

AWHF

pills
patch
implant

condoms

diaphragm

contraception

familial planning

Shining the Light

The Choices, Challenges & Considerations
around Contraceptives

AlbertaWomensHealthFoundation.org

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Land Acknowledgement

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The Alberta Women's Health Foundation respectfully acknowledges that we are on the traditional territories of the many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries, including Treaty 4, Treaty 6, Treaty 7, Treaty 8, and Treaty 10 land. Our main office is located on traditional lands referred to as Treaty 6 Territory, and all the people here and in the surrounding area are beneficiaries of this peace and friendship treaty. Treaty 6 encompasses the traditional territories of numerous western Canada First Nations such as the Cree, Saulteaux, Blackfoot, Métis, Dene, and Nakota Sioux. We acknowledge all the many First Nations, Métis, and Inuit people who have called these areas home since time immemorial.

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Foreword: A Letter From Our CEO

At the heart of progress lies the courage to confront what has long been left in the shadows. Too often, the voices of those grappling with women's health conditions like perimenopause, endometriosis, painful periods, or pelvic floor issues are hushed, dismissed, or simply unheard. These are not just medical conditions; they are daily struggles that too many Albertans face in silence.

In our last thought leadership paper—*Surveying the Silence*—we dared to shine a light on these quiet places, revealing the pain and frustration of those who live with health issues specific to the female anatomy. What we uncovered was a call for change—a collective desire to break the silence that has for too long allowed healthcare disparities to persist. With over 2,200 voices, we shared stories, struggles, and solutions, reaching hundreds of thousands who stood with us, demanding a louder, clearer conversation about women's health.

But this is just the beginning. After hearing from the hundreds of thousands who engaged with us in our thought leadership campaign, we've answered their call to keep pushing for change. This new report focuses on a critical issue that remains taboo, divisive, and often politicized in Alberta: contraception. Conversations about contraception have long been silenced, misunderstood, or ignored. The choices and challenges women face in navigating contraception are frequently met with stigma or silence—yet these are essential discussions that we cannot afford to avoid any longer.

This paper, financially supported by our valued partners at [Organon Canada](#) and clinical doctors across the province, is more than just a report; it is a call to action. It is an invitation to engage in deeper, more meaningful conversations about contraception, to dispel the misinformation that surrounds it, to depoliticize women's health rights, and to support the ongoing research that will help build a healthier, more informed future.

Please read on, reflect, and join us on this important journey. Together, we can elevate the conversation, break down the barriers, and create a society where every voice, every choice, and every individual is respected and empowered.

Sincerely,



Sharlene Rutherford
President and Chief Executive Officer
Alberta Women's Health Foundation and Royal Alexandra Hospital Foundation
#ShiningTheLight

What Do We Mean By Women?

women (n.)

[woom-uhn]

All people who identify as women. We acknowledge that sex relates to a person's physical and biological features at birth. Gender is a multidimensional concept influenced by factors including cultural and behavioural norms and self-identity. As this concept is affected by ongoing societal change, gender is constantly evolving. We use the term "women" to refer to all people who identify as women. Still, we recognize that many of the topics in this report apply to women, men, two-spirit individuals, transgender men, transgender women, and non-binary individuals.

What Do We Mean By Contraception?

contraception (n.)

[kon-truh-sep-shuhn]

Contraception is a method used to prevent pregnancy and for planning the timing of pregnancy. It can be a device, a medication, a procedure, or a behaviour. It is also referred to as birth control or family planning. The World Health Organization recognizes reproductive healthcare as a basic human right. Ensuring access to contraception helps us build a fairer, healthier, and more equitable society for everyone.

Why are people using contraception?

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Why Are People Using Contraception?

Only 8% of people surveyed said they have never used contraception.

There is limited reliable data in Canada around the use of contraception, so we took it into our own hands, with the support of Organon, to understand Albertan experiences of contraception use, knowledge, and access. We surveyed over 2,000 Albertans, the majority (92%) identifying as women. In our survey, 71% of respondents under the age of 35 indicated that they (or their most recent sexual partner) currently use contraception. This number was 54% for respondents aged between 35-54 and 10% for those over the age of 55. Only 8% of people surveyed said they have never used contraception.

Family Planning

In our survey, of the 853 people currently using a form of contraception, 70% were using it for birth control reasons. In today's world, where people's goals for family size, careers, and relationships are constantly evolving, the ability to make informed choices about family planning has a lasting impact on our health, opportunities, and general well-being. When women have the tools to plan and space their pregnancies, the benefits are immense—better health, more education and career opportunities, and stronger families. These choices also shape the future of our communities, influencing everything from population health to gender equality.

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853 people

Are currently using a form of contraception

70%

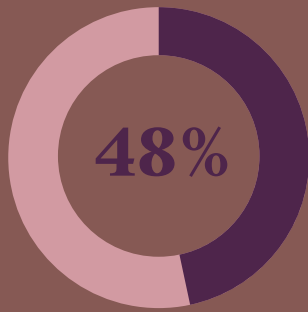
Use for birth control reasons



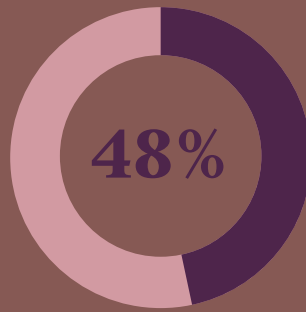
Canadian women typically spend a total of three years or less being pregnant, trying to conceive, or in the immediate postpartum period. For many years of women's lives, contraception is therefore used to prevent unintended pregnancies.

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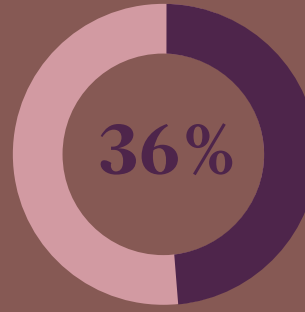
Why Are People Using Contraception?



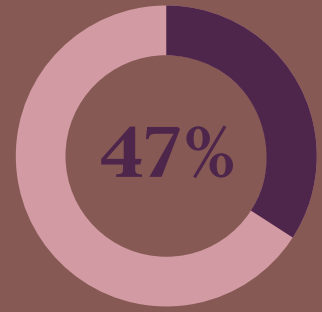
Financial Planning



Career Planning



Educational Planning



Intimacy With New Partners

In a 2022 survey by our partner [Organon](#), family planning and birth control was identified as a considerable factor for women in Canada in relation to financial planning (48% of respondents), career planning (48%), educational planning (36%), and intimacy with new partners (47%).

In Canada, between 27% and 50% of pregnancies are unintended—that is, mistimed or unwanted during the time of conception. Women in Organon's survey reported that an unintended pregnancy would have a significant impact on physical health (39% of respondents), mental health (43%), financial health (48%), career health (35%), and educational health (27%). Additionally, 16% of women reported it would significantly impact their ability to impact global issues that matter to them.

Using contraception has positively impacted my mental health by reducing anxiety and stress related to unintended pregnancy. It provides a sense of control over my reproductive choices, enabling me to focus on personal, career, or educational goals with greater confidence and peace of mind.

Disease Prevention

In our survey, 9% of respondents said they use condoms to prevent sexually transmitted diseases or infection prevention, including human papillomavirus (HPV) linked to cervical cancer. Rates of sexually transmitted infections (STIs) in Alberta have been increasing, with rates of Chlamydia and Gonorrhea in 2023 being 375 and 115 per 100,000, respectively. 50% of survey respondents who use condoms also use them as a form of birth control.

Why Are People Using Contraception?

Managing Bleeding, Cramping, and Hormonal Fluctuations

Contraception is not just for sexual and reproductive reasons—contraception serves many purposes, from managing medical conditions to improving quality of life. Indeed, in our survey, 20% of those who consider themselves not sexually active are still using contraception, which shows it's not just about birth control.

Of those surveyed, 14% report using contraception to manage menstrual bleeding, whether for convenience or related to the management of their iron levels, and 5% use it to manage hormonal fluctuations. These include the use of contraception to manage symptoms related to perimenopause and menopause as recommended in The Society of Obstetricians and Gynaecologists Menopause Guidelines. In addition, 4% reported using contraception to manage other symptoms related to menstruation, including cramping, acne, and migraines. In Surveying the Silence, 68% of women surveyed reported painful periods, and 43% reported menstrual irregularity.

“It is important to consider contraception needs during the perimenopause. Combined hormonal contraceptives can be options not only to provide contraception, but also help with menopausal symptoms and manage heavy or irregular bleeding. Another option is the use of estrogen with a levonorgestrel intrauterine device.”

- Dr. Nese Yuksel, President of the Canadian Menopause Society, Professor and Vice Dean at the Faculty of Pharmacy and Pharmaceutical Sciences, University of Alberta

“My natural cycle is heavy and painful. Without hormonal contraception to treat this, I would have a significantly lower quality of life.”

*“My mental health was heavily impacted by my period and the changing hormones, to the point where I would become depressed when I had it. By using contraception, my cycles have been either regulated (pills) or eliminated (implant), **so I'm not as impacted by it.**”*

68%

Reported
Painful Periods

43%

Reported
Menstrual Irregularity

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Why Are People Using Contraception?

Contraception as a Mechanism to Manage PCOS

“Contraceptives are more than a tool for family planning—they are essential components of healthcare. For women with PCOS, they can alleviate menstrual and hormonal symptoms that impact day-to-day life and offer more control over their health and well-being. Symptoms of PCOS can be overwhelming - they can cause a lot of pain, debilitation, anxiety, depression, and frustration. Oral contraceptives can be used to help normalize menstrual function and symptoms so that these individuals can go about their daily lives, go to school and work and look after family.”

- Dr. Donna Vine, Women and Children's Health Research Institute (WCHRI) researcher, Professor, University of Alberta, Founder of PCOS Together. Her research into the use of contraception to manage symptoms of PCOS has been funded by the Alberta Women's Health Foundation.

In our survey, 8% of women reported using contraception to manage health conditions like Polycystic Ovary Syndrome (PCOS) and endometriosis. PCOS and endometriosis were explored in our last report—[Surveying the Silence](#), with 17% of those surveyed reporting they suffered from endometriosis and 9% from PCOS.

PCOS is a common health condition that affects people with ovaries and can cause problems with hormones and the way the body works. It often leads to symptoms that can make everyday life more difficult, like irregular or heavy periods, trouble getting pregnant, weight gain, acne, and excess hair growth. Mental and emotional health are also impacted, with many experiencing anxiety, depression, eating disorders, low self-esteem, and challenges with sexual health. Beyond these personal struggles, PCOS is connected to serious health problems, including obesity, pregnancy complications, metabolic syndrome, diabetes, heart disease, and certain types of cancer.

Dr. Donna Vine, a professor at the University of Alberta and an expert in PCOS, highlights the importance of contraceptives in managing the symptoms of these health conditions.

What contraception are people using?

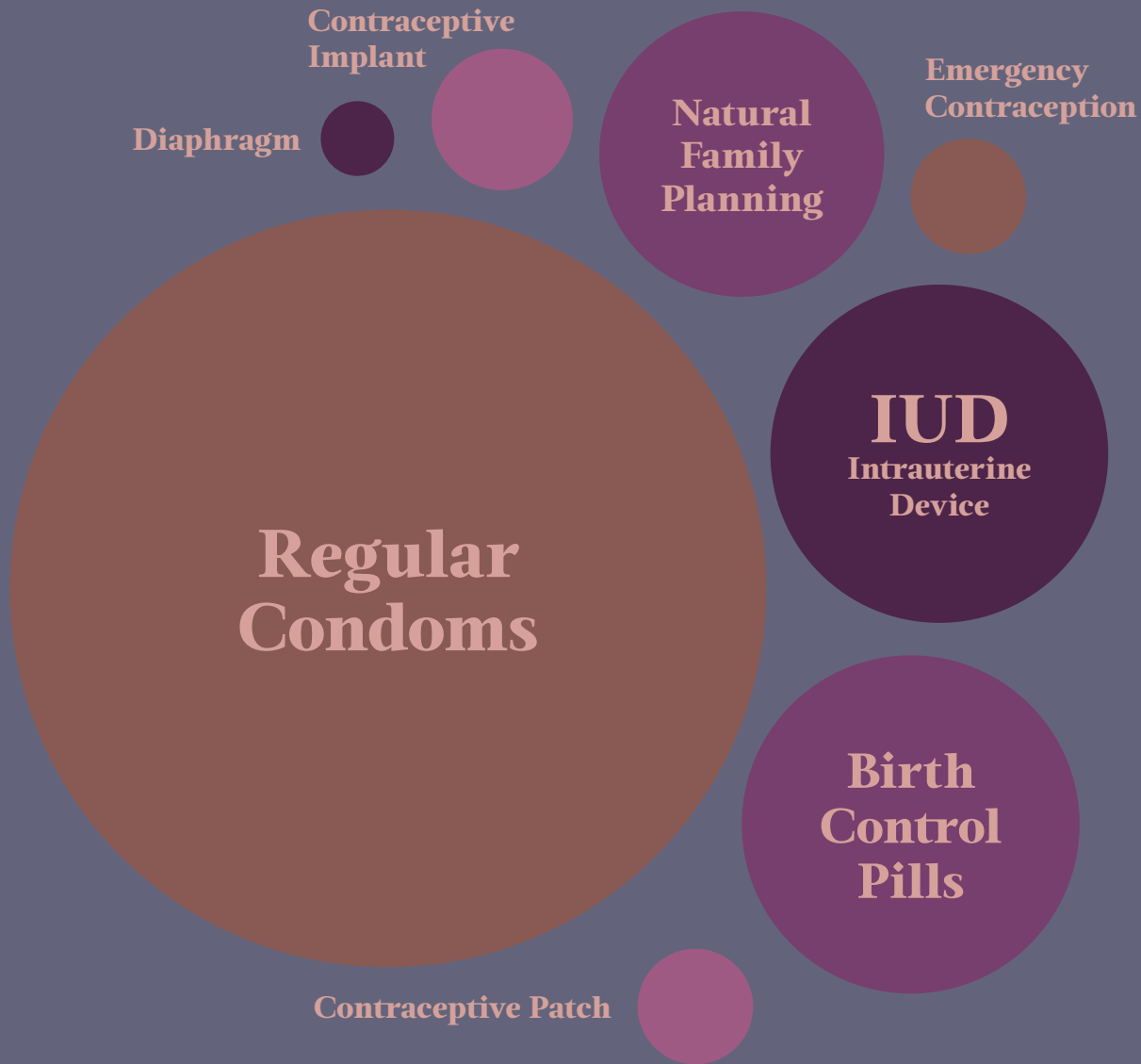
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What Contraception Are People Using?

Our study showed that people across Alberta are currently using a wide range of contraceptive methods, including regular condoms (41% of respondents), intrauterine devices (IUD - 27%), birth control pills (25%), natural family planning/fertility tracking (12%), contraceptive implant (4%), emergency contraception (2%), contraceptive patch (2%), and diaphragm (1%).



“Choosing a method of contraception is an important decision. A method that is not effective can lead to an unintended pregnancy. A method that is not safe can create unfortunate medical consequences. A method that does not fit the user’s personal lifestyle is not likely to be used correctly or consistently. The best method of contraception for an individual or couple is one that is effective, safe, and used correctly and consistently. Individuals must make choices about their contraceptive methods in the context of their own needs, attitudes, social, and cultural circumstances.”

- Society of Obstetrics and Gynaecology Canada

Why are people using this contraception?

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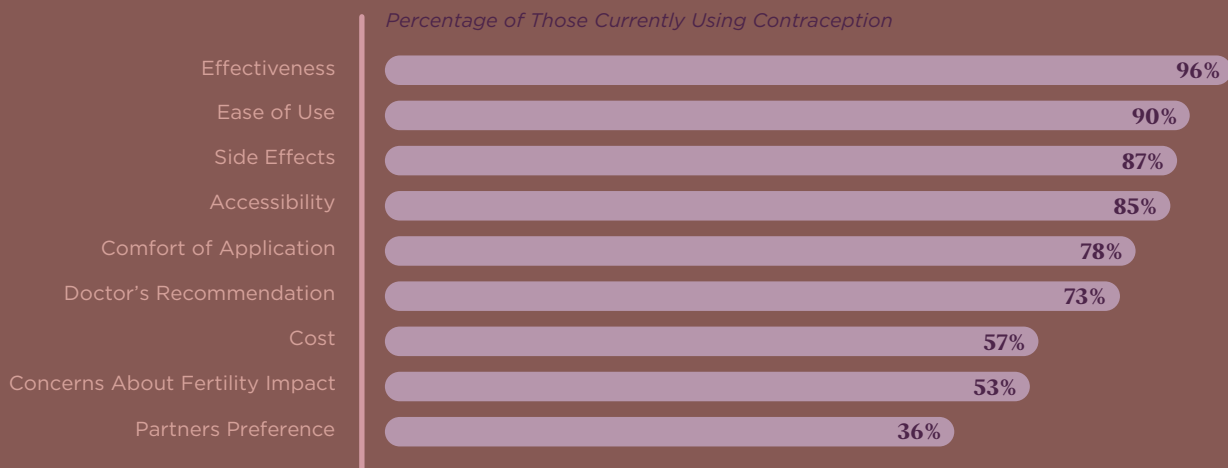


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Why Are People Using This Contraception?

Choosing the right contraception is a deeply personal decision influenced by various factors, from effectiveness and ease of use to health considerations and lifestyle preferences. To better understand these priorities, we asked our survey respondents which factors matter most when deciding which contraception to use.

How Important Are The Following Factors When Deciding on The Use of Contraception?



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When choosing a contraceptive, our survey showed that most people focus on how effective it is. Unsurprisingly, effectiveness is the top priority for 96% of our survey respondents in Alberta. But it's also important to understand the difference between "efficacy" and "effectiveness."

Efficacy (n.)

Efficacy refers to how well a contraceptive method works when used perfectly meaning it's used exactly as directed every time.

Effectiveness (n.)

Effectiveness, on the other hand, describes how well a method works in real life, including typical use. This takes into account not just the method itself but also how consistently and correctly it's used.

The gap between how effective a method is in perfect use versus typical use depends on how much the method relies on the user. For example, methods like the birth control pill, which requires daily action (taking the pill), tend to have a bigger difference between perfect and typical use rates. In contrast, methods that don't rely as much on user behaviour, like IUDs or implants, have typical use rates that are much closer to perfect use rates. The Society of Obstetrics and Gynaecology has a [resource on contraceptive options](#) with a focus on efficacy (perfect use) and effectiveness (typical use). Understanding this distinction can help users choose a method that fits their lifestyle and needs.

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Why Are People Choosing This Contraception?

Rise in the Number of People Using Fertility Tracking

Recent advances in technology have meant fertility tracking apps are being used to either prevent an unwanted pregnancy or help with conception. These use a variety of methods to estimate a fertile window. Some of these apps have developed their own algorithms to customize the fertility window estimate based on inputting personal menstruation data. Fertility tracking apps are part of a larger movement towards wellness and body awareness and may be useful as educational tools. However, there is concern, as expressed by the Society of Obstetricians and Gynaecologists, of how effective these are as a birth control method.

**Do
we know
enough about
contraception?**

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Do We Know Enough About Contraception?

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In today's world of constant information—and misinformation—understanding contraception is more important than ever. Yet our survey showed that there are still many misconceptions and gaps in knowledge that affect how people make choices about contraception in Alberta.

Our survey found that, while people are highly familiar with common options like birth control pills and regular condoms (86% and 85% familiarity), awareness of other methods is much lower. For example, only 27% of respondents were familiar with contraceptive patches, implants, injectable contraception, or internal condoms.

Familiarity also varied by age. Younger people (under 35 and aged 35-54) were more familiar with most methods, including emergency contraception, IUDs, and natural family planning, while older individuals (55+) were more familiar with diaphragms. Awareness of birth control pills was consistent across all ages. Education and income levels also played a role, with higher levels often leading to greater awareness, such as with IUDs.

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Where do we find contraception information?

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Where Do We Find Contraception Information?

When seeking information, the majority of people turn to healthcare providers—63% of survey respondents indicated they rely on them often or always. This aligns with [wider Canadian data](#), which suggests that while family doctors are the top source of contraceptive information, only 54% consider them trustworthy. We also examined perceptions of bias among healthcare providers. While 47% of respondents believed healthcare providers offer unbiased information about contraception, 17% felt the opposite, citing dismissal, coercion to certain contraceptives, limited time during consultations, religious beliefs influencing advice, or disparities in healthcare training and resources. These potential biases can impact the trust patients have in the guidance they receive, making it even more essential for healthcare providers to ensure they offer balanced, evidence-based information.

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“Straightforward sharing of options is very important and I have had the experience of not receiving information on all the options available to me. I had to be more assertive on my needs and wants and my doctor gave me the feeling that she was not comfortable with my decisions. I felt dismissed as a woman.”

Where Do We Find Contraception Information?

Though social media and traditional media are less commonly relied upon as sources, only 47% of respondents reported never turning to social media for contraception information. This indicates that these platforms still play a role in shaping the information people access about contraception.

“Some women feel uncertain about seeking advice from family physicians, often turning to social media instead. The problem is that every woman’s needs—whether due to lifestyle, health conditions, or cultural factors—are unique. Healthcare providers are trained to address these individual differences, answer questions, manage expectations, and offer personalized counselling. What’s missing from platforms like TikTok and other social media channels is this tailored approach, along with the bias and misinformation that can’t replace expert guidance.”

-Explains Dr. Jonathan Tankel, an Obstetrician Gynecologist at Royal Alexandra Hospital and University Health Center, University of Alberta.

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Do we all have access to contraception?

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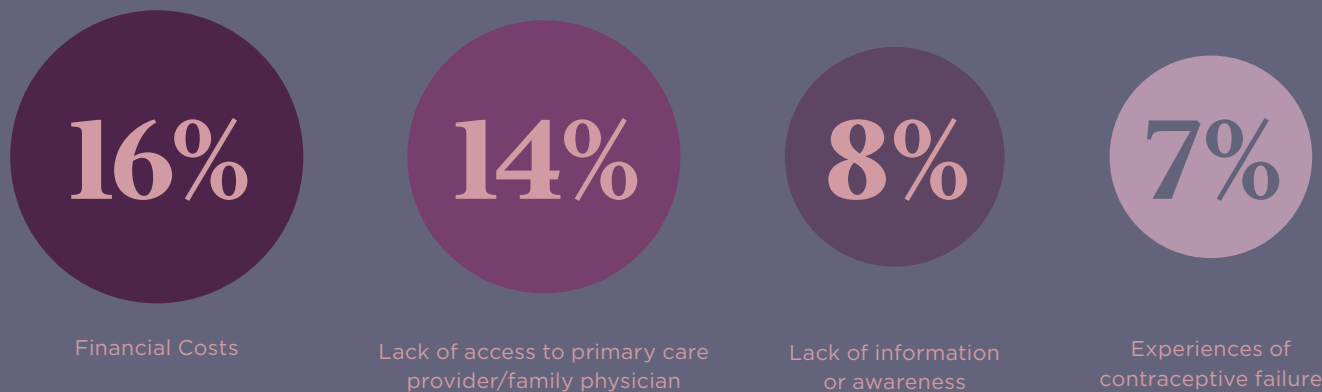
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Do We All Have Access To Contraception?

We asked respondents how easy it is to access contraception in their area—77% indicated it is either easy or very easy. Among those currently using contraception, 3% reported that accessing it was difficult or very difficult, and only 47% reported not facing barriers when accessing contraception.

For those currently using contraception...



Limited Access to Primary Care Providers

According to 2023 [data by the College of Family Physicians of Canada](#), 24.6% of people in Alberta report not having a family physician. And for those receiving care from their family physician, 40% in Alberta reported it being somewhat or much harder to access. Indeed in January 2024, the Edmonton Zone Medical Staff Association [launched a campaign](#) calling on the provincial and federal governments to [prioritize women's health](#), highlighting the lack of access to birth control, IUD care, and other sexual and reproductive health services.

In our survey, 14% of respondents reported the lack of access to a primary care provider or family physician as being a barrier to accessing contraception. Considering that family physicians are both a primary source of information and providers of contraception for those accessing contraception, this is concerning.

While sexual and reproductive health information is available at most pharmacies, a significant advancement over the past decade is the increased availability of contraception prescriptions [directly through pharmacies](#). [Research shows](#) that many patients visit their primary care pharmacists more frequently than their family physicians. Updated regulations have eliminated time-consuming delays in accessing contraception, making it easier to reduce unintended pregnancies. In Alberta, [according to the Canadian Pharmacists Association](#), this includes oral contraceptives, emergency contraception, patches, vaginal rings, and injectable contraceptives. According to [research in 2022](#), two-thirds of pharmacists surveyed in Alberta had additional prescribing authorization (APA) for contraception, and 40% reported providing initial prescribing services for contraceptive products whereas 95% renewed prescriptions for oral contraceptives.

Do We All Have Access To Contraception?

Cost as a Barrier to Contraception

In our survey, 16% of respondents identified cost as a barrier to accessing contraception. Alberta provides subsidized coverage for a limited population of low-income individuals, those with disabilities, and people with severe illnesses, but this does not include all types of contraception. According to the Canadian Centre for Policy Alternatives, nationally, only 20% of Canadians rely on these plans, over half use employer-sponsored plans, and 10% purchase private plans. However, many of these plans fail to cover the full cost of contraception, with IUDs costing up to \$550. One in five Canadians – often low-income individuals from marginalized groups, such as youth, Indigenous peoples, racial minorities, temporary or unstable workers, and those without legal documentation or recent immigrants – have no medical insurance coverage at all.

To address cost barriers, the federal government introduced the Pharmacare Act (Bill C-64), which aims to provide free contraception across Canada. While provinces like British Columbia, Manitoba and PEI have signalled their support and willingness to opt in, Ontario, New Brunswick, Nova Scotia, Newfoundland, and Labrador have indicated they needed to look at the fine print before accepting any details. Quebec and Alberta are the only two provinces that have signalled they are opposed to the federal plan and have chosen to maintain their respective provincial plans.

A 2023 ThinkHQ survey reported that 74% of Albertans support free prescription birth control, yet the province has opted out of the federal program, leaving many residents without comprehensive coverage for the time being.

“As pharmacists in Alberta, we’ve had the ability to prescribe contraception since 2008. With additional prescribing authorization (APA), we can not only start new prescriptions but also adjust them if patients experience any issues, such as side effects. Often, these side effects can be managed by switching to a different option that better suits individual needs. In addition, all pharmacists can extend a prescription so that an individual does not run out of their contraceptive.”

We have recently developed a comprehensive practice tool to help manage combined hormonal contraceptives, designed to provide pharmacists across Alberta with all the necessary information right at their fingertips. This resource has been shared with pharmacists across Canada through a recent publication, ensuring we can deliver informed, personalized care and advice.”

- Dr. Nese Yuksel, Pharmacist, Vice Dean at Faculty of Pharmacy and Pharmaceutical Sciences in the College of Health Sciences, University of Alberta, and AWHF funded researcher who has co-developed a tool to support pharmacists in prescribing contraceptives.

Resources

In Alberta, there are numerous resources available for individuals seeking guidance on the use of contraception. These resources offer valuable information to help make informed choices regarding contraception options and their use.

The resources provided in this section are intended solely for informational purposes. They are not a substitute for professional healthcare advice, diagnosis, or treatment. Always seek the guidance of qualified healthcare providers with any questions you may have regarding contraception, medical conditions, or before making any health-related decisions.

Sex & U

www.sexandu.ca

The Sex & U website is curated by the Society of Obstetricians and Gynaecologists of Canada (SOGC), which is Canada's leading organization on sexual and reproductive health. It offers public-facing information based on national guidelines for both public and medical education. The platform provides accessible resources on various topics related to sexual and reproductive health, including contraception, safer sex practices, and reproductive health services across Canada.

Alberta Health Services - Sexual & Reproductive Health

www.albertahealthservices.ca/services/page13737.aspx

This resource from Alberta Health Services provides information on sexual and reproductive health in the province. It covers topics such as how and where to access birth control, pregnancy options, safer sex practices, and available counselling services. It serves as a guide for individuals seeking more details on sexual healthcare in Alberta.

Alberta Find a Doctor

www.albertafindadoctor.ca

This is a government-supported platform that helps residents of Alberta easily locate available family doctors or primary care providers in their area. The website is designed to improve access to healthcare by connecting patients with local physicians and ensuring they can find timely medical services.

Which Birth Control Method is Right for You? by Society of Obstetrics and Gynaecology

www.sexandu.ca/wp-content/uploads/2018/09/Its-a-Plan-How-Effective-is-my-Birth-Control-E-1.pdf

This resource provides a summary of information on various contraceptive options to help individuals find the most suitable method based on their health, lifestyle, and preferences. It offers information on the efficacy (perfect use) and effectiveness (typical use) of different birth control methods, helping users make informed decisions about their reproductive health. This resource is developed by the the Society of Obstetricians and Gynaecologists of Canada (SOGC) and serves as a tool for understanding contraceptive choices in collaboration with health professionals.

It's a Plan by the Society of Obstetrics and Gynaecology

www.itsaplan.ca

It's a Plan is an initiative by the Society of Obstetricians and Gynaecologists of Canada (SOGC), designed to help individuals make informed contraceptive choices. By answering questions about health, medical history, and lifestyle, users receive tailored contraceptive options that best suit their needs. Content is created in collaboration with health professionals, ensuring reliable and accurate guidance on sexual and reproductive health.

PCOS Together

pcos.together.ualberta.ca

The PCOS Together website is a resource designed to support individuals with Polycystic Ovary Syndrome (PCOS). It provides information, guidance, and tools to help manage symptoms, understand the condition, and make informed health decisions. The site features resources developed by health experts, including strategies for lifestyle changes, access to community support, and links to reliable medical advice on PCOS care and treatment options. It also provides detailed pathways for care.

Canadian Menopause Society

www.canadianmenopausesociety.org

The Canadian Menopause Society (CMS) offers evidence-based resources on managing menopause. Their website provides information on symptoms, treatments, and lifestyle to help women make informed health decisions during this life stage. The CMS also supports healthcare professionals with educational tools and research on menopause care. Content is written by experts in women's health, including gynecologists and endocrinologists.

Methods

The Alberta Women’s Health Foundation (AWHF) partnered with Y Station to conduct a general population survey through the Y Station Engage panel and a web link invitation. Data collection occurred between November 13 and December 15, 2024. To ensure a more representative sample from across Alberta, targeted regions were specifically included via the panel.

The aim of the survey was to assess women’s awareness, use, and access to various forms of contraceptives within Alberta. A total of 2,041 respondents (n=2,041) participated in the survey, with 92% of respondents identifying as women. Particular regions were targeted via panels to improve representation across Alberta, but this was supplemented by AWHF distribution lists. Thus, this sample is not representative of the full Alberta population. All references to survey responses are therefore referenced as percentages of survey respondents.

In addition to the survey data, supplementary information was gathered from grey literature and interviews with healthcare researchers and clinicians across Alberta to contextualize the findings further and provide additional insights into the issues surrounding contraception.

Recommended citation: Alberta Women’s Health Foundation (2025) “Contraception Conversations: Unpacking Contraception Awareness, Access, and Use in Alberta.

Acknowledgements

The Alberta Women's Health Foundation wishes to sincerely thank the following individuals and organizations for their vital contributions to this report:

All the survey respondents who shared their experiences and perspectives on contraception in Alberta. Your openness and insights are greatly appreciated.

Those who engaged with our content during World Contraception Day in September last year, helping to amplify the importance of universal access to contraception in our province.

Y-Station, for providing critical research insights into the experiences of women across Alberta.

The team at Mutatio for their invaluable guidance and expertise in shaping this report, helping bring important conversations about women's health to light.

Organon, for their transformative sponsorship and partnership with AWHF. Their support has been key in amplifying the voices of women across Alberta and beyond, working toward a healthier future for all women.

The generous donors and supporters of the Alberta Women's Health Foundation, whose ongoing contributions are essential in advancing women's health throughout our province.

The dedicated researchers and staff at the Women and Children's Health Research Institute (WCHRI), whose groundbreaking work deepens our understanding of women's health.

The committed staff and Board of the Royal Alexandra Hospital Foundation and Alberta Women's Health Foundation, whose efforts in fundraising, awareness, and advocacy play a pivotal role in improving women's health in Alberta.

Let's All Have More Contraception Conversations

At the Alberta Women's Health Foundation, **we stand for women and women's health.** Contraception is a critical part of women's well-being, yet access and education surrounding it often face barriers. Fortunately, the knowledge gained from research knows no boundaries. The AWHF is an initiative of the Royal Alexandra Hospital Foundation, created to fill urgent gaps in women's health research—an area that has historically been underfunded and, at times, overlooked. Improved health outcomes, including access to effective contraception—whether to manage health conditions, for sexual health, or pregnancy prevention—are the direct result of ongoing investment in health research.

The conversation about contraception doesn't end here—it starts now! How can you contribute to changing the conversation around contraception and ensuring everyone has the resources they need to make informed choices about their health?

Educate Yourself - Learn about different contraception methods and their role in reproductive health and in managing conditions like PCOS or painful periods. Knowledge is power—share it.

Start the Conversation - Talk with your friends, family, and community about their experiences with contraception. Normalize these discussions to break down stigma.

Bust Myths - Challenge misconceptions about contraception whenever you hear them. Replace myths with facts and empower others to make informed choices.

Talk with Your Partner - Have open conversations with your sexual partners about contraception. Make informed decisions together.

Support Research - Donate to AWHF and amplify conversations about contraception research and innovation. Help drive advancements in discovery, technology, and access.

Advocate for Access - Join our advocacy for universal contraception access. Sign petitions, support policies, and share our message to make a difference.



Visit us at AlbertaWomensHealthFoundation.org and help us with

#ShiningTheLight

Please use the hashtag #ShiningTheLight in any posts referencing this report or the data contained within it.

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