


BIRTH CONTROL METHODS

Where Do They Go?



Pill

- A pill that is taken every day
- Carry the pill pack around or keep it in a safe place



Shot

- A shot that is injected into the arm or buttocks at a clinic every 3 months
- Invisible – nothing to carry or wear



Patch

- A sticky square of plastic, like a Band-Aid. The patch is placed on the upper arm, belly, buttocks, or back. It is worn for one week, removed, and replaced with a new one
- Visible – if it isn't covered by clothing, the patch can be seen



Vaginal Ring

- A small, flexible ring worn in the vagina and replaced every month
- Invisible – stays completely inside the body




Condoms

- External condoms are worn on a penis during sex, and internal condoms are worn inside a vagina or anus during sex
- Condoms are the **ONLY** method of birth control that protects against STIs and HIV. Use them with any other method to prevent pregnancy, STIs, and HIV
- Carry them around and keep them in a safe place – remember to use them every time




Emergency Contraception Pill

- A pill that is taken as soon as possible after unprotected sex
- Can get pill from clinic or pharmacy when needed or in advance
- Nothing to carry or wear after pill is taken



Implant

- A small, flexible rod, about the size of a toothpick. It is inserted under the skin of the upper arm at a clinic. It lasts for up to 5 years
- Nearly invisible – stays completely inside the body



IUD

- A small, T-shaped piece of plastic that is inserted into the uterus at a clinic and lasts for up to 3-12 years, depending on the type
- Invisible – stays completely inside the body



Withdrawal

- The penis is pulled out and away from the vagina before ejaculation (cumming) during every sex act
- Invisible – nothing to buy, carry, or wear

Condoms are the **ONLY** method of birth control that protects against STIs, and HIV! Use them with any other method to prevent pregnancy, STIs, and HIV.

How Often Does Someone Need to Think About It?

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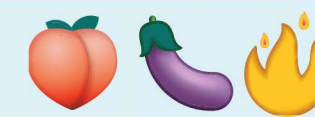
How Often Does Someone Need to Think About It?



EVERY FEW YEARS



ON A SCHEDULE



EVERY SEX ACT

IUD
(Non-hormonal)

IUD
(Hormonal)

Implant

Shot

Vaginal Ring

Patch

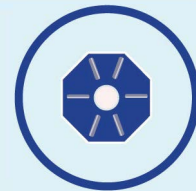
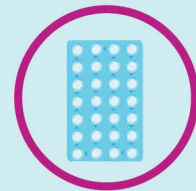
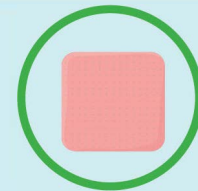
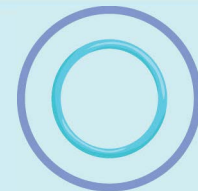
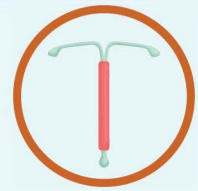
Pill

External
Condom

Internal
Condom

Withdrawal
(Pull Out Method)

Emergency
Contraception
Pill



How to use it?

How to use it?

How to use it?

- 1 Visit a clinic to have the method inserted
- 2 Visit a clinic to have the method removed after 3 - 12 years (depending on type), or earlier if desired

- 1 Visit a clinic every 3 months to get a shot

- 1 Visit a clinic to get a prescription
- 2 Insert ring into vagina & replace every month

- 1 Visit a clinic to get a prescription
- 2 Place patch on body & replace every week

- 1 Visit a clinic to get a prescription
- 2 Take 1 pill every day

- 1 Get from a clinic or buy over counter at a pharmacy
- 2 Use correctly for each sex act

- 1 Talk about it with a partner before sex
- 2 Pull the penis out and away from the vagina before ejaculation (cumming) during every sex act

- 1 Get from a clinic or buy over counter at a pharmacy. Some brands require a prescription
- 2 Take as soon as possible (up to 3-5 days) after unprotected sex

Chances of becoming pregnant in 1 year?

Chances of becoming pregnant in 1 year?

Chances of becoming pregnant in 1 year?



1
OUT OF 100
WILL GET PREGNANT



4
OUT OF 100
WILL GET PREGNANT



8
OUT OF 100
WILL GET PREGNANT



9
OUT OF 100
WILL GET PREGNANT



13
OUT OF 100
WILL GET PREGNANT



21
OUT OF 100
WILL GET PREGNANT



20
OUT OF 100
WILL GET PREGNANT

DECREASES CHANCE OF BECOMING PREGNANT. WORKS BETTER THE SOONER IT IS TAKEN.

How could it affect someone's period?

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Heavier periods, spotting between periods

Irregular or no period, spotting between periods

Irregular or no period, spotting between periods

Shorter, lighter, more predictable periods

It won't!

Next period may be later or earlier, heavier or lighter

What else?

Everyone is different! Some people experience side effects, while others don't. If you experience side effects, talk to someone at your clinic about your options.

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- Can be used as emergency contraception
- No added hormones
- Often increases cramps in the beginning. Cramps usually become less intense after 3-6 months
- Possible discomfort during & after insertion
- Requires a vaginal exam

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- Possible weight changes

- Can improve acne
- Possible nausea or breast tenderness

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- Possible irritation where the patch sits on the skin

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- Possible nausea or breast tenderness

- Easy to find – anyone can buy a condom (no matter age or gender!) at a store or get free from a clinic
- Possible irritation or allergic reaction to latex (non-latex condoms are available)

- Condoms are the ONLY method of birth control that protects against STIs and HIV
- No added hormones
- Can be used with any other method (except other condoms)

- Possible irritation

- Free – can use it anytime without buying anything or visiting a clinic
- If the penis is not pulled out in time, it won't work. Can take some practice to use correctly
- Can be used with any other method
- No added hormones

- Each pill can only be used for 1 sex act
- Anyone can buy (no matter age or gender!)
- Possible upset stomach, breast tenderness, dizziness, and headaches
- Depending on someone's weight, it might not work as well. The Non-hormonal IUD is 99% effective as emergency contraception for everyone



JUST IN CASE!

If someone has sex without using birth control or makes a mistake with their birth control, there may still be time to prevent a pregnancy. The Non-hormonal IUD or Emergency Contraception Pill can be used up to 3-5 days after sex as emergency contraception. The sooner they are used, the more effective they are at preventing a pregnancy.