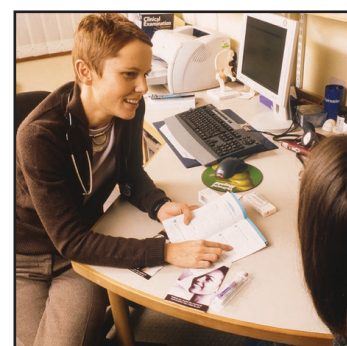
A woman gets the injection to reduce the chances of getting pregnant.



Many women don't have any periods when they have had the injection. This is normal.



The injection is given by a doctor or nurse into a muscle in the bottom.



If you want to know more about the injection speak to your GP or ask at the sexual health clinic.