Did you learn about contraception at school?

‘Yes, but at a very basic level. We were only taught about the condom, and I think that’s ridiculous. In Italy, you get very poor sexual education in school, because there’s still a big taboo.’ (Arianna, Italy)

'I had a teacher who said that all women should take the pill, and I disagreed with him. At that time, yes, I felt judged, because the pill isn’t perfect - and for me, the best contraception is the one you feel most comfortable with.'

(Georgi, Spain)

Have you ever felt judged for your contraceptive choices?

'It’s more that you feel watched. When you go to get some forms of contraceptives it’s ok, but for example with the morning after pill, women can feel uncomfortable. There’s a stigma attached to it.'

(Bob, Netherlands)

Did you learn about contraception at school?

'There were only two classes the whole time I was in school. They taught some things, but it wasn’t done very well – we weren’t made to feel comfortable and so we had to ask friends and parents for information.'

(Sofia, Spain)
Have you ever felt judged for your contraceptive choices?

'I think nurses are judgemental when they ask why you need the morning after pill. I mean it’s kind of obvious! They judge you for not using contraception rather than informing you of contraceptive options.'

(Georgie, UK)

Did you learn about contraception in school?

A little in high school, but not much. They taught us there are different things; condoms, contraceptive pills etc. They even taught us about this Christian way, the calendar, but they also taught us that’s least effective.

"I started the pill quite young, without really thinking about it. When I started taking it I wasn’t really given the option to take anything else, so it was either the pill or nothing. And maybe I was too young to ask or to know about other kinds of things" (Alex, Italy)

"Getting condoms is easy. I think guys have it lucky to be honest. There’s no social expectation that we take some pill that messes with our hormones. Do I wish I had a pill I could take? I’d like to have the option!"

(Gabe, UK)